



OJIBWE INAAJIMOWIN

MANDOO-GIIZISOONS DECEMBER 2021 | VOLUME 23 | NUMBER 12

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



ART AND ADVOCACY

BAND MEMBER ADRIENNE BENJAMIN MAKING A DIFFERENCE

By **JAMIE EDWARDS, ZOON-GII-GAHBOW**

Mille Lacs Band member artisan Adrienne Benjamin is accustomed to folks appreciating her art and her advocacy. She was recently hired to assist a Minnesota based company re-brand and develop a more socially responsible, less culturally appropriating business model.

Minnetonka Moccasins enjoys annual sales of over \$33 million and has been producing Native American style moccasins and other Native American designed items and footwear for over 70 years.

This family owned business has been quietly working behind the scenes for many years to financially support Native American projects and organizations. However, in 2020 the company decided to go much further and address the issue of cultural appropriation head on. To carry out this more socially responsible mission they hired Adrienne Benjamin to serve as their Reconciliation Advisor.

Under Adrienne's guidance, their first move was to offer up an apology for the years of cultural appropriation and profiteering off of Native culture.

"We recognize that our original products, some of which are still sold today, have been appropriated from Native American culture. Not just the products have been appropriated; we have also come to learn that even the word "moccasin" is an anglicization of the Ojibwe word "makizinan." We first publicly acknowledged our appropriation in the summer of 2020, but it was long overdue. We deeply and meaningfully apologize for having benefited from selling Native-inspired designs without directly honoring Native culture or communities. While Minnetonka has evolved beyond our original product set, moccasins remain a core part of our brand, and in 2020 we began to step up our commitment to the culture to which we owe so

Moccasins, See Page 2



Chief Executive Melanie Benjamin is participating the White House Tribal Summit panel discussion on Education and Native Languages.

RESPECTING TRIBAL GOVERNANCE

Government-to-Government Relations

During the month of November there were several significant government-to-government meetings. Such meetings demonstrate the commitment federal and state administrations have implemented to listen to, respect, and support tribal priorities.

Federal

President Biden, Vice President Harris and senior administration officials re-established the White House Tribal Nations Summit on November 15 and 16 of this year. The Summit featured panel discussions and listening sessions with high level Administration officials on Tribal priorities, including a panel on education that was co-facilitated by Secretary Deb Haaland, Chief Executive Melanie Benjamin and others.

The event was virtual but robust and full of meaningful dialogue with Tribal leaders on key issues, policy initiatives, and goals for Indian Country. The Biden-Harris Administration is deeply committed to honoring trust and treaty responsibilities with federally recognized Tribes and the summit provided an opportunity for Tribal leaders to engage directly with officials from the highest levels of the administration.

"It made my heart smile to witness these intelligent, caring, wise, and accomplished American Indian people representing me and Indian country as tribal officials and within the Biden-Harris Administration," Benjamin said. "When I think of our people today, I see members of Congress, a Cabinet Secretary, attorneys, doctors, chiefs, artists, educators, climate change advocates, and treaty rights experts. These are modern-day warriors who are all fighting for what our ancestors fought to preserve. They are fighting for the preservation of our homelands, our rights for our Elders to live in dignity, and for our children to have hopes and dreams across the next seven generations. Convincing federal officials to support Indian country has always meant being a strong communicator. At this White House summit, I saw the outcome of fighting for decades for American Indian people to be sitting on both sides of the table, hearing our words not just with their ears and hearts, but through the lens of their own lived experience, history and ancestors' dreams. The numerous Memorandums

Government — See Page 5

STUDENTS VISIT BAND ASSEMBLY

Four eighth and ninth grade students from Nay Ah Shing Schools alternative learning Oshki-Maajitaadaa attended Band Assembly on Wednesday, November 17 along with teacher Kristie Vance and paraprofessional Elaine Rea.

Students: Lasaiah Foote, Baley Morris, Landon Boyd, and Maurice Blake.



MINNESOTA TIMBERWOLVES WELCOME MILLE LACS BAND MEMBERS — SEE PAGE 14

MESSAGE FROM THE

CHIEF EXECUTIVE

Aaniin, Boozhoo! With the holiday season in full swing, I hope everyone enjoyed good food and made happy memories with your families on Miigwech Day. It is hard to believe that the new year is nearly upon us. On that note, please mark your calendars for January 11, 2022, which is when the State of the Band Address will be held in a virtual environment on-line, just as it was last year.

This is a difficult decision, but with yet another new variant of COVID-19 called "Omicron," we have to prioritize Band member safety. Many tribes in Minnesota have issued vaccine mandates for their tribal employees. I have been talking with elders about whether or not they support a vaccine mandate for employees. A survey was sent to elders in October and a majority of elders do support a vaccine mandate. No decisions have been made as of yet, but a vaccine mandate for Band employees is currently being explored, with possible exemptions allowed for very specific situations. Please watch for news about that in upcoming weeks.

November was a packed month including meetings with the Band Assembly, federal and state agencies and many intertribal organizations, so I will just focus on a few highlights. On November 3 and 4, I held a Cabinet meeting with the Band commissioners. We worked on our strategic plan for the Band at this meeting, which will be shared with Band Members in early 2022 for your feedback. This strategic plan identifies our key goals and objectives for the Band in areas such as education, culture and language, health, housing, economic development, and many other areas.

I've been working with the Band Assembly on changes to the Mille Lacs Band's statutes that govern our Corporate Commission, which is the business arm of Band government. We have made good progress toward achieving final language that all can agree to support. My position has been that we should maintain the authority of the Corporate Commission to make sound business decisions on day-to-day issues. I believe it is our role as elected leaders is to represent our constituents and to maintain separateness from the daily business decisions of the Corporate Commission, allowing the current Corporate

"I BELIEVE IT IS OUR ROLE AS ELECTED LEADERS TO REPRESENT OUR CONSTITUENTS AND TO MAINTAIN SEPARATENESS FROM THE DAILY BUSINESS DECISIONS OF THE CORPORATE COMMISSION, ALLOWING THE CURRENT CORPORATE BOARD STRUCTURE TO LEAD THE CORPORATE COMMISSION."

Board structure to lead the Corporate Commission.

On November 8, I attended a Tribal Leaders Summit with Governor Walz. At this summit, I shared our priority issues with the Governor and we discussed how the state and tribes can continue improving our working relationship across all agencies. History was made on November 9, when the Governor signed into law legislation that makes consultation with tribal governments permanent in Minnesota state law. This was a big day and a big victory for tribal sovereignty in Minnesota.

President Biden held his first Tribal Leaders Summit with Indian tribes on November 15. I was invited by the White House to co-moderate a panel with U.S. Interior Secretary Deb Haaland where we discussed opportunities and challenges in our federal Indian education system. The Biden-Harris Administration has made it a priority

to hire American Indian people in key roles across the entire government and many of the federal officials who participated were from Indian country. Numerous Memorandums of Understanding were signed by the Administration on such critical topics as Tribal Consultation, Language Preservation, Treaty Rights, Sacred Sites and other topics also made this summit one of critical historical importance.

As Chief Executive, it is my duty to conduct external relations with other governments, and it is always exciting when I have an opportunity to advocate for our Band Members on an international level as well. On November 30, I was invited to serve as a panelist at a United Nations project called the Trilateral Working Group on Violence Against Indigenous Women and Girls (Working Group), which was initially an outcome of the June 2016 North American Leaders' Summit, when Canada, Mexico and the United States decided to convene the Working Group to address the high rates of violence against women and girls from Indigenous communities as a regional concern.

Each break-out session at this meeting included three in-

igenous women leaders from the United States, Mexico and Canada. The panel I served on addressed the most significant barriers preventing Indigenous women from pursuing entrepreneurship or expanding their businesses. I talked about the many women on our reservation who generate income from sewing beautiful regalia, quilts and contemporary clothing and the importance of these cottage industries for individual American Indian women, and advocated for better ways of providing more federal support to American Indian entrepreneurs.

I want to close by expressing my gratitude to Secretary-Treasurer Sheldon Boyd, whose visionary leadership has resulted in so much positive change in how the legislative branch functions. It is wonderful working in partnership with the Legislative Branch under Secretary-Treasurer Boyd's leadership. I wish all Band Members and their families a safe and happy holiday season. Miigwech.



Chief Executive Melanie Benjamin and Secretary Treasurer Sheldon Boyd with Governor Tim Walz on November 8 for the ceremonial bill signing of the law affirming government-to-government relationships with Tribal governments. The bill was approved and signed into law on July 1, 2021.

Moccasins, From Page 1

much. We are dedicated to honoring our commitment to Native American communities with our actions going forward."

The Miller family, owners of Minnetonka Moccasins, also created a plan with five key commitments to the Native American community. (1.) Improve workforce diversity, equity, and inclusion at Minnetonka. (2.) Update the language used to tell their story and describe their products by providing greater transparency and more direct acknowledgment of Native American influence across their website, packaging and other communication channels. (3.) Collaborate with local Native artists and designers. Their first collaboration will be with Adrienne launching December 2021.

(4.) The company will continue to seek out more Native-owned businesses as potential business partners. (5.) Minnetonka will continue to financially support Native organizations doing important work in Minnesota and beyond.

When asked how being a Native artist who has developed the very labor intensive skills of traditional dress making, moccasin making, beadwork and other handmade design methods that have been handed down for generations contrasts with a mass produced operation like Minnetonka Moccasins, Adrienne acknowledges that an inner conflict exists for many Native artists. "There is a constant need to balance the pride that might come from commercial success with the feeling of responsibility to protect the designs of certain cultural items from appropriation, such as puckered moccasins and/or ribbon

skirts," she said.

As for the Miller family, they seem to have made the right choice by bringing Adrienne on to assist in their efforts to right the wrongs of the past. Not only does she bring her gift of traditional design to the table and her talent as an artist, she also brings an activist's passion and an organizer's skill. And so with pinpoint accuracy, Adrienne sees this first and foremost as an opportunity to change the narrative while creating space for other Native artists. Reaching back to help others is what she has been taught and it's the guiding principle in most of her work.

Adrienne's Minnetonka Moccasin sponsored New Hat Collection launches this month (December 2021). See photo on page 1.

LEGISLATIVE AND JUDICIAL NEWS

THE BLANKET THAT WRAPS AROUND THE FAMILY

Healing-to-Wellness Court — Noojimo'wgamig Inaawanidiwag

BY VIVIAN LaMOORE, Inaajimowin Editor

Band Assembly recently distributed a bill for public comment that would establish a Healing-to-Wellness Court within the Judicial branch of the Mille Lacs Band government. The bill is sponsored by District III Representative Wallace St. John and is available for public comment until December 2, 2021. The bill will also be discussed at a formal public hearing on December 8, 2021, at 10:30 a.m.

What is the Healing-to-Wellness Court?

Healing to Wellness in Ojibwe is Noojimo'wgamig Inaawanidiwag, meaning healing journey. Theresa James is the Healing-to-Wellness Court case manager in the Mille Lacs Band Court of Central Jurisdiction. James explains that this program is “designed to provide families the support and resources they need to be successful in their journey to wellbriety and reunify families sooner.”

The program is modeled after the popular and successful state drug courts that are used in courtrooms across the nation. This approach provides intensive services and frequent court intervention to facilitate the reunification of Band families and to prevent the breakup of such families; to promote positive behavioral health and wellness for participants, their families, and Band communities; and to reduce recidivism rates of alcohol and controlled substances and promote recovery, according to Adam Candler, Legislative Branch Legal Counsel.

“Said differently, the Healing-to-Wellness Court is intended to create a ‘road back’ for Band members and their families who are facing potentially adverse consequences in the tribal court system,” Candler said. “The new legislation would allow eligible participants to apply for entry into a special court that would help them to achieve sobriety and other wellness goals.”

The Noojimo'wgamig Inaawanidiwag considers the success of state drug courts and adds essential cultural aspects to the healing to wellness journey. The cases to be considered first in the implementation of the program are the urgent Child in Need of Protection or Services (CHIPS) cases concerning the health, safety, and welfare of children. “One of the most crucial factors in this program is the integration of all of the programs currently available to Band member families. This program will bring all of the entities together to work as one with each individual family.” Jill Tompkins, Judicial Branch Court Attorney said. “Noojimo'wgamig Inaawanidiwag will give the families the tools and skills they need to be successful while also strengthening their connections to Mille Lacs Band culture and community.”

At the time of this writing, Tompkins was reviewing the Legislative bill to make sure the text aligns with the goals of the Judicial Branch before the public comment period ends.

As a means of breaking down the silos that currently exist between the Court and the various Band programs providing services to the families, the program will use a collaborative team. The Noojimo'wgamig Inaawanidiwag team will include the Judicial Officer, the Case Manager, a prosecutor, parents’ legal counsel, a Cultural Advisor, a Guardian ad Litem and staff from the Substance Use Disorders (SUD), Mental Health, Family Services, Aanjibimaadizing, and Housing departments. Other relevant persons, such as a child’s teacher, may join the team when they are considering the needs of a particular family.

“Going to court can be scary and intimidating,” James said. “And this program involves intense supervision, meeting with them several times a week, drug testing, going over strengths and needs, changing behaviors, and linking them to supports they need. We will be helping to prepare them for what they need on this journey and be that extended arm and that hand up as they go through this journey.”

In this proactive approach, the Noojimo'wgamig Inaawanidiwag looks at proximal and distal behaviors — things we have control over and things we do not have control over.

For example, James said, “We have control over deciding to show up for court appointments. We have control over being honest. We don’t have control over our addiction. We don’t have control over all of the consequences. Through this system, we will provide the skills and tools to promote change and allow families to be successful. We provide disciplines that match the behaviors to promote change. We certainly don’t want them to feel like they are always being disciplined. And when we talk about cultural-based programs, that will include such things as ceremony, talking circles, big drum, sweats, sweet-grass, sober supports, to name a few, that will empower them towards recovery.”

The Noojimo'wgamig Inaawanidiwag team will work in a circle with the families and all programs together giving the client a voice in their own journey. “The relationship between departments and the client needs to be transparent to make sure we are not missing services or not duplicating services and provide the best to the clients,” James said.

The extended family is also included in the journey, James continued. “Not just the parents; it is the kids, the we-ehs, the aunties and uncles — we all work together — tapping into their strengths and abilities to support the family, hence making the family system stronger. The system is the blanket that wraps around that family.”

Clients who complete the Noojimo'wgamig Inaawanidiwag program and are reunified with their children will be able to have their case dismissed. This is a win-win for everyone.

Although the Judicial Branch has been working on the Wellness Court initiative for several years, a recent five-year U.S. Department of Justice, Bureau of Justice System grant has made it possible for the program to launch. Pending the outcome of the formal public hearing of the legislation and the adoption of the statute, the Noojimo'wgamig Inaawanidiwag team is developing court rules, policies, and procedures to implement the program. A participant handbook written in plain language that is easy for families to understand will also be drafted, Tompkins said. The Judicial Branch is planning to launch the program by October 2022.

“We recently completed a case in the Urban area using the current child protection system. The individual social worker put in an extraordinary amount of time and effort working to connect the family to services and consequently, the parents were able to be reunified quickly with their children. Replicating that success for every family is what we are going for. That is our goal,” Tompkins said. “Using a collaborative Band-wide team approach — including the family — where every entity contributes and shares a common goal will result in quicker and more lasting family reunifications.”

“The system is the blanket that wraps around that family.”

— THERESA JAMES

HEALING-TO-WELLNESS COURT CASE MANAGER

LEGISLATIVE BRIEFS

PROPOSED BILLS

Title 2 – Band Governmental Power and Sovereignty. Specifically, the proposed legislation would adopt revised removal and exclusion procedures.

The public comment period has been set at 35 calendar days. Therefore, please submit any written comments to legislation@millelacsband.com no later than 5:00 pm on Thursday, December 2, 2021. Please use “Exclusion & Removal” as the subject title. Band members and employees may also submit written comments in person to the District 1 legislative office.

The public hearing will occur on Wednesday, December 8, 2021, at 11:00 a.m. The hearing will be conducted via Zoom. To participate, please contact Parliamentarian Darcie Big Bear at Darcie.BigBear2@millelacsband.com.

Wellness-to-Healing Court The public comment period has been set at 35 calendar days. Therefore, please submit any written comments to legislation@millelacsband.com no later than 5:00 pm on Thursday, December 2, 2021. Please use “Healing-to-Wellness Court” as the subject title. Band members and employees may also submit written comments in person to the District I legislative office.

Prior to voting on the proposed legislation to establish a Healing-to-Wellness Court within Title 5, the Band Assembly has scheduled a formal public hearing for Wednesday, December 8, 2021, at 10:30 a.m. as part of the regularly scheduled Band Assembly meeting. The hearing will be conducted via Zoom. To participate, please contact Parliamentarian Darcie Big Bear at Darcie.BigBear2@millelacsband.com

Due to the ongoing COVID-19 pandemic, the Band Assembly does not consider it appropriate to conduct formal public hearings in all districts. However, Band members from all districts are encouraged to participate in the Zoom hearing.

NOTABLE

District III Representative Wally St. John and many Band members participated in the search for a missing young Wisconsin lady. Rep. St. John said, “a big miigwech to all the people [who] participated in last week’s search.” Many people came out to help look for the missing person to no avail. The searches will continue. [Note: her remains were presumed to be recovered on November 27, 2021.]

Rep. St. John also had a stern reminder of the Band statutes regarding running, unleashed or penned dogs. “Please have your dogs penned up,” he said. Tickets would be issued soon.

Nomination: Per MLBS 12 Chapter 4 § 306 (a) (10) “The Chief Executive and the Speaker of the Assembly shall each select two (2) persons from the at Large area and the Band Assembly shall confirm two (2) of the four (4) for appointment to the Housing Board.” The Chief Executive has nominated Carmen Weous and Percy Benjamin. The Speaker of the Assembly has nominated Kelly Miller and Tony Pike. Carmen Weous declined. Nomination was taken from the table with a roll call vote for Tony Pike and the nomination passed. The Nomination was approved and Tony Pike was sworn in on Wednesday, November 17, 2021 before the Band Assembly.

VISIT THE WEBSITES!

Millelacsband.com is updated regularly with news, job postings, events, and information about programs and services.

Inaajimowin.com is updated regularly with news and information found in the monthly publication of the Inaajimowin.

STATE AND LOCAL NEWS BRIEFS

Lake Mille Lacs Open To Walleye This Winter:

Ice anglers on Lake Mille Lacs and Upper Red Lake can keep walleyes this season. Starting December 1, anglers will be able to keep one walleye between 21-23 inches or one fish longer than 28 inches on Mille Lacs. *KNSI News*

How's the water? Mille Lacs Lake levels:

There has been much talk about the lake levels on Mille Lacs Lake this summer. Mille Lacs, like most of the other lakes in the state, has been affected by the summer drought. But one thing people should take into consideration is the fact that the 2013-2019 summer seasons were the wettest Minnesota summers on record, making for really high water. As of October 18, the lake level was 1,250.84 feet (above sea level) as measured by the U.S. Geological Survey at the Cove Bay public access on the southwest corner of the lake. The 19-year average level is 1251.39 feet. So the October level is about six and a half inches below the 19-year average. Putting it that way, it does not seem as extreme as when looking at the physical shoreline of the lake currently. *Mille Lacs Messenger*

County continues to mull over 24% levy increase:

Currently, the county board is looking at a 24.5% increase over the 2021 levy which will result in \$22,339,589 of tax revenue. Part of it is the legal fees, but not all of it. The conversation shifted to the vaccine when Commissioner Dave Oslin said, "We could look at becoming a constitutional county. There are some folks going down that road and I believe it has to do with mandates and vaccines." Commissioner Phil Peterson added that he believes everyone still has personal choices. Commissioner Genny Reynolds questioned, "Aren't we mandated to have our employees vaccinated because we're over 100 employees?" Mille Lacs County Coordinator Dillon Hayes responded saying they would be required to follow the mandate or they wouldn't receive certain funds. *Mille Lacs Messenger*

Indemnification lawsuit oral arguments to be held on Dec. 6:

The indemnification lawsuit, in summary, is the lawsuit filed by Mille Lacs County Attorney Joe Walsh and Mille Lacs County Sheriff Don Lorge against the State of Minnesota to indemnify, or hold them harmless, or equitable claim or demand for expenses and attorneys' fees reasonably incurred in the federal lawsuit filed by the Mille Lacs Band of Ojibwe against them. The lawsuit has cost the County approximately \$6.4 million. *Mille Lacs Messenger*

Minnesota officials work to mend historically fraught relationship with tribes:

Governor Tim Walz, the state's highest office holder reinforced in the law books the sovereignty of Minnesota's tribal nations. In putting his name to paper, Walz was promising in law that he and governors who follow him would consult government-to-government with the tribes. The new law requires each state agency to designate a liaison to work with tribes, as well as tribal-state relations training for those liaisons and other leaders in the state's workforce. In October, Minnesota House members held a two-day training with tribal leaders. The state Department of Transportation is erecting a dozen signs across northern Minnesota marking the boundaries of the state's 1854 treaty with three Ojibwe bands. *Star Tribune*.

CHANGING LIVES

COVERING THE COSTS OF CHILDCARE

CHILD CARE IS EXPENSIVE — AANJIBIMAADIZING CAN HELP

BY VIVIAN LaMOORE Inaajimowin Editor

One of the biggest barriers to obtaining and retaining a job is covering the cost of childcare. Aanjibimaadizing has a Child-care Assistance program to help ease the financial burden of covering the costs of childcare for Mille Lacs Band families. Applying for assistance is easier than ever.

"Child care is expensive," said Tammy Wickstrom, Executive Director of Aanjibimaadizing. "The child care assistance program helps Mille Lacs Band families pay their child care costs, or make it more affordable. We help pay that bill."

Aanjibimaadizing can pay for child care services at licensed child care centers, licensed family child care providers, and even family, friends or neighbors (FFN) who provide child care to Mille Lacs Band families. For the FFN providers, some child-safety training such as first-aid, is required, however, the Aanjibimaadizing program provides that training at no cost to the providers.

"If your sister, aunt, grandma, uncle, brother — any family member — or neighbor are watching your son or daughter, we can help pay them to keep your out of pocket cost affordable," Tammy said. FFN are paid up to \$3 per hour, per child with a maximum of 50 hours per week.

"I feel this is a really under-utilized program and some people do not even know we offer this assistance," Tammy said. "For families who have young children, or school age children and need someone to watch their child after school, then we can help with the cost."

Unfortunately, this program is not available in the Urban area at this time.

SLIDING SCALE CO-PAY

There is typically a parent co-payment. These co-payments are on a sliding scale based on income. "They can be zero, but most parents are paying an average of \$10 per month per provider. Aanji pays the rest," Tammy said.

Both the state and county also have childcare assistance programs available for Band members to utilize. "But the benefit of the Aanjibimaadizing program is we do not count per-cap as income," Tammy said. "And we typically have lower co-payments than the state or the county."

The Aanji child care assistance program is funded by the 477 program.

"If you need help paying for child care, please contact us," Tammy said. "If you are curious or have questions of any kind, please call and please leave a message. We try to get back to people within 48 hours. Please leave a message with your name and phone number so we can call you back."

EASY APPLICATION

1. Apply to become an Aanjibimaadizing client to see if you qualify for services. Applications can be found online at <https://aanji.org>. Once completed, applications should be submitted to a Case Manager or Rose Wind at rose.wind@millelacsband.com.

2. The Case Manager will give you a childcare assistance application that must be completed with your childcare provider.

3. If you qualify for assistance, you will be notified the amount of your monthly co-payment to the childcare provider. Monthly co-payments are determined by the household income and size. Aanjibimaadizing will pay the rest of the childcare bill when the monthly calendar or childcare invoice is submitted. Payments are made once a month. Please allow seven to 10 days for processing payment.

4. Contact a Case Manager or Rose Wind for assistance. For assistance.

OTHER IMPORTANT INFORMATION

- You must be working or attending school full-time to qualify for childcare assistance.
- There is an annual limit of \$6,000 for childcare assistance.



- Family, Friend and Neighbor (FFN) care providers may be required to take classes related to child safety. Classes are provided by Aanjibimaadizing at no cost.

CHILDCARE STABILIZATION GRANTS

Sub-grants are available to any licensed childcare provider who provides childcare services to Band member families. These grants can help providers pay for rent, staffing, supplies, just about whatever you need to keep providing childcare to Mille Lacs Band families.

"Part of the reason we offer these grants is that we want there to be places for Mille Lacs Band member to go for quality childcare," Tammy said.

MORE:

Aanjibimaadizing means "changing lives." The Mille Lacs Band Aanjibimaadizing program is currently serving roughly 450 adult clients.

Aanjibimaadizing Case Managers

District I

Candace Benjamin, Director 320-362-0014

Candace.benjamin@millelacsband.com

Rosa Sam 320-364-3187

rosa.sam@millelacsband.com

Kaari Weyaus 218-316-2437

kaari.weyous@millelacsband.com

Julie Peterson 320-290-8729

Julie.Peterson@millelacsband.com

District II

Winona Crazy Thunder 320-364-3049

Winona.crazythunder@millelacsband.com

Autum Ballinger 218-768-5330

Autum.ballinger2@millelacsband.com

District III

Renee Allen 320-591-0559

renee.allen@millelacsband.com

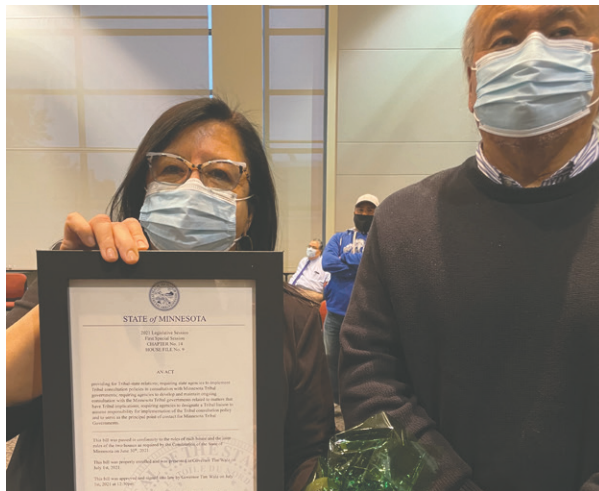
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of Understanding signed by the Administration on such critical topics as Tribal Consultation, Language Preservation, Treaty Rights, Sacred Sites and other topics also made this summit one of critical historical importance. For Indian tribes, "Build Back Better" means building to catch up and the Biden-Harris Administration is giving us that unprecedented opportunity. We now have a future we can look forward to.

State

Gov. Tim Walz and Lieutenant Gov. Peggy Flanagan held a ceremonial bill signing on Nov. 9, 2021 with tribal leaders, including Chief Executive Melanie Benjamin and Secretary Treasurer Sheldon Boyd, community members, and legislators in honor of the passage of Minnesota First Special Session Chapter 14, HF 9, Article 11, Section 5, affirming the government-to-government relationships with Tribal governments. The bill was approved and signed into law on July 1, 2021.

The law recognizes tribal sovereignty, requires state agencies to appoint tribal-state liaisons, and recognize the unique



Chief Executive Melanie Benjamin and Secretary Treasurer Sheldon Boyd on November 8 for the ceremonial bill signing of the law affirming government-to-government relationships with Tribal governments.

legal relationship between the State of Minnesota and Minnesota Tribal Nations. It also mandates tribal-state relations training for state leaders and employees.

GRA UPDATE

GRA Announces Staffing Changes

Gaming Regulatory Authority (GRA) welcomes new staff and interim positions.

In October, Teresa Kozumplik, accepted the role of Executive Director. She has served in various positions of increasing responsibility at the Gaming Enterprise and GRA since coming to work for The Band in 2005. Teresa has been in the GRA since 2009 and worked in the Administration department of the GRA since 2014.



In another key change of personnel, Daniel Klapel, has taken on the role of Hinckley Compliance Manager. Dan comes back to the GRA with a rich history at Operations, serving in various positions at the Gaming Enterprise over his career.



GAMING REGULATORY AUTHORITY



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

GRA contacts and interim appointments:

- Cassey Veith: Licensing Director and Interim Internal Audit Director, (320) 532-8121
- Becky Majzner: Interim Compliance Director and GRA Coordinator, (320) 384-4807
- Kevin Cheesman: Surveillance Director, (320) 384-4786
- Teresa Kozumplik: Executive Director, (320) 384-4811

The Mille Lacs Band Gaming Regulatory Authority (GRA) is an independent regulatory agency of tribal government established to separate the government's regulatory function from the management function of the Gaming Enterprises. More information and contact numbers can be found at <https://www.millelacsband.com/home/indian-gaming-regulation>. You can also LIKE us on Facebook at Mille Lacs Band GRA. GRA Board meetings are open to the public. Due to COVID-19, meetings are currently being conducted remotely using Zoom.

NATIONAL NEWS BRIEFS

Biden's climate plan aims to reduce methane emissions: The Biden administration on Tuesday launched a wide-ranging plan to reduce methane emissions, targeting a potent greenhouse gas that contributes significantly to global warming and packs a stronger short-term punch than even carbon dioxide. The plan was announced as President Joe Biden wraps up a two-day appearance at a United Nations climate summit in Glasgow, Scotland. Biden pledged during the summit to work with the European Union and dozens of other nations to reduce overall methane emissions worldwide by 30% by 2030. *Associated Press*

GAO Report Says Federal Government is Not Doing Enough to Deal with Missing and Murdered Indigenous Women: The U.S. Government Accountability Office (GAO) publicly on Monday, November 1, released a report that says the federal response to the missing and murdered Indigenous women (MMIW) crisis needs improvement. The Missing or Murdered Indigenous Women; New Efforts Are Underway but Opportunities Exist to Improve the Federal Response GAO report concluded the U.S. Department of Justice (DOJ) and U.S. Department of the Interior (DOI) have missed numerous deadlines set by the Not Invisible Act and Savanna's Act, and it recommended that the departments develop an action plan to ensure they're doing all they can to combat the crisis of missing and murdered Indigenous women. *Native News Online*

US mandates vaccines or tests for big companies by Jan. 4: Tens of millions of Americans who work at companies with 100 or more employees will need to be fully vaccinated against COVID-19 by Jan. 4 or get tested for the virus weekly under government rules issued Thursday, November 4. The new requirements, which were first previewed by President Joe Biden in September, will apply to about 84 million workers at medium and large businesses, although it is not clear how many of those employees are unvaccinated. *Associated Press*

GAO Report Says Federal Government is Not Doing Enough to Deal with Missing and Murdered Indigenous Women: The U.S. Government Accountability Office (GAO) publicly on Monday, November 1, released a report that says the federal response to the missing and murdered Indigenous women (MMIW) crisis needs improvement. New efforts are underway but opportunities exist to improve the federal response GAO report concluded the U.S. Department of Justice (DOJ) and U.S. Department of the Interior (DOI) have missed numerous deadlines set by the Not Invisible Act and Savanna's Act, and it recommended that the departments develop an action plan to ensure they're doing all they can to combat the crisis of missing and murdered Indigenous women. *Native News Online*

NCAI President Fawn Sharp Becomes First Ever Elected Tribal Leader to Receive U.S. State Department Diplomatic Credentials: The U.S. Department of State on Wednesday announced National Congress of American Indians (NCAI) President Fawn Sharp has been credentialed as a delegate during the 26th United Nations Climate Change Conference of the Parties (COP26) in Glasgow, United Kingdom. Sharp becomes the first tribal leader elected exclusively by tribal citizens to receive diplomatic recognition in history from the United States. *Native News Online*



COMMUNITY RISK REDUCTION

'Tis the season for traveling to visit friends and relatives. Whether you are just running to the store, or traveling for an extended holiday get-a-way, it is a good idea to remember some winter safety tips.

BEFORE YOU DRIVE

Check current road conditions. Go to www.Mn511.org for the latest information.

ON THE ROAD

- Always buckle your seat belt!
- If driving on snow or ice, brake slowly and gently. Brake early when approaching an intersection.
- If you start to slide, ease off the gas pedal or brakes. Steer into the direction of the skid until you regain traction. Then

straighten your vehicle. If you have antilock brakes, apply steady pressure.

- In fog, drive with headlights set on dim or use fog lights.
- Stay within the limits of your vision. If it is too difficult to see, pull off the road and stop. Turn on hazards.
- Decrease speed and increase following distance on hazardous roads. Your speed should adjust for conditions without impeding traffic flow.
- Watch for slick spots, especially on bridges and overpasses. Be prepared to react.
- Never try to pass in blowing snow, as there may be vehicles ahead you cannot see.
- Be alert for snowplows. When a plow is coming toward you, allow room for it to pass. Its blade may cross the centerline. Allow extra distance between your vehicle and service vehicles.
- NEVER drive into a snow cloud. A snowplow may be ahead clearing the lane or preparing to turn around.
- Be prepared to turn back and seek shelter if conditions become threatening.

WINTER TRADITIONS

BY KEN WEYAS SR., Mille Lacs Band Elder

This article by the late Ken Weyas Sr. was first published in the Mille Lacs Messenger. It is reprinted here to preserve his teachings and bring them to the next generation.

I work at the Mille Lacs Indian Museum on the reservation, where a lot of people come to learn about the Ojibwe and our way of life. They learn things at the museum that they never learned from books. We teach visitors about the Ojibwe way of life and our culture. We talk to them about traditions from the beginning of time and about the way the Ojibwe survived through the seasons. Some of these traditions are no different than they were 300 years ago.

Now that it's winter, I'd like to tell you a little bit about what the Ojibwe traditionally did this time of year. In the winter, the Ojibwe would leave their ricing camps near the lakes and go into the deepest part of the forest where the pines would protect them from the big winter winds and it would be warmer.

The women would make a lot of clothing during the winter. And because of the cold weather, the men could hunt bigger animals like bear because the meat wouldn't spoil. The hunters had snow shoes to walk on top of the snow and they had sleds to carry things over the snow. The men pulled these sleds themselves — they didn't have dogs or horses pull them.

That is because the Ojibwe didn't believe in taming wild animals and couldn't own any. It's only recently that Ojibwe people could own animals.

The Ojibwe knew how to make their sleds, bows and arrows, toboggans, and other things out of wood. They were very good at using wood, adapting to a forest environment, and living in the woods. That's why we are called Woodlands Indians.

A lot of people have the idea that the Ojibwe lived in tipis and that we rode on horseback all the time. But that's not true. The Ojibwe lived in wigwams or long houses. Tipis were used more by the Dakota. Indian tribes out on the Great Plains were the ones who rode horses a lot. Here in the forests, you probably couldn't have gotten a horse to pull stuff through such thick trees, at least not until after the logging companies came in and started cutting the trees.

There was not a lot of activity in the winter, so there was plenty of time for teaching children. Grownups would tell the children stories because they didn't have books back then. They would tell the children about wild ricing in the fall, gathering maple sap in the spring, and many other things.

Of course, the children didn't just learn about these activities by hearing about them. All through the year, the children would do these things hands-on along with the grownups. They would learn by doing how to tan a deer hide or which berries are good to pick and which are bad.

Each year, the Ojibwe would change locations for their winter homes to be good conservationists. This let the animals in the area replenish themselves so there would always be enough game. The Ojibwe also moved their summer berrying camps and their fall ricing camps each year. But in the spring, they gathered maple sap in the same place

AADIZOOKENG THE TELLING OF WINTER-TIME STORIES

OUR STORIES ARE SACRED AND CONNECT US TO THE PAST

BY VALERIE HARRINGTON, DIBIKWE

In Ojibwe culture, storytelling is an ancient and important art. Tales are told all year long, but winter, especially, is a season of storytelling.

Winter is a time for storytelling in Ojibwe culture, a tradition that stems back many generations. To learn more about Aadizookeng, I interviewed Dr. Michael 'Migizi' Sullivan. He is an Anishinaabe linguist from the Lac Courte Oreilles Ojibwe reservation in northwestern Wisconsin. He holds degrees from Lac Courte Oreilles Ojibwe Community College, the University of Wisconsin-Superior, and the University of Minnesota-Twin Cities. He is currently the Native American Studies Faculty Director at Lac Courte Oreilles Ojibwe College and he advises for the Waadookodaading Ojibwe Language Immersion School at LCO where he contributes to curriculum design, language proficiency assessment, and immersion teacher training. Migizi was kind enough to take time for an interview. I apologized to Migizi for not using our language. Here are the questions and answers.

What is storytelling?

Aadizookeng, "the telling of winter-time stories," is an age-old Anishinaabe tradition of passing down oral histories going all the way back to our creation. Handed down from generation to generation, aadizookaanan are traditionally shared in the Ojibwe language, more recently being translated into English as a result of language loss. Many of the stories concern Wenabozho, a cultural hero to our people.

Why do you only share certain stories in the winter when the snow is on the ground?

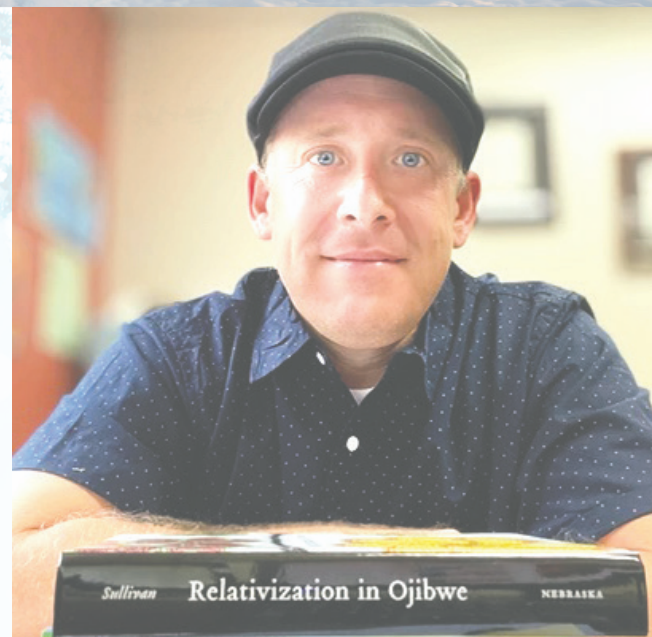
We have a spiritual belief that some of the characters in the stories are alert and aware of our actions before the wintertime sets in. Once snow is on the ground, we are permitted to talk about them, with the idea that they are sleeping. If we were to violate this teaching, we are warned of waking up with snakes and frogs in our beds. Yikes!

What does storytelling mean to you?

It is a way of educating our people on our history, our spiritual worldview, and especially our humor as Anishinaabe. The stories are fun, entertaining as well as being spiritually significant and educational. We learn values, teachings, and histories when we listen and engage, and we are reminded that the manidoog in the aadizookaanag will notice us, and we can potentially be rewarded through receiving a teaching or message.

Who was your teacher or teachers?

I have too many teachers to name. As for my storytelling teachers, I first learned of Wenabozho from listening to elders tell stories here in LCO when I was a kid. I remember Francis Mike, Joe Homesky, and Pipe Mustache telling stories when I was little, and then I was lucky enough to hear Jerry Smith tell stories regularly throughout my youth. As I grew up and started to actively pursue learning our language, I was taken under the wing of Amikogaabawiban, the late Larry "Amik" Smallwood. Amik was adamant about me learning the stories, telling them in Ojibwe, and making sure I passed them on to the kids. I have also gained a great deal of insight and teachings



from Chi-Obizaan, Lee Staples, who always is reminding us of our spiritual way as Anishinaabe. I was also able to learn a few stories from the late Rose Zhaangweshiban Tainter, originally from Ponemah, Minnesota, and a few others from north of the border.

Why is storytelling important?

Aadizookeng connects us to our past, while simultaneously teaching us about ourselves in the contemporary world we live in. By hearing of everything Wenabozho did, we often get lessons in life about what we should do, or maybe even more commonly, what we shouldn't do. I would also reinforce the fact that the stories mean more when we tell them and hear them in Ojibwe. English translations just don't do our language justice. Our stories sound like cute little kid stories when we tell them in English and often the real impactful aspects of the stories are lost in translation. As Chi-Obizaan always points out, the English language is inadequate for the purposes of conveying the true meaning of our Anishinaabe words.

What is your favorite story?

I try to tell one story each winter that I haven't told before. This typically requires me to seek out elders who are willing to share with me and that keeps me learning and adding to my repertoire. Whatever story it is that I am working on learning with hopes of telling, that typically is my favorite of the year. I love the stories that have songs in them, since that adds a cool aspect to the delivery of the story.

Please share anything that you think Band members need to know about storytelling.

One thing I'd like to share with all Anishinaabe regardless of their Band membership or enrollment (we need to recognize our relationships and stop letting our colonial experience conquer and divide us), is that our stories are just that, OUR STORIES. So, take some time to go listen and hear people tell them. Amik was big on offerings and reminded us to make offerings when learning, when listening, and when asking. Our stories are sacred and deserve that respect. The Chi-mookomaan tells of Jack and Jill and no real spiritual substance. Our stories are special, spiritual, and fun. We never get those messages if we aren't there to listen.

DANCE, SING, LISTEN TO THE DRUMS

Round Dance Fun

PHOTOS BY BILL JONES, Band Member

Grand Casino Mille Lacs Band Member Recruitment Department partnered with the Men's Empowerment Group, District I Representative Virgil Wind and Chief Executive Benjamin's office to host a Round Dance on Thursday, October 28 at the Old District I Community Center. The goal was to gather the community together to dance, sing, and listen to our drums. In addition, there was also an employment table to communicate and promote career development opportunities for Mille Lacs Band Members within Grand Casino Mille Lacs.



Mark your calendars

Because SANTA is coming to town

to bring toys and gifts for families

December 18, 2021

From: 3 to 5 p.m.
Where: Onamia Vets Club Parking Lot
Drive Through Distribution
Santa and Mrs. Claus will be there with lots of Elf helpers!
All are welcome to attend.

(Please wear masks and stay in your vehicle. All of the helpers will bring the gifts to you.)

MEN'S AND WOMEN'S GROUPS

The Women's Healing Group meets on Mondays at 5:30 p.m., and the Men's Empowerment Group meets Thursdays at 6 p.m. Both groups meet at the old District I Community Center across from Grand Casino Mille Lacs. All are welcome!

FIRST AID AND CPR CLASSES AT HHS BUILDING

As part of the Band's Community Risk Reduction or CRR efforts, First Aid and CPR classes are held from 8:30 a.m. to 4:30 p.m. on the last Wednesday of the month in the Family Services training room at the Health and Human Services building in District I. Family Services staff and foster parents have priority, after which it is open to other departments and community members. There is a \$10 fee for certification cards if participants would like them. Cards are free for Family Services staff and foster parents. Contact Kristina Abear at 320-532-7814 or kristina.abear@hhs.millelacsband-nsn.gov to sign up.

Send your news tips to news@millelacsband.com.

HEALTH AND HUMAN SERVICES

EATING HEALTHY DURING THE HOLIDAYS

By JACKIE BRAUN, Registered Dietitian and Diabetes Coordinator



The holidays are often filled with some of our favorite meals and foods. As you gather together with friends and family during this holiday season, keep in mind these helpful tips to make healthy choices.

Lean Protein

Turkey, roast beef, fresh ham, beans, and fish are lean protein choices. Protein helps us feel full, without having a large impact on blood sugar. When serving meat, trim away any fat before cooking. Go easy on sauces and gravies — they can be high in saturated fat and sodium.

Add Color to Your Plate

Fill half of your plate with colorful fruits and vegetables. If you are looking for healthier alternatives to traditional holiday dishes, choose steamed green beans instead of green bean casserole. Add flavor to sweet potatoes with cinnamon,

instead of brown sugar and marshmallows. Jellied cranberry sauce is often sweetened with high fructose corn syrup and can contain up to 24 grams of sugar per ¼ cup serving. Try roasting your own cranberries for a side dish with no added sugar.

Be Selective with Starchy Foods

Starchy foods such as stuffing, dinner rolls, mashed potatoes, sweet potatoes, corn, peas, and of course desserts have the greatest impact on blood sugar. Remember, just because they are offered does not mean that you have to eat all of these foods. One trick is to skip the ordinary foods that you can eat year-round, such as mashed potatoes, and instead, enjoy small portions of special treats you associate with the holidays, such as pumpkin pie! Limit the portion sizes and when possible, choose whole grain options, such as wild rice or whole grain dinner rolls.

Get Active

Exercise is a great way to balance some of your holiday eating. Take a walk with family and friends after a holiday meal.

Avoid Skipping Meals

Knowing that there is a large meal planned later in the day, it can be tempting to want to skip breakfast and/or lunch to save calories for later on. However, skipping meals can lead to overeating and cause drastic spikes in blood sugar. To avoid this scenario, eat a regular breakfast and lunch and you'll likely eat less calories overall than if you would have skipped these meals.

The holidays are a great time to celebrate family and feast over food and drinks. With just a little preparation, you can enjoy traditional dishes mindfully and still experience all that the season has to offer.

HEALTHY HOLIDAY RECIPE

Honey Roasted Butternut Squash and Cranberries

Ingredients:

- 3 lb large butternut squash
- 2 Tbsp olive oil
- 1 tsp salt
- 1 tsp pepper
- 2 cups fresh cranberries
- 3 Tbsp honey
- ¼ cup crumbled feta cheese
- ¼ tsp cinnamon

Instructions:

1. Pre-heat oven to 400 degrees F.
2. Peel and cube butternut squash into ¾ inch pieces. Toss with olive oil and spread on roasting pan. Sprinkle with salt and pepper. Roast for 25 minutes.
3. After 25 minutes, add the cranberries to the roasting pan. Return to the oven for 10-15 minutes or until the cranberries have started to soften and burst.
4. Remove the pan from the oven and sprinkle with the cinnamon and feta. Drizzle with honey. Serve hot.

WINTER SURVIVAL KIT

- Boots, jackets, gloves
- Blankets
- Cell phone charger
- Flashlight and spare batteries
- Bottled water and snacks
- Booster cables
- Basic tools
- Sand or cat litter
- Red bandana
- Pencil and paper



CALL FOR SUBMISSIONS

Mille Lacs Band members and community members from other tribes can be paid for news stories published in *Ojibwe Inaajimowin*. 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 320-630-8195.

FLU SEASON IS HERE

MINIMIZE YOUR RISK of catching THE FLU	STAY AWAY from sick people The flu is extremely contagious	WASH HANDS often Use soap and hot water to make sure your hands are clean.
DO NOT SHARE your food, drink or utensils with others The flu virus can contaminated items	AVOID TOUCHING your eyes, nose or mouth The flu virus can be here	GET THE FLU VACCINE The flu vaccine reduces the odds of getting the flu by 70% to 90%

ADVOCATING FOR OUR KIDS WITH VISIBLE AND INVISIBLE DISABILITIES

KNOWLEDGE IS POWER

By MARY SAM, MAAJIITAABIIKWE

Being a parent is hard work. We want the best for our kids. We want them to be safe and treated equitably in the school setting. Being a parent of a student with a disability can create additional worries while dealing with the special education processes within the school setting. Having experienced this as a parent, I remember feeling tired, isolated, frustrated, uncertain, and occasionally angry about how the school at times was not working to meet their unique needs. While I knew a great deal about the laws set up to protect a student with a disability, I didn't always understand the balance between letting go, providing the right amount of support, and knowing when it was the right time to step in and advocate. Sometimes it was overwhelming.

The COVID-19 pandemic has added an extra layer to the isolation many students with a disability and/or their parents have experienced. Less time in the classroom, more time on Zoom, and in some cases limited services and classes all together. It's important to understand, that under the Individuals with Disability Act, students with a disability are required to be provided with a free, appropriate public education that is tailored to their individual needs. The Americans with Disability Act, is a civil rights act that prohibits discrimination based

on disability. Schools must provide an appropriate education for our children.

Under the Americans with Disability Act, to be protected by the ADA one must have a disability which is defined by ADA as a physical or mental impairment that substantially limits one or more major life activities; a person who has a history or record of such an impairment; or a person who is perceived by others as having such an impairment. The Americans with Disability Act names the following categories of disability: auditory impairment, Autism, deaf-blindness, emotional disturbance, learning disability, intellectual disability, multiple impairments, orthopedic impairment, other health impairments, speech impairment, traumatic brain injury, visual impairment, noncategorical early childhood. Mental illness can qualify as a disability. Schools are seeing more students with anxiety, depression, and other mental health diagnosis which impact student learning. Students who are on a 504 plan or an IEP, are protected under IDEA and ADA. As Native parents or grandparents raising children with a disability, our involvement is key to the planning and evaluating of their plans.

You know your child best. It's really important that you attend, participate, and speak up. Your child can learn a great deal about self-advocacy by watching and listening to you advocate for them in a respectful, professional and passionate manner.

BAND MEMBERS VOICES ON ADVOCACY

Crystal Weckert

"Continually ask questions. Advocate for yourself and your child. Utilize the resources like the PACER Center. They help families get un-stuck, when you don't know what to do, what to ask or if you disagree with how the school is working with your child."

Adrienne Benjamin

"It's important that parents of students with a disability know each other. Find other parents and talk to them so you know that you are not alone. Knowing others helps reduce some of the stigma and negativity that some associate with disability. Ask other parents what is working for them and not working. Often you are put into meetings and you feel like you are always alone, advocating without a path. Providing a larger voice, helps the system meet the needs of our kids better. Remember special education is a collaborative effort between the school and family. A parent is an equal partner. It's ok to speak up. Understand the funding behind special education. Funds should support appropriate care and education. Challenge the school to think and plan beyond disability, creating universal design tools that work for all students."

Krystal Sam-

"As a parent of a child with an invisible disability, I am on guard at all times. You want to protect them, but give them the tools to protect themselves. Advocate and know their own rights, so they can stand up for themselves when something is not what they need. Provide permission for your child to come to you to be the voice, when their voice is not being heard. Learn your rights, learn the law, what they are entitled to receive for an equal education.

Additional tips:

If your child is going to go through diagnostic testing at school, request the school use a bias free assessment, which is a tool that supports a cultural lens.

Teaching your child about their disability helps provide them with voice, identity and safety, so they can speak with truth and confidence and self-advocate in ways that work for them as they grow up.

Understanding all that you can about their disability and their diagnosis will help you become the best advocate for your child to get the best services in place for them at school.

Volunteer (as able) in the school or classroom. Watch, listen, learn, and contribute. Your insight is valuable.

If you have questions, contact the school and discuss your concerns with the teacher. If the issue is not resolved, reach out to the principal or director of special education. Request a meeting with the special education team to review the IEP or 504 Plan. As a parent of a Native student you can also request the Indian Education Director or appropriate staff member to attend any meeting called, to ensure our culture is being considered in any disciplinary situation, decisions about a new academic setting and any new plan being put in place. This is especially important if there is a discipline issue or a significant change in the setting-due to behavior concerns. If the concern is still not resolved, contact one of the resources listed below for help or file a complaint.

Resources for parents of a child with a disability:

WWW.PACER.org
<https://nami.org/Home>
<https://www.parentcenterhub.org/categories/>
WWW.ed.gov

To file a discrimination complaint based on disability:

Minnesota Department of Human Rights:
<https://mn.gov/mdhr/>
WWW.sites.ed.gov/idea
www2.ed.gov/about/offices/list/ocr/complaintintro.html

PET CLINICS COMPLETE

Over the last few months, pet clinics have been held in each District and the Urban area offering wellness exams and sterilization surgeries at no cost for hundreds of Band members. During November, the veterinary health teams wrapped up the season with clinics held in District I and the Urban area.

The pet clinics are made possible through a collaboration with MnSNAP, Second Hand Hounds, Companions and Animals for Reform and Equity (CARE), and the Student Initiative for Reservation Veterinary Services (SIRVS)



JOINING FORCES TO BREAK THE MENTAL HEALTH STIGMA

By VIVIAN LaMOORE, Inaajimowin Editor



MEET THE MENTAL HEALTH TEAM

Diane Neal, Crissy Wade, Crystal Weckert and Tiffany Klug are joining forces to create a stronger mental health team for the Mille Lacs Band Community.

IT'S OK TO ASK FOR HELP

Health and Human Services continues to find innovative resources to better serve the community. The Mental Health program is currently expanding and combining efforts to work towards better health, not only mental health, but overall health. They are focusing on growing the Mental Health team and working with other HHS programs to become stronger. "We all have to work together," said Diane Neal, MS, LPCC. Neal is the new Program Director of the Mille Lacs Band Mental Health. "We are building our department. Everybody has different strengths, and together, we can do so much more."

Neal went on to explain all areas of HHS are coordinating efforts of behavioral health, mental health, and physical health. "We are integrating to treat the person as a whole being. Is there substance use? Is there a physical health issue? Is there a criminal aspect? We need to coordinate all of that to determine the specific needs of each individual," she said. "And we need to eradicate the stigma associated with mental health and substance use disorders, thus promoting wellness and recovery in our community."

The focus of the Mental Health Department right now is to develop a community awareness of who they are, so people will know who to call, Neal said. She has been leaning on the current staff for guidance as she is learning the community. She said the way she sees it, "I am a guest in this house. I am honored to be here." She added that she is both humbled and grateful for the opportunity to partner with the Band. She hopes to expand services and build on programming that provides integrative quality care supporting the individual, youth, family, and community.

Diane Neal, MS, LPCC,

Diane Neal has been working with mental health, families, and youth for over 30 years. Her roots as a teacher in New York City set the foundation of commitment to the health and wellbeing of families, youth, men, women, and communities. She has worked with a focus on adolescents, family engagement, trauma, addictions, attachment, developmental disabilities, autism, and other special needs as well as high risk criminal and mental health populations. She has worked in various settings including correctional, residential and community outpatient programs, and private practice.



As a previous foster parent, adopted parent and adoption agency owner, Neal has developed and trained in parenting, adoption, and attachment styles for private and state organizations. In 2007, when she relocated to Minnesota from Florida, she has been clinical and executive director for programs building curricula and enhancing programming to increase awareness and needed services. A strong focus of Neal's has been around trauma, sexual health and wellness/identity and gender, bystander prevention, and a focus on eliminating abuse and addressing interrelation violence within cultural competency. She has enhanced focus areas for special populations including Autism, Fetal alcohol (FASD), and developmental

disabilities DD/IDD). Trauma informed care training and certifications have been a foundation for the last 14 years.

Working with programs, on state task forces, boards, in private practice and legislative change, Neal remained committed to ending abuse and violence to enhance community and family safety with a mental health and cultural awareness foundation. Neal has provided consultation and training to community programs, other professionals, institutions, courts, and schools/Universities on the topics of prevention, abuse, treatment and community response to assault, sexual health, family engagement, domestic violence, sexual abusers and victimization, trauma, and suicidality. She has advised on policies and legislative task forces.

CRISSY WADE, MA, LPCC, CTMH

problematic sexual behaviors/sexual offending, as well as remains actively involved in research surrounding the topics of appropriate treatment efficacies with a mental health perspective.

Crissy Wade MA, LPCC, CTMH

Crissy Wade is a Licensed Professional Clinical Counselor (LPCC), who received her Bachelor's degree at Bemidji State University, and Master's degree from Bethel University in counseling psychology.



Wade has been a therapist for almost 10 years specializing in trauma informed care, including intergenerational trauma. She is trained in Play Therapy, DBT, Sand Tray Therapy, Solution Focused Therapy, and Cognitive Behavioral Therapy. Wade works primarily with adolescents, adults, and Elders. She has recently been working in training and certification with Brainspotting. "Brainspotting is an advanced brain body technique for healing emotional trauma, anxiety, depression, PTSD, and multiple other mental health diagnoses. It is one of the few techniques that effectively addresses the root cause of psychological stress and trauma," she said. Wade is also able to provide supervision for those therapists that are seeking licensure.

"I really want people to know that it is OK to call someone for help. Having anxiety, depression, or any other concerns is OK. When you call a therapist, it doesn't mean you are crazy. Mental health care doesn't equal mental illness. It means taking care of yourself. We need to get rid of the stigma. It's okay to have anxiety, it's okay to be depressed, and it's okay to get help. We're not here to be judgmental. We're here to help."

In addition, Wade said she has been involved with the Mille Lacs Band since at least 2018 and lives the culture and traditions. She enjoys spending time at the Assisted Living Units lunching and beading with the Elders. In her time away from work, she enjoys swimming, beading, spending time with family, and sitting around a bonfire with her husband and two dogs, Tuxedo and Jenny. Her favorite activity to do is fishing while watching the sunset over Mille Lacs Lake.

Tiffany Klug, LICSW

Tiffany Klug started her career at Four Winds and has come back as a therapist with clinical strength and commitment to support the mental health needs of Band members in the community.



Klug is an LICSW with over four years clinical experience working with various ages across the lifespan. Having worked in a variety of settings including residential, day treatment, and outpatient, she has become adept at de-escalation, motivational interviewing, EMDR, cognitive behavioral therapy, sand tray therapy, play therapy and more.

"It is most important to me that I meet each client where they are at in any stage of life and my goal is to make each person feel heard, understood, safe, and cared for," Klug said. "I work alongside each individual to identify strengths they already have, explore resources, make positive life changes and accomplish personal goals. I offer therapy using a warm, non-judgmental, compassionate and culturally competent approach."

Crystal Weckert, MS, LICSW, LMFT

Crystal Weckert is a Mille Lacs Band member dually licensed as an independent clinical social worker and a licensed marriage and family therapist. She has been working in the mental health field since 2008. She has worked in the Health and Human Services field throughout her professional and educational journey; originally working as a Health and Human Services outreach worker, she transported clients to their mental health and substance use appointments. She is now committed to assisting clients in reaching their optimal mental health as a mental health therapist.



Weckert graduated with her bachelor's degree in social work from the College of St. Scholastica. She worked as a child protection social worker for three years with the Mille Lacs Band of Ojibwe. Weckert graduated with her first Master's Degree in marriage and family therapy from Argosy University in 2008. She worked as a marriage and family therapist for seven years before accepting a director's position in 2013. In 2013, Weckert received her Second Master's Degree in Tribal Administration and Governance from the University of Minnesota. She had overseen the substance use department and mental health services for Mille Lacs Band of Ojibwe for over six years. She has been back to providing direct mental health services to clients for almost two years and loves being with the clients again. Weckert is a certified specialist in anger management and has a permanency in adoption competency certification.

Weckert has worked in Health and Human Services field since 2002. She and her husband have been licensed foster parents for the Mille Lacs Band of Ojibwe for over 10 years. Weckert served on Gov. Dayton's task force for mental health in 2016. She served on the Minnesota American Indian Mental Health Advisory Council for over eight years.

Weckert has been working with mental health and substance use departments within the Mille Lacs Band of Ojibwe throughout her professional career. "I am deeply committed to working with and helping Native American communities," she said.

LET'S FOCUS

MAKING A DIFFERENCE

PEER RECOVERY SPECIALISTS ACCEPT AWARD ON BEHALF OF SOBER SQUAD

By VALERIE HARRINGTON, DIBIKWE

The Minnesota Association of Resources for Recovery and Chemical Health (MARRCH) is a professional association of addiction treatment professionals and organizations striving to raise awareness about addiction and the power of recovery. They represent more than 75 agencies and more than 2,000 individuals (Licensed Alcohol and Drug Counselors, students, other behavioral health professionals) with members in every region of Minnesota. As a collective body, MARRCH works to educate, support, and guide individuals and agencies while speaking with a unified voice in public policy venues. MARRCH hosted their Annual Conference & Expo October 25-27, 2021 at the St. Paul RiverCentre.

On Tuesday, October 26, 2021 during the MARRCH President's Awards Dinner, Mille Lacs Band member Colin Cash and Mille Lacs Band employee and member of the Red Lake Nation Gary Branchuad accepted an award on behalf of Sober Squad as Peer Support of the Year for their dedication to Sober Squad and all in recovery.

Colin and Gary continue to build their reputation as peer recovery specialists by using their skills to support understanding of recovery in our communities. They began their journey with a narrow focus, "How do we get the dying to stop?" The beginning story of their work was not all unicorns and rainbows. In fact it was filled with a lot of ridicule and stigma. They had no skills to go off of, no education, no knowledge of resources, no trainings, and no support.

But, the one thing they had in abundance was compassion for the people who shared their struggle.

Since the beginning, their focus has always been their brothers and sisters in active use and those beginning their recovery journey.

It is easy to discuss what needs to be done and theorize on best practices, however, they soon found out that they had seemingly insurmountable odds against them.

Native Americans have the lowest graduation rates, high instances of domestic assault, incarceration, diabetes, maternal death rate, infant death rate, rape outside of race, Missing and Murdered indigenous Women, out of home placement, obesity, and generational trauma that all contribute to sub-

stance use problems.

With this understanding, they walk alongside them, they understand what it feels like to have lost everything and know what it feels like to have the deck stacked against you. They do this with nothing more than compassion as their shield as well as their compass, they waded through these disparities that saturate our communities in order to bring about a campaign of recovery and hope.

They have always felt that people give them too much credit for what Sober Squad became when in fact all they did was offer resources, no judgement, and supported their journey no matter what that looked like.

Many organizations became the foundation that helped nurture Sober Squad into what it is today. One of these organizations that far surpassed what was demanded of them is Minnesota Recovery Connection, the mothership. This organization became the peer organization support specialist of their movement, offering support, trainings, resources and cheerleading. Without Minnesota Recovery Connection there is no Sober Squad.

The individuals they could not forget to mention when receiving the award were:

Crystal Weckert for being the brains of the operation and allowing them to take the credit.

Kris Kelly and Ryan (Lil brown) for giving them perspective and direction when they sat and stared at each other dragging their knuckles.

Wendy Jones for the belief in them when they couldn't believe in themselves.

Candace Caddy Frink for believing they are rock stars when they both knew they were not.

Lisa Levig for being their day one friend throughout it all.

And most importantly, every member of Sober Squad for grabbing hold and building this into what it is today. Getting behind the mission and giving it meaning.

Colin and Gary said thank you to all.

The humility of Colin and Gary is quite admirable. They are quite deserving of this award and their work they have done in the community is vital and difficult. They have made personal



sacrifices in support of others. They both give a lot back to the community and show tremendous dedication. They are part of a grassroots organization that has made an impact in our community as well as other chapters throughout the nation. They have provided great effort of transportation to meetings and events. They have spoken and shared their hope for recovery at many events. They have created many recovery events such as wellbriety meetings and recovery walks. They have been a part of facilitating and training over 60 peer recovery specialists. They have a unique drive to offer resources and raise awareness about addiction and the power of recovery.

They continue their mission: "To empower and support individuals in recovery to build healthier communities."

Gary and Colin are modest and stated they will accept the award on *behalf* of Sober Squad but they are not the leaders of Sober Squad.

Whether they are leaders of Sober Squad or not, they are commendable leaders in our community and have made a difference in many lives.

FRYBREAD AND CHILI FUNDRAISER

Nothing beats a hot bowl of chili and some fresh homemade frybread on a cold winter day. On Thursday, November 4 at the Old District I Community Center, members of Sober Squad and Wellbriety Group held a fundraiser lunch of frybread and chili to raise funds to support Creating Passions in Recovery — a group that brings art events to people in recovery from substance use disorders. Several art events have been held bringing artists to recovery groups. It has been said that the purpose of art is not to produce a product. Rather the purpose of art is to produce thinking. Producing art can display a particular mood or emotion and/or be relaxing and entertaining.

Participants in the art events are given the tools including a blank canvas, paint, brushes, and instruction by the artist, and left to their own creativity to paint and produce a particular image or scene.



GRATITUDE HAS BIG IMPACTS

By NAZHIKE, Mille Lacs Band Member



As Anishinaabe, we have a perspective of the world built into our consciousness. We gain access to this energy through the gratitude and usage of what we were given as a people.

We have an Anishinaabe Spirit within that needs fuel as much as our physical bodies need fuel. When we get hungry, we feed ourselves nutrients that our bodies can use to replenish energy stores. Our Spirits have been neglected through the traumas and adapting to this contemporary world we live in. There were ideas that spread throughout our communities that led us to believe that our ways are not effective, didn't matter, and in some instances, evil.

Some of our people often persuaded others to stay away from our way of life due to uncertainties. There was a time when our ceremonies had to be held in secret. Today, we can practice our ways out in the open and people are returning to our way of life in large numbers. There is a sense of gratitude for being able to come to our ceremonies. The cumulative gratitude is then transferred to the manidoog. What we give is what we get.

In Mille Lacs we still have ceremonies intact. The sweat lodge is a place to gain guidance, let go of what's bothering you, and balanced out. There are spiritual beings that come to take part in the sweat lodge as we are in there. The rocks, the fire, the water, medicines, drums, pipes, and asemaa play their parts to help us express our hopes, prayers, and gratitude. We also have fasting that is making a return to our community. Fasting brings you close to the spirits in nature. Anishinaabe are a part of nature and it's those beings that will come to give you guidance. When we forego the physical nourishment we are pushed to experience the spiritual energy that anishinaabe have access to.

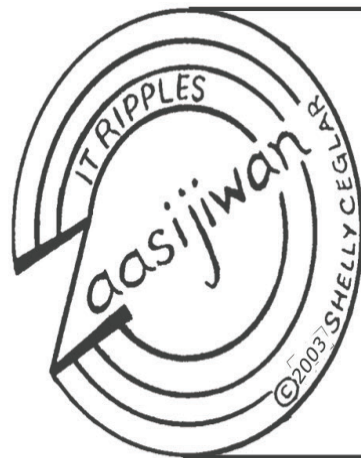
Our Big Drums were given to us so we can be protected. We make offerings, sing, and dance to honor the Manidoog that are affiliated with that drum.

Our Midewin has been with us since the beginning of time. It has been a place to come and receive Bimaadiziwin. When it was held in secret, some of our people believed that it was reserved for dire straits. Today, we can seek it out for whatever we want help with. Our way of life is here for all of us.

There are people within our communities that take part in these and can help those that don't know to become involved. As our people gain our own knowledge and start sharing back, our peoples' collective knowledge will grow. There are plenty of our community members that were taught things from our elders. If we were to share one thing with each other, we would grow our knowledge base by as many people that get taught.

Throughout this time of learning and teaching, we will share the anishinaabe knowledge and be grateful. The gratitude will carry on to the spirits and well-being increased.

Miigwech.



Biboong...

gashkidin omaa. Gashkidino-giizis wa'aw giizis. Ganabaj wii-kipagaakwadin i'iw nibi. Gemaa wii-pibagaakwaadin i'iw nibi. Gego dwaashiniken! Gimikwendaan ina gii-twaa'igeyaang? Akwa'waad minwendam ningozis. Ningagwejim, "Aandi izhaayan?" Nakwetam, "Nindizhaa akwa'wewigamigong."

When it is Winter...

it is frozen here. She is the frozen over-moon this moon. Maybe it will be frozen thick that water. Or it will be frozen thin that water. Don't fall through the ice! Do you remember it? When we made a hole in the ice for water? When he tries spear fish through the ice, he is content my son. I ask him, "Where are you going?" He answers, "I am going to the fishhouse."

Bezhiig—1

OJIBWEMOWIN (Ojibwe Language)

Double vowel system of writing Ojibwemowin.

—Long vowels: AA, E, II, OO

Gaawiin—as in father

Apane—as in jay

Wii—as in seen

Noongom—as in moon

—Short Vowels: A, I, O

Idash—as in about

Nibi—as in tin

Omaa—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.

Preverbs

They are sounds spoken before the action words (verbs) to add clarity. Hyphenated to the verb.

bi—in the direction of the speaker, this way.

mino—good, nice

maji—bad

gichi—great, big, very

izhi—in a certain way, thusly

daa—should, could, would, might, can

endaso—so many, certain number

wii—future tense, want to

ga—future tense, definite

gii—past tense, did

Niizh—2

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

A. Mewinza nibi, gii-nibiikaa. Gii-piinad.

B. Noongom, gaawiin ganawenjigaadesinooon o'ow nibi.

C. Onzaam gimamoomin idash ginishwaaanaajitoomin.

D. Ningoding gwaaba'ibiiyaang wiinad. Gaawiin giminkwesiimin.

E. Gakina, awiia, bemaadizijig, giinawaa giga-wiidookaagem.

F. Awanjish apane gidaa-paamendaamin o'ow nibi.

G. Noongom, zoogipon idash biivan.

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

Niswi—3

IKIDOWIN ODAMINOWIN (word play)

Down:

1. He/she answers
2. Here
3. Where?
5. My son
7. How/What way?

Across:

4. You remember it.
6. Always
8. He/she goes
9. Water

Niiwin—4

Preverbs (Prenouns, too)

Mino-bimaadiziwin.—The Good Life.
Gichi-mookomaan.—Big knife, One who carried a big knife (white person).
Aaniin endaso-diba'iganek?—How many units of measure? (What time is it?)
Maji-izhiwebizi.—Behave badly.
Izhaa.—He/she goes.
Bi-izhaa.—He/she comes.
Ningii-pi-izhaa.—I did come here.

*Initial vowel change occurs after question words and other.

Goojitoon! Try it! Translation below.

1. Ni ___-minikwen i'iw ___-nibi.
2. ___-ziibi gaawiin gaskadinzinoon biboong.
3. Aaniin ___-ayaayan noongom?
4. Wii-piindigeyan, gi ___-naadinan iniw makizinan idash azhiganan.
5. Noongom ___-giizhigad. ___-giizhigad!

Translations:

Niizh—2 A. Long ago water, there was a lot of water. It was clean. B. Today, it is not taken care of this water. C. Too much we take it and we waste it. D. Sometimes when we draw water, it is dirty. We can not drink. E. All, everyone, human, you all, you all shall help. F. Diligently always we should take care of this water. G. Today it is snowing and it is a blizzard.

Niswi—3 Down: 1. Nakwetam 2. Omaa 3. Aandi 5. Ningozis 7. Aaniin Across: 4. Gimikwendaan 6. Apane 8. Izhaa 9. Nibi

Niiwin—4 1. I did-drink that bad-water. 2. Great-river does not freeze over when it is winter. 3. How or in what way thusly-are you today? 4. When you will-go inside, you should-fetch those shoes and socks. 5. Today it is a good-day. Good-day!

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

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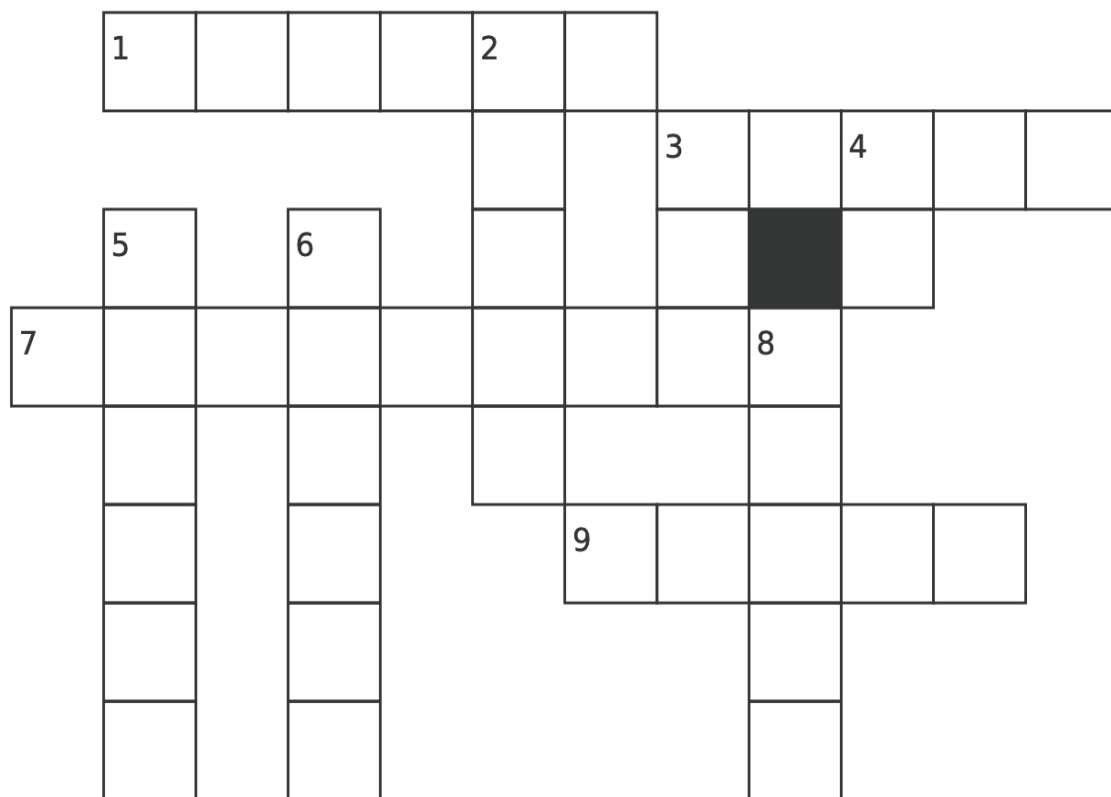
CALL FOR SUBMISSIONS

Mille Lacs Band members and community members from other tribes can be paid for news stories published in *Ojibwe Inaajimowin*. 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 320-630-8195.

AAZHAWAAKWASING MANIDOO-GIIZISOONS

By Nazhike Mille Lacs Band Member

Aazhawaakwasing Manidoo-giizisoons 2021



Down:

2. Ingii-____. = I did go somewhere.
3. In__-pakade. = I was hungry.
4. __wii-anokii. = You intend to work.
5. Giggii-____. = You did eat.
6. Giwii-____. = You intend to be hungry.
8. ____-nibaa ji-bawaajigeyaan. = I want to sleep so I can dream.

Across:

1. Ningii-____ = I did work.
3. ____ na gigii-miijin? = Did you eat something?
7. Ingii-kiizikaan _____. = I did take off my shoes.
9. ____-piizikaan ina gidazhigan = Did you wear your socks?

GIDINWEWININAAN — OUR WAY OF SOUND

By NAZHIKE Mille Lacs Band Member

As we go about and apply the language, we will start to see the world moving. To express future and past tense, there are a few nuances that come into play. Nothing that would make you silly, yet you would still be understandable even through the mistakes.

Gii- and Wii- are what we have to identify past (Gii-) and a future intention (Wii-). Using what you know already, apply these to display what has happened and what is intended to happen.

Ingii-pakade. = I was hungry. (In gee puck kud day)

Giwii-anokii. = You intend to work. (Gih wee un no key)

Giggii-wiisin. = You did eat. (Gih gee wee sin)

Ingii-izhaa. = I did go somewhere. (In gee izh zhah)

Ningii-anokii = I did work. (Nin gee uh no key)

Giwii-pakade. = You intend to be hungry. (Gih wee puck kud day)

Gegoo na gigii-miijin? = Did you eat something? (Gay goo nuh gig gee mee jin)

Giwii-piizikaan ina gidazhigan = Did you wear your socks? (Gih wee pee zik kahn in nuh gid uzh zhig gun)

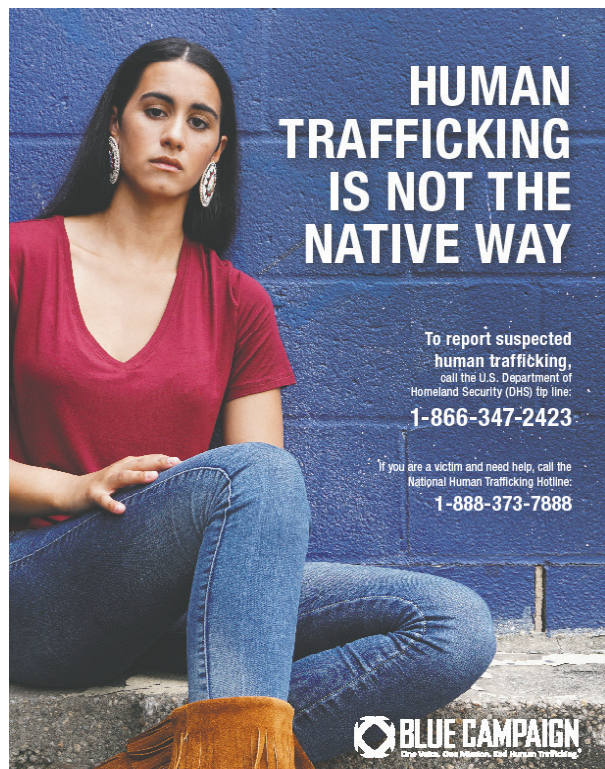
Niwii-nibaa ji-bawaajigeyaan. = I want to sleep so I can dream. (Nih wee nib bah jih buh wah jig gay yawn)

Ingii-kiizikaan nimakazin. = I did take off my shoes. (In gee key zik kahn nim muk kuz in)

Utilizing Ojibwemowin to express intention will lead you to what you intend.

Miigwech.

You can hear many words and sentences pronounced by native speakers at ojibwe.lib.umn.edu.



DISTRICT NEWS AND FUN



DISTRICT I COMMUNITY MEETING

Photos by Valerie Harrington,

The October District I Community meeting was well attended with the District I Band members who enjoyed a meal prepared by Dawn Day. Community members were also given the opportunity to listen to presentations by Commissioners Tim Jackson, Community Development and Kelly Applegate, Department of Natural Resources.

Information tables were available and staffed by team members from the Mille Lacs Band Scholarship program, Family Violence and Prevention, and Grand Casino Mille Lacs.

OTHER UPDATES AND INTRODUCTIONS

- Rachel Nelson is the new community advocate for family violence prevention program.
- Diane Neal is the new Mental Health Program Director at HHS.



SHARING A MEAL

Dawn Day provided the food for the District I community meeting.



UPDATES FROM COMMISSIONERS

Tim Jackson, Commissioner of Community Development and Kelly Applegate, Commissioner of the Department of Natural Resources provided updates from their departments for the District I community members during the October monthly meeting.



OUT AND ABOUT



CELEBRATING NATIVE AMERICAN HERITAGE IN URBAN AREA

Photos by Chad Germann

Mille Lacs Band members were treated to complimentary tickets to the Timberwolves game on November 17 in honor of Native American Heritage month. Above left: George Morrow sings for dancers in the lobby to start the celebration. Above right: Brea Sawyer sings the National Anthem for thousands of Timberwolves fans to start the game.



Photos by Wendy Merrill

RAIDERS ROUNDY

In celebration of Native American Heritage Month and the collaboration of youth sports from Isle and Onamia public schools, Isle High School hosted a round dance on Friday November 19, 2021 sponsored by District I Representative Virgil Wind, District II Representative Marvin Bruneau, Onamia Indian Education, Isle and Onamia LIEPC, Ge-niigaanizijig, 21st Century, Isle School, and Mille Lacs Area Partners for Prevention. The round dance, coined as the Raiders Roundy, was the first combined round dance for the newly formed Raiders youth sports community.



YOUTH OFFER HELP- ING HANDS FOR PAWS

Pictured are District II youth from the Ge-Niigaanizijig program building dog houses to give to community members.

This is a pilot program this year with hopes to be able to build and supply more dog houses for community members in the years to come.

Elders are given the first priority. Any remaining dog houses will be provided to community members who request one.

Each district offers the opportunity for youths to participate in the dog house building project.



BAND MEMBER VOICES

BUT TO ME, IT WAS ALWAYS MORE THAN JUST A HUNT

BY BENJI SAM, MASHKODE-BIZHIKIGAHBAW

For the first time in my life, I was forced to venture into the woods this fall without my dad, the late David "Amik" Sam, in search of a few whitetail deer to help feed my family for the year to come. My entire life he, as well as my late Nii-yawen'enh Leonard Sam and Uncle Charlie Houle, helped me build a sense of knowledge, respect, and appreciation for the woods, water, and every life we take to help feed our families. Those men helped me understand that taking care of my family and those around me is as important to us as Anishinaabe as any teaching in our culture.

My Dad always made me promise him that when he someday took the journey to be with our ancestors, that I would continue hunting, fishing, gathering, and teaching our family and friends about what it meant to us to be Anishinaabe.

I tried my best to uphold that promise on a late October morning as I sat in his tree stand, carried his rifle, and donned his old buck knife on my hip. As the sun began to shine an extraordinarily beautiful, fiery mix of colors into the sky I was overwhelmed with a rush of emotions as twenty-seven years of hunting memories began to fill my head.

This was his favorite time of year and I was doing his favorite thing in the world without him.

I remembered each and every deer my dad and I had ever taken for our family over the many years. From my very first deer to his very last, this was something that we had always done together. Many of my favorite memories on this Earth were with that old man chasing fish and game to put on the table for our family, our Elders, and those who are no longer able to go out and provide for themselves.

But as I continued to sit in dad's stand and watch the sun come over the horizon, I was able to let go of some of my grief and find peace in the woods.

The gentle breeze carried the last of the leaves to the forest floor without a sound and each ray of light reflected like a magical snowfall in that cool October air.

In the distance geese and swans sounded off as they prepared to catch their flight south for the winter. Blue jays, woodpeckers, and crows all spoke back and forth to break the silence once more. Squirrels, mice, voles, and other small critters all continued with their lives as if I wasn't even there.

At last, I was reminded of the beauty, serenity, and peace the woods bring to us Anishinaabe. A moment like this reminded me how wonderful this life can be, even in such sad times, and made me thankful for every breath given to me.

After an all-day sit, as the sun began to set, I was given a perfect opportunity on a beautiful mature doe that I couldn't refuse. I became overwhelmed with emotion once again as I subconsciously looked for dad on his four-wheeler coming



"LIVING EXACTLY HOW DAD TAUGHT ME"

Benji Sam harvested a nice young buck to provide for his family as taught to him by his late father, David Amik Sam.

down the trail to hold a leg while I field dressed this white-tail.

I was met with silence and an eventual acceptance that it was just me, my memories, and this amazing four-legged creature laying on the ground. I realized that he and I had taken care of dozens and dozens of deer over the years together and laying in front of me was the first kill I had ever made without my dad to share that moment with.

The following morning, I was also presented with a perfect opportunity to harvest a nice young buck and after climb-

ing down from that tree stand and looking over this buck, I once again had tears fill my eyes. It was in that moment that

I realized was doing it, living exactly how Dad taught me, and for the first time since he passed away I felt like he was there with me, helping, continuing to teach me what it means to be a man.

We're taught in our Ojibwe culture that death is just a new beginning and Dad used to talk about heaven, or the afterlife, as the Land

of Happy Hunting. He always described a place where we rejoin our relatives and all those four-leggeds who gave their lives to help bring us strength to carry on with our own. He described this as the place that all Anishinaabe go when our body is returned to the Earth to help watch over our loved ones we leave behind. I know he's there, with Lenny, Charlie, and many other relatives, but it was nice to feel like I was there with him, in the Land of Happy Hunting, even if only for a moment.

Most people would simply call that a successful trip in the woods, but to me — it was always more than just a hunt.

Benji Sam graduated from Onamia High School in 2012 and continued on to earn a Bachelor's Degree in Exercise Physiology in 2016, and earned his Doctorate of Physical Therapy in 2019. Since graduating college, he has worked at Viverant Physical Therapy in Duluth, MN where he lives with his wife Candace and daughter Millie. Outside of work, Benji continues to participate in sporting events, hunting, fishing, gathering, and time with his family and friends and makes the trip to Mille Lacs often to help his family gather wild rice, maple syrup, birch bark, and other traditions that help the Sam Family throughout the year.

"MANY OF MY FAVORITE MEMORIES ON THIS EARTH WERE WITH THAT OLD MAN CHASING FISH AND GAME TO PUT ON THE TABLE FOR OUR FAMILY, OUR ELDERS, AND THOSE WHO ARE NO LONGER ABLE TO GO OUT AND PROVIDE FOR THEMSELVES."



Benji Sam found an old photo of him and his father, the late David Amik Sam, who Benji credits with helping him build a sense of knowledge, respect, and appreciation for the woods, water, and every life we take to help feed our families. Benji is fulfilling a promise he made to his dad to continue hunting, fishing, gathering, and teaching our family and friends about what it meant to us to be Anishinaabe.

AROUND THE RESERVATION

WELCOMING THE NEXT GENERATION

Baby boy Zaden Thomas Nadeau born 9/22/2021
parents Taylor Nadeau and Jacob Ratner



Baby girl Savannah Sandra Summers born 9/28/2021 parents Precious Williams and Aaron Summers



Baby girl Maela Mussette Anoka born 9/4/2021 parents Brenda Mitchell and Bruce Anoka II



District I Representative Virgil Wind welcomes the next generation by gifting baby baskets that include some necessities and items for the newborn baby.

Eligibility requirements: Parent must be an enrolled Mille Lacs Band member residing in the District I area.

Please contact the District I office at 320-532-7423 for more details on receiving a baby basket.

MEKWENIMINJIG

THE ONES WHO ARE REMEMBERED

Kimberly Ann Martin • Di-bi-khaw-zig

Kimberly Ann Martin (Davis) "Di-Bi-Khaw-Zhig" was born on June 20, 1969 to Barbara (Reynolds) Davis and Eugene Davis. She passed away on November 11, 2021 at her home in Sandstone, MN.

Kimberly loved to do crafts, her mirrors, and her puzzle books. She liked to relax at the casino. Family always came first for Kimberly. She was funny and caring, but no matter what she spoke her mind.

Kimberly is preceded in death by her mom, Barbara; her father, Eugene; her uncle, Marlin; her aunt, Francis; her sisters, Robin, and Jolisa.

Kimberly is survived by her husband, William; her son, Gavin; her stepsons, Dustin and William, Sr.; her sisters, Michelle Morrison and Georgia; her brothers Eugene and Greg Davis; her Aunts and Uncles; and her many nieces and nephews.



Melanie Lou Sam • Migiziikwe

Migiziikwe, Melanie Lou Sam, 60-year-old resident of Isle, MN passed away on November 9, 2021. Visitation was at 7 PM on Friday, November 12, 2021, at the District 1 Community Center on the Mille Lacs Reservation. A Funeral Ceremony was held at 10 AM on Saturday, November 13, 2021, at the District 1 Community Center on the Mille Lacs Reservation with Ombishekebines officiating. Interment was in the Bedausky Family Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.

Migiziikwe, Melanie Lou Sam, was born on September 17th, 1961, in Onamia, MN to Harold Bedausky and Susan Benjamin. She attended South High School in Minneapolis. She enjoyed spending time with her grandchildren, Amelio, Derek, Brooklynn, Nevaeh, Rihanna, Carlos Jr., Brayden, Lay'liana, Bionca, Daniel, and Joe. She had a special place in her heart for her grandsons, Landon and Blake who she had raised as her own. She also enjoyed going for rides, going out to eat, shooting pool, watching movies, socializing with relatives, and taking care of her grandsons, Landon and Blake. Most of her dedicated work history was with Grand Casino Mille Lacs from the very beginning as a 21 dealer/full-time floor, which she enjoyed until she retired.

Melanie is survived by her five children, sons, Corey Sam, Cody Sam; daughters, Wendy Merrill (Carlos Merrill) Julia Sam, and Susan Hendrix; she also had brothers, and many, many sisters. As well as many nieces, nephews, and cousins.

She was preceded in death by the love and her best friend, Jefferey Sam; parents, Susan Benjamin and Harold Bedausky.



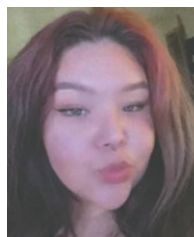
Hazel Elia Buckanaga • Ma'iingan

Ma'iingan, Hazel Buckanaga, age 21, died on November 17, 2021. Visitation was at 5 PM on Saturday, November 20, 2021, at the District 1 Community Center on the Mille Lacs Reservation. A Funeral Ceremony was at 10 AM on Sunday, November 21, 2021, at the District 1 Community Center on the Mille Lacs Reservation with Gisibaganeb officiating interment was in Vineland Burial Grounds.

Ma'iingan, Hazel was born on January 25, 2000, in Onamia, Minnesota to Jenny Joseph and Curtis Buckanaga. Hazel Elia Buckanaga belonged to the Sturgeon Clan and was proud to belong to the Leach Lake and MLB Nations. She had a good sense of humor along with a good taste and variety in music. Hazel carried her family in so many ways. Her love was heavy, but her presence was soft. She loved to be close to the water. Hazel loved her siblings deeply. She had a special relationship with her grandmother, Carol White. Hazel loved to hang out with her friends and always wanted everyone to have a good time. She was devoted to the Midewiwin Lodge, the Ojibwe culture, and her family. She had a special relationship with each of her siblings.

Hazel was preceded in death by her grandpa, Charles Buckanaga; great-grandpa, Ben Sam; sister, Cedar Buckanaga; baby cousin, Windy Morrison Jr.; auntie, Bonnie White.

She is survived by her mother, Jenny Joseph; father, Curtis Buckanaga; siblings, Charli (Carlos) Buckanaga, Giniw Buckanaga, Oginii Joseph, Rayne Northrup, Curtis Buckanaga Jr., Ezhashowe Buckanaga, Jathan Joseph, Ameliyah Joseph, Stevie Stewart, Junior Stewart, Myssie Stewart, Miskwaanak-wadook Buckanaga, Mawandoobinesiik Buckanaga; and her unborn, sister; grandmothers, Carol White, and Kokum (Rick) Hazel Joseph; papa, Robert Sam-Kegg Sr.; nephew, Carlos Zamora Jr.; and many cousins.



VISIT THE WEBSITE

Did you know the Inaajimowin has a dedicated website? The website is updated regularly with new stories and information. Plus, you can find past issue of the Inaajimowin in the archives. Visit Inaajimowin.com for all of the latest news and information.



WEIGHT LOSS CHALLENGE WINNER

Bobby Anderson of District III is proud to say he is a winner in the October Weight loss Challenge sponsored by Health and Human Services. He weighed in at 236 pounds to start and ended at 193 pounds equalling an 18 percent weight loss.

This page is offered as a service to those families who would like to share the news of their loved ones' passing. Please submit memorials for Mekweniminjig to news@millelacsband.com. Photos are accepted but not required. Because this is a new feature in the Inaajimowin, we are accepting tributes for Band members who have passed away beginning January 1, 2021.

HEALTH AND HUMAN SERVICES

COPING WITH HOLIDAY STRESS IS NOT ALWAYS EASY, AND THAT'S OKAY

BY DIANE NEAL, MS, LPCC, MENTAL HEALTH DIRECTOR

Many celebrations are just around the corner. Regardless of what or how you celebrate, or don't, it is almost impossible to avoid engaging in some matter. The messaging, advertising, decorations, events, and focus are all around us. This time of year we are supposed to be joyous, grateful, happy, forgiving, and kind. We are encouraged to be with family and friends. But for many people, the holiday season is not always the most wonderful time of year.

The holiday season can be lonely, or stressful. It can be a reminder of those no longer with us, of seasons that brought pain, heartache, or abuse. It is a time that can be filled with anxiety, pressure, depression and sometimes even panic. For those already struggling with mental health issues, it is a time of heightened symptoms. But even for those with no mental health history, the holidays bring feelings forward for all of us; sensory recall of times lost, grief for those not with us, anxiety for expectations, financial stress, loneliness when there are no planned celebrations alone or with others, pressure to be and do all the things we are expected to be and do.

All of us have feelings associated with this time of year. All of us. And that's ok.

If you feel yourself starting to struggle or be challenged by this time of year, from November through January, or see someone who is, consider these ideas:

- Check in on and reach out to the ones you love and friends you care about. Staying connected helps them and you.



- Get active and move your body; if you can. Get outside. The crisp fresh air can be stimulating and as the days get shorter it is important for us to seek the sun when it is out.

- Journal how you are feeling.

- Take small steps to keep your mind, body, and spirit healthy. Holidays can be stressful for many people so give yourself space to having unexpected feelings and ask for help if it becomes overwhelming.

- Set a manageable budget and stick to it. It may require conversations about gift-giving with others so they understand you may not be able to participate at the level you have in the

past.

- Decide if opting out of some activities will make your schedule and stress levels more manageable. Take time to re-charge and don't judge yourself about it. It is OK to say no.

- Wake up and make your bed. Start your day with an accomplishment. Acknowledge that however you are feeling is okay. Just because it's the holiday season doesn't mean you have to feel happy.

- Be kind to yourself. All you can do is your best and your best is good enough. It's impossible to please everyone.

GRAND CASINO HINCKLEY PRESENTS POP-UP SHOP FOR INDIGENOUS ARTISTS

Grand Casino Hinckley will hold a Pop-Up Shop for Indigenous Artists on Thursday, December 2 through Sunday, December 5, 2021, from 11 a.m. to 7 p.m. in the main Grand Casino Hinckley Hotel lobby.

This shop is open to the public and will feature an array of locally made arts including beadwork, ribbon skirts, blankets, paintings, earrings, and more by featured designer Buckanaga Social Club.

"We wanted to create a space to embrace Indigenous culture in a way that is original, heartfelt, and genuine," said Ryan O'Brien Grand Casino Hinckley's Assistant General Manager. "It's a way for us to connect Indigenous artists with potential guests to sell their authentic art and showcase their talents."

Buckanaga Social Club is an innovative artist collective pro-

ducing high-quality Indigenous art, fashion, clothing, accessories, home décor, and more. The club includes the talents of Amber Buckanaga, Owner and Designer, Alyssa "Memengwaa" Buckanaga, Artist and Bead worker, Sophie Zentzis, Artist and Painter, and Chelsy "Bebamaazhdikwe" Wilkie, Artist and Sewist.

Members of Buckanaga Social Club collaborate to execute products and projects, innovate Indigenous fashion, and dominate fashion shows. They've had featured shows at New York Fashion Week, Rural Arts and Culture Summit, Mille Lacs Band Asemaa Gathering, and Minnesota American Indian Chamber of Commerce annual event, to name a few. You can find them on Instagram at @buckanaga_social_club, and at Buckanaga Social Club on Facebook.

DETAILS AT A GLANCE

What: Grand Casino Hinckley Presents: Indigenous Artist Showcase

Where: Grand Casino Hinckley Hotel Lobby

When: December 2 – 5, 2021

Time: 11 a.m. to 7 p.m. each day

Open to the public. Cash and Credit Cards accepted.

Future artists that would like to be considered for a pop-up shop should contact Bonnie Matrious at (320) 384-4701 or BMatrious@grcasinos.com.

INDIGENOUS FOOD AND RECIPES COOKBOOK AUTHOR PRESENTATION

BY RHONDA MIT, Band Member

The Mille Lacs Indian Museum hosted an Indigenous food, foraging, recipes, and cooking event on November 13. LEFT: Cookbook author Tashia Hart attended for a book signing with copies of her cookbook given to the first 50 attendees. RIGHT: Chef Elena Terry preparing wild rice and hazelnut chocolate cup recipe from Tashia's cookbook. The event was sponsored by the Mille Lacs Band of Ojibwe Public Health, Mille Lacs Indian Museum, and the Minnesota Department of Health.



TRIBAL NOTEBOARD

DECEMBER ELDER BIRTHDAYS

Thomas Stephen Applebee
 Michael Robert Aubid
 Judith Louise Beaulieu
 Marvin James Beaulieu
 Gayle Marie Bender
 Henry Benjamin Bonga
 Loann Dana Boyd
 Phyllis Ann Boyd
 Terry Lee Bradley
 Vicki Marie Burton
 Kyle Matthew Cash
 Lawrence Churchill
 Frances Davis
 Marilyn Ann Davis
 Winifred Marie Davis
 Delsie Louise Day
 June Louise Day
 Norma Bea Diver
 Randy James Dorr
 Rodney John Dorr
 George Steven Edgington
 Ruth Elaine Garbow
 Colleen Margaret Garcia

Diane Marie Gibbs
 Rosalie Marie Gopher
 Corwin John Graikowski
 David Darry Grangerl
 Dale Herbert Greene
 Angeline Hawk
 Viola Mary Hendren
 Michael Ray Hensley
 Julie Ann Hernandez Corado
 Carole Anne Higgins
 Frank Hill
 Esther Marie Johnson
 William Reinhardt Kegg
 Christine O'Madwe Kegwedose
 Cheryl Ann Keller
 Larry Allen Koepp
 Lynn Leslie Renda
 Michael Allen Mager
 Daniel Rae Matrious
 Gordon Wayne Matrious
 Vincent Edward Merrill
 Colleen Gay Minger
 Kim Alane Modaff
 Connie Rose Moose
 Debra Jean Morrison
 Richard Raymond Mortenson

Linda Lou Moxness
 Maureen Cynthia Nickaboine
 Jay Jay O'Brien
 Anita Rose Parker
 Phillip Dale Pawlitschek
 Dale John Pindegayosh
 William Richard Premo
 Doreen Ellen Sam
 Corrina Marie Sheff
 Susan M. Shingobe
 Lisa Ann Smekofske
 James Francis Thomas
 Minta Marie Thomson
 Vanette Louise Todd
 Carol Ann Turner
 Anita Louise Upegui
 Arlene Louise Victor
 Kevin Duane White
 Yvonne Cecelia Winiacki
 Douglas Alan Wistrom
 Lyle David Woyak

HAPPY DECEMBER BIRTHDAYS

Happy Birthday to our wonderful mom and grandmother, Diane Gibbs on December 21! With love from Michelle and all the kids!

Happy birthday, Tiny, on December 16 with love from Dad, Daphne, Braelyn, Payton, Waase, Eric, Brynley, Trinity, Bianca, Henry, Binisiikwe, Papa Brad, Granny Kim, Papa Kyle, Auntie Val, Dan, Pie, Myla, Kevin, Auntie Randi, Auntie Rachel, Rory, Uncle Jay, Taylor, Adam, Uncle Bruce, Jayla, and Lileah

CHI MIIGWECH

In response to Ken Wade's passing and service, we would like to thank all who sent their condolences for our husband/father

Kenneth Wade "Mukwa." The kindness was deeply appreciated and we are so grateful for the outpouring of support from everyone at the Mille Lacs offices and especially the Urban office. Also, a very special thank you to Brad Harrington, we couldn't have done this with out you. Miigwech. Jane Wade, Wendy Wade Palmer and family.

ELDERS NEEDED!

We are 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 video interview to share your memories, please email news@millelacsband.com or call 320-630-8195

IMPORTANT TRIBAL GOVERNMENT PHONE NUMBERS

Please refer to the following list to find answers to your questions or to reach the individuals or departments you need.

Mille Lacs Band Government Center: 320-532-4181

Mille Lacs Band Tribal Police: 320-532-3430

Non-Emergency Phone: 320-630-2994

Commissioners:

Administration: Peter Nayquonabe: 218-670-0745;

Maria Costello: 320-630-7643 or 763-260-0164

Natural Resources: Kelly Applegate: 763-221-0320

Community Development: Tim Jackson: 320-362-4245

Health and Human Services: Nicole Anderson: 320-364-9969

Finance: Mel Towle: 320-532-7475

Chief Executive's Office

Stephanie Dunkley: 320-532-7828

Court Administrator

Gilda Burr: 320-532-7401

Legislative Inquiries

Brianna Boyd, Legislative Affairs Director: 320-532-7536 (work); 320-630-8702 (cell); 320-532-7506 (fax)

Band Assembly Inquiries

Darcie Big Bear, Parliamentarian/Clerk of the Assembly: 320-532-7420; darcie.bigbear2@millelacsband.com

Department of Motor Vehicles (DMV) Inquiries

Deanna Sam at 320-279-0178 or 320-532-7498 to make an appointment.

Aanjibimaadizing

District I — Candace Benjamin, Director of Case Management: 320-362-0014; Kaari Weyaus, Case Manager: 218-316-2437

District II — Winona Crazy Thunder, Case Manager:

320-364-3049

District III — Renee Allen, Case Manager: 320-591-0559

Urban — Wahbon Spears: 612-360-5486

Housing Emergency On-Call

Districts I and IIa: 320-630-2498

District II: 320-630-2492

District III: 320-630-2497

Dan Boyd, Housing Director: 320-630-2620

Brian Schienost, Public Works Director: 320-630-2624

Tony Pike, Roads/Solid Waste Supervisor: 320-980-5367

Sean Racelo, Waste Water Supervisor: 218-838-8391

Mike Moilanen, Director of Planning: 320-630-2623

Chad Dunkley, Earthworks: 320-282-9165

Health and Human Services

24/7 Nurse Line: 320-630-0855

Provider appointments: 320-532-4163 option #2

Nurse Line Clinic: 320-630-0397

Mental Health appointments: 320-532-4163 option #2

Mental Health call line: 320-674-4385

Substance use assessments and counseling: 320-532-7773

Pharmacy: 320-532-4770

Dental emergencies: 320-532-4779

Commodities: 320-630-8362

Emergency Services: 320-532-1755 or 320-532-1756. After hours: 320-630-2432 or 320-362-4672

Family Violence Prevention 24/7 Crisis Line: 866-867-4006

Elder Advocate: 320-630-7666

Office of Management and Budget

Economic Support and Per Cap: Email address updates to: kathy.heyer@millelacsband.com or call Danni Jo Harkness: 320-532-7592

NOTE: The Office of Management and Budget will continue to provide essential services with further increased efforts toward a virtual and paperless environment.



Congratulations from your family to Band member Madelyn Churchill for outstanding academic recognition. Madelyn has been accepted to U of M Morris as an Achievement Scholar, earned scholarship. She has lettered in academics every year since 7th grade; lettered in band, choir, volleyball, softball, and weight lifting; is a member of Native American Student Association (NASA); and was the 2021 homecoming Queen at Hinckley-Finlayson High School.

NOTEBOARD AND CALENDAR GUIDELINES

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 **320-630-8195**. *The deadline for the January issue is December 15. Photos may be included if space allows.*

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 320-630-8195.

Send your shout-outs to news@millelacsband.com!

DRUG TIP HOTLINE

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>RECOVERY GROUP MEETINGS HELD VIA ZOOM</p> <p>Many recovery meetings are held via Zoom conference. The Sunday Wellbriety ID is 601 532 2869 and the password is 456 267. The Monday night Migizi meeting ID is 856 8473 0121, and the password is 56359. The Wednesday night Red Brick meeting ID is 895 631 97923, and the password is 56359. The Thursday Wellbriety meeting ID is 966 0395 9591, and the passcode is 944772. The nightly Zooming Towards Recovery code is 601-532-2869, and the password is zoom800. Urban recovery groups meet Tuesdays at 7 (Sa Miikana) and Fridays at 6:30 (On the RedRoad). ID: 214 608 6245; password: Redroad.</p>			<p>1</p> <p>Remote Instruction Day NAS Schools (NAS Abi/MS/HS)</p> <p>Circle of Health Outreach</p> <p>East Lake 10 a.m. to 2 p.m.</p>	<p>2</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon</p> <p>Lake Lena 1 to 3 p.m.</p>	<p>3</p> <p>Circle of Health Outreach</p> <p>Chiminising 10 a.m. to 2 p.m.</p>	<p>4</p> <p>Zooming towards Recovery NA</p> <p>8 p.m. via Zoom conference.</p>
<p>5</p> <p>Wellbriety Talking Circle 10 a.m. via Zoom conference.</p> <p>Zooming towards Recovery See above</p> <p>The Rez NA 6 p.m. Aanjibimaadizing building See 18</p>	<p>6</p> <p>Pipe and Dish NAS Schools (NAS Abi/MS/HS)</p> <p>Migizi Meeting 7 p.m. via Zoom conference.</p> <p>Women's group 5:30 p.m. Old District I Community Center</p> <p>FDLTCC Sprig Registration</p> <p>NAS 9:30 - 11 a.m.</p> <p>East Lake 1:30 - 3 p.m.</p>	<p>7</p> <p>First Tuesday SNAP see page 7</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon</p> <p>Lake Lena 1 to 3 p.m.</p> <p>FDLTCC Sprig Registration</p> <p>Hinckley 9:30 a.m. - noon</p>	<p>8</p> <p>MN Teen Challenge NAS/MS/HS</p> <p>Red Brick AA/NA Meeting 7 p.m. via Zoom conference.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Circle of Health Outreach</p> <p>Chiminising 10 a.m. to 2 p.m.</p>	<p>9</p> <p>Men's group 6 p.m. Old District I Community Center</p> <p>Wellbriety 6 p.m. via Zoom conference.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon</p> <p>Lake Lena 1 to 3 p.m.</p>	<p>10</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Circle of Health Outreach</p> <p>East Lake 10 a.m. to 2 p.m.</p> <p>On the RedRoad See above</p>	<p>11</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>12</p> <p>Wellbriety Talking Circle 10 a.m. via Zoom conference.</p> <p>Zooming towards Recovery See above</p> <p>The Rez NA 6 p.m. Aanjibimaadizing building</p>	<p>13</p> <p>Migizi Meeting 7 p.m. via Zoom conference.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Women's group 5:30 p.m. Old District I Community Center</p>	<p>14</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon</p> <p>Lake Lena 1 to 3 p.m.</p>	<p>15:</p> <p>Circle of Health Outreach</p> <p>East Lake 10 a.m. to 2 p.m.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>16</p> <p>Elders Christmas Party</p> <p>5:30 p.m. Grand Casino HinckleyCircle</p> <p>Chiminising Party</p> <p>5:30 p.m. meal, Santa, pictures & prizes</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon and Lake Lena 1 to 3 p.m.</p>	<p>17</p> <p>Circle of Health Outreach</p> <p>Chiminising 10 a.m. to 2 p.m.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference</p>	<p>18</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>19</p> <p>Wellbriety Talking Circle 10 a.m. via Zoom conference.</p> <p>Zooming towards Recovery See above</p> <p>The Rez NA 6 p.m. Aanjibimaadizing building</p>	<p>20</p> <p>Pipe NAS Schools (NAS Abi/MS/HS)</p> <p>Migizi Meeting 7 p.m. via Zoom conference.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Women's group 5:30 p.m. Old District I Community Center</p>	<p>21</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon</p> <p>Lake Lena 1 to 3 p.m.</p> <p>Minisinaakwaang Party</p> <p>5:30 p.m. meal, Santa, pictures & prizes</p>	<p>22</p> <p>NAS ABI Christmas Movie</p> <p>Circle of Health Outreach</p> <p>Chiminising 10 a.m. to 2 p.m.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>23</p> <p>NAS Winter Break Starts (through Jan.3)</p> <p>MLBO Winter Break Government Offices Closed</p> <p>District III Community Christmas Party</p> <p>5 p.m. Hinckley</p>	<p>24</p> <p>NAS Winter Break (through Jan.3)</p> <p>MLBO Winter Break Government Offices Closed</p>	<p>25</p> <p>MLBO Winter Break Government Offices Closed</p>
<p>26</p> <p>Wellbriety Talking Circle 10 a.m. via Zoom conference.</p> <p>Zooming towards Recovery See above</p> <p>The Rez NA 6 p.m. Aanjibimaadizing building</p>	<p>27</p> <p>NAS Winter Break (through Jan.3)</p> <p>MLBO Winter Break Government Offices Closed</p>	<p>28</p> <p>NAS Winter Break (through Jan.3)</p> <p>Circle of Health Outreach</p> <p>Hinckley 10 a.m. to Noon</p> <p>Lake Lena 1 to 3 p.m.</p>	<p>29</p> <p>NAS Winter Break (through Jan.3)</p> <p>Circle of Health Outreach</p> <p>East Lake 10 a.m. to 2 p.m.</p> <p>District I meeting</p> <p>5:30 p.m. Old DI Community Center</p>	<p>30</p> <p>NAS Winter Break (through Jan.3)</p> <p>Noon Closing for Government Offices</p>	<p>31</p> <p>NAS Winter Break (through Jan.3)</p> <p>New Year Break Government Offices Closed. Weill re-open on Tuesday, Jan. 4, 2022. Happy New Year!</p> <p>DI Sobriety NYE pow wow (details coming soon)</p>	<p><i>Millelacsband.com is updated regularly with news, job postings, events, and information about programs and services.</i></p>



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DECEMBER 2021 | VOLUME 23 | NUMBER 12

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



RAIDERS ROUNDY

ISLE AND ONAMIA PUBLIC SCHOOLS COLLABORATIVE CELEBRATION

See page 14

Photos by Jamie Edwards

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 Inaa Jimowin 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 320-630-8195. The January 2022 issue deadline is December 15, 2021.

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 at one of the following on-call numbers:

District I and IIa: 320-630-2498.

District II: 320-630-2492.

District III: 320-630-2497.

Mille Lacs Band Family Services: Foster Care: 320-630-2663; Social Worker: 320-630-2444; 800-709-6445, ext. 7588; Family Violence Prevention: District I 320-532-4780; East Lake 218-768-4412; Aazhoomog 320-384-0149; Hinckley 320-384-4613; Toll-free 24-hour crisis line 866-867-4006.

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