

# OJIBWE INAAJIMOWIN

THE  
STORY  
AS IT'S  
TOLD

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## HUNDREDS MARCH TOWARDS END OF DOMESTIC VIOLENCE

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# MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE  
BENJAMIN  
CHIEF EXECUTIVE



Anyone who lives with or cares for teenagers knows that these are the years of wanting “more.” Designer clothes, a cooler bike, a better car, the latest phone, the most popular X-Box game...kids and teenagers are rarely satisfied with what they have.

As adults, we learn that material things aren’t as important in life as relationships, community and values, but even then, sometimes as adults we want “more,” too. But if there was any lesson from the 16 day government shutdown of the federal government for Mille Lacs Band members, for me that lesson was about gratitude for what we as Band members have, and humility that we’ve been blessed with so much.

If the federal government shutdown had happened in 1989, when I first began working for the Band as Commissioner of Administration, the impacts on Band families would have been absolutely devastating.

Our traditional teachings are that we should be concerned about those who are less fortunate. During the government shutdown, many Indian youth across the country and even in Minnesota were literally going hungry.

The Bureau of Indian Affairs stopped general assistance payments amounting to about \$42 million in aid to low-income Indian families and to groups providing foster and residential care to Indian children and adults. About 12,400 American Indian people use these funds on a monthly basis.

Many tribes don’t have successful gaming enterprises or any gaming, and depend 100% on royalties from timber, oil and natural gas to fund their government operations. Without the BIA to process these payments, these tribes had no revenue to fund their governments and their people suffered.

Tribes dependent on the Food Distribution Program through USDA had to tell low-income families that food wouldn’t be coming, which included nearly 80,000 Indian people. At Red Lake, all nonemergency medical procedures have been placed on hold. The Crow tribe furloughed (laid off) 364 workers, more than a third of its workforce. Tribes like Fort Belknap had to stop health care for the disabled and elderly, medical transportation services, Head Start, and low-income heating.

My good friend Sue Masten, Vice Chair of the Yurok Tribe in California and co-founder of WEWIN, told me the Yuroks had to lay off 60 employees, close its childcare center, cancel emergency financial assistance for low-income families and elders, and cancel tutoring programs for students, funds for college scholarships, and general assistance payments.

During the shutdown the National Congress of American Indians (NCAI) released a statement directed at the federal government:

“The failure to come to a budget agreement threatens the capacity of tribal governments to deliver basic governmental services to their citizens. The federal government has made treaty commitments to our people, and in return we ceded the vast lands that make up the United States. The immediate shutdown crisis poses very real threats to tribal governments and denies health, nutrition, and other basic services to the most vulnerable tribal citizens.”

I am grateful that Members of the Mille Lacs Band of Ojibwe who depend on tribal government services did not notice any decrease in services during the shutdown. Why? First, we have a strong economy, fueled by two successful casinos and our new hotels in St. Paul. Our location near the Twin Cities gives us a business advantage over more remote tribes whose casinos are dependent upon smaller populations, and have only a fraction of the gaming business we benefit from.

Second, due to decades of sound leadership, fiscal responsibility and an eye toward the future, your Band leaders have invested in long-term savings to ensure that we have a cushion to continue services for a period of time even if the federal government can no longer fulfill its fiduciary obligation to Indian people as a result of treaties, executive orders and court decisions.

While other tribes were reeling from the government shutdown, your Band government continued to operate efficiently, but the shutdown was in the forefront of our minds. I

spent much of October attending local, regional and national meetings advocating for our needs as well as those of our fellow tribes with regard to healthcare, education, housing, economic development and protection of our natural resources. Honestly, there were too many meetings to name, but each was critical to the future of the Band. A few of the most exciting meetings included a cabinet meeting where we outlined priorities for the next year, a meeting with the Cherokee Nation to discuss an economic development project, a meeting of the Midwest Alliance of Sovereign Tribes (MAST) where we discussed natural resource protection and healthcare, and a meeting on higher education with the St. Cloud American Indian Advisory Board. I also represented the Band at the National Indian Gaming Association where we discussed the impact of potential new legislation and regulations on Indian gaming.

Another key meeting this month included representing the

Band at the National Congress of American Indians (NCAI) in Tulsa. NCAI is the oldest and largest organization representing American Indian tribes in the country and our voice in Washington D.C., so this organization is of critical importance. A highlight was that we voted in a new slate of elected NCAI officials. I’m proud to say that our Minneapolis Area (which includes all the tribes from Minnesota, Wisconsin, Michigan and Iowa) elected Mille Lacs Band District III Representative Diane Gibbs as Alternate for the Minneapolis Area delegation to NCAI — congratulations to Representative Gibbs! As a Band that is more fortunate than most other tribes, I believe we have a responsibility to make sure that while we are advocating for the needs of our Band members, we also give back through service to causes that benefit all Indian people. I am very appreciative that Representative Gibbs has selflessly taken up this post with NCAI.

What we saw during the shutdown was the ugliest side of American politics, the self-righteous politics of anger and power. The dominance of political gamesmanship, with one side trying to prove the other wrong, regardless of the impact on innocent people. Politicians so caught up in their own self-interest and political vendettas that they refused to compromise, and seemed to welcome and want failure, even when failure meant betraying the very people who depend on them and gave them their trust.

Earlier this month, an elder asked me if I would help her arrange for a retreat for a few young women who had gone through some hard times. She said they needed to be reminded of our values, and that anger and self-pity were not the right path for improving their lives. She wanted to remind them of their value, of their gifts, and show them their potential for creating good in the world through giving to others and improving their own lives. She sacrificed her own time and for a few days set aside her own priorities to help her fellow Band members. Not because she had to, but because she believes in the common good, and helping one another, and values the integrity of taking responsibility for her community.

To me, this was a lesson our federal lawmakers could have benefited from. We should all learn from this example of a person simply taking responsibility for her neighbors and working for the common good. Responsible leadership is about integrity, responsibility and compromise. The failure to get things done is a failure of leadership and a betrayal of the people and the common good.

**“If there was any lesson from the 16 day government shutdown, for me that lesson was about gratitude for what we as Band members have, and humility that we’ve been blessed with so much.”**

— Chief Executive Melanie Benjamin

# U.S. Supreme Court Decision Prompts Review of ICWA Law

Deborah Locke Staff Writer

In September, the four-year-old Cherokee girl adopted by non-Indian parents was returned to her adoptive parents following a ruling by the U.S. Supreme Court. That ruling has prompted reviews of Indian Child Welfare Act (ICWA) provisions throughout the country.

Here in Minnesota, representatives of the Ojibwe bands — including Mille Lacs — and the Dakota communities are meeting with the state Department of Human Services to review how services are provided to Indian children and families under ICWA and Minnesota Law.

The Supreme Court ruling has not removed the protections of ICWA or the Minnesota Indian Family Preservation Act, said Rebecca McConkey Greene, an attorney for the White Earth Band of Ojibwe. The ICWA and the Minnesota Indian Family Preservation Act remain good laws, and continue to provide heightened standards and protections for Indian children, Indian parents and custodians, and Indian tribes, she said.

Veronica Capobianco was born to a non-Indian mother and Cherokee father four years ago. Her father, Dusten Brown, signed away his parental rights assuming that the child's mother would raise her. He did not know that the infant would be offered for adoption.

Matt and Melanie Capobianco, of Charleston, S.C., adopted Veronica. When Dusten learned of the pending adoption, he contested it under provisions of the Indian Child Welfare Act.

ICWA requires the highest level of proof, proof beyond a reasonable doubt, that the continued custody of the child by the parent is likely to result in serious emotional or physical damage to the child before an involuntary termination of Indian parents' parental rights may be ordered. A South Carolina court refused to terminate

Dusten's parental rights because of this provision and placed his daughter with him in Oklahoma when she was two.

Approximately one year later, she was returned to her adoptive parents in South Carolina after the U.S. Supreme Court ruled 5-4 to overturn the South Carolina court's decision, deciding that this particular protection did not apply to Dusten because he had never had custody of his child.

ICWA had no bearing, it ruled, because Dusten was absent from the child's life.

Justice Samuel Alito wrote in the majority opinion that the five justices' greatest concern with ICWA and the provision that prevents involuntary termination of Indian parents rights is that it might dissuade potential adoptive parents from seeking to adopt Indian children.

ICWA was passed by Congress to make the adoption of Indian children more difficult, which is what the five justices objected to. They glorified adoption to such an extent that they recommended that Dusten, as a member of the Cherokee Nation, should have tried to adopt his daughter rather than challenge the termination of his parental rights.

The law states that extended family members should be given priority when an Indian child is placed for adoption. Dusten argued that his status as Veronica's biological father gave him preference over the adoptive parents. The Court did not agree.

The Court seemingly acted without acknowledging that Congress first enacted ICWA based on detailed findings, said Andrew Small, a tribal court judge from the Lower Sioux Reservation.

"What we do know is that the ruling sends a strong signal that if a tribal member wants to adopt, a formal adoption petition has to be filed rather than relying on preference placement," he said.

He added that U.S. Supreme Court Justice Sonia Sotomayor wrote in her dissent that the majority decision was based on their disagreement with Congress, which is not the Supreme Court's venue. Their job is to uphold the law, not to subvert it.

# Band Member Among SMSC Endowed Scholarship Recipients

Andy McPartland Staff Writer

Mille Lacs Band member Carla Big Bear was one of 41 recipients of an endowed scholarship from the Shakopee Mde-wakanton Sioux Community (SMSC).

The SMSC recently announced 41 new recipients of the SMSC Endowed Scholarship at the University of Minnesota for the 2013-14 academic year. This scholarship program is designed to recruit and retain talented American Indian students with demonstrated financial need.

The primary goal of the SMSC Endowed Scholarship is to support incoming University of Minnesota freshmen and transfer students who demonstrate financial need.

The 41 new scholarship recipients for the 2013-14 academic year come from across the United States and from 25 different tribes.

Eight of the 41 scholars — including Carla — are in the Master of Tribal Administration and Governance program at the University of Minnesota-Duluth. Several Mille Lacs Band members were included in the program's inaugural graduating class last year.

For a complete list of the 2013-14 SMSC Endowed Scholarship recipients, visit:

[shakopeedakota.org/scholarships/2013recipients](http://shakopeedakota.org/scholarships/2013recipients)

For application information, visit

[shakopeedakota.org/scholarships.html](http://shakopeedakota.org/scholarships.html)

Application materials received by March 1, 2014, will be given preference for the next academic year. The final deadline is August 1, 2014.

# Students Attend Ain Dah Yung Center's 4<sup>th</sup> Annual Tobacco Prevention and Wellness Symposium

Toya Stewart Downey Staff Writer

Students from Minisinaakwaang Leadership Academy (MLA) and Nay Ah Shing Schools (NAS) attended the Ain Dah Yung Center's fourth annual Tobacco Prevention and Wellness Symposium.

The youth event was held in Saint Paul at the Science Museum of Minnesota in October.

The nine students in attendance participated in sessions about traditional tobacco, healthy living and sobriety through spirituality. They also heard from Native Americans who shared stories of growing up on reservations and the challenges they experienced as young people. The speakers told the group how they overcame having made poor and unhealthy choices. The students also attended a powwow.

"We had a group discussion that included preventing tobacco use among our youth," said Megan Cummings, a community health educator for the Band. "One of the more memorable activities was passing out the 'I promise not to smoke' wristbands. I told the students I would give anyone a wristband if they could look me and the eye and make that pledge not to smoke."

"I am proud to say that all nine students walked away with wristbands," she said.

Megan said the students were encouraged to identify role models and then promise that person that they would not smoke. Those who agreed earned additional wristbands. The students also asked for wristbands to share with their siblings, cousins and others.

"I look forward to coordinating future events that promote and educate our youth in making healthy choices," said Megan. "All of the students represented MLB and our schools with great pride and respect. It was such a fun experience for all."



Pictured (L-R): Daisy Taylor (MLA), Molly Bohannon (MLA), Candice Ballinger (Chaperone — MLA), Taeren Ballinger (MLA), Natchez Ballinger (MLA), Erin Wagner (Chaperone — MLA), Jennie Mitchell (NAS), Megan Saboo (NAS), Taylor Nadeau (NAS), Tehya Wade (NAS), Mia Anoka (NAS), and Megan Cummings (Chaperone — Public Health)



# Hundreds March Towards End of Domestic Violence

**Toya Stewart Downey** Staff Writer  
**Tiffany Bolk** Photographer

Each October, hundreds of people gather at the Mille Lacs Band Government Center to show solidarity for a worthy cause — putting an end to domestic violence.

This year was no different. On a chilly Thursday night a few weeks ago, over 320 people participated in the 13<sup>th</sup> annual event known as the “March for Family Peace.”

“It has grown each year and become a large community event, with an increase in attendees showing their community support,” said Marianne Washburn, the administrator for the Band’s Family Violence Prevention Program.

“We sponsor this event, held this year on October 17, because we are trying to bring awareness to community members about this issue. It gives them a chance to show in a public way they are not OK with domestic violence,” Marianne added.

In the early days the march was called the “Man March,” and it was a way to get men involved in the public awareness campaign and to show that domestic violence wasn’t just a woman’s problem, but a community problem.

Since that time, it became known as the March for Family Peace to show solidarity of the community that domestic violence must end.

“Sadly, domestic violence doesn’t decrease for some people. It tends to be a cycle as some women and men go from one abusive relationship to another,” said Marianne. “Most don’t

take the time to heal and so they repeat their patterns.”

That’s why the Family Violence Prevention Program works to empower the women and men who are victims, so they can identify the abusive behaviors and patterns in the early stages, become more confident and work to build their own self esteem.

If needed, the program can also offer refuge in the Women’s Shelter, located in Wahkon, or in the men’s shelter located elsewhere.

The program has offices in Mille Lacs, Lake Lena, East Lake and Hinckley but has a broad outreach that goes beyond the reservation. The program works with sister programs throughout the state to provide safety options and resources for victims of domestic and sexual assault. They will provide referrals and resources for those who desire to work with a domestic violence program that is close to them.

“It’s important for everyone to know that we not only serve Band members, we will assist anyone who is in need of services,” said Marianne. “This is sometimes misunderstood because we are a Tribal program. But because we are funded partially through state and federal grants, we are required to serve all victims no matter their race, gender, religion or financial status.”

All services are free and confidential.



**MLB Family Violence Prevention Program Mission Statement**

*The Mille Lacs Band of Ojibwe Family Violence Prevention Program mission is to provide support services that promote safety, empowerment and life changing options for victims of domestic and sexual violence.*

**Family Violence Prevention Programs**

**District I (Mille Lacs):** 320-532-4780

**District II (East Lake):** 218-768-4412

**District III (Hinckley):** 320-384-7400

**District III (Lake Lena):** 320-630-2676

**Shelter/ 24-Hour Crisis Line:** 1-866-867-4006



# Weightlifting Your Way to a Happier, Better and Longer Life

Deborah Locke Staff Writer Tiffany Bolk Photographer

Carla Big Bear set aside time on an October Saturday to haul her fat clothes out of the closet. Some she would give away, others would be charity donations.

She said goodbye to the size 18 wardrobe in part because of what happens each week at the Community Center on Highway 169 across from the Grand Casino Mille Lacs. On Wednesdays just after noon, Carla joins a group of exercisers who do 30 seconds of lifting, bouncing and pushups followed by 20 seconds of rest. They lift a bar, lift weights above their heads, squat, do push-ups on a mat, bounce on a large ball and more.

The session, directed by timekeeper Jim Ingle, goes on for about 25 minutes total. Now size 11, Carla has lost four and a half inches around her waist since July and plans to lose more.

Before she began working out, Carla was diagnosed as pre-diabetic and had other health issues that required medication. The issues evaporated with the weight. She has more energy and feels more optimistic in general. "I'm not crabby in the morning anymore," she said.

Carla is one of about 150 regular users of the Mille Lacs Band fitness center. She's also one of the most successful, and credits her sister and friends for the encouragement to continue.

Some credit also goes to MLB fitness coordinator Jim Ingle, who has worked for the Band for nine years. He does a lot more than keep time while clients are exercising — Jim works closely with Clinic staff to promote diabetes prevention and heart health.

"Jim is very encouraging," said Carla, who used to work out twice a week and now works out twice a day. "He gives good advice, like to eat healthy. He's a sounding board for a lot of us, and helps when we hit a plateau. He says we won't see changes unless we get up and do something."

Jim's favorite "something" is weight training because of its benefits for diabetic individuals and those at risk for heart

diabetes is through weight training and diet.

Clinic patients receive an "exercise prescription" from their doctors directing them to Jim, although anyone can use the fitness center facilities. He helps them set up a plan based on their age, overall condition, and the doctor's recommendations. Blood pressures and heart rates are noted.

Heart rates are not age related but are condition related, Jim said. A few 80-year-olds have a healthier heart rate than some 20-year-olds. Jim also said that one of the men using the fitness center weighs more than 300 pounds. When the man uses the treadmill, his blood pressure goes up. When he does weight lifting, his blood pressure drops.

At first, some people can use the elliptical machine for only two minutes before getting uncomfortably winded. But if Jim helps them use the weights, they can work for 15 minutes or more and use nearly every muscle in their body. "Everyone here needed help at first," Jim said. "They become more independent with time."

Jim said that diabetes is a choice, not an unavoidable condition. Each time we sit down to over-eat we make a choice to be diabetic; each time we remain sedentary all day we make a choice to be diabetic.

To change that, we must first take an honest assessment of ourselves and decide to change.

"That is the first step," Jim said. With as few as 30 days of cardio training, he has seen Band members reduce and even stop taking medication for diabetes and cholesterol.

On occasion a person will stubbornly cling to old habits: overeating, alcohol abuse and tobacco misuse. Jim said that once a person becomes healthy, tobacco loses its appeal.

"The better condition your body is in, the less it wants to smoke," he said. "A guy in my cardio class said that cigarettes don't taste as good anymore."

Studies show that when we make even a few small changes, big changes can follow. Some people begin a new exercise program with walking, which certainly has benefits. If you walk a mile, you will use about 100 calories on average, Jim said. But if you participate in one of the Wednesday car-



Jim Ingle, a Mille Lacs Band fitness coordinator, has been helping Band members work towards a healthy lifestyle for the last nine years.

dio sessions, you will use 800 to 1,200 calories in 20 minutes. A living room can be transformed to a gym with a few small pieces of equipment: two 10-pound weights, a mat and a large rubber ball is all you need to start.

Carla used to eat fast food for lunch or go to the casino buffet. Now she makes a healthy lunch at home and brings it to work. She packs a snack that does not include chips or candy. Other changes? Eating more salads. "You begin to watch what you are putting into your body," she said.

It's changes like these that make Jim's day. He feels pretty good when people commit to change and succeed. He insists it isn't that hard.

"My whole theory is if you work out more than 30 minutes a day, you are wasting time," he said. "Our weight workout only takes 20 minutes."

The fitness center's Zumba class is especially popular with women and includes Latin dance moves. The cardio groups vary in activities, which include stair-climbing, circuit training and pushups. The advanced cardio group on Fridays does 300 pushups and squats.

And they do it within 30 minutes. Jim is watching the time.

For more information on the cardio, Zumba, and yoga sessions, call 320-532-7547.



"If you participate in one of the Wednesday cardio sessions, you will use from 800 to 1,200 calories in 20 minutes." — Jim Ingle

disease. It all comes down to delivering oxygen thoroughly throughout the body for optimal health, he said. The American Diabetes Association has stated that the best way to control

# Minisinaakwaang Leadership Academy Students Harvest Over 250 Pounds of Wild Rice

**Shawn Killspotted** Cultural Instructor/Photographer **Cheryl Boyd** Ojibwe Language Instructor/Photographer

This year, the grade 7-12 students from Minisinaakwaang Leadership Academy (MLA) went ricing on the Rice River, Mandy Lake in the Refuge, and on Sandy Lake. "It was good to see them out and on the water, getting to know what hard work is all about. We ended up with about 266 pounds of finished rice," said Shawn Killspotted, Cultural Instructor for MLA.

Fifty pounds was allocated to the school's Food and Nutrition program. In addition, a pound of wild rice was given to each family at parent/teacher conferences. As a token of their hard work, the 10<sup>th</sup>-12<sup>th</sup> graders were each rewarded with five pounds of finished rice.

Minisinaakwaang Leadership Academy has one pound bags of this hand-harvested wild rice for sale at \$10.00 each. Contact the school at 218-768-3477 for more information.



Younger students who didn't go ricing were able to participate in canoe races. Pictured right are Noah Johnson and Niib Aubid.



Sandra Moose and Damian Smith head out on the water.



Sandra Moose and Demetrius Peet collect rice that was gathered.



Larry Ponthieux helps to parch the rice.



George CrazyThunder and Candace Killspotted gather rice on the lake.



# Overcoming Adversity, Searching for a Lost Son, Memories of Sawyer's Uncle Willie

Deborah Locke Staff Writer Tiffany Bolk Photographer

Loss has crept into Pauline Moose's life over her 75 years. Her mother was shot to death when Pauline was an infant. Her children were adopted by other families. A son died in 1995. She has been seriously ill and hospitalized.

So when Pauline was asked if her life had been good so far, she frowned slightly while settling into a high-backed chair at the Elder Living Unit in Hinckley. It was a beautiful, quiet day at the Unit as residents passed through the seating area near a fireplace. In a soft voice, Pauline recounted a difficult life.

This was the third interview in our series that asks Mille Lacs Band Elders for glimpses of the past. We are grateful for the time of people like Pauline, and who follow that age-old Ojibwe tradition of helping a stranger (me) when they are asked for help. It is an honor to hear their stories.

## A violent death

Tragedy arrived early in Pauline's life. She was born on March 30, 1938 in Danbury, Wisconsin. Her parents were Jack Moose and Helen Matrious Moose. When Pauline was a year old, her mother worked picking blueberries for a local farmer. Because of recent thefts, the farmer had rigged a shotgun to go off if anyone entered his home. Helen Moose moved a curtain in a window of his house to see if anyone was inside, triggering the shotgun blast that killed her.

So little Pauline went to live with her grandparents, Maggie and James Stevens of Lake Lena. Grandma Maggie got sick when Pauline was five so she was sent to the Pipestone Indian Boarding School in southwestern Minnesota.

The school began accepting Indian children from the Upper Midwest in 1892 and closed in 1953. The purpose of the boarding schools was to assimilate Indian children to white culture; another equally obvious outcome was the breaking up of Indian families. The children were forbidden to speak their native language or follow their spiritual teachings. Corporal punishment was frequent.

Pauline said that most of the staff was kind to the children, but one woman who was German gave her a bath in a steel tub and scrubbed the little girl so hard that she cried.

"The matron asked me what was the matter and the German woman said I had bugs," Pauline said. "I didn't have bugs. They fired the woman and things got better."

Grandma Maggie's health improved so Pauline returned to her grandparents' home. She lived there until the seventh grade, attending school at Lake Lena and then Markville. Things were better for awhile and then came high school and taunts from other kids.

"I got into a lot of fights about not having a mother," she said. By this time Pauline's grandmother had passed away, and Pauline moved in with her dad and stepmother. That arrangement did not work out, so Pauline moved in with her uncle, Willie Moose, who lived in the Sawyer District of the Fond du Lac Reservation. She liked Sawyer and made friends. Pauline

said she got to know the Dufault family well enough to almost marry one of them.

## To the Cities

Uncle Willie Moose and family moved to the Twin Cities and Pauline relocated with them. She had a daughter in 1955, followed over the years by five more children. She said she never believed in marriage because she saw too much fighting and violence between married couples. Pauline was advised to go to a Hennepin County caseworker for help with her children. Instead, she misunderstood what transpired in the meeting and signed forms giving up parental rights for three children who were subsequently adopted. She raised the younger three children, supporting her family with jobs like housekeeping and sewing.

Pauline started drinking alcohol at age 19 and stopped the habit in 1991 when she learned that her son Terry was sick. "That helped me sober up," she said. Then Pauline had a relapse right after her son died in 1995.

"I couldn't take it any more," she said. "I drank for a month and woke up in jail." Her children intervened, convincing their mother to stop hurting herself with alcohol. She has been sober since.

## A return home

There were other scares. Pauline has congestive heart failure and was comatose in a Mora hospital for three weeks in 2009. Her family remained at her bedside, fearing the worst. Pauline's sister Lorraine crawled into bed with her sister and pleaded with her not to go.

"I knew she did that, I could feel her next to me," Pauline said. "I tried to move my hand but could not move it."

She suddenly opened her eyes one day, shocking family members and medical staff. Following rehabilitation in Sandstone, Pauline moved into the Hinckley Assisted Living Unit where she lives in a comfortable space filled with mementos.

I asked if she thought that Mille Lacs Band members would be around in another 150 years. She said it was hard to speculate on that because today there are so many Indians who are "halves, halves of everything else."

Her greatest regret is alcohol abuse.

Her fondest desire is to locate the son called Brian who was adopted out of Hennepin County. Today he would be 53.

Her happiest memories revolve around her children: seeing her grandson graduate from Marine boot camp in San Diego,



Pauline Moose pictured with her daughter, Trish



taking the kids to the Como Zoo in St. Paul. Trips to Valley Fair. Picnics. Movies. Chinese food at the Nankin Restaurant in downtown Minneapolis.

Who was the adult with the greatest impact on Pauline's life? Her kind Uncle Willie from Sawyer. "I miss him," she said. "And my Grandma Stevens."

Today her 11 grandchildren and seven great-grandchildren bring joy to the soft-spoken woman whose life mirrors dozens of others in her age group. The memories include boarding school, numerous homes as a child, chemical dependency and kicking the habit, children and grandchildren, hard work, loss and gain.

Pauline's daughter Trish said that Pauline's grandchildren gave her the strength and determination to go on. They are her world, Trish said.

## 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](mailto:andy@redcircleagency.com) or call 612-372-4612.



# Mille Lacs Band Documentary to be Screened at National Film Festival

Toya Stewart Downey Staff Writer

Three years ago Natalie Weyaus and Rick Anderson began the task of finding ways to preserve decades-old footage of Band members participating in cultural activities and sharing traditions.

They knew the footage, which was shot on eight-millimeter film by Sherman Holbert, was something that needed to be preserved using modern technology to make it accessible for generations to come. They also hoped it would be widely shared so people could know and better understand the traditions and culture of the Mille Lacs Band of Ojibwe.

This month that desire has come to fruition. The film, *The People of the Big Lake*, will be screened in San Francisco on Nov. 4 during the 38<sup>th</sup> Annual American Indian Film Festival, taking place Nov. 1 to Nov. 10.

"We took the old footage from the Sherman Holbert Collection and turned it into a documentary," said Natalie Weyaus, the Band's Historic Preservation Officer. "It shows cultural activities such as birch-barking, ricing, and powwows."

"We wanted to show Band members that our traditions were still being practiced today."

Funding for the preservation project came through a grant from the Institute of Museum and Library Services. Band member Rick Anderson, owner of Eagle Clan Productions, was tapped to edit the footage into a documentary.

"We had 23 hours of footage from the 1950s and '60s, which was enough to create three one-hour documentaries," Rick

said. "We wanted to be able to show Band members today what their relatives did all those years ago."

"We wanted to show the lifestyle that included the culture, the language and the teachings," he said. "We did that by showing the footage and capturing Band members like Larry 'Amik' Smallwood, Steve Premo and Cheryl Minnema talking about traditions and cultural activities such as making wigwams, making regalia and collecting maple syrup."

Besides being screened for Band members upon its completion a few years ago, *The People of the Big Lake* has been shown on Twin Cities Public Television (TPT), said Rick, who served as a producer on the project when it was picked up by TPT. The documentary will continue to air for the next three years on the station.

The documentary was nominated for an Emmy Award and widely lauded for its content.

Both Natalie and Rick say they were honored to work on the project, calling it a labor of love. Natalie has traveled to each of the Band districts to screen the documentary. She has delighted in the recognition of her own relatives, as have others who have seen their family members featured in the film.

"I'm amazed it was selected for the film festival," Natalie said. "A lot of work went into this and I'm very happy that the people who have already seen it have enjoyed it or seen a part of their family's history."



"We wanted to show Band members today what their relatives did all those years ago." — Rick Anderson

"A lot of my relatives were in there so it's very special to me, too," said Natalie, who will head to San Francisco to view the documentary with the audience and then be on hand to answer questions.

"It's an honor to have it shown at the film festival," Rick added. "I am very proud to have been a part of this project."

## Another MLB-produced film selected for film festival

The 30-minute training film, *Strength and Resiliency: Tribal EP for Leaders and Directors*, will be shown at the 10<sup>th</sup> Red Lake Film Festival and Award Show on Friday, Nov. 8.

Also edited and produced by Rick Anderson, this film features Seminole Elder, actor and tribal fire and emergency advocate Randall Mantooh as narrator and star. It is designed to empower tribal leaders to prepare their communities for emergencies or disasters.

## What Does A Day In the Life of Diabetes Mean to You?

Mille Lacs Band Diabetes Program

During American Diabetes Month® this November, the American Diabetes Association will continue to ask the community to submit a personal image to the Association's Facebook mosaic representing what A Day in the Life of Diabetes means to them to showcase the extraordinary effort it takes to live a day with diabetes.

Mille Lacs Band and community members can post images of themselves or someone they care about, or otherwise represent how the disease impacts their lives. The image will then make up a larger mosaic image that will embody the message of A Day in the Life of Diabetes.

This year, the Association will change the mosaic image several times throughout November to show the many compelling images that represent A Day in the Life of Diabetes. Photos that make up the mosaic throughout the month will capture the essence of the campaign and the movement

to Stop Diabetes®.

American Indians and Alaska Natives are nearly 2.2 times more likely to have diabetes than non-Indian populations in the United States. Currently more than 16% of American Indians and Alaska Natives have diabetes, both diagnosed and undiagnosed.

The Mille Lacs Band Diabetes Program is available to help people with the extraordinary effort it takes to live a day with the disease. We offer nutrition education, physical fitness opportunities, group and individual diabetes education, and many resources to help people manage their diabetes care. These services are available in all districts.

"We're excited to further grow this campaign and heighten the overall awareness of diabetes in Mille Lacs," stated Johanna Larson, Diabetes Program Coordinator. "Diabetes doesn't stop. It is 24/7, 365 days a year. By calling on our

community to take a public stand through social media, we continue to shine a light on the issue of diabetes and those who live with it each and every day."

For more information on the Mille Lacs Band Diabetes Program and their services, please contact Johanna Larson, Diabetes Program Coordinator at 320-532-7790.

For more information on the "Day in The Life of Diabetes" campaign, please call 1-800-DIABETES or visit [diabetes.org](http://diabetes.org). Also, follow us on Facebook: [facebook.com/AmericanDiabetesAssociation](https://www.facebook.com/AmericanDiabetesAssociation) and Twitter: [twitter.com/AmDiabetesAssn](https://twitter.com/AmDiabetesAssn)

## TRIBAL NOTEBOARD

### Happy November birthday to Mille Lacs Band Elders!

Floyd James Ballinger  
 Carleen Maurice Benjamin  
 Clifford Wayne Benjamin  
 Irene Bernice Benjamin  
 Barbara Jean Benjamin-Robertson  
 Charles Alvin Boyd  
 Alice Elizabeth Carter  
 Richard Thomas Dakota  
 Michael Roger Dorr  
 Melvin Eagle  
 Thomas Rodney Evans  
 Terrance Wayne Feltmann  
 Eileen Marjorie Johnson  
 Jo Ann Lynn Johnson  
 George Vernon LaFave  
 Sidney Ray Lucas  
 Darlene Doris Meyer  
 Marie Linda Nahorniak  
 Elizabeth Anne Peterson  
 Ralph Pawaush  
 Dale William Roy  
 David Wayne Sam  
 Leonard Sam  
 Karen Renee Sampson  
 Mary Ann Shedd  
 Maria Ellena Spears  
 David Le Roy Staples  
 Nora Grace St. John  
 Beatrice Mae Taylor  
 Joyce Laverne Trudell  
 Lawrence Eli Wade, II  
 Linda Marie Wade

Sylvia Jane Wise  
 Patricia Beatrice Xerikos

### Happy November birthdays:

Happy Birthday **Ron Smith** on 11/1 with love from your sister Tammy, Brandon, Chantel, Elias, TANK, Alizaya, Rico, and Jasmine. • Happy Birthday **Vanessa** on 11/2, love Mom and Dad. • Happy 2<sup>nd</sup> Birthday **RaySean** on 11/3 from Mom, Dad, Sissy, Dreezy, Boo, and Grandma Ruthless. • Happy Birthday **RaySean Bugg** on 11/3 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, Whitney, and Grandma Chick. • Happy Birthday **RaySean Bugg** on 11/3 from Grandma Ruth, CJ, Kaitlin, Andrel, and Brevin. • Happy 2<sup>nd</sup> Birthday to my nephew **RaySean Marques Bugg** on 11/3 from Uncle Deacon and family!! • Happy Birthday **Railei** on 11/4 from Mom, Dad, Uncle, Aunt, Kelia, Cyrel, Grandma, and Grandpa. • Happy 14<sup>th</sup> Birthday **Quis** on 11/4, we love you!! Mom & Dad. • Happy Birthday **Marquis** on 11/4, love Grandma & Grandpa, Grissum, and Summer...and MR. Kitty. • Happy Birthday **Quis** on 11/4.

Have a blast on your day! Love Grandma Jodi and Grandpa Dave, and your bro from anotha mo', Tristin. • Happy Birthday to the best big brother in the whole entire world **Marquis Fisher** on 11/4!! Love lil' Sis, Senicka. • Happy Birthday **Quis** on 11/4. You know you're my #1 and ALWAYS will be. I love you more by the day and am blessed to have you for a son. I hope you have an amazing birthday, love Ma. • Happy 6<sup>th</sup> Birthday **Raining** on 11/9 from Daniel, Naomi, Lolli 2Bears, and Sonny 2Boo\$. • Happy Birthday **Arielle Shaw** on 11/12 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, Whitney, and Grandma Chick. • Happy Birthday **Roy Garbow** on 11/12 with love from Auntie Tammy, Brandon, Chantel, Elias, TANK, Alizaya, Rico, and Jasmine. • Happy Birthday **Cameron Harrington** on 11/15 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, and Whitney. • Happy 1<sup>st</sup> Birthday **Rico Garbow** on 11/16 with love from brothers Elias, TANK, Sissy Bear, Gramma Tammy, Uncle Brandon, Chantel, and Jasmine. • Happy Birthday **Zackary Moose** on 11/17

from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, and Whitney. • Happy Birthday **Shawntel Jellum** on 11/18 from Auntie Mickey, Uncle Phil, Nadine, Charlotte, Carter, PJ, and Whitney. • Happy Birthday **Shawntel** on 11/18 love your Mom, Gabbi, Auntie Val, Mariah, Kevin, and the Harrington Family. • Happy Birthday **C-Bass** on 11/19 from big brother Keith, Mom, Liz, and Grandparents June and David Smith, cousins Elvis, Hunter, Uncles Manny, and Elliot. • Happy Birthday **Miss Malerie Sam** on 11/23 from grandparents June & David Smith, big brothers Keith & C-Bass, little brothers Leroy & Dilly, and Mom & Dad. • Happy 5<sup>th</sup> Birthday **ShayShay** on 11/25, love always Mommy and Daddy. • Happy Birthday **Lydell Boyd** on 11/27 with love from Auntie Tammy, Brandon, Chantel, Elias, TANK, Alizaya, Rico, and Jasmine. • Happy Birthday **Mesai** on 11/29, love from Grandma and Grandpa.

### Happy belated birthdays:

Happy Belated Birthday **Emma Ann Shingobe** on 10/12

from great grandparents June and David Smith, Uncles Elvis, Samuel, Chuck, Hunter, Aunties Amber and Sunshine and Elliot, Manny, C-Bass, and Keith Benjamin. • Happy Belated Birthday **Quincey T. Sam** on 10/27 from Mom, Dad, brothers, sisters, and the rest of the family. • Happy Belated Birthday **Angie M. Eagle** on 10/30 from your daughter, son-in-law, and grandkids.

### Other Announcements:

Congratulations Rachel Sam and Edward Sablan, married October 13, 2013. We would like to wish our co-worker and friend our sincerest congratulations. Have a long and happy future together. We wish you all the best. Congratulations on your marriage, from Ann, Valerie, and Shannon.

### Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at [andy@redcircleagency.com](mailto:andy@redcircleagency.com) or call 612-372-4612.

*The deadline for the December issue is November 15.*

## Mille Lacs Indian Museum November Events

### Kids Crafts: Story Book Time and Dream Catchers

Saturday, November 2

**Time:** Noon–3 p.m.

**Fee:** \$5 per kit (does not include museum admission)

Enjoy stories and light snacks from noon to 1 p.m., then from 1 to 3 p.m. children can learn how to weave a dream catcher to take home. The dream catcher is a woven web believed to protect the dream world of the person who sleeps beneath it. The cost for the dream catcher kit is \$5 and includes materials and instructions. Please allow an hour to make the craft. This project is recommended for children ages 8 and up. Cost for the kit does not include admission to museum.



The dream catcher is a woven web believed to protect the dream world of the person who sleeps beneath it

### We Are Still Here — Closing

Saturday, November 2

**Time:** Wednesday–Saturday, 11 a.m.–4 p.m.

**Reservations:** Groups of 10 or more by appointment

**Fee:** Free

An exhibit of photographs by Dick Bancroft, whose work is featured in the new book, "We Are Still Here: A History of the American Indian Movement in Photographs" (MHS Press, May 2013).

The American Indian Movement, founded in 1968

in Minneapolis, burst into that turbulent time with passion, anger and radical acts of resistance. Spurred by the Civil Rights movement, Native people began to protest the decades — centuries — of corruption, racism and abuse they had endured. They argued for political, social, and cultural change and they got attention. The photographs of activist Dick Bancroft, a key documentarian of AIM, provide a stunningly intimate view of this major piece of American history from 1970 to 1981. The unofficial photographer of AIM since 1970, Bancroft joined them for key events such as the takeovers of federal buildings, the founding of survival schools in the Twin Cities, the Wounded Knee trials, The Longest Walk of Survival and bringing American Indian voices to the United Nations. The exhibit will include photographs from the book and as well as unpublished images.

### Beading 101 Workshop

Saturday, November 9 and Sunday, November 10

**Time:** Noon–4 p.m. (Saturday) and 10 a.m.–2 p.m. (Sunday)

**Fee:** \$60, \$55 for MHS members; additional supply fee of \$15

**Reservations:** required, call 320-532-3632

In this two-day workshop learn basic beading styles and techniques by creating a project to take home. Necklaces, bracelets, pen coverings and lighter cases are examples of items that can be created. A light lunch and refreshments will be provided both days. Ages 18 and under must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs. A minimum of five participants is required to host the workshop. Registration is required three days prior to workshop.

# NOVEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	<p><b>2</b></p> <p><b>Kids Crafts: Story Book Time and Dream Catchers</b> Noon–3 p.m. Mille Lacs Indian Museum</p> <p><b>We Are Still Here — Closing</b> 11 a.m.–4 p.m. Mille Lacs Indian Museum</p>
3	4	5	<p><b>6</b></p> <p><b>Chiminising Bingo</b> 6 p.m. Chiminising Community Center</p>	7	8	<p><b>9</b></p> <p><b>Urban Area Elder Meeting/Bingo</b> 11 a.m.–2 p.m. Urban Office</p> <p><b>Beading Workshop</b> Noon–4 p.m. Mille Lacs Indian Museum</p> <p><b>Urban Area Elder Lunch and Bingo</b> 11 a.m.–2 p.m. Urban Area Office</p>
<p><b>10</b></p> <p><b>Beading Workshop</b> 10 a.m.–2 p.m. Mille Lacs Indian Museum</p>	<p><b>11</b></p> <p><b>Warrior's Day</b> Band offices closed</p>	12	<p><b>13</b></p> <p><b>District I Community Meeting</b> 5:30 p.m. District I Community Center</p>	<p><b>14</b></p> <p><b>Urban Area Community Meeting</b> 5 p.m.–7 p.m. All Nations Indian Church</p>	15	16
17	<p><b>18</b></p> <p><b>Anishinaabe College EZ Enrollment Day</b> 10 a.m.–2 p.m. MLBO Government Center, upstairs media room Register for spring semester 2014 courses.</p>	19	<p><b>20</b></p> <p><b>Chiminising Bingo</b> 6 p.m. Chiminising Community Center</p> <p><b>District III Community Meeting</b> 5:30 p.m. Grand Casino Hinckley</p>	<p><b>21</b></p> <p><b>Fall Feast</b> Seating begins at 5:15 p.m. Grand Casino Mille Lacs Events and Convention Center Transportation provided, departing at 3 p.m.</p>	22	23
24	25	<p><b>26</b></p> <p><b>Sobriety Feast</b> 5 p.m. District I Community Center</p>	<p><b>27</b></p> <p><b>District II Community Meeting</b> 5 p.m. East Lake Community Center</p> <p><b>District II-A Community Meeting</b> 5:30 p.m. Chiminising Community Center</p>	<p><b>28</b></p> <p><b>Miigwech Day</b> Band offices closed</p>	<p><b>29</b></p> <p><b>Miigwech Day</b> Band offices closed</p>	30

## Child Support Update

Due to the U.S. Postal Service changes in delivery and mail pick-up at the MLB Government Center — child support checks that haven't been picked up by 1 p.m. on Fridays will be mailed out. Please contact the office if you don't want checks mailed or if they need to be held for a later pick-up date. A photo ID is required to pick up checks.

Did you know that if you're receiving any assistance such as medical, relative, childcare, food or cash in any county your Child Support case can still be handled by the Mille Lacs Band Child Support office? Ask your county worker how to get your case transferred or contact our office for assistance 320-532-7755.

## Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.



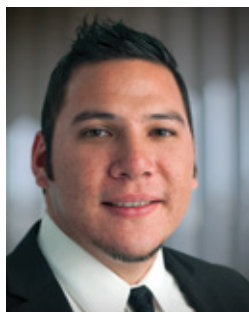
**The Corporate Commission of  
the Mille Lacs Band of Ojibwe Indians  
Invites You**

**14th Annual Feast for all Mille Lacs Band Members**  
**Thursday, November 21, 2013**  
**Doors open & seating starts at 5:15 p.m.**  
**Invocation/welcome at 5:45 p.m.**  
**Dinner at 6:00 p.m.**  
**Entertainment: Comedian Ryan McMahon, at 7:00 p.m.**

Grand Casino Mille Lacs Events & Convention Center, seating on a first come first served basis

**GREAT FOOD** ● **DOOR PRIZES** ● **ENTERTAINMENT** ● **GOOD CONVERSATION**

## Joseph Nayquonabe, Jr. Honored By NCAIED



Joseph Nayquonabe, Jr., MLB Commissioner of Corporate Affairs, is a 2013 "Native American 40 Under 40," award recipient from the National Center for American Indian Enterprise Development (NCAIED).

This prestigious award recognizes 40 emerging American Indian leaders from across Indian Country who have demonstrated leadership, initiative, and dedication and made significant contributions in business and/or in their communities.

The award was presented on October 24, 2013 at the NCAIED's 38<sup>th</sup> Annual Indian Progress In Business Awards Gala at the Wild Horse Pass Hotel and Casino in Chandler, Ariz.

Joe was appointed Commissioner of Corporate Affairs in

September, 2012. He serves as the chief executive officer and chair of the board of directors for the Mille Lacs Band's Corporate Commission.

The Commission analyzes new business opportunities and oversees the Band's existing businesses, including Grand Casino Mille Lacs, Grand Casino Hinckley, and numerous small businesses.

Joe played a key role in the purchase of two downtown St. Paul hotels by the Mille Lacs Band in 2013. Those purchases denote a new direction for the Band as it expands into the hospitality industry. In a previous interview, Joe said it is important for the Band to make sizable investments in non-gaming enterprises as a way to ensure future economic viability and make it less dependent on gaming revenue.

He has a bachelor's degree in marketing from St. Cloud State University and a master's degree in business admin-

istration from the University of Minnesota's Carlson School of Management. In 2013, he received a master's degree in tribal administration and governance from the University of Minnesota – Duluth.

Joe and his wife, Christina, live in Onamia with their daughters Bella, Phoenix-Rose, and Xiana. In his spare time, he enjoys playing basketball, golf, music, and reading.

For more than 40 years, the National Center for American Indian Enterprise Development has assisted American Indian enterprises with business and economic development.

Its mission is to develop and expand an American Indian private sector that employs Indian labor, increases the number of tribal and individual Indian businesses, and establishes business relationships between Indian enterprises and private industry. It is the largest Indian business organization in the U.S.

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[millelacsband.com](http://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.

### Interested in submitting to the *Inaajimowin*?

Send submissions and birthday announcements to Andy McPartland at [andy@redcircleagency.com](mailto:andy@redcircleagency.com) or call 612-372-4612.

*The December issue deadline is November 15.*