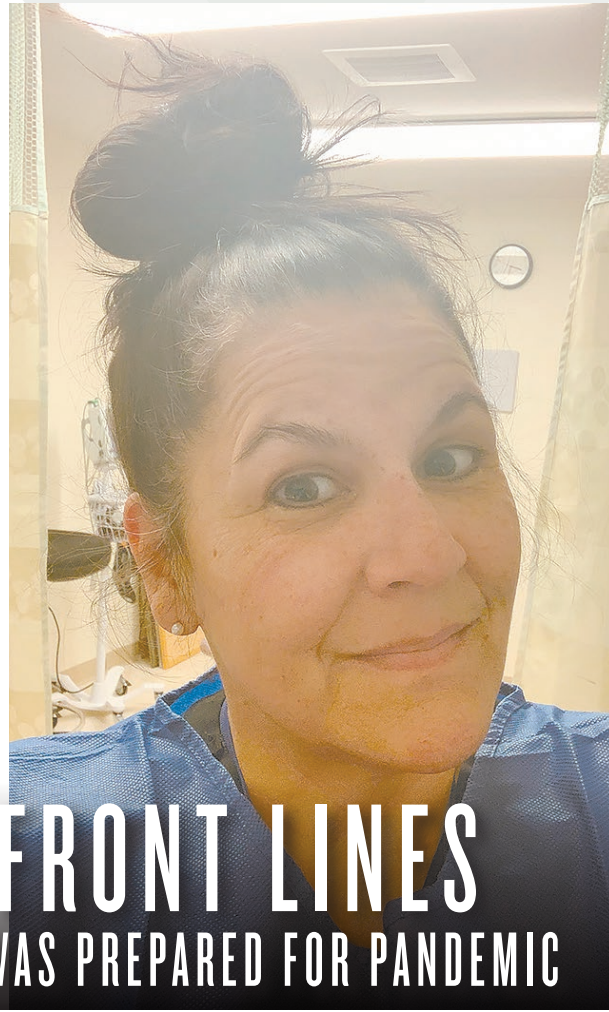




T H E S T O R Y A S I T ' S T O L D



LIFE ON THE FRONT LINES

BAND MEMBER GINA BENSON WAS PREPARED FOR PANDEMIC

By **Toya Stewart Downey** Mille Lacs Band Member

The new normal for Band Member Gina Benson isn't staying home in quarantine and avoiding public places.

Instead, each day she is one of the tens of thousands of health care workers who head to the "front lines" to provide medical care in the communities they serve.

Gina, who is a triage nurse program manager at Lac Courte Oreilles Health Center in Hayward, now spends her days in a makeshift clinic that before the pandemic was the tribe's mobile library vehicle.

"When this first started, we thought about ways to make visits to the clinic safer for everyone, so we were able to secure the mobile library to use for testing," she said. "As of today, [April 20] my clinic has not had any positive tests for COVID-19, but we have seen a lot of people with similar symptoms."

"IT'S THE CALM BEFORE THE STORM. WE'RE WAITING FOR THE NEXT SHOE TO DROP AND KNOWING THAT WE WILL HIT A PEAK WITH THE CORONAVIRUS."

— GINA BENSON

So far, they've tested 25 people, which is a low number compared to some other communities, but Gina wonders if there will be a spike as the pandemic hits its peak in the coming weeks.

Each day when she arrives at the clinic, Gina dons the personal protective equipment that has become a norm for anyone working in the "hot zone" in a health care system.

That outfit includes goggles to protect her eyes, an n-95

mask, another mask, protective gear over her scrubs, and a cap to cover her hair. Her schedule is so full that she wears the gear during her whole shift.

"The social isolation is hard for me because that wing of the clinic is blocked off from everyone else as a safety precaution," said Gina, who has been at the clinic since last June. "I'm the only triage nurse in the clinic, so I'm doing all of the respiratory cases."

During the course of her day, Gina sees respiratory patients in the wing of the clinic considered the "hot zone." She does an assessment of the person and coordinates care with a doctor or nurse practitioner over the phone.

Afterwards, she will provide the recommended treatment, which could include using a nebulizer, getting prescription medicine, or helping patients get dressed in personal protective equipment so they can get a chest X-ray.

When she's not seeing patients and to help pass the time, she cleans, completes patient charts, and recently participated in the national movement "In a World of Hearts" (#inaworldofhearts) that was created to spread positivity during this pandemic.

She wrote the names of doctors and nurses she's worked with on paper hearts and decorated the makeshift barrier wall. The colorful wall is a reminder of the courageous work medical professionals are doing and to show support for them.

Still, despite her positive attitude and strong desire to help her patients, Gina said her job is stressful during this global health crisis.

"We try to find some humor throughout the day so that we are not physically and mentally exhausted." One way she relaxes is to go on long walks with her six-year-old German shepherd when she gets home each day.

RESPONSE COMMITTEE REMAINS VIGILANT IN COVID-19 PREPARATION

The Tribal Emergency Response Committee (TERC) began meeting in early March to evaluate and coordinate preparedness in response to the world-wide outbreak of COVID-19, and as the situation has developed, TERC members have continued to take action in order to protect Band members and communities.

When the TERC first met to discuss COVID-19, there were no confirmed positive cases in Minnesota. On Monday, March 9, the TERC began preparing incident plans for each department as the arrival of COVID-19 in the state and closer to home appeared to be inevitable — sooner rather than later. The TERC planned to begin meeting every other day as COVID-19 crept ever closer to the Minnesota border.

On March 11, the TERC drafted a letter to Band members and employees with introductory information to use as basic precautions against COVID-19. By the end of the week, there was a dramatic shift in the views of the State regarding the spread of COVID-19. Minnesota Governor Tim Walz had announced he would be closing schools beginning Wednesday, March 18, for a least eight days while the state continued to plan for an outbreak. "We cannot wait until the pandemic is in our schools to figure things out," Walz said, announcing the closure at a press conference. It was unknown at that time what the days and weeks ahead would look like.

At the same time, the Mille Lacs Band had already made the decision to temporarily close schools and Early Education on the reservation and outlying districts beginning March 17, prior to the Governor's order, to sanitize every inch of every school. All Mille Lacs education programs were planning to be closed for in-person learning and would continue preparing for distance learning.

By Friday, March 13, the TERC had shifted into high gear with daily meetings, and on Saturday, March 14, Chief Executive Melanie Benjamin ordered the TERC to convene and begin emergency preparations. On Sunday, March 15, the Band Assembly passed the Emergency Management Act and the Chief Executive signed it into law, along with an Executive Order announcing a state of emergency for the Mille Lacs Band.

By March 23, the TERC was preparing for a statewide Stay Home order that was expected to come from the Governor's office. That state order was issued and went into effect on March 27. The original order for the State was set to expire on April 10; however, the Governor extended that order until May 4.

Because Mille Lacs is a sovereign nation, the Governor's executive order does not apply to the reservation and tribal trust land. As the state was planning for a Stay Home order, Mille Lacs Band leaders were forming the Mille Lacs Band of Ojibwe's executive order for the reservation and trust land, which is similar to the Governor's order. The Mille Lacs Band order will remain in effect until Band officials determine it is safe to lift the Executive Order, and even then, the decision to reopen will take into consideration the health and welfare of all employees, associates, patrons, Band members, and the communities in which the Band does business.

Front lines continued on page 5

TERC continued on page 9

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

Dear Band members,

These are tough times as we fight to prevent the spread of COVID-19 into our Band communities, but we are tough people. We come from strong ancestors who survived against all odds — from war and disease to genocide, our ancestors were resilient and brave. They fought for future generations.

As I'm writing this column on April 27, it is Art Gahbow Day, and I am thinking of former Chief Executive Gahbow and the battles he waged for the Mille Lacs Band of Ojibwe.

Chief Executive Gahbow was a warrior. He fought for tribal sovereignty and our inherent right as a self-governing tribal government to make decisions for our Band without outside interference. He began our fight for our treaty rights, our reservation boundary, and he brought Indian gaming to the Mille Lacs Band. He was partially able to make these historic gains because back in the 1980s, he also fought for our three-branch division-of-powers system of governance that we have in place today, which is unique among other tribes.

Having three branches of government — Executive, Legislative and Judicial — has helped our government to respond three times more quickly to this crisis than we might have otherwise, if there was still a traditional Reservation Business Committee (RBC) in place. Rather than having one tribal council of five people doing everything for the tribe — such as being program administrators, legislators, and serving as judge and jury when necessary — we have three branches that each have specific duties. This system has allowed us to make immediate adjustments and ensure the most critical services are delivered. Other tribes have been monitoring our Facebook page and website, and our officials and staff regularly receive calls asking for advice about how we have been getting so much done. In large part, it is because of the wise decisions our predecessors.

Because of how our system of government is structured, the Band Assembly and I were able to immediately authorize our Tribal Emergency Response Committee (TERC) to make immediate shifts and changes necessary to respond to this crisis and keep services going for the community. I am so proud of

our TERC, which is led by our Band commissioners and Emergency Services Director Monte Fronk, and includes staff leadership from all three branches of government. This is a unified team that has been working around the clock for our Band.

Back when Chief Executive Gahbow and our Elders created our system of government, there were those who opposed us at the Minnesota Chippewa Tribe. They argued that the MCT was "one tribe" with six reservations, and they said one reservation could not do things differently from the rest. Art fought hard against that argument, and eventually got a ruling from the U.S. Department of Interior saying that our system was in compliance with the MCT Constitution.

Almost 40 years later, there are still those who have been recently arguing that each of the six bands of the MCT are "one tribe". A few have claimed that our system of government is unconstitutional, and that the "real" sovereign tribe is the MCT, that what belongs to one belongs to all, and that the six bands are not separately sovereign without the MCT.

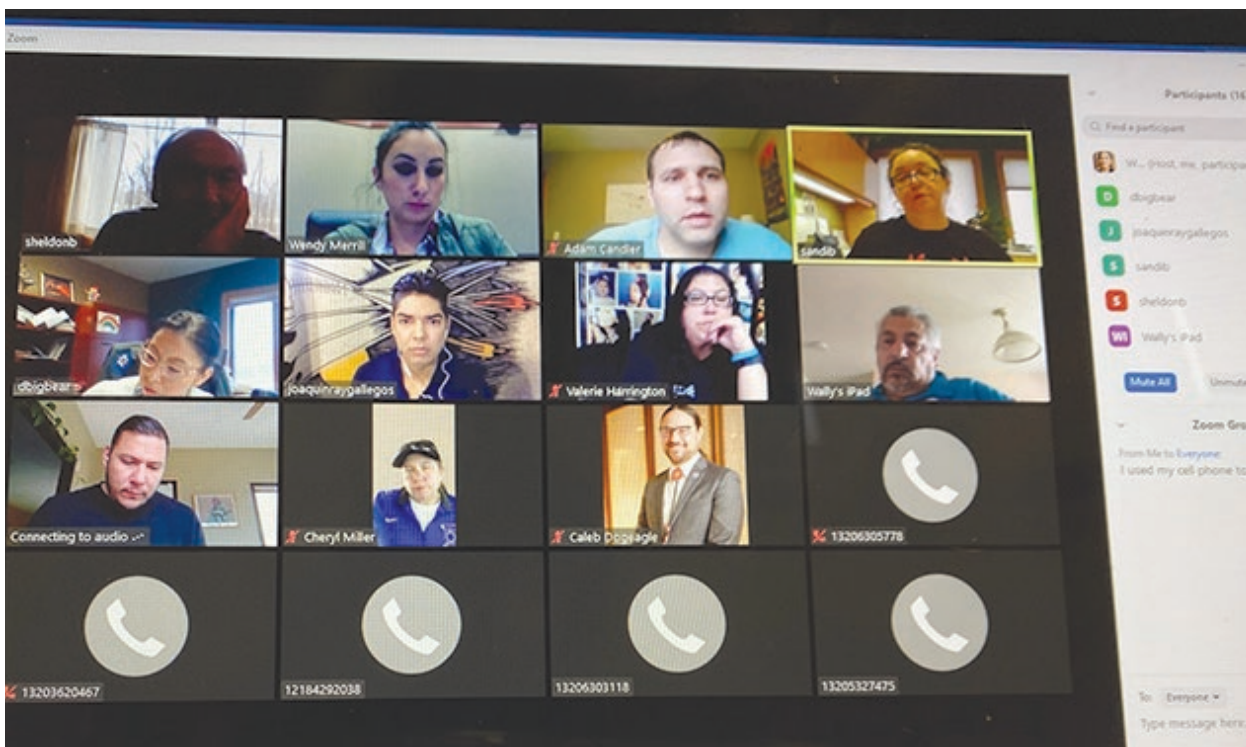
"CHIEF EXECUTIVE GAHBOW WAS A WARRIOR. HE FOUGHT FOR TRIBAL SOVEREIGNTY AND OUR INHERENT RIGHT AS A SELF-GOVERNING TRIBAL GOVERNMENT TO MAKE DECISIONS FOR OUR BAND WITHOUT OUTSIDE INTERFERENCE."

But they are wrong. The Mille Lacs Band of Ojibwe signed treaties with the United States many decades before the MCT was created in 1936. The MCT was a creation of the federal government as a way for the BIA to distribute Nelson Act monies. Today, we are still part of the MCT consortium and share a constitution. Enrollment decisions are approved by the TEC, and some of our lands are held the name of the MCT, but the

MCT has no authority over our day-to-day decisions and governance. We are a self-governing, separately sovereign federally recognized Indian tribe with our own government-to-government relationship with federal and state agencies. We have our own gaming compacts and our own self-governance compacts, which would be impossible if we were not a separately sovereign tribal government. Much of our progress today is because we are standing on the shoulders of great leaders like former Chief Executive Art Gahbow.

I know these times are very hard on Band members. People are living in fear of what the future might bring, with positive cases now in Mille Lacs, Aitkin, and Pine counties. Many Band members have suddenly found themselves without employment, due to having been furloughed or laid off by other employers. But every day, while on conference calls with other tribes in Minnesota and the nation, I'm reminded that as hard as things may be, we are very fortunate at Mille Lacs compared to how other tribes are doing. A majority who I speak with have been unable to provide their members with any financial stimulus help, care packages, or even keep emergency services going. It is my belief that our three-branch system of government has been the foundation of our success so far in providing help to our Band membership.

State medical experts are telling us that things are likely to get harder in the days and months ahead for all tribal communities in Minnesota. As the weather warms up and tourists and cabin-owners find their way north again, our region is likely to be impacted. The Mille Lacs Band of Ojibwe is doing all we can to prepare for that battle to protect the health and well-being of our Band members. As we fight for our economic recovery and our health, please remember to do your part with social distancing and encouraging Elders and those with underlying health issues to stay home. Together, the Mille Lacs Band of Ojibwe will get through this period, and we will persevere, just as we always have since time immemorial. Miigwech, and stay safe.



ZOOMING IN

Students aren't the only ones learning how to do their daily work at a distance. The Mille Lacs Band Assembly has been holding meetings via Zoom in order to keep Legislative business moving during the coronavirus pandemic.



MIIGWECH

The Band has been able to distribute food to members during the pandemic, thanks to the wise decisions of our past leaders.

A MESSAGE FROM SECRETARY/TREASURER SHELDON BOYD

LITTLE SPIRITS AND PANDEMIC

I remember an older guy once referred to germs and medicine, the things you can't really see, as "Manidoosug," or "Little Spirits." I never forgot that.



Throughout life, my parents would say things that made so much sense after time.

My mom used the term "Manidoo" in different ways too. Watching a nature show and seeing a black panther, she once said, "Yii, a Manidoo."

My dad once said, "Look around. Somebody made all this. There are spirits everywhere."

At the Ne-la-Shing Clinic, where I worked, in the morning I would sometimes put out tobacco and ask for help for the people inside. I asked that they prescribe the best medicines, mashkiki, and that the medicines do their job and help people get better, those Little Spirits.

So when I heard about the coming pandemic around the world, my way of understanding and coping was to think of that as Manidoosug, Little Spirits.

Manidoosug or Sickness is coming.

Now there are many other people around who have a deep understanding of the Anishinaabe way and traditions. Those people have way more knowledge than I do, and it's always a good idea to listen to them and take what you can that might help you in the future with your mental health during times of hardship.

You hear stories and see today that there are people with skills that people will turn to and listen to when a certain time comes. We all seem to know those people in each community.

Skilled ricers, people who always make sugar, hunters, and

people who will net and smoke fish. There are bad years for rice, and sometimes the sap doesn't flow. Those skilled people continue to go out and don't get as many fish as the years before. There is a reliance on those people that keep the rhythm of a community going year after year.

Times of pandemic are kind of the same. We look to people with skills and knowledge learned to get us through these times.

The Tribal Emergency Management Committee is an example. In times of emergency, we turn to those learned people who get together to help us make it through.

Doesn't mean it's always easy. People lose patience, and that's OK too.

Additionally, there are so many other people who do wonderful things during this time — things like continuing to go to work when children are at home, staying home with children, checking on relatives and Elders, or staying around home even though it gets hard.

Making masks for people to wear and keeping the humor up can have such a huge impact on our community's mental health — doing things differently and for the first time in many instances.

So when people tell me to watch out and be careful, I listen.

I have a healthy respect for the sickness that's around us and know it will pass.

I ask everyone to continue to watch the skilled and learned people of our communities step up, do things they never have, give their time, parents having strength at home, and young people experiencing a time they will remember the rest of their lives and learning from how the rest of us behave.

Everyone, be safe and take care of yourselves.

Miigwech.

A LETTER FROM DISTRICT I REPRESENTATIVE SANDI BLAKE

A STRONG AND RESILIENT PEOPLE

Boozhoo Gakina Awiiya,

Hello everyone, Sandi Blake here. I wanted to check in somehow and touch base with Band members to let you know that I am thinking about each and every one. These certainly are trying times we are living in, and it is important that we take care of ourselves as well as each other.



Make sure to take care of yourself during these times by giving yourself a break from the work that you are doing. Fresh air is very good for you, so if you can, take a walk outside or just go out and sit and watch the birds and listen to them singing. Isn't it comforting to know that even during times like these, life is still going on around us in nature? The loon family is back, as well as the robins, among many others. After the first thunder a couple of weeks ago, Omakakii woke up and started singing. My mom used to say when the frogs woke up, it was time to put the sugar camp away and get out the fishing stuff. Anyway, make sure you take breaks regularly throughout your day in whatever you are doing. A lot of us are doing way more cooking and cleaning lately. I know I am. So make sure you give yourself a break and give yourself some peace and quiet. After all, we need to take care of ourselves so we can take care of our loved ones.

In these times, we are all together more closely sheltered at home. We can practice having better patience with each other and take breaks from being around each other when we need to. Also, we can practice being more kind to one another. Whatever your situation, hang in there. Franklin D Roosevelt

once said, "When you get to the end of your rope, tie a knot and hang on."

Don't forget, practice physical distancing when you are out and about in public. And remember to wear a mask. You can make these or you can use a bandanna or scarf. Don't be shy! Some people say a mask won't protect you, but others say it is better than nothing. A mask can protect you from breathing in droplets of COVID-19 that may be in the air after an infected person coughs when you are walking around Walmart or some other public place. And then, be mindful of what you are touching and don't touch your face or rub your eyes. Wash your hands when you can or carry Clorox wipes in your car to wash your hands immediately when you get back into your car.

Take care everyone, and be safe. Check on Elders that they have everything they need or just to visit. There are numbers posted in the Inaajimowin for most places you would need to contact.

I also wanted to shout out a huge Miigwech to the Tribal Emergency Response Committee (TERC) for all of the work they have been putting in this past month ensuring our communities are safe and services are provided.

A huge Miigwech to all of the Band's essential employees who put themselves out there working so service is being continued.

I am very grateful that we have our Drum Society carrying our ceremonies so that our people will be watched over and taken care of.

We are a strong and resilient people here in Mille Lacs, and we will get through this together.

Mii iw.

IMPORTANT HHS PHONE NUMBERS

Commodities:

- MLB DI: 320-630-2432
- MLB DII: 320-630-2432 or 320-630-2687
- MLB DIII: 320-384-0149
- Urban Area (via DIW): 612-279-6343

MARS: 320-362-0892

Mental Health Line: 320-674-4384

Non-Emergency Questions: 320-630-2994

Nurse Line: 320-630-0855

Pharmacy: 320-532-4770

Substance Use Disorders: 320-532-7773

Tribal Courts: 320-532-7400

Tribal Police Main Line: 320-532-3430

Urban Office: 612-872-4265

ELECTION OFFICE OPEN

The Mille Lacs Band Election office will remain open until Primary Election Day on June 9, 2020. The general election will be held on August 18, 2020. Staff will be in the office Monday through Friday from 8 a.m. until 5 p.m. You can still stop by to vote early! Previous ballots that were submitted early will still count for the new election dates.

See page 12 for the absentee ballot request form.

If you have questions, please call Deanna Sam at 320-532-7586 or 320-279-0178, or email deanna.sam@millelacsband.com.

Please continue to practice social distancing while at the polls.

On March 24, the Minnesota Chippewa Tribe's Tribal Executive Committee (TEC) voted to postpone the tribal primary election until June 9 and the general election until August 18 due to coronavirus.

Secretary/Treasurer Sheldon Boyd and Chief Executive Melanie Benjamin voted against the change after Sheldon consulted with the Election Board members, who wanted the primary to go ahead as planned on March 31. Grand Portage Chairwoman Beth Drost and Secretary/Treasurer April McCormick also voted against the measure.

Resolution 65-20 amends the Election Ordinance by adding Section 1.12, which reads in part: "Notwithstanding any other provision of law, the Tribal Executive Committee postpones the 2020 elections due to the coronavirus pandemic to protect the health, safety, and welfare of Tribal members."

The resolution also waives the notice requirements for a Special Meeting to address emergency matters pursuant to the Revised Constitution and Bylaws and allows business to be conducted during the Special Meeting by a conference call to respond to the COVID-19 pandemic.

The TEC met March 24 by Zoom video-conference with the sole purpose of deciding how to handle the upcoming MCT elections in light of the COVID-19 pandemic.

All absentee ballots that have been cast already are still valid. The MCT is requiring that each Reservation Election Board store all ballots received under lock and key until the June 9 primary.

STATE AND LOCAL NEWS BRIEFS

Red Lake declares “medical martial law”:

“Medical martial law” went into effect for the Red Lake Indian Reservation beginning at 5 p.m. on Friday, April 3, and was expected to remain in place for at least 15 days. Chairman Darrell Seki Sr. made the announcement via Facebook, citing a credible report that a Red Lake member tested positive for the coronavirus. Medical martial law expands executive authorities and allows for streamlined decision-making by the chairman and tribal council to quickly address newly developing threats to safety and security. *Source: twincities.com.*

Fond du Lac moves ahead with elk restoration plan:

The Fond du Lac Reservation Business Committee has given the go-ahead for the long-developing effort to restore elk to eastern Minnesota, and tribal officials have asked the Minnesota Department of Natural Resources to be a partner in the project. The tribal approval is the next major step to restoring elk, known in Ojibwe as “omashkooz,” to Carlton, southern St. Louis, and northern Pine counties, where they were native but have been gone from the landscape for 120 years or more. The decision allows tribal natural resources staff to move from studying the idea to forming a plan to move elk in. *Source: brainerddispatch.com.*

Indian Center staff deliver meals to Elders:

COVID-19 caused Minneapolis American Indian Center’s Gatherings Cafe to close to the public. Normally, MAIC would pick up Elders and bring them to Gatherings Cafe for congregating dining Monday through Friday. Instead, staff and volunteers are now making 100 meals per day and delivering them to Elders in south Minneapolis. Benjamin Shendo, cafe manager at Gatherings Cafe, said, “I miss the Elders and so once they said, ‘You want to help cook for the Elders?’ I’m like, ‘Oh, let’s do it.’ It’s a good thing. Just like how they took care of us as we were little, we gotta take care of them.” *Source: kare11.com.*

Decline in demand for oil gives Line 3 opponents another chance:

As Enbridge nears its goal of building a controversial \$2.6 billion pipeline across northern Minnesota, Canada’s oil industry is imploding. The crisis opens the door for a last-ditch effort by Line 3 opponents to persuade the Minnesota Public Utilities Commission (PUC) to rethink its approval of the \$2.6 billion project. “There is a lot of new evidence and changed circumstances,” said Scott Strand, attorney for Friends of the Headwaters, an environmental group opposing Line 3. “Our case is stronger. [Oil] demand is gone, and it’s not going to snap right back up. There are long-term demand problems.” *Source: startribune.com.*

Homeless advocates concerned about effects of coronavirus:

As coronavirus tightens its grip, clusters of tents and sleeping bags are appearing in public spaces — in parks, under bridges, and along transit lines — throughout the Twin Cities metro area. Michael Goze, chief executive with the nonprofit American Indian Community Development Corporation (AICDC), which operates a drop-in center and other services for the homeless, said it’s “long past time” to install mobile sanitation centers for people sleeping outside. “This virus has the potential to blow up in this population,” Goze said. *Source: startribune.com.*

JUDGE DENIES COUNTY’S LAWSUIT REQUEST

U.S. Magistrate Judge Leo Brisbois issued an order on April 13 denying Mille Lacs County’s request to access a confidential law enforcement report prepared by attorneys for the Mille Lacs Band in 2014.

The request came as part of the Band’s lawsuit against the County, County Attorney Joe Walsh, and County Sheriff Don Lorge (Lorge was substituted for former County Sheriff Brent Lindgren when Lorge took office as Sheriff). The lawsuit asks the U.S. District Court to declare that the Band has inherent sovereign authority to establish a police department and to authorize Band police officers to investigate violations of federal, state, and tribal law within the Mille Lacs Indian Reservation as established under the Treaty of 1855.

The lawsuit also seeks a declaration that under a Deputation Agreement between the Band and the Bureau of Indian Affairs as well as Special Law Enforcement Commissions held by some Band police officers, those officers have federal authority to investigate violations of federal law within the Mille Lacs Indian Reservation and to arrest suspects for violations of federal law. The Band’s complaint also requests that the Court stop the County from taking any actions that interfere with the authority of the Band’s police officers.

As part of the pre-trial discovery process, Walsh’s attorneys demanded to see the 2014 report. (According to uslegal.com, “Discovery is a fact-finding process that takes place after a lawsuit has been filed and before trial in the matter, in order to allow the parties in the case to prepare for settlement or trial. It is based upon the belief that a free exchange of information is more likely to help uncover the truth regarding the facts in issue.”)

On January 17, 2020, the parties filed cross-motions related to the report. Walsh was seeking a court order compelling the Band to produce the report and enforcing a subpoena Walsh’s attorneys served on the report’s authors. The Band was seeking a court order finding that the Band was not required to produce the report and quashing Walsh’s subpoena.

The Court considered the two motions together and ruled in favor of the Band, saying the report was not relevant to the two central issues of the case: (1) the geographical limits of the Reservation and (2) the scope of the Band’s law enforcement authority within those limits under applicable law.

The Judge also said the 2014 report and related documents are not relevant to the Band’s standing to bring the case.

Lawsuit background

The lawsuit stemmed from the Mille Lacs County Board of Commissioners’ resolution on June 21, 2016, revoking the law enforcement agreement that addresses the manner in which the Tribal Police Department executes law enforcement services under Minnesota law.

The county’s resolution also stated that “Mille Lacs County rejects the conclusions of the M-Opinion” — a legal opinion issued in November 2015 by the Department of the Interior concluding that the 1855 Reservation boundaries are still intact, contradicting claims by the State and the County that the reservation was diminished and disestablished by subsequent treaties and laws.

(On February 19 of this year, Minnesota Attorney General Keith Ellison, with the support of Governor Tim Walz, affirmed the federal government and Band position, saying the official position of the State of Minnesota is now that the 61,000-acre reservation exists and was never diminished or disestablished.)

The County’s obsession with the boundaries, which have little effect on non-Indian residents of the County, led to a lawsuit filed in 2001 by the County against the Band. The suit was ultimately dismissed (after the County and Band spent over two million dollars on the case) because the County could not show that anyone had been harmed in any way by the Band’s position regarding the boundaries.

The Band’s lawsuit, on the other hand, claims that the Band and its police officers have been harmed by restrictions imposed on the Band’s police officers by County Attorney and County Sheriff. Those restrictions were based in large part on the County’s repeated claim that the Reservation no longer ex-

ists. The restrictions placed severe limits on Tribal Police officers’ ability to fight crime during a period when drug trafficking was causing great harm to Band members and their families.

Moving forward

According to an amended Pre-trial Scheduling Order filed October 13, 2019, the Band’s attorneys need to contact Judge Nelson’s Courtroom Deputy no later than July 1, 2020, to schedule a hearing for a dispositive motion, if any.

A dispositive motion is a motion seeking a court order disposing of all or part of the claims in favor of the moving party without need for further trial court proceedings.

A settlement conference will be held before Magistrate Judge Leo I. Brisbois sometime in late August or September of 2020, at the Gerald W. Heaney Federal Building and U.S. Courthouse in Duluth.

If there is no disposition or settlement, the case will be ready for trial on November 1, 2020, or 30 days after the Court renders its order on any dispositive motion (whichever is later), at which time the case will be placed on the Court’s calendar.

This does not mean the trial will proceed at that time, but only that the parties need to be prepared for trial by then.

The anticipated length of trial is three weeks.

The parties are currently discussing possible extensions of these dates because of travel and other restrictions arising from the coronavirus pandemic. Any extensions would need to be approved by the Court.

Timeline

June 21, 2016: The Mille Lacs County Board votes to withdraw from the law enforcement agreement, and for the next two years the County Attorney and County Sheriff refuse to recognize the authority of Tribal Police to investigate violations of state law on the Reservation, at a time when the opioid crisis is resulting in a rash of overdoses and crime.

(The Band and County had approved a new agreement in September of 2018, but the County insisted on a provision in the new agreement providing that the agreement will terminate 90 days after the lawsuit comes to an end. Thus, if the Band were to drop its lawsuit, the law enforcement agreement would terminate, and things would be right back where they were from July 2016 until September 2018.)

November 17, 2017: Band files suit in U.S. District Court.

December 21, 2017: Mille Lacs County responds to the lawsuit filed by the Band with a counterclaim against Police Chief Sara Rice, Sergeant Derrick Naumann, Chief Executive Melanie Benjamin, Secretary/Treasurer Carolyn Beaulieu, and District Representatives Sandra Blake, David ‘Niib’ Aubid, and Harry Davis. In the counterclaim, the County repeatedly states that the 1855 Reservation has been disestablished and denies that the Band’s inherent sovereign authority and federal Special Law Enforcement Commissions (SLECs) give its officers the right to exercise state law enforcement powers throughout the reservation.

May 18, 2018: Judge Susan Richard Nelson hears the Band’s motion to dismiss the counterclaim.

September 19, 2018: Judge Nelson grants the Band’s motion, meaning that the Band’s elected officials, as well as Chief Rice and Sgt. Naumann, are no longer defendants to a counterclaim in their individual or official capacities.

January 17, 2020: Mille Lacs County and the Mille Lacs Band file cross-motions regarding the County’s demand to see the Band’s 2014 law enforcement report.

February 19, 2020: In response to a claim by County officials that the State must pay their attorney fees because the County was supporting the State’s position that the reservation boundaries no longer exist, Attorney General Keith Ellison, with the support of Gov. Tim Walz, reaffirms the boundaries of the Mille Lacs Reservation, marking a shift in the State of Minnesota’s position.

April 13, 2020: Judge Leo Brisbois rules that the Band does not need to share the 2014 law enforcement report with the County.

Front lines continued from page 1.

She also sews and so far has made 60 masks just in case they are needed at the clinic.

"I sewed buttons onto a headband to help protect my ears because I'm wearing a mask over my N95 mask," she said.

Each night, Gina tries to go to bed by 10 p.m., but finds that she hasn't been sleeping well in recent weeks.

"It's the calm before the storm," she said. "We're waiting for the next shoe to drop and knowing that we will hit a peak with the coronavirus... and then we wonder how long the peak will last."

In the meantime, Gina and her colleagues are keeping track of the supplies and trying to make sure they are well-prepared for the day the peak hits.

Growing up

Gina, whose father is Band member Anthony Davis, grew up on the North Shore of Silver Bay. She graduated from Silver Bay High School and later went to the University of North Dakota to obtain her nursing degree.

As a college student, her schedule was grueling. Besides taking care of her three high-school-aged daughters, Gina would drive four hours a day to get to the university — two hours each way.

This routine lasted for over two years, and at the same time she also worked as a licensed practical nurse at Essentia Health in Detroit Lakes.

"The nurses I worked with were teaching nurses, so besides showing me what to do, they would tell me why we were doing it, and that got me interested in becoming a registered nurse," she said.

Though it was challenging, the intense schedule taught Gina to persevere and to follow her dreams.

Her advice to students?

"I believe if you truly want something, you can achieve it," she said. "Set your mind on your goal, and surround yourself with a good support system."

Gina also wants people to know that it's important to understand how serious this health crisis is for the community, the state, the country, and the world.

"Cover your cough, wash your hands, and practice social distancing," she said. "Be very cautious, and don't visit your friends and family."

Gina practices what she preaches in the effort to be sure she's playing it safe when she's not at work. She leaves her



Gina Benson is participating in #inaworldofhearts by decorating her workspace and sharing the names of other health care workers who are doing their part during the pandemic.

work shoes at the clinic. She showers as soon as she gets home and washes her clothes daily. She also makes sure to wash her hair each day, too, even though it's covered when she's at work, and she may have minimal patient contact.

"When I took this job, it was because I wanted a new challenge," she said. "I never thought I'd be on the front lines of a pandemic."



COVID-19 CASES CONFIRMED IN REGION

COVID-19 continues to spread in Pine County, which had 56 confirmed cases on April 27, including 45 individuals incarcerated at Willow River. On April 17, the Minnesota Department of Health (MDH) confirmed the first case of novel coronavirus in Mille Lacs County. The individual, who later died of the disease, was a resident of Mille Lacs County in their 60s. No additional cases had been reported in the county as of April 27. Aitkin County, where District II is located, also had one case as of April 27.

Since the outbreak started in December 2019, more than 3,000,000 cases and 211,000 deaths have been reported worldwide. Those totals include more than a million U.S. cases and more than 56,000 U.S. deaths. Minnesota totals per MN Department of Health on April 27 were 3,816 positive lab confirmed cases and 286 deaths. There were 292 patients in the hospital, including 122 in intensive care.

In a majority of cases, COVID-19 causes mild or moderate symptoms, such as fever, cough, and shortness of breath. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

According to the World Health Organization, people with mild illness recover in approximately two weeks, while those

with more severe illness may take three to six weeks to recover. Health officials recommend individuals and families make a plan in case someone gets sick. Recommendations are as follows:

- Stay home and only go out for essential needs.
- Isolate if you start to show symptoms or are sick.
- Cover your coughs and sneezes with your elbow or a tissue.
- Wash your hands frequently for 20 seconds with soap and water.
- Avoid touching your face throughout the day.

MDH has set up COVID-19 Hotlines:

School and child care questions:
651-297-1304 or 1-800-657-3504
8 a.m. to 6 p.m.

Health questions:
651-201-3920 or 1-800-657-3903
8 a.m. to 6 p.m.

Visit www.cdc.gov and www.health.state.mn.us for more information about COVID-19.

NATIONAL NEWS BRIEFS

Judge orders review of Dakota Access: A federal judge on March 25 ordered the U.S. Army Corps of Engineers to conduct a full environmental review of the Dakota Access pipeline, nearly three years after it began carrying oil despite protests in North Dakota that lasted over a year. Judge James Boasberg wrote that the easement approval for the pipeline remains "highly controversial" under federal environmental law, and a more extensive review is necessary. Standing Rock Chairman Mike Faith called it a "significant legal win" and said it's humbling that the protests continue to "inspire national conversations" about the environment. *Source: mprnews.org.*

Coronavirus exacerbates vulnerabilities Natives already face: The impact of coronavirus on Indian Country looks different from the rest of the US. Tribal Elders are more at risk of COVID-19 because of high rates of diabetes and heart disease. Clean water for proper hand-washing is not accessible in all tribal communities, and overcrowding in Native homes is common, creating social distancing challenges. Emergency funding for tribal health organizations has been delayed within the US Health and Human Services. Then there are the negative economic effects, with hospitality businesses like casinos — often tribes' greatest source of income — closing. Indian Country's resources were stretched thin to begin with, and the coronavirus pandemic is exacerbating the disparities. *Source: vox.com.*

Sports betting now legal at Washington tribal casinos: Amid a widespread shutdown of athletic events, Washington has become the 21st state to legalize betting on sports. Gov. Jay Inslee last month signed legislation to authorize sports wagers in tribal casinos only. It will be months before sports fans can bet money on games, though, because first, the tribes have to negotiate regulatory agreements with the state. And of course, sports leagues have to start up again. *Source: opb.org.*

Three North Dakota universities considering land acknowledgments: North Dakota State University, the University of North Dakota, and North Dakota State College of Science are considering agreements that say the Anishinaabe, Dakota, Lakota, and Nakota peoples lived on and cared for land now occupied by the schools. Ryan Eagle, an enrolled member of the Three Affiliated Tribes in North Dakota, said the acknowledgment will help raise awareness of Indigenous history that is often suppressed, forgotten, and disregarded. *Source: Duluth News Tribune.*

Department of Interior seeks input on relief fund spending: The U.S. Department of the Interior sent letters to tribal leaders across the nation last month seeking recommendations on how \$8 billion in coronavirus relief funds should be distributed among tribes. The money set aside for tribal governments had to be distributed by April 26. Jason Salsman, spokesman for the Muscogee (Creek) Nation, said, "Without question, our gaming is hurting," Salsman said. "We've got a \$3.4 million payroll that we're keeping up through the shutdown. We've got zero revenue coming in [from casinos]." *Source: oklahoman.com.*

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

TO LEARN MORE ABOUT THE CONSTITUTION AND THE CONSTITUTIONAL CONVENTION, GO TO MILLELACSBAND.COM/GOVERNMENT/STATUTES-POLICIES/CONSTITUTIONAL-CONVENTION-INFORMATION

CAROL HERNANDEZ

BEADS, BUTTONS, MOCS, MASKS

"Thank God I'm a craft hoarder," said Carol Hernandez, the manager of the District I Assisted Living Unit. Carol's stock of supplies has come in handy over the last month, as she has helped Elders craft their way through the COVID-19 crisis.

"If someone wants to learn to bead, I've got enough beads for the whole state of Minnesota," she joked.

When the ALU was closed to visitors on March 15, nearly two weeks before the Band's Stay-At-Home Order took effect on March 27, Carol wasted no time. She offered the 15 residents all sorts of ways to stay busy and learn new skills, from moccasin making to watercolor painting to sewing.

Elders have played the button game, had movie nights, joined in family-style dinners, and become experts on COVID-19 thanks to 24-hour news coverage. "Everybody's gaining weight," Carol said, "but we're trying to keep active with wheelchair exercises."

Carol and her sister, Kitty Johnson, were also among the first to create fabric masks to make up for the shortfall and meet the needs of medical professionals, patients, and the general public.

Carol had plenty of fabric to get started. She makes her masks two-sided, so if someone isn't in the mood for flower prints, they can turn it around to wear a solid color. She's made masks out of Spongebob and Batman fabric, wildlife prints, Native prints, and biker designs. The maintenance man at the ALU has been sporting a rooster print mask.

Elastic has been in short supply, but just by chance, Carol had received a donation of a large amount of elastic — long before "coronavirus" became a household word. As a craft-hoarder, she put it in storage, and "Lo and behold, it turns out we needed it."

Flo Shaugobay, who last sewed in 1973, decided to join the project, and Chief Executive Melanie Benjamin dropped off



Above: Residents of the District I Assisted Living Unit have been beading, sewing, and painting this spring. Below: Kitty Johnson, left, and Flo Shaugobay, center, are participating in a mask-making project along with ALU Manager Carol Hernandez. Alvera Smith, right, made her first pair of baby moccasins for her great great grandchild.



three sewing machines. Hitting the pedal on the Singer was like riding a bike for Flo.

Carol and Kitty produced several hundred masks in a week and sent them to White Earth, the Dakotas, and even Alabama. "It started off with family and the Elders here," said Carol. "I'm a big poster on Facebook, so from there it went community-wide." As of April 22, the crew had made over 700 masks.

Dr. Donald Gunderson, former Medical Director at Ne-la-Shing Clinic, heard about the mask project and wanted to help out, so he offered to pay Carol and the others for their time. Carol turned down his offer but accepted his donation of fabric and his offer to shop for elastic.

Dr. Gunderson really wants Elders, the clinic staff, and residents of Minobimaadiziwin to have masks. Dr. Corey Martin, the current Ne-la-Shing Medical Director, ordered 75 to start

with and will probably need another 75 to 100.

When Carol's previous job coordinating research at Ne-la-Shing Clinic ended, she was planning to go back to her old job in the Wraparound Program. But when the former ALU manager left, Carol was asked to step in. "Everything happens for a reason," she said. This timing was right for Carol, and Carol was right for the job.

It's been fun, but it hasn't been easy. "I haven't had a day off in a month," said Carol. "But that's how it is when you work in social services. Those needs go on, no matter what else is happening in the world."

"We're in our fourth week with no visitors," Carol said on April 7. "That's probably been the hardest for people, but since we have so many people living together, we have an advantage. There's always someone to talk to, so I think that helps."

MOCCASIN TELEGRAPH

TAKE PRIDE IN OUR HERITAGE

By Dorothy Sam

This article by Dorothy Sam was first published in the Mille Lacs Messenger. It is reprinted here to help preserve her teachings for the next generation.

My favorite hobby is making quilts, and I am teaching my daughter how to make them. Although I use a sewing machine to make my quilts — unlike my mother's handmade quilts — I still make them to give away at our Ojibwe ceremonies. This is a tradition we've held onto for many years.

We need to be proud of our heritage, and we should be happy to be involved with both modern and traditional ways. This is what I've taught others throughout my life.

I was born in the Aazhoomog community in District III of the Mille Lacs Reservation. Growing up we learned much about the Ojibwe ways. We learned the drum. We learned the ceremonies. We learned the language and heard stories from our Elders. We always lived off the land — we fished, harvested wild rice, picked berries, made maple syrup, and hunted for deer, rabbits and porcupines. Our pharmacy was in our backyard. We ate healthy and naturally. That was our way of survival.

After I was married, I moved to the Twin Cities to work. I started working at a neighborhood club and then a detox center helping people with drug and alcohol addiction. I also worked with young Native mothers through a United Way program. After about 10 years of working in the field, I went back to school for chemical dependency counseling at the University of Minnesota Duluth.

During my education and training, I always remembered my Indian ways. Because of my experience in the field and my cultural background, I knew that a lot of the things I was

learning in books would need to be adapted to fit the Native culture.

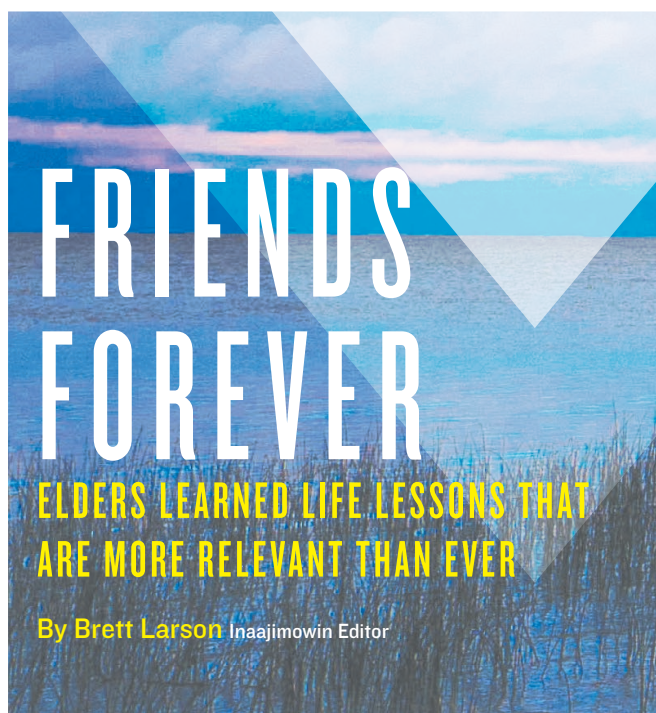
After school, I went to work at Aurora Four Winds Lodge, a chemical dependency facility at the Brainerd State Hospital for people with Native heritage. I was a counselor and developed programs that included American Indian traditions, ceremonies and teachings.

In my experiences, I found that illness and identity were the two biggest problems that addicts faced. They didn't know how to stop drinking or doing drugs, and they didn't know who they were. We had books that helped them get through alcohol and drug abuse, but they needed more than that. I brought back the American Indian ways, so that I could help them find their identity and move past their addiction. Illness and identity go hand and hand.

In my work, I saw a lot of young people involved in drugs and alcohol. Today our youth are not as interested in learning about our culture. So much of what I taught people about their addiction went back to finding their traditions and culture. It's about finding one's self and valuing life.

Life is important. We all have a spirit, and we shouldn't hurt other people's spirits. But, this can happen if people are involved with drugs and alcohol.

People today are so busy working to survive that our teachings are often put aside — this is how our culture will be lost. Learn the ways of your people. There are many more resources today to help us learn about the old ways. Even though we live in a modern world, we can turn to our Elders to ask questions and learn from them. We should always be proud of who we are.



Shirley Boyd and Bette Sam can't remember the first time they met. They've always been part of each other's lives — now more than ever, since Bette has joined her friend at Circle of Health.

"I was at OMB for 20 years, from 1999 until last year," said Bette. "I was bored." Now she's a Claims Processor at Circle of Health, where Shirley is the admin.

"I started there after I retired," Shirley said. "I've been there 16 years."

Both have been working women all their lives, in addition to raising children, foster children, grandchildren, nieces, and nephews. Prior to OMB, Bette worked at the casino from the time it opened in 1991 until 1999. In her 40s, she went to Central Lakes and earned a college degree.

Shirley had a long career with the Minnesota Department of Transportation, where she was one of the first female highway maintenance workers — the first ever in the Brainerd district.

Hard times — but simpler too

For Bette, who is a year older than her friend, it all began at Wigwam Bay in 1938. Her parents, Dan and Daisy Boyd, had a two-room log house where they raised Bette and her four siblings. A few years later, Bette moved to a one-room home with a loft in the rafters. Bette's father was a bait dealer — in spite of the fact that he only had one arm, the other lost in a duck hunting accident. "He made a good living at the time," Bette said.

Shirley remembers how Dan could pop a nail into a wall with his good hand, then grab the hammer and nail it in the rest of the way.

Shirley moved from Isle at 3 years old with her mother and father, Mary and Fred Day Sr., to a big stone house near where the powwow grounds are today.

Before the move, Fred helped pay for the property which is now the Chiminising Community Center.

Fred was a hunting and fishing guide and launch pilot. Among his clients were Chuck Malone of Isle and Sherman Holbert, who ran maple syrup and ricing operations in the area and later started Fort Mille Lacs, a tourist attraction on Highway 169. Chuck took Fred to the Cities where he owned a clothing store and bought him hunting clothes and boots. "When we lived at the stone house, he used to bring us bushels of apples and oranges," Shirley recalled.

Shirley's father kept a big jar of candy up in the cupboard. When Fred came home, he would hang his hat on a nail and pass the candy around. "Nobody ever bothered that candy," she said. "Nowadays the candy would be gone missing."

Bette remembers when Dan and Daisy would go and visit Fred and Mary at the big stone house.

"Everybody had a garden," Shirley said. She remembers watering the plants with a homemade watering can — a coffee can with holes in it. They grew carrots, cucumbers, corn, cabbage, and lots of potatoes.

Everyone pitched in and did what they could to get by. Many of the men cut wood for pulp. Kids picked worms and sold them

to bait shops.

Shirley's mom liked to fish. She would set nets off the point with the kids. Bette's mom made quilts, gardened, prepared the venison and duck meat, and took care of the kids. When Bette hit her toe splitting wood, Daisy put snuff on it and wrapped it in a rag.

Every spring, they would make syrup and sugar. When the month of June came around, their parents would pick birch bark. Later in the summer, it was off to the ricing grounds at Dean Lake. "After ricing, they would take us children home because school was starting," said Bette. The parents stayed at Dean Lake to go duck hunting.

Coming of age

The girls attended the four-room school near the trading post and in eighth grade started taking the bus to Onamia.

Those were days of muddy roads, few cars, outhouses, kerosene lanterns, barrel stoves, hauling water, and splitting wood. "It was pretty desolate," said Bette.

Winter was a time of long nights and aadizookewin — storytelling. Shirley remembers her family inviting a mindimooyenh — an old woman — who would come to the house. "They'd fix her a plate, and she'd tell us stories about Wenabozho, and a lot of other stories I don't remember — why the fox has a bushy tail, why the raccoon has a mask," said Shirley.

"My dad used to tell stories," Bette added. "Everybody knew them because they were passed down from generation to generation."

In the fall and spring, their parents would go to ceremonial dances at the old dance hall. Bette's dad was a singer and drum member. "Whenever he'd start to sing, we'd all get up and dance," she said.

When someone got sick, they'd call a medicine man like George Boyd. Shirley and Bette remember being sent out in the woods to fast, with their faces blackened so everyone would know not to feed them.

When she was in her teens, Bette moved to Nay Ah Shing Drive. The walk from Neyaashiing Point to Kegg's Point was well traveled by kids and adults alike.

"We used to play ball in the evening," Shirley recalled. "One time my nephew, Richard Weyaus, hit the ball, and my mom jumped up and hollered in Ojibwe, 'Giiwebatoon!' So Richard took off for home!"

As the girls grew up, they would wander around with others their age — Dorothy Clark (Sam), Carol Hanks (Nickaboine), Lehtitia Garbow (Mitchell) and others who have gone on.

They would go to 10-cent movies at the school or square dances at the Little Flower Mission, where Frank Skinaway played fiddle, and the boys would swing the girls in circles.

Bette's brother Bill used to drive them home. Shirley caught Bill's eye, and the two got together when Shirley was 17 — and stayed together until Bill passed away.

Shirley's mom died when Shirley was 13, so Shirley had to grow up fast. She started taking care of her nieces and nephews and cousins at age 14, before and after school and on

weekends. She left school at 16 and never went back, moving between the reservation and the Cities, where she had two sisters and a brother.

In those days, most of the young men joined the service after high school.

School was hard due to prejudice. The girls were called "squaw," a term they had never heard before, and on the bus they were sprayed with squirt guns full of Hilex bleach.

"Later I went to the reunions, and they were so nice," Shirley recalled, with a touch of irony.

Bette graduated from Onamia in 1956 with her cousin Ron Sam. They were the only Mille Lacs Band members who graduated that year.

She married in 1957. Her first of five children was born at Mille Lacs in 1959, before she and her husband moved to Chicago on the relocation program. Bette worked odd jobs at night, but she didn't care for the gichi-oodena — the big city. "Most people came back from relocation," she said. "I was glad to get back home. I left my husband down there twice, just sneaked away on the bus, and the last time I never went back."

Shirley tried to get Bill to leave the reservation, but he always refused.

Bill had his own garbage route, drove school bus, and later worked for Community Development until he retired. They also had five children, but one, a little boy named Clyde, passed away at 13 months and 13 days. Shirley and Bill also raised 13 other nephews and nieces who graduated from their home.

'We couldn't miss what we never had.'

Today, as we all learn to cope with a rapidly changing reality, Elders like Bette and Shirley have memories and insights to help us put it all in perspective.

"Our parents were strict," said Bette. "All they had to do was look at us."

Shirley said, "Now I go to Walmart and have to watch out for the kids running by. My kids used to hang on my cart. Kids take over at the meetings. They make noise so you can't hear the speaker."

In Shirley and Bette's day, children knew how to entertain themselves. They played ball every evening or went swimming during the summer. Come winter, they played cards and skated around the swamps.

"Now they all have cellphones and tablets," said Bette. "They turn on the TV and watch cartoons, and don't want to work. You tell them to do something, and they do a hurried job because they might miss a show. They don't know how good they have it."

You've heard it said by many Elders before: Even though times were hard, no one felt poor.

"We always had food on the table, even if only fry bread and tea," said Shirley.

"We had what we had, and didn't know about other things," Bette added. "We couldn't miss what we never had."

JOHN BENJAMIN

HEALING POWER OF TRADITION

By Amikogaabawiiikwe Mille Lacs Band Member

This spring saw taps running slowly for a few days, followed by a freeze up, and finally a smooth run to end the season. Every year, it ebbs and flows; the way it flows is never the same, but we as Anishinaabeg are always grateful for any amount of maple sugar (ziinzibaakwad) and/or maple syrup (zhiywaagamizigan) that we are able to collect and enjoy.

This year was a little different. For some families, it may have been the same as always, a joyful time of hard work, lots of laughs, and gathering together around the fire waiting anxiously for the sap to turn into that wonderful goodness of syrup. For my family (both blood and non-blood), it was quite different.

The first part of the season went as planned. My usual maple sugar partner, Laurie Harper, planned on coming down from Cass Lake, and we would help my uncle John (Johnny B) tap trees. John was contracted through District 11a Legislative to collect for Elder distribution. It was John's first time tapping trees and running a camp since the days that he used to do it with his mom and dad, my grandma and grandpa, Marie (Sam) Gudim and the late Oliver Benjamin.

Without missing a beat, John was a natural, able to identify



trees, tap them in the correct way, and, of course, place tobacco down at each tree beforehand. Days after we tapped, however, the news came through about the stay-at-home order in Minnesota. We were no longer able to gather to cook the sap down together, and John was unfamiliar with the jarring and candy-making process, so we had to figure out how to make this work safely despite the circumstances.

We decided that John would start boiling down the sap and then drop off the nearly finished sap at my door in five-gallon buckets. From there, I would take it in and boil it down to syrup and then eventually some candy (ziinzibaakwadoons).

At first the stay-at-home order set off immense fear for me. I worried about myself, my children, the community, and the

world. The numbers were and still are so scary, and as hard as it is to not lose yourself in that madness, for me and for John, making maple sugar helped to curb any boredom or negative thoughts about the pandemic. We communicated constantly, sometimes through Fortnite, about how our tasks were going. I was and still am so grateful for the process that we were able to still partake in.

In most cases, our traditional activities hold so much more than what just meets the eye. I am always still amazed by the things that I learn about myself through these activities. It's not only about the hard work and basic process. It's about breathing in deep while the sap is boiling and thinking about how your ancestors must have felt as they impatiently for that boil and that first taste — just like you are in that moment. It truly is a nourishing process, and I know that even during a pandemic, our ways are helping to heal us.



RITE OF SPRING

John Benjamin didn't let coronavirus keep him indoors. After pouring freshly collected sap into the hot boiler, John stoked the fire, removed impurities, and poured the finished product into jars. Photos by Mille Lacs Band member Bill Jones.



AT THE SUGARBUSH

Left and center: Christopher Boswell and his nephew, Justin Mitchell, enjoyed the great outdoors and the tradition of iskigamizige in early April.

TERC continued from page 1

It is important to note that Grand Casino was the first tribal casino in Minnesota to issue a temporary closure — before any executive orders — due to the uncertainty of COVID-19, and to do its part to slow the spread of the virus in East Central Minnesota.

Since that time the TERC has been meeting on a regular basis, working closely with state, federal, and tribal entities to follow guidelines and policies to ensure the Mille Lacs Band is fully represented in preparedness. Members of TERC are in contact with scores of federal and state agencies on a daily and weekly basis within the Minnesota Departments of Health, Human Services, Public Safety, Natural Resources, Administration, and Education, as well as the federal Departments of Interior, Health and Human Services, Housing and Urban Development, Treasury, Homeland Security, and FEMA. Chief Executive Benjamin has daily calls with the Governor's Office, the tribal Chairpersons/Presidents of the other 10 tribes in Minnesota, and daily calls with federal and state officials across state and local government. Members of the TERC are also meeting with federal and state leaders to ensure funding opportunities are met. (See story on CARES Act on page 9.)

"I WANT TO REMIND MINNESOTANS: THE HARDEST DAYS ARE AHEAD. THE CLIMB IS STILL UP. WE'RE NOT NEAR THE PEAK YET."

— GOVERNOR TIM WALZ

The Mille Lacs Band Health and Human Services department has been at the forefront. Among the many safety precautions made at each clinic, HHS was quick to implement a 24-hour active nurse line (320-630-0855) and a separate mental health line (320-674-4384). HHS also implemented Telehealth — a way for patients to communicate face-to-face with their health care providers through computers and phone lines.

HHS has also been developing a preparedness plan should an outbreak occur on the reservation. While the Ne-la-Shing clinic on the reservation does not have the staff nor capability to treat critically ill patients in an Intensive Care Unit capacity, they do have the capability to test those who meet the criteria for COVID-19 testing, monitor those who are symptomatic, and refer patients to the appropriate health care facility where intensive care can be achieved.

The Public Health department under HHS has also been working diligently to maintain a healthy environment at the Assisted Living Units while taking care of the resident Elders and Elders living in private homes. The need to protect the health of our Elders is of the utmost importance due to the high risk level of many of the residents. Health officials continue to stress that those at high risk are Elders and those with underlying health conditions, such as diabetes, heart disease, and respiratory illness.

The ALU closed the doors for visitors early on, but many residents continue to venture out to visit family and friends and run errands. Public Health encourages those who leave the ALU to abide by social distancing guidelines, wear a face mask when in a public setting, and continue to wash their hands often, or use hand sanitizer when hand washing is not an option. State health officials continue to encourage Elders to stay home because staying home slows the spread of the virus and saves lives.

Food delivery service continues for Elders in the program, and Elder food distribution sites have been set up in each district and the urban area in a coordinated effort between Public Health and Grand Casinos.

Programs under Community Development, OMB, and Tribal Courts continue to operate and adjust as the situation changes.

At the time of this writing, the Stay Home Minnesota order is set to expire on May 4. The Mille Lacs Band Executive Order does not include an expiration date. The Governor has already begun to allow some businesses to reopen if they can safely do so under social distancing guidelines. Mille Lacs Corporate Ventures is planning to reopen Mille Lacs Band businesses in a very controlled manner with increased measures to protect all Associates, Guests, and communities. The dates and details of the reopening plans have not been finalized.

Governor Walz announced on Thursday, April 23, that schools will not resume in-person classes for the remainder of the school year. The Mille Lacs Band of Ojibwe has also made the determination that Mille Lacs Band schools and Early Education will also remain closed. At the same time, the Governor also warned of an expected surge in COVID-19 cases as more testing becomes available, adding that people should brace for many more deaths and a possible fall resurgence of the virus in the state.

"I want to remind Minnesotans: The hardest days are ahead," he said. "The climb is still up. We're not near that peak yet."

The TERC will continue to meet on a regular basis through teleconference and social distancing until the COVID-19 pandemic is clear.



FOOD DISTRIBUTION

Elder food packs are available for pick up in all three districts and the urban area approximately every two weeks. Volunteers helped hand out food packages as Elders came to pick them up in a drive-through style. On April 10, hams were available for pick up to all Band members.

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay home when you are sick, except to get medical care.

cdc.gov/COVID19

3/19/20 4:00 PM

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

- FEVER
- COUGH
- SHORTNESS OF BREATH

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms

FROM CASINO OPERATIONS TO COMMUNITY SERVICE

HOW MILLE LACS BAND BUSINESSES ARE JOINING FORCES TO PROVIDE FOR LOCAL COMMUNITIES

By Mille Lacs Corporate Ventues

On March 16, 2020, Grand Casino Mille Lacs and Grand Casino Hinckley temporarily closed their operations to help minimize the spread of COVID-19 in East Central Minnesota. Although both properties were closed to the general public, the casinos leveraged resources to find creative ways to serve various communities.

Around the same time as the casino closure, all K-12 schools across Minnesota were closed to help prevent the spread of COVID-19 as well. The relationships that Mille Lacs Corporate Ventures (MLCV) has built with local schools in each district through the Adopt-a-School program allow us to support and contribute to efforts that serve youth and students.

After determining the needs of each school, the casinos started a meal service that offered lunches for students and/or supplies needed to serve lunches. To date, 7,349 meals have been donated to local schools for students and 262 cases of supplies to local schools. Needs can change on a weekly basis, so Grand Casino and MLCV leverage the resources available on hand to best suit each school and its students.

In addition to the efforts with local schools, MLCV and the casinos wanted to assist the Mille Lacs Band community by providing necessities for the Elder community and preparing quarantine packs to be given out by the Mille Lacs Band Health & Human Services department to distribute as needed.

Elder distribution began on Wednesday, April 1, and will continue each Wednesday until the Mille Lacs Band Executive Order is lifted or expires. To date, over 758 Elder packs have



been distributed within the Mille Lacs Band community, along with 150 cases of water. More recently, the casinos held a distribution to hand out 2,000 Easter hams for the Mille Lacs Band communities — including the urban area.

Opportunities to reach new communities are an added benefit to the networks that our teams have established. In March, the Minneapolis VA Health Care System had to close their coffee shop, which left hundreds of staff who care for veterans and veteran patients without coffee and a coffee shop. Grand Casino Hinckley donated 110 lbs. of coffee beans to this group as well as 1,000 coffee cups and a dozen cases of tea.

Grand Casino Mille Lacs also distributed 380 lunches to health care workers at local clinics.

Despite this time of uncertainty and crisis, coming together to support the Mille Lacs Band and surrounding communities has been a source of happiness for all those involved.



Mille Lacs Corporate Ventures has donated thousands of meals, coffee, and supplies to schools, clinics, and the Veterans Administration hospital in Minneapolis.

2020 OGAA HARVEST GUIDELINES FOR MILLE LACS LAKE

Due to the COVID-19 pandemic, and in effort to keep our communities as safe as possible, the Mille Lacs Band's Department of Natural Resources staff have developed harvesting guidelines for this year and humbly ask that all Mille Lacs harvesters respect and comply with this plan.

The Wisconsin and Fond du Lac tribes were respectfully asked not to travel to Mille Lacs Lake this year due to the COVID-19 pandemic. Although we have asked the other 1837 signatory tribes to harvest within their own reservations for this year, there is a possibility that some may come and harvest at off-reservation landings. With that being said, in order to minimize the spread/risk of COVID-19, we ask Mille Lacs tribal harvesters to only use the landings identified below. The intention is not to prevent or limit anyone from exercising their Treaty rights, but to protect the health and safety of our communities. Please consider that before harvesting at off-reservation landings on Mille Lacs Lake.

Open landings for a particular day will be determined by a committee consisting of DNR staff, tribal harvesters, and Elders. Considerations for the open landing will include weather, wind, and ice. The committee will determine what landings are open by 9 a.m. Due to limited creel teams, staff numbers, and safe distance practicing, up to four landings will be declared per day. The landings we have identified to harvest from for this year: South Garrison, Wigwam, Indian Point, DNR (Powwow Grounds), Cove, and Father Hennepin. Although we are going to do our best to harvest from these landings only, the committee may consider off-reservation landings in the event of unforeseen weather events that affect access to the landings already identified. Again, we are attempting to reduce the spread of COVID-19 and appreciate your understanding in these challenging times.

HARVESTER DNR TEXT ALERTS — We will communicate via our Text Alert system and share which landings are declared. Once landings are declared, please let us know as soon



as possible (instructions below) the harvest method you intend to use at the open landings. Make sure you update your phone number by contacting Alyssa Welsh, 320-362-1514. If you do not want to sign up for Harvester DNR Text Alerts, please notify your preferred contact information.

Declaring a landing — NEW

You can declare a landing Monday – Friday by noon. For holidays that land on a Friday, you must declare on Thursday for Friday or weekend harvesting. For holidays that land on a Monday, you must declare on Friday if you want to harvest on Monday:

1. Via Google form (best method). You can find a link to the form at millelacsband.com/news/landing-declaration-form.
2. By phone: Damon Panek, 715-209-7534; Vanessa Gibbs, 320-279-9302; Steven Aubid, 218-380-8487.

Once you declare a landing for netting: During harvesting season, there will be a DNR staff member from 5:30 to 7:30 p.m. to distribute permits. You must pick up your permits within that time. Make sure you have your tribal ID handy. Sparring permits will be issued (same as previous years) at declared landings beginning at 8 p.m.

If you need to cancel, it is your responsibility to contact any of the DNR Conservation Officers as soon as you are aware: Jason Rice, 320-630-2619; Ashley Burton, 218-838-3379; Jeffery Schafer, 320-630-2463.

Continued “no-shows” to landings could hinder permits issued to you.

What to expect at the landings

- In effort to keep crowds down to a minimum, harvesters are asked to remain in their vehicle while waiting to launch their boats. Please make sure your boat is ready to launch for when it is your turn.
- While waiting in line to creel fish, maintain social distancing guidelines by keeping 6 feet between you and other harvesters.
- Harvesters may be asked to assist the certified creel monitoring teams with the creel process. This will expedite harvester's time at the landing and minimize exposure to others. If there are only a few harvesters at a landing at one time, they may not be asked to assist with their creel.
- Harvesters are asked to keep their time spent at the landing to a minimum. This will keep the flow of people coming and going.

We encourage harvesters to use the fish dump. If fish are left at locations other than the fish dump, it creates unpleasant work for others. The dump is off County Road 2 near Whitefish Lake. Copies of the map to the dump are available at landings or on the website for those who need to verify the location.

Don't forget to put your asemaa down, and treat your nets and fish as you would your most precious loved ones. Your patience and understanding is appreciated. There is a lot to consider this harvesting season for all of our communities, and we at the DNR realize some of these changes may seem stringent. Hopefully these safe harvesting practices will aid in slowing the spread/risk of COVID-19 to our communities. If you have additional questions or concerns, please contact Katie Draper, Commissioner of DNR, at 320-515-0846. Miigwech.



Left: Wewinabi Inc. has adopted protocols to ensure customers and associates are safe while the businesses remain open and continue to provide goods and services to the public. Center: Cyrilla Bauer has made more than 50 masks for associates. Right: Staff at Taco John's are still on the job but following new sanitation and social distancing protocols.

UPDATE ON WEWINABI BUSINESSES

PROTECTING COMMUNITIES WHILE KEEPING UP WITH DEMAND

By Wewinabi, Inc.

When the coronavirus hit, Wewinabi's local businesses found themselves on the front lines. Swift decision making has been essential to adapt to this new normal, and Wewinabi's businesses have responded with ideas and measures to protect Associates and customers, while keeping up with demand.

To date, Wewinabi has increased and enhanced its sanitation protocols throughout its opened locations. Surfaces are regularly cleaned and disinfected, placing extra emphasis on high-tough surfaces like door handles, PIN pads at checkout counters, and restrooms. Sanitizing wipes are also available for customer use near all entrances.

You'll notice more social distancing signage and markers on the floor, a method that is crucial to stopping the spread of

COVID-19. Wewinabi is also providing continuing prevention education to Associates, including staying up to date on the latest CDC guidelines and regulations.

"We appreciate the work our Associates are doing to serve the community," said Michele Palomaki, CEO of Wewinabi, Inc. "They have a dedicated focus on safety for themselves, their families, and our communities."

Businesses at a Glance

- Grand Market – open daily; 8 a.m. – 6 p.m. Deli temporarily closed
- Mille Lacs Super Stop – open daily; 6 a.m. – 10 p.m. Hot stuff currently closed.
- Taco Johns – drive thru only; open daily; 10 a.m. – 8 p.m.

- ML Convenience Store/Subway – temporarily closed
- East Lake Convenience store – temporarily closing on April 27 to reset and deep clean store
- Crossroads Convenience store – temporarily closing on April 27 to reset and deep clean store
- Grand Makwa Cinema – temporarily closed
- Grindstone Laundry – temporarily closed

Updates will be posted at the Wewinabi Inc. Facebook page, and the Mille Lacs Band social media pages.

They also have a public text alert system, and if you want to be included and receive texts (charges may apply) call the Wewinabi office at (320) 738-1039 to be added and begin receiving updates on hours of operation, and weather closures.



CENSUS 2020 — THE COUNT MUST GO ON

The coronavirus may have affected the federal 2020 Census activities, but it has not infected the count. The United States Census Bureau has postponed some regular door-to-door counting activities due to COVID-19, but it is still a law that the count must go on.

The U.S. Census Bureau sent out invitation cards in the mail beginning in mid-March with a follow-up card at the beginning of April. If you still have that blue card, or the letter, you are encouraged to submit the self-response. You can do that with your phone, laptop, computer, iPad, Notebook, or whatever device you have that will allow you to access the internet.

The self-response cards/letters included a resident access code. You will need that code to complete the census. But if you do not have the code, or lost your card or threw it away, that's okay. You can click the link that says "If you do not have a Census ID, click here."

Then follow the steps. Filling out the census is super easy and takes 10 minutes or less to complete.

Native Americans are historically one of the most undercounted groups in the U.S. Shelly Diaz, Mille Lacs Band liaison to the U.S. Census Bureau, is concerned the delay could lead

to a larger undercount than in the past. Shelly and a group of other Minnesota tribal liaisons understand that many tribal members living on reservations or hard-to-count areas often don't have traditional addresses or internet and are dependent on post office boxes. For those individuals, they must wait for census workers to hand-deliver their materials to their door. Shelly has spent months promoting the census and fears that waiting three additional months for a census packet to be delivered to their door could lead to a lack of enthusiasm when census workers do arrive.

"Now is more crucial than ever to be sure to be counted, as many of the COVID-19 disaster relief funds will be determined by using the census data," Shelly said.

As of April 20, Minnesota leads the nation in self-response rate of 61 percent. But the Mille Lacs Band is currently at 29 percent. "We are still ahead of the 2010 final self-response rate of 27 percent, so congratulations on this," Shelly added.

There is still plenty of time to complete the census online at my2020census.gov. "I am encouraging our youth to help our Elders with this process," Shelly said. "Only one form is needed per household. Be sure to count everyone who is staying with



you. Don't forget the children."

To help encourage families to submit census responses, Shelly distributed some bags, water bottles, and other promotional items for the families being served by the Wewinabi Mille Lacs Early Education drive up point of distribution services (POD).

In addition to giving out the census swag, Shelly will be running a raffle through the Mille Lacs Band of Ojibwe official Facebook page. "It's super simple, and it will be fun!" said Shelly. "Once you have completed your online response form, just screenshot your online confirmation number that you've completed and post the photo in the comment section under the 2020 Census Raffle post. You will then be entered into a drawing to win some cash gift card prizes."

Finally, Shelly reminded Band members that all of the data submitted is secure and will not be shared with any government agencies, including the Mille Lacs Band.

NATIVE GRADUATION RATES — LOCAL GAINS, STATE STRUGGLES

By **Toya Stewart Downey Mille Lacs Band Member**

High school graduation rates across the state are higher than they've ever been, according to data recently released by the Minnesota Department of Education (MDE), but the rate for Native American students remains flat, with just over 50 percent of Native students graduating in four years.

However, there are some gains to celebrate in local school districts.

In the Onamia School District the graduation rate of 68.2 percent for Native students was the highest it's been on the Minnesota Report Card. Still, it lags behind the rate of 83.3 percent for all students.

"Overall as a District, we were 18 percent higher than 2018, and about 22 percent higher than 2017, and we are trending in the right direction for 2020 and beyond, which is exciting," said Onamia Superintendent, JJ Vold. "We are very pleased with our 2019 results and also the direction we are trending for 2020 and beyond."

Vold attributes the increase in the graduation rate to numerous factors, including a substantial investment in pre-kindergarten "because it starts there," and creating supports and programs that follow a student throughout their K-12 career.

"We are building an environment that helps all schools thrive," JJ said. "We have made it hard for kids to fail, and we have a strong sense of community in our district."

Additionally, the Onamia district has a robust credit recovery program that is offered throughout the week, on Saturdays, and in the summer. The Indian Education program provides transportation and meals. District staff will contact families when students are frequently absent, making it harder for students to avoid them. The district has an inclusive education model where all students are mainstreamed instead of pulled out of classes.

"It's academic, it's social and emotional learning, it's all the little pieces that come together, and I believe it's so important," JJ said.

Experts agree. Graduation rates increase when districts find big and small ways to work with students, meet them where they are, and provide supports when needed. This is especially important for ninth graders.

MDE Commissioner Mary Cathryn Ricker told MPR reporter Elizabeth Shockman that "the gain in graduation rates was the result of schools' focusing on social-emotional learning, building relationships with students, and cultural responsiveness."

The Commissioner said this was apparent especially in those schools that saw a higher-than-average graduation rate for Native American students.

"One of the things we're noticing is that a number of those highest-performing schools engage in regular formal consultation with our tribal nations," Ricker told MPR. "Our working theory is that establishing this kind of partnership and shared responsibility is paying off in better meeting the needs of our

Native students."

Each year, MDE shares a report that tallies the high school graduation rates for the state for the previous year. The class of 2019 reached a historic high of 83.7 percent — an increase over previous years.

According to MDE, fewer students are opting to drop out of high school. From 2018 to 2019, the overall statewide high school dropout rate decreased from 4.6 percent to 4.4 percent, and also dropped for every student group. Over the last 10 years, the number of high school graduates enrolled in developmental education courses at Minnesota colleges and universities during their first two years has dropped by 10 percent, suggesting that as more Minnesota students graduate high school, they are also better prepared for college-level coursework.

"I am very pleased with our 2019 Graduation rates," said JJ. "I am excited to see the trends in 2020 and beyond. I'm not surprised one bit by our district-wide growth because we have seen first-hand how successful our students and staff are performing every day for years.

"These results are just a by-product of our students, staff, families, community support, and the success stories that we see at Onamia Schools every day," he added. "We will always strive every day to deliver the most culturally responsive education within the safest and healthiest environment for all children."

NEW PROGRAM HELPS VICTIMS OF CRIMES

For many years, the Band has had programs in place to help victims of domestic violence, sexual assault, Elder abuse, and human trafficking. Now a new program will provide services to victims of other crimes as well.

The Victims of Crime Program will provide advocacy for community members who have been victims of a wide variety of crimes, including but not limited to arson, bullying, burglary, fraud, identify theft, cyber crimes, child abuse, vulnerable adult abuse, assault, robbery, kidnapping, missing persons, hate crimes, homicide, gang violence, mass violence, and teen dating violence.

Program Coordinator Melissa Sanvig said, "This will open up services to victims of all crimes, which is something that hasn't been offered before."

Those services include advocacy for crime victims, referrals, direct client assistance, reparations application assistance, safety planning, explanation of and guidance through the criminal court process, and assistance in understanding victims' rights.

Prior to taking on her new role, Melissa had been working on developing human trafficking policies and procedures for tribal government and businesses. Before that, she worked in the Surveillance Department at Grand Casino.

The program is part of the Family Violence Prevention Program and is funded by a federal grant.

FVPP Coordinator Kate Kalk, who was instrumental in getting the program started, said she is glad to have Melissa on board and to help provide assistance to crime victims.

"The Mille Lacs Band of Ojibwe Family Violence Prevention Program has gone through extensive growth over the past few years," said Kate. "We are looking forward to being able to provide advocacy services to victims of all crime. Many times for victims of crime, the judicial system can be very hard to navigate while processing and healing from their victimization. Many people are unaware of the rights for victims of crime and the reparations opportunities. The advocacy that the FVPP Victims of Crime advocates can provide will be beneficial for our community."

For more information or to seek services, contact FVPP Administrator Kate Kalk at 320-630-2499 or VOC Program Coordinator Melissa Sanvig at 320-364-3568.



Absentee Ballot Request Form Mille Lacs Band of Ojibwe Primary Election June 9th, 2020

I am requesting an Absentee Ballot for the June 9th, 2020 Primary Election and acknowledge that I meet one of the MCT Election Ordinance criteria to receive an absentee ballot:

- (1) I live outside the reservation boundaries;
- (2) live within the reservation boundaries, but I will be absent from the reservation on Election Day; or
- (3) live within the reservation boundaries, but am physically disabled or too ill to vote in person.

My full name, which I am enrolled under, is:

Full Name: _____ DOB: _____

Enrollment Number _____ Phone Number _____

Please send my Absentee Ballot to:

Street Address: _____

City: _____ State _____ ZIP _____

District selected for voting purposes: **(Please Choose 1)**

District 1 – Nay ah shing _____ District 2 – East Lake/Isle _____ District 3 – Hinckley/Lake Lena _____

Signed _____

Please mail or fax Request for Absentee Ballot form to:

ATTN: Deanna Sam, Election Judge
Mille Lacs Band of Ojibwe
General Election Board
P.O. Box 96
Onamia, MN 56359-0087
Telephone: (320) 532-7586 or 800-709-6445 ext. 7586
Cell: 320-279-0178
Fax: (320) 532-4782

For office use only

In Person
Date voted _____

By Mail

Request Received
Phone _____ Letter _____ Fax _____
Request form sent: _____
Request form received: _____
Ballot Sent: _____
Ballot received: _____



#STAYATHOME

Band members are finding many ways to stay active during the stay-at-home order. Top left: One-year-old Waabigwaniins Oswaldson has been taking walks with her family almost every day. Center: Dan and Tricia Thomas and their four daughters (Brianna, 13, Savannah, 10, Alainna, 8, and Kyra, 2) have made cloud dough, salt dough, and sidewalk puffy paint! Daily reading, fort-making, and tree-climbing fill out the day. Dan is a Mille Lacs Band member and Roads Technician with Community Development. Tricia is Family Support Specialist for Early Education. Right: Tessy Schaaf has been busy with art and craft projects!



CONNECTING OUR COMMUNITY DURING THE COVID-19 CRISIS

Staying home and staying safe are the COVID-19 guidelines issued by executive orders from both the Mille Lacs Band and the State of Minnesota. Both executive orders were first written to expire on April 10. As of this writing, both have been extended until at least May 4 and may extend even further.

While the stay-at-home orders are necessary to keep our communities safe, the orders have left many residents with a feeling of isolation. Those who are adhering to the order may feel they are missing out on a lot of “normal” everyday life experiences. Due to COVID-19, the normal we all once experienced is a thing of the past. Our lives, like it or not, have forever changed. Once the active threat of spreading COVID-19 has subsided, life will change again. But it will not be the same as it was before the pandemic. There will be a new normal — whatever that will look like.

In the meantime, folks are finding ways to curb the feelings of isolation and slow the spread of boredom. Zoom meetings, FaceTime, video chats, and photos all across social media are spreading like wildfire to keep people connected to loved ones.

The intent of the stay-at-home orders is to slow the spread

of COVID-19, or the coronavirus, to “Flatten the Curve” to allow hospitals to gain additional personal protection equipment (PPE) for the staff and to gain additional intensive care equipment such as respirators for those who become critically ill due to COVID-19. To this extent, Governor Walz and the Minnesota Department of Health believe the stay-at-home orders are working. Hospitals with ICUs are gearing up with more equipment, but they are nowhere near where they would like to be for the peak of the virus, which has not hit Minnesota as of this writing.

The number of positive cases currently reported by MDH is under the true number of actual cases, due to the low number of tests being performed caused by a nationwide shortage of tests and laboratories capable of conducting the tests, according to the MDH. To date, Minnesota has tested fewer than 50,000 patients. The majority of those tests were conducted at private labs.

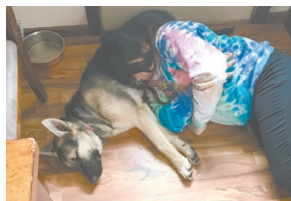
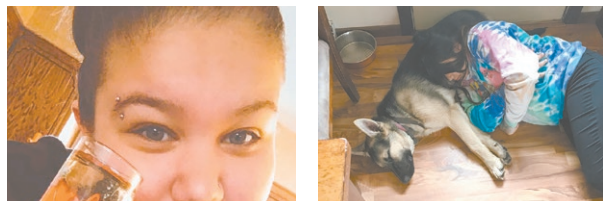
That should soon change. Gov. Walz recently announced the University of Minnesota and the Mayo Clinic will soon be able to provide 20,000 diagnostic and 15,000 antibody tests

per day. Boosting the level of testing should help health officials better understand how widespread the virus is and improve the state’s response.

Gov. Walz has stated he would like to see Minnesota “open back up” again to begin to restore economic balance. But one of the guidelines, as of this writing, is that he would like to see a decline in the number of positive cases for 14 consecutive days before he wants to reopen the state. And that may take some time.

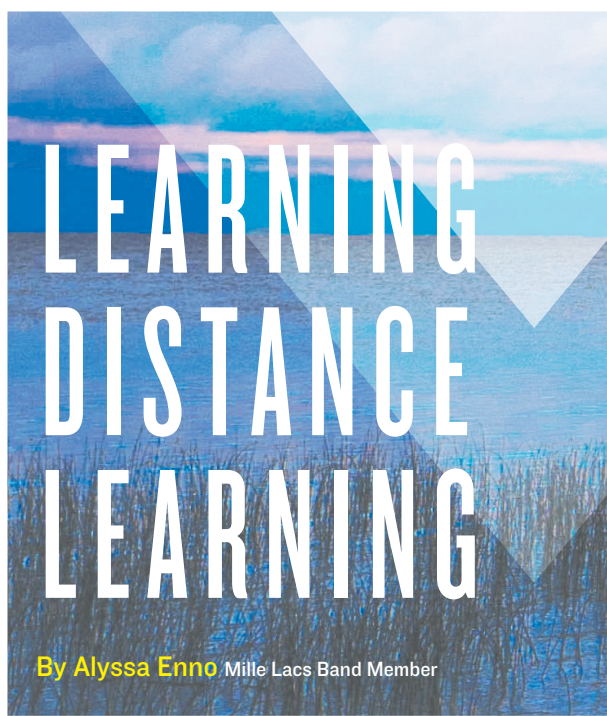
To put that in perspective, on April 22, Minnesota saw the largest increase in deaths due to the coronavirus, with 19 deaths reported in a 24-hour period.

So, while we are all focused on staying home and staying healthy, we also want you to stay connected. We asked for photo submissions of what folks are doing at home to keep occupied and healthy. Some of the submitted photos are on this and other pages. We hope you enjoy the photos. And remember, if you would still like to submit photos, we will be happy to use them in the next Connecting our Community photo op.



SEND YOUR PHOTOS TO NEWS@MILLELACSBAND.COM

Left top: The Porter family celebrated Izzy’s 7th birthday April 4 at home. “We couldn’t have a party like she wanted, but we made it as amazing as we could for her,” said Shannon. Liberty and Izzy attend Baxter Elementary but are learning from home for now. Left bottom: Hank Bonga has built his new “work@home” space. Center: Danielle Churchill and family are enjoying crafts (23 blankets so far), learning to help around the house, and taking naps with dogs and Dad. Right top: The Merrill family is spending lots of time outdoors, while keeping social distance. “We have been completing many projects on our house while the kids help,” said Wendy. “My oldest son and I, Amelio Merrill, donated blood during the Annual Mary Catherine Virnig Blood Drive in Onamia.” Right bottom: Salena Fox and her 3-year-old helper sanded, trimmed, stained, and measured for their “quarantine home project.”



Urban Band members and sisters Kaya (left) and Teyha Spears (right) use school-issued laptops to complete their work.

During March, the COVID-19 pandemic impacted every aspect of our daily lives. We were forced to adopt new normals. For many youth, students, parents, and teachers, this meant a major change for school. Homeschooling children was no longer something few people did; it was something everyone had to do.

Students in all grades and even college students were impacted tremendously; it meant learning to navigate their education in a new way — on their own. There isn't a teacher to maintain the daily schedule most students rely on. Student success depends heavily on the resources they have access to, their ability to complete work on their own, their parents (for becoming their in-person teacher), and the establishment of a routine to maintain a sense of school normalcy. Virtually everything has changed for students, and it is their responsibility to keep up, which is a lot to take in for any student.

Distance learning is not a "one size fits all." The way in which students receive their learning materials varies per student, grade, and school. Some students get a week's worth of assignments dropped off to them every Monday; others depend on online resources, utilizing various apps and platforms to receive daily lessons and to submit their work. Some schools have the resources to provide laptops to their students, while others do not.

For parents and caregivers, it meant becoming the teacher and participating in daily education with their student(s). In addition to distance learning, many adults have to balance working from home, which forces families to find the right balance for their household. A typical day for families can vary based on the student's level of education, the family's access to resources, a parent's work schedule, and other factors.

Band member and mother Krista (Roache) Klug is helping her fourth-grade daughter Alexandra adjust. "For us, we found sticking to a schedule that is similar to a normal school day is beneficial for Alex," said Krista. "We start every day after breakfast and get to work. We have a daily 'to do' list that we make sure to accomplish." Band member Alexandra spends four to six hours each day on schoolwork.

As much as school work is important, so are breaks, playtime, and getting outside each day. Krista shared, "It's import-

ant to incorporate breaks in her day so that neither of us become overwhelmed." For parents and students alike, one of the main takeaways of distance learning is patience. Krista said it's important to slow things down so Alex can grasp various concepts while reinforcing that it's OK to make mistakes, as that is how we learn. "It's a concept that is useful throughout life."

With three girls in 1st grade, 5th grade, and 10th grade, getting used to distance learning can be a challenge in itself. Band members and parents Nick and Arielle Shaw share their biggest challenge: "Getting the kids to focus and to realize even though we are at home, they need to treat the time they are doing school work just as they would if they were at school." Nick and Arielle also shared that with kids in different grades, the work looks different, and the older two kids have access to Chromebooks. Many younger students need their parents to work closely with them to keep them focused to stay on task.

The class of 2020, set to graduate this May, have had the remainder of their high school career disrupted more than any other class. This class misses out on a few major milestones and rites of passage like senior prom, senior skip day, their senior class trip, and most importantly the graduation ceremony. Onamia High School senior Cody Conboy said, "It's been a huge disappointment to not be with my friends to end our senior year, and not knowing if we're even going to have a graduation ceremony." Many students, faculty, parents, and families of seniors share grief for the graduating class of 2020. They've worked hard to earn this milestone and rite of passage.

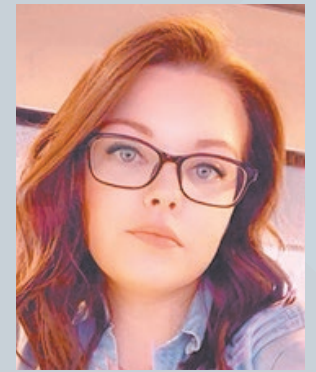
Sisters Tehya (Sophomore) and Kaya (8th grade) Spears are finding what works best for their day-to-day school tasks. Kaya likes that she is able to "go at my own pace. I'm able to work by myself so there's less distraction." One of Tehya's challenges is "having to make my own routine and having to stay consistent with my work." "The key is being self-disciplined," shared Tehya.

Distance learning is a new normal that none of us have experienced before. Coincidentally, it is a learning experience for all involved. The families within our communities have been hard at work and will continue to be for the sake of our youth's education.

COMING TOGETHER

By Alyssa Enno, Mille Lacs Band Member

Many of us, if not all, will come to a time when we have to face adversity. Whether it is work- or family-related or brought on beyond our control like the COVID-19 pandemic, difficult circumstances happen. Throughout adversities, there are many things we cannot control, but the one thing we can control is how we react to overcome unprecedented times. While it is easier said than done, focusing on what you can control and taking each day as it comes can be beneficial.



The COVID-19 pandemic has introduced uncertainty, panic, fear, and even grief. For most if not all of us, the past few months have been interrupted, and our normal routines and way of life have changed beyond measure. Native people and our own Mille Lacs Band community have dealt with adversity and pandemic previously, so this isn't anything new for us. However, that doesn't change the hardships caused. One thing we have that some people don't is a community. Our community is built by kinship. It is our way to come together and stay together, to care for one another by putting community first. Through our community and our kinship, we create a dependency and a bond with one other. Since it is our way to be a community first, it is easy for us to come together during difficult times.

Since March, various initiatives have come to life — whether it is implemented by tribal government offices and departments, our businesses, or by a group of Mille Lacs Band individuals — to care for and serve our Mille Lacs Band community. Almost each effort is measurable and visible. We can see who is being cared for and how, which is important during a time like this and with a tribe with thousands of members. Being able to see countless community-serving efforts is inspiration. It makes us tap into our skills, knowledge, and resources to share with our community.

As they should, efforts have focused on what is truly important to our community: taking care of Elders, being a good neighbor to surrounding communities, exercising our cultural ways of life to support and feed the community, and harnessing our skills like sewing and other artistry to provide safety masks for our loved ones and health care workers. In a time of uncertainty and panic, we showed up for each other. We figured out how to offer our help and support to create a renewed sense of community.

If there is one takeaway from this pandemic, it's that as a tribe, we are able to come together — as a community — to look out for one another, to make sure each other is safe and supported. Through collective and individual actions, people are able to put their communities first. Once this pandemic passes, the true test is maintaining the sense of community. Whether it is running errands for Elders, giving a relative or friend a phone call to check in, or supporting relatives that practice cultural traditions like sugarbushing or netting, I hope we continue to be there for one another.



Left to right: Band member and U of M Freshman Taylor Woommavovah had to move out of her campus apartment and back home as a result of COVID-19. Band member and fourth grader Alexandra Klug completes schoolwork with a school-issued Google Chromebook. Band member and Senior Cody Conboy is part of the 2020 Onamia High graduating class. District I Band members and sisters Abigail and Jayla Shaw work on daily assignments.

ZOONGIDE'IWIN IS THE OJIBWE WORD FOR COURAGE

By Dr. Arne Vainio Mille Lacs Band Member

Something incredible happened. Former First Lady Michelle Obama posted on Twitter and Instagram on National Doctor's Day and requested people comment on loved ones who are physicians. My wife Ivy sent in my photo with a short caption. That photo ended up getting almost a thousand comments, and on World Health Day, Michelle Obama shared a post with six photos of health care providers, and my photo was in the middle on the bottom row.

The response on Facebook and texts and emails, Messenger and Twitter was immediate and strong and positive. The responses came from local friends and co-workers, but they also came from across the country and from as far away as Bangladesh and Finland. As of today, the responses to that post with those six photos, just on Instagram, is over 675,000 and climbing. I am one of the faces of all those physicians out there and for hundreds of American Indian health providers.

It's humbling to have that kind of response, and it would be easy to get a big head about it.

The truth is, Ivy originated that response, and she doesn't always get the credit she deserves. Also not getting the credit they deserve are all the other providers who take care of us. This includes physicians, but it also includes pharmacists filling medications and continuing to educate patients, pharmacy techs running prescriptions out for curbside pickup, x-ray techs, respiratory therapists, lab, receptionists, certified nursing assistants, the maintenance staff who keep our health care facilities running, and the janitorial staff who sanitize and clean to keep everyone safe.

All of these are essential employees and are required to stay on the job.

The World Health Organization proclaimed 2020 as the Year of the Nurse and the Midwife. This was before the pandemic was a pandemic, and those nurses and midwives are proving themselves worthy of that recognition.

Every single day.

As a physician, I work with people who went into health care to make the world a better place. They go to work to make sure your children are healthy and safe, and they work to make sure a diabetic foot wound doesn't turn into an amputation. They are integral to delivering babies to end-of-life care and everything in between.

This is a huge responsibility, and no one had a pandemic in their future plans when they were graduating. Not one of them thought they would be wearing a surgical mask all day and avoiding eating or drinking so they wouldn't have to touch their masks and undressing in the garage when they got home to avoid bringing COVID-19 home to their families.

There are far too many stories of decisions forced when there are too many critically ill patients and not enough equipment. No one should have to choose who gets a ventilator and who doesn't, especially in a country as rich as ours.

But those decisions happen.

I am indebted to Former First Lady Michelle Obama for posting my photograph and spotlighting all our selfless essential workers. Thank you to everyone who commented or sent well wishes; it is truly humbling. We are all indebted to the nurses and other healthcare providers and everyone providing front



line care.

Zoongide'iwin is the Ojibwe word for courage, and this is one of our grandfather teachings. Zoongide'iwin means to do what is right when the consequences are unpleasant, to do what is right even when you're afraid.

This is the time for courage. This is the time to stay strong. The virus is depending on you to bring it to others, and we cannot let that happen if we can help it.

Protect our Elders and those most vulnerable. Protect our essential workers. Help slow the spread of this virus and give us time to care for as many as we can. We go to work for you. Please, stay home for us.

Arne Vainio, MD is an enrolled member of the Mille Lacs Band of Ojibwe and is a family practice physician on the Fond du Lac reservation in Cloquet, Minnesota. He can be reached at a-vainio@hotmail.com. This article was first published at indians.com and is reprinted here with permission of the author.

TRIBAL GOVERNMENT ESSENTIAL EMPLOYEE CONTACT LIST

Due to the rapidly changing circumstances surrounding COVID-19, on March 17, 2020, the Mille Lacs Band of Ojibwe took a proactive approach to voluntarily reduce staffing levels. For the safety of the communities and the employees of the Mille Lacs Band, the day-to-day Government operations will be reduced to the following critical staff only until further notice. Future updates can be found at www.millelacsband.com or facebook.com/millelacsband.

Tribal Emergency Response Committee

The **Tribal Emergency Response Committee (TERC)** will continue to meet daily to evaluate the situation and provide updates to the community.

Tribal Police will continue to operate as normal 24/7. The dispatch number is 320-532-3430. In an emergency, call 911.

The **Election Office** will be open Monday through Friday from 8 a.m. to 5 p.m. until further notice.

Department of Administration

Commissioner of Administration Baabiitaw Boyd, 218-670-0745. Under the Department of Administration, essential staff include Director of IT, Director of Human Resources, Safety Risk Specialist, Benefits Administrator, Employee/Labor Relations Specialist, Director of Tribal Child Support Enforcement, Director of Grants, and Government Affairs.

Aanjibimaadizing Executive Director Tammy Wickstrom, 320-364-9511

Aanjibimaadizing Case Managers: Director Candace Benjamin, District I, 320-362-0014; Renee Allen, District III, 320-591-0559; Donna Churchill, District III, 320-207-0907; Dawn Paro, Urban, 612-368-9417; Winona Spaulding, Urban, 612-360-7219; Kaari Weyaus, District I, 218-316-2437; Ann Stafford, District I, 320-630-5769; Winona Crazy Thunder, District II, 320-364-3049.

Department of Community Development

Assistant Commissioner of Administration Peter Nayquonabe, 320-630-3118. Peter is also Acting Commissioner of Community Development and will oversee the following core services that will continue to be provided by Community Development/Housing: Emergency Construction, Funerals, Furnace Calls, Loan Servicing, Minobimaadiziwin, Power Supply, Roads Maintenance, Sanitation (Garbage Removal), Sewer, Water, Snow Plowing, Housing Emergency on Call Maintenance.

Department of Education

Commissioner of Education Joyce Shingobe, 651-354-4900. All Education Staff remain on duty, including the Early Education management team, Kitchen Staff, Bus Drivers, and Custodi-

ans.

Department of Natural Resources

Commissioner of Natural Resources Katie Draper, 320-515-0846, will oversee Conservation Officers, the Office Manager, Director of Environmental Programs, Director of Resource Management, and Director of Cultural Resources.

Office of Management and Budget

Commissioner of Finance Mel Towle, 320-532-7475. Critical staff areas are as follows: Payroll & Accounts Payable, 320-532-7471. Per Cap, 320-532-7472.

Department of Health and Human Services

Commissioner of Health and Human Services Nicole Anderson, 320-364-9969, will oversee the following HHS critical staff:

Director of Public Health Lisa Blahosky-Olivarez, 320-362-0423

Executive Director of Health Services Jan Manary — Clinic contact, 320-532-4761

Executive Director of Human Services Carmen Kalk, 320-364-9116

Director of Community Support Services Kristian Theisz, 320-630-2687

Director of Family Services Tabatha Boyd, 320-362-4258

Under Community Support Services, the following remain on duty:

Family Violence Protection Program, Kate Kalk, 320-532-7793

Elder Services Coordinator Denise Sargent, 320-532-7854

Wraparound Coordinator Tammy Mooreland, 320-292-1942

Elder/Disability Social Worker Peter Charpentier, 320-292-2283

Other HHS Phone Numbers:

Pharmacy: Jessie Godding, 320-532-2548

Maintenance: Curt Kalk Jr., 320-362-1657

Four Winds Lodge: Lindsay Misquadace-Berg, 218-454-8905

Substance Use Disorders programs: Mark Watters, 320-630-4791

Nurse Line: 320-630-0855

Mental Health call line: 320-674-4384

Medication Assisted Recovery line: 320-362-0892

BUILD SKILLS AND RESUME WITH FREE ONLINE LEARNING

A great way to make productive use of your time at home is to build your skills and add to your resume. Many organizations provide one-time free courses, semester-long courses, or certificate courses that are a few weeks long.

What is a MOOC?

MOOC stands for Massive Open Online Courses. MOOCs offer free (or affordable) online college-level education to anyone. Most courses are free, while others are offered at minimal cost. Some online-learning platforms have a minimal monthly fee.

Not all MOOCs are created equal. EdX, Coursera, and Udacity have been around for almost a decade. An EdX certificate or Coursera course is likely designed for professionals to master a job skill. These intensive courses are often taught by accredited college and university faculty or by industry leaders such as Google and Microsoft. Do your homework and research before enrolling or investing in a course.

Here is a list of MOOCs:

- EdX: <https://www.edx.org>
- Coursera: www.coursera.org
- Udacity: www.udacity.com
- LinkedIn Learning: www.linkedin.com/Online-Training
- LinkedIn Learning: <https://www.linkedin.com/learning/>
- Lynda: www.lynda.com
- Alison: <https://alison.com>
- U of M Extension: <https://extension.umn.edu>
- The College of St. Scholastica MOOC: <http://www.css.edu/graduate/non-degree-seeking/massive-open-online-courses.html>
- Saylor: <https://www.saylor.org>

- Franklin Covey Blog: <https://resources.franklincovey.com/blog>
- Franklin Covey Webcast Series: <https://www.franklincovey.com/Events/webcast-series.html>
- Free Management eBooks: <http://www.free-management-ebooks.com/title-list.htm>

When to List an Online Course on Your Resume

You may not be sure when to list or not to list your new skill on your resume. Here are some tips.

If your MOOC is the only example you have of a job-crucial skill. Experience is typically more valuable than training to demonstrate a skill on a resume. However, if you haven't had the chance to use this new skill in a job yet, you should list the online class. You may have not used the skill in the field, but listing it will show that you're ready to.

If you want to show that you've upskilled something brand new. Adding a brand new skill will show your potential for upward mobility and desire to learn.

If you can prove its worth in the interview. Add it to your resume if you can explain, in person, how it challenged you and prepared you for the job.

Do not list the course if it is not relevant to the job you applied for.

List an Online Course on Your LinkedIn Profile

If you can't and don't list that MOOC on your resume, add it to your LinkedIn profile. Supplemental information like non-crucial MOOCs can enhance your profile, which can give a complete picture of you as a well-rounded professional.

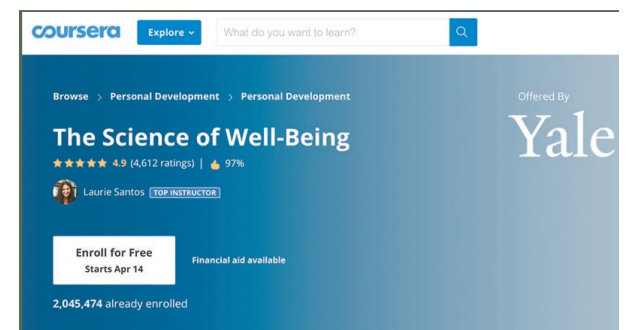
Yale's Most Popular Online Course is FREE!

Yale's most popular online course, "The Science of Well Being," is free on Coursera.

In this course, you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

<https://www.coursera.org/learn/the-science-of-well-being>

Create a free account on Coursera to take the course.



About this Course

40,353,238 recent views

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

FRONTIER CUSTOMERS MAY BE ELIGIBLE FOR REBATE

Current and former customers of Frontier Communications may be eligible for rebates or bill credits for certain past service quality and reliability problems. Those eligible are urged to act fast because the settlement claim period lasts 90 days beginning on April 13 and ending July 20, 2020.

"Thousands of Minnesotans across the state may be entitled to rebates or bill credits from this settlement," said Commerce Commissioner Steve Kelley. "Current and former Frontier customers should review the settlement categories soon to see if they qualify. The window to make claims is open now through July."

Applications for refund or bill credit have been mailed to Frontier customers and are also available online at <https://frontier.com/forms/minnesota-bill-credit>.

The Minnesota Public Utilities Commission ordered the rebates and bill credits, consistent with negotiated terms reached between the Minnesota Department of Commerce and Frontier. Customers of Frontier Communications of Minnesota, Inc. and Citizens Telecommunications of MN, LLC, collectively referred to as Frontier, should have received notice from Frontier in bill inserts and direct mail starting on April 13, 2020.

Nearly two thousand people from across the state came forward with concerns and complaints about Frontier's practices, unreliable service, and being overcharged for their phone service.

"It is important to note that both current and past Frontier customers may be eligible," added Kelley.

The complaints, investigation, and settlement resulted in several categories for which a former or current Frontier customer may claim a refund or bill credit.

For details and applications for refund or bill credit, go to <https://frontier.com/forms/minnesota-bill-credit>.

DAGA APIITENIMAADAA INGIW ABINOOJIIYENSAG LET'S HAVE RESPECT FOR OUR BABIES

By Lee Staples Gaa-anishinaabemod Obizaan and Chato Gonzalez Gaa-anishinaabebii'ang Ombishkebines

This article was originally published in the April 2015 issue of *Ojibwe Inaajimowin*. It is reprinted here to give Band members a chance to reflect further on Obizaan's teachings.

Mii dash waa-ni-dazhindamaan ingiw ikwewag megwaa gishkawaawaad oniijaanisensiwaan ani-aabajitoowaad wenda-inigaa'igod miinawaa wenda- noomange-apaginigod a'aw Anishinaabe. Nebowa igo omaa ayaawag ezhichigegig aaniindi-go endanaakiid a'aw Anishinaabe.

I want to talk about our women who during the course of their pregnancy are using drugs. There are a lot of women who are using drugs in our Anishinaabe communities while they are pregnant.

Ishke geget mashkawaamagad noongom aabajitood Anishinaabe gaawanaajikaagod. Awegonen igo a'aw ikwe eni-aabajitood, mii imaa ani-izhaamagadinig inow oniijaanisensan gegishkawaajin. Mii i'iw wemiskwiimid a'aw ikwe, mii imaa

ezhijiwaninig biinjina inow abinoojiiyensan gegishkawaajin. Wawaaj igo zagaswaad a'aw ikwe, mii gaye imaa ge-onjik-aamagadinig ani-maazhi-doodawaad inow oniijaanisensan bemiwinaajin imaa biinjina.

A lot of the drugs that are being used nowadays are strong. Whatever drug a pregnant woman uses while pregnant goes straight into the bloodstream of her child. The blood flow of the woman who is pregnant also flows into the child she is carrying. This is also the case when a woman smokes: the toxins from her smoking also have an adverse effect on the child she is carrying.

Ishke dash ezhi-naniizaanichiged a'aw ikwe ani-aabajitood i'iw meshkawaamagadinig, mii imaa omiskwiiming ayaamagadinig, aazhita dash ani-biindigejiwaninig imaa oniijaanisensan bemiwinaajin. Ishke dash a'aw ikwe a'aw weweni eni-bimiwi-dood i'iw bimaadizid, mii iwapii weweni ani-giizhiginid oniijaanisensan bemiwinaajin. Mii dash wiin a'aw ikwe ani-aabajitood



mayaanaadinig, mii imaa wenjikaamagadinig inow oniijaanisensan weweni ani-giizhigisinig. Maagizhaa gaye gaawiin bimaadizisiwaan inow abinoojiiyensan azhigwa ani-ayaawaad.

What is dangerous about a pregnant woman using drugs is that the toxins of those drugs flow through her blood and then into the blood of the child she is carrying. For the pregnant woman who lives a healthy lifestyle, it is during that time that the child in her womb fully develops. However when a woman is using drugs it harms the child and prevents it from fully developing. Sometimes the baby is a stillborn at the time of birth.

Gishpin ani-dagoshimoonod omaa akiing a'aw abinoojiiyens, booch igo gegoo ominezin, aaniish naa gaawiin weweni gii-kiizhigisiin, mii i'iw gaa-maazhi-doodaagod inow omaamaayan gaa-aabajitoonijin. Apegish dash ingiw ikwewag noongom eni-maazhi-doodawaajig inow oniijaanisensiwaan i'iw akeyaa waabamaawaad inow abinoojiinyan noongom eni-gagwaadigizinin onji inow omaamaayiwaan gii- aabajitoonid mayaanaadak megwaa gii-kigishkawaawaad.

If a child does survive that kind of pregnancy he or she is born lacking that which a healthy baby has. It is a result of all the drugs the mother put into the baby's system that have prevented the child from fully developing. I only wish these women would see the harm they have caused their child by seeing the difficulties that other children go through as a result of their mother's drug use during pregnancy.

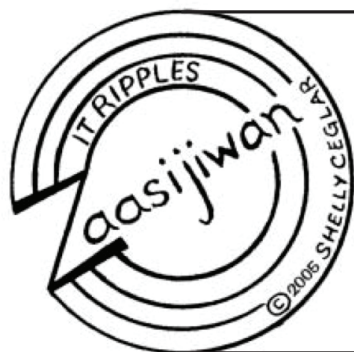
Aanind ingiw abinoojiinyag gagwaadigiziwag wii-kikendamaawaad i'iw akeyaa ezhi- kikinoo'amawindwaa wenjida gaye azhigwa ani-maajii-kikinoo'amaagoziwaad. Ishke dash gaye ani-dibaabiishkoojigaadenig ogikendaasowiniwaa chi-ishkweyaang ayaamagadini apii dash waaj'agimaawaajin. Mii igo apane ge-ni-inaadiziwaad onigaaniimiwaang. Gaawiin gwayak da-izhi-naanaagadawendanziiwag.

Some of these children have serious learning/behavioral disabilities and this becomes evident when they start going to school. When these children are tested on their abilities the results are much lower than others of the same age. These children will always have these difficulties throughout their lives. Their minds will not be fully functional.

Ishke geget chi-maazhichige a'aw ikwe apiitenimaasig inow oniijaanisensan gegishkawaajin, mii eta-go omaa bimi-nizha'ang wii-mamood da-wanendang gakina gegoo, gaawiin oganawaabandanzin ezhi-maazhi-doodawaad inow oniijaanisensan. Mii igo gaye dibishkoo ingiw ininiwag ge-wiinawaa ani-maazhichigewaad ani- wiiipemaawaad inow ikwewan, booch igo ogikenimaawaadogenan ani-aabajitoonid mayaanaadak inow ikwewan waapemaawaajin. Mii igo gaye ingiw ininiwag eni- maamiinaajig inow ikwewan i'iw neshwanaajig'igod a'aw bemaadizid, mii igo gaye izhi-miinaawaad inow gegishkawaawasonijin. Gaawiin eta-go ikwe maazhichigisiin, mii igo gaye ingiw ininiwag maazhichigewaad.

If the woman does not have any respect for the child that she is carrying and her focus is on only getting high to numb herself to reality, she does not realize the harm she is causing her child. This also pertains to men who sleep with these women fully realizing that they are using drugs. It is also these men who are supplying drugs to the women who are pregnant. It is not only the women who are doing wrong, it is also the fault of men.

Abinoojiiyensag continued on page 18



Ziigwan—It is Spring

Gibakade na? Jiibaakwewigamigong, ina gibijimaandaan i'iw wiisiniwin? Giizhidemagad. Niminwendaan okaadaakoon. Niibing, nimijin eshkandaming. Endaaso-gigizheb nimijin wewaagijiizid. Giminwendaan ina anij'iminaaboo? Giminwendaan ina baaka'aakwenaaboo? Gaawiin niminwendaan waabi-manoomin. Ningabaatoon manoomin. Ziigwan, Anishinaabeg iskgamizigewag. Minopogwad.

(Are you hungry? In the kitchen, do you smell that food? It is done cooking. I like them carrots. When it is summer, I eat watermelon. Every day when it is breakfast, I eat a banana. Do you like pea soup? Do you like chicken soup? I do not like white rice. I boil it, wild rice. When it is spring, Ojibwe they boil down sap. It tastes good.)

Bezbig—1

OJIBWEMOWIN (Ojibwe Language)

Double vowel system of writing Ojibwemowin.
—Long vowels: AA, E, II, OO
Waaboo—as in father
Miigwech—as in jay
Gijzhik—as in seen
Naboob—as in moon

—Short Vowels: A, I, O
Dash—as in about
Imaa—as in tin
Endasq—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 Transitive Inanimate

Many food words are non-living, inanimate nouns. You must use VTI type verbs.

Waabandan—See it!
Gojjipidan!—Take a taste of it!

Niwaabandaan.—I see it.
Giwaabandaan.—You see it.
Owaabandaan.—S/he sees it.
Niwaabandaamin.—We see it.
Owaabandaanaawaa.—They see it.
Ningojjipidaan.—I taste it.
Gigojipidaan.—You taste it.

This VTI pattern continues for “an” ending verbs.

Niswi—3

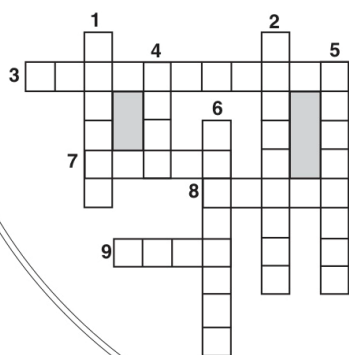
IKIDOWIN ODAMINOWIN (word play)

Down:

- Soup
- Taste it!
- And
- I eat it.
- Thank you.

Across:

- Carrots
- New, young
- Over there
- That (animate)



Niizh—2

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

A. Mino-oshki-gikinooonwin! Niwaabamaa a'aw aandeg.

B. Nigii-shaabwii gaa-biiboong omaa megwaayaak.

C. Giin dash, gigii-shaabwii. Gigitizimin gaye.

R N J O

D. Baabaase baapaagaakwe'ige. Bakade dash ojaanimizi.

A I O I G Q

E. Wayiiba zaagibagaa dash baashkaabigwanii.

K W G A I A L

F. Ogaawag wii-naagoziwag.

W A Y I I B A C

G. Giwii-ikidomin, “Miigwech, Gichi-Manidoo.”

S A N H I G T W B

I B P T S N U G A F

O A A N D E G A K G I

B M E G W A A Y A A K E

O A L Y D M A E D V N A

C A Z O S H K I E X D W

G I C H I M A N I D O O

Niiwin—4

VTI Roots are in Commands

Minwendan!—Like it!
Niminwedaan naboob.—I like soup.
Ominwendaanaawaa.—They like it.
Jiibaakwaadan!—Cook it!
Ninjiibaakwaadaan naboob.—I cook soup.
Gijjibaakwaadaan naboob.—You cook soup.
Ojjiibaakwaadaan.—S/he cooks it.
Ninjiibaakwaadaamin.—We cook it.
Ojjiibaakwaadaanaawaa.—They cook it.

Goojitoon! Try it! Translation below.

- ___jiibaakwaad___ naboob gisinaag.
- ___minwend___ waabi-manoomin gaye.
- ___jiibaakwaad___ bizhiki-wiiyaas.
- ___gii-kojipid___ ina onagizhiinsan?
- ___minwend___ makade-mashkiki-waaboo.

Ni....aan

Gi....aan

O....aan

Ni....aamin

O....aanaawaa

Translations:

Niizh—2 A. Happy-New-Year! I see that crow. B. We survived when it was winter in the woods. C. You also you survived. We are older also. D. Woodpecker, s/he is knocking on things/trees. S/he's hungry and s/he is busy. E. Soon the buds will come out, it will be blooming. F. Walleyes, they will be visible. G. We will say, “Thank you, Great-Spirit.”

Niswi—3 Down: 1. Nabooob 2. Gojipidan 4. Dash 5. Nimijin 6. Miigwech Across: 5. Okaadaakoon 7. Oshki 8. Iwidi 9. A'aw

Niiwin—4 1. We cook soup when it is cold. 2. She likes white rice also. 3. They cook beef. 4. Did you taste the macaroni? 5. I like black-medicine-liquid (coffee).

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.

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REMEMBER MOM ON MAY 10!

THE WOMEN WHO RAISED US

By Alyssa Enno Mille Lacs Band Member



Elders Kelly Lovelace (pictured with her grandson Mikey Sam) and Nancy Wood are among the many important maternal figures playing a significant role in the lives of children, grandchildren, nieces, nephews, and others.

"It takes a village to raise a child," is a commonly used proverb. In essence, it means an entire community is needed to support a child and their growth. Raising a child is a shared responsibility, not just of the child's parents or grandparents, but their aunts, uncles, and cousins, too. A child's community has a significant impact on their development and well-being. Being active in a child's life also means supporting the parents. For Anishinaabeg, this is part of our way of life. We have strong community ties, and more specifically, we depend on maternal influences.

As Anishinaabekweg, we are perceived as the backbone of families, putting others' needs before our own. We are sought after for wisdom, love, and care. Whether a woman is a grandmother, a mother, an auntie, a cousin, or an eldest daughter, women are active in caring for their families and their communities. The reach of maternal influence ranges far and wide, especially when one has a big family or a big community. In our families, along with our grandmothers and mothers, we tend to have lots of aunties, older cousins, and sisters, whether or not they are related by blood. All of these women in our lives help raise us. No matter how involved they are or how direct the lesson, we learn from them and grow from them.

For various reasons, there are times where one grows up without a mother but is raised by another woman. She's a maternal figure and can be considered their mother. Grandmas and aunties are mothers too. Our cultural ways of life and roles as kwe (women) certainly influence many women's decisions to raise a child that isn't biologically their own, because by nature, we are caregivers.

Culturally, this is what we as Anishinaabekweg do. When

our families need us, we step up and help. It is expected of us because of how we are raised, the acts and practices modeled by the women in our lives, and because of our cultural upbringing, like our seven teachings. Everything we learn from our maternal influences gets passed on to the next generation, just as it was with our mothers before us. Our culture tells us to care for our families and our communities, and that kinship is beyond our biological relatives. This is how we maintain our teachings and ways of life. To care, love, provide, and nurture are expectations, and it is our responsibility to continue this way of life. When we practice caring for others, we influence and show others our responsibility by leading by example, and we are teaching others that this is what we do so they, too, can pass on the maternal love they see and receive.

Band member and Elder Nancy Wood shares, "In our culture, we are raised to not only take care of our biological children but to take care of our nieces and nephews as though they were our own. As a maternal figure, we want to make sure all our children are healthy, happy, and learning modern ways yet keeping our traditional ways and values. Culturally and by nature, we pass on our traditional ways and responsibilities to those that come after us."

Community Member and Elder Kelly Lovelace shares, "A child can never be loved too much. As women, we have a responsibility to care for the children. All children." As Anishinaabekweg, our seven sacred teachings, our cultural view of family, and the gift of giving life are all interwoven to influence our role and responsibility within our tribes and our families. Kelly shares, "Through our sacred teachings, we learn our philosophy for life — this is how we are to live our lives — in

these teachings we are provided tools for a solid foundation. Everything we need to live a good life comes from our Mother, the earth. The Creator gave women the gift of life-giving, and women are gifted with all the virtues of Mother Earth."

Many young people will grow up with multiple maternal figures and often will have a community of women present in their lives. The older we get, the more we appreciate those maternal figures we have in our lives, the lessons they've taught us, and the love they gave and continue to give us. Each and every one of us have had maternal figures who have shaped who we are. It is our responsibility to continue. With many maternal influences in our lives, it demonstrates the significance of kinship ties we have within our communities and that as Anishinaabe, our perception of family is extended. Our sacred teachings guide us to create, maintain, and nourish the bonds we have with one another and with our children.

For Mother's Day, think of the women who have influenced your life, who have helped raise you, and the ones you continue to seek for wisdom, care, and love. Share your gratitude and ensure you will pass on the same love you have received.

Abinoojiyensag continued from page 17

Mii dash omaa wii-ni-dazhindamaan a'aw Anishinaabe i'iw akeyaa gaa-izhi- gikinoo'amaagoowizid wenjida dazhinjigaazowaad ingiw abinoojiyensag. Ishke gii-abinoojiyiwiyaan gii-ayaangwaamizi a'aw Anishinaabe gii-kikinoo'amawaad onijaanisan da-ni-aaapiitendaminid gakina gegoo omaa eyaamagak omaa akiing. Ogi- manidookaadaan gakina eyaamagak omaa akiing wenjida owiiji-bimaadiziiman. Mii i'iw wenitooyang noongom, gaawin a'aw Anishinaabe noongom aapiji ayaasiin geyaabi ani-gikinoo'amawaad inow abinoojiinyan netaawigi'aajin da-ni-manajitoowaad gakina ayaamagak omaa akiing biinish gaye owiiji-bimaadiziimiwaan.

It is at this time that I want to talk about what the Anishinaabe has been taught especially when it comes to babies. When I was a child, the Anishinaabe worked hard at teaching their offspring to respect everything on this earth. The Anishinaabe considered everything sacred on this earth especially his fellow Anishinaabe. This is what is missing today, there are not many Anishinaabe today who teaches his or her offspring to have respect for everything here on earth and especially have respect for our fellow human beings.

Ishke dash mii i'iw noongom ingiw ikwewag ekawaabamaajig inow onijaanisensiwaan, gaawin igo odapiitenimaasiwaawaan onijaanisensiwaan bemiwinaawaajin biinjina. Nashke mii omaa nisidawinaagwak ezhi-maazhised a'aw Anishinaabe ani-bimiwidoosig akeyaa gaa-izhi-gikinoo'amaagoowiziyang. Ishke gaawin onjida gigii-miinigoowizisiimin i'iw akeyaa gaa-izhi-gagikimigooyang da-bimiwidooyang bimaadiziyang. Waasa ishkweyang onjikaamagadoon iniw gii- wiindamaagoowizid a'aw Anishinaabe i'iw gwayak da-izhi-bimiwidood bimaadizid.

See what is happening nowadays, a lot of our pregnant women have very little respect for the child that they are carrying. This is where it is obvious the harm that is coming to us as Anishinaabe when we do not continue to carry on our teachings. We were given these teachings for a reason to practice during our lifetime. These teachings come from way back and guided us on how to live a good life.

Ishke gaye ezhiwebak noongom gibi-noondaamin eshkam nebowa ayaawag ani-maazhi-doodawaajig owiiji-anishinaabemiwaan. Maagizhaa gaye obaashkizwaawaan nisaawaad biindigewaad gaye imaa owiiji-anishinaabemiwaan endaanid gimoodimaawaad eyaaminid. Mii igo omaa eshkam nisidawinaagwak gaawin a'aw Anishinaabe ogikinoo'amawaasiin onijaanisan geyaabi i'iw akeyaa ishkweyang gaa-izhichigeng.

See what is happening today, we hear often of Anishinaabe doing harm to their fellow Anishinaabe. Sometime they are shooting them and killing them, or breaking into the homes of other Anishinaabe and stealing their belongings. This is where it is obvious that Anishinaabe is no longer teaching their children those teachings about respect like they did in the past.

Geget ingiw Manidoog ozhawenimaawaan inow Anishinaabe-abinoojiinyan. Nebowa ogiiatoonaawaa i'iw akeyaa izhi-naadamaagoowizid a'aw abinoojiyens. Azhigwa gaa-niwo-giizhigak

owapii gaa-ondaadizid a'aw abinoojiyens, mii ingiw Manidoog gigii-miinigonaaing ge-izhichigeng gaabige a'aw asemaa da-inikaad enabiwaad ingiw Manidoog gaabige inow asemaan atamawind a'aw abinoojiyens gaa-pi- oshki-dagoshimoonod. Mii gaye imaa anamikawind a'aw abinoojiyens gaa-pi- dagoshimoonod, mii gaye aapi, "Oshki-daangishkang o'ow aki".

The Manidoog have a lot of passion for our Anishinaabe children. They gave us a lot of ceremonies geared toward children and to help them in their lives. Four days after the child's birth the Manidoog gave us a ceremony where the tobacco for the newly arrived baby goes out immediately to where those Manidoog sit. This is the ceremony where the baby is welcomed to this earth, and it is also the time that the child's little feet first touch the earth.

Mii gaye gaabige ani-wiiyawen'enyikawind a'aw abinoojiyens. Ishke dash ani- izhichigenid inow ogitiziiman asemaan omiinaawaan waa-wiindaawasonijin. Ishke dash a'aw asemaan maanind booch igo inow Manidoon omiinigoon i'iw bawaaajigan maagizhaa gaye gegoo owaabandaan, mii imaa dash wendinang odizhinikaazowin da-miinigoowizid a'aw abinoojiyens.

At that time or shortly after, the child is given namesakes. The parents at that time give out tobacco ahead of time to the person who is going to give the child a name. The person who is given the tobacco is given a dream or shown something by the Manidoog, it is from there the Anishinaabe name comes that is given to the baby.

Nebowa ayaamagadoon i'iw akeyaa ge-izhi-asemaaked Anishinaabe da-ondinigenid inow onijaanisan da-ni-naadamaagoowizid. Ishke gaye ayaapii gibi-noondaamin ayaawaad ingiw Manidoog ingiw Memengwesiwag wenjida zhewenimaajig inow.

Anishinaabe-abinoojiinyan bi-wiiji'aawaad.

There are several ceremonies that the Anishinaabe has been given that are helpful to the child in his or her future. Every so often we hear of those Manidoog, the "little people," that especially have compassion for our Anishinaabe children and come and play with them.

Ishke dash gaye imaa waabanjigaadeg izhi-zhawenimaawaad Anishinaabe-abinoojiinyan ingiw Manidoog. Ishke geget gaawin minwendanzidogenag ingiw Manidoog izhi-inigaachigaaazonid inow abinoojiyensaan aanind ingiw Anishinaabekweg bemiwinaawaajin. Mii igo gaye dibishkoo ezhi-ganawaabamaawaagwen inow ininiwan nayaadamaagowaajin ingiw ikwewag chi-maazhichigewaad. Booch igo da-bi-azheshkaagowaad omaa gegoo ani-maazhi-doodawaawaad inow abinoojiyensaan.

I just gave some examples that show the love that the Manidoog have for our children. Those Manidoog certainly must not like to see our babies being harmed, especially by some of our Anishinaabe women who are using while they are pregnant. The Manidoog also must not look down favorably on our Anishinaabe men who enable these women to use drugs while they are pregnant. There has to be some sort of repercussion to these women who are using during their pregnancy and the men that assist them in the harm caused to our babies that the Manidoog have so much compassion for.

ANISHINAABE RESPONSE TO PANDEMICS

By Nazhike, Mille Lacs Band Member

During times like these, questions arise: What should we do? What is safe? Why is this happening? How can we be protected?

The Anishinaabe perspective is that we have protections from prayers a thousand years ago, just like the future is dependent on the energy we put out today. Due to our perspectives being diluted and traumatized, what have we maintained? Together we can assemble a complete outlook of Anishinaabe culture. In every invocation, every Big Drum talk, and every tobacco offering, there is an essence that contributes to the cycle of spiritual energy that has been provided since the beginning of time.

"To the land where food grows on water." A deep belief in the Manidoog propelled our ancestors to accept a prophecy of protection that would not even be close to affecting those who were currently having physical life. They migrated thousands of miles to protect the future, a future they understood they would have a connection to should the belief of the Manidoog prevail over what may be coming. Vast expansion along the Great Lakes could not have been easy with the amount of resources available. It had to be a highly regarded area where life is provided and the Manidoog ensured the survival of the Anishinaabe.

The Spanish Flu hit the world in 1918-1919 and is the source of the hardships that spurred a cultural revolution amongst the Ojibwe People. The healing that came from it identifies areas of the Anishinaabe Being that can only be explained as spiritual. I imagine a time when our people were in dire straits, and that is well before any flu. Their reliance and absolute trust in the Anishinaabe Izhitwaawin spanned generations and was unshakeable even during centuries' worth of oppression. They still believed enough to accept gifts from the Manidoog as contributions to life and well-being. To unwaveringly accept the Ziibaaska'iganagooday (jingle dress) as a pathway to protection from the flu demonstrates a strong belief system. I believe they also thought it would rid them of intergenerational ailments.

I have heard the same story of an old lady from a few different teachers I have had. It goes, "Why would they cut flowers for a funeral? Why kill another being due to the death of one?" That lady did not like it when the

Shinaabe started using cut flowers at funerals because she knew that the flowers were also a being. Recent research using ultra-sonic microphones picked up sounds that were produced when tomato or tobacco plants were cut. The plants were responding to the acts upon them by screaming. Let's take a look at what a whole forest of trees may do because of the pollution going on. Do you think they are emitting a sound? We are told that when we are sad or hurt in any way to go out to the woods and the Manidoog will take care of us. The tree is the physical representation of a Manidoo, Mitigwaabiwinini ezhinikaazod, that has agreed to help the Anishinaabe in many ways. One of those ways is to give them help in times of need. Contemporary science has identified those good-feeling energies as phytoncides, pheromones released by plants and trees that make a being feel good. Those old people knew what they were talking about; they weren't no dummies.

Things happen for a reason. Everything is set about for a purpose. Although Shinaabe don't use the word "karma," there is a belief that the energy you put out is what you will receive. What can we learn from this virus? What did we learn from the last pandemic? Can the lesson be that as we pollute the world knowingly, the Mitigwaabiwinini are having a hard time breathing? Is it a coincidence that the same effect is what is being felt worldwide due to a virus? What can we do to help Mitigwaabiwinini to once again be able to breathe, thus ensuring our future ancestors can breathe as well? Energy out, energy received.

The belief in the Manidoog and the Anishinaabe Izhitwaawin has brought our people through the toughest of times. Ojibwe people, along with many other Indigenous People worldwide, are regarded as resilient beings. Can our resiliency be due to physical assertions only? Perhaps not. Our perseverance through today is due to that otherworldly energy from Manidoog that are answering the prayers from ancestors from generations ago as well as from yesterday. Will we overcome? With our combined and renewed beliefs in Anishinaabe Izhitwaawin, I know we can. Afterwards, we must continue our growth to help one another expand on our idea of who we are as Anishinaabe.

'PURPLE AIR' SENSORS NEEDED IN MINNESOTA

Charlie Lippert, who is the Air Quality Specialist with the Band, is monitoring air quality from his home using a PurpleAir sensor. The Minnesota Pollution Control Agency is encouraging people across Minnesota to install the sensors to be used in Air Quality Index (AQI) forecasts.

Currently, there is a cluster of sensors in the Twin Cities and Duluth, and the MPCA would like to use these sensors for its AQI forecasts. However, the U.S. Environmental Protection Agency will not fund the effort, so citizens are leading the way, much like the Weather Underground, a citizen-led effort to improve weather data.

Other than a monitor in Webb Lake, Wisconsin, Charlie's sensor is the only one between the Twin Cities and Duluth. He's hoping Band members with financial means and interest will consider a \$300 investment in a PurpleAir sensor.

"I'm hoping we could cover the whole east central Minnesota, as this information can help those with asthma or COPD to make informed decisions on their day's activities, and augment the current federal www.AirNow.gov site.

The MPCA gave a presentation at the most recent Minnesota Tribal Environmental Council (MN-TEC) meeting, asking for tribal initiative to participate in PurpleAir, especially for those who live in northwestern Minnesota, so if there is a western U.S. or Canadian fire event, the smoke plume could be sensed and the data used in their AQI forecasting.

"Because of high instances of Band members with compromised lung health, if those who can step up in participating do so, I feel we can cover not just northwestern Minnesota, but the northern half of Minnesota," said Charlie.

You can see the 10-minute interval updates for Charlie's unit at <https://www.PurpleAir.com/map?opt=1/mAQI/a10/cC0#7/45.9/-93>.

MICROSOFT OFFERS FREE ACCESS TO OFFICE

Need Microsoft Office at home? If you don't have access to the full desktop version of Microsoft Office, you can use the free online cloud-based version instead.

The only catch is that the Office for the web apps aren't as feature-packed as their desktop counterparts. You'll find all the editing and formatting commands, and some additional features, but not much more. However, if all you need are the basics, this is an option worth trying.

Sign up and get started

Here's how to get access to use the web version. First, you'll need a Microsoft Account. If you don't already have one, set it up at Microsoft's Account website at <https://products.office.com/en-us/free-office-online-for-the-web>.

When creating your account, you can use your existing Gmail, Hotmail, or Yahoo email address and create a password.

Navigate to the Office website and click "Use free at Office.com." Sign in with your Microsoft Account, and you're taken to the Office website.

Once you've logged in, at the top are icons for apps such as Word, Excel, PowerPoint, and Outlook. A Microsoft Account comes with 5GB of free OneDrive (cloud) storage; if you need more, you can snag 100GB of storage for \$1.99 a month.



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AROUND THE RESERVATION

SCHOLARSHIP PROGRAM UPDATE

Scholarship Program Counselor Michele Berger wants Band members to know that during the COVID-19 Stay-At-Home Order, the most reliable and preferred method of communication is email at mlb.scholarships@millelacsband.com.

"I am working remotely, and in the office once a week to process paperwork," said Michele.

"As always, I need previous term grades, new course registration, and billing to determine eligibility and make a payment. Students, send your information in as soon as you are able, and let me know if you have questions. As there are limited things I can do from my home office, please understand that there will be delays in processing. If you need our office to send your school a Letter of Authorization, we do that to verify that we are funding you, as long as you are eligible. If you would like to leave a message on my office phone to be retrieved later, my direct line is 320-532-4775. Miigwech."

mlb.scholarships@millelacsband.com

HELP AVAILABLE FROM FAMILY VIOLENCE PREVENTION

Mille Lacs Band of Ojibwe Family Violence Prevention Program is still providing advocacy for domestic violence, sexual assault, Elder abuse, and human trafficking. If you need help, don't hesitate to call one of the numbers below.

24/7 Crisis Line: 1-866-867-4006

Shelter Manager: 320-630-2677

FVPP Administrator: 320-630-2499

CSS Director: 320-630-2687

Elder Abuse Advocates:

Cynthia Guernsey: 320-362-4941

Mike Davis: 320-630-7666

Sexual Assault Program:

Kala Roberts: 320-630-2691

Petra Mauricio: 320-362-4995

Victims of Crime:

Melissa Sanvig: 320-364-3568

Community Advocates:

Nanette DesJarlais: 320-362-0642

Winnie Davis: 320-674-0790

Kris Sheppard: 320-630-3811

The Family Violence Prevention Program staff are ensuring the health and safety of everyone during this time. Transports and advocacy will be provided on an emergency basis only. All staff are available by the numbers provided.

SPRING CEREMONIAL DANCES

May 1 – 2: Elmer and Sheldon, Mille Lacs

May 8 – 9: Niib and Iyawbance, East Lake

May 8 – 9: Skip and Darrell, Lake Lena

May 15 – 16: Lee and Mike, Lake Lena

May 22 – 23: Dale and Vincent, East Lake

May 29 – 30: Bob and John, Mille Lacs

June 5 – 6: Tim and Tom, East Lake

MEN SHARE WISDOM IN EMPOWERMENT GROUP

By Brett Larson, Inaajimowin Editor

Earlier this year, a group of men in District I started meeting weekly to learn from each other how better to fulfill their role as Anishinaabe men in their community.

The Men's Empowerment Group, or MEG, was the brainchild of Bobby Eagle, Randell Sam, Luther Sam, and Dan Wind.

In February, Bobby and Luther asked an old Chimookoman to attend — yours truly — and I was honored to be invited into the circle.

Randell wasn't able to be there that night, and Dan was helping with a funeral, so Bobby and Luther welcomed the group of 10 or so and turned it over to one of the members, who had volunteered to facilitate the meeting.

He talked about the stress he's been under lately due to some family issues, and as each man took his turn to talk, stress became the theme of the evening.

One young man talked about a confrontation with a drug dealer in the community. Another spoke with pride about reaching a sobriety milestone.

Two Elders — Lloyd Keoke and Larry Wade — shared some of the wisdom they've earned over decades of sobriety. Lloyd talked about some of his recent health challenges and also about his years of work at the Halfway House.

Larry told the men that when he's under stress, he makes an effort to help others, which takes his mind off of his own problems.

Bob told a story about a Buddhist monk who was visited by a Samurai, who demanded that the monk tell him the difference between heaven and hell. The monk insulted the warrior, who drew his sword and threatened the monk. "That's hell," the monk told him.

When the warrior realized the truth, he fell to his knees in gratitude. "And that's heaven," the monk said.

And then it was my turn...

We journalists tend to avoid becoming part of our stories. We're more comfortable maintaining our objectivity and writing in third person instead of first.

But every now and then, a story comes along that doesn't really fit the usual categories.

So instead of passing, I decided to join in. I thanked Larry and Bobby for their words of wisdom and talked about how I deal with stress by taking a walk every day.

In most cultures, I believe, it is difficult for men to have a safe space to talk about their feelings without judgment. It takes a certain kind of leader to stick their neck out, open their heart, and create that safe environment for other men.

The founders of the Men's Empowerment Group, as well as the Elders who have been their inspiration, are showing the way for other men to deal with stress and other challenges in a healthy way.

I also talked about how fortunate the men in the circle are to have leaders like Bobby and Luther and Lloyd and Larry.

And I'm fortunate, too, I told the group, to be treated like a member of the community and invited to join the circle. It's been a great honor to serve the Mille Lacs Band over the last five and a half years, and participating in the MEG meeting was one of many highlights for this old Chimook.

Although coronavirus put a hold on their weekly meetings, the group did hold an outdoor meeting around a campfire at Randell's house on April 9 — with strict social distancing rules enforced.

To learn more about the MEG and to participate during and after the COVID-19 Stay-at-Home order, follow the MEG on Facebook at <https://www.facebook.com/Anishinaabestrong>.

If you're interested in submitting an article or photo, or you have a story idea, email brett.larson@millelacsband.com or call 320-237-6851.

FACILITY LICENSING/PUBLIC HEALTH & SAFETY

The Gaming Regulatory Authority (GRA) licenses vendors doing business with the casino and we license the employees working in the gaming enterprises, but did you know we license the facility itself?

The National Indian Gaming Commission (NIGC) published Facility License Standards in the Federal Register that took effect on March 3, 2008, and required tribes to periodically license their gaming facilities and to identify the measures with which they comply to ensure that the construction and operation of those facilities is conducted in a manner that safeguards the environment, public health, and safety of employees and patrons.

In these unprecedented times, with public health and safety our top concern, facility licensing becomes a higher priority for the GRA.

The GRA, in coordination with casino management, is preparing new response plans, continually assessing critical positions, and is dedicated to securing and monitoring the assets of the facilities during closure. Internal controls, segregation of duties, and NIGC Minimum Internal Controls Standards, Tribal-State Compact, Detailed Gaming Regulation, and other applicable regulatory compliance continue to be adhered to for

GAMING REGULATORY AUTHORITY



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

the protection of the gaming enterprises.

Other gaming regulatory considerations during this time: (1) so long as an employee's license has not expired during the closure, there is no requirement to relicense returning employees previously licensed upon reopening the gaming operation; (2) we continue to investigate and license vendors during the closure; and (3) most importantly, the GRA will assess if the facility can be reopened and operated in a manner that protects the public health and safety of employees and patrons and will consider how to best take mitigation steps that will remedy the threat to public health and safety.

We're in this together. Stay safe; stay healthy.

SEND SUBMISSIONS TO NEWS@MILLELACSBAND.COM OR CALL 320-495-5006 OR 320-237-6851.

H.A.L.T. — HUNGRY, ANGRY, LONELY, TIRED

Mille Lacs Band Substance Use Disorder Department

Many of you may be familiar with the acronym H.A.L.T. It is commonly used to identify trigger moments. Regardless of addiction, many of us are experiencing all of the above during this chaotic time. If you or someone you know is struggling with addiction, it is important to be aware of these states of being.

H.A.L.T. is a good way to assess where we are in our recovery in order to avoid backsliding into relapse behaviors. Understanding how we are truly feeling and being fully conscious of where our minds are at is critical.

HUNGRY — Initial feelings of physical hunger can also be an indication of a deeper feeling of boredom, tiredness, or other emotions — more of an emotional hunger. Learn how your body responds to real hunger versus craving your addiction. Eat healthy foods, exercise, and meditate.

ANGRY — Similar to feeling hungry, anger is a powerful state that can create huge amounts of stress within our bodies and if not fully understood can come out sideways and in destructive ways. Feeling angry is normal; how we act on that anger is what we need to be aware of. Try to identify WHAT the feelings of anger are tied to, and remember NO ONE can make us react a certain way — we CHOOSE to react. Find something that works for you — walk, exercise, listen to music, sit outside, etc. and try to understand the feeling instead of reacting to others in a hurtful/harmful way or hurting ourselves through destructive choices.

LONELY — Everyone struggling with addiction understands loneliness, and this quarantine doesn't help. We can feel like no one understands us or knows what we are going through. This is why it is so important for you to REACH OUT. Call, text, Snap, FaceTime, etc. Talk to someone. We are our own worst enemies when left alone in our heads.

TIRED — We need to be proactive when it comes to feeling tired. Feeling tired isn't just because we haven't slept; it can be due to emotional or spiritual exhaustion as well. When we are depleted from feeling overwhelmed, low on energy, etc., we are at risk for possible relapse. Get enough sleep, and stay on a schedule. If you are used to getting up at 7, keep getting up at that time. Do things to increase tiredness — physical activities and exercise are good ways to help us sleep. If stress is keeping you up, find ways to relax: journal, meditate, or spend time with Mother Earth — walk, get your garden area ready, sit near the lake, read, or listen to music. Find something that works for you and keep doing it!

You are not alone!

The Mille Lacs Band of Ojibwe Substance Use Disorder Department wants you to know that YOU ARE NOT ALONE and that WE ARE STILL HERE FOR YOU during this time as well!

We are here to listen, provide assessments, offer resources. We are NOT here to judge you, WE CARE ABOUT YOU.

Offices at the Public Health building and at the Red Brick are still open during this time. We also have a variety of support materials to give you if needed. PLEASE CALL.

320-532-7773 appointments/general inquiries

320-532-8911 SUD Department Director Mark Watters

320-532-8909 SUD Department Clinical Supervisor Desiree Montonye

320-532-4768 SUD Department Halfway House Manager Richard Hill

AFTER HOURS: Call 911 for EMERGENCY SERVICES, 1-800-523-3333 for the Minnesota Crisis Line, or 1-800-622-HELP (1-800-622-4357) for the Minnesota Recovery Connection.

BACK IN TIME

Here is some news from the April 2000 and April 2010 issues of *Ojibwe Inaajimowin* and the Spring 1995 issue of *The Woodland Voice*. Many back issues of the newsletter are available at millelacsband.com/news. Click on "Inaajimowin Archive."

10 years ago — 2010

On the ballot for the June 8 election were Secretary/Treasurer candidates Curt Kalk and Herb Weyaus, District II Representative candidates David 'Niib' Aubid and Marvin Bruneau, and District III Representative candidates Harry Davis and Diane Gibbs.

Tadd Johnson, whose service to the Mille Lacs Band extends back to 1987, joined the faculty of the University of Minnesota Duluth as chairman of the American Indian Studies Department.

A feature on Patty O'Brien shared her story about living on the West Coast for 21 years and moving back to Minnesota to care for her family.

Chad Dunkley, Scott Tossey, and Ed Dunkley told about their work on the Earthworks team in District III, and Renee Moore talked about her job as Program Administrator in District II.

Garrett Sam said what he appreciates about Mom: "She's someone I can always talk to and she makes the best fry bread. She's famous for it."

20 years ago — 2000

A blessing of the Band's Language and Cultural Immersion Grounds in Rutledge was held on April 4. Those present at the ceremony included David Matrious, Joe Nayquonabe, Mary Reynolds, Lee Staples, Ernest Kegg, and Larry Smallwood.

Band member Morningstar Shabaiash, a 7th grader at Onamia High School, was a finalist in a regional history competition in Duluth sponsored by the Minnesota Historical Society. Her exhibit explained the significance of the 1837 treaty decision.

Primary election winners were Chief Executive candidates Marge Anderson and Melanie Benjamin and District I Representative candidates Sandra Blake and Suzanne Merrill.

Cindy Beaulieu-Ruiz was hired as part-time Receptionist/Administrative Assistant at the Urban Office.

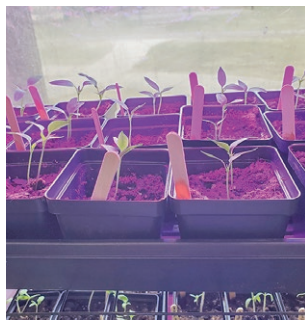
Chief Executive Marge Anderson received the Wendell China Humanitarian Award from the National Indian Gaming Association for her "commitment to peace, fair governance, easing suffering and injustice, and the advancement of intercultural understanding."

25 years ago — 1995

Harry Davis told about his work with the Lake Lena Golden Glove Club, which he started in 1990. "Boxing teaches kids to set and reach goals," said Harry. "Whether they win or lose, they're all winners to me."

Chief Executive Marge Anderson testified before the Gambling Division of the House Committee on Government Operations to oppose a resolution asking Congress to provide for an expiration date on tribal-state gaming compacts.

"The situation I face today is not unlike countless situations faced by my predecessors," said Marge. "For hundreds of years, Indian leaders have negotiated treaties and agreements in good faith with white governments. And for hundreds of years, white governments have willfully and shamelessly disregarded those treaties and agreements whenever it suited their interests."



PINE GROVE NEWS

When Teri and Tim from Pine Grove Learning Center aren't delivering meals to the kids, they are working at school. Tomatoes and peppers are growing, the garden is finally free of snow, and their new project is what's called a bucket ladder. They built it last fall, and it will hold three rows of 5-gallon buckets, with potatoes and other vegetables growing in the buckets. "We're excited to see how that works out," said Teri. "Lots of people have them, and we're hoping this is as worthwhile as putting in the garden."

COPING WITH COVID-19 AND RELATED STRESS

The coronavirus disease (COVID-19) pandemic, ever-evolving and altering our physical reality (e-learning at home, working from home, eating at home), has an impact on our state of mind. In recognition of this, the Centers for Disease Control reached out to several lung health experts. The following is a collection of their unique suggestions on ways to help your mental and emotional well-being during this time.

#1: Re-frame the present situation. The first rule of thumb is to encourage a sense of control and calm. "There's productive and non-productive anxiety right now. It can be helpful to remember that we're trying to find a balance — to accept uncertainty and discomfort while staying healthy and kind within our communities." — Lisa Lombard, Ph.D., a clinical psychologist who specializes in stress-mediated health concerns

#2: Lean on your existing "I can do it" skills. "People who deal with chronic medical conditions, both personally and as a caregiver, have developed natural mechanisms to aid them when facing adversarial situations. Now is your chance to show them off." — Mark C., manager of Lung Association's Lung HelpLine

#3: Control what you can do and let go of the rest. "I set a

schedule to stay motivated. Through a positive attitude, I've turned downtime into quality time with my family. — Debbie D., patient with lung disease

#4: Social distancing doesn't have to be isolating. "Focus on nurturing and guiding the younger generations. Seek out connections through alternate means, like frequent phone calls and walks around the neighborhood. Acts of kindness and checking in on others are still vital." — Lisa Lombard, Ph.D.

#5: Be patient with yourself. "The best anybody can do is take it a day at a time. We're in this together and giving back to the greater good. It's possible to keep a distance while remaining part of a community." — Mark C.

#6: Get back to the basics... and enjoy it. "Figure out what makes you happy and do it as much as possible. No better time to embrace the comforts of home. Start by taking a deep breath." — Debbie D.

#7: Know it's not forever. "Keep your eyes on the finish line. You'll eventually, likely sooner than later, get back to living your best life." — Lisa Lombard, Ph.D.

Information adapted from the Centers for Disease Control (CDC) website at: www.cdc.gov.

TRIBAL NOTEBOARD

MAY ELDER BIRTHDAYS

Gina Louise Anderson
Richard Dean Anderson
Kathryn Ann Armstrong
Alvina Mae Aubele
Elisse Joanne Aune
Thelma Emma Baker
Brenda Lee Beaulieu
Gerald Duane Beaulieu
Kim Alan Bengtson
Robert Patrick Benjamin
Wallace James Benjamin
Maurice James Boyd
Denise Lorette Chamblin
Debra Ann Contreras
Anthony Joseph Davis
James Daniel Davis
Virginia Joyce Davis
Dale Wesley Day
Edna Mae Day
Winona Evens
Michael Joseph Fairbanks
Beverly Gay Fairchild
Lorraine Farah
Sharlene Anita Fisher
Dale Allan Garbow
Geraldine Ann Germann
Harry Lee Granger
Gary Lynn Haglund
Gertrude Inez Hanson
Robert Lewis Heinze
Allen Wayne Hemming
Terrance John Hendren
John Paul Hill
Molly Sam Judkins
Clarabel Kruse
Cynthia Lee Lester
Jeffrey Wayne Matrious
Mitchell Lee Matrious
Valerie Jean Matrious
Dominic Walter Mayotte
Janelle Arlene Meehl
James Roger Mitchell
Michele Elena Mueller

Arlyn Nickaboine
Lorraine Marie Nickaboine
Donald Eugene Olson
Patricia Regguinti
Frederick Raymond Shingobe
Victoria Lea Smith
Eugene Raymond Staples
Kelvin Francis Staples
Beverly K. Sutton
John Sutton
Victoria Joy Verkennes
Lorna Jayne Weous
Herbert Weyaus
Nancy Lee Wheeler
Sarita Inez White
Theresa Marie Williams
Larry James Wind
Ginette Marie Zustiak

HAPPY MAY BIRTHDAYS

Happy birthday — the Big 14—
Manidooqwiiwizens Johnny
Boyd Lindstrom May 3. Wishing
you all the happiness that you
bring. Love you, Dad, Gramma
and your mama • Happy birthday
Jarvis May 5th love Baby Jarvis,
baby girl Keira'le, Miranda, Mom,
Auntie Val, Dan, Kev, Pie, Myla,
Montana, Shelby, Max, Aidan,
Baby Jacob, Jacob, Aiva, Markie,
and Emery • Happy 8th birthday
Rheonna on May 9, love Rhea,
Dakota and Mason and Auntie
Chris, Johnny and Nanny • Happy
birthday **Shelby** May 9th love
Baby Jake, Baby Dusty, Aidan,
Max, Auntie Val, Dan, Kev, Pie,
Myla and Montana • Happy 6th
birthday **Mason Andrew** on May
10, love Rhea, Dakota, Rheonna,
Auntie Chris, Johnny and Nanny
• Happy birthday **Sissy** May 12th
love your brothers and sissys •

Happy birthday **Markie G** May
12th love Auntie Val, Dan, Kev,
Pie, Myla and Montana • Happy
birthday **Richard and Rachel**
May 14 love Kelia, Railei, Cyrell,
Candi, Camdyn, Carmelo, and Mom
• Happy birthday **Camdyn** May
16 love Mom, Cyrell, Carmelo,
Uncle, Aunt, Kelia, Railei, Gramma
and Grandpa • Happy birthday
Taylor May 19th love Dad, Adam,
Papa Brad, Grannie, Papa Kyle,
Val, Dan, Kev, Pie, Myla, Montana,
Randi, Rachel, Rory, Uncle Bruce,
Jayla, Lileah, Brad, Daphne,
Braelyn, Payton, Eric, Trinity,
Wes, Waase, Brynley, Bianca,
and Henry • Happy birthday **Vato**
May 23rd love Vato • Happy
birthday **Brynley** May 26th love
Dad, Daphne, Braelyn, Payton,
Eric, Trinity, Wes, Waase, Brynley,
Bianca, Henry, Papa Brad, Grannie
Kim, Papa Kyle, Val, Dan, Kev, Pie,
Myla, Montana, Randi, Rachel,
Rory, Bruce, Jayla, Lileah, Jay,
Taylor and Adam • Happy birthday
Mom May 27th love Pie and Kevin
• Happy birthday **Grammy** May
27th love Myla • Happy birthday
Riley Stillday on May 28! Love
Denise and Brian • Happy birthday
Cyrell May 29 love Dad, Mom,
Camdyn, Kelia, Railei, Carmelo,
Uncle, Aunt, Gramma and Grandpa
Bushey, Gramma Shirley B •
Happy 9th birthday **Dakota** on
May 30 from your best bud Sandy
and your favorite sister Rhea •
Happy birthday **Baby Girl** May
31st love mom • Happy birthday
Pie May 31st love Mom, Dan, Kev,
Montana, Gram Kim, Papa Brad,
Randi, Rachel, Rory, Bruce, Jayla,
Lileah, Jay, Taylor Paige, Adam,



Virtual Powwow Celebration! Dance, Post, E-Mail and Win!

May 1 through 31, 2020

It's Easy, Fun, and You Could Win a \$250.00
Gift Card If Your Entry is Drawn!



Here's How:

- Record yourself or your group dancing as you would at a powwow. (Regalia appreciated but optional.)
- Post the recording on Mille Lacs Band of Ojibwe Facebook.
- Include a dedication saying who or what you celebrate or honor with the dance.
- Email your posting and contact information as a prize entry to: colleen.mckinney@hhs.millelacsband-nsn.gov.

Drawing will be done on Monday,
June 1, 2020 and winner(s) will be
contacted by email.



This Virtual Powwow Celebration
is a project of the Public Health
MDH SHIP & Tribal Tobacco grants.

Brad, Daphne, Braelyn, Payton,
Eric, Trinity, Wes, Waase, Brynley,
Bianca, Henry • Happy birthday
Pie May 31st love Gram Karen,
Tracy, Shelby, Aidan, Max, Baby
Jake, Dusty, Jarvis, Baby Jarvis,
Kiera'le, Miranda, Jacob, Aiva,
Mark, Emery, Sharon, Wally, Ravin,
Melodie, Nicole, Chris, Cordell,
and Buddy.

Grades 9-12 is Caleb Sam (\$8.).
3rd Place for Essay, Grades 9-12
is Chase Sam (\$6.). 1st Place for
Short Stories, Grades 6-8 is Karli
Nayquonabe. 3rd Place for Short
Stories, Grades 6-8 is Delilah
Mitchell. The Middle School
contest did not provide monetary
awards. Unfortunately, the awards
ceremony in April was canceled
due to the pandemic. We are SO
PROUD of our NAS Writers!"

CONGRATULATIONS!

From Nay Ah Shing teacher Blenda
Hagberg: "The results are in for our
Nay Ah Shing student writers! For
the Detroit Lakes Public Schools
Writing Contest, the results are
as follows: 2nd Place for Essay,

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 IIa 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.



WIC PROVIDES REMOTE SERVICE

The Mille Lacs Band's Women, Infants and
Children (WIC) program holds a telephone
clinic every Tuesday from 9 a.m. to 4 p.m.

WIC benefits are loaded directly to the WIC
card. No in-person contact is needed.

Certifications and re-certifications will be
done over the phone, along with nutrition and
breastfeeding information.

Documentation of ID, residence, and income
(or automatic eligibility) can be sent via text.

WIC serves pregnant women, infants, and
children age 1 through their 5th birthday. WIC
serves about half of all infants born in the
U.S.

**If you would like more information or
assistance, call Donna Sutton R.N. at
320-630-2443.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CALL FOR SUBMISSIONS!</p> <p>Mille Lacs Band members and community members from other tribes can be paid for news stories published in <i>Ojibwe Inaajimowin</i>. For stories of 500 words or more, compensation is \$400. The deadline for stories is the 15th of each month. If you have a story to submit or would like more information, please email news@millelacsband.com or call 320-495-5006.</p> <p>ELDERS NEEDED!</p> <p>The Government Affairs Department is seeking Elders to tell their stories for a new Moccasin Telegraph series as well as to preserve video and audio in the Mille Lacs Band archives for future generations. If you are willing to participate in a two-hour video interview to share your memories, please email news@millelacsband.com or call 320-495-5006.</p>					<p>1</p> <p>Elmer and Sheldon's Ceremonial Drum Mille Lacs</p>	<p>2</p> <p>Elmer and Sheldon's Ceremonial Drum Mille Lacs</p>
<p>3</p> <p>Free vaping/smoking cessation program for teens 13-17: Text "Start My Quit" to 855-891-9989 or call.</p>	<p>4</p> <p><i>The deadline for the June issue is May 15. Send submissions to news@millelacsband.com or call 320-237-6851.</i></p>	<p>5</p> <p><i>"When Rivers Were Trails" is an adventure game about the impact of colonization on Indigenous communities: indianlandtenure.itch.io/when-rivers-were-trails</i></p>	<p>6</p> <p><i>Consider starting some seeds and planning your garden. https://kidsgardening.org/lesson-plans-three-sisters-garden/</i></p>	<p>7</p> <p>Millelacsband.com is updated regularly with news, job postings, events, and information about programs and services</p>	<p>8</p> <p>Niib and Iyawbance's Ceremonial Drum East Lake</p> <p>Skip and Darrell's Ceremonial Drum Lake Lena</p> <p>Government offices close at noon.</p>	<p>9</p> <p>Skip and Darrell's Ceremonial Drum Lake Lena</p> <p>Niib and Iyawbance's Ceremonial Drum East Lake</p>
<p>10</p> <p>Mother's Day</p>	<p>11</p> <p><i>Learn a traditional craft like beading, sewing, or birch bark. Don't know where to begin? Ask an Elder or check out or https://www.powwows.com/main/craft-tutorials/</i></p>	<p>12</p> <p><i>Check out Indigenous online films at www.nfb.ca/indigenous-cinema</i></p>	<p>13</p> <p><i>Play Indigenous educational games at www.7generationgames.com</i></p>	<p>14</p> <p><i>Give an Elder a call today to see how they're doing and give them someone to talk to.</i></p>	<p>15</p> <p>Lee and Mike's Ceremonial Drum Lake Lena</p>	<p>16</p> <p>Lee and Mike's Ceremonial Drum Lake Lena</p>
<p>17</p> <p><i>Thunderbird Strike is an online video game with an Indigenous theme www.thunderbirdstrike.com</i></p>	<p>18</p> <p><i>Zaagibagaang: Anishinaabe Values in Action shares all kinds of useful information about the Minnesota Chippewa Tribe: https://zaagibagaang.com</i></p>	<p>19</p> <p><i>Watch "The Woodlands: The Story of the Mille Lacs Ojibwe" at https://youtu.be/p29pYyOkW3g</i></p>	<p>20</p> <p><i>Do you need sobriety support? Search Mino Miikana (A good path) on Facebook!</i></p>	<p>21</p> <p><i>Find educational resources from the Museum of the American Indian at americanindian.si.edu/nk360</i></p>	<p>22</p> <p>Dale and Vincent's Ceremonial Drum East Lake</p> <p>Government offices close at noon.</p>	<p>23</p> <p>Dale and Vincent's Ceremonial Drum East Lake</p>
<p>24</p> <p><i>The spring migration is underway! Learn to identify bineshiinhyag at https://www.birds.cornell.edu.</i></p>	<p>25</p> <p>Memorial Day Government offices closed.</p>	<p>26</p> <p><i>Learn about Great Lakes Native Culture and Language by watching "The Ways": https://theways.org/story/spearfishing</i></p>	<p>27</p> <p><i>Play "Growing Up Ojibwe: The Game" at https://glifwc.itch.io/growing-up-objibwe-the-game</i></p>	<p>28</p> <p><i>Learn about the Minnesota Chippewa Tribe's history with the Student Government Handbook: https://millelacsband.com/news/mct-student-handbook</i></p>	<p>29</p> <p>Bob and John's Ceremonial Drum Mille Lacs</p>	<p>30</p> <p>Bob and John's Ceremonial Drum Mille Lacs</p>
<p>31</p> <p><i>Tim and Tom's Ceremonial Drum is June 5-6 in East Lake</i></p>	<p>NOTEBOARD AND CALENDAR GUIDELINES</p> <p>The Tribal Noteboard welcomes Band member submissions, including birthdays, congratulatory messages, and memorial tributes. For birthday messages, send name, birthday, and a brief message that is 20 WORDS OR LESS to news@millelacsband.com or 320-495-5006. <i>The deadline for the June issue is May 15. Photos may be included if space allows.</i></p> <p>If you would rather not have your name included in the Elder birthday list, please contact the Government Affairs office at 320-237-6851 or email news@millelacsband.com before the 15th of the month preceding your birthday. Send calendar items to news@millelacsband.com or call 320-237-6851.</p>					



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

millelacsband.com

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE PAID
TWIN CITIES MN
PERMIT NO 30308

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 June issue deadline is May 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.



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



CRAFTING THROUGH THE CRISIS

Elder Carol Hernandez has helped sew over 700 masks for medical professionals, Elders, and anyone else who needs one. See page 6.

BAND MEMBER NURSE ON FRONT LINES OF PANDEMIC
page 1

REPRESENTATIVE, SECRETARY/TREASURER SHARE THOUGHTS
pages 3

FRIENDS, SISTERS-IN-LAW, AND NOW CO-WORKERS
page 7

CHIEF LOBBIES FOR FAIR DISTRIBUTION OF RELIEF FUNDS
page 9