



OJIBWE

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T H E S T O R Y A S I T ' S T O L D



WE ARE WATER EXHIBIT TAKES A LOOK AT MINNESOTA'S WAY OF LIFE

The We Are Water MN exhibit opened with guest speakers, including Kevin Lindsey, CEO of the Minnesota Humanities Center, Whitney Place, Assistant Commissioner at the Minnesota Department of Agriculture, Li Boyd from the Mille Lacs Band DNR, Randolph Reilly, Special Assistant to the Commissioner of the Minnesota DNR, Laura Bishop, Commissioner of the MPCA, and Daniel Huff from the Minnesota Department of Health.

By Li Boyd Mille Lacs Band Member

In the Land of 10,000 Lakes, state agencies keep such close tabs on waterways that the water is known better here than probably any other state. But for the past half-decade, the Minnesota Humanities Center has been on a mission to examine something about Minnesota's water that's less well-understood: How human beings connect to the water around them.

We Are Water is a traveling interactive exhibit that was developed to explore this topic. The exhibit has been criss-crossing Minnesota since 2016. It visits six sites each year, and the end of the 2019 season brought the exhibit to the Mille Lacs Indian Museum.

The event was a year in the making and included input from multiple state and tribal agencies. Although the project is helmed by the Minnesota Humanities Center, each exhibition is unique and tailored specifically to the location it's visiting. For the Mille Lacs Watershed, over twenty-five interviews were conducted with Mille Lacs Band members, area residents, water-related businesses, local farmers, and water scientists.

Among those interviewed were Mille Lacs Band Department of Natural Resources Commissioner Bradley E. Harrington, Band Member Tania Aubid, and community members Gary Benjamin and Lloyd Keoke. Their stories can be found online on the We Are Water MN interactive map at the link provided at the end of the article. More quotes from additional interviews can be found in parts of the exhibit itself, including quotes from Band Member Li Boyd and Mille Lacs Band DNR

Director of Environmental Programs Perry Bunting.

The uniqueness of the We Are Water MN project lies in its ability to straddle the two issues of water science and human connection. The exhibit's opening program at Mille Lacs featured six speakers, the first of whom was Mille Lacs Band Member Li Boyd, representing the Mille Lacs Band DNR. Boyd talked about the importance of water not only as a resource but as a spiritual being. Like all natural things around us, she explained, water has a spirit of its own that deserves respect and care from human beings. As such, the Mille Lacs Band DNR is dedicated to ensuring all appropriate measures are taken to minimize and eliminate the harmful impacts our modern society can have on our waterways. Boyd praised the Nay Ah Shing School youth advocates who have campaigned for the ban of single-use Styrofoam products on the reservation and was optimistic about other future projects.

Minnesota Pollution Control Agency Commissioner Laura Bishop reflected fondly on the views that Mille Lacs Lake has provided her all her life. She also pointed out that the Minnesota Legacy Amendment, an amendment to the state constitution that passed in 2008, clearly shows that Minnesotans care deeply about their water. The amendment increases state sales tax by three eighths of one percent until 2034 and provides funds for clean water, outdoor heritage, arts and cultural heritage, and parks and trails. We Are Water MN is funded in part by the Legacy Amendment.

We Are Water continued on page 9



With many Tribal and State officials in attendance, Governor Tim Walz and Lieutenant Governor Peggy Flanagan held a ceremonial signing of the Missing and Murdered Indigenous Women (MMIW) Task Force bill.

COMMISSIONER TO SERVE ON MMIW TASK FORCE

On September 19, Governor Tim Walz and Lieutenant Governor Peggy Flanagan launched the first meeting of the Missing and Murdered Indigenous Women (MMIW) Task Force with a ceremonial bill signing that brought together advocates, tribal representatives, law enforcement, and elected officials in their commitment to end violence against Indigenous women. The establishment of the MMIW Task Force was included in the 2019 Omnibus Public Safety and Judiciary budget bill (S.F. 8).

Chief Executive Melanie Benjamin attended the bill signing, and Health and Human Services Commissioner Nicole Anderson will serve on the 27-member task force.

"I WAS HUMBLLED AND HONORED TO BE APPOINTED TO THE TASK FORCE AND LOOK FORWARD TO WORKING WITH OTHER TRIBAL MEMBERS AND STATE OFFICIALS ON FINDING SOLUTIONS TO THE TRAGEDY OF OUR MISSING AND MURDERED WOMEN."

– COMMISSIONER NICOLE ANDERSON

When Nicole was working on her master's degree, trafficking was one of her areas of focus, so she looks forward to being part of this effort. "I was humbled and honored to be appointed to the task force and look forward to working with other Tribal members and State officials on finding solutions to the tragedy of our missing and murdered women," said Nicole.

The MMIW Task Force, established with bipartisan support, draws attention to the disproportionate rates of murder and violence experienced by Indigenous women and girls, as well as the lack of attention these cases garner from media and law enforcement. Of the nearly 6,000 cases of missing and murdered Indigenous women and girls reported in 2016, only 116 were logged in the Department of Justice's database.

MMIW continued on page 4

M E S S A G E F R O M T H E C H I E F E X E C U T I V E

Aaniin! September was a very busy month with many meetings and developments, but I want to begin by addressing a Minnesota Chippewa Tribe matter. On September 12, the Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe held a special meeting to discuss federal legislation that would result in a land transfer from the Minnesota Chippewa Tribe to each of the six Bands. This is a really critical issue for the Mille Lacs Band.

Between the years of 1887 and 1934, the U.S. government took more than 90 million acres, nearly two-thirds of all reservation lands in the United States, from the tribes without compensation and sold it to settlers. In later decades in Minnesota, federal funds were used to purchase a fraction of the stolen lands back for each of the six Bands. These lands were placed into federal trust status. This means that these lands are held in trust by the United States, which holds and protects the property for the benefit of an individual tribe or tribal members.

Even though various parcels of lands were purchased for the benefit of individual Bands, the name of the Minnesota Chippewa Tribe was included in the title. For instance, the title of many of our trust land parcels states that the federal government is holding the land in trust for "the Minnesota Chippewa Tribe, Mille Lacs Band." That practice of including the MCT on our land titles was stopped many years ago. For the past several decades, whenever a Band purchases lands that are placed into federal trust status, the title only includes the name of the individual Band, not the Minnesota Chippewa Tribe.

Today, a significant percentage of the Mille Lacs Band's federal trust lands include the Minnesota Chippewa Tribe on the title, as is the case with each of the other Bands as well, even though management of these lands is an autonomous authority carried out by the individual Bands, not the MCT.

This creates difficulties because there are extra federal bureaucratic approval processes we need to go through in order to use these trust lands for the benefit of our membership. When the Band wants to develop one of these parcels for a business or for a home, there are extra steps at the federal level that can take more than a year or even two years for the federal government to complete. This has created hardship for Band members wanting to purchase homes on these lands, especially when they have time constraints for using their home loans. This has also created problems for economic development on these trust lands.

The Tribal Executive Committee of the MCT went through the

Bureau of Indian Affairs (BIA) to seek approval to transfer all of these MCT titled lands to the individual Band that exercises jurisdiction over those lands, but the BIA concluded that it lacked authority to do so and advised the TEC that federal congressional legislation would be required in order to make this happen.

Last winter, the TEC approved a plan to seek federal legislation for this land transfer. The draft legislation calls for the United States to change the name of the tribal beneficiary of the trust lands from the Minnesota Chippewa Tribe to just the name of the individual Band that exercises jurisdiction over those lands. The lands would still be protected and held in federal trust. Exterior MCT lands outside the reservation would be transferred to the reservation closest to these lands. For the Mille Lacs Band, most of our exterior lands are located in Districts II and III. This legislation would significantly improve housing opportunities for Band members.

Although the resolution approving the effort to seek legisla-

"BAND MEMBERS WILL BE RECEIVING A LETTER IN THE NEAR FUTURE THAT FURTHER ADDRESSES AND EXPLAINS THESE ISSUES. THE NEXT TEC MEETING IS SCHEDULED FOR OCTOBER 30 AT WHITE EARTH, AND INTERESTED BAND MEMBERS ARE ENCOURAGED TO ATTEND."

tion has already been passed, the White Earth Nation recently expressed concerns about the legislation and has reconsidered whether it wants its own MCT lands to be transferred to White Earth. Out of respect for White Earth, the Mille Lacs Band had our federal attorneys work with other attorneys to amend the legislation to add an "opt out" provision. This language will ensure that any Band that does not wish to participate in the land transfer does not need to do so. This "opt out" idea was discussed on September 12, and a motion was passed to add that language to the draft legislation.

During this discussion, other Mille Lacs Band-specific matters impacting Band members in District II were also raised by a TEC member from White Earth, which resulted in a long

discussion that was not on the agenda. Band members will be receiving a letter in the near future that further addresses and explains these issues. The next TEC meeting is scheduled for October 30 at White Earth's Shooting Star Casino, and interested Band members are encouraged to attend this meeting.

RAP, Federal, State updates

Many other important meetings took place in September, including a planning retreat with the Band Assembly about our Net Revenue Allocation Plan (RAP). The RAP is the plan that determines what percentages of our net gaming revenue are spent on various needs. Currently, our RAP allocates 25 percent to government programs and services, 35 percent to per capita, 15 percent to long-term savings, 8 percent to economic development, 7 percent to permanent initiative, 5 percent to Circle of Health, and 5 percent to housing initiative.

We made good progress toward discussing revisions to the plan, which is necessary to ensure that programs and services continue to be provided to Band members at the current level. While other Bands have experienced declining enrollment over the years, the Mille Lacs Band's enrollment has consistently grown. Changes to the RAP are necessary to keep pace with enrollment.

On September 16, I attended a briefing at the invitation of Congresswoman Betty McCollum (D-MN), who chairs the U.S. House Interior Appropriations Subcommittee. Congresswoman McCollum is one of the most influential members of Congress regarding the federal budgets for the Interior Department as well as Health and Human Services, and has been a great friend and advocate not just for the Mille Lacs Band, but for all tribes.

I also attended a meeting of the Minnesota Board on Aging, and was happy to arrange for the board members to get a training about Federal-State-Tribal relations. Information about tribal sovereignty and the rights of Indian tribes was new for many of the board members.

That same week, I attended the ceremonial signing by Governor Walz of the Minnesota Task Force on Missing and Murdered Indigenous Women. The task force consists of 27 members whose primary duties are to write a report with legislative recommendations on how to reduce and end violence against Indigenous women and girls in Minnesota.

The law requires the task force to provide the report by December 15, 2020. This signing ceremony was an emotional moment for all in attendance. For too long, there has been little if any attention paid to the disproportionate number of missing and murdered American Indian women and girls in our country. I was heartened by Governor Walz and Lieutenant Governor Flanagan's commitment to looking at ways to end this crisis.

Finally, as I write this column, I'm about to get on a bus to travel with Elders on a trip to Bayfield, Wisconsin. While we are there, we plan to visit LaPointe, on Madeline Island, where the Treaty of 1854 was signed. This important treaty established the first Ojibwe reservations in Wisconsin along with Grand Portage, Fond du Lac and Bois Forte reservations in Minnesota, and stipulated the rights of those Bands to hunt, gather, and fish in the ceded territories in perpetuity. It is always rejuvenating to spend time with Band elders.

I hope Band families are able to get outside and enjoy the warm weather, and look forward to the beautiful fall colors that October will bring! Miigwech!

Chief Executive Melanie Benjamin attended the ceremonial signing of the Missing and Murdered Indigenous Women Task Force bill, along with Fond du Lac Tribal Council Representative Roger Smith, Bois Forte Chair Cathy Chavers, Lieutenant Governor Peggy Flanagan, and Prairie Island President Shelley Buck.



DISTRICT I COMMUNITY MEETING

NIIGAAN, WIIDOO, WRAPAROUND UPDATES

By Brett Larson Inaajimowin Editor

Representative Sandra Blake introduced several guest speakers at the District I community meeting on September 11: Commissioner of Education Joycelyn Shingobe, Nay Ah Shing Interim Principal Byron Ninham, Aanjibimaadizing Interim Director Tammy Wickstrom, and Wraparound Program Director Tammy Moreland.

Joycelyn introduced Byron and Tammy Wickstrom, who were there to update members on changes to the Niigaan and Wiidoo programs. Byron, formerly the director of Niigaan, said the Niigaan after-school program will now serve students from kindergarten through sixth grade, while the Wiidoo program, under the new name Ge-niigaanizijig, will provide opportunities for students 12 years of age and up.

Tammy Wickstrom explained that there was overlap between the two programs and some duplication of services, so it made sense to make the change.

Niigaan will continue to operate under the Department of Education and Ge-niigaanizijig under the Department of Administration, which oversees Aanjibimaadizing.

Joycelyn also announced that Nay Ah Shing will launch an after-school Alternative Learning Center that will offer credit recovery to students up to 20 years old who left school before receiving their diplomas.

Wraparound Program

Tammy Moreland talked about the Wraparound Program in general, but especially the transitional housing development on Ookwemin Loop. She said three units are occupied and four more set to be occupied in coming weeks.



Top: District I Representative Sandra Blake. Bottom: Wraparound Director Tammy Moreland.

In order to live in the neighborhood, which is a sober supportive housing community, a person or family needs to work with Wraparound for at least 90 days, developing a case plan and consistently meeting with a facilitator. Residents need to demonstrate that they've achieved six months of sobriety.

The housing is meant to be temporary and transitional for up to two years. During that time, the Wraparound team works with residents to find permanent housing.

Tammy Moreland also clarified that Wraparound "is not a bill-paying service." Financial assistance may be available to those who are in the program, but that requires opening a plan and continuing to work with Wraparound to accomplish goals.

REVISOR'S OFFICE TAKES SHAPE WITH NEW ADDITION

Secretary/Treasurer Sheldon Boyd's goal of building a Revisor of Statutes Office took a big step forward with the August 12 hiring of Hanna Valento as the up-and-coming Legislative Staff Attorney. Hanna will be working under Chief Legislative Counsel Christine Jordan to continue revision of the Band's statutes.



Hanna Valento

Sheldon came into office in June of 2018 with a goal of creating a Revisor's Office dedicated to the task of updating old statutes and writing new ones. In August of 2018, Sheldon, Christine, and Chief Communications Officer Val Harrington traveled to St. Paul to visit the office of the Minnesota Revisor of Statutes. Deputy Revisor Sandy Glass-Sirany, a White Earth Band member, also visited Mille Lacs to share her experience in the office.

Band Assembly members are seeking to increase transparency and make the legislative process more accessible to Band members, and the creation of a Revisor's Office will help them accomplish that goal.

The Legislative team envisions the Mille Lacs Band Revisor's Office offering assistance not only to Band Assembly members, but also to Executive Branch employees, commissioners, and Band members, who are all welcome to propose legislative changes and find a sponsor in the Legislative Branch.

"The lawmaking process is open to everybody," Sheldon said. "We want to create an environment that assists the three branches as well as individual Band members in proposing legislation."

Following her passion

Hanna grew up in Forest Lake and attended the University of Minnesota Duluth before completing her undergraduate degree at the U of M's Twin Cities campus. She graduated from Mitchell Hamline School of Law this spring and took the state bar exam in July.

She said attorneys always say they hated their first job, but Hanna was not comfortable with taking a job she knew she wouldn't like. "I wanted to wait and find a job I was passionate about," said Hanna.

Hanna has always been interested in public policy, and she's always wanted to make a positive impact. She sees her new job as a way to do that, and she also looks forward to learning about Ojibwe culture.

For now, Hanna is getting up to speed on Band Statutes, the MCT Constitution, and other Indian law topics. She has been attending Band Assembly meetings to observe tribal government in action. "That puts everything into perspective," said Hanna.

Christine is pleased to have Hanna on board. "We are excited to have Hanna join the Legislative Branch as we build our Revisor's Office. Her dedication, passion, and talent will help further the efforts of our branch to craft clear and concise legislation to meet the needs of the Band."

COMMUNITY MEETING CONVENTION DELEGATES ADDRESS DISTRICT III

By Brett Larson Inaajimowin Editor



Maria Costello and Birdie Roberts

Constitutional Convention delegates Birdie Roberts and Maria Costello addressed their fellow District III community members on September 18 about their participation in constitutional reform efforts.

Birdie said the delegates would continue educational efforts through the Ojibwe Inaajimowin newsletter and a new Facebook page: facebook.com/millelacsbanddelegates. She asked Band members to consider three options: (1.) Leave the Constitution in place, with or without minor revisions, (2.) Create a separation/confederation with each Band adopting its own Constitution, or (3.) Completely break from the Minnesota Chippewa Tribe (MCT).

She said she expects enrollment to be a major topic of discussion, with several options: (1.) Leave enrollment requirements the way they are — 25 percent Minnesota Chippewa Tribe (MCT) blood, (2.) Allow other Native blood (not just Minnesota Chippewa Tribe blood) to count towards blood quantum, (3.) Lower the one-quarter blood quantum requirement in the MCT Constitution, and (4.) Allow all direct descendants to be enrolled.

Aanjibimaadizing update

Interim Aanjibimaadizing Director Tammy Wickstrom also spoke at the meeting, informing Band members that wraparound childcare would now be available at the early education facility in Aazhoomog before and after Head Start and Early Head Start. Tammy also updated the audience about changes to the Niigaan and Wiidoo youth programs. For more on that topic, see page 3.



Officers Jason Rice and James West and Licensing Agent Vanessa Gibbs also provided updates.

Band Assembly meetings are open to the public at 10 a.m. on Tuesdays and Thursdays at rotating locations throughout the districts. Band members are encouraged to attend. Dates, times, and locations are subject to change. For tentative dates and locations, see page 19. Call the Legislative office at 320-532-4181 with questions.

STATE AND LOCAL NEWS BRIEFS

Court rejects Line 3 appeal: The Minnesota Supreme Court has rejected an appeal regarding the environmental impact statement for Enbridge's proposed \$2.9 billion Line 3 pipeline. In June, the Minnesota Court of Appeals shot down utility regulators' approval of the EIS for the project. The appeals court sided with pipeline opponents who said the study didn't properly address the effects of a potential oil spill in the Lake Superior watershed. However, the appellate court rejected other arguments by Line 3 opponents. Honor the Earth and the Mille Lacs, White Earth, and Red Lake Ojibwe bands then petitioned the Supreme Court to take up the other arguments, but the Supreme Court denied the request. *Source: startribune.com.*

Flanagan speaks up for Indigenous Day:

Lt. Gov. Peggy Flanagan shared her thoughts on Indigenous Peoples Day last month: "Growing up, celebrating Columbus Day in school was always a little uncomfortable for me, although it wasn't until I grew older that I knew more about the full context — of who Columbus was, and how, for many Indigenous people, the perspective is that Columbus was certainly the beginning of genocide and horrific treatment and conditions for Native people. Now, as a mother of a 6-and-a-half-year-old Ojibwe child, I want her, when she is in school, to really learn the truth: that Columbus, frankly, didn't discover anything — there were already people here, with communities and cultures and societies. I think Indigenous Peoples Day is a much better holiday to celebrate when we think about how anywhere, when you're in Minnesota, is Ojibwe or Dakota land." *Source: minnesotamonthly.com.*

Red Lake breaks ground on housing complex:

In response to last year's American Indian homelessness crisis in Minneapolis, the Red Lake Nation broke ground last month on a 110-unit affordable housing complex in Minneapolis. The \$42 million apartment building is expected to be completed sometime next year and will include a culturally-specific health care center, community space, and a Red Lake Nation embassy serving Band members living off the northern Minnesota reservation. *Source: mprnews.org.*

Dolson seeks Minnesota Senate seat:

Bemidji resident and Red Lake Tribal member Charles Dolson is seeking to represent Minnesota District 5 in the Senate. Dolson, 42, is seeking the endorsement for the Democratic-Farmer-Labor Party in next year's election. If successful, Dolson would face incumbent Sen. Justin Eichorn, R-Grand Rapids. Dolson is a U.S. Marine Corps veteran with experience in law enforcement and tribal government. *Source: bemidjipioneer.com.*

Lawsuits challenge mine permit:

Two new federal lawsuits say permits issued for PolyMet Mining's proposed copper-nickel mine violate federal laws. In one, the Fond du Lac Band sued the U.S. Environmental Protection Agency and the Army Corps of Engineers over two of PolyMet's permits: a water-quality permit issued by state pollution regulators and a permit to dredge and fill wetlands, issued by the Army Corps. Four environmental groups also sued the Army Corps over the dredge and fill permit, saying it, too, violates federal laws. The lawsuit also asks for an injunction to stop work under the permit. *Source: startribune.com.*

ATTORNEY BOUND FOR AFGHANISTAN WITH RESERVES

Adam Candler, an attorney with the Office of the Solicitor General (OSG) who works primarily with the Community Development Department, departed September 13 for Fort Bliss, Texas, on his way to Kabul, Afghanistan.

Adam is a Captain with the Army Reserve with potential promotion to the rank of Major. His 9-month deployment is in support of Operation Freedom's Sentinel, which is part of the NATO-led Resolute Support mission to train, advise, and assist the Afghanistan National Defense and Security Forces (ANDSF).

Adam will work in the Combined Joint Engineering cell of the Combined Security Transition Command-Afghanistan (CSTC-A).

On September 6, colleagues at the Biidabinoowke Government Center gave Adam a heartfelt send-off.

"My job will be to train, advise, and assist Afghan security institutions in infrastructure lifecycle management, general engineering, and combat engineering in order to deliver infrastructure capacity and enable a more effective, sustainable, and affordable force," said Adam.

Adam is an enrolled member of the Lac Courte Oreilles Band of Lake Superior Chippewa and has worked for the Mille Lacs Band since 2015. He is a graduate of Ripon College and the University of Minnesota Law School.



Adam was given a warm send-off on September 6 by his colleagues in the Community Development Department and the Office of the Solicitor General.

MMIW continued from page 1

"Native women and girls are subject to violent crime at alarmingly high rates, and we're taking action to end this disproportionate epidemic," said Governor Walz. "That's why we established a task force to examine the root causes of this violence, collect better data, and provide support to Native families who are caught up in this nightmare."

"This task force will rely on the experiences of survivors and families as it works towards identifying effective strategies grounded in community," said Lieutenant Governor Flanagan. "We are witnessing increased awareness around this issue across Minnesota and the country, due to the courage and resilience of Native women who are telling their stories and those of the women we have lost but not forgotten. This task force is long overdue."

"We measure what we care about, and it's time we start collecting accurate and consistent data on Indigenous women who have been abused and gone missing," Department of Public Safety Commissioner John Harrington said. "This task force will help us ask the right questions and provide recommendations to reduce and hopefully end violence against Indigenous



Rep. Mary Kunesch-Podein, a Standing Rock Sioux descendant, was the House sponsor of the MMIW Task Force bill.

women and girls."

The MMIW Task Force consists of 27 members. The primary duties of the Task Force are: to advise the Commissioner of Public Safety; to serve as a liaison between the Commissioner of Public Safety, agencies, and organizations that provide legal, social, or other community services; and to report recommendations to the Legislature on how to reduce and end violence against Indigenous women and girls in Minnesota. The law requires them to provide this report by December 15, 2020.



CULTURAL COOPERATION

Members of the Minnesota National Guard welcomed students from the Bug-O-Nay-Ge-Shig School, Onamia Public Schools, and Nay Ah Shing Schools onto Camp Ripley September 20 to share in a cultural exchange while participating in the harvesting of sage and the planting of natural prairie plants. Miigwech to Terry Kemper, Luther Sam, and our students for sharing our culture with members of the National Guard.

MEET YOUR DISTRICT IIA CONVENTION DELEGATES!

Representatives to the Minnesota Chippewa Tribe's Constitutional Convention have been sharing their thoughts in recent issues of *Ojibwe Inaajimowin*. This month features the delegates from Chiminising (District Ila).

Todd L. Sam

Why did you decide to become a delegate to the Constitutional Convention? It seemed like a great opportunity to learn about our MCT Constitution and how it works for our Mille Lacs Band government and members. I want to make sure we get the information out to our members on how and why the Constitution is important to us, now and into the future.

What do Band Members need to know about the Constitutional Convention? The possibilities of changes will be discussed in great details within our group on a monthly basis and shared with the other five tribes that are currently in the MCT of Minnesota. The process to move this forward will be very time consuming, but the group we have in place will make sure it will be shared to the government and the members for much-needed feedback. Accountability and education are keys to our success.

Michele Palomaki

Why did you decide to become a delegate to the Constitutional Convention? Overall, my work experience with the Band made me very interested in becoming a delegate. I have been very fortunate to work in several areas of the Mille Lacs Band, and as a community member feel that any experi-



The Fond du Lac delegation presented the delegations from each of the other five Minnesota Chippewa Tribe bands with a set of bawa'iganaakoog (knocking sticks) made from the same tree.

ences or skills that I hold should simply be shared back to the community. My plans last year were also to return to school and attain my Master's, and since August I am actively enrolled in the University of Oklahoma Master of Legal Studies – Indigenous People's Law. What I am learning will effectively tie into my commitment and duties as a District Ila delegate.

What do Band Members need to know about the Constitutional Convention? Right now, the delegates' focus is on education, and this will include materials we want to bring out to all our communities and every Band member household. We, as delegates, continue to learn and expand our own knowledge base on the MCT Constitution. This communication phase may be our most time-consuming task, and as a delegate I feel it is worth every minute. We hope it will result in good communication and dialogues with Band members so we can effectively represent the collaborative "voice" of Mille Lacs Band members in applying any changes, deletions, or additions to the Constitution.

KNOW YOUR CONSTITUTION: ARTICLE III — GOVERNING BODY

The governing bodies of the Minnesota Chippewa Tribe shall be the Tribal Executive Committee and the Reservation Business Committees of the White Earth, Leech Lake, Fond du Lac, Bois Forte (Nett Lake), and Grand Portage Reservations, and the Nonremovable Mille Lac Band of Chippewa Indians, hereinafter referred to as the six (6) Reservations.

Section 1. Tribal Executive Committee. The Tribal Executive Committee shall be composed of the Chairman and Secretary-Treasurer of each of the six (6) Reservation Business Committees elected in accordance with Article IV. The Tribal Executive Committee shall, at its first meeting, select from within the group a President, a Vice-President, a Secretary, and a Treasurer who shall continue in office for a period of two (2) years or until their successors are elected and seated.

Sec. 2. Reservation Business Committee. Each of the six (6) Reservations shall elect a Reservation Business Committee composed of not more than five (5) members nor less than three (3) members. The Reservation Business Committee shall be composed of a Chairman, Secretary-Treasurer, and one (1), two (2), or three (3) Committeemen. The candidates shall file for their respective offices and shall hold their office during the term for which they were elected or until their successors are elected and seated.

Note: In the 1980s, after an unsuccessful attempt to update the MCT Constitution, Mille Lacs Band leaders, including Art Gahbow and Doug Sam, proposed replacing the Mille Lacs Band's Reservation Business Committee with a division-of-powers government. Mille Lacs Band members supported the decision, which made the following changes:

- Replaced the RBC Chairman with the Chief Executive, who is leader of the Executive Branch;
- Made the Secretary/Treasurer the Speaker of the Band Assembly, who presides over the Legislative Branch;
- Replaced the Committeemen with three District Representatives, who make up the voting body of the Legislative Branch.



LEARNING AND LEADING

Now that school is back in session, the Band's educational leaders are hard at work. Left: The Nay Ah Shing School Board is composed of (back) Rick Dunkley, Sami Thomas, (front) Joe Nayquonabe Sr., Semira Kimpson, and Kim Kegg. Right: Pine Grove Learning Center Director Karrie McCurdy, Upper School Interim Principal Byron Ninham, Commissioner of Education Joyce Shingobe, Parent Involvement Coordinator Ace Collie, and Ojibwemowin Enokijig Director LeAnn Benjamin.

NATIONAL NEWS BRIEFS

Pipe sales end at Pipestone National Monument

Pipes carved from pipestone will no longer be sold at the visitor center at Pipestone National Monument out of respect for Native American beliefs. The National Park Service and the Pipestone Indian Shrine Association reached that decision in consultation with federally recognized tribes associated with the Monument. Dyan Youpee, tribal historic preservation officer of the Fort Peck Assiniboine & Sioux Tribes, said, "When I first came to Pipestone as a child, I had so many questions about how these sacred resources were being cared for and why we were not managing them ourselves. Today, we are involved in the protection of our sacred resources, and I am hopeful that future generations will not have the same worries I did. They will know they are a part of preserving pipestone." *Source: nationalparkstraveler.org.*

Assault survivors point to police failures in Alaska town

Alaska Native rape survivors and their supporters in Nome, Alaska, told the Associated Press last month that the city's police department has often failed to investigate sexual assaults or keep survivors informed about what, if anything, is happening with their cases. Nome police records show that the department made arrests in 8 percent of sexual assault cases, compared to 19 percent in a study of six police departments across the U.S. Even the 19 percent arrest rate raises questions about how seriously police agencies take sexual violence. *Source: mprnews.org.*

Tribes' Keystone lawsuit targeted

Attorneys for the Trump administration want a U.S. judge to throw out a lawsuit from American Indian tribes trying to block the proposed Keystone XL oil pipeline from Canada to Nebraska. Tribes in Montana and South Dakota said President Donald Trump approved the pipeline without considering potential damage to cultural sites from spills and construction. The Assiniboine and Gros Ventre tribes in Montana and South Dakota's Rosebud Sioux tribe said Trump's action violated their rights under treaties from the mid-1800s. *Source: startribune.com.*

Cherokee seek to send delegate to Congress

The Cherokee Nation is turning to treaties to push for a delegate to Congress for the first time in history. The treaties, the Nation claims, promised them a seat at the table. "These treaties are sacred. They mean something. There's no expiration date on them," said Chuck Hoskin Jr., chief of the Cherokee Nation. Hoskin selected Kimberly Teehee to be the tribe's delegate to Congress. *Source: startribune.com.*

Opioid maker held responsible

A judge last month found Johnson & Johnson responsible for fueling Oklahoma's opioid crisis, ordering the health care company to pay \$572.1 million to redress the devastating consequences suffered by the state and its residents. With more than 40 states lined up to pursue similar claims against the pharmaceutical industry, the ruling in the first state case to go to trial could influence both sides' strategies in the months and years to come. Nearly 2000 lawsuits against opioid makers have been filed by tribes, cities, and counties. *Source: startribune.com.*

Stay up to speed on news from Indian Country at millelacsband.com/news.

MIIGWECH, MONICA

DISTRICT III SAYS GOODBYE AND THANKS TO A TRUSTED FRIEND

By Brett Larson Inaajimowin Editor

A full house at the Meshakwad Community Center on August 26 clearly showed the impact one person can have on the health of a community.

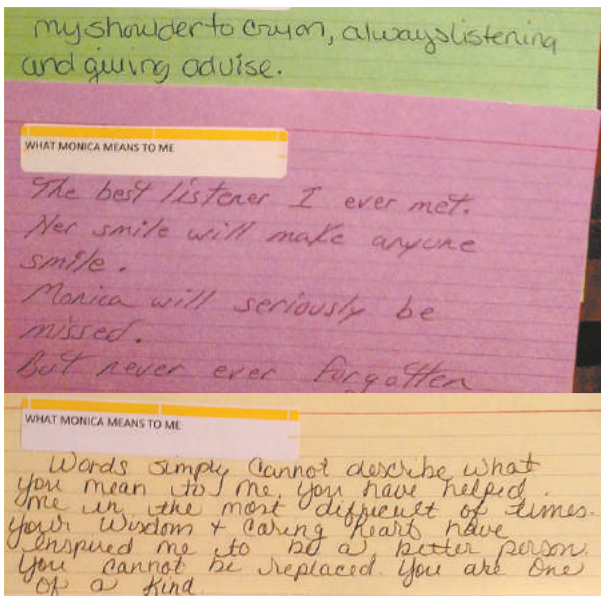
The monthly District III Sobriety Feast was also a retirement party for Monica Haglund, District III's long-time chemical dependency counselor.

Monica was clearly touched by the large crowd brought together by organizers Ron and Rita Garbow and Monica's co-worker Loretta Hansen.

"There's a lot of greatness in this room," said Monica, looking out at the well-wishers, including children, Elders, and all ages in between. "You are all beautiful people. This is the best treatment you're going to find: the people in this room right here."

In addition to the traditional distribution of medallions to those who had achieved sobriety milestones, the evening included a game that highlighted Monica's many positive qualities.

The game, organized by Monica's friend and co-worker Lo-



Monica's career and her impact on the community were celebrated at Meshakwad Community Center on August 26. Left: Monica's cake was delivered by Sober Squad members. Right, clockwise from top left: Loretta Hansen put together a game highlighting Monica's accomplishments and talents. Ron Garbow and his wife Rita helped organize the festivities. Monica's daughter Nicole came to wish her mom well, along with dozens of friends from Aazhoomog and the wider region.

retta Hansen, had players fill in the blanks to guess some of Monica's wonderful traits and accomplishments: good listener, friend, support person, hockey grandma, Sober Squad supporter, and Counselor of the Year — an honor Monica received in 2018 from the Minnesota American Indian Institute on Alcohol and Drug Studies.

Many of Monica's friends shared their thoughts on cards and fabric squares that will be sewn into a commemorative quilt.

Two weeks later, as she packed up her office and put the finishing touches on her career, Monica was still amazed by the event. "I felt very valued and honored," she said. "I guess sometimes what you give, you get back. It's a good lesson: Be kind, and you'll be given kindness. It was a lot more than I expected — the expense, the balloons, the games, the quilt blocks, the letters. I couldn't read them until I was by myself with a box of kleenex."

Monica grew up in Duluth and started her career as an occupational therapist in Moose Lake at the state hospital. Later she became a sign language interpreter, which led to a role in a treatment program for the hearing-impaired. When the state

hospital closed, she stayed in the chemical dependency field at Liberalis in Carlton.

When she came to work in Aazhoomog 13 years ago, it felt like she was home — just down the road from where her mother, Ishkwegabawikwe (Betty Lee St. John), had grown up. "It meant a lot to me, coming back to where my roots are, where I belong and feel connected," Monica said.

As hard as it is to say goodbye, Monica is ready to do more beadwork and quilting and to spend more time with her three grandchildren (and one on the way).

"It's a tough field, the addiction world, but I have a lot of hope or belief that someday people will make the changes," she said. "I've been very optimistic, and I'm seeing those changes now. We're all in this together to make a better community."

Although she lives in Moose Lake, where she's close to her daughter (and soon another grandchild), Monica told her friends at the party that she won't be a stranger. "When I come to Tuesday sewing or the community meetings — for the free food — and you need a kick in the butt, I'll be here," she joked. "Because that's what I like to do."

MOCCASIN TELEGRAPH

OUR PLACE TO STAY

By Ken Weyaus Sr.

This article by the late Ken Weyaus Sr. was first published in the Mille Lacs Messenger. It is reprinted here to help preserve his teachings for the next generation.

I worked for years at the Mille Lacs Indian Museum, and one thing I learned was that a lot of people haven't heard the old stories about the Mille Lacs Band and our reservation.

There have been a lot of changes since the old days, when our ancestors lived off the land. The federal government found out the fishing was good here, so a lot of people came here to fish or open a fishing business. They had a lot of fish factories, too.

Pretty soon the non-Indians wanted the whole lake and wanted the Indians out of here, so they offered the Indians a reservation, plows, horses, and homes. But Indians are not farmers. For so many years, they had lived off the land — they didn't grow stuff. This was new to them, and a lot of them didn't make it.

Then in 1862, the Dakota had a big meeting. They asked the Chippewa bands to chase all the settlers out of Minnesota. And the Mille Lacs Band stepped in and we made it known that we weren't going to join in this uprising. In fact, we helped defend Fort Ripley.

And because of this act of goodwill, the Mille Lacs Band was given the status of non-removable, so we will always be here in Mille Lacs. We will always have a place to stay.

When I was a kid, we knew that we were on the reservation because our Elders talked about how there was a clause that we weren't supposed to bother the non-Indians. So we knew the reservation boundaries: you knew don't go there, or there.

The Indians didn't change anything just because we had our reservation. We didn't go out hunting or fishing anytime we wanted to. We still have our laws about what we can and can't do. Just because this is reservation land doesn't mean we can do what we want to anytime; we have rules to follow.

Our Elders talked about the full reservation as it is today. But when the settlers knew that we couldn't bother them, they started to settle in this area, and back then the government just let it happen. Our Elders didn't really understand 33 degrees north or 35 degrees that way. They didn't carry compasses or maps! But they just knew how far north, east, south and west the reservation went, whether the settlers paid attention or not.

I think that many people haven't heard those stories. I think these are the stories we should tell, about how the Mille Lacs Band helped the non-Indians, and how we used to live way back then. Then maybe more people will think, "Hey, we can be proud of the Mille Lacs Band."

UNDERSTANDING 'ACES' HELPS BAND MEMBERS BREAK THE CYCLE OF TRAUMA

By Brett Larson Inaajimowin Editor

The acronym "ACEs" has been heard around the reservation for several years, and more so recently as training in Adverse Childhood Experiences has been offered to Band members and employees by Susan Beaulieu of the University of Minnesota Extension Office.

Susan, a Red Lake Band member who lives in Brainerd, was one of the first Anishinaabe to recognize that understanding ACEs could help people heal by making a connection between their own lives and the trauma experienced by their parents, grandparents, and ancestors.

"When I first heard about ACEs, I had already learned about historical trauma," said Susan. "ACEs made a connection between historical trauma and what we are seeing in our communities today: why we have the cycles we have, what those cycles are, and what strategies we can use to break those cycles and get back to thriving instead of just surviving."

For Susan, it was also part of a personal journey of self-understanding and growth. "Learning about ACEs helped me to understand that the things I've experienced weren't my fault, weren't my parents' fault, or my grandparents' fault, and it also helped me understand that I can break that cycle."

As a young mother, Susan had learned good parenting tools and skills, but there was still something missing: the healing that was necessary because of the damage caused by traumatic experiences in childhood and the impacts of historical trauma carried out through epigenetics. "Tools are helpful, but they don't get us where we need and want to be. I had to do my own inner work and healing work, and learning about ACEs was part of that."

After learning about the powerful impact of childhood trauma, Susan felt a strong desire to get the information about ACEs out to tribal communities, so she went through training to become an ACE Interface trainer, and later a master trainer.



Susan Beaulieu of the University of Minnesota Extension shared information about ACEs and other topics at health fairs in September. The headband she's wearing is a device used to assist in meditation — which has been shown to help those who experienced adverse childhood experiences.

In January of this year, she took a position with the U of M that allowed her to continue to bring ACEs training to Mille Lacs and to begin bringing the information to the Bois Forte Reservation.

What Are ACEs?

Adverse Childhood Experiences (ACEs) are significant childhood traumas that can result in changes in brain development. These brain adaptations may affect learning ability and social skills, and can result in long-term health problems.

Adverse Childhood Experiences are common and include household dysfunction (substance abuse, parental separation/divorce, mental illness, battered mothers, criminal behavior), neglect (emotional and physical), and abuse (emotional, physical, and sexual).

The more ACEs in a person's childhood, the more likely they are to suffer from a range of problems — not just emotional and psychological, but physical as well: alcoholism and alcohol abuse, chronic obstructive lung disease, coronary heart disease, depression, drug abuse and illicit drug use, fetal death, intimate partner violence, liver disease, mental health prob-

lems, obesity, sexual behavior problems, smoking, unintended pregnancy, violence, and workplace problems.

The impact of ACEs was established by a long-term scientific study — the ACE Study — that proved the impact that Adverse Childhood Experiences have on a person's life. Over 17,000 individuals participated in the study, which was a partnership between Kaiser Permanente in San Diego and the Centers for Disease Control and Prevention in Atlanta.

Moving Beyond ACEs

Adverse Childhood Experiences do not determine a person's life course. Resiliency and healing can counteract the effects of ACEs. Building resiliency as individuals, in relationships, and in communities is possible. Small changes can start a person down a better path:

- Living mindfully reduces stress, increases focus, and improves relationships (to name a few benefits);
- Eating healthy foods is critical for brain development and function, and improving mood;
- Benefit from a 10 percent increase in long-term happiness by writing down three good things that have happened to you and your role in them before you go to bed;
- Being physically active may be the single most effective way to enhance brain performance, boost mood, and improve overall well being;
- Setting mini goals will keep you motivated;
- Seven to nine hours of sleep a night maximizes brain function, physical performance, and will power;
- Taking time for visioning and self-reflection each day can help remove inner road-blocks and develop personal inner growth.

To participate in ACEs training, contact Susan at 218-330-4857 or beau0181@umn.edu.

SIXTEEN SIGNS OF EMOTIONAL ABUSE IN A RELATIONSHIP

By Mallory Black StrongHearts Native Helpline

No one expects to find themselves in an abusive relationship. Most relationships begin in a good way with kind words and compliments, but they can turn harmful and emotionally abusive at any time.

Emotional abuse is a type of domestic violence that often flies under the radar, but it should always be taken seriously as a form of abuse. When emotional abuse is present in a relationship, a partner will criticize, threaten, or isolate their partner as a way to manipulate and control them. Emotional abuse can be degrading, humiliating, and terrifying, often leaving long-lasting scars on one's spirit and self-esteem.

So, how do you know if you're in an abusive relationship? What can you do when a loved one is being emotionally abused? Let's start with recognizing the tactics of emotional abuse.

Signs of emotional abuse

In an intimate relationship, emotional abuse can look like when a partner:

- Constantly insults you, criticizes you, or calls you hurtful or degrading names
- Acts extremely jealous or possessive of you
- Humiliates you in any way, or shames you
- Isolates you from your family, friends, or community
- Blocks you from making new friends or joining social groups
- Ignores your presence for several hours, days, or weeks
- Refuses to listen, speak, or respond to you (ex. silent treatment)
- Explodes in anger toward you or is constantly angry at everything you do
- Pressures you to commit and becomes angry or sulks when you don't commit

- Threatens to hurt you or themselves, or uses weapons to scare you
- Threatens to hurt your children, family members, or pets
- Threatens to take your children away from you or call child protective services (CPS) on you
- Repeatedly lies about where they are, what they're doing, or who they're with
- Calls you "crazy," "too sensitive," or denies abuse is happening when confronted (ex. gaslighting)
- Cheats on you or flirts with other people to intentionally hurt you
- Accuses you of cheating in the relationship

When emotional abuse is present in a relationship, you may feel off-balance, like you're walking on eggshells, or question your judgment more than usual. This is because an abusive partner uses harmful behaviors like the tactics above to manipulate and control their partner so they feel powerless. That's why it is so important to trust your instincts when your partner does or says something that doesn't feel right to you.

Emotional abuse is extremely dangerous and detrimental to a person's well being and often has lifelong psychological effects. An abusive partner's behavior is likely to escalate as time goes on, and they will often use emotional abuse in combination with other abuse types and tactics to obtain and maintain power in the relationship.

People in abusive relationships tend to blame themselves for the abuse or believe they must have done something to deserve the criticism or attacks. No one ever deserves to be abused. And no matter the abusive partner's reasoning for the abuse, domestic violence goes against our traditional ways as Native people. It is never acceptable to hurt a partner or spouse in any way.

Is arguing abusive?

In every relationship, partners can expect to disagree from

time to time. Arguments are a normal part of any relationship, but abusive behavior is not.

In a healthy relationship, each partner must commit to being honest, communicating, and trusting the other person. Each partner must work to maintain healthy communication and avoid hurting the other person emotionally, spiritually, and physically. Above all, each partner must show respect in the relationship, especially when disagreements arise.

In an abusive relationship, any disagreement can escalate into emotionally or physically abusive behavior. Remember, there is never an excuse for abuse.

Getting help

Recognizing the signs of emotional abuse is the first step to getting help. If you or someone you know is being hurt in your relationship, know that you are not alone. There are people who want to support you, including advocates at the StrongHearts Native Helpline.

By calling 1-844-7NATIVE (762-8483), you can connect anonymously with a Native advocate who can offer a listening ear and support with whatever is happening in your relationship. You can share as much as you feel comfortable, and our advocates will listen without judgment or blame.

The StrongHearts Native Helpline is available daily from 7 a.m. to 10 p.m. CST. Advocates also offer crisis intervention, assistance with finding ways to stay safe, and a connection to Tribal and Native domestic violence resources, if needed. We can also assist concerned friends or family members with ways to help a loved one who is being abused, as well as people who are worried they might be abusing their partner.

It can also be incredibly helpful to lean on family members and your cultural roots for support. Never forget that you have the strength and courage of your ancestors, too, who dreamed of a world where every one of their relatives would live in safety, happiness, and harmony. You deserve to feel safe in your relationship, no matter what.

PROJECT MEZINICHIGEJIG

LAKESIDE STORIES

ORIGINAL THEATER
BY LOCAL YOUTH

By Li Boyd *Mille Lacs Band Member*



Students from Project Mezinichigejig, with help from Claro de los Reyes and Marion Lopez of Atlantic Pacific Theater, wrote plays that were read at Eddy's Resort on Friday, August 30.

To kick off Labor Day Weekend, Project Mezinichigejig hosted Lakeside Stories, a presentation of theater developed by Mille Lacs Band youth. The event featured dramatic readings of plays and re-enactments of memories written by Mezinichigejig participants.

In the Eddy's Resort conference room after a hearty taco dinner, Claro de los Reyes and Marion Lopez, both from the Atlantic Pacific Theater, explained some of the work they had done with the youth that led to the modest stage in front of the lake. Claro, founder and Executive Director of Atlantic Pacific, hoped that the project would give the youth space to storytell and create narratives that too often go unheard.

The plays were read by Mezinichigejig staff and volunteers, including Charmaine Shivers, Tony Buckanaga, Pamela Johns, and Byron Ninham. The dramatic readings were both humorous and deep, touching on issues such as defying expectations and gang violence. Thematically, virtually all of the stories were about families, with the Mille Lacs Reservation and its outlying communities at the epicenter of the individual dramas. It was an impressive body of work for a youth summer program.

Most impressive, perhaps, was the amount of interest and work put into the production by Mezinichigejig participants. The youth — boys and girls — were a mix of shy and excited to show off their work, and each bravely played their part, shining brightest as they re-enacted each other's memories in a sort of mixture between monologue and improvisation. The short memories — about anything from a questionable sandwich to crafting lessons — were narrated by an individual student while fellow participants acted out the story. These too were both funny and touching, and the students deserve credit for not being self-conscious and for supporting one another.

Project Mezinichigejig has had a busy summer developing the artistry of Mille Lacs Band youth. From poetry videos



to school murals — all created with the help of established artists — it has been one project after another. The results have been unique to see, partially because of their artistry but also because of the variety and sheer number of projects. Mezinichigejig has brought youth (and a few adults) opportunities to work with silversmiths, poets, playwrights, fashion designers, painters, actors, and animators.

While the program is not scheduled to be continued next year, project organizer Adrienne Benjamin is proud of what it has accomplished. She credits her staff and assistance from language teachers and other supporters as instrumental to

Mezinichigejig's success. This success can be evaluated in participation records or in the colorful evidence left behind, such as the mural that Jon Thunder designed and painted at Nay Ah Shing Upper School with the help of students.

Perhaps, though, a better measure of success for the program comes in the form of this quote from one of the youth participants concerning the theater workshops and performance. "This was therapy for me and was a lot of fun. It also helped me to get up and talk in front of people, something I don't normally do."

Lakeside Stories wasn't the last that Mezinichigejig had to offer. Finishing out the summer of 2019 was another seminar with Jon Thunder. This time, program participants learned how to do stop-motion animation. Between Jon's experience with animation and the kids' enthusiasm for making things that are uniquely theirs, the video turned out to be intriguing and full of the lessons our children have to teach us. Hopefully Mezinichigejig has opened the flood gates for all kinds of new projects.

Visit Project Mezinichigejig on Facebook for more information on the program and to see the debut of the stop-motion project.

'THIS WAS THERAPY FOR ME AND WAS A LOT OF FUN. IT ALSO HELPED ME TO GET UP AND TALK IN FRONT OF PEOPLE, SOMETHING I DON'T NORMALLY DO.'

— PROJECT MEZINICHIGEJIG PARTICIPANT



BACK TO SCHOOL, BACK TO FUN!

The school year began with a flurry of activity last month at Nay Ah Shing. Among other activities, Blenda Hagberg's ninth grade English class helped out by reading to Jo Polito's kindergarten class on Wednesday, September 11, and the annual fall Fun Run took place on Friday, September 20.



We Are Water continued from page 1

Daniel Huff, from the Minnesota Department of Health, gave a mini science lesson on the amazing attributes water has that make it unique, such as its ability to act as a solvent which carries dissolved chemicals and compounds. This particular feature is what is most important to the Department of Health. It's imperative, according to Huff, to understand that human beings are made of water, and the water within us carries whatever we expose it to. This is why it is so important to make sure that the substances we introduce to the water around us are safe and healthy, as they can and do easily become the things that water then carries into our bodies.

Randolph Reilly, Special Assistant to the Commissioner of the Minnesota DNR, talked about what it was like growing up in North Carolina where there weren't lakes and rivers. Until he was 18, Reilly's interaction with water was limited to one week a year, when his family visited the South Carolina sea shore. Reilly is looking forward to writing the next chapter in his life here in Minnesota, where water is part of everything.

Whitney Place, Assistant Commissioner of the Minnesota Department of Agriculture, talked about her family's history with water, which included her grandfather's farm on one of the most polluted creeks in Minnesota. When she was younger, her grandfather used scrap metal to stop soil erosion on the creek banks. This introduced all kinds of new pollutants into the waterway. Place eventually convinced her grandfather to install J-hooks in his section of the creek. This slowed down the water flow to more safely combat soil erosion. This change over the generations illustrated the ways that people and families adapt to better care for their water resources.

The final speaker at the opening event was Kevin Lindsey, Chief Executive Officer of the Minnesota Humanities Center. Lindsey explained why the Humanities Center felt it was important to pursue this project. "Science should not run ahead of human connection," Lindsey said. While we may know more about our water conditions in Minnesota than most other states, it's important that we understand how those conditions actually affect us and also how we affect our water.

One of the crucial observations made by the exhibit is that Minnesota is the epicenter of a continental water divide. Virtually all the water in Minnesota flows out, with none flowing in. Some goes north to Canada and Hudson Bay, some to the Great Lakes and the Atlantic, and the rest goes south to the Gulf of Mexico. This makes Minnesota the geographic headwaters for all of North America, and the water conditions and management strategies here are critical not only for Minnesotans but



We Are Water MN sponsored a free launch trip from Eddy's Resort on September 20. The sunset views were spectacular, and participants caught many nice fish. Top right: Erin Fallon from Kathio State Park helped hand out wild rice dishes for tastings of Minnesota's state grain. Center right: Interactive displays are set up for every age group, including this puppeteering stage called Fish Stories. Lower right: We Are Water MN visitors try their hand at a game where one player must describe an image and the other must draw it out to match the actual image.

for everyone in surrounding states and nations. Here more than most places, human beings have a responsibility to protect water at the source.

After all, Minnesota's waterways are some of the last that support manoomin, truly wild rice, which requires very particular growing conditions. This regional treasure was highlighted at the event with processing demonstrations and wild rice tastings. Wild rice with blueberries and maple syrup, wild rice and chicken hotdish, wild rice soup, and wild rice with butter and

salt were all served and heartily enjoyed.

We Are Water MN will be hosting additional events through the beginning of November, including four watercolor painting events. For more details on the events, please call or visit the website of the Mille Lacs Indian Museum. More information on We Are Water MN can be found at mnhum.org/we-are-water-mn/ including a link to the story map where interviews can be listened to or read.



SAFETY DAY AT PINE GROVE

Pine Grove Learning Center, with help from Tribal Emergency Management, held their annual Fire Prevention and Safety Day on September 12. The day began with Emergency Services Coordinator Monte Fronk teaching students how to use a fire extinguisher with his fire extinguisher simulator. The Danbury Fire Department and Tribal DNR wildfire crew came next, followed by the Essentia EMS teaching how to control bleeding and giving an ambulance tour. Finally, East Central Energy taught about power safety using their miniature town model. The Danbury Fire Department also made a stop at Aazhoomog Early Education.

A NEW GENERATION OF RICERS

Minisinaakwaang Leadership Academy students take part in a sacred tradition

Photos by Bradley Roache Jr. Mille Lacs Band Member

The Rice Lake, Sandy Lake, and Minnewawa communities in District II are widely known as accomplished ricers who take care of some of the world's finest manoomin beds. But the community is not content to rest on its laurels as champion ricers; they are determined to pass on their knowledge and skill to another generation.

This fall, the students at Minisinaakwaang Leadership Academy have spent a lot of time on the lake with teachers Branden Sargent, Vincent Merrill, and Anthony Killspotted. They also hosted students from the Wiidookodaading Immersion School on the Lac Courte Oreilles Reservation.

In the classroom, students in third through sixth grade made three-dimensional artwork about ricing and presented their work — including Ojibwe terms — on September 18 during the Health Fair, as staff, fellow students, and guests cheered them on.



MORE THAN JUST FAIR-WEATHER FRIENDS

HEALTH FAIRS BRING PROGRAM AND SERVICE INFORMATION TO DISTRICTS

The annual health fairs in all three districts each fall are a great opportunity for Band members to learn about the wealth of programs and services ready to help. And the free lunch and prizes are kind of nice, too.

This year's fairs took place September 17-20 beginning at Meshakwad Community Center and moving on to East Lake, Neyaashiing (District I), and Chiminising.

Dozens of vendors set up tables at the events to share information as well as everything from pens and calendars to cookbooks and dental floss.

You could get your blood sugar checked, don a headband that helps you meditate, or put on goggles that make you feel inebriated. A lactation station provided nursing women with privacy and comfort, and free mammograms were offered each day.

Among Band programs and departments in attendance were Housing, Circle of Health, Behavioral Health, Wraparound, the Diabetes Program, Early Education, Batterers' Intervention, Four Winds Lodge treatment center, Emergency Services, WIC, and more. Outside agencies were also well represented.

Miigwech to the Public Health Department, which sponsors the health fairs each year.



Brittany Smith of the Diabetes Program gave blood sugar checks at the 2019 Health Fairs.



Kevin Pawlitschek is the coordinator of the Emergency Services Department.



Lindsay Misquadace-Berg was recently made full-time director of the Four Winds Lodge treatment center.



Joe Charette and Desiree Montonye shared information about the Batters' Intervention Program.



Joanne Boyd has been with the WIC Program for 12 years. "I love it!" she said. "I love the kids!"



Donita Odden, Daphne Shabaiash, Lynelle Brooks, and Danielle Smith represented the Circle of Health Program.



Evan Moser, Dondi Jonelle, and Marlene Poukka shared information about the Wraparound program.

OCTOBER EVENTS AT MILLE LACS INDIAN MUSEUM

We Are Water MN Paint Night: Wednesday, October 2, 6 – 8 p.m. Join instructors Carol Hernandez and Linda Stevens in using water as a medium to create colorful designs and washes with a water theme. Learn tips and techniques to help you work with this unique form of painting. All skill levels are welcome. Ages 15 and up.

All supplies will be provided for you to walk away from the night with a framed and matted masterpiece FREE of charge! Registration IS required. Please call the Mille Lacs Indian Museum to register, 320-532-3632.

If you can't make this event, fret not! This event is part of a larger series of events (including additional paint nights!) in conjunction with a new exhibit, which opened at the Mille Lacs Indian Museum on September 21. "We Are Water MN" reveals the central nature of water in our lives by exploring how we relate to water — how we use water, how water unites communities, how water affects every element of life, and how we care for our water and protect water for the future. Watch our Facebook page for more events connected to this exhibit.

"We Are Water MN" is led by the Minnesota Humanities Center in partnership with the Minnesota Pollution Control Agency, the Minnesota Historical Society, and the Minnesota Departments of Agriculture, Health, and Natural Resources.

Puzzle Pouch 2-Day Workshop: Saturday, October 5, Noon – 4 p.m. and Sunday, October 6, 10 a.m. – 2 p.m. Learn techniques of working with leather and create an Ojibwe puzzle pouch to hide your treasures in and amuse your friends. A light lunch will be provided on Sunday only.

A minimum of five participants is required. Recommended for participants 14 and up. Children under age 18 must be accompanied by an adult. Registration is required three days prior to workshop. Discount hotel rooms are available at Grand Casino Mille Lacs on Saturday night for all workshop participants with 10 days' advanced reservations.

Cost: \$75/MNHS and Mille Lacs Band members save 20%, \$15 supply fee

Kid Crafts — Birch Bark Canoes: Saturday, October 12, 11 a.m. – 3 p.m. Make a miniature Ojibwe birch bark canoe, an original mode of transportation for Minnesota's vast rivers and lakes. Allow an hour to make the craft. Recommended for ages 8 and up. Craft supplies provided by the Minnesota Humanities Center.

Cost: Free, museum admission not included

Family Day by the Water: Saturday, October 12, 11 a.m. – 4 p.m. Spend the day on the shores of Lake Mille Lacs and enjoy family-friendly games and programs around the theme of water, including coloring, puzzles, beading, story time, and outdoor activities (weather permitting). Guests are encouraged to explore the new interactive exhibit We Are Water MN, on view in the visitor center.

"We Are Water MN" is funded in part by the National Endowment for the Humanities and with money from the Arts and Cultural Heritage Fund that was created with the vote of the people of Minnesota on November 4, 2008.

LINDA BISHOP

SPIRIT FOODS

ETHNOBOTANIST BRINGS BAND MEMBERS BACK TO THEIR ROOTS

By Brett Larson Inaajimowin Editor



Ethnobotanist Linda Bishop has held native plant workshops in all districts and will soon be available at her new office in Wahkon.

You could say that Linda Bishop has been an ethnobotanist since she was a youngster in Ohio, learning about wild foods and medicines from her grandma, a citizen of the Catawba or Iswa Nation.

However, it took Linda a few more years to discover that there was actually a word for what she and her grandma were doing: "ethnobotany," which the dictionary defines as "the plant lore of Indigenous cultures."

"I was always an outdoors kind of girl," said Linda. "From the time I was five or six, I would forage for salad, so when I decided to go to college, it seemed like a natural fit to study plants. That's where I discovered that using plants for food and medicine was actually a field of study."

Linda earned a bachelor's degree in botany, anthropology, and literature from Miami University of Ohio and a master's in Science Education from Montana State.

Western science was not where Linda's heart was, though. "I was most interested in how I could serve my community, but the university was more interested in the research I could do," she said. "I didn't feel that looking through a microscope was the best way to serve my community. I wasn't interested in knowledge for the sake of knowledge. I wanted knowledge to help people. That's when I decided I needed to focus on applying the stuff I was learning."

Since 2001, Linda has been teaching at Sitting Bull College on the Standing Rock Reservation in Fort Yates, North Dakota. She studied the Lakota language while teaching students about traditional foods and medicines.

When she came to Mille Lacs to present a workshop, she developed an interest in the region and the Mille Lacs Band. Commissioner of Natural Resources Bradley Harrington was also interested in what Linda could bring to the Band, and he eventually created a position for an ethnobotanist, and Linda

applied for the job.

Now, as the Mille Lacs Band DNR's ethnobotanist, Linda is helping Anishinaabe people to literally get in touch with their roots.

"This is the first tribal ethnobotanist position in the US, so I have no model to follow," Linda said. "I'm working with Bradley to determine what it should look like. We know that we want to see Band members eating more traditional foods, we want to see more traditional foods at feasts and as part of everyday diets, and we want to see more traditional medicines as part of their healing."

"WHEN YOU'RE USING THE MEDICINE OF YOUR ANCESTORS, YOU'RE NOT JUST GETTING A PHYSICAL BENEFIT. THE GENETIC MEMORY OF THOSE PLANTS HELPS TO HEAL YOU SPIRITUALLY AND EMOTIONALLY AS WELL."

— ETHNOBOTANIST LINDA BISHOP

Western diets have changed the palates of Indian people, making them crave sweet and salty foods. Those changes have resulted in health problems ranging from diabetes to addiction to obesity.

Linda believes those changes can be reversed, and the health effects will be dramatic.

"Native people suffer from depression and anxiety at a higher rate than the general population. Historical trauma

manifests itself physically," Linda said. "But when you're using the medicine of your ancestors, you're not just getting a physical benefit. The genetic memory of those plants helps to heal you spiritually and emotionally as well."

Sometimes when Indian people talk about "traditional foods," they're referring to frybread or potato soup, but Linda doesn't agree. "Those aren't traditional foods," she said. "People can get angry with me when I say that, but it's true. Those are survival foods, and they got us by, but now we have to move beyond that and do more than just survive; we need to teach our children to thrive, and to feed themselves spiritually as well. If we can't feed ourselves, we're not sovereign people. Security is getting enough calories; sovereignty is being able to have a choice about the foods we eat."

Linda gives a local example: manoomin.

"Ojibwe people have an emotional and spiritual connection to wild rice. When they eat the rice, it's like they're eating spirit food," said Linda. "There's no spirit left in a Twinkie."

Linda has held workshops in all districts, which have been well received by those in attendance. There is clearly a need and a strong desire among Band members for more education on native foods and medicines.

Linda will be working out of the old ice cream shop in Wahkon, with the goal of making a variety of plants and products available to Band members. She will also meet with individual Band members to discuss how native plants can help them live healthier lives.

In addition to manoomin, walleye, deer, and maple sugar, Linda can tick off dozens of "spirit foods" that grow locally — hazelnuts, chokeberries, raspberries, acorns, milkweed, fiddleheads. "Beautiful, tasty, delicious, nutritious foods are everywhere," she said. "The Ojibwe are surrounded by abundance."



TEACHING TRADITIONS AT PINE GROVE

Pine Grove Learning Center in Aazhoomog is now in session year-round, giving students the perfect opportunity to learn to garden — everything from planting seeds to building beds to building fences to weeding, watering, harvesting, and canning. This fall, they're busy with another Anishinaabe tradition: manoominike! Pine Grove received a New Warriorism grant from Chief Executive Melanie Benjamin to build their gardens. Maybe next summer they can teach the rest of us!



NIIZHING AKEYAA GE-IZHI-GIKINOO'AMAWIND A'AW ANISHINAABE-ABINOOJINH

TWO WAYS OF EDUCATING ANISHINAABE CHILDREN — PART II

By Lee Staples Gaa-anishinaabemod Obizaan

and Chato Gonzalez Gaa-anishinaabebii'ang Ombishkebines

This article was originally published in the September 2014 issue of *Ojibwe Inaajimowin*. It is reprinted here to give Band members a chance to reflect further on Obizaan's teachings. For Part I, see the September 2019 issue of *Ojibwe Inaajimowin*.

Mii gaye i'iw akeyaa gaa-izhi-gikinoo'amaagooyaan da-wenda-gikendamaan i'iw akeyaa gaa-izhi-miinigoowizid a'aw Anishinaabe ge-izhi-bimiwidood i'iw bimaadizid. Mii eta-go gii-ojibwemotaagooyaan endaso-giizhik gabe-giizhik gaye. Ishke dash mii i'iw wenji-gikendamaan ojibwemoyaan. Naa-go gaye apane ogii-naadamawaan inow owiiji-anishinaabeman a'aw akiwenziyiban ganoodamawaad odasemaawaan miinawaa zagaswe'idinid. Mii-go apane gii-paa-wiijiwig a'aw akiwenziyiban gii-o-bizindawag. Ishke dash mii imaa gaa-ondinamaan ani-gikendamaan daganoodamawag a'aw Anishinaabe ani-ase-maaked biinish gaye ani-zagaswe'idid.

The other way I was taught was to be sure that I know the teachings that we were given as Anishinaabe; our way of life. Those old people only spoke Ojibwe to me all day every day. That is why I know the language. That old man also always spoke for the Anishinaabes' tobacco and for their feasts also. I always went with that old man and listened to him. It is from there that I have the ability to speak for Anishinaabes' tobacco and for their feasts.

Mii gaye gaa-izhichiged a'aw akiwenziyiban gii-maajaa'iwed. Ishke dash a'aw mindimooyenyiban naa gaye niin nigii-paa-wiijiwaanaan endasing gii-maajaa'iwed. Weweni dash ingii-pizindawaanaan ani-gaagiigidod ani-maajaa'iwed. Ishke mii iw maamawi-zanagak iko maajaa'iwed awiya, ogii-wenda-nitaa-waniiken gegoo imaa ge-gii-ni-dazhindangiban imaa maajaa'iwed.

That old man also did funerals. That old lady and I always went with him when he did funerals. We listened to him carefully when he talked at the funerals. Talking at these funerals

is one of the hardest things to do; because of that the old man had a tendency to forget everything that needed to be said at these funerals.



Ishke dash gaa-izhichigeyaang azhigwa gaa-pi-giiweyaang, mii imaa gii-nidazhindamaang gaa-waniiked a'aw akiwenziyiban megwaa imaa gaagiigidod imaa gii-maajaa'iwed. Gegapii-go a'aw mindimooyenyiban ogii-ozhibii'aan gaa-waniiked a'aw akiwenziyiban gii-ni-gaagiigidod. Ishke dash mii i'iw wendinamaan gikendamaan ezisijigaadeg gaagiigidod awiya imaa maajaa'iwed.

After we would get home from each funeral, we would sit down with him and cover what he forgot while he was doing the funeral. After awhile that old lady wrote down what he forgot to mention at the funeral. It is from there that I know how the talk goes for these funerals.

Mii gaye endaso-zaagibagaag miinawaa endaso-dagwaagig, mii iw gii-paawiijiwigwaa gii-naazikawaawaad inow Anishinaaben niimi'idiikenid imaa Neyaashiing miinawaa Minisinaakwaang naa-go gaye Gwaaba'iganing. Ishke a'aw akiwenziyiban ogii-kanawenimaan inow Manidoo-dewe'iganan a'aw noongom Amikogaabaw naa gaye niin genawendamaageyaang.

Every spring and every fall I would go with them to the ceremonial dance out in Mille Lacs, East Lake, and Sawyer. That old man was a drum keeper, the same drum that Larry Smallwood and I take care of now.

Ishke dash mii imaa wendinamaan gikendamaan gaagiigidoowin miinawaa ezhichiged a'aw Anishinaabe ani-niimi'idiiked. Mii-go gaye apane gii-paa-wiijiwigwaa gii-naadamaagewaad midewichigewaad ingiw Anishinaabeg miinawaa ingii-owiidabamaa a'aw nizhishenyiban Mizhakwadoban gii-midewi'iwed. Mii dash imaa wendinamaan gikendamaan izhi-gaagiigidod awiya midewi'iwed.

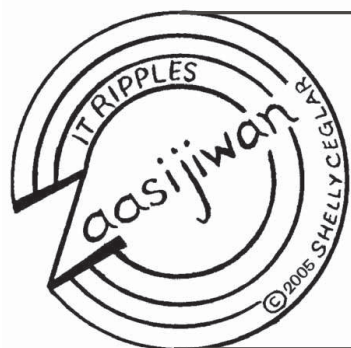
It is from there that I know the talk that is used at these ceremonial dances and what is done at these dances. I always went with them when they went to Midewiwin ceremonies, and I also sat with my uncle Albert Churchill when he did Midewiwin ceremonies. It is from there that I know the talk that goes with running a Midewiwin lodge.

Ishke mii imaa ani-miigwechiwi'agwaa ingiw Manidoog gii-inendaagoziyaan ingiw gechi-aya'aawijig imaa gii-ayaawaad gii-nitaawigi'igooyaan Ogimaawabiban naa Nazhikewigaabawiikweban. Ishke ani-aabaj-ayaayaambaan da-gii-ni-aabajiwii'ayaawaawagwaabanen dedebinaawe nigitiizimag gaawiin indaa-gii-gikendanzin a'aw Anishinaabe o'ow akeyaa gaa-izhi-miinigoowizid wawaaj igo gaawiin indaagii-gikendanzin da-ojibwemoyaan.

I express my gratitude to those Manidoog for my being raised with this Elder couple John Benjamin and Sophia Churchill-Benjamin. If I would have been raised by my biological parents, I would not have known the way of life that the Anishinaabe people were given to live, and I would not even have known the language.

Ishke dash mii i'iw ge-biminizha'ang a'aw Anishinaabe i'iw akeyaa da-izhinitaawigi'aad inow oniijaanisan. Ishke i'iw akeyaa gii-izhi-nitaawigi'igooyaan ingiikikendaan ge-naazikamaan gii-nishwanaajibeingeyaang maa minik imaa i'iw akeyaa gaa-izhi-bimiwidooyaan bimaadiziyaan. Ishke gii-tebwewag ingiw akiwenziyibaneg gii-ikidowaad, mii iw ge-baazhidaakoni-god a'aw Anishinaabe oniigaaniing.

This is what the Anishinaabe should pursue to raise their child with in a similar manner. When I was raised with this background, I knew where to go for help when I was having a difficult time in my life. It was true what the old men said, that it was these teachings that will carry us over those hurdles in life.



Dagwaagin—It is Fall

Dagwaaging, boozi ziibing Nimaamaa. Agaasadetigweyaa omaa. Mangitigweyaaag imaa keyaa iwid zhaawanong, dakobidoo. Odakobijigaan i'iw ozhaawashko-manoomin. Niibinong, manoominaganzhiin dakwegadon. Noongom akwaamagadon. Onaadin manoominike-mazina'igaans. Maajii-manoominike, aaba'oodoo. Zhiizhiibag gaawiin omiijinziinaawaan. Gizaagitoomin manoomin.

(When it is fall, she embarks on the river, my Mother. The river is narrow. When it widens in that direction over there to the south, she ties the wild rice. She ties up that green wild rice. In the summer, they are short. Now they are tall. She goes to get a ricing-little paper (license). When she begins to rice she unties the wild rice. The ducks didn't eat it. We love wild rice.)

Bezhiig—1

OJIBWEMOWIN (Ojibwe Language)

Double vowel system of writing Ojibwemowin. —Long vowels: AA, E, II, OO
Onzaam—as in father
Miigwech—as in jay
Wayiiba—as in seen
Manoomin—as in moon

—Short Vowels: A, I, O
Dash—as in about
Iwid—as in tin
Zoogipon—as in only

—A glottal stop is a voiceless nasal sound as in A'aw.

—Respectfully enlist an elder for help in pronunciation and dialect differences.

Verbs Inanimate Intransitive

These are the "IT IS" verbs. They are to use. They are about non-living things and the action doesn't transfer to an object. Weather words, colors, etc.

Gisinaa.—It is cold weather.
Gii-kisinaa.—It was cold. (past tense)
Wii-kisinaa.—It will be cold. (future)
Gisinaag.—If/When it is cold
Zoogipon.—It is snowing.
Gii-soogipon.—It did snow.
Wii-soogipon.—It will snow.
Zoogipong.—If/When it is snowing.

Niizh—2

Circle the 10 underlined Ojibwe words in the letter maze. (Translations below)

- A. Izhaadaa! Babaamoomigodaa noongom.
B. Zaaga'iganing, miikana azhashkiikwan. Azhashkiikaa.
C. Eya. Onzaam gii-kimiwan. Wayiiba wii-soogipon.
D. Nindaa-inoomigomin oshedinaang gemaa wabashkiking giuwedonong.
E. Iwid niwii-agidaakiwemin idash niwii-niisaakiwemin.
F. Nindaa-izhaamin Makwa-ziibiinsing.
G. Wawijige niwii-izhaamin. Giishkadinaa.

O I B G
N Z A M A I
Z H O W E G A
A A K I T B E A
A A C W I N O M B
M D M I I K A N A S
D A Y D C R E R O A F
X A L I W A W I I N G E
W P X A G A O H F I S O
W A B A S H K I K I N G
K E T N O O N G O M J E

Niswi—3

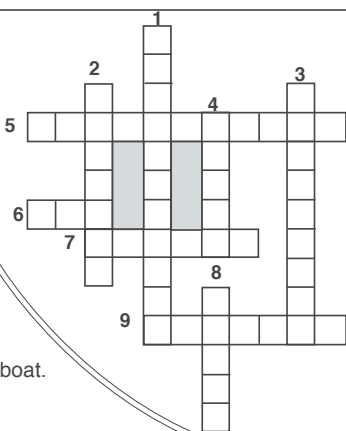
IKIDOWIN ODAMINOWIN (word play)

Down:

- It did snow.
- Trail, road
- S/he ties wild rice.
- Over there.
- S/he embarks in a boat.

Across:

- Ducks
- Yes
- It is summer.
- Now, today.



Niwin—4

MiVII's—Past, Future, Conjunctions

Baagwaamagad.—It is shallow.
Gii-paagwaamagad.—It was shallow. (past)
Wii-paagwaamagad.—It will be shallow. (future)
Baagwaamagak.—If/When it is shallow.
Zazagaa.—There is a dense underbrush.
Gii-sazagaa.—There was underbrush.
Wii-sazagaa.—It will be underbrush.
Zazagaag.—If/When there is a dense underbrush.

Goojitoon! Try it! Translation below.

- Zazagaa _____, waanzh naawinaagwad.
- _____sazagaa gii-kanawaabandamaan i'iw waanzh.
- Baagwaamaga _____, nimbagiz.
- _____soogipon _____, niwii-minwendam miinawaa.
- _____kisinaa _____agwajiing, nigii-poodawe.

Wii...g

Gii....g

-g

d ----> k

Gii-

Translations:

Niizh—2 A. Let's all go! Let's all go riding on horseback today! B. At the lake, the trail it is muddy. There is a lot of mud. C. Yes. Too much it rained. Soon it will snow. D. We should ride horse to the ridge or to the swamp to the north. E. Over there we will go uphill and we will go downhill. F. We should go to Bear-creek (little river). G. Carefully we will go. There is a steep bank.

Niswi—3 Down: 1. Gii-soogipon 2. Miikana 3. Dakobidoo 4. Iwid 8. Boozi Across: 5. Zhiishibag 6. Eya 7. Niibin 9. Noongom
Niwin—4 1. When there is a dense underbrush, the den it is barely visible. 2. There was a dense underbrush when I was looking for that den. 3. When it is shallow, I go swimming. 4. When it will snow, I will be happy again. 5. When it was cold outside, I built a fire.

There are various Ojibwe dialects; check for correct usage in your area. Note that the English translation will lose its natural flow as in any world language translation. This may be reproduced for classroom use only. All other uses by author's written permission. All inquiries can be made to MAZINA'IGAN, P.O. Box 9, Odanah, WI 54861.

AROUND THE RESERVATION

MENDING BROKEN HEARTS 3-DAY WORKSHOP

Mending Broken Hearts and Healing through History is a combined training workshop on historical trauma. Mending Broken Hearts is a teaching designed to provide healing from the loss and grief we have suffered through historical and intergenerational trauma.

The training is interactive with videos and group discussions that involve culturally based teachings. You will also learn some of the major historical events that have happened to tribes across Minnesota. This environment creates a safe place for people to talk about what has happened and be able to process it through healing.

This 3-day workshop has very important components to it; therefore, please make sure you are able to attend all 3 days. You will have a better understanding of the cycles that have affected our families and why some of those cycles continue today. This workshop is a time for healing and is for those who are willing to learn.

When: 8 a.m. – 4 p.m., October 15, 16, 17

Where: All Nations Church

Tribal Community Facilitator: Briana Michels (Matrious), U of MN Extension

Register at Aanjibimaadizing by 10-10-19 or call Darlene 612-746-4800

BI-MAWADISHIWEN — COME VISIT AT CHIMINISING

Bi-mawadishiwen (come visit) with Jason and Carrie Sam every Friday (except holidays and half-days) from 5:30 to 7:30 p.m. at Chiminising Community Center in Isle.

All in recovery are welcome. This group is aligned with our cultural and traditional ways.

Bring any dish you would like to share for a potluck-style dinner.

COMMUNITY DRUMMING AT DI COMMUNITY CENTER

Weekly drumming on Mondays in District I originally held at the halfway house and red brick building is now at the District I Community Center every week from 5:30 to 7:30 p.m.

Bring your knowledge or eagerness to learn. Be willing to teach what is old to you and learn what is new. Meal provided. This is a sober event!

FIRST-TIME HOMEBUYER EDUCATION CLASSES

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers. Please reserve your spot in one of these free classes with Cyndi Cwikla at 218-335-8582, ext. 150 or ccwikla@mnchippewatribe.org. No childcare is provided so please make other arrangements.

Saturday, October 19, 2019, 8:30 a.m. – 4:30 p.m.

Location: The Minnesota Chippewa Tribe Building, 15542 State 371 NW, Cass Lake, Minnesota

THIRD ANNUAL WOMEN'S GATHERING AT MILLE LACS

Mille Lacs Band of Ojibwe Public Health Department is pleased to announce the 3rd Annual Women's Gathering on Tuesday, October 29, and Wednesday, October 30. Watch Facebook and millelacsband.com for a link to register on EVENTBRITE. Contact Mikayla Schaaf for more information at 320-532-7776, ext. 2413.

TERO DIRECTOR WANTS TO HELP MEMBERS SUCCEED

Lori Trail, the Band's new Tribal Employment Rights Office (TERO) Director, is no stranger to the office; after all, she's been working across the hall at Aanjibimaadizing since 2010.

Lori started her new position on August 20. "I haven't even gotten my feet wet yet," she said. Her office in the lower level of the Biidaabinookwe Government Center is full of files she needs to organize and read, and with a vacancy for a compliance officer, all of the office's responsibilities fall upon Lori.

Fortunately, the field of employment and training is not entirely new to Lori, since she worked as a case manager for Aanjibimaadizing, helping Band members with work experience, temporary assistance, and training.

However, TERO is a separate program with its own federal and tribal statutes and policies, so there will be a steep learning curve.

Lori is up for it, though, and with her son Thomas leaving home for the Air Force this year, the timing was right for a career change.

"It seemed like a natural progression to go from helping people get work experience to finding them placements in the community and advancement opportunities," she said.

Lori has lived and worked in the area for most of her life. A Mille Lacs Band member, she grew up on a farm in Hillman and graduated from Milaca High School. She attended the Anishinaabe OIC training program and worked for Grand Casino back in the days of the gravel parking lot and the Gold Rush Grill.

She worked for Fingerhut for many years in telemarketing and customer service before returning to the Band's Department of Labor — which has been transformed to Aanjibimaadizing.

Lori said the TERO commission has been very helpful in helping her get up to speed, and she looks forward to serving Band members in a new capacity.

"There are many opportunities for skilled and unskilled Band members, not just in construction, but in many other areas as well," said Lori.

What Is TERO?

The Tribal Employment Rights Office (TERO) ensures that all employment entities of the Band give preference to Native



Before making the move to TERO, Lori Trail worked at Grand Casinos, Fingerhut, and Aanjibimaadizing.

Americans in hiring, promotion, training, and all other aspects of employment, including contracting and subcontracting.

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 Mille Lacs Band.

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").

In 2017, the Band passed a new TERO statute, making TERO an autonomous entity within tribal government and creating a commission to oversee operations and supervise the TERO Director.

TERO was formerly part of the Department of Administration and supervised by the Commissioner and Assistant Commissioner of Administration.

The TERO commission is composed of seven members with at least one from each district. Members are nominated and ratified by Band Assembly and the Chief Executive and serve staggered four-year terms.

The current TERO board members are Cheryl Miller, Val Harrington, Virgil Wind, Bonnie Dorr, Mitchell Matrious, Scott Tossey, and William Boyd Jr.

FORMER DIRECTOR RETURNS TO PUBLIC HEALTH

By Colleen McKinney Mille Lacs Band Public Health

Lisa Blahosky-Olivarez is familiar to many Band members, as she filled the Public Health Director's role between 2005 and 2016. Lisa recently returned to her old role, and though some of the processes have changed, some have not. She even has her old voicemail!

A nurse for over 30 years, Lisa can't imagine doing anything else. In the time she has been away from the Public Health Department, she was in charge of skilled nursing for a long-term care facility in St. Cloud. Lisa says her passion is team-building and team-creation, and she plans to use her leadership skills in the Public Health Department.

A mother and grandmother, Lisa lives in Milaca with her husband. She spends much of her free time involved with her family, particularly her parents and her grandchildren. During her spare time, Lisa and her husband work together on home remodeling projects. In order to relax and unwind, she enjoys reading.

In the future, Lisa hopes to build on the foundation of positive service to the community that she sees as the role of the Public Health Department. "My goal is to ensure that we have a fully functional organization that effectively serves the Mille Lacs Band of Ojibwe," said Lisa.

Lisa is back in her former office, meeting new colleagues and re-connecting with former coworkers. Stop by and welcome her back to Public Health!



Lisa is back at her old office after three years in St. Cloud.

"MY GOAL IS TO ENSURE THAT WE HAVE A FULLY FUNCTIONAL ORGANIZATION THAT EFFECTIVELY SERVES THE MILLE LACS BAND OF OJIBWE."

— LISA BLAHSKY-OLIVAREZ

JINGLE DRESS SYMPOSIUM

INSPIRED BY HISTORY

By Li Boyd Mille Lacs Band Member

The Jingle Dress Symposium that took place on Monday, September 2, began two years ago as an idea discussed by historian Brenda Child and Commissioner of Administration Baabiiitaw Boyd. While the jingle dress is a familiar sight across Indian Country, its origins are a subject of debate and research. The people of Misi-zaaga'iganiing have their own story of how the jingle dress tradition was born out of events in their community. Remarkably, several communities share a very similar story.

In Mille Lacs, the late Larry "Amik" Smallwood often told the story of a young woman who fell ill in the early 20th century. Her father dreamt of dancers in dresses that made the sound of falling rain as their wearers performed a new kind of dance. Upon waking, the father had the dress made with the colors and jingle adornments he had seen in his dream. He taught his daughter the steps of the dance he'd been shown, and as she danced she began to recover from her illness and grew stronger. She eventually recovered completely, and the dance was adopted by the rest of the community due to its healing power.

From Mille Lacs to Whitefish Bay, Ontario, this story and its variations are told in a handful of communities as the actual origin of the jingle dress. Curiously, these communities all fall on a single line and trace the origin of their stories to approximately the same time.

Brenda Child will point out that around that time, one of the deadliest pandemics in human history was sweeping the globe. The so-called Spanish Flu grew to epidemic proportions at the end of 1918 and continued through the end of 1920. In the United States, the first recorded case of the flu was at Fort Riley in Kansas on March 4 of 1918. A week later, the virus had reached New York. It killed at least 50 million people around the world and infected half a billion.

In her book *My Grandfather's Knocking Sticks*, Child tells the story of Lutiant LaVoye, an Anishinaabe descendant whose early life and education saw her at work in Washington, D.C. during the flu outbreak. Child revisited Lutiant's story while speaking at the Jingle Dress Symposium. She shared details from Lutiant's life and showed the connections between Lutiant's experiences as nurse in a military field hospital, which



Participants in the Jingle Dress Symposium on September 2 helped make a dress with Adrienne Benjamin, learned about leadership with Baabiiitaw Boyd, wrote poems with Louise Erdrich, and discussed activism and nature with Kate Beane and Roz LaPier.



Lutiant wrote about in a letter to her friend Louise at Haskell Indian University, and the varying types of responses people had to the prevalence of the illness.

Through this story, Child links the creation of the jingle dress to a timely response to the global epidemic. She says these circumstances created "new yet deep-rooted traditions of healing among Ojibwe women."

In honor of this type of ingenuity and creative energy, several break-out workshop sessions were held following the invocation by Chief Melanie Benjamin and the talk by Child. One group was facilitated by National Book Award winning author Louise Erdrich from the Turtle Mountain Band of Chippewa. Louise read poetry to the group and then asked everyone to take a few minutes to write a prose poem or a poem which doesn't concern itself too much with line breaks. Participants were asked to reflect on a dancer or anything that inspired them about what had been talked about during the symposium. Many participants read aloud what they wrote during the session, and all participants were appreciative and supportive of each other's work.

Baabiiitaw co-led a breakout session on women and leadership with Red Lake Elder Lorena Cook, the Chairperson on the Board of Regents for the Red Lake Nation College. Kate Beane, an activist who was a leader in the movement advocating for the recent reclamation of the title Bde Maka Ska for one of the City of Minneapolis' most popular lakes, and Roz LaPier, an experienced naturalist, spoke about plant medicine and community action.

The Symposium culminated in a hearty lunch of sandwiches and manoomin soup as well as a group crafting session. Adrienne Benjamin taught participants how to tie jingles and worked to sew them onto a final dress. Adrienne created many of the dresses on display especially for the exhibit, including four dresses in four primary colors—red, blue, yellow, and green—as the dresses were traditionally made. Adrienne finished the community-made dress before the event ended, and it joined the others on display. Many people left with a greater appreciation and understanding for the sacred jingle dress as well as a new set of skills to experiment with at home.

MINOR TRUST TRAINING IS NOV. 4 AT GRAND CASINO

The next Minor Trust Training seminar will be held on November 4 from 9 a.m. to 2 p.m. at the Grand Casino Convention Center.

The Office of Management and Budget offers the training course twice a year for high school students to help them make smart decisions and plan for the future. Participants will receive a guide to financial readiness that focuses on spending, debt, savings, and investing.

Jana Sam, who works for the Office of Management and Budget, plans the sessions, which take place in the fall and spring. High school students or their parents should contact Jana if they're interested at jana.sam@millelacsband.com or 320-532-7466.



SQUAD!

Sober Squad has made a name for itself by making sobriety fun, which was definitely the case at Sober Squad's volleyball tournament and pie-eating contest last month. Sober Squad was once again the largest group at the Minnesota Walk for Recovery on September 14 with 45 members participating. Photos by Band member Rhonda Mitchell.



AROUND THE RESERVATION

GRAND CASINO IS HIRING BLACKJACK DEALERS

Grand Casino Mille Lacs is hiring Blackjack Dealers! Interviews will be scheduled on October 7 and 8 from noon to 4 p.m. each day. If you're offered the position, you will need to attend the required Blackjack training class. The FREE training class is from October 14 – 25 at Grand Casino Mille Lacs from 4 p.m. to midnight. You must have perfect attendance to become a certified dealer. Dealers make \$20 + an hour!

Apply by October 6 to be scheduled for an interview. Apply online by visiting the Grand Casino career page at grandcasinomn.com/careers or stop in to the new Office Building and visit the Talent Team to apply in person.

GREAT LAKES GREAT APPLE CRUNCH OCTOBER 9

On October 9, Nay Ah Shing Abinoojiiyag will join schools, preschools, colleges, and individuals across the Great Lakes Region in celebrating National Farm to School Month by crunching into Dutch Fury Farms Honeycrisp apples in celebration of the third annual Great Lakes Great Apple Crunch! At noon, local farmers will be visiting with apples to hand out to each child and adult. We will all crunch at the same time to celebrate Farm to School. All are welcome to join in the fun!

This collective crunch encourages healthy eating and supports Farm to School and local food initiatives. Nay Ah Shing Schools purchase many local produce products from local farms as well as growing produce in school gardens. The students learn the art of gardening by starting seeds in their classrooms each spring, tending to them, and then transplanting them in the school gardens. In the fall, they help harvest from the gardens. This activity is a perfect way to celebrate their harvests, as well as meeting the farmers who have helped supply local and fresh organic products for their school meals.

For more information, or to crunch with us, please contact Deborah Foye at 320-532-4690, ext. 2213.

REMINDER: HANDS-FREE IS NOW THE LAW!

The Minnesota Hands-Free Cellphone Law is now in effect throughout the state. The first ticket carries a fine of \$50 plus court fees. The second and later tickets are \$275 plus court fees. Here are five ways to follow the MN Hands-Free Law:

1. Connect and sync your phone to your vehicle.
2. Use a single ear headphone with a microphone. (Remember, using earphones in both ears at the same time is illegal in Minnesota.)
3. Buy an auxiliary cable and plug your phone in through the audio jack to operate your phone by voice or single touch.
4. Use a dashboard mount to keep your phone at eye level and use with single touch.
5. Don't use your phone!



**HANDS-FREE
MINNESOTA LAW**
HandsFreeMN.org

URBAN STUDENTS GO BACK TO SCHOOL IN STYLE

By Toya Stewart Downey Mille Lacs Band Member

Urban Band members sent their kiddos back to school with backpacks loaded full of supplies thanks to the generous support of District III Representative Wally St. John and others.

So far, 160 students have received the backpacks that included notebooks, binders, folders, pens, pencils, calculators, crayons, markers, and so much more. The high-quality backpacks came from Target and were bright, colorful, and included fun themes and patterns.

Even more special was the effort that went behind getting the backpacks ready for distribution. One Target employee drove from store to store to ensure each backpack had the right supplies for different age groups. Then, the staff at the urban office assembled them and worked diligently to get them into the hands of the Band members for their kids and grandkids, and the children of other Band members.

The list of students impacted included those in grades pre-kindergarten through 12th grade at public, private, and charter schools across the Twin Cities.

"They were all the things the kids needed to start the year off right," said Wahbon Spears, the Urban Office Site Manager. "Parents and children were all equally excited to personally choose their backpacks from the wide assortment that was ordered."

There's a limited supply of backpacks still available at the Urban Office on a first-come, first-serve basis.

Other news:

Some urban Band members got to partake in the annual "Great Minnesota Get-Together," otherwise known as the State Fair, thanks to the Urban Office, which offered tickets through a drawing and as prizes at the monthly community meeting.

And in sports news, some Band members have been able to watch the awesome season that the Minnesota Twins are having from Target Field thanks to a monthly ticket drawing offered by the Urban Office.

The Elder fishing trip was held on Saturday, September 7. Thirty-five Elders took a four-hour launch from Eddy's. To add to the fun, there were a few contests held for the smallest and biggest fish.

The final quilting class was held on Sunday, September 22. The class was taught by Band member Charlene "Shot" Shingobe. For three participants, it was the first time they'd done a quilting project.



The Urban Office distributed backpacks to over 160 students.



Urban Elders enjoyed a launch at Eddy's Resort September 7.



Band member Charlene Shingobe taught a quilt class.

'WE ARE ALL CRIMINALS' PRESENTATION

Attend this powerful presentation October 23 at 11 a.m. in the Chalberg Theatre on the Central Lakes College campus in Brainerd. One in four people have a criminal record; four in four have a criminal history. We Are All Criminals is a non-profit organization dedicated to challenging society's perceptions of what it means to be "criminal." Through shared stories of those who committed or were accused of committing crimes, those who got away with them, and those who have been directly affected by the criminal justice system, we seek to erase the barriers that separate us.

MENDING BROKEN HEARTS RETREATS

Mending Broken Hearts will be held at the Anishinaabe Izhitwaawin Immersion Grounds in Rutledge on December 5-7 and March 26-28. Registration forms need to be submitted at least two weeks prior to the workshop. For registration forms, e-mail kala.roberts@hhs.millelacsband-nsn.gov.

RESEARCH STUDY SEEKS PARTICIPANTS

The Band and the University of Minnesota are still seeking healthy Native American men and women who are regular cigarette smokers to participate in a study about how smoking affects Native Americans. After the visit is complete, participants can receive a \$50 gift card. Contact study coordinator Carol Hernandez at 320-443-4205 to join the study.

MILLE LACS BAND OF OJIBWE

SUMMARY OF EXPENDITURES AND FINANCING USES:	APPROVED BUDGET FOR FY 2019	EXPENDITURES THROUGH 8/31/19	% OF BUDGET EXPENDED
Administration (1)	20,696,617	15,547,596	75%
Department of Labor	22,256,153	11,867,619	53%
Judicial	2,395,725	1,141,937	48%
Department of Justice	7,960,844	4,978,312	63%
Education	21,085,259	15,270,837	72%
Health and Human Services	35,128,917	25,186,037	72%
Circle of Health Insurance	5,720,000	4,576,225	80%
Natural Resources	11,127,456	8,253,721	74%
Community Development	65,965,605	31,490,277	48%
Gaming Authority	5,332,641	4,095,287	77%
Bonus Distribution	48,725,085	45,950,886	94%
Economic Stimulus Distribution	6,623,000	6,615,616	99%
TOTAL	253,017,302	174,974,350	69%

- (1) Administration includes chief executive, administration, finance, legislative, government affairs, and district operations.
- (2) Casino operations are not reported above; however, they do include government operations funded by casino operations.
- (3) The financial statements of the Band are audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center upon written request.
- (4) Economic Development appropriations have been excluded as of October 31, 1997.

VAPING ILLNESS OUTBREAK IS CAUSE FOR CONCERN

By Alyssa Enno Mille Lacs Band Member

Across the nation, electronic smoking has become a popular alternative to smoking cigarettes. Electronic cigarettes or e-cigarettes include vape pens, e-hookahs, vapes, e-cigs, and mods. All models vary in design with some having a more discreet look, while others can resemble a regular cigarette. E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs; these liquids can contain nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives.

The CDC reports a severe lung disease outbreak among e-cigarette users. As of September 11, there had been an estimated 380 cases of pulmonary illnesses reported from 36 states and one U.S. territory. Six deaths have been reported from six states, with one death being confirmed in Minnesota. While it is too soon to identify a cause, health officials are conducting an ongoing investigation and suspect chemical exposure.

Here's what you should know about the outbreak:

- There isn't a definite link to a specific brand of device or type, ingredient, substance, or flavor.
- Has affected users of both THC and Nicotine-containing products.

- No indication that the outbreak is contagious.
- Symptoms include shortness of breath, fever, cough, vomiting, diarrhea, and pneumonia-like symptoms.
- Symptoms can develop over days but sometimes manifest over several weeks.

If you use e-cigarette products, monitor yourself for symptoms and promptly seek medical attention if you have concerns about your health.

Recommendations:

- Refrain from using e-cigarette products.
- Refrain from using THC products.
- E-cigarettes should not be used by youth, young adults, pregnant women, and adults who do not currently use tobacco products.
- If you are attempting to quit, you should use evidence-based treatments. If you need help quitting tobacco products, including e-cigarettes, contact your doctor.
- If you are concerned about the harmful effects from e-cigarette products, call your local poison control center at: 1-800-222-1222.

Since the investigation is ongoing, it is important to stay up to date.



DNR PITCHES IN WITH ISLAND CLEANUP

Did you know Spirit Island is actually a National Wildlife Refuge? Along with Hennepin Island, it's the smallest in the system, but it is an important nesting site for common terns, a species of bird that is threatened in Minnesota. On August 22, MLB DNR Fisheries Biologist Carl Klimah, Environmental Programs Director Perry Bunting, and Fisheries Technician Jalyn assisted the US Fish and Wildlife Service in an urgent clean-up effort on both Spirit Island and Hennepin Island. Crews collected 22 bags of trash, much of which was monofilament line, electrical wires, plastic cutlery, fishing rods, and other odds and ends fished out of the water by cormorants and used to build nests. Miigwech to Walt Ford and the US Fish and Wildlife Service for giving our staff this chance to help out at home!



GAMING REGULATORY AUTHORITY

Dedicated to providing protection, value, and regulatory excellence in gaming for the Mille Lacs Band of Ojibwe.

Exclusion Review Process

The Mille Lacs Band Gaming Regulatory Authority (GRA) is an independent regulatory agency of tribal government established to separate the government's regulatory function from the management function.

The GRA wants to keep Band Members informed about your rights.

If you are excluded from Mille Lacs Band Gaming Enterpris-

es, you have the right for your exclusion to be reviewed annually. To have your exclusion file reviewed, you must submit a written request to the GRA. You may contact Rebecca Lee at 320-532-8135 for help with the process.

From there, your exclusion file along with your request will be presented to the GRA Board during a regular board meeting. You will receive notice of date, time, and location to attend this meeting and provide testimony.

More information and contact numbers can be found at www.millelacsband.com/government/gaming-regulatory-authority. You can also LIKE us on Facebook at Mille Lacs Band GRA. GRA Board meetings are open to the public. This month's meetings are at 9 a.m. on Friday, October 11, at the MLCV Building and Friday, October 25, 2019 location to be determined.

AROUND THE RESERVATION

IKWE OGANAWENDAAN NIBI MIINAWAA MANOOMIN

Ikwe Oganawendaan Nibi Miinawaa Manoomin — Women Protecting our Water and Wild Rice — is a symposium that offers an important opportunity for the University of Minnesota and Anishinaabe Nations to learn about shared concerns and responsibilities affecting wild rice and water. This year's symposium, held October 13-15 at Shooting Star Casino, will have a special focus on the roles that women have in taking care of rice and water for this and future generations.

Speakers this year include Lieutenant Governor Peggy Flanagan, UMN President Joan Gabel, Tom Goldtooth, Brenda Child, Kyle Whyte, and many others.

To register for the symposium: <https://www.regonline.com/NibiManoominSymposium2019>.

OCTOBER 1 DEADLINE FOR CHANGEMAKERS RETREAT

The Bois Forte Band, Mille Lacs Band, Northern St. Louis County, and Pine County are hosting a Community Changemakers Retreat November 19-21 at Giants Ridge in Biwabik. The registration deadline is October 1, 2019.

CHANGEMAKERS want to help people recovering from addiction. Recovery from opioid addiction is difficult and complex. It takes a healthy, supportive community to be successful. Help people in recovery and strengthen your community by becoming a changemaker. Over three days, you will take your ideas into action. You will work to make changes in your community with training and support.

COST: FREE, includes lodging and meals. Transportation assistance available upon request. Visit z.umn.edu/opioid-changemaker for more information and to apply by 4 p.m. October 1.

GLIFWC OFFERS SEAFOOD SAFETY COURSE

A Hazard Analysis and Critical Control Point (HACCP) Certification Course sponsored by the Great Lakes Fish and Wildlife Commission, in partnership with MSU Sea Grant, is scheduled for December 10-12 at Keweenaw Bay Ojibwa Resort and Casino.

This training is for fishermen, processors, regulatory personnel, and others to identify and evaluate food safety risks, learn seafood rules and regulations, and how to develop a HACCP plan for the safe handling and processing, including smoking and freezing, of seafood and seafood products, including treaty harvested fish, that will be sold commercially. After completing the three-day course, participants will receive a HACCP Certification from the Association of Food and Drug Officials (AFDO).

Registration: Contact Owen Schwartz 715-685-2147 or ohschwartz@glifwc.org by November 19. Hotel: Contact Zoongee Leith-Mayotte at 715-685-2138 or zleith@glifwc.org by November 19. GLIFWC will pay the \$135 HACCP Registration fee (which includes the course book) and provide hotel rooms, food, and mileage reimbursements for Mille Lacs Band members.

Participants must attend all three days to obtain the HACCP certificate and have their travel costs reimbursed by GLIFWC. After participants complete the three-day class, they will sign a GLIFWC travel form for mileage and per diem (meals) reimbursement based on Federal GSA rates. Reimbursements will be mailed to participants after being processed by GLIFWC's accounting office.

TRIBAL NOTEBOARD

HAPPY SEPTEMBER BIRTHDAYS TO MILLE LACS BAND ELDERS!

Diana Marie Anderson
 Beverly Jean Bearheart
 Mary Ann Bedausky
 Sheldon Ray Boyd
 Vivian Ann Bruce
 Marvin Ray Bruneau
 Donna Marie Dorr Cartwright
 Archie Dahl Cash
 Albert Abner Churchill Jr.
 Steven Lawrence Churchill
 Ervin Wayne Crown
 Harold William Davis
 Darlene Marie Day-Beaulieu
 James F. Dowell Jr.
 Joycelyn Marie Drumbeater
 Ronda Leigh Dunfee
 Jack Leo Dunkley
 Angeline Marie Eagle
 Gary Richard Garbow
 Helena Graikowski
 Lorna Mae Hanks
 Lucy May Hansen
 Marene Hedstrom
 Delores Mae Hegland
 William Robert Hemming
 Steven Blane Hensley
 Sherry Lynn Herrick
 Kevin Scott Karsjens
 Robert Lee Kegg
 Doreen Lorraine Knutson
 Valerie Marie LaFave
 Terrance Steven Leyk
 Joan Littlewolf
 Marcella Jean Maurice
 Jacqueline Applegate McRae
 Betty Mae Mondeng
 Brenda Joyce Moose
 Beverly Marie Nayquonabe

Linda Jean Nickaboine
 Joni Jayne O'Brien
 Teresa Lynn Packard
 Bernice Pewaush
 Jacqueline Ellen Redearth
 Dorothy Sam
 Marsha Colleen Sam
 Ruth Anne Sam
 Virginia Louise Sam
 James Robert Schroeder
 Terrance Wayne Shaugobay
 Merle Skinaway
 Charlene Marie Smith
 Nancy Jean Spittell
 Montgomery Jay Staples
 Jay Star
 Russell Ernest Towle
 Jill Marie Valentino
 Darlene Almeda Warren
 Earl Ellsworth Whitney
 Nancy Marie Zeleznik

HAPPY SEPTEMBER BIRTHDAYS

Happy Birthday **Emma Shingobe** on 10/12, with love from Henry, Great-Grandma June, Papa Gush, Elvis, Sunshine, Amber, Hunter, Shyla, Caden, Jaden, and the Smith and Shingobe families • Happy Birthday **Eric** on 10/25 love Dad, Daphne, Braelyn, Payton, Tiny, Bryn, Bianca, Henry, Granny, Papa Kyle, Papa Brad, Auntie Val, Dan, Pie, Kev, Rachel, Rory, Randi, Bruce, Jayla, Lileah, Jay, Taylor, and Adam Parker • Happy Birthday **Melodie** on 10/31, love the Harrington family

MEMORIAL TRIBUTES

In Loving Memory for Our Baby Girl Camille Ruby Wade 1/21/18 – 10/7/18

What moves through us is a silence. A quiet sadness. A longing for one more day, one more word, one more touch.

We may not understand why you left this earth so soon or why you left before we were ready to say goodbye.

But, little by little, we begin to remember not just that you died but you lived. And your life gave us memories too. Too beautiful to forget.

We will love you forever.

Gramma Mickey, Grampa Phil, Aunty Char, Carter, Chrissy, Uncle PJ, Aunty Whitney, Papa Larry

In Loving Memory of our daughter and sister, Camille Ruby Wade, 1/21/18 – 10/7/18

My heart split in two. One side filled with memories, the other side died with you. I often lay awake at night when the world is fast asleep, and take a walk down memory lane with tears upon my cheek.

Remembering you is easy, I do it every day, but missing you is a heartache that never goes away. I hold you tightly within my heart and there you will remain. You see life has gone on without you, but will never be the same.

Love Always and Forever, Mom, Dad, Brandon, Zhaawan, Bineshi, and Taylor Douglas



STUDENTS SAY THANKS!

The students of Nay Ah Shing send a big thank you to Mille Lacs Corporate Ventures and Grand Casinos for their donation of school supplies.

HISTORICAL TRAUMA PRESENTATION

October 16 from 2 to 4 p.m. and 6 to 8 p.m. at Chalberg Theater at Central Lakes College, Lindsay McMurrin of the Leech Lake Band will introduce the concepts of historical trauma and epigenetics from the American Indian perspective and help us begin to uncover the ongoing impact on our children, families, communities, and ourselves. We can reflect on our own roles in coming along side our neighbors to create a shift in our relationships and community culture that will best support positive outcomes, resilience, and healing for today's children as well as generations to come.

'NOT YOUR MASCOT' MARCH AND RALLY

A "Not Your Mascot" march and rally, urging the Washington NFL team to retire their team name and mascot, will take place on October 24 prior to the Minnesota-Washington game. Participants will gather at Peavey Field Park in Minneapolis at 2 p.m. The march will begin at 4 p.m., ending at The Commons in downtown Minneapolis in front of U.S. Bank Stadium. The rally at The Commons will begin at 5 p.m. and end at approximately 7:15 p.m. More than 30 well-known national and local leaders will speak at the event. A complete agenda of confirmed speakers is being finalized.

MIIGWECH

The family of Larry "Perry" Benjamin are sending out a huge sincere thank you to all who attended his funeral or sent flowers and/or monetary cards. It is truly appreciated. Perry was a kind-hearted guy who loved his grandkids and the Minnesota sports teams.



He is deeply missed by his family.

LeAnn, Lorelei, John, Heather, Amber, Joseph, and Nyah

MILLE LACS BAND RECOVERY GROUPS

District I Mille Lacs

Community Drumming
 Mondays, 6 p.m., 17222 Ataage Drive, Onamia (brown building next to the Halfway House).

Wellbriety Mothers of Tradition
 Mondays, 5:30–7 p.m., 17222 Ataage Drive, Onamia (brown building next to the Halfway House). Contact Kim Sam at 320-532-4768.

Wellbriety Migizi Meeting
 Mondays, 7 p.m., Grand Casino Mille Lacs Hotel, 777 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
 Wednesdays, 7 p.m. Hosted by Mille Lacs Band Halfway House, 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 Ila Chiminising

Bi-mawadishiwen
 Fridays, 5:30–7:30 p.m., Chiminising Community Center.

District III Hinckley & Aazhoomog

Wellbriety Talking Circle
 Mondays, 6 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., Meshakwad Community Center.

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.



RECURRING EVENTS

Language Tables: Tuesdays, 6–8 p.m., District I Community Center; Thursdays, 6–8 p.m. Meshakwad Community Center

Co-ed Volleyball: Tuesdays, Meshakwad Community Center

Co-ed Basketball: Wednesdays, Meshakwad CC

Volleyball: Thursdays, noon, District I CC

Zumba: Wednesdays, noon, District I CC

Open Gym: Monday – Thursday, 5–9 p.m., District I CC

Women's Group: Thursdays, 3–4:30 p.m., District I CC

UPCOMING EVENTS

Elmer and Sheldon's Drum: November 1-2, Mille Lacs

Darrell and Skip's Drum: November 8-9, Lake Lena

Warrior's Day: November 11. Government offices closed

Tim and Tom's Drum: November 15-16, Mille Lacs

Lee and Mike's Drum: November 22-23, Mille Lacs

Miigwech Days: November 28-29. Government offices closed

Niib and Iyawbance's Drum: November 29-30, East Lake

Vince and Dale's Drum: December 6-7, East Lake

Bob and Perry's Drum: December 13-14, Mille Lacs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BAND ASSEMBLY MEETINGS</p> <p>Band Assembly meetings are open to the public at 10 a.m. on Tuesdays and Thursdays at rotating locations throughout the districts. Dates, times, and locations are subject to change. Call the Legislative office at 320-532-4181 with questions.</p>		<p>1</p> <p>Band Assembly Government Center</p> <p>Inaajimowin Planning Meeting All Nations Church <i>See page 18</i></p>	<p>2</p> <p>We Are Water MN Paint Night 6–8 p.m. Indian Museum <i>See page 11</i></p> <p>NA/AA Welcome District I <i>See page 18</i></p>	<p>3</p> <p>Wellbriety 12-Step <i>See page 18</i></p> <p>Band Assembly Government Center</p>	<p>4</p> <p>Mick and Syngen's Drum Mille Lacs</p> <p>Bi-mawadishiwen <i>See page 18</i></p>	<p>5</p> <p>Mick and Syngen's Drum Mille Lacs</p> <p>Puzzle Pouch 2-Day Workshop Noon–4 p.m. Indian Museum <i>See page 11</i></p>
<p>6</p> <p>Puzzle Pouch 2-Day Workshop 10 a.m.–2 p.m. Indian Museum <i>See page 11</i></p> <p>Wellbriety Sons of Tradition 1–3 p.m. District I <i>See page 18</i></p>	<p>7</p> <p>Wellbriety, AA, NA District I, II, III <i>See page 14</i></p> <p>Community Drum and Dance 5:30–7:30 p.m. DI Community Center <i>See page 14</i></p>	<p>8</p> <p>Language Table 6–8 p.m. District I</p> <p>Wellbriety <i>See page 14</i></p> <p>No Band Assembly NAFOA Conference in Prior Lake</p>	<p>9</p> <p>Great Lakes Apple Crunch Noon Nay Ah Shing Abinoojiiyag <i>See page 16</i></p> <p>NA/AA Welcome <i>See page 18</i></p> <p>District I Community Meeting 5:30 p.m. Community Center</p> <p>District III Community Meeting 5:30 p.m. Grand Casino Hinckley</p>	<p>10</p> <p>Band Assembly Minisinaakwaang</p> <p>Language Table 6–8 p.m. Meshakwad Community Center</p> <p>Wellbriety 12-Step <i>See page 14</i></p>	<p>11</p> <p>Ralph and Andy's Drum Mille Lacs</p> <p>Bi-mawadishiwen <i>See page 18</i></p> <p>Gaming Regulatory Authority Meeting 9 a.m. Mille Lacs Corporate Ventures</p>	<p>12</p> <p>Ralph and Andy's Drum Mille Lacs</p> <p>Family Day at the Water Noon–4 p.m. Indian Museum <i>See page 11</i></p> <p>Kid Craft — Birch Bark Canoe 11 a.m.–3 p.m. Indian Museum <i>See page 11</i></p>
<p>13</p> <p>Wellbriety Sons of Tradition 1–3 p.m. District I <i>See page 18</i></p> <p><i>The deadline for the November issue is October 15. Send submissions to news@millelacsband.com.</i></p>	<p>14</p> <p>American Indian Day Government offices closed</p> <p>Wellbriety, AA, NA District I, II, III <i>See page 18</i></p> <p>Community Drum and Dance 5:30–7:30 p.m. DI Community Center <i>See page 14</i></p>	<p>15</p> <p>Mending Broken Hearts <i>See 14</i></p> <p>Band Assembly Aazhoomog</p> <p>Language Table 6–8 p.m. District I Community Center</p> <p>Wellbriety <i>See page 18</i></p>	<p>16</p> <p>NA/AA Welcome <i>See page 18</i></p> <p>Mending Broken Hearts <i>See 14</i></p> <p>Historical Trauma Presentation 2–4 p.m. and 6–8 p.m. Central Lakes College <i>See page 18</i></p>	<p>17</p> <p>Band Assembly Meshakwad</p> <p>Language Table 6–8 p.m. Meshakwad Community Center</p> <p>Wellbriety <i>See page 18</i></p> <p>Mending Broken Hearts <i>See page 14</i></p>	<p>18</p> <p>Lynda and Joyce's Drum Mille Lacs</p> <p>Bi-mawadishiwen <i>See page 18</i></p>	<p>19</p> <p>Lynda and Joyce's Drum Mille Lacs</p> <p>First-time homebuyer's class 8:30 a.m.–4:30 p.m. Cass Lake <i>See page 14</i></p>
<p>20</p> <p>Wellbriety Sons of Tradition 1–3 p.m. District I <i>See page 18</i></p> <p><i>October 20-25: National Congress of American Indians, Albuquerque, N.M.</i></p>	<p>21</p> <p>District II Sobriety Feast Community Center</p> <p>Wellbriety, AA, NA <i>See page 18</i></p> <p>Community Drum and Dance <i>See 14</i></p>	<p>22</p> <p>No Band Assembly NCAI in Albuquerque</p> <p>Language Table 6–8 p.m. District I Community Center</p> <p>Wellbriety District I, III. <i>See page 18</i></p>	<p>23</p> <p>'We Are All Criminals' Presentation 11 a.m. Central Lakes College <i>See page 18</i></p> <p>NA/AA Welcome District I <i>See page 18</i></p> <p>District Ila Community Meeting 5:30 p.m. Chiminising Community Center</p>	<p>24</p> <p>Not Your Mascot Rally <i>See page 18</i></p> <p>No Band Assembly NCAI in Albuquerque</p> <p>Language Table 6–8 p.m. Meshakwad Community Center</p> <p>District Ila Sobriety Feast 5:30 p.m. Chiminising Community Center</p>	<p>25</p> <p>Joe and George's Drum Mille Lacs</p> <p>Gaming Regulatory Authority Meeting 9 a.m. Location TBD</p> <p>Bi-mawadishiwen <i>See page 18</i></p>	<p>26</p> <p>Joe and George's Drum Mille Lacs</p>
<p>27</p> <p>Wellbriety Sons of Tradition 1–3 p.m. District I <i>See page 18</i></p>	<p>28</p> <p>Wellbriety, AA, NA <i>See page 18</i></p> <p>Community Drum and Dance 5:30–7:30 p.m. DI Community Center <i>See page 14</i></p> <p>District III Sobriety Feast Aazhoomog Community Center</p>	<p>29</p> <p>3rd Annual Women's Gathering Grand Casino Mille Lacs <i>See page 17</i></p> <p>No Band Assembly TEC at Mahnomen</p> <p>Language Table 6–8 p.m. District I Community Center</p> <p>Wellbriety District I, III <i>See page 14</i></p> <p>District I Sobriety Feast Community Center <i>See page 18</i></p>	<p>30</p> <p>3rd Annual Women's Gathering Grand Casino Mille Lacs <i>See page 17</i></p> <p>NA/AA Welcome District I <i>See page 18</i></p> <p>District II Community Meeting 5:30 p.m. East Lake Community Center</p>	<p>31</p> <p>Band Assembly Chiminising</p> <p>Urban Community Meeting 5:30 p.m. All Nations Church</p> <p>District Ila Sobriety Feast Community Center <i>See page 18</i></p>	<p>November 1-2</p> <p>Elmer and Sheldon's Drum Mille Lacs</p> <p>SHARE YOUR IDEAS</p> <p>Join the Inaajimowin team at 11 a.m. on Tuesday, October 1, at All Nations Church in Minneapolis to share your thoughts and ideas. If you would like to attend, please RSVP to darla.roache2@millelacsband.com or 320-495-5006.</p> <p>VISIT THE WEBSITE!</p> <p>Millelacsband.com is updated regularly with news, job postings, events, and information about programs and services.</p>	



MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359

millelacsband.com

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OJIBWE INAAJIMOWIN

T H E S T O R Y A S I T ' S T O L D



MINISNAKWAANG MANOOMIN

Students in District II are learning the sacred art of ricing. See page 10.
Photo by Bradley Roache Jr.

UPDATE YOUR ADDRESS

If your address on file with the Enrollments Office or Office of Management and Budget 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 (320-532-7730) and OMB. You can download a Change of Address form at millelacsband.com/services/tribal-enrollments.

ABOUT US

Ojibwe Inaajimowin is produced monthly by the Government Affairs Department of the Mille Lacs Band's Executive Branch. Please send questions, comments, corrections, or submissions to news@millelacsband.com or call 320-495-5006. The November issue deadline is October 15.

NEED HELP?

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

Tribal Police Department dispatch:
888-609-5006; 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 our Customer Service Representative during regular business hours at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please contact: 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; 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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BRANCH**
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SAYS MIGWECH
TO MONICA**
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**ETHNOBOTANIST
BRINGS BAND BACK
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