

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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LIGHTING
UP THE ART
WORLD

BAND MEMBERS
SHOWCASE
THEIR WORK

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PHOTO BY DINO DOWNWIND

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NAY AH SHING
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MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Dear Band Members,

Boozhoo! February was an exciting month, which began with an invitation to have lunch at the lower school with a small group of 4th and 5th grade girls who want to give back to our Band community in some way. We had a wonderful meeting talking about their ideas, how to organize meetings, ways to get others excited and involved, and basic organizational skills. Their activism and commitment to our community at such a young age is very inspiring!

On February 7, our new Tribal Employment Rights Office (TERO) Commissioners were sworn into office. TERO is charged with ensuring Band entities provide preference to Band Members and Native Americans in hiring and promotion, training, contracting, and subcontracting. Congratulations to Mitchell Matrious, Bonnie Dorr, Valerie Harrington, Bob Eagle, Scott Tossey, Cheryl Miller, and Virgil Wind!

At the invitation of Chief Justice Raina Churchill, we began a series of three-branch meetings in February to discuss coordinated strategy for development of our judicial system. Justice Churchill shared with us exciting opportunities right now for growth. With increasing caseloads, we have pressing space issues and new programming possibilities. Also, the Band Criminal Code has been in need of legislative revision since we became a TLOA tribe over two years ago. Extensive research backs up the fact that those tribes which make strengthening their criminal and civil-regulatory justice systems as a core focus make the most progress toward their other goals, even beyond public safety.

This directly relates to a meeting I attended with Chief Sara Rice and our legal team in Washington D.C. on February 12 with the head of BIA Law Enforcement, Charles Addington. We discussed our coordinated effort to fight the spread of opioids and crime on the reservation. An exciting outcome is that we secured a commitment for additional support through grants for development of our Judicial Branch and support for our Tribal Police Department. Sovereignty, self-governance, and economic development are directly tied to fully supporting tribal Judicial Systems. I look forward to partnering with Justice Churchill and the Legislative Branch to ensure our excellent court system has the resources required to grow and expand.

On the topic of law enforcement, our Tribal Police continue to receive outstanding federal law enforcement support on the ground in District I through the Bureau of Indian Affairs officers. Miigwech to the BIA agents who held the Opioid/Heroin Awareness Community Meeting for the Band and surrounding community; it was a great turn-out.

While in D.C., we also met with Senator Tina Smith, our newest senator, who was appointed to serve the remainder of the term vacated by Senator Al Franken. We had an excellent meeting and brought her up to speed on our most pressing matters. While in D.C., Senator Elizabeth Warren (D-MA) requested to meet with me as well. We discussed tribal sovereignty, public safety, the opioid crisis, and the Violence Against Women Act (VAWA). She also discussed her desire to become more vocal in advocating for Indian Tribes and people; I thanked her and advised that she not allow personal attacks to silence her voice. The next day at NCAI, she made a surprise appearance and addressed the tribes, directly taking on the offensive slurs that have been made against her, and promised to use her voice to advocate for us, which was very exciting.

During February, I also held many meetings with Band Members, Commissioners, and Elders on a host of issues ranging from early education to homelessness to Wisdom Steps. The best ideas for problem-solving always come from Band Members, which is why our Executive Branch meetings in each district have been so important.

I also want to address my veto of a bill passed by the Band Assembly that dealt with creation of LLC's. In a healthy democracy, elected officials will not always agree on the issues. On January 18, I maintained my veto of the LLC bill at the compromise hearing. Commissioners and lawyers from across Band government met a few days earlier to negotiate an acceptable version of the bill. At the end of the day, the LLC bill raised too many concerns for me to support it. The bill would have allowed Band Assembly to create, fund and manage LLC's. Under our statutes and three-branch division-of-powers system of government, the Band Assembly has the authority to make laws governing LLCs, but it does not have the authority to enforce those laws by managing LLCs. Cutting the Ex-



Chief Executive Melanie Benjamin met with Massachusetts Senator Elizabeth Warren on February 13.

ecutive Branch out of the process would have disrupted our checks-and-balances system as stipulated in Band Statutes. Many Band Members also felt it should have been brought to the Band members for their input. Some of the other elected officials were in strong support of this bill; I respect their views but I could not sign it into law. I encourage Band Members to speak directly with their District Representatives to learn more.

The Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe met on January 24. Across each of the six MCT Bands, title to some lands is held by the MCT, versus the individual Band. At Mille Lacs, title to some of the lands our businesses are located on is held by MCT. For several years, the TEC has discussed transferring the title of all MCT lands to the individual Band with jurisdiction over the lands. On January 24, the TEC passed a resolution that authorizes the MCT to take such action as may be necessary to initiate this process. For the Mille Lacs Band, this would mean that title to all MCT lands within our jurisdiction would be transferred to Mille Lacs. Our Reservation created by the Treaty of 1855 supersedes the creation of the MCT in 1936; I strongly supported this resolution because decisions involving land use on the Mille Lacs Reservation should be made only by the Mille Lacs Band of Ojibwe. The resolution passed with a vote of 7 in support, 3 against, and 1 silent.

Finally, 2018 is an election year for the Minnesota Chippewa Tribe (MCT). The primary election will take place on April 3, 2018. Under our MCT system, if any single Band candidate receives a minimum of 50 percent plus one of all votes cast for that position during a primary election, that candidate is then declared the winner of that race and the election is over. If multiple candidates for a position each receive a percentage of votes under 50 percent, then the two candidates receiving the most votes move onto the general election on June 12, 2018. We have many great candidates running for the positions of Secretary-Treasurer, District II Representative and District III Representative, so please familiarize yourselves with the candidates and remember to vote in the primary election on April 3. Miigwech!



PHOTO BY VIVIAN LAMOORE, MILLE LACS MESSENGER

Chief Executive Visits Wewinabi

Chief Executive Melanie Benjamin took time from her busy schedule to visit students in the Migizi classroom at Wewinabi Early Education in District I. The students have been learning about ice with help from a milk-jug igloo. For more on the story, see page 16.

Melanie Benjamin



PHOTO BY BRETT LARSON

Left to right: Bob Eagle, District I Representative Sandi Blake, Secretary-Treasurer Carolyn Beaulieu, Chief Justice Rayna Churchill, Valerie Harrington, Chief Executive Melanie Benjamin, Bonnie Dorr, Mitch Matrious, Cheryl Miller, and Scott Tossey. Not pictured: Virgil Wind, who was sworn in at a later date.

New TERO Commissioners Sworn In

Brett Larson Staff Writer

With the passage of a new Tribal Employment Rights Office (TERO) ordinance, it's a new era for the Band and TERO.

The office was formerly under the authority of the Commissioner of Administration, but in 2017 the Band Assembly and Chief Executive agreed that TERO should be independent of the Executive and Legislative branches and governed by an independent body of Commissioners — similar to the Gaming Regulatory Authority (GRA).

On Wednesday, February 7, six of the seven new commissioners were sworn in by Chief Justice Rayna Churchill in the Band Assembly Chambers in District I: Bonnie Dorr, Bob Eagle, Valerie Harrington, Mitch Matrious, Cheryl Miller, and Scott Tossey. The seventh new commissioner, Virgil Wind, was sworn in at a later date.

TERO Director Craig Hansen welcomed the new commissioners after the swearing-in ceremony. "I think we are going to have an amazing time," said Craig. "You guys are going to shape the future of Band law. I hope you guys are as excited as I am to roll up your sleeves and make change."

Craig and Compliance Officer Lisa Ballinger are currently monitoring three major construction projects for compliance with Band law: two casino renovations and the new Health and Human Services facility in District I. He said they are hoping to expand their staff in the near future.

What is TERO?

The Tribal Employment Rights Office (TERO) ensures that all employment entities of the Non-Removable Mille Lacs Band of Ojibwe shall give preference to Native Americans in hiring, promotion, training, and all other aspects of employment, including contracting and subcontracting.

TERO, as it's known nationwide, began in 1976. The Mille Lacs Band of Ojibwe made Indian Employment Rights a part of its statutes in 1985 (Title 18, Chapter 5 "Indian Employment Rights").

A TERO generally governs the contracting provisions between a tribe and any contractor or business and may include provisions concerning:

- Announcement and advertising of jobs
- Indian preference in hiring goals
- Training and skills requirements
- Inspections
- Dismissals and layoffs

TERO does not directly hire or make hiring decisions; however, it does refer qualified Mille Lacs Band members and other Native Americans to companies doing business on lands of the Non-Removable Mille Lacs Band of Ojibwe.

TERO also offers training opportunities for Band members to ensure that there are enough qualified employees to fill open positions.

For more information on TERO, email craig.hansen@millelacsband.com or call 320-532-4778 or 320-630-2617.

TERO updates

Craig also updated the new commissioners on several additional activities the office has scheduled:

- MNDOT/Cement Mason Union Training Screenings begin in March, and the 12-week training runs May 7 through August 3.
- TEROs from Mille Lacs and other tribes are partnering with the Minneapolis Building Trades to provide training for bricklayers, carpenters, ironworkers, laborers, operating engineers, roofers, pipe trades, and sheet metal workers. Screenings begin March 26 at Black Bear, the site of a regional career fair.
- Heavy equipment training from Local 49 in Hinckley begins June 18. Screening takes place in May.
- The Mille Lacs TERO is exploring a possible Commercial Driver's License training in partnership with Fond Du Lac, Bois Forte, Leech Lake, and Lake Superior College.
- More than 15 trades, 25 schools, and 500 students attended TERO's Construct Tomorrow event in Hinckley on February 22. The annual event is geared toward students in grades 9 through 12 who are interested in construction careers.

Tribal Training Partnerships

Explore the trades and find a stable, high-paying career with this hands-on opportunity. The class runs for 10 weeks: two weeks at Black Bear beginning April 9, followed by eight weeks of trade site visits in the Twin Cities beginning April 23.

There will be a June 15 graduation/networking event with contractors.

The class is limited to 50 students. Accepted applicants will explore the following trade careers: cement masons, laborers, pipe trades, sheet metal, bricklayers, carpenters, iron workers, roofers, and operating engineers.

To be eligible you must pass a drug screen, have a driver's license and transportation, have a high school diploma or equivalent, be 18 years of age or older, and be a member of a federally recognized tribe.

Screenings for the program will be held from 12 – 6 p.m. March 26 at Black Bear and March 29 at 6200 Lakeland Avenue North, Brooklyn Park.

Contact TERO Director Craig Hansen for more details: craig.hansen@millelacsband.com or call 320-532-4778 or 320-630-2617.

Candidates Certified for April 3 Primary Election

The ballot is set for the Minnesota Chippewa Tribe's primary election April 3. Mille Lacs Band members will choose between three candidates for Secretary-Treasurer and will select new representatives in District II and District III.

Secretary-Treasurer Carolyn Beaulieu was certified to seek reelection and will be challenged by Sheldon Boyd and Bruce Harrington.

In District II, Representative David 'Niib' Aubid chose not to run. Those seeking to replace him are Michael Aubid, Thomas Benjamin Sr., Marvin Bruneau, Raina Killspotted, and Louis Merrill.

District III Representative Harry Davis also decided not to seek reelection. Vying for his seat will be Clifford Churchill, Laureen Davis, Diane Gibbs, Bonnie Matrious, and Wallace St. John.

The primary election will narrow the field in each race to the top two candidates, who will face each other in the general election. If any candidate receives more than 50 percent of the vote in the primary, he or she will be declared the winner, and no general election will be held in that contest.

Winning candidates will take office in July.

Voting will take place at community centers in Districts I, II, IIa, and III, and at All Nations Church in Minneapolis. District I Community Center is the designated polling place for absentee ballot voting.

Polling places will be open from 8 a.m. to 8 p.m. for both the primary and general election.

Elections for Chief Executive and District I Representative will be held in 2020.

Election Forums to be Held in All Districts, Urban Area

Election forums will be held in Districts I, II, IIa, III, Hinckley, and the Urban area.

Planning is underway, and forum dates and times will be finalized soon. All Band members will be informed through a mailing and postings on Facebook and millelacsband.com.

An election guide with information on each candidate will also be mailed to Band households.



Famous Fry Bread Tacos

Elders in the Wisdom Steps program, with help from some non-Elders, held a fundraiser February 1 featuring Indian tacos made with Dawn Day's famous fry bread. Wisdom Steps encourages Elders to take simple steps toward better health. The Wisdom Steps 18th Annual conference will be June 19 – 21 at Black Bear Casino. For information on Wisdom Steps, email info@wisdomsteps.org.

Local News Briefs

Study affirms Minnesota DNR walleye findings:

A new study has confirmed what the Mille Lacs Band DNR, Minnesota DNR, and Great Lakes Indian Fish and Wildlife Commission have been saying about the Mille Lacs walleye population: It is at a historically low level and needs the protection of strict harvest limits. Chris Vandergoot of the U.S. Geological Survey's Great Lakes Science Center reported the results of his study to the Mille Lacs Fisheries Advisory Council on Monday, February 5. Not surprisingly, members of the Mille Lacs angling and resort communities remained unconvinced by the scientific analysis. *Source: startribune.com.*

County counterclaim argues that uncertainty causes harm:

Mille Lacs County has filed a counterclaim in response to the Mille Lacs Band's lawsuit accusing the County of harming the community by rescinding its law enforcement agreement with the Band. The County's counterclaim asks for a declaratory judgment that the Reservation was disestablished and a declaratory judgment stopping the Band from contesting the status of the Reservation. It also seeks to prohibit the exercise of federal and inherent tribal criminal law enforcement outside of trust lands. It seems that the County is the only entity uncertain of the existence of the 1855 Reservation. The U.S. Government has repeatedly stated that the Reservation still exists. *Source: Mille Lacs Messenger.*

Brainerd school district aims to improve education for Native youth:

The Brainerd School District is embarking on an initiative to better meet the needs of American Indian students in area schools. Charles Black Lance, chair of the American Indian Parent Advisory Committee, said the district has met the committee's expectations and performed well but should "tap the gas pedal a little" by increasing its investment and participation in the program. The committee's goals include improving school readiness, bringing third-grade reading scores up to grade level, improving college and career readiness, closing the achievement gap, and achieving a 100 percent graduation rate for Native students. *Source: brainerddispatch.com.*

Onamia Indian Ed program showcased at state conference:

Onamia school district's American Indian Education program was featured at the Minnesota School Boards Association annual leadership conference Thursday, Jan. 11, at the Minneapolis Convention Center during the conference show and tell event, which highlights some of the state's most unique and outstanding programs in education. One of the goals of the Onamia Indian Education Department is to increase knowledge and appreciation of American Indian history, language, and culture for all Onamia students and staff by integrating American Indian Culture throughout the entire learning community to ensure student engagement and prepare students to become contributing members of diverse communities. JJ Vold, Onamia School District Superintendent, said, "Our programs do really great, culturally relevant work, and it was wonderful for Chris Nayquonabe (Indian Education Director) and our kids to get the opportunity to go down to MSBA and showcase their work this year. The kids and Chris did a great job at the conference." MSBA's annual leadership conference draws nearly 2,000 school board members, school administrators, and others. *Source: Mille Lacs Messenger.*

DNR Commissioner Inspires Lino Lakes Inmates With Life-Changing Story

Brett Larson Staff Writer

Commissioner of Natural Resources Bradley Harrington hasn't attempted to hide — or hide from — his former life of crime and addiction. He often tells the story of growing up on the reservation, getting in trouble with drugs and alcohol, and spending several years in prison.

It's that sort of honesty that gives Bradley credibility when he speaks about recovery.

And it's that sort of credibility that had 250 inmates at Lino Lakes Correctional Facility spellbound when Bradley addressed them on January 23.

Bradley opened his talk by holding up a red circle and a blue circle. The circles were the same size, yet he convinced the audience that they were different sizes — illustrating how easily swayed we can be by others' opinions.

When Bradley was growing up, he believed that being from the Rez meant he was destined to take drugs, get in trouble, and go to prison.

He talked about using his uncle's passing as an excuse to do drugs, when it was actually a way to forget his uncle's positive influence — including the true and good messages Bradley didn't want to believe.

As he told his story, "You could've heard a pin drop," said Rhonda Vahle, the prison's psychological services director.

"They were really surprised that I got 250 inmates to meditate."

Turning point

Bradley also spoke of a turning point he experienced during Victim Impact Week when he was in prison. The inmates heard from a man in a wheelchair who had been paralyzed by a drunk driver, and it turned out that the driver was the person pushing his wheelchair.

Their story of forgiveness — and self-forgiveness — made a powerful impact on Bradley.

"Up until that point, I was the victim," Bradley told the inmates. "Nothing was ever my fault. I was in the wrong place at the wrong time."

Seeing the victim and perpetrator together, he saw himself in both roles. "I was putting myself in a wheelchair. I was crippling myself," he said. "After that I went back to my therapist and said I really needed to come to terms with myself. I wanted to learn more about my spiritual side, so I started doing more work on spirituality and forgiveness."

He finished his talk by borrowing an idea from Minnesota Representative Peggy Flanagan, who had presented at a meet-



PHOTO BY BRETT LARSON

Commissioner Bradley Harrington credits involvement in Ojibwe language and culture with helping him move from prison to a leadership position in the Band.

ing Bradley had attended. She drew a stick figure and talked about the head, heart, guts, hands, and feet, how they symbolize our issues, values, interests, actions, and foundation.

Following Peggy's lead, he asked the inmates to meditate on the drawing.

The prison staff members couldn't believe it.

"They were really surprised that I got 250 inmates to meditate," Bradley said.

Following his presentation, Bradley took questions from the inmates. One asked what the hardest thing was about getting out of prison. Bradley said it was turning his back on friends and family members, his "homies."

Making a decision every day

Bradley also took time for a tour.

"Seeing my old unit, walking across the yard, just remembering everything, I tucked a lot of stuff away," he said.

He had an emotional reunion with his therapist, who remembered his turning point during Victim Impact Week.

Rhonda Vahle admired how Bradley shared the details of getting through each day in a healthy way by paying attention and making a decision every day to stay clean.

"That's the stuff that these guys can hang on to," Rhonda said. "Every day you keep moving forward toward that authentic self — the best person you can be."

Rhonda knew how much the inmates appreciated Bradley's talk. "Some of the guys remember a different Brad from the one who presented today," she said. "It meant a lot to them that he would come back and give back. Most of these guys never want to step foot in here again, so it's really special and means a lot."

Boxing Commissioner Takes Oath

Don Graves (second from left) was sworn in by Chief Justice Rayna Churchill February 1 for another four-year term on the Department of Athletic Regulation's Boxing Commission. Don has served on the commission since its inception in 2007. Pictured with Don and Rayna are fellow boxing commissioners Percy Benjamin and Billie Boyd and DAR Executive Director Matt Roberson.



BIA Investigator Urges Community to Recognize and Report Opioids

More than 75 community members gathered at Grand Casino Mille Lacs on February 21 to learn more about heroin and other opioids from Special Agent John Rogers from the Bureau of Indian Affairs' Division of Drug Enforcement. His "Opioids 101" presentation covered nearly every topic one could imagine related to opioids — from the street names like "Stuff" and "Boy," to the paraphernalia used, to the signs of overdose.

John shared the most common story he hears about how the addiction began: "I was on pain killers for a legitimate reason." In other words, the person became addicted to an oral drug prescribed by a doctor, and then sadly progressed to snorting, smoking, inhaling vapor, or injecting opioids.

"I've even heard of people injecting their eyes," John said about the compulsive measures taken by opioid addicts.

Some of the most evident signs of addiction include:

- Presence of drug paraphernalia, ranging from burned spoons or foil to missing shoelaces
- Small containers with a white, powdery residue or brown, sticky substance
- Needle track marks
- Weight loss
- Frequently runny nose
- Infections or abscesses
- Uncontrollable itching
- Loss of menstrual cycle among women

As the BIA's lead investigator assigned to Mille Lacs and other Minnesota reservations, John personally responds to drug crime tips received from this area. Anonymous tips texted to 847411 arrive to him from a scrambled phone number to protect the tipster's identity. (Another option is the Mille Lacs Tribal Police Department's anonymous line: 320-630-2458.)

Tribal Police Chief Sara Rice said, "Mille Lacs Tribal Police



Special Agent John Rogers encouraged community members to text anonymous drug crime tips to 847411. The computer system scrambles your number so that he is unable to see it, but still able to respond. Simply type "BIA," followed by your tip.

work with Agent Rogers almost daily to address drug crimes here and make connections that are crucial to identifying drug dealers who are ruining lives here and on other reservations around the state.

Attendees asked John numerous questions, including where the drug traffic to Minnesota reservations is coming from. "Almost always Minneapolis," he said, followed by an explanation that it came to Minneapolis from cities like Chicago and Detroit, and originated with a poppy plant in a warm, foreign climate before crossing U.S. borders as heroin.

Other questions covered topics ranging from the impact of per caps to the best prevention measures — including keeping medications locked up.

Miigwech to John and all who participated in this important event.

Steve's Law Protects Good Samaritans

Minnesota Statute 604A.04 and .05, known as "Steve's Law," protects Good Samaritans from prosecution if they're helping someone who is experiencing an overdose. See page 7 for more.

State and National News Briefs

Cleveland baseball team agrees to remove logo from uniforms: The Cleveland Indians major league baseball team announced last month that the offensive "Chief Wahoo" logo used for decades will no longer be used on uniforms and on-field displays. Unfortunately, the cartoon face will still decorate official team merchandise. In response to the change, Major League Baseball Commissioner Robert Manfred Jr. said, "Major League Baseball is committed to building a culture of diversity and inclusion throughout the game. Over the past year, we encouraged dialogue with the Indians organization about the Club's use of the Chief Wahoo logo. During our constructive conversations, [team owner] Paul Dolan made clear that there are fans who have a longstanding attachment to the logo and its place in the history of the team. Nonetheless, the club ultimately agreed with my position that the logo is no longer appropriate for on-field use." *Source: huffingtonpost.com.*

Nolan's retirement throws race into question: Minnesota's 8th Congressional District, a traditionally Democratic stronghold that includes Mille Lacs Band Districts I, II, IIa, and III, voted overwhelmingly for Donald Trump in the 2016 election. As a result, Democratic Congressman Rick Nolan's February 9 announcement that he would not seek reelection has Republicans licking their chops and Democrats looking over their shoulders. Potential candidates in both parties are putting out feelers and checking their bank accounts. Democrats have held the seat for 68 out of the last 70 years. *Source: minnpost.com.*

Smithsonian exhibit examines Indian images and stereotypes: *Americans*, a new exhibition at the Smithsonian National Museum of the American Indian in Washington, explores how Native Americans have been central to America's sense of itself even as they were systematically persecuted, marginalized, and erased. The show contains nearly 300 objects and images of Indians, including a motorcycle, a missile, sports memorabilia, movie footage, and photos of celebrities in headdresses. Cécile Ganteaume, associate curator at the museum, said, "It's a deep paradox: for Americans, American Indians are essential to their own sense of themselves, but while imagery of American Indians is everywhere, it's a curtain to prevent Americans knowing who American Indians truly are." *Source: theguardian.com.*

Washington theatre stages play by Cherokee playwright: *Sovereignty*, a new play that incorporates the Cherokee language and is written by Mary Kathryn Nagle, a playwright, lawyer, and citizen of Cherokee nation, is being produced at Arena Stage, one of Washington D.C.'s leading theatres. The play shifts between the 1830s and the near future with characters including President Andrew Jackson, who signed the Indian Removal Act, and a violent drunkard wearing a "Trump" T-shirt. Artistic Director Molly Smith said, "I have to tell you there's a big upswing in Native American plays being produced around the country. It is your time. So it's pretty thrilling that this voice is now being heard." *Source: theguardian.com.*

What's your story?

Send suggestions to brett.larson@millelacsband.com or call 320-237-6851.

The April issue deadline is March 15.

Trainees Convert Centers Into Shelters

Tribal Emergency Response Committee (TERC) Prepares Communities for Trouble

Where would Band members go if a natural disaster or other crisis struck one of our communities? In an effort to prepare for such an event, trainers from the American Red Cross led the Band's Tribal Emergency Response Committee (TERC) in a mock effort to convert the District I Community Center into an emergency shelter last month.

"Any of the Band's community centers could be used as shelters if we need them to be," said Monte Fronk, Emergency Manager for the Mille Lacs Band. "This would be an all-hands-on-deck scenario from all Band departments in order to open and operate a 24/7 shelter."

The training session focused on how to staff a shelter; set up spaces for registration, eating, sleeping, health care, and other necessities; maintain and inventory the shelter; and even close it when the time comes for people to return home. In small groups, people discussed the different setups of the community centers and how to address issues ranging from security and sanitation to pets and technology.

Most importantly, the TERC trainees focused on the people. "An important part of the staff's job is the calming effect," said Red Cross volunteer Diane Dunder. "People in the shelter must feel safe."

This session is part of the TERC's ongoing emergency preparedness training.

In addition to providing training for the TERC and other personnel, the Band has also upgraded facilities to prepare for emergencies.

In 2015, backup generators were installed at all community centers with funding from the U.S. Department of Homeland Security. The FEMA Hazard Mitigation grant was awarded



Emergency Management Coordinator Monte Fronk, Government Affairs Director Katie Draper, and Commissioner of Health and Human Services Rebecca St. Germaine assembled a cot at the District I Community Center February 13.

after a windstorm in District III and a high-water incident in District II.

The backup generators will allow each center to maintain normal operations if loss of power occurs in the community.

In the event of a power outage, a flood, a windstorm, or other emergency, the TERC would make the decision to open any community center as a shelter.



MOCCASIN TELEGRAPH

Using Tobacco to Pray for Others

By Millie Benjamin

The late Millie Benjamin wrote this for the Moccasin Telegraph series published in the Mille Lacs Messenger. It is reprinted to help preserve her teachings and pass them on to the next generation.

Tobacco is a gift from the Great Spirit and our way to communicate with that spirit. The smoke from the tobacco carries our prayers to the Great Spirit. Before our people had the white man's tobacco, they used the inner bark from a red willow. They would scrape the outer bark off and use the inside for their tobacco. It has a really good smell — we call it kinikinick. Combined with the white man's tobacco, the kinikinick stretches and lasts longer. I still use it.

My mom and dad weren't smokers, but I always remember tobacco being around. I usually called my mom "Gramma" because that's what everyone else called her. Anytime Gramma needed something, or had an offering to make, or had a ceremonial dance to attend, she always made sure she didn't forget her tobacco. Gramma also encouraged us to make our food and tobacco offerings at the ceremonial drum. When the drum came out in the spring and fall, she would tell us to make a dish of food and bring it to the drum and have an Elder pray for you.

We teach the students at the Mille Lacs Band's Nay Ah Shing School, where I work, that using tobacco to ask the Great Spirit for something is not a selfish thing, because you ask for the health and wellness of family and friends. You don't ask for a new bike, Nike shoes, or a new car.

We can offer tobacco at any time of the day, wherever we are. Just find a nice grassy area, put your tobacco out by a tree, and think about the people you are praying for. If you are having a bad day, go off by yourself and take your tobacco and offer it, and ask that your mind be clear and that you get into a better mood.

There are a lot of people today who can't offer tobacco to the Great Spirit in Ojibwe because they don't speak the language. But when you put your tobacco out, there is always a manidoo (spirit) that corrects you if you use the wrong words, so I've always thought it's okay for people who don't speak the language.

Every Monday at the high school, we have tobacco offerings and we teach the students how to offer tobacco. We tell them, "If you have a grandma or someone who is sick or in trouble, put tobacco out for them." There are always kids who say, "There's no one in my family who is sick," so I tell them, "Put your tobacco out and be thankful you have a healthy family." All of the students go through and offer their tobacco. Then the cultural advisor takes the tobacco from the pile and smokes it and prays that the kids will be safe.

Anytime you ask Elders or anyone for advice, you must always offer tobacco first. My brother says it's not proper to use the telephone; the tobacco needs to be handed to them. The proper way to offer tobacco is to take a pinch out of the tobacco pouch and hand that pinch to the person, then roll the pouch back up and give the whole thing to the person. You know it's sincere when somebody does it the proper way.

Missing and Murdered Indigenous Women Remembered at March, Vigil

Since 1992, memorial events have been held on Valentine's Day to honor missing and murdered Indigenous women across the U.S. and Canada. This year, Band members and employees attended a march in Minneapolis and participated in a candlelight vigil in District I.

Band members Candice Ballinger and Janie Waite, along with Family Violence Prevention Program Advocates Kiana Morrison and David Stumpf, traveled to Minneapolis February 14 to attend the March for Missing and Murdered Indigenous Women, Girls, Two Spirit, and Transgendered Relatives. Solidarity marches also took place in Minneapolis, Bemidji, Ponemah, Cass Lake, Duluth, and other locations.

The event was sponsored by the Minnesota Indian Women's Sexual Assault Coalition, Minnesota Indian Women's Resource Center, Indigenous Women's Life Net, and Native Lives Matter.

On February 16, the Mille Lacs Band Family Violence Prevention Program (FVPP) held a commemorative event at the District I Community Center.

Forty attendees viewed a slide show of statewide missing and murdered Indigenous women events provided by the

Minnesota Indian Women's Sexual Assault Coalition. The slide show included pictures and Facebook posts of missing Indigenous women from 2018.

The group also watched a 15-minute Ted Talk by Tamara Bernard titled "We are more than murdered and missing." (The talk can be found on YouTube by searching Tamara Bernard.)

During the showings, FVPP staff served Indian tacos prepared by community volunteers Ashley Hanson and Robert Hanson.

Following the slide show and Ted Talk, candles were lit in the shape of a heart, and a moment of silence was observed for all victims.

FVPP Administrator Kate Kalk, one of the organizers of the vigil, said she was thankful to all who turned out to remember and honor the victims. Plans are already underway for next year's event.

The Mille Lacs Band of Ojibwe Family Violence Prevention Program maintains a 24-hour crisis line at 866-867-4006. The service is open to Band members as well as members of the general public. Shelter services are available!



Left: Band members Candice Ballinger and Janie Waite, along with Family Violence Prevention Program Advocates Kiana Morrison and David Stumpf, attended the March for Missing and Murdered Indigenous Women in Minneapolis February 14. Right: At the District I Community Center on February 16, candles were lit to remember victims.



Photo ID Project at Indian Museum

A dozen Band members gathered at the Mille Lacs Indian Museum on February 20 to reminisce, laugh, and eat while trying to match names to faces projected on a movie screen by archivist Mike Wilson. Mike and Museum Site Manager Travis Zimmerman hosted the event in an attempt to identify Band members in school photographs donated to the museum by the daughter of man who ran the reservation school in the 1940s and 1950s. Shirley Boyd was the star of the evening, recognizing many of the faces. Travis and Mike are planning more photo ID events in the future.

Pharmacist Shares the Facts on Narcan

Brett Larson Inaajimowin Staff Writer

As the opioid epidemic has swept the country, myths and rumors have taken hold in communities affected by the crisis — including the Mille Lacs Band Reservation.

Several of those rumors and myths concern naloxone (brand name Narcan), the anti-overdose drug that has become widely available across the country.

Dr. Greg Braaten, pharmacist at Ne-la-Shing Clinic, has heard them all, and the two main ideas he wants to communicate to Band members are these:

1. Don't be afraid to use naloxone/Narcan if you witness an overdose. You won't hurt the person, and you may save their life.
2. Call 911 immediately. Anyone who overdoses needs follow-up medical care, and once the naloxone/Narcan wears off in 30 to 90 minutes, an individual can "re-OD" from the drugs still in their system. Tribal officers have seen people "re-OD" here at Mille Lacs.

Dr. Braaten has heard the argument that Narcan is too expensive. He responds with a simple question: How much is a human life worth?

He has also heard people say that making naloxone available seems to justify drug addiction or make it safe for addicts to get high.

Dr. Braaten points out that overdoses can happen to any-

one, including a grandmother who accidentally takes too much pain medicine or a child who finds a bottle of pills in the medicine chest.

Some varieties of opioids are so strong that a person can overdose just from touching them.

He also reminds us to be sympathetic to those who become addicted to drugs. "No one wakes up one morning and says, 'I'm going to become an addict,'" says Dr. Braaten. "That is something we all have in common."

Naloxone is now available for home use at many pharmacies around the nation.

The Band does not distribute naloxone for home use but has made it widely available throughout reservation communities.

Police, health care workers, and others have been trained in the use of naloxone, so don't hesitate to seek help from Tribal Police, your local clinic, or your community center.

But remember: Call 911 first!



Dr. Greg Braaten

Minnesota Law Protects Good Samaritans

You can't get in trouble for administering naloxone/Narcan even if you haven't been trained. Minnesota Statute 604A.04 states: "A person who is not a health care professional who acts in good faith in administering an opiate antagonist to another person whom the person believes in good faith to be suffering a drug overdose is immune from criminal prosecution for the act and is not liable for any civil damages for acts or omissions resulting from the act."

Neither the victim nor the person administering naloxone/Narcan can be prosecuted for drug possession or distribution if they are seeking medical attention.

Narcan Myths and Facts

Myth: Naloxone/Narcan has severe side effects.

Fact: Some overdose patients may be irritable or uncomfortable or may experience vomiting or a runny nose after naloxone is administered, but this is due to withdrawal from opioids and is not a side effect of naloxone. The effects of an overdose — brain damage or death — far outweigh any uncommon effects from administering naloxone.

Myth: You can develop a tolerance to naloxone/Narcan.

Fact: Naloxone works the same way the 100th time it is used on the patient as it does the first time. It may be less effective if a person has taken a stronger dose of opioids, but no tolerance develops.

Naloxone can lose its effectiveness over time, so you should always purchase it from a licensed pharmacist and make sure to have an up-to-date supply on hand.

Myth: Naloxone/Narcan can treat any drug overdose.

Fact: Naloxone is ONLY effective on opioids, including heroin, morphine, opium, methadone, codeine, oxycodone/Oxycontin/Percocet, hydrocodone/Vicodin, and opioid-like drugs such as fentanyl and carfentanil.

Naloxone DOES NOT WORK on benzodiazepines (drugs including diazepam, midazolam, or alprazolam), antihistamines (like pheniramine or phenergan), alcohol, or other sedatives (drugs such as phenobarbital) or stimulants such as cocaine and amphetamines, including methamphetamine.

Myth: Naloxone/Narcan is just substituting one addiction for another.

Fact: Naloxone is not addictive and cannot make a person feel high. You cannot overdose on naloxone/Narcan.

Four Winds Continues to Meet Band Member Needs

Since the Mille Lacs Band took over operations of Four Winds Lodge from the State of Minnesota last year, the treatment facility has reopened, the program has been updated, and Band members have been hired in critical roles, including Treatment Director Nicole Anderson, Cultural Advisor Bobby Eagle, and Counselor Chandell Boyd.

Four Winds welcomed its first client in July 2017 and quickly reached capacity at 16 beds.

"We did not take over a ready-to-go program," said Nicole. "There were many changes that needed to take place in order for us to take clients. Policies and procedures needed to be created, an electronic health record needed to be adopted and operating, and we needed to hire many staff. Now that we are working out some of those kinks, we are planning to work toward our 24-bed capacity, but in order to do that we need to keep developing and growing staff capacity. None of the staff have worked for a facility that takes so many clients at one time. We need to grow in a way that is appropriate for staff and is mindful of client safety and client care needs."

Admission to the facility begins with a Rule 25 assessment, which provides important information to help determine if Four Winds can meet the unique needs of the individual.

Four Winds works closely with assessors, case managers, probation, and self-referred clients to accommodate the needs of those wanting to enter into the program.

"We work hard to get potential clients in as promptly as possible," Nicole said. "There are a variety of circumstances that can play into the length of time it takes for someone to be admitted into the program."

Currently, Four Winds can only work with clients who have Medical Assistance, are covered under the State of Minnesota's Consolidated Chemical Dependency Treatment Fund, or have a Minnesota Prepaid Medical Assistance program.

"We are working to get credentialed to be providers with other insurance companies, so that in the future, we can take more Mille Lacs Band members who have private insurance," said Nicole.

New clients are introduced to a structured, culturally based program that includes groups, physical activity, individual counseling, sweat lodges, feasts, and outings.

"With the recent addition of our Cultural Advisor, Bobby Eagle, we are seeing some really great things," said Nicole. "Bob and counseling staff have come up with a lot of good ideas about how to build additional cultural components of the program. We look forward to offering beginning Ojibwe language and activities such as cedar picking, collecting maple syrup, and ricing. Last week Bobby and Chandell Boyd brought a group of people out to pick cedar, and it went over really well!"

Four Winds currently employs 24 full- and part-time staff including LPNs, counselor aides, an RN supervisor, an alcohol and drug program clinical supervisor, a treatment director, a mental health therapist, a cultural advisor, an admissions/financial clerk, an administrative assistant, and a nurse practitioner.

"We are really excited about the continued program building at Four Winds," said Nicole. "There is a really fantastic group of caring people at the facility who work hard every day to provide the best services possible to our clients."

Opioid Overdose Signs & Symptoms

Don't use alone

Breathing will be slow or absent	Lips and nails are blue
Person is not moving	Person may be choking
You can hear gurgling sounds or snoring	Can't be woken up
Skin feels cold and clammy	Pupils are tiny

Winter Camp Provides Hands-On Education at Rutledge

This winter, Nay Ah Shing Upper School students have been learning about traditional winter activities in the wild and peaceful setting of the Anishinaabe Izhitwaawin cultural immersion grounds in Rutledge.

Teachers, Elders, parents, and DNR personnel have participated as chaperones and imparted a range of knowledge. DNR Archivist Mike Wilson showed the kids how to skin an otter; Joyce Shingobe shared her expertise in sewing and beading; Duck White helped students learn to identify trees and learn their uses; Waabishkigaabaw gave lessons in Ojibwemowin; George Premo taught students to make traditional asemaa from red willow.

Conservation officers have stopped by to talk hunting and fishing, and teachers like Julie Higgins and parents like Naomi Sam have helped kids learn to cook and bake. Principal Noah Johnson and Commissioner of Education Rick St. Germaine have spent time at the camp making fires, leading talking circles, and sharing their own knowledge of the outdoors as well as academics.

Each camp begins with a tour of the facility and preparation of personal sleeping spaces, followed by camp orientation, fire building, and an opwaagan (pipe) ceremony.

Next, students help with meal preparation and clean up before heading outside to learn about the forest. After visits with guest teachers and an evening meal, everyone takes part in a feather circle to reflect on the day's activities.

Before lights out, students have personal time to journal, have a snack, or play a board game. (One group of boys played the moccasin game for two and a half hours!)

Adults, chaperones, and staff debrief each day to determine how to improve logistics, activities, and the overall experience for students.

So far, Rick said the camps have been a highly successful venture. The students have responded well and completed the objectives:

- Communicate openly in a positive manner
- Build trust and new relationships
- Accept responsibility for the many tasks at the camp
- Learn about the forest and lands around the center
- Respect the Ojibwe culture and language

"Most students were very vocal in their wish to continue this different way of learning," Rick said.

Rick developed the idea along with school staff in order to impart historic knowledge and values with the aim of varying the school's approach to building self-esteem and improving behavior.

As they learn through activities in the forest, at the fire ring, and inside the beautiful new center, attention is also given to building relationships, trust, and care for others.

Building fires, friendships

For school counselor Julie Higgins and sixth-grade teacher Bambi O'Hern, the experience has been valuable for students and staff alike.

Bambi enjoyed watching her students learn to build a fire. "It's a valuable skill, but more importantly, they're learning to get along and work together. I thought it was a wonderful experience, a great learning opportunity for how to behave and how to handle new situations."

When her class returned to Nay Ah Shing after their three-day camp, she asked them what they'd like to do at future camps in the spring, summer, fall, and winter. "We want it to be student-driven," she said.

Julie was struck by the way students strengthened old friendships and built new ones in a unique setting.

Not everything has gone according to plan, but that's okay too. "Rick told a story after the first group went to camp," said Julie. "As soon as they got outside to start learning about the woods, they started throwing snowballs and jumping in the snow."

Rick's conclusion? "It was wonderful!"



Beading, sewing, reading, making asemaa, building fires, skinning otters, making swamp tea, playing the moccasin game, cooking partridge — many skills have been learned and memories made at Nay Ah Shing winter camps.

'Therapeutic milieu'

Rick was inspired by the "therapeutic residential milieu" model developed for American Indian students in South Dakota in the 1990s and at his home reservation, Lac Courte Oreilles (LCO), in the 1980s.

Rick observed and participated in LCO's "Wenabozho Waakaa'igan."

"At WW, students were placed in a foster home owned and operated by a remarkable Ojibwe woman with valuable experience in alcohol recovery programs," Rick said. "Children were deeply troubled with family dysfunction, trauma, and serious disruption, and often in the corrections system. WW provided a safe and warm environment, which was programmed with a wide variety of therapeutic activities."

Among those activities were meal preparation, washing

dishes, chores, personal hygiene, board games, school work, learning the forest ways, hunting and gathering, firewood and fire, sweat lodge ceremonies, pipe blessings, feather circle talks, sessions with respected elders, trust-building activities, reflection time, speaking tours, and field trips. Numerous community volunteers contributed to the positive experience on a regular basis.

Rick is interested in creating such a foster home facility for students in severe need of a therapeutic residential milieu approach where there is value in creating quality new relationships and a quality environment. In the meantime, the Winter Camp Anishinaabe Izhitwaawin experience will help Nay Ah Shing employees create elements in the process.

Spring, summer, and fall camps are already in the planning stage, along with shorter overnight camps for lower school students.



3rd Annual Construct Tomorrow

Twenty-six schools and 576 students — including many Band members — attended Construct Tomorrow on February 22 at Grand Casino Hinckley. The annual event provides a hands-on opportunity for students to learn about construction trades.



Super Sunday!

Bobby Anderson was one of 50 lucky Band members to win Super Bowl tickets in raffles offered by the Band's five elected officials. Bobby enjoyed the once-in-a-lifetime experience with his son, Shane. "I submitted my name for a chance to win Super Bowl tickets, and with the luck of the draw my name was drawn," said Bobby. Bobby surprised his son, saying he was coming over to watch the game, but when he arrived at Shane's house, he showed Shane the tickets. Shane's wife, Bobby's co-conspirator, filmed his reaction. "He was in shock," said Bobby. "I have never taken my oldest son Shane to a professional sporting event, and neither of us have been in the stadium. This was a lifetime memory, and we enjoyed every minute of the whole event. Miigwech to the Mille Lacs Band!"



PHOTOS BY BRETT LARSON

Sweetheart Dance at Wewinabi

On Monday, Feb. 12, Wewinabi's Fatherhood Night featured a "Sweetheart Dance" for students. Dads and kids (with a few moms and grandparents) danced the night away after a wonderful Valentine's dinner.

Know Your Government: Health and Human Services

The Department of Health and Human Services strives to make high-quality health and social programs and services more accessible to everyone in the community. The department is overseen by the Commissioner of Health and Human Services, who is appointed by the Chief Executive and ratified by the Band Assembly. The current Commissioner is Rebecca St. Germaine. The Executive Director is Noya Woodrich.

Health and Human Services operates three medical clinics, behavioral health services, community support services, public health services, family services, the Circle of Health program, and an office of quality and compliance.

Health Services offers medical care at clinics in all three districts, including family practice, internal medicine, obstetrics, pediatrics, dental, podiatry, optometry, and audiology. Health Services also offers traditional healing, a laboratory, a diabetes program, and a pharmacy, with services in all three districts.

The **Public Health** Department is a division of Health Services and offers the Women, Infants and Children (WIC) program, Maternal and Child Health, Home Care, Transportation, Tobacco Programs, and the Statewide Health Improvement Program (SHIP).

The **Behavioral Health** Department assists Band members suffering from addiction and mental illness by providing a full range of services, including Rule 25 assessments, Alcoholics Anonymous and Wellbriety groups, relapse prevention and aftercare, a halfway house, outpatient treatment, an adolescent chemical health group, mental health evaluations and counseling, and inpatient treatment at Four Winds in Brainerd.

Community Support Services includes the Elder Services Program, Family Violence Prevention Program, Elder Abuse Program, Women's Shelter, Sexual Assault Program, Community Advocates, Food Distribution, Food Shelf, Emergency Loan Program, and Wraparound.

The **Family Services** Department provides social services to Mille Lacs Band members and American Indians who reside in the identified service areas of the Band. Most Family Services offices are currently located at 101 Pony Farm Road, Onamia, on the east side of Hwy. 169 near the Soo Line Trail bridge.

Circle of Health is a tribal member benefit program for enrolled members and their descendants under 18 years of age. Circle of Health supplements the Band member's primary insurance coverage by paying or reimbursing premiums, co-pays, and deductibles for insurance-covered services. One policy per family/household is allowed. Circle of Health is the Ultimate Payer of Last Resort. Circle of Health also pays for specific items such as hearing aids, eyeglasses, orthodontia, and durable medical equipment for enrolled tribal members only. All enrolled members are eligible for Circle of Health benefits no matter where they live.

You can learn more about Health and Human Services at millelacsband.com/government/department-of-health-human-services. To contact Health and Human Services, call 320-532-4163.

District I News and Updates

New date, venue for basketball tourney: The Misi Zaaga'iganing Basketball Tournament will be held at Onamia High School April 27 – 29. (The tournament was originally scheduled for March 30 – April 1 at Hinckley Community Center.) The tournament is sponsored by Mille Lacs Band of Ojibwe Niigaan Program and the Onamia Indian Education Program. All proceeds from the weekend's events will sponsor Onamia Anishinaabe Knowledge Bowl Teams. THIS IS A DRUG & ALCOHOL-FREE EVENT. Half of the entry fee is due April 13. Contact Byron Ninham for more information at 320-362-1023.

Seventh Annual Mille Lacs Polar Plunge is coming soon: On Saturday, March 10, Grand Casino Mille Lacs will sponsor the seventh annual Mille Lacs Polar Plunge on the shores near Eddy's Resort to raise money for Special Olympics Minnesota. So far, 107 individuals have registered to participate as of February 10, 2018.

Are you ready 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.

County Democrats announce convention: The Mille Lacs County Democratic-Farmer-Labor (DFL) Convention will be held at Milaca High School on March 10 at 10 a.m. There will be light refreshments available. The House District endorsing convention, where a candidate will be endorsed to run against Representative Sondra Erickson, will be held March 17, also at 10 a.m. at Milaca High School. The 8th Congressional District Convention, where a candidate to replace Congressman Rick Nolan will be endorsed by the party, will be held at the Holiday Inn, Duluth, April 14 at 9 a.m.

Urban Area News

CPR/AED certification: An affordable CPR/AED class will be held on Tuesday, March 27 from 6 – 9 p.m. at the Mille Lacs Band Urban Office with certified trainer, Monte Fronk, Mille Lacs Tribal Police Department. If you need CPR training to satisfy a job requirement or you just want to know how to keep your loved ones safe, JOIN US FOR THIS CLASS! A short video will be played along with hands-on, in-person instruction. You will get the latest information and quality instruction. The cost is only \$10, and you will receive a two-year Certification Card from the American Heart Association. Class size is limited to 10 people. Please call the Urban Office to sign up prior to class at 612-872-1424 or email mpls.urb@millelacsband.com.



PHOTO BY PATRICK O'LAUGHLIN

Leah Lemm performed her original composition at the Cedar Cultural Center February 10.



PHOTO COURTESY OF DINO DOWNWIND

Dino Downwind exhibited his photos as part of the RAW Envision showcase on February 14.

Band Member Artists Light Up the Cities

Li Boyd Mille Lacs Band Member

The vibrant Twin Cities art scene featured two Mille Lacs Band members this February, and they both made brilliant debuts.

Leah Lemm is a musical artist and performed at the Cedar Cultural Center as part of the Cedar Commissions through a grant from the Jerome Foundation. The Cedar Commissions is a program for emerging local musicians and has helped develop nearly 40 new artists since the program began.

Dino Downwind, a photographer, was recruited by the independent arts organization RAW to participate in the Envision show at the Pourhouse in downtown Minneapolis. RAW holds regular one-night showcases in 70 cities worldwide and hand-picks local artists for each event.

Leah is a lifelong musician, starting with childhood music lessons that led to professional music study in college. She was competitive as a violinist until a shoulder injury made it too difficult to play the instrument anymore. Thankfully, Leah still had piano to fall back on and began to explore singing. She studied music production and engineering along with voice at the Berklee College of Music where she started songwriting. Leah says she was motivated to write her own music to create songs that would work better for her voice range. She sang in a cappella groups in college, too, laughingly reporting that the type of competitions depicted in the movie *Pitch Perfect* are "legit."

Leah recently studied poetry through the Institute of American Indian Arts and became intrigued by the literary discussion surrounding Indigenous apocalypse. Despite how it sounds, the concept highlights Indigenous resilience and survival through the idea that our world has already ended several times over, yet we are still here. Anything going forward — whether it's political, social, or environmental — is just another catastrophe through which Indigenous people will prevail.

Leah won her Cedar Commission grant with a proposal to set this concept to music and created *Ruins*, a transformative musical landscape composed of six movements. Each movement has a different sound, from blues rock to a cappella, and is linked to the next movement through a bridge of ambient industrial sound and Morse Code. Morse Code was important to Leah as an indication of emergency but also as the unifying piece that pulls the whole set together. It leads in each song by title but also closes the last song with the statement, "The end is a new beginning." In the end, everything comes back to the circle, ready to start again.

Ruins was performed on February 10 to a mesmerized audience. Leah's brother Cole Premo was part of the act, playing guitar and singing, along with other Band members Mariya Vyatkina, Evan Clark, Justin Titus, and Peter Morrow. A studio recording of *Ruins* will be available in the future. Leah hopes, in the meantime, to find venues to play the show again.

Perfect trade

Dino Downwind's journey to starting Downwind Photos began in a high school photography class. The class sparked an inter-

est that was too quickly discouraged by Dino's peers. He put the camera down due to teasing, but the interest persisted. About eight years ago, Dino had a surplus of bulldog puppies who caught the attention of a woman passing by. She photographed the puppies and then promised she would buy one as soon as she sold her camera. A trade was made. And that's how it all began.

With his new camera, Dino learned from friends and taught himself the tricks of the trade. He started doing product photography and work for magazines, but it wasn't until a friend convinced him to take their engagement photos that he ventured into taking portraits. He found he liked portraits and switched to shooting people and powwows.

RAW contacted Dino after seeing his Instagram and asked him to take part in the Envision showcase. After Dino realized it wasn't a scam and agreed to participate, RAW asked Dino to bring an Indigenous friend along to validate the content of his work. Dino assured them he wasn't a scam; he's a card-carrying tribal member and qualified to use his own discretion. This was a surprise to the RAW organizers, who only then realized they had the honor of hosting their first Indigenous artist.

The Envision one-night event on February 14 was a huge success with many Band and family members showing up to support Dino and view his work. Dino's black-and-white photographs are sharp and full of so much lively detail that it's easy to get lost in the picture, even when there's only one subject. His selectively colorized shots seem to highlight the gifts his subjects carry with them, allowing the viewer to recognize that there's something in technicolor inside everyone. Dino's online album is available at rawartists.org/downwindphotos.

Dino has some wisdom to pass along: "Do what you love to do." He stresses that people shouldn't let anyone belittle them or make them feel bad about their passions and talents. "If I would have kept going in high school, I would have probably made a career, a living, out of this already," Dino says.

For now, Downwind Photos is growing steady and true.



Dino draws inspiration from the memory of his father, the late Larry 'Amik' Smallwood.

Lady Baller — Chiminising Student Finds Success on Court

Amikogaabawiiwe Adrienne Benjamin Mille Lacs Band Member

Taya Sam-Sablan has been playing basketball her entire life. Since she was a little girl, her mother Rachel Sam and grandmother Tracy Sam have been coaching and supporting her to excel in the sport. She has played all through the ranks, playing varsity since her 8th grade year, and earned herself a full-time starting position in 9th grade. Taya has also consistently played Amateur Athletic Union (AAU) basketball during the offseason, sharpening her skills and showing her unending commitment to the game.

When asked what made basketball so important to Taya throughout her life, she offered, "Basketball was always something that I could go to when I was upset or mad. The sport itself is like a medicine to help me cope or heal regardless of what is going on."

Looking forward to her senior season, Taya knew that she would likely hit her 1,000th point early in the season. To reach 1,000 points is a high school basketball player's crowning achievement, a rite of passage, and a milestone of greatness. It is seldom accomplished, and Taya was only 75 points shy of this goal when she was hurt during a game. She was taken from the game by ambulance and after further medical evaluation, it became clear that Taya's senior season would be cut short by an ACL tear in her knee.

About her high school career-ending injury, Taya said, "It didn't fully hit me that I was done playing right when it happened, but after getting the phone call confirming that my ACL was torn, it hit me really hard. I always had imagined what the feeling would be like to score 1,000 points."

She recently had surgery on her torn ACL, and the doctors believe that Taya will make a full recovery within a year and could be ready to play college basketball if she so chooses. About her future basketball prospects, Taya said, "At this point, I haven't really thought about it, but when the time comes and



Taya Sam-Sablan — daughter of Rachel Sam and granddaughter of Tracy Sam — is a third-generation Isle High School athlete.

I'm fully healed, we'll see what happens."

Taya received an outpouring of support from her coaches and teammates after the event, and she still travels with her team, although she does not play. Taya was also recently featured in the prep sports section of the Mille Lacs Messenger with her story. She has been a fan favorite in Isle throughout her high school career, and the community has even felt the hurt that Taya and her family felt knowing she would not complete her final season as an Isle Huskie.

Even through the upset of her injury, Taya has bright hopes and happy memories. "It makes me look back at my career at Isle and feel honored and happy rather than upset. This injury is motivating me to get better and come back stronger."



PHOTOS BY BOB STATZ, MILLE LACS MESSENGER

When asked about her future school plans, Taya said, "I do plan on attending college, but am undecided about where I will attend and what my major will be, although I do envision myself in the medical field."

Whatever Taya decides to do with her future, she has already shown that she is a relentless warrior, on and off the court. She has embraced the setbacks of her biggest dream and found a positive attitude amidst the disappointment. The determination that she has shown over the years will propel her forward in whatever she chooses. She has truly been a gem to watch over the years in the Isle High School gym. Good luck, Taya, and thank you for sharing your wonderful story. You make your community proud!

DIIA Youth Bowls in State Tournament

Chilah Brown Mille Lacs Band Member

At the beginning of the 2017-18 school year, Band member Jordan Sayers was asked by her grandmother, Sami Thomas, "What after-school activity would you like to participate in — basketball or bowling?" Without hesitation, Jordan chose bowling.

Jordan and her twin brother, Jayden, were introduced to the sport at the age of 5 by their grandmother. Grandma Sami was a competitive bowler for 40-plus years, traveling to various cities and competing in numerous tournaments throughout the United States. It seemed only natural that the twins would take an interest in the sport as well.

Jordan and Jayden quickly took the opportunity to sign up at Nyquist Elementary in Isle (Chiminising) for the bowling activity at the Isle Bowl and Pizza Tuesdays after school. Youth bowlers interested in participating in the district tournament had to establish an average with a minimum of 21 games in order to compete in the 2018 Minnesota Single Youth Bowling Tournament.

The top five Isle youth bowlers with the highest average were chosen to represent Isle Bowl and Pizza for the East Central District at Junction Bowl in Isanti for the opportunity to advance to state finals in youth bowling.

With an average of 50, Jordan was the only girl and one of five Isle youth to qualify for the Minnesota Single Youth Bowling Tournament. Youth bowlers had the opportunity to compete in the district roll-offs, which were held over two January weekends. Eighty-eight youth bowlers from across the East Central District competed, and out of the 17 youth bowlers in the U12 75-and-under category, only the top four scores advanced. With a handicap of 397, Jordan had a total score of



Sami Thomas has been teaching Jayden and Jordan all she knows about bowling — which is a lot!

594 pins and placed 8th in her division.

Although Jordan did not make her mark at state, she enjoyed the experience. Bowling has helped her build confidence and find her passion. She continues to bowl for Isle and looks forward to competing in more tournaments and making new friends. Grandma Sami is also looking forward to Jordan competing in more tournaments and enjoys volunteering her time coaching the twins and other youth at Isle Bowl and Pizza.

Scholarships worth a total of \$10,000 are offered to youth participants. More information regarding the Minnesota Singles youth bowling tournament can be found at bpam.org/MNSingles.htm.

DII Public Hearing: Minnesota Chippewa Tribe Land Transfers

A public hearing on Minnesota Chippewa Tribe Land Transfers, past and present, will be held on Tuesday, March 20, from 2 to 6 p.m. at East Lake Community Center. Come listen to presentations, review maps, and submit your opinion. Information will be mailed to heads of households. A light meal will be served.

Ziigwan Youth Powwow Returns to Chiminising

The Chiminising Ziigwan Youth Powwow will be held March 24 at Chiminising Community Center with Grand Entries at 1 and 7 p.m. and dinner from 4 to 6 p.m., sponsored by the Mille Lacs Band Niigaan Program. Host drums are Hay Creek from Lac Courte Oreilles and Timber Trails from Mille Lacs.

Specials will follow the evening Grand Entry, with musical chairs and a street clothes dance-off for youth, as well as men's and women's sidestep, ribbon/applique skirt and shirt, hand drum, zhaabowe, team dance, and royalty crowning.

The powwow is sponsored by the District II Legislative Department and is a drug and alcohol-free event.

If you have questions, contact Event Director Adrienne Benjamin at adrienne.benjamin@millelacsband.com or 320-290-6823.

Community Leader Cohort Graduates from Blandin Program

Li Boyd Mille Lacs Band Member

The dictionary definition of a cohort is simple: a band or group. This is what the Blandin Foundation calls the training groups that take part in their Blandin Reservation Community Leadership Program (BRCLP). Mille Lacs Band community members Craig Beaulieu, Li Boyd, Govinda Budrow, Gilda Burr, Colin Cash, Maria Costello, Shelly Diaz, Jeremiah Houser, Shena Matrious, Amy Opager, Dean Reynolds, Arlyn Sam, Kaitlin Thompson, and Virgil Wind graduated from this acclaimed program last month.

This program is tailored to help trainees become more effective leaders in their community groups at home, but it goes a step further. Each individual is also taught skills to better function as a part of any group and even promote cooperation between different groups.

This might seem counterintuitive in a leadership seminar, where one could expect more focus on individual development and tactics for self-reliance. While these are included in the BRCLP training, understanding the advantages and strategies for group work are strongly emphasized core concepts within the program. As a community leadership initiative focused on Indigenous modes of operation, inclusion is a priority. As Margaret Mead said, "A small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." And that's what the Blandin Foundation strives to create with each cohort — world-changers.

The full cohort — comprised of individuals from the five Minnesota reservation communities of Lower Sioux, Upper Sioux, Shakopee Mdewakanton, Prairie Island, and Mille Lacs — officially reconvened on February 6. They spent nearly an hour and a half catching up with each other, talking about the significant changes already made in their lives.

They returned eager to learn and excited about the ways in which they might be able to use their new skills. This day and a half of additional training provided the opportunity to study group dynamics, especially in regard to peacemaking.



Left to Right: Arlyn Sam, Colin Cash, Amy Opager, Jeremiah Houser, Shena Matrious, Dean Reynolds, Gilda Burr, Kaitlin Thompson, Craig Beaulieu, Li Boyd. (Not pictured: Govinda Budrow, Maria Costello, Shelly Diaz, and Virgil Wind.)

Participants seemed to have no doubts about the value of the training, and for some, even obstacles to attending became opportunities to practice problem-solving skills. Absentee participant Maria Costello kept tabs on progress through daily updates with Mille Lacs participants and other members of the full cohort.

Blandin cohorts work from a place of sharing and experience. Each person brings their own knowledge into the group and gains perspectives and ideas they might never have had on their own. In the end, the whole of the group is stronger, more prepared, and more motivated.

The training concluded with a family feast and commencement ceremony hosted by the program's generous trainers. Each cohort member was awarded a plaque not only for completion of the training, but also for ongoing participation as leaders in their communities. Gifts also included a book of stories by previous graduates, a jackpine pin symbolizing new beginnings, a journal, and a photobook chronicling this cohort's

training from start to finish.

Each graduate took a moment to speak about the training and reflect on the benefits of the program. Many admitted to coming to know themselves better and feeling free to recognize their own gifts as personal strengths. Many were thankful for new friends, a trusted network of like-minded community leaders, and the chance to take new knowledge home and make a difference.

Applications for the next cohort of the Blandin Reservation Community Leadership Program will be accepted by nomination only, though self-nominations are encouraged. Blandin also supports an alumni network hundreds strong with connections to initiatives such as the Oyate Network through the Tiwahe Foundation. Grants are available to program graduates for community initiatives, and the Mille Lacs community's newest Blandin alumni are already getting together and making plans to be the difference they want to see in the world.

Veterans: Are You on Our Wall?

The Mille Lacs Indian Museum and Trading Post, in partnership with the local Am Vets Post 53, is looking for Mille Lacs Band members who have served in the military and would like to have their names added to the Veterans' Honor Wall at the museum.

If you or a family member is a Band member who served in the military, and your name is not on the wall, please submit the person's full name, clan or doodem, and (if possible) an individual photo in military uniform to the museum by March 31, 2018. If you submit via mail, please send the contents to: Mille Lacs Indian Museum, 43411 Oodena Drive, Onamia, MN 56359. All entries will be screened by Am Vets Post 53 to verify military service and Band membership.

There will be a program at the museum on Friday, May 25, to honor the veterans who are already listed and unveil the new names that will be added to the wall this year. Also on May 25, the museum will open an exhibit from the National Museum of the American Indian, Patriot Nations: Native Americans in Our Nation's Armed Forces. This exhibit tells the history of American Indians who have served in the military.

For more information, please contact Travis Zimmerman, Site Manager, at 320-532-3632 or travis.zimmerman@mnhs.org.

Q/A: What did the BRCLP training give you that you think will be most useful to you as a community leader?



Gilda Burr (left): Blandin developed and enhanced my skills, knowledge, and understanding while giving me insight into my own gifts. It gave me tools to use all these things together to address issues and work on ways to build and sustain my community.

Arlyn Sam (right): The ability to work with people who are cut from a different cloth, even if they have different personalities, viewpoints, or priorities.



Dean Reynolds (left): The most important thing I got out of the training is trusting other people. I usually take things into my own hands, especially at work. But with the group that went, I know I can trust them to have my back with important issues or even let me know a better way to solve problems with the community.

Govinda Budrow (right): I think it's the structure of creating community change and then having a network of people that are trained in that same structure to do the work that needs to be done.





Waakobinigod A'aw Anishinaabe

That Which Pulls Anishinaabe From Their Original Teachings

Lee Staples Gaa-Anishinaabemod Obizaan Melissa Boyd Baabiitawigiizhigookwe Gaa-anishinaabewibi'ang

Eni-gichi-aya'aawiyaan nimikwendaan i'iw akeyaa gaa-izhi-bimaadizid miinawaa gaa-inaadizid mewinza a'aw Anishinaabe. Ishke dash noongom niwaabandaan bakaan ezhi-bimiwidood a'aw Anishinaabe obimaadiz-iwin. Nebowaa ayaamadag waakobinigod a'aw Anishinaabe eni-gikinawaabamaad inow wayaabishkiuwen ezhi-bimaadizid.

As I am getting older, I am remembering how the Anishinaabe lived their lives long ago. Now, I am seeing how the Anishinaabe have changed their way of living. There is a lot that pulls our Anishinaabe to copy and live their lives like the white man. Eshkam moozhag nibi-ganoonigoo da-maajaa'iweyaan, mii imaa wiindamaagooyaan wii-chaagizond a'aw gaa-ishkwaa-ayaad. Mii dash imaa wiindamaageyaan wii-maajaa'aasiwag a'aw waa-chaagizond. Gaawii wiikaa nibi-waabanjigesiin ge-doodawind a'aw Anishinaabe i'iw akeyaa.

Recently I have been called more and more to do funerals; I am being told that there will be a cremation involved. That's when I have to tell the relatives that I cannot perform the funeral. I have not seen this in the past where our people cremated one another.

Ishke gaye ezchichiged aanind a'aw Anishinaabe, mii imaa nakodang azhigwa gaa-ishkwaa-ayaad, da-giishkizhigaazod da-mamigaadenig idash omaa owiiyawing da-miigiweng ge-ni-aabajitood i'iw geyaabi a'aw eni-bimaadizid. Booch da-wii-kindidawaziimagadinig owiiyaw a'aw Anishinaabe azhigwa na'inigaazod. Ishke i'iw abinoojiinsiwid i'iw bekwajisemagak imaa odisiinsing, mii imaa mamigaadenig echigaadeg imaa mashkimodensing eni-aabaji-ganawendang a'aw Anishinaabe. I'iwapii dash ishkwaa-ayaad, mii imaa achigaadenig i'iw odisiins biinjina jibayi-makakong. Ishke mii imaa ge-gikino'amawind a'aw Anishinaabe da-wawiinge-gindidawaziimagadinig i'iw owiiyaw azhigwa na'inigaazod. Ishke mii imaa maazhi-doodaadizod a'aw Anishinaabe eni-gikinawaabamaad eni-izhichigenid inow wayaabishkiuwen.

What else is happening to our Anishinaabe is that they are agreeing to organ donation. Our teaching is that our body is meant to be whole and intact with all of the body parts at the time of our burial. When we are babies, a piece of our belly-button falls off, and that is the part that is put in a small bag and saved throughout the lifespan of the individual. When a person passes away, that is when that bag is put in the casket with the deceased. It is from that teaching that we know that the body must be completely whole and intact at the time of burial. This is just another example of Anishinaabe doing wrong to themselves by copying what the white man does.

Ishke gaye a'aw Anishinaabe mamigaadenig, maagizhaa gaye i'iw okaad, maagizhaa gaye oninjiin megwaa bimaadizid, mii imaa da-anoonaapan awiyya da-na'inigaadenig gaa-mamawind. Mii dash gaye i'iw akeyaa ge-izhi-gindidawaziimagadinig owiiyaw azhigwa na'inigaazod. Mii iw nebowaa a'aw Anishinaabe ayaa gekendanzig i'iw akeyaa da-ni-izhichiged.

When Anishinaabe goes through an amputation of a limb, he should have someone bury that body part. That way, when he passes on, the end result is that his body will be complete and intact upon burial. A lot of our Anishinaabe do not know about this teaching.

Mii gaye waa-tazhindamaan nebowaa ayaa a'aw chi-mookomaan wenda-onzaamaanagidoon. Ingoding

ani-biindigeyan imaa wiisiniwigamigong, ani-mikwendan da-bizindawadwaa ingiw chi-mookomaanag imaa eyaajig, mii-go dibishkoo asiginaakwag enitaagoziwaad. Ishke dash wiin a'aw Anishinaabe endazhi-wiisid bangan igo. Ishke wiinawaa odamendaanaawaa wiinawaa odapiitendaanaawaa maajiwaad.

Ishke gaye ezhiwebizid a'aw wayaabishkiiwed, gaawiiin ominwedanziinaawaa banganinig, mii dash imaa nandawaabandamowaad waa-ni-ikidowaad anooj imaa ani-waawiyegamowaad. Nimikwenimaag ingiw gaa-nitawigi'ijig azhigwa gaa-pi-mawadisigowaad awiyya, nigii-pizindawaag ko imaa ani-ganoonaawaa gaa-pi-dagoshininijin. Gaawiiin-igo ginwenzh gii-kaagiigidosiwag, mii gomaapii gaa-izhi-bangang. Aabiding dash gaa-izhi-gagwejimawaa, "Aaniin wenji-bangitooyeg omaa bi-mawadisigooyeg?" Mii dash gaa-izhi-nakwetawiwaad, "Gaawiiin memwech imaa gidaa-aabidaanagidoosiimin." Mii dash imaa wenjik-aamagak wenda-mayagenimag a'aw Anishinaabe wenda-aabidaanagidoon, mii imaa gikiniwaabamaad inow wayaabishkiuwen eni-izhichigenid. A'aw Anishinaabe mewinza gaa-ayaad gii-pabekaadizi.

I also want to talk about how some white men seem to talk a lot. Sometime when you go into a restaurant, remember to listen to the white men that are there. They seem to sound like a bunch of black birds chattering. When it comes to Anishinaabe, eating is quiet. Their attention is on their food, and they value what they're eating. White people are notoriously uncomfortable with silence. They look for a chance to talk, and end up saying meaningless things. I remember when the old people that raised me were being visited. I would listen in to the conversation. The talking was not always lengthy, and after a while it would be quiet with no conversation. One time I asked them, "Why did the conversation end while you were being visited?" They answered, "It's not necessary for us to continuously talk." It is from there that I find it strange when I run into Anishinaabe that talk a lot. I see it as something they picked up from white people. Our Anishinaabe of the past were quiet.

Mii ko gaye ani-gizhebaawagak ishkwaa-anokiigiizhigak, gaawiiin iko niminwendanziin ganwaabandamaan i'iw mazinaatesijigan. Mii iw wenjida i'iwapii mazinaateseg waabanda'iweng anooj mezinaakizond a'aw wayaabishkiiwed anooj doodawaad inow awesiinyan, odaminwaanaad inow awesiinyan. Ishke dash anishinaabewiyang, gaawiiin anooj gidaa-doodawaasiwaanang ingiw awesiinyag. Manidoowaadiziwag ingiw. Dibishkoo a'aw wayaabishkiiwed, gaawiiin wiikaa oboonitoosin gegoo bemaadiziimagak. Mii-go dibishkoo enendamowaad gii-miinigoowiziwaad awesiinyan da-odaminwaanaawaad.

On Saturday mornings, I dislike watching the T.V. set. It's usually at that time when there are programs that come on showing white people interacting or playing with wild animals. As Anishinaabe, I have been taught to be respectful to the animals. They are considered sacred. It seems like the white man wants to mess around with anything that is living. It's almost as if they think they've been given the animals for their own personal enjoyment.

Ishke gaye giuwosaanaawaad inow waawaashkeshiwan, mii eta-go genawaabandamowaad awenen nawaj memaangadeshkanaanid ge-biinaajin, gagwe-aada'odiwaad. Ishke dash wiin a'aw wawiinge-anishi-

naabewid, mii i'iw bezhig akeyaa gaa-miinigowaad inow Manidoon da-inanjigewaad. Ishke dash a'aw owenda-apiitenimaawaan inow waawaashkeshiwan a'aw Anishinaabe. Mii-go maa gakina imaa eyaamadiginig owiiyawing a'aw waawaashkeshi Anishinaabe ezhi-aabajitood. Odamizi wiin a'aw wayaabishkiiwed wii-waabanda'iwed inow waawaashkeshiwan gaa-nisaajin agoodood i'iw waawaashkeshi oshtigwaan biinji-waaka'iganing. Mii imaa gagwe-aada'odiwaad awenen nawaj ge-mamaangadeshkanenijin ge-agoonaawaad.

When they do their deer hunting, the white man is more concerned with who got a bigger rack and if they beat out their fellow hunters. True traditional Anishinaabe know that this is one of the animals given to us by the Manidoog to eat. As a result, the Anishinaabe hold the deer in high regard. Anishinaabe uses all parts of the deer. The white man is more focused on showing off the deer heads that they hang in their houses as a display of their masculinity. This is their way of showing who killed the deer with the biggest rack.

Mii-go gaye eni-doodawaawaad inow ogiigooyan. Mii eta-go genawaabandamowaad awenen nawaj ge-gizigwanid inow ogiigoonyan ge-biinaajin. Ishke dash nebowa a'aw Anishinaabe ogikendaan mii a'aw gaa-miinigod inow Manidoon da-inanjiged. Weweni dash odoodawaan inow ogiigoonyan. Mii iw wiin a'aw chi-mookomaan ezchichiged agoonaad inow ogiigoonyan imaa biinji-waaka'iganing wii-waabanda'iwed gaa-izhi-mindidid inow ogiigoonyan gaa-tebinaajin. Mii a'aw Anishinaabe oga-gidamwaan inow giigoonyan dabwaa-agoonaad!

This is what they also do to the fish. This is also where they try to outdo one another on who caught the biggest fish, but a lot of our Anishinaabe know that they too have been given to us by the Manidoog to eat. As a result, most of our Anishinaabe treat our fish respectfully. What the white man does is display that fish in their homes to show the size of the fish they caught. With Anishinaabe people, they eat the fish before they even had the chance to hang it on the wall!



Blood Quantum Presentation

Rebecca Webster, a professor in the Tribal Administration and Governance Program at UMD, provided a fascinating look at the history and politics of blood quantum at an event sponsored by the Department of Natural Resources at Eddy's Resort on January 25.

TRIBAL NOTEBOARD

Happy March Birthday to Mille Lacs Band Elders!

Ramona Anne Applegate
Debra Rose Barge
Cynthia Eileen Beaulieu
Marie Ann Bengtson
Larry Benjamin
Laurie Marie Benjamin
Randy Elmer Benjamin
Robert Patrick Benjamin
Patricia Lorayne Christofferson
Kella Rae Churchill-Johnson
Curtis Anthony Cody
Francis Charles Colton
Dean Russell Davis
Laureen Gay Davis
Lucille Deborah Doffing
James Joseph Dorr
Robert Allen Dorr
Bonnie Elaine Dumler
Robina Lou Eagle
Dawn Renee Fahrlander-Peel
Mary Flores
Terry Duane Frye
Cheryl Darlene Garbow
Donald Anson Graves
Marie Jane Gudim
Kathleen June Hill
Bradley Allen Kalk
Curtis Leroy Kalk

Leslie Roger Karsjens
Sandra Arlene Kegg
Jeffrey Jay Keller
Susan Marie Kramer
Barbara Jane LaBlanc
Lorelei Lee LaFave
Mert Elaine Leibgott
Anita Ann Misquadace
Wanda Kay Misquadace
Pauline Moose
Wanda Roxane Navarro
Lester Lee Nelson
Victoria Marie Nichols
Jeffrey Sheldon Nickaboine
Michael James Nickaboine
Marie Esther Paschke
Marlene Ruth Poukka
George Wilbur Premo
Debra Jo Sam
Fred L. Sam
Kathryn Mary Sam
Francis Dean Schaaf
Susanna Lee Schaaf
Thomas William Schleeve
Roy Alden Shabaish
Russell Shabaish
Edward Skinaway Jr.
Merle Lee Skinaway Jr.
David Smith Jr.
Terrance Lee Smith

Gloria Ann Starkey
Sami Thomas
Robert Tibbetts Jr.
Bernard Leroy Weyaus

Happy February Birthday to Mille Lacs Band Elders!

Laura Ann Ashcroft
Mahlon Scott Barnes
Maurice Wayne Benjamin
Melanie Ann Benjamin
Debra Jean Blake
Sandra Lee Blake
Judy Ann Carlson
Ellen Marie Dakota
Dennis Wayne Davis
Harry Richard Davis
William Carl Erickson
Eileen Frances Farah
Nicole Anne Froemming
Beverly Ann Graves
Mary Louise Hoffer
Donald Ray Houle
Sharon Louise Howard
Maggie Kegg
Kurt Drew Keller
Carolyn Dawn Lewis
Ornorio Zachary Lyons
Wesley Dean Merrill
Victoria Gina Mitchell
Gilbert Wayne Moose

Donovan Lee Nickaboine
Lawrence Mark Nickaboine
Debra Lee Northrup
Patricia Ann O'Brien
William John O'Brien
Robert Halvor Oswaldson Jr.
Robin Lou Oswaldson
Rhonda Lynn Peet
Alan Pindegayosh
Lawrence Virgil Reynolds
Ellen Marie Roth
Bette Sam
Darrell Duane Sam
Gladys Diane Sam
James Allan Sam
Pauline Marie Sam
Kenneth Wayne (Mitchell) Shingobe
Alvera Marie Smith
Bennie David St. John
Edward Louis St. John
Stanley Conrad St. John
Richard Jay Staples
Robert Lee Staples
Emma Edna Thomas
Gary Marshall Thomas
Michael Leo Towle
Valetta Irene Towle
Ramona Joyce Washington
Patrick Weyaus
Marilyn Jean Whitney

Clyde Manuel Wind
Rose Marie Wind
Dorothy May Wistrom

Happy March Birthdays:

Happy birthday **Colin Cash** on 3/20 from the Sober Squad. We love you so much, especially from Nellie! We appreciate all you do.

Other Announcements:

A big thank you to **Dawn Day** for supplying her famous bread, **Dan's Catering Company** for making part of the menu, and to all that showed up for Paige's memorial feast on February 10. It has been two years and we still miss you tremendously. It is getting easier to bear, but still hurts. A GRIEVING FATHER, MOTHER, and BROTHER.

Submit Birthday Announcements

Send name, birthday and a brief message **20 WORDS OR LESS** to Brett Larson at brett.larson@millelacsband.com or call **320-237-6851**.

Deadline for April issue is March 15.

Mille Lacs Band Recovery Groups

District I Mille Lacs

Wellbriety Mothers of Tradition

Mondays, 5:30 – 7 p.m., 17222 Ataage Drive, Onamia (Next to the Halfway House – Brown Building)
Contact Kim Sam at 320-532-4768

Wellbriety Migizi Meeting

Mondays, 7 p.m., Grand Casino Mille Lacs Hotel
700 Grand Avenue, Onamia, Minnesota

Wellbriety Celebrating Families

Tuesdays, 6 – 8 p.m., Mille Lacs Band Halfway House Group
17222 Ataage Drive, Onamia, Minnesota
Contact Halfway House at 320-532-4768

NA/AA Welcome

Hosted by Mille Lacs Band Halfway House
Wednesdays, 7 p.m., 42293 Twilight Road, Onamia (Red Brick Building).
Contact Halfway House at 320-532-4768.

Wellbriety Sons of Tradition

Sundays, 1 – 3 p.m., 42293 Twilight Road, Onamia.
Contact Kim Sam at 320-532-4768.

District II East Lake

AA Group

Mondays, 5 – 6 p.m., East Lake Community Center.
Contact Rob Nelson at 218-768-2431.

District III Hinckley & Aazhoomog

NA Meeting

Mondays, 7 p.m., Aazhoomog Community Center

Wellbriety 12 Step Group

Tuesdays, 12 p.m., Aazhoomog Clinic Conference Room.
Contact Monica Haglund at 320-384-0149.

Wellbriety 12 Step Group

Thursdays, 6 p.m., Hinckley Corporate Building

Please send any changes or additions to brett.larson@millelacsband.com.

RECURRING EVENTS

Ojibwe Language Tables: Tuesdays, 6:30 p.m., District I Community Center. Thursdays, 4:30 p.m., East Lake Community Center (3:30 p.m. on last Thursday).

DI Open Gym: Mondays – Thursdays, 3:30 – 9 p.m., District I Community Center

DI Women's Group (Strength & Support): Thursdays, 3:30 – 5 p.m., Public Health Building (17230 Noopiming Lane)

Healer Herb Sam is Available in the Urban Area: Fridays, 10 a.m. – 12 p.m. Call 612-799-2698 or stop by the Powwow Grounds (1414 E. Franklin Ave., Mpls.)

B-Ball League Night: Thursday Nights, DI Community Center

Zumba Fitness: Mondays, 5:30 p.m., East Lake Community Center. Tuesdays, 6 p.m., Chiminising Community Center

Ribbon Skirt/Shirt Making Class: Mondays, 5:30 p.m., East Lake Community Center.

tip 411

HELP FIGHT DRUGS.

Text anonymous tips to the Bureau of Indian Affairs, Division of Drug Enforcement to fight drug abuse in Indian Country and help keep your tribal communities safe.

Text
BIA
+
your tip
to 847411

A service of
United States Bureau of Indian Affairs,
Division of Drug Enforcement



New! Urban Language Tables

Urban Language Tables are being held at the Minneapolis American Indian Center! A Youth Intro table meets Tuesdays 5 – 7 p.m., an intermediate table Wednesdays 5 – 7 p.m., and an adult intro class Thursdays 5 – 7 p.m. Tables are free of charge and are taught by Memegwesi (David Sutherland). For more information, see tworiversarts.com/events.

Anonymous Drug Tip Hotline

The Mille Lacs Band Tribal Police Department's anonymous drug tip line is 320-630-2458. Feel free to leave voicemails and/or text messages. If you would like a call back, be sure to leave your name and phone number. In case of emergency, dial 911.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Want your event here? Email brett.larson@millelacsband.com or call 320-237-6851. Visit millelacsband.com/calendar for additional MLB events.</p> <p>Band Assembly meetings Band Assembly meetings are held at 10 a.m. on Tuesdays and Thursdays at rotating locations throughout the districts. For locations and other info, call the Legislative office or visit millelacsbandlegislative-branch.com. Meeting dates, times, and locations are subject to change.</p>				1	2 Breakfast Fundraiser 7:30 – 10 a.m. District I ALU Herb Sam 10 a.m. – 12 p.m. Powwow Grounds	3
4 Wellbriety Sons of Tradition <i>See page 14</i>	5 TERO Recruitment Meeting 10 a.m. – 3 p.m. MN Chippewa Tribe Building Ribbon skirt/shirt, Zumba class 5:30 p.m. East Lake Comm. Ctr. <i>See page 14</i> Wellbriety/AA/NA <i>See page 14</i>	6 Language Table 6:30 p.m. DI Community Center Wellbriety DI, III Language Table Zumba Fitness <i>See page 14</i>	7 AA/NA Welcome Language Table <i>See page 14</i>	8 B-Ball League Night DI Community Center Language Table <i>See page 14</i>	9 Herb Sam 10 a.m. – 12 p.m. Powwow Grounds Indian Magnet School Powwow 6 p.m. 1075 E. 3rd St. St. Paul	10 Mille Lacs County DFL Convention 10 a.m. Milaca High School <i>See page 10</i> Polar Plunge 11 a.m. Eddy's Resort <i>See page 10</i>
11 Wellbriety Sons of Tradition <i>See page 14</i>	12 Wellbriety/AA/NA <i>See page 14</i>	13 Language Table 6:30 p.m. DI Community Center Wellbriety DI, III Language Table <i>See page 14</i>	14 Urban Elder Meeting 5 – 7 p.m. All Nations Church DI Community Meeting 5:30 p.m. DI Community Center AA/NA Welcome Language Table <i>See page 14</i>	15 B-Ball League Night DI Community Center Language Table <i>See page 14</i>	16 Herb Sam 10 a.m. – 12 p.m. Powwow Grounds	17 District 15 DFL Convention 10 a.m. Milaca High School
18 Wellbriety Sons of Tradition <i>See page 14</i>	19 DII Sobriety Feast 5 p.m. East Lake Community Center Wellbriety/AA/NA <i>See page 14</i>	20 Public Hearing on MCT Land Transfers 2 – 6 p.m. East Lake Comm. Ctr. <i>See page 11</i> Language Table 6:30 p.m. DI Community Center Wellbriety DI, III Language Table <i>See page 14</i>	21 AA/NA Welcome Language Table <i>See page 14</i>	22 B-Ball League Night DI Community Center Language Table <i>See page 14</i>	23 Herb Sam 10 a.m. – 12 p.m. Powwow Grounds Treaty Rights Day 12 p.m. – 3 p.m. Grand Casino Mille Lacs <i>Government offices close at 12 p.m.</i>	24 Chiminising Ziigwan Youth Powwow 1 – 9 p.m. DIIa Comm. Center <i>See page 14</i>
25 Wellbriety Sons of Tradition <i>See page 14</i>	26 Regional Career Expo 12 – 6 p.m. Black Bear <i>See page 3</i> DIII Sobriety Feast 5:30 p.m. Aazhoomog Community Center Wellbriety/AA/NA <i>See page 14</i>	27 Sobriety Feast 5:30 p.m. DI Community Center CPR/AED Class 6 – 9 p.m. Urban Office <i>See page 10</i> Language Table 6:30 p.m. DI Community Center Wellbriety DI, III Language Table <i>See page 14</i>	28 DII Community Meeting 5 p.m. East Lake Comm. Ctr. AA/NA Welcome Language Table <i>See page 14</i>	29 Urban Community Meeting 5:30 p.m. All Nations Church DIIa Community Meeting 5:30 p.m. Chiminising Community Center	30 Herb Sam 10 a.m. – 12 p.m. Powwow Grounds	31

Treaty Rights Day is March 23

Treaty Rights Day celebrates March 24, 1999, when the United States Supreme Court affirmed Band members' right to fish, hunt, and gather under the Treaty of 1837. Since March 24 falls on a Saturday, this year's event will be held on March 23 at Grand Casino Mille Lacs from 12 p.m. to 3 p.m. Government offices close at 12 p.m.

District III Community Meeting

The District III Community Meeting had not been scheduled when this issue of Ojibwe Inaajimowin went to press, but watch your mailbox and Facebook for updates. It's going to be a good one!

More events

See page 14 for Recurring Events, Upcoming Events, and Recovery Groups.

Igloo Project Makes Learning Fun for Wewinabi Students

Brett Larson Inaajimowin Staff Writer

"Culture" and "Chemistry" are unfamiliar terms to the preschoolers in Beth Nohner's Head Start class at Wewinabi Early Education in District I.

But thanks to an igloo built of donated milk jugs, they're beginning to understand how ice melts into water, and how their Indigenous relatives to the north build homes out of ice.

Beth discovered the project on Pinterest and shared it with a friend, who said she had a pile of milk jugs that could get her started.

With help from assistant teachers Dylan Peterson and Sian Marquardt, Beth got to work. Donations have been pouring in, and the project was finally completed on February 20.

Since it's built with a hot glue gun, the kids don't get to pitch in on the labor. They don't seem to mind, though. Like most three- to five-year-olds, their thoughts are more on play than work.

Don't tell the kids, but at Head Start, work and play go hand in hand.

Beth says Head Start takes an integrative approach to education — teaching math, reading, science, and social studies concepts in ways that preschoolers understand.

The lessons haven't all sunk in yet, though. One student, when asked who lives in igloos, answered, "Penguins."

It wasn't exactly wrong; one of the books she's been reading features a penguin that lives in an igloo.

(There might be a geography or biology lesson hiding in that



PHOTO BY BRETT LARSON

The Migizi class is taught by Beth Nohner, center back, with help from assistant teachers Dylan Peterson and Sian Marquardt.

igloo as well.)

Beth has been teaching at Wewinabi for eight years. She loves her job, her students, and the community, and she can't imagine teaching anywhere else.

This was her first teaching job after she graduated from St. Cloud State. "And it will be my last!" she adds.

The Band offers six Head Start classrooms in District I and one each in Districts II and III, in addition to Early Head Start.

Need Help?

If you or someone you know is injured or in immediate danger, call 911 first.

Tribal Police Department dispatch: 888-609-5006 or 320-532-3430

Emergency Management Services: 24-hour fire, disaster, and emergency management response: Monte Fronk, Emergency Management Coordinator: 320-362-0435.

Addiction/Behavioral Health: 800-709-6445, ext. 7776

Community Support Services: For emergencies related

to food and nutrition, Elder services, Elder abuse, sexual assault, or emergency loans, call 320-532-7539 or 320-630-2687.

Domestic violence: (c) 320-630-2499

Women's Shelter: 866-867-4006

Batterers' Intervention: 320-532-8909

Heating, water, or other home-related maintenance problems: If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our Customer Service Representative at 800-709-6445, ext. 7799. If you live in a home that is not maintained by

the Mille Lacs Band and need assistance after hours with utilities or heating, please contact: After Hours Emergency Service: 866-822-8538. (Press 1, 2, or 3 for respective districts.)

Mille Lacs Band Family Services:

Foster Care: 320-630-2663

Social Worker: 320-630-2444

Toll-free: 800-709-6445, ext. 7588

Family Violence Prevention: District I 320-532-4780;

East Lake 218-768-4412; Aazhoomog 320-384-0149;

Hinckley 320-384-4613; Toll-free 24-hour crisis line

866-867-4006.

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Update Your Address

More than 150 Band members have addresses that are being rejected by the U.S. Post Office. If your address on file with the Enrollments Office is incorrect, you may not be receiving important mail from the Band. Each time you move, you need to fill out a Change of Address form from Enrollments at 320-532-7730.

You can download a Change of Address form at millelacsband.com/services/tribal-enrollments.

Aazhoomog Clinic Hours

Providers are at the Aazhoomog Clinic in District III from Monday through Thursday. The dentist is in the office on the last Tuesday of every month, and the foot doctor is available the first Wednesday of every month. Call 320-384-0149 to make an appointment or ask a question.