

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Reflecting on the 2014 Tribal Nations Conference

Toya Stewart Downey Staff Writer

While the other five constituent Bands of the Minnesota Chippewa Tribe operate with a Reservation Business Committee (RBC) form of government, where the entire RBC is involved in running the day-to-day operations of the Band government, the Mille Lacs Band of Ojibwe operates under a separation-of-powers form of government. This means that each of the three branches has unique, distinct responsibilities, which are defined by tribal law, known as the Band Statutes.

One of the responsibilities of the Chief Executive is the duty to represent the Band in conducting intergovernmental affairs. Title 4, Section 6(c) of Band Statutes designates legal responsibility to the Chief Executive "to engage in external relationships with other governments and their political subdivisions".

One recent meeting was President Obama's Tribal Nations Conference held at the White House, in Washington D.C. on December 3. Below is an interview conducted with Chief Executive Melanie Benjamin about that conference.

How do the Band and its members benefit from your presence at these kinds of meetings and conferences?

(Melanie Benjamin): Based on Title 4 of the Band Statutes, it's my duty to attend local, state and national meetings and conferences to represent the Mille Band of Ojibwe. Attending these meetings presents opportunities to secure more benefits for Band members. Many of the programs and services the Band provides are dependent on networking with funders and advocating with federal agencies. This requires that the Band be proactive, and when the meetings involve people higher up in government, that usually falls on my shoulders to represent the Band.

What was the focus of this meeting?

President Obama began holding these meetings a few years ago, and they have been really important for setting the tone for the government-to-government relationship between his Administration and tribal governments. At this particular meeting, the President released his Native Youth Report, which was important because it was honest about past failures of federal

policy on the education of Native students, and made recommendations for the federal government in moving forward to educate our children. Also, most of his Cabinet members attended this meeting, and I was able to share feedback about issues important to the Band, like our fight against violent crime, and our efforts with language preservation.

What was the most meaningful session that you attended at the White House Tribal Nations Conference and what did you learn?

I attended each session that was offered and each of them was beneficial. I learned or heard about new initiatives available for tribes through the federal government, and there were many announced that day. One example is new funding to support cultural, social and academic needs of our students. We have to be involved in that process and begin planning our work on accessing those new funds.

Did you walk away with any new strategies or ideas for the Band?

I follow the Band's Strategic Plan and I look to see if the ideas that I hear about meet the goals our strategic plan. The President announced a Native Languages Summit next fall, and I want the Band to be involved in that, because protecting and preserving our language is a key priority in our strategic plan. By attending that meeting, I was able to make some connections that I'm hoping will help ensure we have a seat at the table when that Summit gets underway. We have other initiatives we are always concerned about including our sovereignty, housing, and health services. A big concern for me now is about the opiates that are infiltrating our communities. We have babies being born with opiates in their system and that has to stop. Besides what we're doing through our own government, I'm looking for federal entities that can help us deal with this problem.

What was of particular interest to you as the leader of the MLB?

I'm always interested in establishing relationships with key

leaders across the country and in the federal government. I am able to network and establish connections that will help our community. One example is that I've had a chance to develop a really good working relationship with the State Commissioner of Education. Just this weekend, I received a phone call from the Commissioner, and she asked me if I could help organize tribes in Minnesota around a task force on Indian education. This would connect really well with President Obama's Native Youth Initiative. There are exciting opportunities there from both the federal and state side that could directly benefit the Band. But these things don't just happen, they take work, which is what happens at these meetings. I'm always most interested in what I can bring home to benefit the Band. Finally, I'm always looking for best practices. When I talk to others, I get to hear what works best and then it allows me and other Band leaders to determine if it could work for the Band.

Tribes were asked to help set the agenda by offering input. Were you able to offer a topic for the conference and was that topic explored?

One of the topics that I always talk about with federal officials and other tribal leaders is about how tribal sovereignty is both a sword and shield that we need to protect and use. I talk about the importance of protecting our rights, respecting our sovereignty, protecting our culture and homelands and preserving a better future for our grandchildren.

Did you have the opportunity to talk to President Barack Obama? If so, what did you share with the President and other tribal leaders about the Band?

I didn't get to talk to President Obama this time. Last year, I was one of 12 tribal leaders to talk with him, which was a great honor, but this year it was the turn of other tribal leaders.

The President and his commitment to Indian Country is commendable. He brings leaders together and we get to dialogue about issues facing Indian Country. The President said he would regularly engage with tribes and he has. He's been a good partner.

What do you think is most important for Band members to know about this conference and your presence there?

I think it's important for Band members to know that when I am away from them, I am working for them and on behalf of the Band. I don't do this alone; we have staff who lay the groundwork for these meetings. And sometimes I ask the Speaker of the Assembly to accompany me when strategically that makes sense, but legally, that duty to ultimately represent the Band with other government falls on the Chief Executive. But it's an honor to represent the Band and is always humbling. Ultimately, my work comes down to trying to protect and enhance our rights as the Non-Removable Mille Lacs Band of Ojibwe.



Chief Executive Benjamin was able to meet with President Obama during the 2013 edition of the White House Tribal Nations Conference on November 12, 2013.

White House Hosts Tribal Nations Conference in Washington D.C.

Courtesy of the White House

On December 3, the White House hosted leaders from the 566 federally-recognized Native nations at the Tribal Nations Conference. Guests engaged with President Obama, Cabinet officials, and the White House Council on Native American Affairs on key issues facing tribes – respecting tribal sovereignty and upholding treaty and trust responsibilities, lack of access to capital and credit, and protecting Native women and youth.

This year's conference builds on the President's visit in June to the Standing Rock Sioux Indian Reservation, where he reaffirmed his commitment to education and economic development. Nearly half of Native American people (42 percent) are under the age of 24; more than one-third of Native children live in poverty; and Native youth have the lowest high school graduation rate of students across all schools.

As part of the conference, the White House will release a new Native Youth Report that explores the challenges facing Native youth and makes recommendations for a path forward. The voice of Native youth was represented by 36 Youth Ambassadors, who joined tribal leaders in the breakout sessions and panels, and participated in leadership development programming.

President Obama also announced the launch of Generation Indigenous (Gen I), a Native youth initiative focused on removing the barriers that stand between Native youth and their op-

portunity to succeed. This initiative will take a comprehensive, culturally appropriate approach to help improve the lives and opportunities for Native youth and will include:

- New Native Youth Community Projects, administered by the Department of Education (ED) to provide funding in a select number of Native communities to support culturally relevant coordinated strategies designed to improve the college-and-career readiness of Native children and youth.
- New National Tribal Youth Network program in partnership with the Aspen Institute's Center for Native American Youth. The Youth Network will support leadership development, provide peer support through an interactive online portal that links resources and tools, and empowers youth to become leaders within their communities. The White House will also host a high-level convening on challenges facing Native youth in February 2015.
- The release of the White House Native Youth Report that acknowledges past failures of federal policy on the education of Native students, explores the challenges facing Native children, and makes recommendations for a path forward.
- The launch of the Cabinet Native Youth Listening Tour,

which will begin next year as part of the President's call to hear directly from Native youth on how to bolster federal policies to improve youth outcomes. In addition, the Administration will expand federal outreach on youth internships and employment opportunities across the federal agencies.

- The first ever White House Tribal Youth Gathering to engage hundreds of Native youth in a day-long convening in the summer of 2015.

In addition to these efforts, the Department of the Interior (DOI) is making progress to transform the Bureau of Indian Education (BIE). Since Secretary Jewell's Secretarial Order directing Indian Affairs to restructure the BIE to serve as a support network to schools rather than a direct education provider, DOI, along with ED has made steady progress towards implementing the Administration's vision of high-achieving tribally-controlled schools.

"The United States shares a sacred bond with our Native nations," President Obama stated. "We have a sacred responsibility to all our young people, including Native youth."

Band Members Urged to Aim High

Brett Larson Staff Writer

Commissioner of Administration Catherine Colstrud is encouraging Band members to make education goals now – and to shoot for the stars.

"I recently heard about opportunities for low and middle income families to send their kids to Harvard tuition free," Catherine said. "I'd love to see some of our Band members graduate from Harvard in the next few years."

If a move to Massachusetts is not what you're looking for, many additional options can help Band members gain the skills and knowledge they need to be successful. Catherine said the Band finds it difficult to staff many positions with Band members because of the specialized training required. She wants that to change.

Band members looking to get started can consider Anishinaabe College in District I, with ITV programs planned for Districts II and III.

Camille Naslund, the Band's Higher Education Director, said many scholarship opportunities are out there, starting with the Mille Lacs Band's scholarships. Band members in undergraduate programs are eligible for \$4,500 per semester.

Many two- and four-year colleges around the state have additional scholarship opportunities. For example, the Band has a partnership with Augsburg College in Minneapolis providing a 10 percent tuition discount, and the University of Minnesota – Morris waives tuition for Band members or any other student with a parent or grandparent who was a Native American. Camille said the financial aid office at any school is a great resource for information.

Band members who already have a Bachelor's degree should be thinking about a Master's, a law degree, medical school, a Ph.D, or other advanced training. Additional scholarships are available for graduate school – including \$6,000 per semester from the Mille Lacs Band.

"We all have a responsibility to help our Band survive, and one of the best ways we can do that is by pursuing educational opportunities," Catherine said. "Bringing that knowledge back to the Band will ensure our continued success."

Scholarship opportunities

Mille Lacs Band of Ojibwe

millelacsband.com/programs-services-home/education/scholarships

Band members are eligible for up to \$4,500 per semester of undergraduate tuition or \$6,000 for graduate tuition per year.

Catching the Dream, Native American Scholarship Fund

catchingthedream.org

CTD has helped 827 Native students to earn degrees since 1986.

U of M Morris tuition waiver

morris.umn.edu/financialaid/scholarshipwaivers/americanindiantuition

The University of Minnesota-Morris will admit American Indian students qualified for admission free of charge for tuition, as mandated in federal law and state statute.

Native American Finance Officers Association

nafoa.org/education_3.html

In 2012, the NAFOA awarded three scholarships to an outstanding MBA, undergraduate and tribal college student.

American Indian College Fund:

collegefund.org

Scholarships are open to U.S. citizens who are enrolled full-time at a public or private, non-tribal-affiliated school and are registered members of a recognized tribe or with at least one grandparent or parent who was registered.

Lagrant Foundation Scholarships

lagrantfoundation.org/Scholarship%20Program

Twenty undergraduate ethnically diverse minority undergraduate students will receive scholarships of \$2,500 each and 20 graduate students will receive scholarships of \$5,000 each. Students must be attending four-year accredited institutions in the U.S. and pursuing careers in the fields of advertising, marketing or public relations.

Microsoft Technical Scholarships for Minorities and Women

careers.microsoft.com/careers/en/us/university-programs.aspx

Anyone can apply, but preference is given to applicants who are female, belong to a minority group, or have a disability.

Xerox Minority Scholarship

xerox.com/jobs/minority-scholarships/enus.html

Technical Minority Scholarships award between \$1,000 and \$10,000 to qualified minorities enrolled in a technical degree program at the bachelor level or above.

A story on the Harvard initiative to attract low-income students

nonprofitquarterly.org/policysocial-context/23214-harvard-initiative-to-attract-low-income-students-includes-free-tuition.html

Many more scholarships are available. Contact the financial aid office at the school where you are enrolled or thinking about enrolling.

Career Focused: Band Members Dedicated to Following Legal Path

Toya Stewart Downey Staff Writer Photos courtesy of nolan.house.gov



Syngen Kanassatega, Congressman Rick Nolan's first Native American Tribal Leaders intern, at his desk in Washington, D.C.



Summer 2014 interns pictured (L-R): Syngen Kanassatega, Myles Hotzler, Samantha Bisogno, Congressman Rick Nolan, Savannah Kochinke, Sam Wanous, and Andy Landkamer.

When Aarik Robertson and Syngen Kanassatega graduate from law school in May they will be among the very few Band members who have earned law degrees.

That they are graduating after many years of laser-focused dedication to their academic paths is impressive. But what makes the young men even more outstanding is that both plan to practice law to help the Band as well as other tribes.

For 31-year-old Aarik, who attends William Mitchell College of Law in St. Paul, the decision to study law became obvious as he realized the complexity of the history of Native American people in this country.

"Growing up, it became very apparent to me that Native people have a very different status in this country from anyone else. I was curious how this came to be," he said.

Citing examples of why tribes can have casinos or are allowed to net walleye, Aarik said that even those seemingly simple questions have complex answers that ultimately had a legal context.

When Aarik realized that his interest could lead to a law career and the opportunity to study the legal history of Native Americans, he decided that going to law school was his goal.

For Syngen, 28, the idea of becoming an attorney wasn't an option even though his father, Jay Kanassatega, was an attorney who served for several years as the Band's first Solicitor General.

Growing up, Syngen – who attends the University of New Mexico Law School – watched the long hours his dad worked, including nights and weekends, and he decided that wasn't the path he wanted to take.

Then, while he was pursuing a public policy degree at Hamilton College, a small private college in upstate New York, he became more interested in how the government works. Still, the desire to pursue law didn't come until later.

While working for the Chief Executive's office a few years ago, Syngen had an opportunity to hear one of the Band's long-time legal advocates, Marc Slonim, speak to the Band Assembly about the work he was doing on behalf of the tribe. Something clicked for Syngen.

"I didn't know much about the issues that the Band faced, or that other tribes face, but when I met Marc and heard him speak I became very interested in how important laws impact Native Americans."

"I was inspired and I decided then that I wanted to study law so I could help Marc and the Band," Syngen said.

Before both Aarik and Syngen begin their careers in the law they must first pass the Minnesota bar exam – a test that determines if a person is qualified to practice law in the state.

Besides sharing a passion for the law, both young men are interested in working closely with Native Americans. Aarik, who graduated from the University of Minnesota (U of M) with a Bachelor of Arts degree in American Indian Studies with a focus on Ojibwe language, is a frequent volunteer for Band events in the Twin Cities.

He currently serves as the president of his college's Native American Law Student Association, is an associate member of the Minnesota American Indian Bar Association and a national liaison for the National Native American Law Students Association.

"I enjoy being involved with these various groups because it has connected me to so many other Native students and Native lawyers, both locally and nationally," he said. "These are and will be the leaders of their respective communities, and we all offer a support network for each other as Natives in the legal field."

Before entering law school Aarik worked as an admissions counselor and as the American Indian Recruitment Coordinator for the U of M.

Aarik has also worked as a certified student attorney in the Menominee Tribal Court for his college's Law Criminal Defense clinic and served as a public defender in domestic violence criminal cases. He has interned as a law clerk, working primarily with Native Americans in urban and reservation communities to create estate plans.

"While working as a student attorney, I had a chance to work with real clients and gain invaluable experience," said Aarik. "In my internship Mille Lacs was a partner in a project. I even had the chance to work with some of our own Band members."

Aarik's mom is Barb Benjamin-Robertson. Barb's parents are Dorothy Shingobe and Mike Benjamin. Both passed on to the other world.

For Syngen, 28, the idea of becoming an attorney wasn't an option even though his father, Jay Kanassatega, was an attorney who served for several years as the Band's first Solicitor General.

His grandparents are Raining Boyd and Grace Clark on one side, and Fred and Dorothy Sam on the other.

Syngen is also involved with the National Native American Law Students Association. Through his college's American Indian Law Center, he has helped other Native students interested in pursuing a law degree.

Last summer he worked in the Law Center's pre-law school summer institute which was the same program he attended when he first entered law school. He has also worked for Chief

Executive Melanie Benjamin's office during a previous term, has worked with Larry "Amik" Smallwood in the Ojibwe language program, and has worked as teaching assistant for other Native American students.

Syngen sits on a few different drums and has learned enough Ojibwe language from Amik to conduct basic ceremonies.

"Amik is a mentor to me and we talk on a regular basis," said Syngen. "We have spoken about writing laws in Ojibwe."

Syngen says taking the Indian law classes has given him tremendous insight into the way the federal government has worked with tribes.

"I've learned how we started out being disadvantaged compared to others and how we are still disadvantaged even with Indian gaming regulations and the revenue it generates. It's still not enough," he said.

Both men have said that the Native American legal community is a small and often close-knit group because there are so few Native attorneys. Those with whom they attend school and interact are their future colleagues, and building meaningful relationships with them now is critical.

Aarik is participating in the Band's Essential Careers Program, which helps fund his tuition. In return he will work for the Band for three years after passing the bar exam.

"I see this as a chance to give back. It will be a great learning experience to see how the tribe operates firsthand," he said.

Syngen, who received a scholarship from the American Indian Graduate Center, said he will explore career options that could include working for the Band or the government.

"Whatever I do, I would like to be involved in helping the Band and other tribes," he said.

Both men are strong advocates for pursuing a higher education and encourage other young people to believe in themselves and pursue their dreams.

"It's the best investment you can make in yourself," said Aarik. "There is no substitute for hard work, and it's also something other people notice and respect. I know firsthand that so much hard work goes into gaining an education, but there is a payoff in the end."

Syngen shares the same perspective.

"There are a lot of Native youth who tend not to believe in themselves. I've seen some kids who think they aren't smart enough to go to college," he said. "But that's not true. I've shared what I'm learning and I've seen them engaged and asking questions. So they are thinking about what I'm saying."

Opiate Problem Affects Everyone

Brett Larson Staff Writer

Last month's Inaajimowin addressed the problem of Neonatal Abstinence Syndrome (NAS) — the medical term for babies who are born addicted to drugs. This article will address the problem from a law enforcement perspective, including the impact on individuals, families, and the community at large. Next month's Inaajimowin will look at the prescription drug problem from a cultural perspective.

The illegal use of opiates — prescription as well as street drugs — is a serious health problem in the Mille Lacs Band community, but it is also a public safety problem.

The medical, legal, and law enforcement costs are high, but the greatest price is paid by the innocent children born dependent, and the families torn apart by chemical dependency.

According to Tribal Police Chief Jared Rosati, as the methamphetamine epidemic began to fade, prescription drug abuse took its place. Now illegal use of prescription drugs is declining, but an even more dangerous substitute is filling the void: heroin.

"We've solved one problem but gained another," Jared said. "People haven't stopped abusing; they just went from a legal source to an illegal source."

As prescription drug abuse skyrocketed, government and the medical community responded by making it harder for addicts to go from clinic to clinic for 90-day refills. Once they became addicted, though, they began turning to heroin. It is now cheaper than marijuana, according to Jared, but extremely dangerous.

"This is not the heroin of the 1960s and '70s," Jared said. "That was 5 to 15 percent pure. This is 90 percent pure." As a result, overdoses are increasingly common because users don't realize how strong the drug can be.

"This is not just a reservation problem," Jared said. "Heroin seizures are up 236 percent statewide."

To Jared, it's worse than the meth epidemic because that was a matter of shutting down a few labs run by individuals. The heroin trade is being run by international cartels. "These people are organized," he said. "It's big business."

Jared is attacking the problem of illegal drugs and other crime in the reservation community from several angles:

- **A grant to coordinate efforts among five different tribal police forces:** "Local gang members are not exclusive to this reservation," Jared said. "They go from reservation to reservation. The grant will allow departments to share information and resources to improve investigations."
- **Knock and talk:** When a tip from the community comes in that suspicious activity is happening at a house, some departments will sit back and watch. Jared's approach

is to go directly to the house, knock on the door, and tell them about the complaint, and that they are paying attention.

- **New training for K-9 Karma:** The department's new dog will go through narcotics training, making her a valuable asset in the fight against illegal drugs.
- **A "kids and cops" house:** Jared would like to use a vacant house or other building as a place for kids to hang out with off-duty police officers. He said kids between the ages of 13 and 17 are under great pressure from gangs, and many give in. "We need them to start seeing us as people, as a friend, someone they can talk to, so we don't lose them," Jared said. "I'm not saying we can save every kid, but if we save five kids, it's money well spent."
- **Civilian police academy:** Elected officials, commissioners, and others will have the opportunity to learn about procedures, laws, training, and defensive tactics so they have a better understanding of what police actually do.

What the efforts have in common is the attempt to increase trust between police and the community. "We need to do a better job of community policing," he said. "This isn't us vs. them. This is everyone's problem. We as the police department are a big part of this puzzle. We're a big part of the solution."

Family law

The other part of the legal puzzle related to opiates involves lawyers and courts — who not only deal with drug dealers, but also family members accused of endangering their children, sometimes when they're still in the womb.

Barbara Cole, senior deputy Solicitor General for the Mille Lacs Band, has worked on cases involving babies born with Neonatal Abstinence Syndrome. She said she has seen a dramatic increase in this type of case over the last few years.

Barbara believes that in many cases, the mother starts out with a legitimate medical concern and prescription, and from there gets addicted and may switch to other opiates like heroin. "It doesn't always stem from being a partier and wanting to engage in destructive behavior," she said.

When a newborn tests positive for drugs, medical personnel are required by law to report it to social services. For non-Band members, the report is made to the county where the infant was born. Social services then contacts the county attorney's office, which files a petition with the state district court alleging that the baby is in need of protective services.

If the infant is a Band member, the report is usually made to the Band's family services department, which notifies the Officer of the Solicitor General (OSG). In those cases, the OSG files the petition in Tribal Court.

A hold may or may not be placed on the baby while a petition is drafted. According to Cole, the facts of the case are usually clear because the hospital has evidence of the drugs in the baby's system.

A hearing before a judge is held within a day or two. The county or tribal attorney will lay out the allegations, and the court usually finds that it's reasonable to believe that out-



"This isn't us vs. them. This is all of our problem. We as the police department are a big part of this puzzle. We're a big part of the solution."

— Tribal Police Chief Jared Rosati

of-home placement is necessary for the child's safety and well being.

In some cases, the mother could argue that the children should go home, but because of the clear evidence that the mother was using drugs, it rarely happens. In those cases where it does, Barbara said, the judge wants to see that the mother is working with family services and getting a chemical dependency "Rule 25" assessment.

Barbara said, "When parents cooperate right away, it seems to go a lot better and they get their kids back faster."

In many cases, if the mother has other children in addition to the newborn, those children may also be placed out of the home. Barbara said that in accordance with Band statutes, the Band always attempts to place children with family members first, then other Band members or Indian families, and finally any safe family-like environment.

If the children are removed from the home, there will be a 30-day hearing for the judge to determine whether continuing court intervention is necessary or if the issues have been resolved and the children can go back to the parents. In many cases, the children will return to the home, but the court will stay involved.

If the issues have not been resolved, a trial must be held within 90 days, according to Band statute. In the meantime, social workers will keep working with the family to follow their case plan.

If the family continues to need court intervention, review hearings will continue to be held about every three months.

If the parents fail to make progress, the court and family services will look at permanent options for the child or children.

"The goal is always to reunify the families," Barbara said, "We want to get the parents the help they need and reunite the family. Sometimes it happens; sometimes it doesn't."

For more on the opiate epidemic, see next month's issue of the Inaajimowin.



Chi Miigwech from Early Ed.

The Mille Lacs Early Education Program staff and students would like to send a **Chi Miigwech** to the Mille Lacs Band of Ojibwe Legislative Office and the District Representatives (Sandra Blake, David "Niib" Aubid and Harry Davis) for helping to make our students holidays even brighter with their donations to each of our district programs: the Wewinabi School, the East Lake Early Education and the Lake Lena Early Education.

CHI MIIGWECH!!!

Celebrating the Season: Districts Host Holiday Parties

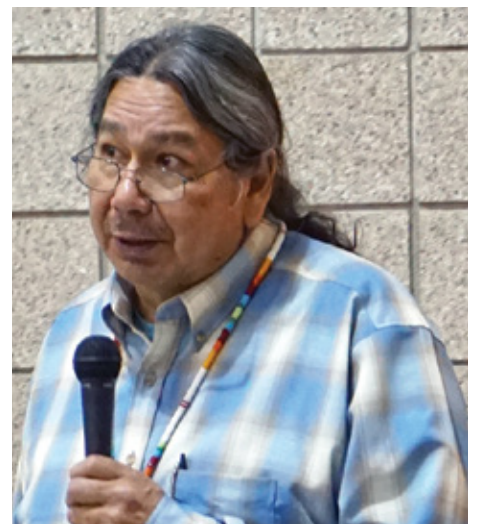
Andy McPartland Staff Writer **Ryan Lodermeier, Christopher Gahbow, Toya Stewart Downey, Brett Larson, and Andy McPartland** Photographers

In each district, community members came together to celebrate the holiday season, mingling with their fellow neighbors at Districts I, II, III, and the Urban area. From visits from Santa in District I to karaoke in District II, there were fun times had by all. We hope everyone has a safe and enjoyable holiday season with your friends and family. Sending our best wishes for the New Year!

DISTRICT 1



DISTRICT 2



 DISTRICT 3



 URBAN AREA



Karma Will Get You

Vivian LaMoore Contributing Writer and Photographer, Mille Lacs Messenger

What goes around comes around. The universe has a way of making certain of what you give, you get back — like a boomerang. It is called Karma. Karma will get you — especially when Karma is the newest rookie on the Mille Lacs Band Tribal Police Force. She is a K9 cop.

Karma is a 1 1/2-year-old Belgian Malinois. She is slightly smaller than the average German Shepherd dog weighing in at a slim, trim athletic weight of approximately 67 pounds. Don't let her size fool you. She is one of nine K9 cops in Minnesota certified in tracking. Since her first day on the job in the early part of October, she has tracked down two suspects of crimes who thought it was a good idea to run. The word is getting out that you can run but you can't hide.

Her partner is Officer Tim Kintop, a 10-year veteran of the Tribal PD. Kintop recalled Karma's 5th day on the job: "We were in a vehicle pursuit of a suspect with multiple warrants. The suspect left the vehicle and decided to run into the woods." The suspect was arrested.

Within the next few weeks, Karma assisted with her second arrest when officers were forced to chase down a suspect for felony burglary and assault warrants. The suspect ran into a swamp but soon surrendered hollering, "Call off the dog!" Kintop said. "We never would have caught either of them without Karma."

Chief of Tribal Police Jared Rosati said Karma has already indicated she is an invaluable tool in many aspects for Tribal PD. Not only is Karma a highly trained police dog, she is a pleasant, friendly dog who will be an ambassador to the public in promoting positive relations between community members and the police. Her tracking skills are not only practical for assisting in catching criminals and protecting officer safety, she will be advantageous at helping to locate missing persons.

Tracking a person, whether a criminal or an innocent lost person, is basically the same thing, the officers explained. "Karma senses the energy disruption," Rosati said. She cuts out the negative, or unchanged indicators in her perimeter, focusing on the positive, or changes. Fear and adrenaline leave behind powerful pheromones, or scents, that cannot be controlled by the human mind or body and leave a potent trail for the highly sensitive olfactory of the K9 tracker.

While Karma is a highly trained police dog, she is also just a friendly energetic pup. Officer Kintop has plans to bring her

to the schools to introduce her to the youth of the community using her as a diplomat between the cops and the kids. She has a welcoming disposition when not in pursuit. She has also already been introduced to the lights, sounds and actions at the casino. Getting her accustomed to the high energy of the gambling floor is also part of her on-the-job training.

Karma will be attending narcotics training after the first of the year. Officer Kintop is currently working with her continuing education tracking on hard surfaces such as paved roads and parking lots.

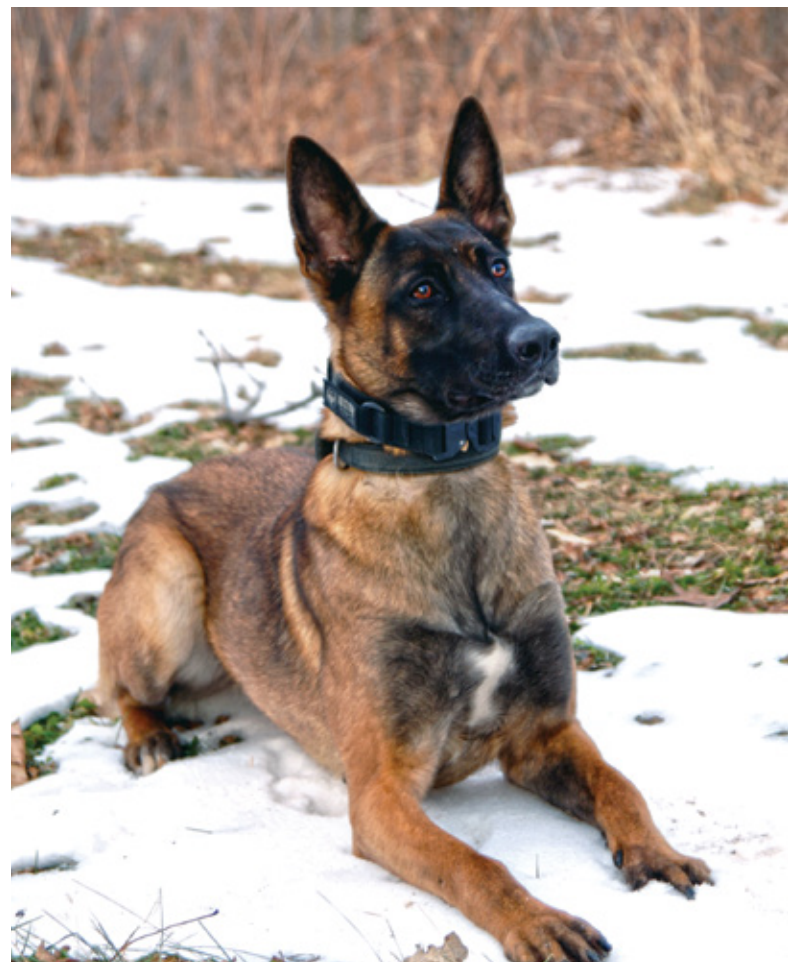
Partnership — the dynamic duo

The Tribal PD has had K9 cops on the job before. However, for various reasons, the programs were unsuccessful, Chief Rosati said. The department recognized the usefulness and need for a new addition and budgeted to purchase the \$7,500 police dog from Can Am Tactical K9. Karma was originally from Winnipeg, but completed her basic training with Can Am.

All of Karma's police dog training would be useless without continuing specialized training with a productive hands-on attentive handler. "Kintop was the perfect fit for Karma," Chief Rosati said. "He is well known in the community. He knows everyone and almost everyone knows him. His background with dogs makes it a good partnership."

Officer Kintop has multiple years of experience training hunting dogs of his own and also professionally. While there are certainly differences in training a hunting dog versus a police dog, the similarities are substantial, Chief Rosati said.

Hunting dogs require hours of training in such things as blind retrieves and 300-yard retrieves off leash, Officer Kintop explained. Tracking dogs are most efficient at short sprints while on a harness and a 25-foot lead. Officer Kintop works with Karma on a daily basis in their newfound tracking partner-



Karma is the newest rookie cop to join the Tribal Police Department. She is a one-and-a-half-year-old Belgian Malinois.

ship and practice making multiple quarter-mile runs. He admits he is in the best physical shape he has been in for a long time.

Karma and Officer Kintop are together 24/7. Karma has an outdoor kennel at Officer Kintop's home, but also has a spot to call her own inside the house as well. Officer Kintop also has a 13-year-old black lab at home. The two dogs have had time together, but Karma has too much energy for the old hunting dog, Officer Kintop said.

Both Officer Kintop and Karma have a way with people that is professional yet sociable and peaceable, and their partnership is certain to promote goodwill in the community. They are also highly trained in criminal pursuit. This combination should be a warning and reminder — Karma will get you.

Band Member Named to Cohort of Native Nation Rebuilders

Citizens from 14 Tribes Join Program to Strengthen Skills, Serve Native People

Andy McPartland Staff Writer

Band member Melissa Boyd is one of 31 leaders from 14 Native nations that make up the newest cohort of the Bush Foundation's Native Nation Rebuilders.

The Native Nation Rebuilders Program supports emerging and existing Native leaders to build their leadership skills and nation-building knowledge so they can help tribal leaders exercise and strengthen sovereignty.

The program was created in 2010 after elected tribal leaders from 23 Native nations said they needed skilled and committed partners to help them rebuild their nations. Rebuilders attend a two-year program of learning about nation-building and strengthening their leadership skills. The program has selected 112 Rebuilders from 20 Native nations.

Established in 1953 by 3M executive Archibald Bush and his wife, Edyth, the Bush Foundation encourages people and communities to think bigger and think differently about what is possible across Minnesota, North Dakota, South Dakota, and the 23 Native nations. More information at: bushfoundation.org

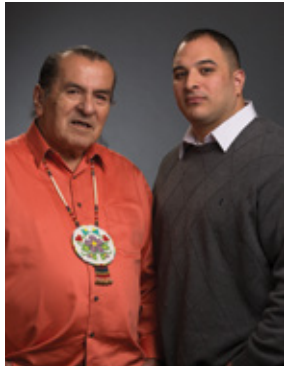
Applications for a seventh cohort of Rebuilders will open in Summer 2015.

Melissa grew up on the Mille Lacs Reservation and in college developed a passion for learning and teaching the Ojibwe language. She participated in an Ojibwe language master/appren-



Cohort 6 of the Native Nations Rebuilders Program

tice program, an intensive language development partnership for intermediate language learners to study one-on-one with an Ojibwe Elder. Melissa went on to help create the Band's first and only pre-kindergarten language immersion program. She is the proud mother of two children.



Gii'igoshimowin Fasting

Lee Staples Gaa-Anishinaabemod Obizaan Chato Gonzalez Gaa-Anishinaabewibii'ang Ombishkebines

Mii iko ingiw Anishinaabeg mewinzha gaa-izhichigewaad, azhigwa gii-moonenimind a'aw gwiiwizens ani-oshki-ininiwid, naa gaye a'aw ikwezens ani-ikwewid, mii iwidi bagwaj gii-izhiwinindwaa gii-o-gii'igoshimowaad ezhiwiinjigaadeg. Mii iwidi wiigiwaam gii-ozhichigaadenig imaa bagwaj. Mii dash imaa gii-asind a'aw waa-kii'igoshimod maagizhaa ingo-dibik, gemaa gaye niizho-dibik, gemaa gaye niso-dibik miinawaa gemaa gaye niyo-dibik gii-ayaad iwidi.

What Anishinaabe did as soon as they realized that a boy was becoming a young man and a girl was becoming a woman they took them out into the woods to fast. A wigwam was built for them out in the woods. It was within there that they placed the one who was to fast for a night, maybe two nights, maybe three nights, or even four nights.

Ishke dash megwaa iwidi gii-ayaawaad, gaawiin ogii-minikwesiinaawaa gegoo, biinish gaye gemaa gaawiin gii-wiisiniisiiwag. Mii dash i'iw gaa-onji-izhichigewaad, mii imaa gii-waabanda'iwewaad ezhi-apiitendamowaad gaa-izhi-gikinoo'amaagooyang anishinaabewiyang. Dibishkoo imaa waabanda'iwewag ezhi-apiitenimaawaad iniw Manidoon imaa ani-mamoosigwaa da-gii-minikwewaapan naa gaye da-gii-wiisiniwaapan.

While they were out there they did not drink anything and possibly they did not even eat out there. The reason they did this was that they were showing their respect for what we were taught to do as Anishinaabe. It was as they were showing their appreciation for the Manidoog by not taking anything to drink or to eat.

Ishke dash mii imaa gaa-onjikaamagadinig gii-shawenimigowaad iniw Manidoon, mii dash imaa gaa-onjikaamagadinig gii-pi-naazikaagowaad iniw Manidoon gii-pi-wiindamaagowaad i'iw akeyaa ge-ni-naadamaagowaad oniigaaniimiwaang. Ishke mii imaa gaa-onjikaawaad ingiw Anishinaabeg gaa-wenda-manidoowaadizijig miinawaa gaa-nanaandawi'iwewag naa-go gaye gaa-chiisakiiijig.

It is from there that the Manidoog showed their compassion for them. It is from there that the Manidoog approached them and told them how they would help them in their future. That is where our Anishinaabe who were really gifted as medicine men and wigwam shakers came from.

Ishke ani-minikwesig awiya miinawaa ani-wiisiniisig megwaa iwidi gii'igoshimod mii iwapii dibishkoo ani-wiindamawaad inow Manidoon, "Ishke mii i'iw waa-poonitooyaan, mii dash imaa aazhita inendamaan Manidoogod da-naadamawiyeg da-miizhiyeg wenjida ge-naadamaagoyaan niniigaaniiming."

When a person does not drink and does not eat while they are fasting it is as if they are telling the Manidoog during that time, "I am not going to eat or drink and in return I am hoping you all as Manidoog will help me and give me what will help me in my future."

Mii dash dibishkoo eni-izhichiged a'aw Anishinaabe ani-atood i'iw wiisiniwin maagizhaa gaye imaa zagaswe'idid gemaa gaye ani-biindigadood endazhi-niimi'idiiked a'aw Anishinaabe. Mii imaa eni-gaagiigidod ani-wiindamaaged, "Ishke i'iw wiisiniwin a'aw gaa-pi-biindigadood da-gii-ashamoonsipan, awashime dash omaa inendang wii-pi-biindigadood ininimawaad inow Manidoon. Mii imaa ge-onjikaamagadinig da-ni-naadamaagod inow Manidoon."

It is very similar to when Anishinaabe brings in food into a feast, or maybe a ceremonial dance. The one speaking for his offering says, "The food that so and so brought in could have been used to feed himself and his family, but instead he thought to bring it in here and offer it up to the Manidoog. It is from there that he will be helped by the Manidoog."

Mii-go gaye dibishkoo a'aw Anishinaabe bi-biindigadood inow maamandoogwaasanan imaa atood okosijged imaa Anishinaabe endazhi-niimi'idiiked. Ishke a'aw gaa-kashkigwaasod anooj da-gii-paa-izhichigepan, awashime dash imaa inendang ginwenzh inendaagwadinig gii-nanaamidabid gii-kashkigwaadang i'iw waabooyaan waa-ininamawaad inow Manidoon. Mii gaye imaa wenjikaamagadinig a'aw Anishinaabe da-naadamawind.

It is the same thing when Anishinaabe brings in handmade quilts as an offering for the bundle at a ceremonial dance. See the one that did the sewing could have been out doing whatever, instead they chose to sit long hours sewing the blanket that they are going to offer the Manidoog. It is also from there that the Anishinaabe gets his help.

Mii-go gaye meshkwadoniganan asaad a'aw Anishinaabe. Geget chi-apiitendaagozi a'aw meshkwadoniganan. Gaawiin gegoo gidaa-gashkitoosiimin da-ni-izhichigeyang noongom ayaawaasiwang. Ishke dash imaa baandiganaad iniw meshkwadoniganan da-gii-aabaj' aapan, mii imaa awashime inendang wii-ininamawaad iniw Manidoon, mii imaa wendinixed a'aw Anishinaabe gaye ani-naadamaagoowizid.

The same also applies when Anishinaabe puts money down as an offering. Money is held in high regard. Without money nowadays we would not be able to do a lot of things. So when the money is brought in that could have been used, and instead that person chose to offer it up to the Manidoog, and it is from there that Anishinaabe also gets help.

Mii iw gaa-izhi-gikinoo'amaagoowiziyang anishinaabewiyang, gaawiin debinaak gidaa-doodawaasiwaanaanig ingiw Manidoog. Booch gegoo-go da-ininamawangwaa bagosenimangwaa aazhita dash da-naadamoongwaa ingiw Manidoog. Gaawiin i'iw biinizikaa gidaa-inendanzimin da-naadamaagoowiziyang. Mii-go dibishkoo gii'igoshimod awiya gii-minikwesig miinawaa gii-wiisiniisig. Mii iw epenimod da-onjikaamagadinig naadamaagoowizid a'aw Anishinaabe.

We as Anishinaabe were taught not to be halfhearted when asking for help from the Manidoog. We have to have an offering for them as we express our desire of them to help us. We cannot just think that out of the clear blue that we will be helped. That also applies to someone who is fasting, that we make a sacrifice and go without anything to drink or eat. That is what the Anishinaabe relies on that those Manidoog see those sacrifices, and it is from there that Anishinaabe gets his help from.

Ishke mii i'iw noongom eshkam wenji-bangiiwagiziwaad ingiw Anishinaabeg nenaadawi'iwewag. Gaawiin geyaabi izhichigaanaasiwag ingiw weshki-bimaadizijig da-gii'igoshimowaad. Ishke mii ingiw wenjida meshkawaadizijig miinawaa wewiingeziijig nenaadawi'iwewag ingiw gaa-miinigoowizijig da-nanaandawi'iwewaad imaa apii gii-kii'igoshimowaad. Mii imaa apii gii-pi-naazikaagowaad iniw Manidoon imaa apii gii-kii'igoshimowaad. Mii imaa apii gii-pi-wiindamaagowaad inow Manidoon da-ni-nanaadawi'iwewaad oniigaaniimiwaang naa gaye mii i'iwapii gii-pi-odisigowaad inow Manidoon waa-naadamaagowaajin da-nanaadawi'aawaad iniw owiiji-anishinaabemiwaan.

That is the reason why we have so few Anishinaabe that are medicine men or traditional healers. We no longer do that for our young people by putting them out to fast as they did long ago. It is those that were given their powers through fasting that were especially powerful and efficient as medicine men. It was while they were fasting that the Manidoog approached them. It was at that time that they were told that the Manidoog would help them to do their doctoring in their future, and it was also at that time that they were approached by those particular Manidoog that were going to help them in doctoring their fellow Anishinaabe.

Nebowa ayaawag noongom biinizikaa nenaadawi'iwewag. Gaawiin o'ow akeyaa owapii gii-kii'igoshimowaad gii-miinigoowizisiwag da-nanaandawi'iwewaad maagizhaa gaye gaawiin gii-kii'igoshimosiiwag gii-aya'aansiwiwaad. Nindaanawenimaag wiin ingiw biinizikaa dibishkoo nenaadawi'iwewag noongom.

There are many instant medicine men today. At the time of their fasting they were not given that ability to doctor, or maybe they did not even go out to fast when they were younger. I have no faith in the abilities of those that are doctoring today who did not get their powers from fasting.

Ishke geget ochi-naadamaagon bagwaj imaa izhaad weshki-bimaadizid. Mii imaa ani-waabanda'igoowizid naa wenda-gikendang iniw Manidoon zhewenimigojin. Ishke noongom nebowa a'aw weshki-bimaadizid inigaawendam miinawaa aanawenindizo. It is really a lot of help to that young person who goes out to fast.

It is at that time that they are shown and really know which Manidoog have compassion for them. Today a lot of our young people are depressed and have low self-esteem.

Ishke bi-zhewenimigod inow Manidoon o'ow akeyaa, geget ochi-naadamaagon. Biinish gaye mii imaa apii ani-wiindamaagoowizid ge-ni-biminizha'ang imaa megwaa bibizhaagiid omaa akiing. Mii i'iw gaye geget wenda-naadamaagod oniigaaniiming.

When the Manidoog come and take pity on the young person at the time of fasting, this is what helps him in his future. It is also at this time the young person is told what he or she is to pursue while on this earth. This is what really helps them in their future.

Ishke dash noongom giwaabandaamin enaadizid a'aw weshki-bimaadizid ani-gaagiwozhitood inendaagwadinig ani-nishwanaajitood owiiyaw ani-aabajitood enigaa'igod a'aw Anishinaabe. Mii i'iw ge-onji-ayaangwaamitooyang da-bi-azhegiwemagak da-gii'igoshimod a'aw gidooshki-bimaadiziiminaang.

Today we see how the young people are carrying their lives. They are wandering with no purpose or clear direction in their life and wasting their lives away by using alcohol and drugs that have been harmful to us as Anishinaabe. That is why we have to strive toward bringing back fasting for our young people.

Fourth Annual Mille Lacs Polar Plunge is Coming Soon!

Mille Lacs Corporate Ventures



On Saturday, March 14, Grand Casino Mille Lacs will sponsor the fourth annual Mille Lacs Polar Plunge on the shores near Eddy's Resort to raise money for Special Olympics Minnesota. As of December 17, 36 individuals have registered to participate.

We want to double the number of plungers from last year – that's more than 350 brave individuals! Are you up for the challenge? Grab a friend, family member or co-worker and register today!

At the plunge, Grand Casino Mille Lacs will provide changing facilities and warming tents for plungers as well as concessions and other entertainment for spectators.

Area law enforcement, fire departments, search and rescue teams, the Mille Lacs Band DNR and Grand Casino Mille Lacs staff will oversee the event.

If you would like to participate or donate to a team or individual, visit plungemn.org and choose the Mille Lacs plunge location. Participants need to raise a minimum of \$75 to plunge. Donations will be accepted on the day of the plunge and anyone interested in participating can register on the day of the event at the registration table. Registration opens at 11 a.m. with the plunge following at 1 p.m.



Participants in the 2014 Polar Plunge

Interested in submitting to the *Inaajimowin*?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-248-2051.

The February issue deadline is January 15.

'Cardio Sampler' Gets Students' Hearts Pumping

Brett Larson Staff Writer/Photographer



Athena Sagataw



Chris Gahbow



Michelle Beaulieu

When most people think of "cardio," they imagine running, biking or working out on a treadmill or elliptical machine. But Jim Ingle's "Cardio Sampler" class at Anishinaabe College is more than just running: he'll get your heart rate up to its maximum in all kinds of ways, including a resistance training weight workout.

The results have been startling. One student started the class able to do 13 pushups and is now at 31. Her first mile took her over 15 minutes; now she's down to 11.

Ten years ago, while looking for workouts for diabetics, Jim came across a theory by a Japanese exercise physiologist named Tabata, claiming that an aerobic and an anaerobic (with oxygen/without oxygen) workout can be combined and is the best route to weight loss as well as overall health. The theory was the inspiration for the P-90X, Insanity and Crossfit workout programs and, according to Jim, it has been proven time and again.

It's that theory that inspires Jim's classes, as well as his own preparation for Senior Olympics competitions.

"Diabetes becomes a disease of circulation," Jim says. "The best thing you can do is to increase the whole body's efficiency in its use of oxygen." That means more than just running, but strengthening the core muscles with weights and other resistance training. He's had diabetic students decrease their insulin use by 30 percent in 30 days.

Jim's workouts are also effective for weight loss. By

way of comparison, a 30-minute jog will burn about 300 calories; a 30 minute workout with Jim can burn up to 1,200 calories done with appropriate intensity – and as Jim states, "intensity counts!"

The Cardio Sampler begins with a mile warm-up run – 18 laps around the gym at the community center or a mile on one of the treadmills. After that, students make circuits around the weights, getting their heart rates up to the maximum for their age. At times, Jim will allow students to rest as they hear a little lecture on health-related topics.

For Chris Gahbow, the class is an impetus to get active again. Chris was an athlete in high school and wants to get back to his playing weight. "I learned how out of shape I was," Chris says.

Michelle Beaulieu says she wouldn't have time to work out if it weren't for the class. "I never knew fat could hurt so bad," she jokes, looking ahead to another night of class.

For Athena Sagataw, the class is just the start of a commitment to health. "Now that I've joined the cardio class I have more motivation to exercise," she says. "I've also learned how to stretch all the major muscles involved in cardio training."

The 15-week, one-credit Cardio Sampler class is only offered in the fall, so interested students will have to wait to take the class. However, Jim's office is in the District I Community Center, where he's always available to help anyone who wants to work out and get healthy.

Longtime Employee Promoted at DNR

Brett Larson Staff Writer/Photographer



Chad Weiss, left, takes over the position left open by the promotion of Perry Bunting, right.

Perry Bunting, a 23-year employee of the Mille Lacs Band's Department of Natural Resources, was promoted recently to Environmental Program Manager, leaving open his former position as Surface Water Specialist.

On Monday, Dec. 8, Bunting's replacement started work at the DNR building. Chad Weiss is a Brainerd native and 2007 graduate of the biology program at the College of St. Scholastica in Duluth. Chad will be working closely with another long-time DNR employee, Aquatic Biologist and Groundwater Specialist Ryan Rupp.

Chad will monitor surface water – primarily Mille Lacs Lake – and represent the Band on the Mille Lacs Lake Watershed Group and the Rum River Watershed Restoration and Protection Project.

Pipe and Dish is a Nay Ah Shing Tradition

Brett Larson Staff Writer

On the first Monday of every month, students at both the upper and lower Nay Ah Shing schools participate in an ancient and important ceremony: pipe and dish.

Joycelyn Shingobe, Executive Director of Education, said, "One of the missions of the schools is to instill in the students respect for the culture and who we are as Anishinaabe people. The weekly and monthly ceremonies are an important part of that."

The ceremony begins with students and staff offering tobacco to give thanks and ask for help, which is followed by the passing of the pipe and a prayer in the Ojibwe language. A student, chosen based on good behavior, assists with the tobacco offering and the pipe. Students and adults have the option of smoking or acknowledging the pipe. Most acknowledge the pipe but don't smoke it.

At the upper school on Dec. 2, John Benjamin, who learned the prayers for the pipe ceremony from Amik (Larry Smallwood), offered the tobacco and food to the Creator and all his helpers.

John speaks to the Gitchi Manidoo on behalf of the students and ends with an expression of wishes for a successful week and month.

At the Abinoojiyag (lower school), the ceremony ends with students and staff lining up to eat. After the prayer at the upper school, students present a plate of food to each of the adults in the room and then come forward for their own.

Jodell Meyer, Ojibwe Language Coordinator for District I schools, said, "This is something the Anishinaabe people have

done since the beginning of time. Coming together in the circle reminds us that we're here for each other, to work together."

She said exposing the children to the pipe and dish ceremony is an important part of the educational process at Nay Ah Shing schools.

Joycelyn said the ceremony has been a part of the weekly and monthly routine since the founding of the schools. Before the decision was made to open the schools, Elders were consulted and ceremonies were performed to ask for help and success.

"Any time we've done something new as a Band, we've always met with Elders and asked for help in a good way, so that what we're doing is for the good of the people," she said.

The school's mission statement expresses the importance of culture and traditions – an emphasis that was there from the beginning and continues today:

The mission of Nay Ah Shing School is to teach Ojibwe Language, Culture, Tradition, History, and Skills to live in two Cultures by:

- Educating Students academically, socially, emotionally, and physically in a safe and supportive environment.
- Building relationships and socializing skills by teaching respect for themselves, for Elders and for all individuals.
- Creating a strong partnership with parents.
- Accommodation of learning styles and teaching life skills.

Road Crews Gear Up For Winter with New Trucks

Brett Larson Staff Writer/Photographer



Mille Lacs reservation residents may see some new vehicles cruising the area roads this winter. The trucks will be hard to miss because they're bright orange – and very big.

The Community Development department has invested in two new snowplows – a Freightliner for District I and a Mack for District III. The District I truck will also be used in District II to widen the roads after a snowfall.

Roads supervisor Tony Pike said the new trucks are equipped with features to help his crews keep roads safe throughout the year. The salt chute in back can be reversed in the summer to add gravel to shoulders, and they have belly blades for grading.

In the winter, the on-board computers keep track of how much salt and sand are being used. That can help Tony save money on salt – which is at a premium this year. The trucks are also big enough that Tony's drivers will be able to pick up salt themselves, saving on delivery costs.



District I drivers Roger and Roy Garbow and Dan Thomas will stay comfortable in the cab of the new Freightliner, which is important on long days of maintenance, which can stretch from 6 a.m. to 10 p.m. during and after a snowfall — holidays included. "When the government center gets a snow day, that's usually our day to work," Tony joked.

Most importantly, the new trucks will help Tony and his crews keep roads free of snow and ice. "That's our main goal," Tony said. "To keep everybody safe and prevent accidents."

To help them accomplish their goal, Tony and the drivers remind residents to keep a safe distance from plow trucks.

The new trucks will be used primarily on Mille Lacs Band roads and parking lots, providing services similar to what county highway departments provide on county roads. If area residents have problems with snow removal or safety on county roads or state highways, they should contact their county or state transportation or public safety departments.

Niigaan Staff Attends Indian Home/School Liaison (IHSL) Training

Shawn Willis Chiminising Niigaan Youth and Community Coordinator



Suzanne Wise and Niigaan staff



Haley Pfaff and Jaylene White



On December 4-5, staff from the Mille Lacs Band Niigaan Program attended Indian Home/School Liaison Training (IHSL) at Ruttger's Bay Lake Lodge in Deerwood, Minnesota.

Commissioner of Education Suzanne Wise also attended the two-day training event, which explored different techniques for working with youth who have had adverse childhood experiences.

"There was a lot of good information we will bring back to the kids and use," Niigaan Life and Learning Mentor Jaylene White said.

The training also focused on youth with ADHD, OHD, and other special conditions. This was particularly insightful for staff, as they learned how to provide better service to our youth.

"I am very happy with the training," said Haley Pfaff, Niigaan Physical Education Mentor. "This will make it possible to better connect with some of the children."

"Our staff gained valuable information that will be used to better serve our youth," said Robert Livingston Jr., Aazhoomog Niigaan Coordinator.

Small Business Development Help Available

Brett Larson Staff Writer



John Gunstad

"Going Into Business for Yourself," a class taught by John Gunstad of the Small Business Development Center in Brainerd, will be held at Grand Casino Hinckley on Monday, Jan. 26, and the Government Center in District I on Wednesday, Jan. 28.

As long as there is interest, classes will continue to be held on the fourth Monday of each month in Hinckley and the fourth Wednesday in District I.

According to John, the class is centered on the business plan that would need to be prepared by anyone wishing to start a new business.

"During the class I will go through the business plan outline and identify the areas that need special attention. I will also field any questions that arise," John said. "I tell students how to contact me in the future if they want assistance.

The class normally takes about an hour and a half, with time afterward to meet with anyone who wishes to ask any additional questions.

If you are interested, please register with John or contact him with questions at 218-828-2002 or jgunstad@charter.net.

Bath Safety

Tammy Moreland

Performance Improvement Manager

Water and smooth surfaces can together convert the bathroom into a risky place. The bathroom is the most visited room in most homes, yet it can be a dangerous place. Bath safety is an important part of general home safety.

One third of falls in homes occur in the bathroom.

All family members, despite their age or health are at risk. Bath safety equipment can help keep this room safe!

Follow these safety tips to prevent accidents in your bath:

- Keep the floor clean and dry.
- Use night lights in bathrooms and hallways.
- Grab bars in showers, tubs and toilet area.
- Use non-slip strips in your tub or shower.
- Select impact-resistant shower doors and bathtub attachments.
- Put a bath mat with non-skid base next to the bathtub and shower.
- Use scald-prevention devices, to check on the water temperature.
- Keep all electronics a safe distance away from children and water.
- Electrical outlets should have ground fault circuit interrupters.
- Use door locks that can be unlocked from both sides.

For more information on bath safety equipment contact: Jackie Jensen, RN Public Health at 320-532-7783.

Blood Donation Month

There are many reasons to donate blood! Donating blood saves lives!

Jackie Jensen RN Home Care

Each year 4.5 million people need a blood transfusion. Someone needs blood every two seconds around the world. If we do not donate, where is this blood going to come from?

There are four main blood types: A, B, AB and O. Healthy adults who are older than 17 years of age and at least 110 pounds may donate a pint of blood. This can be done every 56 days, or every two months, depending on iron levels.

About the donation process

Donating blood is one of easiest ways to support your community. Your donation will help save the life of up to three people! If you've never donated blood before, you're probably wondering what you can expect and you may even be a little nervous, but don't worry: giving blood is safe and simple. Although the actual blood draw takes only a few minutes, the entire donation process takes about an hour.

Step-by-step

- **Step 1:** Registration. Present your photo ID Card and read information sheet about donating blood.
- **Step 2:** Donor Health History and Mini Physical. Answer questions about past and present health history (information is kept private). Temperature, blood pressure, heart rate and hemoglobin tested.
- **Step 3:** Hydration. Drink water or other beverage prior to your donation. The more hydrated you are, the faster your donation will be and the better you'll feel afterwards.
- **Step 4:** Donation. The draw usually takes less than 10 minutes for a unit (about a pint) of blood. You'll squeeze a ball to keep the blood flowing while you read, relax or chat with one of the nurses.



Donating blood is one of the easiest ways to support your community.

- **Step 5:** Visit the Canteen. Sit, relax and have a snack and drink at our donor canteen for a few minutes. All done - Enjoy your day. You've earned it!
- **Step 6:** Relax. After donation, avoid strenuous physical activity or heavy lifting for a few hours.

For more information call the Central Minnesota Red Cross Chapter toll-free at 800-560-7641 or visit redcross.org.

Join us for the 49th Mille Lacs Band Traditional Powwow Opening Session!

It is time to get started!! The Traditional Powwow Committee needs you.

When: Tuesday, January 20

Time: 6 p.m.

Where: Grand Casino Mille Lacs Events and Convention Center



The Powwow Committee will be electing officers, seating new members, and preparing for the 49th Annual Mille Lacs Band of Ojibwe Traditional Powwow August 21, 22, & 23, 2015.

Powwow Committee Members are either: Employees/Associates of the Mille Lacs Band of Ojibwe, Band Members, Parents/Legal Guardians of a Band Member, or Direct Descendant of a Mille Lacs Band Member.

All powwow committee members are volunteers!

Executive Committee Election

- Only Powwow Committee Members are eligible to vote.
- A Candidate must accept their nomination in person at the Opening Session.
- Powwow Committee Members must cast their votes in person.
- The Traditional Powwow Committee does not allow proxies.
- If you have any questions or comments, please contact Carla Big Bear at 320-532-7517.

Benjamin is a Lifelong Learner – and Teacher – of Ojibwe

Brett Larson Staff Writer/Photographer



John Benjamin, District I Ojibwe Language Instructor

Like many Mille Lacs Band members, John Benjamin heard the Ojibwe language growing up and learned some vocabulary along the way. Also like many Band members, he didn't feel confident speaking the language.

"I heard it a lot when I was young, but I never really picked it up," he said. "I learned a bunch of words in high school, but I couldn't put a sentence together. I really started getting into it in college in 2000."

John enrolled at Fond du Lac Community and Tribal College and studied the Ojibwe language with instructor Dan Jones. During his second semester, he gave an introductory speech at a Wisdom Steps conference at Black Bear Casino. John was pulled aside by Amik (Larry Smallwood), who was impressed with John's ability and offered to help him with the Mille Lacs dialect.

John has been working hard at the language ever since and is now the District I Ojibwe Language Instructor at the community center. As he has learned the language from Amik, Lee Staples and others, he has also learned about the culture and spirituality of the Anishinaabe people, and he now does the pipe ceremony at Nay Ah Shing schools.

For John, language and spirituality go hand in hand. A friend of his once told him that offering tobacco and asking for help has resulted in progress with learning the Ojibwe language. "That really stuck with me," John said.

Today, John relies on the expertise of many people who answer his questions about the language. He visits with Elders like Susan Shingobe (his grandmother), Maggie Kegg (his aunt), Elfreda Sam, and Carol Nickaboine. He gets help from professors Anton Treuer and Brendan Fairbanks, or other experts like Chato Gonzalez and Adrian Liberty.

During the day when he doesn't have any Ojibwe speakers

around, John talks to himself in Ojibwe to stay in practice. He also serves as an Ojibwemowin tutor for Dan Jones's Fond du Lac Tribal College's ITV classes through the Mille Lacs Band's Anishinaabe College.

When he's not learning, he's teaching at the Community Center. He recently started teaching a class for employees of the Health and Human Services Department, and he expects to start teaching young people in the Niigaan program soon. He said he's happy to help tutor individuals as well as teach larger classes.

For John, the biggest challenge of his job is helping students to get their brains to shift gears from English to Ojibwe. "I tell my students something Dan Jones says to his classes: 'You're stuck in English thinking. You're supposed to leave your English hat outside the door and put your Ojibwe hat on.'"

The most satisfying moments for John are when he sees the light bulb go on for his learners, when suddenly they are able to put a thought in Ojibwe.

John is one of several young Mille Lacs Band members who pursue learning the Ojibwe language as a lifelong project – and career

choice. His only regret is that he didn't start sooner. He feels comfortable teaching beginner and intermediate learners, but he wishes he had the fluency and expertise to speak and teach at an advanced level. When he gives the prayer at Nay Ah Shing, he sounds like a fluent speaker, but he doesn't describe himself that way.

As his life shows, though, it's never too late. He's only 38, so by the time he's an Elder, he may reach his goal. It gives him a sense of satisfaction to be among those Band members who are helping to keep the language and culture alive and thriving.

The most satisfying moments for John are when he sees the light bulb go on for his learners, when suddenly they are able to put a thought in Ojibwe.

Gidinwewininaan

Baabitaw Boyd Gaa-ozhibii'ang



This month's article is about working at Waadookodaading Immersion school in Hayward, WI.

Niminwendam
wiindamoonagog

gii-pi-aanjigoziyaan omaa Bakeyaabashkikaang. Mii iw oodena besho maa Odaawaa-zaaga'iganing ishkoniganing. Nigii-anoonigoo omaa Waadookodaading bizhishig-ojibwemowigikinoo'amaadiiwigamigong da-naadamawag a'aw gekinoo'amaaged imaa eko-niizhing naa eko-nising. Nigii-sanagendaan dash gii-inaakonigeyaan da-aanjigoziyaan. Nigwiinawenimaag ingiw gaa-wiidanokiimagig iwidi Neyaashiing. Ayaapi-go aanind niwaabamaag widi niimidiwigamigong giwewaan. Geyaabi-go nigagwe-wiidookawaag ingiw niwiji-gikinoo'amaaganag da-nitaa-ojibwemowaad weweni gaye.

Naa biinish-go gaye noongom niwiidookawaag ingiw ikwewag enokijig widi Miskwaanakwad abiwining widi Wewinabi weshki-maajitaajig gikinoo'amaadiiwigamigong.

Noongom dash widi Waadookodaading nindazhiikaamin iw "Azhe-ozhisijigewin" imaa asigibii'igewaad ingiw abinoojiinyag eko-niizhing/eko-nising debendaagozijig. Anooj-igo aabajichiganan odayaanaawaan ingiw gekinoo'amaagejig noongom dash wiinawaa gaa-kikinoo'amaagewaad mewinzha. Nindani-nitaa-asigibii'ige indigo-naa abinoojiyag naasaab wapii.

Niigaan dash niwii-kagwe-wiindamaage iw gikinoo'amaagewinan da-naadamawindwaa ingiw gekinoo'amaagejig.

Wii-ozhibii'igeyaan miinawaa niwii-tibaadodaan iw enanokiimagak iw ezhi-mawanjii'iding naagaanizijig imaa anishinaabe-ishkoniganing. Ningikinoo'amaagoz iwidi BUSH foundation da-nitaa-gwayakosidooyaan ezhiseg iw anishinaabe-ishkonigani-inaakoniganan da-mino-ayawaad ingiw anishinaabeg imaa neyaashiing giniigaaniiminaang. Miigwech omaa agindaasoyeg!

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

The *Ojibwe 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 **612-248-2051**.

TRIBAL NOTEBOARD

Happy January Birthday to Mille Lacs Band Elders!

Mark Raymond Anderson
Debra Lou Bellamy
Mary Anne Bellonger
Art Benjamin
Gladys Marie Benjamin
Daniel Duane Boyd Sr.
Edith Ruth Bush
Patricia Jean Clark
Ronald James Crown
Lorna Jean Day
Bonnie Jean Dorr
John Charles Dowell
Jody Marie Dunkley
Dora Ann Duran
Brian Allen Eagle
Isabel Eubanks
Michael Gerard Gagne
Janet Lee Gahbow
Ella Reine Garbow
Rose Marie Holmquist
Katherine Ann Jackson
Charles Ted Johnson
Grover Joseph Johnson
Patty Jo Johnson
Marty Kegg

Richard Duane Kegg
David Henry Kost
Lucille Kuntz
Carmen Marie Lone
Priscilla Joann Lowman
Gloria Jean Lowrie
Curtis Lee Martin
David George Matrious
Thomas Tecumseh McKenney
Temperance Yvonne McLain
Michael Samuel Merrill Jr.
Mushkooub
Cora Lucille Nelson
Rosalie Ann Noonday
Dorothy Marie Olson
Donna Jean Pardun
Steven Lee Pawaush
Shelley Ann Pindegayosh
Patricia Marie Potter
Dora Ann Sam
Elaine Bernadette Sam
Henry Sam Jr.
Janice Marie Sam
Ruth Ann Shaugobay
Joycelyn Marie Shingobe
Bonnie Shingobe-Neeland
Larry Marion Smallwood
Joseph Alex Staples

Kathleen Marie Vanheel
Walter James Weyaus Sr.
James Edwin Wind Jr.
Nancy Lee Wood

Happy January Birthdays:

Happy Birthday **Mom** on 1/2 with love from Ashley, William, Asia, and BP. • Happy Birthday **Jimmy** on 1/4, love Mom, Dad, Cordell, Christopher, Gram Karen, Sharon, Ravin, Melodie, Auntie Val, Pie, Kev, Tracy, Shel, Max, Aidan, Jarvis, Jake, Aiva, Mark, Emery, Uncle Brad, Brad, Braelyn, Payton, Eric, Wesley, Brynley, Bianca, Bruce, Jayla, Lileah, Randi, Rachel, Waylon, and Adrian Jr. • Happy 21st Birthday **Damez** on 1/6 with love from Aunty Bevy, Gerald, Cedez, Jodi, Levin, Wade, Levi, Penny, and Baby Avery. • Happy 21st Birthday **Damez Solis** on 1/6 from Maria & Erkle. We love you! • Happy Birthday **Daddy** on 1/15! Love your baby girl Ahrianna. • Happy Birthday

Brandon on 1/15, love Mom, Brandi, and Chantell. • Happy Birthday **Uncle Brandon** on 1/15 with all our love Elias, TANK, Sissy Bear, and Rico. • Happy Birthday **Adam Parker** on 1/15, love Dad, Taylor, Papa Brad, Granny Kim, Papa Kyle, Auntie Val, Pie, Kev, Uncle Brad, Braelyn, Payton, Eric, Wesley, Brynley, Bianca, Uncle Bruce, Jayla, Lileah, Auntie Randi, Auntie Rachel, Waylon, and Adrian, Jr. • Happy Birthday **Uncle Rod** on 1/15 with love from Ashley, William, Asia, and BP. • Happy Birthday **Shane** on 1/15 from Ashley, William, Asia, and BP. • Happy Birthday **Weh eh Jaeden Sky** on 1/17 from your Weh eh Ashley. • Happy Birthday **Amber Sky** on 1/18 love Aunty Ashley, William, Asia, and BP. • Happy Birthday **Worm** on 1/22, love the Harrington, Pendegayosh, Moose, and Blake families. • Happy 3rd Birthday **Cory**

Nadeau Jr. on 1/24 with love from Grandma, Grandpa, Whitney, Nadine, Jared, Mom, Dad, PJ, Grandpa Doug, Auntie Chicky, and Uncle Ogui. • Happy 15th Birthday **William Sayers, III** on 1/25 from Grandma Sami, Chilah, Dad, Dezy, Xaviar, and Jayden & Jayden. • Happy Birthday **Danielle Smith** on 1/31 love Auntie Tam, Brandon, Chantel, Jazmin, Ahrianna, Brandi, Elias, TANK, Alizaya, and Rico. • Happy 30th Birthday **Debo Thomas** on 1/31 from Mom, Sonny, Chilah, Dezy, Xaviar, and Jayden & Jordan.

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 612-248-2051.

The deadline for the February issue is January 15.

Mille Lacs Indian Museum January Events

Kids' Crafts: Story Book Time and God's Eye Activity

Saturday, January 3

Time: noon – 3 p.m.

Fee: \$4 per kit (museum admission not included)

Enjoy stories and light snacks from noon to 1 p.m. Then learn how to weave a "God's Eye" to take home. The decorative designs are used on ceremonial shields of American Indian tribes of the southwestern United States. Participants will receive an instructional handout and materials to make the craft item. Please allow an hour for the activity. This project is recommended for children ages 8 and up. For more information please call 320-532-3632 or send an e-mail to millelacs@mnhs.org.

Ojibwe Mitten Workshop

Saturday, January 24 and Sunday, January 25

Time: 10 a.m. – 4 p.m. on Saturday and 10 a.m. – 2 p.m. on Sunday

Fee: \$65/\$60 for MNHS members; additional supply fee of \$15

Reservations: required three days prior to workshop, call 320-532-3632

Learn techniques of leather working at this two-day workshop. Participants will make a pair of Ojibwe-style mittens to take home. A light lunch and refreshments will be provided both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs. For more information please call 320-532-3632 or send an e-mail to millelacs@mnhs.org.



The 31st Annual State of the Band Address

10:00 a.m.

Tuesday, January 13, 2015

Grand Casino Mille Lacs
Events & Convention Center

Dignitaries and Non-Band Member Guests are Warmly Welcome & Encouraged
to R.S.V.P. to 320-532-7486

Band Members need not R.S.V.P.

JANUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Want your event here? Email andy@redcircleagency.com or call 612-248-2051.</p>				1	2	3	
				<p>New Year's Day Government Center closed</p>		<p>Kids' Crafts: Story Book Time and God's Eye Activity Noon – 3 p.m. Mille Lacs Indian Museum See page 14</p>	
	4	5	6	7	8	9	10
				<p>Chiminising Bingo 6 p.m. Chiminising Community Center</p>			
	11	12	13	14	15	16	17
		<p>State of the Band Address 10 a.m. Grand Casino Mille Lacs Events & Convention Center A bus from Minneapolis is available at 7:30 a.m. if you need a ride. RSVP with the Urban office. See page 14</p>					
18	19	20	21	22	23	24	
		<p>Mille Lacs Band Traditional Powwow Opening Session 6 p.m. Grand Casino Mille Lacs Events and Convention Center See page 12</p>	<p>District III/ Aazhoomog Community Meeting 5:30 p.m. Grand Casino Hinckley Event Center</p> <p>Chiminising Bingo 6 p.m. Chiminising Community Center</p>			<p>Ojibwe Mitten Workshop 10 a.m. – 4 p.m. Mille Lacs Indian Museum See page 14</p>	
25	26	27	28	29	30	31	
<p>Ojibwe Mitten Workshop 10 a.m. – 2 p.m. Mille Lacs Indian Museum See page 14</p>	<p>District II Sobriety Feast 5 p.m. East Lake Community Center</p>			<p>District II Community Meeting 5 p.m. East Lake Community Center</p> <p>District II-A Sobriety Feast 5:30 p.m. Chiminising Community Center</p> <p>Urban Area Community Meeting 5:30 p.m. All Nations Indian Church</p>			

Child Support Enforcement Update

The Mille Lacs Band Child Support office would like to remind Child Support clients when changing their address with Enrollments or OMB to change their address with our office as well.

The Mille Lacs Band Child Support office offers Genetic testing for Child Support purposes. Below is some information on the Minnesota Recognition of Parentage form (ROP).

Purpose:

- Signing a Recognition of Parentage (ROP) form establishes a legal relationship between a father and child when the father is not married to the child's mother.
- Signing an ROP is a presumption of paternity or paternity between a father and child when the father is not married to the child's mother
- Creates and waives certain rights and responsibilities for the mother, father and child
- Allows the father's name to be on the child's birth certificate.

Knowing your rights when signing a Recognition of Parentage Form (ROP):

- An ROP does not give custody or parenting time to the legal father. However, an ROP gives the father the right to ask the court for custody or parenting time.
- Both parents can take legal action to establish paternity instead of signing the ROP and either parent may apply for paternity establishment services at a local child support office.
- Either parent can choose to have genetic testing done before signing an ROP.
- An ROP is a legal document. If both parents are age 18 or older when the form is signed, the ROP is the same as a court order determining the legal relationship between a father and child.
- If either parent is under the age 18 when the form is signed, the ROP is only a presumption of paternity. It is not final. Parents have six months after the youngest of them turns 18 to take legal action to declare the nonexistence of the father and child relationship.
- Either parent can cancel an ROP by stating in writing that, "I am revoking the ROP." You must sign the revocation in front of a notary public and must file the revocation with the Office of Vital Records within 60 days after signing an ROP form. If you have not filed a revocation within 60 days and still want to cancel an ROP, you will need to take legal action to request a change to any of the information on an ROP.
- An ROP will not be considered valid if the mother of the child was married to another person at the time the child was conceived or born unless the ROP is filed in conjunction with a Spouse's Non-parentage Statement.

Waiver of rights: By signing a Minnesota Voluntary ROP form (DHS-3159), you give up the right to:

- Have blood or genetic testing done later to prove that a different man is the biological father of the child
- Have an attorney represent you in a paternity proceeding
- A trial to determine if a different man is the biological father of the child
- Cross-examine witnesses in a paternity proceeding
- Testify about whom the biological father of the child in a paternity is proceeding.

Custody and parenting time information: When a child is born to parents who are not married to each other the law gives custody of the child to the mother. If the father wants a different custody arrangement, he must go to court. If the parents cannot agree on parenting time, the father must go to court.

If you have questions, please contact an attorney or Mille Lacs Band Legal Aid at 320-532-7798.

Diabetes Program Update

Did You Know?

Did you know that diet and exercise can provide the greatest decrease in blood sugar? Up to a 3% lowering of HgbA1c (a test of your three month average of blood sugar) can be achieved through diet and exercise changes alone — a greater decrease than most medicines can provide!

Start your new year with a visit to the dietitians and fitness professionals right here within the Band — we visit all districts and are open to your scheduling needs.

Make it a great 2015!

Healthy Heart January Event:

We will be showing the DVD "Walking Down Your Blood Sugars" at our monthly Healthy Heart Class

- Tuesday, January 20 at noon
District III Community Center
- Tuesday, January 27 at noon
District I Community Center

Walking Strong Program

District I is offering the "Walking Strong" program again. Scheduled times are on Tuesday and Thursday's between 10 a.m.–2 p.m. You set your duration and pace for your work out! For more information, contact Jim Ingle 320-532-7547.

Diabetes Group Education Classes Resume

We are offering our diabetes group education classes again! We are teaming up with Grand Casino Mille Lacs and Hinckley to host a four series diabetes classes for all interested community members and associates. These classes are great for anyone newly diagnosed with diabetes or pre-diabetes,

anyone who has not had diabetes education before, or anyone who needs a refresher on anything diabetes related.

We will be offering our fourth class as scheduled:

- Wednesday, March 11 from 10 a.m.–12 p.m.
The teamwork room at Grand Casino Mille Lacs
- Wednesday, March 18 from 10 a.m.–12 p.m.-
Location T.B.D. at Grand Casino Hinckley

Follow-up class dates to be determined. If you are unable to make the final class our four series diabetes classes, please contact us, and we will schedule you for the next round of classes.

Focus On Your Feet Month!!

Now is a great time to take care of your feet! It's good to have your feet looked at once a year. Let us help you schedule that foot exam that you've been meaning to do!

Our foot doctor, Dr. Ryan, is at the clinics on the following days:

- Ne-la-Shing: Every Thursday
- Aazhoomog: 1st Wednesday of the month
- East Lake: 3rd Wednesday of the month

Call your clinic to schedule your foot exam, or call Kelsay Grams at 320-532-7790 with any questions.

New Year's Resolutions: You Can Change for the Better!

Becky Swansey Community Health Educator

The start of a New Year is the perfect time to turn a new page, which is why so many people create New Year's Resolutions. A new year often feels like a fresh start, a great opportunity to eliminate bad habits and begin new routines that will help you become healthy, such as quitting smoking or losing weight.

Certainly, a lot of resolutions fail and lose steam by mid-January but it's not always the case. With the right mentality, anything can be accomplished. You can use this to your advantage by focusing on making lifestyle changes that lead to improving your overall health. Think about the things that affect your life negatively. Make a promise to yourself to set goals for healthy changes this year!

When it comes to smoking cessation or weight loss, having the tools to get the job done can also be a major factor in your success. Such tools include Nicotine replacement therapy, access to exercise equipment, healthy food in your house and support.

Remember: Don't give up on yourself and keep thinking about the benefits of what you are doing. There is nothing better than the satisfaction in knowing that you are going to live a longer life!

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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.

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.