

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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ONE FAMILY'S STORY OF THE WILD RICE HARVEST

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MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Dagwaagin is upon us, with the beautiful fall colors nearing their peak. Like many Band Members, autumn is my favorite season but it always goes by so quickly. September was a very busy month for the Executive Branch, including a Cabinet meeting, a Shareholders Meeting, and multiple meetings with other tribes and government agencies on very serious matters.

There is one very important meeting I want to highlight this month. As your elected leaders, we know that of all the problems our community faces, violent crime is our biggest challenge. Too many of our people are dying at the hands of violence. Too many people live in fear in their own homes. Too many of our youth are being coerced into gang activities. We have a responsibility to do whatever we can to keep our community safe, so this year the Band applied to the U.S. Department of Justice for federal assistance under the Tribal Law and Order Act, Public Law 111-211.

On September 11, Department of Justice attorneys from Washington D.C. visited the reservation as part of our application to the federal government. They met with the elected officials, our tribal attorneys, law enforcement and Band staff. Officer Justin Churchill provided a tour of District I, where they were able to see the locations where crime had actually occurred and the visible impact of gang activity, such as gang graffiti and homes with bullet holes in the walls. One of the most compelling stories they heard was that some of our Nay Ah Shing teachers are at risk of quitting or actually have quit, because they are fearful of going into our neighborhoods for home visits. This was after some of our youngest children reported to their teachers that gunshots were heard in their neighborhood.

The Tribal Law and Order Act would allow for federal prosecution of many of the crimes currently committed on the reservation, and federal sentences. We believe that federal prosecution will discourage violent crimes and drug crimes on the reservation because people would not be facing short sentences in Milaca. Those committing violent crimes will be facing long sentences in Leavenworth, Kansas, or another federal prison. Federal sentences also tend to be longer and there is virtually no opportunity for early release.

Our goal is to reduce violence and ensure that criminals know they risk federal prosecution and federal prison if they commit crime on the Reservation, and we will keep the community updated about this process.

Violent crime has also had a severe impact on our youth and is directly interfering with the education of Band children. Currently, Minnesota has the lowest high school graduation rates of American Indian students in the United States. I was a part of a Community Conversation through Central Lakes Community College this summer where we discussed the achievement gap between Indian and non-Indian students in Isle, Nay

and readiness, address financial issues and create mentoring programs. These are critical issues, because the reality is we are in a crisis with regard to the education of our children and we need an immediate, urgent response. I welcome this new partnership with MNSCU and am hopeful we will make progress working together.

Another matter related to public safety that many Band members have been wondering about is our on-going investigation involving the tribal police. As a brief update, the attorneys at Lindquist and Venum are continuing their work and nearing completion. Their report is expected at the end

of November. One of the attorneys is the former head of the Minnesota Branch of the American Civil Liberties Union, and the other is a former Assistant United States Attorney. They are taking in information about the relationship between the police and the community, investigating a recent incident regarding one of the officers (and possibly others), and they will make recommendations to the Band government regarding the tribal police when their report is completed.

With so many critical issues facing the Band community, attending the trip to Branson, Missouri, with the Elders was a welcome break. American Indian businesswoman from Oklahoma Margo Gray had explained to us that Branson is the original homelands of the Osage. That might explain why our Elders are able to relax so much when we're in Branson. The entire trip was wonderful

and all Elders seemed to really enjoy themselves. From the Legend Show to Dolly Parton's Dixie Stampede, a good time was had by all. Gail Tyson, in particular, had me laughing so hard as she let loose at the Legend Show. Seeing Elders so relaxed and acting youthful was the highlight of my month. I want to thank everyone who was able to attend this trip — I hope it was as rejuvenating for the Elders as it was for me.

Melanie Benjamin



Renee Gurneau and Lea Foushee, co-authors of *SACRED WATER: Water for Life*, presented this gift to Melanie and the Mille Lacs Band at the "Nibi and Manoomin" conference in September. Head to page 7 to read Melanie's opening remarks at the conference.

Ah Shing and Onamia, which is the worst in the state. This is a crisis that cannot continue, and will only be addressed with strong community partnerships. Recently, I became Chair of the American Indian Task Force on Education of the Minnesota State Colleges and Universities System (MNSCU), which includes 31 colleges throughout the system. This Task Force was created in conjunction with a commitment by the MNSCU Chancellor to reduce the persistent gap between American Indian and non-Indian students by 50%, reduce the completion gap by 25% and close all racial achievement gaps by 2023. The goal of the Task Force is to work collaboratively to increase success of American Indian students. Through this partnership with MNSCU, we will work to improve student preparedness,

Minnesota Housing Finance Agency Recognizes Marge Anderson

Andy McPartland Staff Writer

In appreciation of Marge Anderson's contributions to homeownership in Indian Country, the Minnesota Housing Finance Agency (MHFA) passed a resolution in honor of the former Mille Lacs Band Chief Executive.


Marge, who passed away on June 29, was deeply involved in the establishment of affordable housing for tribal members in Minnesota. She served on the Minnesota Housing board of directors from 2000-2004 as well as the board of directors of the Federal Home Loan Bank of Des Moines.



Marge Anderson at a ground breaking ceremony for District III housing, September 2009.

Additionally, Marge was a board member of the Minnesota Chippewa Tribe's Finance Corporation, which was the largest administrator of Minnesota Housing's Tribal Indian Housing Program. During her time with the MCTFC, hundreds of mortgages were made available to tribally enrolled members of the six bands of Minnesota Chippewa Tribes.

Resolution No. MHFA 13-050 notes that the MHFA "hereby recognizes the many contributions to advancing homeownership in Indian Country made by Marge Anderson and expresses its deepest appreciation for her guidance and wisdom."



RESOLUTION NO. MHFA 13-050

Resolution In Recognition Of Marge Anderson
Former Chief Executive of the Mille Lacs Band of Ojibwe

WHEREAS, the Minnesota Housing Finance Agency (Agency) acknowledges that its mission cannot be achieved without the support of its partners and the communities in which it invests;

WHEREAS, Marge Anderson served as a member of the Minnesota Housing board of directors from 2000 until 2004, and;

WHEREAS, Ms. Anderson served on the Board of Directors of the Federal Home Loan Bank of Des Moines, working to establish strong Affordable Housing Programs for tribal members, and;


WHEREAS, Ms. Anderson also served on the board of the Minnesota Chippewa Tribe's Finance Corporation (MCTFC), the largest administrator of Minnesota Housing's Tribal Indian Housing Program, and;

WHEREAS, during Ms. Anderson's tenure with the MCTFC, hundreds of single family first mortgages were made available to tribally enrolled members of the six bands of Minnesota Chippewa Tribes, helping the Agency to meet its priority of promoting and supporting successful homeownership.

NOW THEREFORE, BE IT RESOLVED:

THAT, the Board hereby recognizes the many contributions to advancing homeownership in Indian country made by Marge Anderson and expresses its deepest appreciation for her guidance and wisdom.

Adopted this 25th day of July, 2013.



CHAIRMAN



Fathers Reading Everyday (FRED) is just one program the Mille Lacs Band of Ojibwe supported this year.

Mille Lacs Band of Ojibwe Donates More Than \$160,000

Band supports 783 organizations in Minnesota

Sarah C. Barten Corporate Commission Public Relations Specialist

The Mille Lacs Band of Ojibwe donated \$164,067 in monetary and in-kind contributions to a variety of nonprofit organizations and other charitable causes from April through July of 2013. The Band and its businesses make donations to community organizations including schools, hospitals, law enforcement agencies and food shelves in Minnesota.

"The Mille Lacs Band of Ojibwe is committed to being a strong community partner," said Joe Nayquonabe Jr., corporate commissioner for the Mille Lacs Band of Ojibwe. "Fostering healthy, safe and vibrant communities is essential to the future of Minnesota and the Band is dedicated to supporting that bold vision."

Notable donations from the Mille Lacs Band include:

- \$3,000 to the Mille Lacs Area Health Foundation for the purchase of two Lucas CPR machines and a cautery machine
- \$1,000 to the City of Onamia Police Department for upgrades to supplies and equipment
- \$1,000 to the Rhine Lake Retreat Center for building upgrades
- \$1,000 to the City of Isle Police Department for upgrades to supplies and equipment
- \$1,000 for Brainerd Community Education — Fathers Reading Everyday (FRED) program
- \$500 to support the 'Fast Cop' program in Ironton
- \$500 to the Pine City Fire Department for assistance with fire safety materials

The Mille Lacs Band makes charitable donations to worthy causes throughout East Central Minnesota and beyond. More information about how donations are awarded can be found on the Mille Lacs Band website (millelacsband.com).

Frances Mabel Staples



Martha St. John Davis



CLEAN LIVING, THROWING PUNCHES, AND THE SECRET TO A LONG LIFE

Deborah Locke Staff Writer



On a beautiful September day, I met with two Mille Lacs Band Elders around lunchtime at the Assisted Living Unit in Hinckley. In a lively conversation, Frances Mabel Staples and Martha St. John Davis told stories from a time long before casinos, cell phone towers and paved roads. Martha is an auntie to Frances although they are close in age.

The women were funny, profound and extremely kind to me, a stranger in their midst. Below is what they said as a part of our series on the history of the Mille Lacs Band through the eyes of its Elders.

When were you born?

Frances: I was born on June 30, 1928 at a summer campsite in the woods. They did logging there and picked rutabagas when it was rutabaga season. They picked those by the bushel.

Martha: I was born on July 24, 1928 at Lake Lena.

Who were your parents and how large was your family?

Frances: Annie St. John Reynolds and Richard Reynolds. I had two sisters, Elsie and Barb.

Martha: My parents were Grace Sutton and Fred St. John. I had oodles of brothers and sisters, about seven or eight.

Tell me about school.

Frances: I started school when I was about five or six, or maybe eight.

Martha: I began when I was seven at Markville. Now there's nothing there.

What was life like when you were little?

Frances: It was beautiful. We had to work all the time, help our parents outside in the heat and sun. We used to wash socks on one of those washboards. That was tough duty, those socks. They sure get dirty.



The best part
[of motherhood]
was having my
kids around.

— Martha St. John Davis

Martha: I didn't like to do that.

Frances: We hauled wood, cut it up. We had three rooms, a kitchen where the stove was, the bedrooms and the cellar. We'd put veggies down there so they'd be fresh.

During ricing season do you remember dancing on the rice to remove the husks?

Martha: We didn't dance. There was no dancing.

Frances: We shook that rice and it came out clean. Back then everything was clean when we were living in the woods.

What else do you remember about school? Did you go to a one-room school house?

Frances: No. There were different classrooms.

Martha: I remember Mrs. Kelly.

How did you get around back then?

Frances: They had Model A's. You had to crank them to start them.

Martha: We had a Model T. Dad had one but he would not let me drive it.

What foods do you remember?

Frances: Same as what we eat now. Oatmeal. Bacon. Fry bread. Pancakes. We had a big garden. I and her (Martha) used to go up and take radishes. And we'd go out in the woods. We had deer meat, our dads hunted and fished. We picked berries.

Were you healthy?

Frances: You betcha! (waved arms for emphasis)

Martha: We're still healthy!

What games did you play as children?

Martha: We played softball, swam in the lakes in the summer.

Frances: Where we took baths! Yes, my mother made the soap.

Martha: I stayed with my sister and her family when we were in school in Markville. We had to walk to school — there was no bus.

Were you good students?

Martha: Of course! (laughter) My best subject? Anything and everything! In school there was this one girl who cornered me all the time. Then I let her have it. She didn't bother me after that.

Frances: We went through the eighth grade. There was no high school.

What happened after school?

Frances: I went to St. Louis, Missouri. I went to school to be a nurse and learn how to understand the mentally ill.

Martha: I stayed home, helped around the house. I did housekeeping for others, would go out with my cousin. That's how I met my husband. Then we got married. Here I am today, all alone. My husband died. We had seven kids and lived in Minneapolis. My husband was a cab driver.

What is the secret to a long life?

Frances: Don't drink and don't smoke! My grandpa would say don't use that stuff. I was 17 and left home to become a nurse and make a living. We moved back here 12 or 13 years ago. My daughter still lives in St. Louis. Sometimes I go down there or she comes up here.

Martha: The secret is to be happy. Have a good life. Eat venison.

Frances: Eat fish.

What is the biggest change you have seen on the reservation?

Martha: Everyone quit drinking.

Frances: Electricity. No more kerosene lamps. Then we didn't all have cars and it would be hard to get groceries. It would be hard to bring in the wood.

How did you keep food cold?

Frances: Get ice from the lake. That would keep it cold.

What was the hardest time of your life?

Martha: The teen years were hard to get through. I stayed home and could not get away.

Were you a rebellious teenager?

Martha: Well, you could say that. I did not like to work at home.

A man yells to the women from across the Assisted Living Unit dining area: "I'll be back to tell you about the 'CW!'" (a television station). He leaves.

Frances: That was Eugene Davis. We call him Beaver because he eats like a beaver.

Do you think Indians will still exist in 150 years?

Frances: I leave that up to the big man up there (points to ceiling).

How do you fill your days?

Frances: I sit here, talking to you.

Do you play bingo? (Both women light up.)

Frances: It's my favorite game.

How else do you fill your days?

Frances: Ceremonies, see relatives. I watch the "Wheel of Fortune" every day. There is always something to do with family and friends. I've had a good life; I'm 84 years old and seldom get sick or booze or get a hangover.

Do you eat candy?

Frances: Throw candy away! Don't eat that candy.

You're both feisty.

Frances: When you have sons who box, they'll show you how to fight (feigns throwing a punch).

Martha: My boys are boxers, my grandsons are boxers, even the five-year-old.

What was the best part of motherhood?

Frances: They were all good children. They never talked back to you. We were happy. We'd save money and take them to Como Park (in St. Paul). My kids were well and not in trouble. Was that gratifying then, yes, and it still is.

Martha: The best part was having my kids around.

Frances: Yes, that was the best part.

Martha: We had plenty to eat and knew how to save.

That's all I have. Can I call you auntie?

Frances: Call me auntie.

Are you an Elder or do you know an Elder who has a story to tell?

The Inaajimowin is looking for Elder stories for upcoming issues.

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.



Bernice Hicks

Screening and Early Detection Can Make a Difference in the



Against Breast Cancer

Toya Stewart Downey Staff Writer

Before her mother passed away as a result of breast cancer, Band Elder Carol Hernandez wasn't diligent about getting an annual mammogram. And neither was her mom for that matter.

But that was long before the disease became a collective national dialogue among people from all backgrounds and all walks of life and way before October became "Breast Cancer Awareness Month."

"My mom was one of the 10 percent of people whose cancer didn't show up on a mammogram so we found out she had it after she was being treated with antibiotics for an unspecified breast infection," said Carol. "But there were fluids that were built up on her breast and that's what eventually alerted the doctors to the fact that she had breast cancer."

Since then, medical technology has changed and so, too, have conversations about the disease and how to prevent it.

Carol's mom, Bernice Benjamin Hicks, was the daughter of the late Jim Benjamin and Maggie Taylor. She passed away 14 months after her diagnosis. She was 67 years old and mother of 12 children. She endured a single mastectomy, chemotherapy and radiation before learning that she had cancer in the other breast.

"That was our first experience with familial cancer and it was our mom, so it was a life-changing time for many reasons," Carol said.

For one thing, Carol said she became "religious" about getting an annual mammogram. And she made sure that her relatives knew their family's health history, particularly since another sister, Nancy Gish, also had breast cancer. Nancy also passed away, but it was from emphysema.

According to the Office on Women's Health in the U.S. Department of Health and Human Services, breast cancer is a major cause of cancer death in American Indian and Alaska Native women. Even though native women have lower breast cancer rates than white women, they are more likely than white women to be diagnosed at a later stage, when the cancer is more advanced and harder to treat.

While breast cancer rates vary in dif-

ferent parts of the country, one common thread is that even though screening is available and often free or low-cost, many native women don't get screened.

Breast cancer is a major cause of cancer death in American Indian and Alaska Native women.

— U.S. Department of Health and Human Services

"Cancer is treatable and that's why we need to get screenings done," said Carol. "Historically, we as Indian people haven't been good about screenings and preventative care."

Donna Hormillosa, a registered nurse for the Band, says that while it's scary to think about getting a diagnosis of breast cancer, early detection typically means a better outcome. Women should begin getting annual mammograms at age 40.

"A good place to start is by performing a monthly breast exam and making note of any pain,

swelling, redness, lumps, discharge or a rash," said Donna. "Any change that is noticed should be discussed with a health-care provider. In addition, it's very important for women to get

a clinical breast exam."

Though men can get breast cancer, it is most common in women. One in eight women will be diagnosed with the disease in their lifetimes. It is the second-leading cause of death in women.

Cancer grows when a cell's DNA is damaged, but why or how that DNA becomes damaged is still unknown. It could be genetic or environmental, or in most cases, a combination of the two. Still, most people will never know exactly what caused their cancer.

However, experts have identified certain established risk factors that may indicate a stronger likelihood for cancer.

It's also worth noting that 60 to 70 percent of people with breast cancer will have no connection to the known risk factors and other people with risk factors will never develop cancer.

"My mom, luckily, didn't feel like she had been cheated out of life. She felt like she had a good life and kept a positive attitude about having terminal breast cancer," said Carol. "That made it easier for us and we were glad to be able to provide care for her. Still, we wished we could have talked to her more about her life, happy times, fond memories and such, but we were so busy caring for her that we didn't get that chance."

Some Risk Factors for Breast Cancer

- Gender: breast cancer occurs nearly 100 times more often in women than in men.
- Age: two out of three women with invasive cancer are diagnosed after age 55.
- Race: more white women are diagnosed with the disease than those of other races.
- Family history and genetic factors: if a mother, father, sister or child has been diagnosed the risk increases. If the relative was diagnosed before age 50 the risk increases.
- Personal health history: a diagnosis in one breast increases the likelihood for cancer in the second breast.
- Menstrual and reproductive history: early menstruation (before age 12) and late menopause (after 55), having a child at an older age or never having given birth can also increase risks.
- Lack of physical activity
- Poor diet
- Being overweight or obese
- Drinking alcohol

Free Breast and Cervical Exams

Free breast and cervical exams, along with screening mammograms, will be held in each District during October for eligible women. The SAGE program, the State's cancer screening program, will bring its mobile mammography unit to the different areas to offer the screenings.

Women ages 40 or older or who have a family history of breast cancer are eligible to sign up for a mammogram on any of the days listed above. Pap smears will also be offered through the Mobile Mammography Unit. No appointment is needed. Women will be seen on a first come, first served basis. For more information, contact Mary Young Thompson at 320-532-4163, ext. 2502.

The free screenings will be held:

- **District I:** Wednesday, October 23 from 9 a.m.–4 p.m. at Ne-la-Shing Clinic
- **District II:** Thursday, October 24 from 9 a.m.–4 p.m. at the East Lake Clinic
- **District III:** Friday, October 25 from 9 a.m.–3 p.m. at the Lake Lena Clinic and Aazhoomog Clinic

One Family's Story of the Wild Rice Harvest

Deborah Locke Staff Writer

During his years growing up in Isle, Dave Sam heard a story about the wild rice harvest.

It seems Dave's grandma, Annie Sam, gave birth to her first child, Ole Sam, at 4 a.m. one morning during ricing season. She was only 14 or 15 years of age.

As of 8 a.m. that same morning, Annie was in a canoe with her infant strapped to her back, knocking down rice with her husband, Mike.

"You don't hear that kind of stuff anymore," Dave said.

No, you sure don't.

Back in the day, Dave, 63, knew when rice season rolled around by the equipment the adults heaped on and in the car: poles on the car roof, paddles on the seats. Children pretty much stayed out of the way as adults focused on harvesting the Creator-given wild rice.

It was stories of wild rice that brought the Ojibwe to the Upper Midwest as many as 1,000 years ago. Originally from the East Coast, the people were advised to move west to a turtle shaped island (Madeline Island) and to a place where food grew on the water.

That brought some of them to Minnesota and to the Mille Lacs area. The light gray grain with its high protein content continues to nourish the Ojibwe today and is usually included at ceremonies and powwow gatherings.

When Dave Sam was a little boy, the adults in his life kept an eye on the rice in Onamia Lake each August to see when it was ripe. The plant appears as a series of stalks that grow in the murky, muddy part of a lake, Dave said. Early in the summer you'll see clusters of thin tapered green leaves that float on the surface before stalks sprout and grow to about four feet in height.

"The stalks have pods that fill with grain and that grain is manoomin, or wild rice," Dave said.

He used to watch his dad Frank Sam and his stepmother Baptiste finish the rice. His dad would lay tarps on the ground and fill them with rice. They would lie in the sun to dry out for a day. The rice was put in bags and then threshed to remove the husks.

Cast iron kettles were placed in a fire pit and filled with rice, which was cooked and stirred until it was a golden brown. The husks became brittle and fell off. Frank Sam was too heavy to thresh the rice by foot since it would crumble under his weight, so he rigged up a mechanical thresher. Baptiste used a winnowing basket.

"I'd see her standing next to tall weeds and trees and she would shake up that rice into the air using the basket and the wind blew the husks out," Dave said.

In 1993, Dave — with help from his wife Mary — started to gather rice. They harvested and finished rice nearly every



Young Band member Keenin Wind learns to parch the rice.

year and in later years, finished rice for others in a thresher machine. Health restrictions keep them off the lake now.

He remembers well his Aunt Rose Noonday who had a talent for knocking 300 or 400 pounds of rice each time she went out. She selected a different family member each year to rice with, and everyone hoped they would be selected. Dave riced with her as a teenager when wild rice sold for 25 cents a pound, but money went much further then. **Continued on page 10**

Opening Remarks from Nibi and Manoomin Symposium

Melanie Benjamin Mille Lacs Band Chief Executive

Aniin, Boozhoo! As Chief Executive of the Mille Lacs Band of Ojibwe, I'm honored to welcome you all to the Mille Lacs Reservation for this important conference about Manoomin and Nibi.

In our Anishinabe culture, Manoomin — or wild rice — has critical importance:

- It was wild rice that brought us to these lands. Our ancestors were told to follow a trail of sacred miigis, or white shells, toward the west until they reached the food that grows on water. It was Manoomin that we were looking for, and it was because of Manoomin that we settled here in east-central Minnesota. Wild rice is at the very heart of our migration story.
- Culturally, everything involved with harvesting Manoomin is still done in the traditional ways of our ancestors. Real wild rice can only be harvested in a canoe, and our people still process rice in a kettle over a fire and follow traditional ways.
- And finally, there is the nutritional value of Manoomin. Wild rice has been proven to be among the most nutritious foods among all rice products in the world. It has more protein and minerals than nearly any other grain. As Anishinabe people, we need wild rice to survive.

Wild rice is not just a food that we eat. Not just a product we sell. Manoomin is a profound part of our history and traditions that has great cultural importance. It was given to us as a gift by the Creator, and we have a responsibility to ensure it is protected forever.

Protecting Manoomin has become more challenging in recent years. Like so many of our natural resources, outside forces have threatened our Manoomin harvest. These activities are also directly related to protection of Nibi, our Water.

- Human activity related to construction, like dams and roads, climate change and agricultural chemicals have already harmed or threaten to harm the wild rice beds.
- Paddy rice growers have threatened the economy of wild rice for Native harvesters. Because paddy rice can be grown and harvested mechanically, and the public at large does not know the difference between paddy rice and wild rice, policies protecting wild rice beds are hard to get passed.
- Copper sulfide mining in northern Minnesota and pipeline projects in Wisconsin could harm the wild rice beds and our fish. This is an issue I've brought to the attention of the Tribal Nations Leadership Council, which I'm a member of. This Council advises the U.S. Department of Justice. As mining is expanded, it is critical that our natural resources be protected.
- And finally, many Anishinabe people are concerned about GMO — the genetic modification of wild rice. Many here in this room are very familiar with that issue, which began with university research.

This last point is very important. Many here today are representing the scientific community and higher education. I truly welcome you, because your attendance proves that you want to work in partnership with the tribes, and that you understand that Manoomin is more than just food for Anishinabe people.

Your participation shows that you understand that advancing science is NOT mutually exclusive from protection of Anishinabe culture and traditions, and that you care about protecting our natural resources as partners.

Besides Manoomin, this conference is also about protecting Nibi, or water. For Anishinabe people, everything comes back to Water.

In our search for Manoomin, we came from the Great Salt Water. We followed the St. Lawrence River into the Great Lakes, to find the food that grows on water. The Anishinabe Bands settled on water, like Mille Lacs Lake. Nibi is a gift from the creator that none of us can live without. We need to be kind to the Manoomin and Nibi and treat them with respect, or the future of all people — everywhere — is at risk.

Working together is how we must move ahead. This conference is about building new partnerships. But it is also about building trust and respect between people.

On that note, there are other people here today who are honored members of our communities who I need to recognize. Their participation is critical to the protection of Manoomin and Nibi. Most do not have PhD's behind their names, or tribal leader titles, but they have more knowledge about wild rice and water than anyone else in this room today: They are our Elders, who have lived from the water, who have riced and fished their entire lives. These are the true experts.

They have traditional knowledge that can't be learned from books, or in a classroom, or in a lab. I ask you all to take a moment and express appreciation to all the Elders in the room...Miigwetch!

You have an impressive agenda today. The only way our goals will be reached is through working together. I want to thank everyone for attending today, especially the conference organizers, Indian and non-Indian, and wish you well.

Learning from one another, I believe you will create the trust, respect and new partnerships that ensure the survival of all our People.

Miigwetch, and welcome to the Mille Lacs Reservation!

Students Experience Ojibwe Language/Culture Day Camp

Ren'e Athman Special Education Teacher and Coordinator at Minisinaakwaang Leadership Academy



Summer camp students learn about Ojibwe culture from teachers and Elders from the McGregor community.

Minisinaakwaang Leadership Academy in McGregor held its first Ojibwe Language/Culture day camp this summer. The camp ran July 29–August 9. It was open to all ages of students from the McGregor area, with children divided into age-level groups. The classes were run by teachers from the school and Elders from the community. Some of the activities included making birch bark crafts, identifying leaves/trees in English and Ojibwe, building a wigwam, nature-walks, history of the Ojibwe people, fishing, and canoeing. Some of the classes were at the school and some were at the Rice Lake Wildlife Refuge. The school year then started for students at Minisinaakwaang the following Monday August 12th. The school plans on doing the camp again next summer.

5th and 6th Graders Participate in Youth Football Program



Pictured L-R: Jayden Wilson, Quentin Matrious, Reggie Knowlen, Kase Pike, Mesai Nelson, and Cedric LaFave.

Fifth and sixth grade Band members participated in the first ever Hinckley/Finlayson Jaguars Youth Football Program this summer. The program consisted of 14 sessions focused on learning the fundamentals of football. The boys eventually traveled to play in the Moose Lake Youth League tournament. Players also were given the opportunity to show off their skills during halftime of a varsity game.

"I'm encouraged by the enthusiasm the boys showed in this program. They played very well and represented our community proudly with their skills," District III Representative Diane Gibbs said. "I had fun watching them with the parents and family members who came to cheer them on."

Navigating the Affordable Care Act

Circle of Health Prepared to Help Band Members with Transition

Toya Stewart Downey Staff Writer



Approximately 25 percent of Band members are uninsured and are eligible to use the exchange program to look for insurance.

Beginning this month one of the biggest changes in the nation's health-care system rolls out. It's known as the Affordable Care Act and was adopted during President Barack Obama's first term in office.

Fast forward to October 2013 and the plan, most commonly known as "Obamacare," is getting underway with millions of Americans going online to compare health plans. They will be able to find out if they're eligible for federal help with premiums and to buy coverage. Enrollment began on October 1 and goes through March 31.

In Minnesota, the online health insurance "exchange program" is called Mnsure and it serves as the state's online marketplace where residents can compare and shop for a plan that fits their budget. Residents can also learn if they qualify for a free or low-cost plan.

According to Circle of Health Director Ginger Weyaus approximately 25 percent of Band members are uninsured and are eligible to use the exchange program to look for insurance. That's where a unique partnership with other Band departments comes into play, she said.

Those who need assistance with the process can get it through a variety of avenues, said Ginger, adding, "Whatever door they access they will be able to get help. It could be public health, the urban office, TANF, Lake Lena, Aazhoomog, chemical dependency, or other departments. Band members will be able to get the help they may need."

The need for the collaboration came because as a depart-

ment of four, the staff at Circle of Health isn't equipped to handle all the potential needs of clients as they navigate the health care options. To date, 40 Band employees from the other departments have been trained to assist those who need help.

"The 40 people who are trained will be certified and will be able to help determine if people are eligible and which program they are eligible for," said Ginger. "We will continue to be the main hub for questions and assistance."

Those who have COBRA or other types of similar insurance programs will need to use Mnsure.

Those who live in other states will need to use that state's programs as they vary by state. However, Circle of Health can help the out-of-state Band members find providers and field questions.

It's important to note that those who already have insurance don't need to access the Mnsure program and they won't see any changes they will see through Circle of Health as this program is for the uninsured.

"The biggest change is, if you need health insurance and you don't have it, we can find someone in the Band who can find out what you're eligible for and help you apply," said Ginger. "Anyone who applies will be told what they are eligible for."

Those who live in households that are 400 percent over the poverty guidelines won't be eligible.

While there is a deadline to enroll, Circle of Health assures Band members they won't be cut off of the Band's program until they are enrolled in something else.

More information about Mnsure can be found at: mn.gov/hix

"Band members will be able to get the help they may need."

— Ginger Weyaus, Circle of Health Director

American Indian Center in Minneapolis Names New Executive Director

Deborah Locke Staff Writer



Mary LeGarde

Who has a familiar face in a familiar place, yet is almost brand new to the job?

Mille Lacs Band's urban area members know the answer.

She is Mary LeGarde, a White Earth enrollee who is now the Executive Director of the American

Indian Center in Minneapolis. Mary has had the job for three months officially, and served as acting Executive Director for a year.

Even with practice on the job, she said that the difference between filling in for the position and actually taking over is profound. Once you are responsible for every aspect of a job, its scope changes.

In January, the Center's Board of Directors met with staff to figure out how to attract more American Indians to the Center. Some community members have asked that a space be dedicated to local artwork, so that is a possible project. In October 2013, a community resource fair is planned. A fitness program is planned for 2014.

The Board voted to close the Center's café this year due to budget constraints, but it's hoped that soon another vendor re-opens the Café for business with a healthy food menu and training opportunities for those interested in food service.

The building at 1530 E. Franklin Avenue was built in the mid-1970s and always needs repair. Also, there are 30 employees to supervise. Funding sources for programs and building maintenance are not always reliable.

So how does one person effect so much change?

With help.

"I can't do everything myself," Mary said. "To be effective, we'll need to reach out to partners." The development of partnering relationships will take time, she said, which creates some frustration because Mary is in a hurry. If she had a lot of money, she would have the building completely renovated right now. In the '70s, the American Indian Center was an attractive showplace and center for activity in Minnesota's largest "urban reservation." Cultural events brought visitors as well as exercise equipment, a sauna and café.

Today the grounds need work and the building could use a facelift. Activities con-

tinue: the Center is a hub for eight social service programs such as domestic violence services, transportation and a lunch program for Elders, college prep for high school students, after school and summer enrichment activities for students, and a "Circle of Generations" program where families gather and celebrate their culture.

For example, a powwow was held in mid-September and the building was filled. That's what Mary would like to see all the time: people coming and going.

"Now our social service programs are the most important thing we do, but as we move forward, I'd like to see a revitalization that provides even more community access," she said.

Her path to the job started at St. Olaf College in Northfield when Mary decided that she wanted to work with and for American Indians. She grew up in Eveleth, and graduated from Gilbert High School in 1987. Her degree was in sociology, but a large part of her education dealt with maneuvering through a non-Indian environment. Mary said that she felt discrimination against Indians for the first time as a college student. If anything, that strengthened her resolve to get through school and work for Indians.

Mary has two daughters, one of whom attends the University of Minnesota – Morris. She strongly advises families to visit a campus before they decide to send a child there. Her daughter liked Morris right away and the school is a good fit, Mary said.

She had jobs in early childhood development, which led to opening a pre-school at the Little Earth housing community on Cedar Ave. in Minneapolis. That led to opening a learning center followed by creation of what is now the Four Directions Family Center. Mary started as a grant writer for the American Indian Center in 2009, which led to the executive directorship.

When Mary first took the job, someone told her that she'd be the person who either turned the Center around or completely brought it down. From her resolve, directness and energy level, you get the feeling she'll turn it around.



Mary LeGarde started as a grant writer for the American Indian Center in 2009 and is now the Executive Director.

Looking Back at the 2013 WEWIN Conference

Marley Saice Contributing Writer

Looking back at my experience attending the Women Empowering Women for Indian Nations (WEWIN) Conference, I realized the inspiration

I received there is still with me now. I

truly believe that the inspiration

will stay with me

throughout my time as

a student as well as my

professional career. It was wonderful to hear the

stories of so many intelligent and successful Native women. Every one of those women was committed

to the growth and prosperity of their communities. The conference taught me that with hard work and

dedication I could accomplish the same.

While attending the self-care session, I had the privilege of meeting Susan Masten, who was a co-founder of WEWIN and the vice-chairperson of the Yurok tribe, as well as the second woman president of the National Congress of American Indians. While speaking with her she told me that she accomplished everything she's wanted to accomplish in her life and is thinking of writing a book. I told her that I would read it! I hope one day I can say the same that I've accomplished all I've wanted to. When I told her of my goals, she assured me that I can achieve them and that she believed in me. To hear that from someone who accomplished so much was very assuring.

It was a really great experience to be able to meet Native women from so many different tribes and from all over the country. I had the opportunity to meet women from California, Arizona, Texas, Nevada and Oklahoma. It was so interesting to hear their stories and learn of the different issues other tribes are facing. The WEWIN conference was exactly what it was intended to be: inspiring and empowering. Las Vegas was extremely hot, but the resort was beautiful and the conference was very well organized. I sincerely hope I am able to attend WEWIN 2014.

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at

andy@redcircleagency.com

or call 612-372-4612.

The November issue deadline is October 15.

TRIBAL NOTEBOARD

Happy October birthday to Mille Lacs Band Elders!

Diana Marie Anderson
Mary Ann Bedausky
Sheldon Ray Boyd
Vivian Ann Bruce
Marvin Ray Bruneau
Archie Dahl Cash
Albert Abner Churchill, Jr.
Steven Lawrence Churchill
Ervin Wayne Crown
Harold William Davis
James F. Dowell, Jr.
Joycelyn Marie Drumbeater
Jack Leo Dunkley
Byron William Garbow
Gary Richard Garbow
Helena Graikowski
Lucy May Hansen
Marene Hedstrom
Delores Mae Hegland
William Robert Hemming
Steven Blane Hensley
Charles Allen Houle, Jr.
Terrance Steven Leyk

Doreen Lorraine Knutson
Joan Littlewolf
Marcella Jean Maurice
Betty Mae Mondeng
Brenda Joyce Moose
Beverly Marie Nayquonabe
Aurelius Nickaboine, J.
Bernice Pawaush
Dorothy Sam
Fred Sam, Jr.
James Robert Schroeder
Merle Skinaway
Beverly Jean Smith
Charlene Marie Smith
Nancy Jean Spittell
Gloria Maria St. John
Montgomery Jay Staples
Jay Star
Russell Ernest Towle
Jill Marie Valentino
Darlene Almeda Warren
Earl Ellsworth Whitney
Nancy Marie Zeleznik

Happy October birthdays:

Happy Birthday **Marsha Sam**

on 10/1 from Mickey, Phillip, Nadine, Charlotte, Carter, Whitney, Dad, and PJ. • Happy 8th Birthday **Cyliss** on 10/8 with love from Mom, Dad, Reuben, Cedric, Cedar, and Caiarah! • Happy Golden Birthday **Clyiss** on 10/8. Love from Grandma Diane and Grandpa Oliver. • Happy Birthday **Darby** on 10/10 with love from Mom, Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy 1st Birthday **Son (Randall "Chunkas" Tucker)** on 10/11. Love Mommy, Daddy, Rayna Butt, Grandpa Randy, Grandma Linda, Auntie Colleen, Grandma Cissy, Papa Gary, Julian, Ricco, Angela, Kal'leo, Krisanne, Dae Dae, Rosie, Janet, and Dianna. • Happy Birthday **Amelia Benjamin** on 10/13 with love from Grandma and Grandpa. • Happy Birthday **Cheyenne** on 10/17 with love from Mom,

Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy Birthday **Thomas, Jr.** on 10/17 with love from Mom, Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy 6th Birthday **Eric** on 10/25. Love Dad, Melissa, Braelyn, Peyton, Eric, Waase, Wesley, Papa, Brad, Auntie Val, Adam, Mariah, Kevin, Auntie Rachel, Waylon, Uncle Bruce, Jayla, Lileah, Uncle Jay, Taylor, Guy, and Auntie Randi. • Happy Birthday **ValaReya** on 10/25 with love from Grandma and Grandpa. • Happy Birthday **Ron, Jr.** on 10/29 with love from Mom, Auntie, Nate, Meech, Sam, Lala, Jason, Jr., and Ruben. • Happy Birthday **Melodie** on 10/31. Love Mom, Gramma, Papa, Uncle Brad, Val, Adam, Mariah, Kevin, Rachel, Waylon, Brad, Melissa, Braelyn, Peyton, Eric, Waase, Wesley, Bruce, Jayla,

Lileah, Jay, Taylor, Guy, and Randi.

Happy belated birthdays:

Happy Belated Birthday **Charlotte Harrington** on 9/9 from Mom, Dad, Whitney, PJ, Carter, and Nadine. • Happy Belated Birthday **Nadine Harrington** on 9/28 from Mom, Dad, Whitney, Charlotte, Carter, and PJ.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call **612-372-4612**. The deadline for the November issue is October 15.

Notice of Sale at Eddy's Lake Mille Lacs Resort

Corporate Commission



Join us on Friday, October 25 at Eddy's Lake Mille Lacs Resort for a content sale

The Corporate Commission will be holding a content sale at Eddy's Lake Mille Lacs Resort on Friday, October 25. The sale will clear out contents of 79 hotel rooms and will include beds, writing desks, night stands, lamps, chairs, tables, artwork and more. Mille Lacs Band members are allowed to shop the sale first, beginning at 7 a.m. If you do find something to purchase, you will need to take the items at the time of purchase. Arrangements to move any large items is the sole responsibility of the purchaser.

- **When:** Friday, October 25
- **Where:** Eddy's Lake Mille Lacs Resort

- **Time:** 7 a.m. to 9 a.m. — Open to Mille Lacs Band members only.
- 9 a.m. to 5 p.m. — Open to Mille Lacs Band members, Grand Casino Mille Lacs, Grand Casino Hinckley and Corporate Commission Associates.
- Persons attending **must show their Mille Lacs Band Tribal ID or casino/Corporate Commission badge** to take part in this sale.
- **Cash or Check only.**

Sale is **not open** to the public. Everything sold is "as is" and all sales are final. All purchases **must be picked up on October 25**.

Continued from page 7

Wild Rice Harvest

"We'd make \$300 a day that was a lot of money when you figure that gas was a quarter a gallon," he said.

Today the MLB Department of Natural Resources decides when the rice is ready for harvest for the two or three week season. This year has produced a good rice yield on most area lakes. Mallard Lake always produces good rice, Dave said. It is regulated by the state DNR.

A couple years ago a non-Indian family from the Isle area stopped by to see if Dave and Mary would help them finish their rice. They had two young sons.

"I like to involve people so they learn to do it themselves," Dave said. "We taught them how to rice; after that they came every year to borrow our equipment and pay us in rice. They finished it the way I learned it."

The best ricing day is overcast with a slight breeze and no sun, Dave said. And yes, he has tipped over in the canoe and said that most everyone who rices can expect to tip over at least once. Another challenge? Worms and spiders everywhere, especially on people.

"My friend Virgil says you just man up," Dave said with a laugh.

He misses ricing. "I wish I could be out there," he said.

But in a way, he'll always be out there. Every person who received a lesson in ricing from Dave Sam will take an unseen part of Dave along during the harvest. For each former student, paddles will be stored on the back seat, poles will be tied to the car roof, the rice stalks will give way, and the tradition will live on.

OCTOBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12	2 Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12			5 MN Chippewa First-Time Home Buyer Education Class 8:30 a.m.–4:30 p.m. MN Chippewa Tribe Building Reserve your spot: 218-335-8582, ext. 150 or cbeaulieu@mnchippewatribe.org
6	7	8	9 District I Community Meeting 5:30 p.m. District I Community Center	10	11	12
13	14	15	16 District II-A Chiminsing Bingo 6 p.m. Chiminsing Community Center	17 13th Annual March for Family Peace 5 p.m. Mille Lacs Band Government Center More information on page 12	18	19 Family Fun Day 1 p.m.–4 p.m. Mille Lacs Indian Museum Free event
20	21	22	23 Urban Area Community Meeting 5:30 p.m. All Nations Indian Church	24 District II Community Meeting 5 p.m. East Lake Community Center	25 District III Lake Lena Health Fair 9 a.m.–2 p.m. There will be information booths, healthy snacks, giveaways, and the Mammogram Mobile	26 Sweetgrass Basket Workshop 12 p.m.–4 p.m. Mille Lacs Indian Museum Reservations required. Call 320-532-3632
27 Sweetgrass Basket Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum Reservations required. Call 320-532-3632	28	29 Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12 District I Sobriety Feast 4 p.m. District I Community Center	30 Flu Shot Clinic 9 a.m.–4 p.m. Ne la Shing Clinic More information on page 12 District II-A Community Meeting 5:30 p.m. Chiminsing Community Center	31		

Shakopee Mdewakanton Announces Mobile Unit Fall Schedule

Prior Lake, Minn. – The Shakopee Mdewakanton Sioux Community (SMSC) announced its fall plans to help local organizations and Minnesota tribal communities through its mobile medical clinic. The SMSC Mobile Unit provides health screenings, mammograms, and vision and dental services to American Indians, as well as other prevention and education services to the general public in collaboration with Scott County. In addition to its service as a mobile medical clinic, the unit provides medical support during events and serves as a mobile incident command center in emergency situations.

Fall 2013 Mobile Unit Schedule*

- **October 4:** United Family Medical Clinic, St. Paul (mammography)
- **October 16:** Indian Health Board, Minneapolis (mammography)
- **October 23–25:** Mille Lacs Band of Ojibwe, Onamia (mammography)
- **October 26:** American Diabetes Association Step Out: Walk to Stop Diabetes® Twin Cities, Golden Valley (first aid)
- **October 29:** Native American Community Clinic, Minneapolis (mammography, tentative)
- **November 13:** Neighborhood HealthSource/Sheridan Women and Children's Clinic, Minneapolis (mammography)

*Schedule subject to change

How to Request the SMSC Mobile Unit or Services:

Anyone wishing to schedule a mammogram or dental appointment may contact the deployment site or tribal health clinic directly.

To request on-site services from the SMSC Mobile Unit, visit visitmdfire.org and click "Mobile Unit" to find a request form.

Flu Shot Clinics

October 1, 2, 29 and 30 from 9:00 a.m.–4 p.m. at Ne la Shing Clinic (District I)

Who: Mille Lacs Band Members and MLBO Employees (6 month–Adult). Patients can also receive a flu shot if they are not sick and are being seen in the clinic by a provider starting in October.

If you have questions or would like to schedule an appointment please call 320-532-4163, ext. 2555 and the nursing staff will assist you.

Public Notice

The Mille Lacs Band of Ojibwe (MLBO), in conjunction with the Minnesota Division of Homeland Security and Emergency Management Agency (HSEM) and the Federal Emergency Management Agency (FEMA), is applying for a Hazard Mitigation Grant Program Project to equip the District I (Mille Lacs) Community Center; the District II (East Lake) Community Center; the District IIA (Isle) Community Center; and the District III (Aazhoomog) Community Center with their own permanent standby generators.

Under the National Environmental Policy Act (NEPA), EO 11988 and EO 11990, public notice is required of any federal actions that affect floodplains or wetlands. All necessary permits will be obtained prior to construction and completion of the project.

The objectives of the Hazard Mitigation Grant Program are to prevent future losses of lives and property, to implement state or local Hazard Mitigation plans, to enable mitigation measures to be implemented during immediate recovery from disaster, and to provide funding for identified and approved hazard mitigation projects.

Public participation is encouraged. Interested parties and/or citizens are invited to comment on the project in writing to:

Nicholas Mueller, Acting Regional Environmental Officer
FEMA Region V
536 South Clark Street, 6th Floor
Chicago, IL 60605

Or comments may be directed via e-mail to Mr. Mueller: Nicholas.Mueller@fema.dhs.gov

Legal Aid Department

The following positions were recently filled: Vanessa Merrill was hired as receptionist and Rachel Bugg was hired as civil administrative assistant. Tara Borton and Kari O'Leary were hired as staff attorneys.

13th Annual March for Family Peace

The Mille Lacs Band Family Violence Prevention Program invites you to attend the 13th Annual March for Family Peace.

Thursday, October 17 at 5 p.m., gathering at the Mille Lacs Band Government Center.

We will march to the Community Center to show our support to end domestic and sexual violence.

Event includes: opening prayer, feast, speakers, prizes, drum group, free t-shirts, kids games, support, and education.

Public Health — Halloween Safety Tips

Carol Hernandez Contributing Writer



Have fun and stay safe this Halloween

If you are thinking about hosting a Halloween party at home versus going out trick or treating here are a few tips from the CDC (Center for Disease Control) to make your party not only fun but safe.

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. Offer a variety of fruits, vegetables, and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit pumpkins and luminaries away from doorsteps, walk-ways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

Visit cdc.gov/family/Halloween for more information.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

After business hours, tenants with maintenance emergencies should call 866-822-8538 and press 1, 2, or 3 for their respective district.

Save the Date

Corporate Commission's 14th Annual Fall Feast

Thursday, November 21, 2013 at 5:30 p.m.
Grand Casino Mille Lacs Events & Convention Center