



OJIBWE INAAJIMOWIN

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



GROUND BREAKING TO SUPPORT EARLY EDUCATION

Construction has begun on additions and updates for the Head Start program in Minisinaakwaang

By **VIVIAN LaMOORE, INAAJIMOWIN EDITOR**

It was a big day for the tiny tots of Minisinaakwaang on Friday, August 26, 2022, as several Mille Lacs Band members, educators, Tribal leaders, and children gathered for ceremonial ground-breaking of the new Head Start additions and updates at the District II Community Center.

The project will consist of adding two classrooms, including an infant room and a toddler room. It will also include renovating the existing space of the toddler room to make it more functional for the program and provide a safe space for infants and toddlers. These new and renovated classrooms will also support Wraparound childcare for those who need it.

"We are pleased and excited to be adding another classroom to the District II site which will allow Mille Lacs Early Education the opportunity to offer Early Head Start services to children under 1 year of age," said Nancy Saboo, Mille Lacs Band of Ojibwe Director of Mille Lacs Early Education. "Additionally, staff will benefit from much needed storage space and a teacher's area.

Head Start programs and early education are essential for children for so many reasons. Early childhood education benefits more than the children who participate — it also helps their kids, even decades later, and the entire community.

A recent study of Head Start, the large federally funded pre-kindergarten initiative that started in the 1960s, found that the children of kids who participated were substantially more likely to graduate high school and attend college, and less likely to commit crime and become a teen parent.

Along with the many benefits of Head Start or Early Head

Start, Mille Lacs Early Education also provides Early Intervention Services. These services are designed to meet the needs of students ages 0-5, address any issues or concerns about your child's development, and assist children with needs as early as possible.

"This is exciting!" said Wendy "Bebiskaneyaashikwe" Merrill, District II Representative. "As a former Head Start kid and parent of Head Start children myself, I loved the support of the program. It benefits the community by giving youth a bigger, welcoming place to learn. Opening an infant and toddler room will allow for parents in the community to work, provide services, and opportunities. I want to give a special Miigwech to Marvin Bruneau, former District II Representative, who was a huge supporter of this project while he was in office."

The Head Start programs provide services for at-risk children ages 0-5 and their families. Some of those services include health, dental, and developmental screening and early intervention services, education designed to meet the individual needs of each child using a variety of learning experiences, parent engagement and education in the form of Family Activity Nights and training opportunities as well as support with family goals, and family and community partnerships and advocacy.

The construction project is expected to be complete in the spring of 2023. For individuals interested in possibly enrolling their children, please have them contact Tricia Thomas, Family Support Specialist at 320-532-7590.



Screenshot view from Google Earth of Manidoons Zaaga'igan Zhaawanong in Pine County near the Pine County Public School.

MANIDOONS ZAAGA'IGAN ZHAAWANONG IS THE OFFICIAL NAME OF PINE COUNTY LAKE

U.S. renamed over 650 geographical locations with slur for Native American women

By **VIVIAN LaMOORE, INAAJIMOWIN EDITOR**

Hundreds of lakes, streams, peaks, parks, and other geographical locations that once had names with racist slurs for Native American women have been officially renamed. The Mille Lacs Band Department of Natural Resources had the opportunity to contribute to renaming 11 of those, including one lake in Pine County, Minnesota.

As reported in the May issue of the Inaajimowin, Sq-- Lake in Pine County was one of the locations bearing the derogatory slur for Native American women. The Mille Lacs Band DNR suggested the name be changed to Manidoons Zaaga'igan Zhaawanong. In Ojibwe, this means "Little Spirit Lake of the South" or "South Bug Lake." That name was accepted and the lake is officially renamed Manidoons Zaaga'igan Zhaawanong.

The initiative was led by Secretary of Interior Deb Haaland. In November, Haaland declared the term derogatory and created a panel that takes suggestions from the public on changing places named with derogatory terms. Haaland created Secretarial Order 3404 and Secretarial Order 3405 to make these changes.

The Mille Lacs Band submitted 31 recommendations for name changes. The U.S. Board of Geographic Names (BGN) has accepted 11 of them, with only one of them being in Minnesota. The other 10 were in other states, including Indiana

NAME CHANGE see page 5

HELPING TO CARE FOR SPIRIT ISLAND — SEE PAGE 10

M E S S A G E
F R O M
T H E

C H I E F E X E C U T I V E

Aaniin, Boozhoo! After more than two years of classroom disruption for long and short periods due to the pandemic, it was wonderful to see our kids so excited to go back to school this fall and reconnect with their friends and teachers.

I like to use this column to inform Band members about the work I conduct on behalf of the Band each month, which always includes highlights from meetings. With limited space in this column, I am only able to highlight a fraction of my schedule. I encourage Band members to watch the regular videos which I tape each week to gain more information about our work. You can find the videos on the Band's Facebook page.

After 20 years of trying to amend and improve the Self-Governance law, the new law finally passed last year. Mille Lacs has always been a leader in Self-Governance going back to the late 1980s under the leadership of former Chief Executive Arthur Gahbow and Chief Executive Marge Anderson. Whenever a new law goes into effect, the federal government has to create the regulations, or "rules," for how the law is carried out. In 1994 when the original permanent Self-Governance law passed, Mille Lacs pushed hard for a requirement written into the law that tribes be involved in the rulemaking process. Last year, I was appointed by Interior Secretary Deb Haaland to represent the Midwest tribes on this committee that will create the rules for the improved Self-Governance law. We had an organizing meeting with federal officials and other tribal representatives on August 29, where we insisted we needed to be involved in every decision, including creating agendas and determine meeting dates. The new regulations need to be written by December of 2023.

Many of our young Band women and youth participated in our first Oshkiniigikwe Leadership Conference in March, which was an outstanding experience for our youth. The idea for this conference grew out of my participation on the Executive Council for Young Women's Leadership Initiative, which is a council created by Lt. Governor Peggy Flanagan to increase leadership skills for our young girls and women. On September 8, the council met and talked about best practices for creating women's leadership opportunities and how we will continue to

carry on these activities into the future.

Tribal Data Sovereignty is the right of Indian tribes to control, use and management over our own information. I talked with Federal Reserve officials about the importance of data sovereignty on September 15, when I attended a meeting of the Leadership Council for the Center for Indian Country Development (CICD) of the Federal Reserve Bank. The CICD is a committee I serve on, and the purpose of the CICD is to use data-driven research to support economic development in Indian Country. Throughout history, state/federal agencies and universities have collected data about our communities, resources, and people, and they have controlled whether or not we have access to our own information and how it is released to third parties. Information and data about our people and communities has been used by researchers, stolen, and even sold without the consent of the Tribe or individual Band members. I talked about how important it is that we have access to, and control over our own data to make sure we have accessible and accurate data for many reasons, including grants, state and federal policy creation, economic development, and strategic planning.

On September 19, I participated in a Tribal Leaders Roundtable discussion sponsored by Native Nations Institute about how tribes can utilize the unprecedented post-pandemic federal funding to support economic development and jobs in Indian country. We took away outstanding information from this meeting which the Band will use to leverage more funding for our communities.

On September 21, I served as one of three tribal witnesses to testify before a hearing of the U.S. Senate Committee on Indian Affairs on the topic of increasing spectrum internet access across Indian Country, along with panelists from the Federal Communications Commission (FCC), the U.S. Government Accounting Office (GAO) and Department of Interior (DOI). I participated via zoom from the Government Center, and my remarks focused on the need to provide internet access to our lands that are checker-boarded, which are mainly in Districts II and III. The term "spectrum" pertains to the waves that our

phones and computers use, and can be owned. This is a huge topic in Indian Country because if a tribe can own spectrum over its own lands, we can greatly increase internet access to our communities that need it. Information Systems Director Keith Modglin joined me as a panelist for this hearing. Band members can review this hearing at <https://www.indian.senate.gov/hearings>, but will need to fast-forward about 30 minutes to the start of the hearing.

As the Band's two members of the Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe (MCT), Secretary-Treasurer Boyd and I participated via Zoom in a working session meeting with other TEC Members on September 22 to discuss future TEC meetings and a more orderly way for MCT members to participate in discussion. Many Mille Lacs Band members who used to attend TEC meetings no longer do so and have stated they are uncomfortable with how hostile these meetings have become toward the Mille Lacs Band. I fully support MCT members being able to share their views so long as it is done in an orderly fashion as an agenda item, and is respectful toward all.

During September, I continued to hold informational meetings with Band member elders in Districts I, II and III to discuss the results of the non-binding referendum ballot question for members of the Minnesota Chippewa Tribe (MCT) regarding possible changes to how we enroll members. It is very important that Band members pay attention to this topic and learn about the different proposals that are being discussed within the MCT. A zoom meeting for interested Band members was held on September 6, and elder meetings were held on September 15-16.

I hope Band members find these columns informational, and I am always happy to talk with anyone who has questions or interest in these topics. Please call my office at (320) 532-7486 or email me at melanie.benjamin@millelacsband.com if you would like to hear more about any of these issues.

Miigwech!

SCHATZ LEADS INDIAN AFFAIRS COMMITTEE ROUNDTABLE ON SPECTRUM FOR NATIVE COMMUNITIES

Press Release from the United States Senate Committee on Indian Affairs

WASHINGTON – Wednesday, September 21, 2022, U.S. Senator Brian Schatz (D-Hawai'i), chairman of the Senate Committee on Indian Affairs, led a roundtable discussion titled, "Promoting and Supporting Tribal Access to Spectrum and Related Benefits in Native Communities," to hear from the U.S. Department of the Interior, Federal Communications Commission, Government Accountability Office, and Native leaders and experts on promoting and improving spectrum access for Native communities.

Mille Lacs Band of Ojibwe Chief Executive Melanie Benjamin, accompanied by Keith Modglin, Director of Information Technology, were among the panelists

Schatz opened the roundtable by underscoring the critical role

spectrum can play in providing broadband to Native communities.

"In January this year, the Committee held a roundtable to discuss the unique barriers to internet access in Native communities and explore how billions of dollars secured in Congress is helping Native communities invest in broadband infrastructure and close the digital divide. But missing from that conversation was how spectrum could be a key wireless technology for deploying broadband," said Chairman Schatz. "For Native communities – many of which are remote and where wireline broadband can be challenging to install – increasing access to and use of spectrum could be a game changer."

Full list of panelists who participated in the roundtable discussion: Umair Javed, Chief Counsel, Office of the Chairwoman, U.S. Federal Communications Commission, Washington, D.C.

Priscilla Delgado Argeris, Chief Legal Advisor, Office of the Chair-

woman, U.S. Federal Communications Commission, Washington, D.C.

Heidi Todacheene, Senior Advisor to the Secretary, U.S. Department of the Interior, Washington, D.C.

Dr. Anna Maria Ortiz, Director, Natural Resources and Environment, U.S. Government Accountability Office, Washington, D.C.

Sally Moino, Assistant Director, Physical Infrastructure, U.S. Government Accountability Office, Washington, D.C.

Tyler Iopeka Gomes, Deputy to the Chairman, Department of Hawaiian Homelands, Kapolei, Hawaii

The Honorable Melanie Benjamin, Chief Executive Officer, Mille Lacs Band of Ojibwe Indians, Onamia, Minn.

Accompanied by Keith Modglin, Director of Information Technology, Mille Lacs Band of Ojibwe Indians, Onamia, MN

Chris Cropley, Network Architect, Tidal Network, Juneau, Alaska

Q&A WITH LEGISLATIVE BRANCH STAFF

Get to know Brianna Boyd

By DIBIKWE, VALERIE HARRINGTON-WIND, CHIEF COMMUNICATIONS OFFICER

1. What is your title and duties with Mille Lacs Band Legislative Branch?

My title is Legislative Affairs Director. The Legislative Affairs Director is to manage, evaluate, plan and implement the activities of the Legislative Office; including DMV Deputy Registrar, Parliamentarian/Band Assembly Clerk, Staff Attorney I, Staff Attorney II, Revisor of Statutes, Legislative Coordinator, Office Assistant, and Receptionist. I am considered "Second in Command," right under the Secretary-Treasurer.

2. What does working in Legislative mean to you and what do you value most about your engagement with Legislative Branch and Band members?

Working in a branch of government that has the ability to shape the way the Band government will look for generations to come is very rewarding. We would not be able to do the things we do without the staff of the Legislative Branch. Everyone serves a special purpose in enriching the lives of Band members. We encourage Band members to engage in the different topics we are working on. Your opinion matters and we would love to hear it.

3. What motivates you in working in the Legislative Branch?

Working in the Legislative Branch around powerful leaders I see how positive attitudes can bring forth positive change. The leaders of today are shaping the leaders of tomorrow and that is incredibly powerful. They are constantly looking at updating laws in order to give Band members and employees the best possible and up-to-date resources for success.

4. What is something significant that you are proud of accomplishing with the Legislative Branch?

When I look back and think about all the different projects the Legislative Branch has accomplished, I think that live streaming is one of the biggest. Band members are able to watch, in real time, the law-making process. They are able to watch it from anywhere and can go back and rewatch different meetings if they choose. I think that it is important for Band members to see the business that is being conducted. I also think that the tribal register is a big accomplishment. Having



Brianna Boyd.

the ability to look up all governing documents is critical for the operations of the entire Mille Lacs Band to run smoothly.

5. How would you describe the Legislative Branch to a Band member that may not know about the branch?

I would describe the Legislative Branch to a Band member as the "law-making" body. They also have the responsibility to confirm or deny various appointed official positions.

6. Is there anything else you would like to share with Band members about you or the Legislative Branch?

Working in Legislative has been one of my biggest accomplishments to date. I have worked in this office since 2018. During this time, I obtained two degrees and am on my way to starting my third. I am truly grateful for the last four years and I cannot wait to see what the next four bring. Please do not hesitate to reach out to any one of us in Legislative if you have any questions or concerns. Remember, your opinion matters and we value any input from Band members.

LEGISLATIVE BRIEFS

Band Assembly, September 21, 2022

The Band Assembly received a presentation from Holland & Knight regarding issues affecting Native American tribes at the federal level. The Band Assembly also received a presentation from the Commissioner of Corporate Affairs, conducted in executive session, regarding the fiscal year 2023 formal budget.

The District Representatives took from the table and approved the nomination of Rick Dunkley to fill a vacancy on the Nay-Ah-Shing School Board.

The District Representatives took from the table and approved Band Assembly Bill 20-02-76-22 (A Bill of Supplemental appropriation and authorization of ARPA Funds for the Mission Creek Estates Housing Development for the Fiscal Year Ending September 30, 2023)..

The District Representatives amended and approved Band Assembly Bill 20-02-79-22 (A Bill amending sections 1, 2, 4, 5, 7, 8, 9, 13, 16, 17, 18, 19, 20, 22, 24, 25, 27, 28, 30, 31, 33, and 34 of Title 3 of the Mille Lacs Band Statutes ("MLBS") to make grammatical, stylistic, and typographical corrections and to amend timeframes for passage of laws and annulment of Commissioner's Orders and Opinions of the Solicitor General).

Band Assembly, September 28, 2022

Rick Dunkley was sworn-in as Nay Ah Shing School Board Member via Zoom.



WELCOME BACK HARRY DAVIS

With 16 years previous experience, Davis is ready for another 4-year term

Harry Davis was elected to the office of District III Representative and sworn into duty on July 12, 2022, for a four-year term. However, this is not his first time serving as the District III Representative. He has 16 years of previous experience serving in the role.

Davis was first elected into the office of District III Representative in 1998. He was reelected for two more terms, serving until 2010. He was reelected again in 2014, serving until 2018. And recently, he was reelected again in 2022.

Davis has had decades of experience serving the Mille Lacs Band in leadership roles and is ready to put those years of experience to work for his constituents once again. Prior to serving his first term as District III Representative, he devoted his talents to Grand Casino Hinckley as a lead slot technician from 1992 to 1998.

His primary goal for serving this term is to help his constituents. "The Band members needed my help to make their lives better," he said.

Although he has been in office this time around for a few months now, he said he is still adjusting to the new ways Band Assembly is currently being run. "Things have changed a lot since the last time I was in office," he said. "Everything went from in-person meetings to Zoom meetings. That is new for me. And we only meet once a week in-person in Mille Lacs. Meetings used to rotate between all Districts."

The addition of live-streaming Band Assembly meetings

has resulted in limiting the official meetings to the formal Band Assembly chambers where all of the essential technical equipment has been professionally installed and is operated by trained members of the Legislative Branch. The first Band Assembly meeting that was live-streamed was June 2, 2021. Band members can log in to the Band website to watch the meetings live during session. Meetings are usually held at 10 a.m. each Wednesday.

The website also has an archive of all live-streamed Band Assembly meetings. That way, if a Band member misses the live-stream while in session, you can still log in and view the video at any time that is convenient once the video version has been uploaded to the website, which can sometimes take a few days.

The addition of live-streaming has provided the opportunity for more Band members to be a part of the Band Assembly meetings whether viewing the session live, or from the video archive.

The COVID-19 pandemic introduced society to other ways of communication and conducting business on a daily basis. Zoom has proven to be a very useful tool that affords the opportunity to hold meetings without needing to travel. While these internet meetings can be convenient that way, they can also eliminate the personal connections. It is for that reason, Davis said, "I prefer in-person meetings."



Harry Davis, Mille Lacs Band District III Representative..

Davis said he feels this term in office is off to a good start. The District III community meetings have been very helpful, informative and fun. Davis is ready to serve his constituents to the best of his ability. "I would like to thank all of the District III Band members for allowing me to serve again," he added.

STATE AND LOCAL NEWS BRIEFS

Wahkon to update “blight” ordinance:

Oftentimes the agendas of small-town city council meetings are rife with local citizens asking the council to consider variances or special rulings for their properties or businesses. On the agenda for the Sept. 12 meeting of the Wahkon City Council were several of these sorts of requests: one concerning a complaint that surfaced over problems with a party renting a VRBO in town, and another concerning a person who wanted the city to grant changes to his property line so he could remodel his home and at the same time not disturb Indian mounds nearby. City councils have ordinances that cover most issues concerning those requests, but to make sure they are not setting a precedent by granting variances to their ordinances, councils will often defer to advice from their attorneys and/or seek to amend their ordinances in accordance with what other cities have done in that regard. Deferring to their attorneys and tabling any action until after the upcoming election were the routes the council took in dealing with the several ordinance-related requests and January 2023, looks like the next time the Council will deal with those issues. *Source: Mille Lacs Messenger*

Tribal state relations director discusses sovereignty, communication with Minnesota agencies:

Minnesota Gov. Tim Walz and Lt. Gov. Peggy Flanagan announced this month the promotion of Patina Park to executive director of tribal state relations, where she will continue to serve as a direct link between the state’s 11 tribal nations and tribal communities. *Source: WTIP North Shore Community Radio.*

Wahkon to update “blight” ordinance: An individual would like the city to grant changes to his property line so he could remodel his home and at the same time not disturb Indian mounds nearby. *Copy. Source: Mille Lacs Messenger.*

‘Living in the Language’: The University of Minnesota is offering student housing for residents who want to immerse themselves in learning Ojibwe or Dakota, two Native languages at risk of extinction. *Source: Insidehighered.com.*

Minnesota Ojibwe harvest sacred, climate-imperiled wild rice

Wild rice, or manoomin in Ojibwe, is sacred to Indigenous peoples in the Great Lakes region because it’s part of their creation story and because for centuries, even a handful made a difference between life and starvation during harsh winters.

“A lot of reservations are struggling to keep rice beds, so it’s really important to keep these as pristine as we can. ... It renews our rice beds for the future,” the 23-year-old college student said.

But changing climate, invasive species and pollution are threatening the plant even as its cultivated sibling rises in popularity nationwide as an exceptionally nutritious food, though often priced out of reach of urban Indigenous communities. Those threats make it crucial to teach young band members to harvest wild rice respecting both rituals and the environment. That will help wild rice remain available as an essential element for ceremonies, but also as a much-needed income generator for the Leech Lake reservation, where nearly 40% of Native residents live in poverty. *Source: Associated Press, Goshennews.com.*

AANJIBIMAADIZING

LEARNING OJIBWE LANGUAGE — THERE’S AN APP FOR THAT

Language-learning system is showing great success in first 6 months

By VIVIAN LaMOORE, INAAJIMOWIN EDITOR

The Mille Lacs Band of Ojibwe has partnered with Rosetta Stone to create a language-learning platform for Ojibwe Language to empower the Mille Lacs Band community, to maintain the Mille Lacs Band identity, and to help Band members and others be successful in the learning process.

“The cornerstone of any culture or community is its language — it is how oral histories are passed down, knowledge is shared, and bonds are formed. As part of our commitment to strengthening and supporting Indigenous communities, the Biden-Harris administration is resolute in its efforts to ensuring Native languages are preserved and protected,” said Secretary of the Interior Deb Haaland, according to a recent press release from the Department of Interior.

While the effort to encourage indigenous language programs on the federal level is a significant step forward, the Mille Lacs Band has been addressing the need to preserve and protect Ojibwemowin on the Mille Lacs Reservation for several years. With the help of technology advancements, the new Rosetta Stone Ojibwe Language Learning System that launched early this year is providing opportunities for anyone at any level to learn the Ojibwe language.

The Ojibwe language is spoken in a several dialects. The Mille Lacs sound includes speakers from different communities with variations of the Southwestern Ojibwe Dialect. The late Amik (Larry Smallwood) once said, “Namanj igo ge-inwegwen a’aw waa-nitaa-objiwemod, booch igo da-nisidotaagod iniw manidoon.” His message translates to, “whatever dialect you learn or however you learn to speak Ojibwe, the creator will always understand you, no matter how you sound.” There is no single dialect that is considered the most prestigious or most prominent. Typically, second language learners from many Ojibwe communities study multiple dialects to exercise their capability of understanding Ojibwe and build their fluency.

The Mille Lacs dialect of Ojibwe is considered an endangered language. In 2019, approximately 25 Elders were identified as fluent speakers at Mille Lacs. Today, that number has decreased to approximately 19. Four fluent speakers recently passed away, leaving very few Ojibwe speakers. Today Ojibwe is mainly spoken by Elders over the age of 70. Even when not considering the continuing pandemic, COVID-19 disproportionately affects Indigenous communities, as well as the elderly — the number of first language speakers is expected to decline significantly in the next five years.

The Rosetta Stone Ojibwe Language Learning System offers six levels of learning. While other tribal nations have also developed similar learning systems, the Mille Lacs Band is the only tribal nation to commit to developing that many levels.

This system is designed to allow for learning at your own pace and help you improve your pronunciation using exclusive speech recognition technology. An easy-to-use system combines videos, photos, and community members voices. Most importantly, Mille Lacs Band Elders have been involved from the beginning, from the selection of the vocabulary to the recording of the audio. It was initially released to Mille Lacs Band members on January 1, 2022 and released to the public March 1, 2022. As of August 28, 2022, four days shy of six months since the release, 3,159 licenses have been assigned with other licenses that have been purchased that have yet to be assigned by the purchasing organization. Of those assigned licenses, 16 percent have been licensed by Mille Lacs Band members, 78 percent have been issued to other tribal affiliates, and six percent are assigned to non-tribal members.

More Statistics:

- The 35-44 age group is the largest, but only slightly.
- The average age of users is 39.7.
- The top age is 86 years old.
- Over 15,090 hours have been spent learning Ojibwe with this system.
- \$215,915 in revenue has been brought in, which mostly covers administrative costs.
- Over 44 jobs have been created related to this project.



ACTORS WHO APPEAR IN THE SOFTWARE

Seated: Bette Sam, Shirley Boyd, Baabitaw Boyd. Standing: Amanda Nickaboine, William Premo, Brad Harrington, Niiyo Gonzalez, Shiime Fahrlander, Jada Grap, Byron Ninham, Joe Nayquonabe, Chato Gonzalez, Aatawe Fahrlander, and Wendy Merrill.

- These licenses have been purchased by people from 103 tribes throughout the United States and Canada.
- It is being used in 28 schools.

Testimonials

Band member Valerie Harrington-Wind received her free license soon after they became available to Band members. She said, “For years I have been trying to learn our Ojibwe language and it has been very difficult for me to learn and understand. I have tried many other ways to learn the language. I learned in high school. I took a couple college Anishinaabe classes. I joined storytelling and language at the Cultural grounds. I joined Ojibwe language-learning tables. I joined a weekly language learning through work. I thought this would be another way to learn. This program is a great opportunity not only for tribal members but for anyone wanting to learn. I am thankful for the opportunity to learn through this program.”

She added that she knew very little Ojibwe prior to starting the program. “I want to learn our Ojibwe language so I can understand speakers at ceremonies. I want to understand what is lost in translating from Ojibwe to English. I hear some Elders share that there are some things spoken in ceremony that is hard to translate to English. I am very hopeful to one day understand the Elders and pass on the learning to my children and grandchildren,” Valerie said.

As for the ease of the program, Valerie said in her opinion it was easy but it takes time, effort, and commitment. “I completed the first lesson with my granddaughter listening; it was amazing to hear her speak. I think she can learn it easier than me.”

She added that she would most definitely recommend the program to everyone.

Tyson Williams is a member of the Wabigoon Lake Ojibway Nation in Ontario, Canada. He is the first person to finish the entire first level. He said, “I decided to purchase the Ojibwe Rosetta Stone language learning license because I needed another way to keep learning the language. I have been practicing for years and looking for language tools that would be effective for other learners. The Ojibwe Rosetta Stone language license was both easy and difficult. There was a good mix to keep you engaged but enough difficult lessons to make it challenging. I was able to get through the first level by doing a unit at a time. With language it’s easy to get in a rhythm, but it’s just as easy to fall out. You have to keep working at it or some of the difficult lessons don’t stick.

“In my First Nation we are losing our first language speakers. Most are over the age of 60. There are roughly 17 on reserve and a hand full of members that I’m aware of close to the community who speak fluently.

“As a learner from Wabigoon Lake Ojibway Nation, I would recommend the program to others. It’s a very effective learning tool if you are able to recognize dialect differences. There’s so much in this program that is the same how I hear people speak here. But you can only learn if you keep on trying. And it’s our responsibility to try and learn the language.”

GET OUT TO VOTE GUIDE

Election Day is November 8, 2022, but early voting and absentee voting began September 23. Are you ready to vote? Here is some information you may want to know.

Where do I vote?

Find your polling place by visiting <https://pollfinder.sos.state.mn.us>.

Who can vote in Minnesota?

You must be:

- A U.S. citizen
- At least 18 years old on Election Day
- A resident of Minnesota for 20 days
- Finished with all parts of any felony sentence

You can vote while under guardianship unless a judge specifically has revoked your right to vote.

You cannot vote if a court has ruled that you are legally incompetent.

Registering to vote for 17-year-olds:

To pre-register to vote as a 17-year-old in Minnesota, you must be at least 18 years old when the next election occurs (special, township, state primary, or state general).

Because special elections can be called at unexpected times, your application may be returned if an election becomes scheduled in between the date you register and your birthday. If that happens, simply wait until that election passes, and register again.

Register online

It's quick and easy! You will need your Minnesota driver's license or Minnesota identification card number, or the last four numbers of your Social Security number.

Register on paper

Download and print forms in English and other languages. Use these forms to register yourself or to register others in a voter registration drive.

Register on Election Day

You can register or update your registration when you vote, whether that is at your polling place on Election Day or at an early voting location. You will need proof of residence to register. Learn more about registering when you vote.

In Minnesota, you can register or update your registration at your polling place on Election Day.

What you'll need to bring with you.

ID with current name and address

- Valid Minnesota driver's license, learner's permit or ID, or a receipt for any of these.
- Tribal ID with name, address, photo, and signature.

Or an approved photo ID (choose one)

- An expired ID.
- Driver's license, state ID, or learner's permit issued by any state
- U.S. Passport
- U.S. Military or Veteran ID
- Tribal ID with name, signature, and photo
- Minnesota university, college or technical college ID
- Minnesota high school ID

Or an approved document (choose one). Can be shown on electronic device.

- Bill, account, or start-of-service statement due or dated within 30 days of the election for:
 - Phone, TV or internet
 - Solid waste, sewer, electric, gas or water
 - Banking or credit card
 - Rent or mortgage
 - Residential lease or rent agreement valid through Election Day
 - Current student fee statement

Find other ways to register to vote in person on Election Day and a ton of other voter information at <https://www.sos.state.mn.us/elections-voting/register-to-vote/register-on-election-day/>.

Early voting and absentee voting began on September 23. You can visit your local election office to vote in person or obtain an absentee ballot and mail it in. To obtain an absentee ballot online, visit <https://mnvotes.sos.state.mn.us/ABRegistration/ABRegistrationStep1.aspx>.

NATIONAL NEWS BRIEFS

US changes names of nearly 650 places with racist Native American women term

The U.S. government has renamed nearly 650 geographical locations that bear a racist and misogynistic slur for a Native American woman. Hundreds of peaks, lakes, streams, and other geographical features on federal lands that carry the term "squaw" are now renamed with a descriptor or Indigenous language terms, such as Echo Peak, Texas, and Pannaite Naokwaide, Wyoming. Originating from the Algonquin language, the term may have once simply meant "woman." Over time, the word morphed into a misogynist and racist term to disparage indigenous women, experts say. The initiative was led by Interior Secretary Deb Haaland. "I feel a deep obligation to use my platform to ensure that our public lands and waters are accessible and welcoming. That starts with removing racist and derogatory names that have graced federal locations for far too long," Haaland said in a statement. *Source: USA Today*

For the first time in 230 years, Congress has full U.S. Indigenous representation: Speaker of the House Nancy Pelosi of Calif., administers the House oath of office to Rep. Mary Peltola, D-Alaska, during a ceremonial swearing-in on Capitol Hill in Washington on Tuesday, Sept. 13, 2022. Rep. Mary Peltola's election to the U.S. House of Representatives made history in several ways. With her recent swearing-in, it became official for the first time in more than 230 years: A Native American, a Native Alaskan and a Native Hawaiian are all members of the House — fully representing the United States' Indigenous people for the first time, according to Rep. Kaiuli'i Kahele of Hawaii. Now, there are six Indigenous Americans who are representatives in the House. *Source: NPR*

Biden admin sides against Native Americans in crackdown on oil leasing near Indigenous site:

The Biden administration is expected to soon finalize a rule banning oil and gas leasing near a Native American historical site despite heavy opposition from local Indigenous leaders, who say the administration's rule would prevent them from collecting royalties on their land. The rule, which the Department of Interior (DOI) announced in November 2021, would implement a 20-year moratorium on federal oil and gas leasing within a 10-mile radius of the Chaco Culture National Historical Park located in northwest New Mexico. Interior Secretary Deb Haaland said the rule, which would amount to a withdrawal of 336,000 acres of public lands from mineral leasing, would protect the environment and "rich cultural legacy" of the region. "We're not destroying anything — we are Native Americans ourselves. Nobody is destroying the park," Delora Hesuse, a Navajo Nation citizen who owns allotted land in the Greater Chaco region, told Fox News Digital in an interview. "The oil companies sure aren't destroying the park. And they have new technology." It just seems like they are listening more to the environmentalist people," she continued. *Source: FOX News Digital*

NAME CHANGE from page 1

and North Dakota — all outside of the Band's Treaty Ceded Territories, but well within the Anishinaabe Usual and Accustomed Places. Once the name changes associated with SO 3405 become finalized, there may be others in the other 20 suggested names that would also be accepted, since the Mille Lacs Band list of 31 recommended name changes cover both SO 3404 and SO 3405.

Initially, the BGN had misspelled Manidoons Zaaga'igan Zhaawanong. The Band DNR notified them immediately upon seeing the misspelling, but the erroneous spelling had already been reported by media outlets. "We received a message from BGN apologizing for the transcription error on their part," said Charlie Lippert, Mille Lacs Band DNR. The BGN told the Band the misspelling would be fixed. And as promised, very soon after the apology, the error had been fixed. "This was amazing! I have never seen BGN act so swiftly," Lippert said.

Following is a list of the 11 accepted name changes:

- Sq-- Lake (FID: 2069951) to Manidoons Zaaga'igan Zhaawanong — a lake in Pine County, MN, immedi-

ately east of Pine City, south of Cross Lake

- Sq-- Island (FID 1046611) to Winous Island — an island in Sandusky County, Ohio
- Sq-- Harbor (FID 1057737) to Oak Point Harbor — a bay in Ottawa County, Ohio
- Sq-- Creek (FID 1066976) to Girard Creek — a stream in Trumbull County, Ohio
- Little Sq-- Creek (FID 1066814) to Little Girard Creek — a stream in Trumbull County, Ohio
- Sq-- Valley Lake (FID 1078010) to Liberty Valley Lake — a reservoir in Stark County, Ohio
- Sq-- Branch (FID 444031) to Pleasant Run East Branch — a stream in Carroll County, Indiana
- Sq-- Creek (FID 444034) to Heron Creek — a stream that flows through Allen and Whitley Counties, Indiana
- Sq-- Run (FID 444036) to Woodland Run — a stream in Marion County, Indiana
- Sq-- Run (FID 444037) to Indian Run — a stream in Franklin County, Indiana
- Sq-- Point (FID 1032270) to Mitigomizh Neyaashi — on Lake Metigoshe in Bottineau County, North Dakota. In Ojibwe, this means "Oak Point"

The complete list of accepted geographic names changed in SO 3404 may be viewed at: <https://edits.nationalmap.gov/apps/gaz-domestic/public/all-official-sq-names>.

The United States Department of the Interior (DOI) operates the U.S. Geological Survey (USGS) who has the Board of Geographic Names (BGN) that maintains the Geographic Names Information Systems (GNIS). GNIS is the list of all officially endorsed place names in the United States. All U.S. government products, be it reports, maps, or even in consultation, must call geographical features by the name provided in the GNIS. The BGN determines what goes onto the GNIS.



COMMUNITY RISK REDUCTION

For information on CPR/AED, Basic First Aid, Fire Extinguisher Training, Car Seat Training, and free car seats and fire alarms, contact Emergency Management Coordinator Monte Fronk at 320-532-3430.

HEALTH AND HUMAN SERVICES

POPULATION HEALTH MANAGEMENT

IMPROVING THE HEALTH OF THE MILLE LACS BAND COMMUNITY

By VIVIAN LaMOORE, INAAJIMOWIN EDITOR

Population health management provides unique opportunities to apply overlapping and synergistic approaches to health care. That may sound pretty technical, but basically, it means that combining the power of working together is greater than the power achieved by working separately. For the Mille Lacs Band Health and Human Services Department (HHS), that translates further to, “The overall health promotion and disease prevention especially for those chronic diseases in the community and how we can provide services and programs to help community members with those things,” said Jackie (Braun) Gluck, MS, RD, and the Mille Lacs Band Population Health Manager.

The Population Health Management Department is the umbrella overseeing the Diabetes Program, SNAP-ED, Statewide Health Improvement Program (SHIP), and Tribal Tobacco Program.

“All of these programs have been here,” Gluck said. “We just re-organized them because they all have the same common goal of health promotion and disease prevention. So, it just made sense for all of these programs to be in one department. All of these programs have the similar goals of physical activity and nutritional components within them.”

You may recognize Gluck as Jackie (Braun) of the Diabetes and Nutrition programs. Recently, Gluck has been joined by Tiffany McLellan, the new SNAP-ED Coordinator. She is focusing on nutrition, stretching grocery budgets, and being physically active. SNAP-ED was previously under public health, and is now under Population Health Management.

SNAP-ED McLellan will be focusing on educational programs from nutrition and physical activity for all ages. Some programs are handled in the schools, such as the Eagle Adven-

ture for K-5 which is a spring physical activity, nutrition, and games, all with a super fun curriculum. “I am very excited about this one. Because I love kids!” McLellan said.

The after school program called “13 Moons” is a more traditional program with the Ge-Niigaanizijig students, McLellan said. This program is an Anishinaabe-focused curriculum that moves through the 13 moons and pairs educational aspects with stories from each moon. This program will be starting this fall with the Falling Leaves Moon, October.

She will also be working with Cooking is a SNAP and BIN-GOcize. Learn more about these upcoming programs in future issues.

“The goal is having fun and learning,” McLellan said. She comes from the Brainerd area with background in pharmacy and health care working with all ages from juveniles through Elders, working in areas of recovery, ALU, and foster care. She now joins HHS working in nutrition and physical activity. “I am really in my element here,” She added.

An added note is that McLellan is also a certified ZUMBA instructor. Gluck and McLellan are researching ways to incorporate a ZUMBA class into the work plan for under the umbrella of Population Health Management.

Diabetes program

The Diabetes Program has recently been focusing on the technology piece of diabetes management, such as insulin



Tiffany McLellan, the new SNAP-ed coordinator and Jackie Gluck are stronger together under the umbrella of Population Health Management.

pumps and continuous glucose monitors (CGM). CGMs replace the need to constantly prick your finger to monitor glucose.

“Technology is advancing. We now have easier ways to check blood sugars. This technology piece is really unique to our Diabetes Program in that we can really provide more education on how to use the devices and what device might be best for them,” Gluck said.

Next year, Gluck is hoping to start a pilot program for smart insulin pens, which calculate the dose of insulin needed, she added.

These technology pieces were available during the September Health Fairs in each District for Band members to find out more information. If you missed the Health Fair, please contact Gluck to set up an individual appointment.

In addition to overseeing the Diabetes Program, Gluck continues to offer diabetes education and medical nutrition therapy as well as manage the Population Health Management program and oversee the Health Fair.

If you would like to become a part of this team, please go to the Mille Lacs Band website and find information under the JOBS tab for the job posting of Community Health Educator.

MOCCASIN TELEGRAPH

A MONUMENT TO LOYALTY AND SERVICE

By Don Wedll

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

In August 1862, the United States was nearly a year and a half into the Civil War and at the doorstep of two of the deadliest battles of the war. But here in Minnesota, then just four years into statehood and several hundred miles from the nearest battlefields, there were other tensions facing the military and the residents.

In 1853, the U.S. military had constructed Fort Ridgely to help keep peace along the Minnesota River near New Ulm, where settlers were moving into an area that once was home to Dakota Indians, who had been moved onto a nearby reservation. Later the fort became a training base for Civil War volunteers. By August 1862, the federal government's unkept promises to the Dakota people contributed to heightened hostilities, prompting the Dakota to attack Fort Ridgely.

While Fort Ridgely was at the epicenter of the Dakota Conflict, the troubles were much more widespread. Several Chippewa/Ojibwe bands also took up arms against non-Indians in Minnesota. Although this occurred separately from the Dakota Conflict, there was a joint effort to have it occur at the same time, and the results were similar for the Dakota and Ojibwe bands that took part. They were removed to new reservations, and their lives would never be the same.

But there was an important exception to the removal policy that resulted from the Mille Lacs Band of Ojibwe's loyalty and service to Minnesota and the United States during this conflict. There is a lasting reminder of gratitude to the Mille Lacs Band in the Fort Ridgely Cemetery. The monument — dedicated on August 20, 1914 — reads: “Erected by the State of Minnesota

in recognition of and to commemorate the loyal and efficient services rendered to the state by Chief Mou-zoo-mau-nee and the Chippewa Indians during the Sioux outbreak and the Civil War.”

So who was “Chief Mou-zoo-mau-nee?” He was one of the Mille Lacs Band's leaders at the time of the Dakota Conflict. When invited to go to war against the United States by a runner for Hole-in-the-Day, a Gull Lake chief, the Mille Lacs Band adamantly rejected the offer. In the Treaty of 1855, the Mille Lacs Band had agreed to live in peace and friendship with the United States.

Historical records show that Chief Mou-zoo-mau-nee directed more than 300 Mille Lacs Band warriors to help protect settlers who had sought refuge at Fort Ripley — near present-day Little Falls. The Mille Lacs Band warriors arrived at Fort Ripley prior to Hole-in-the-Day's troops, and helped successfully defend the people at the fort.

Federal Indian affairs officials who were at Fort Ripley when the Band warriors arrived later wrote a note of gratitude to Chief Mou-zoo-mau-nee. The next year, when Chippewa bands were invited to Washington, D.C., to negotiate a new treaty that would remove them from their lands and resettle them elsewhere, the Mille Lacs Band was shown additional gratitude. Article 12 of the new treaty preserved the Mille Lacs Reservation, the reservation that is home to the Mille Lacs Band of Ojibwe still today.

The monument at Fort Ridgely is a reminder of how the Mille Lacs Band helped prevent death and terror at another Minnesota fort, in sharp contrast to the hundreds of civilians, soldiers, and Dakota warriors who perished in battle or from disease as a result of the Dakota Conflict. Fort Ridgely is a state historic site; for more information, visit mnhs.org and click on “places.”

HHS/HEALTH BRIEFS

FLU SEASON AHEAD

Health and Human Services Ney-la-Shing Clinics will have the flu vaccines available on Monday, October 31, 2022. Please call scheduling to make an appointment 320-532-4163.

According to the Centers for Disease Control and Prevention (CDC), while seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses typically circulate during the fall and winter during what's known as the flu season. The exact timing and duration of flu seasons varies, but flu activity often begins to increase in October. Most of the time flu activity peaks between December and February, although significant activity can last as late as May. Since the start of the COVID-19 pandemic, the timing and duration of flu activity has been less predictable.

Take everyday preventive actions to stop the spread of germs.

Take everyday preventive actions that are recommended to reduce the spread of flu.

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different. Learn about some of the similarities and differences between flu and COVID-19.

PASSENGER SAFETY IS A SNAP

SNAP — safe Native American passenger training — is held on the first Tuesday of each month from 1 to 5 p.m. Contact Kristina Abear at 320-532-7814 or kristina.abear@hhs.millelacsband-nsn.gov to sign up.

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.

SCORING OPPORTUNITY FOR MILLE LACS BAND YOUTH



Some Mille Lacs Band youth participating in the basketball camp finishing a dribble drill with Timberwolves and Lynx staff to see who had the best handles at camp. Various champions were awarded throughout the camp as competition was fierce.

Youth dribble, pass, and score with Minnesota Timberwolves & Lynx

By MASHKODE-BIZHIKGAHBAW, BENJI SAM

Opportunity. Something that was not always given to our people over the course of American history, but finding ourselves taking each chance we can, is opportunity. For generations, Native peoples across this nation served their tribes, served in this country's military, and have competed in sports at the highest level. Yet we had often lacked the energy and resources to commit to that opportunity on a large scale. Well, not anymore. In August, our Tribe and community center staff put in the time, energy, resources, and drive to engage the community in the game of basketball with a chance to work with some of the highest-level coaches and players in the world with the Minnesota Timberwolves camps.

Basketball, of course, has many ties across Indian Country in its rich history — closely associated and utilizing Native Americans' lacrosse to help mold the foundation of this sport. Today, basketball has grown to become one of the largest sports not only across Indian Country but also the United States and the world. In August at both the new District I Community Center as well as the Meshakwad Community Center, a total of 120 Ge-Niigaanizijig program participants joined members of the Minnesota Timberwolves and Lynx staff for basketball camps to work on skills, techniques, drills, and miniature competitions to become more well-rounded players.

Each day was split into lower and upperclassmen to divide skills and abilities fairly. They completed drills for shooting form, rhythm, and tempo, as well as working on approach to dribble drives, defensive slide and rotations, pick and rolls, and many other fundamental basketball techniques that players

must master to be able to play at the next level. Of course, each session could not be complete without its fair share of lightning, shooting competitions, 3-on-3, 5-on-5, and even dribble competitions to keep players engaged as well as give campers a chance to win some Timberwolves/Lynx gear.

With each competition, the campers were able to feel the pressure and approach from the professional level and were able to see what discipline looks like from people who play, coach, and live basketball every day. A message consistently given at each camp was believe in yourself, prepare yourself, and work like today could be your last.

It's great to see kids pushed to become something more than they thought they could be. At each camp, it is very apparent how hard these folks are working to involve more and more of our local youth and families, and are giving our young people opportunities like we never knew possible. We have two of the nicest fitness facilities across central Minnesota and are staffed with a group of staff members who care deeply about helping our children reach new heights. With each summer camp, bringing in local and world-class talent, our youth are able to experience the next level of talent, competition, and preparation it takes to compete at the highest level. More than any time in our Tribe's history, our youth have opportunities like they never have before — and it has been something special to see unfold.

Look at upcoming events on the Meshakwad Community Center and District I Community Aquatic and Fitness Center Facebook pages as well as each respective website.



The upperclassmen were asked to grab a ball and get inside the three-point line to begin the mini competition, winner receiving a free headband and memories for the future.



The court at Meshakwad proved to be the perfect setting to host a camp for our youth, with six baskets, two side courts, and a beautiful main court that expresses our Tribe's logo.



SEPTEMBER BRINGS SMILES BACK IN SCHOOL

Now that the first few weeks of school are over and all of the bumps and jitters have worn off and smoothed out, Mille Lacs Band youth have been very busy and off to a great start. Take a look at just a few of the exciting things they have been up to.

NAY AH SHING

The first day of school was super exciting for the students and the Inaajimowin was right there as the Abinoojiiyag children got off the buses and ran in to start the academic year.

The 6th through 12th graders; were able to get out to Onamia Lake for ricing and learning from the DNR staff. Later in the month the students went to the cultural grounds with the DNR to learn how to process waawaaskeshe (deer).

PINE GROVE

Students at Pine Grove participated in Safety and Preparedness Day to learn how to keep their family and friends safe with hands-on presentations by the Danbury Fire Department, Essenta Health EMS, East Central Energy, Mille Lacs Band DNR Wildfire Crew, and the US Park Service.

Please visit Inaajimowin.com/galleries to find more photos from these and other events.



PINE GROVE SAFETY AND PREPAREDNESS DAY



NAS STUDENTS LEARN DEER HARVESTING FROM DNR



EDUCATION BRIEFS

NEW TEACHERS AT NAY AH SHING

Mary Greene (Ogimaawabiikwe) is in a new role as the K-5 Ojibwe Language teacher. She has been working in the NAS Ojibwe Language Program for five and a half years. Prior to that, she worked as a master apprentice under Amikogaabowiban. She has worked for the Mille Lacs Band for 17 years total in various departments.

Robyn Blue is a new Ojibwe Language Teacher Trainee at Nay Ah Shing Schools. She lives in Hinckley with her six children. This year, she will spend time in all K-12 Ojibwe classes. She has previously studied Ojibwe Language at Fond du Lac Tribal and Community College. She is excited to continue learning Ojibwemowin so she can teach it.

Joe Covert is the new social studies teacher at Nay Ah Shing. He has been teaching 27 years mostly in the Twin Cities where he lived with his wife and two children. Joe is a professional musician and will be teaching a music elective with the goal of a public performance this winter.

BUCKLE UP AND LIVE

Minnesota Department of Public Safety says:

Proper Car Seat Use Protects Your Littlest Loved Ones

Of the 14,692 children ages 0-7 who were properly restrained in Minnesota crashes from 2017 to 2021, 88 percent were not injured, while another 9 percent sustained only minor injuries.

Minnesota Car Seat Law and Steps

All children must be in a child safety seat until they are 4' 9" tall, or at least 8 years old, whichever comes first.

Rear-facing seats: All infants and toddlers should ride in a rear-facing car seat until they have reached the height and weight limits allowed by the car seat manufacturer. It is safest to keep children rear-facing up to the maximum weight limit of the car seat.

Forward-facing seats with harness: Toddlers and preschool-age children who have reached the height and weight limits of the rear-facing car seat should use a forward-facing seat with harness until they reach the weight limit of the harness allowed by the car seat manufacturer.

Booster seats: School-age children who have reached the height and weight limits of the forward-facing seat can sit on a booster seat. The booster must be used with a lap and shoulder belt.

Seat belts: Buckling up with a seat belt is for children 8 years old or who have reached 4'9" inches. Your children are ready for adult seat belts when they can sit with their back against the vehicle seat, knees bent comfortably and completely over the vehicle seat edge without slouching, and feet touching the floor.

The Law is for Safety

Minnesota law states that all drivers and passengers must wear seat belts or be in the correct child restraint. Belts should be tight across the hips or thighs and should never be tucked under the arm or behind the back.

DEPARTMENT OF NATURAL RESOURCES

OFFERING HELP AT SPIRIT ISLAND — THE HEART OF THE LAKE



By VIVIAN LaMOORE, INAAJIMOWIN EDITOR

Spirit Island, the small rock-made island in the southwest region of Mille Lacs Lake, consists of weathered and eroded pink and white granite boulders. Culturally, "Spirit Island is the heart of Mille Lacs Lake," said Charlie Lippert, Mille Lacs Band Department of Natural Resources.

Spirit Island is one of two Islands in Mille Lacs Lake designated as a National Wildlife Refuge under the United States Fish and Wildlife Service. The island serves as host for several hundred pairs of double-crested cormorants. These crafty birds build their nests mainly with natural vegetation. But because they are scavengers for nesting material, they also build their nests with a variety of artificial man-made products they find in the lake that have been carelessly — or intentionally — left behind by humans. The Mille Lacs Band Department of Natural Resources has partnered with the USFWS in efforts to help maintain and remove the debris.

"The two islands, Hennepin and Spirit, have deep cultural meaning to the Band," said Kelly Applegate, Commissioner of the Mille Lacs Band Department of Natural Resources. "These are sacred spaces and cleaning off trash is a meaningful way to show that respect. Our team at the Band's Natural Resource Department has worked cooperatively with the USFWS for over 30 years in various efforts to care for the islands. We will always protect the islands, respect their meaning, and care for them as part of our culture."

Mille Lacs National Wildlife Refuge was established in 1915 and is the smallest refuge in the National Wildlife Refuge System at 0.57 acres. The refuge consists of two islands, Hennepin and Spirit, in Mille Lacs Lake that are covered with jumbled rock, boulders and gravel. Both islands are used by colonial nesting species, mainly double-crested cormorants, and the state-threatened common tern.

Spirit Island was placed under federal protection for colonial water birds on May 14, 1915 by Executive Order 2199 by President Woodrow Wilson. Then, on October 13, 1920, Hennepin Island was added by Executive Order 3340.

Walt Ford is the Tribal Liaison to Minnesota and Iowa and the Refuge Manager at Rice Lake and Mille Lacs National Wildlife Refuges, under the USFWS, who is responsible for the care and protection of the refuges and the colonial water birds.

Colonial water birds nest in colonies in a small location. According to Ford, the population of cormorants nationally has been decimated due to DDT. After DDT was banned, it took about 20 years for the cormorants to come back to Mille Lacs. Two pair were observed nesting on Spirit Island in roughly 1993. The cormorants have gradually come back to Spirit Island which now hosts roughly 500 nests per year. Hennepin Island is smaller in size therefore hosts about 200-250 nests.

In September, Mille Lacs Band DNR crew consisting of Jordan Williams, Jamaal Baird, and Nate Tulenchik-Pendegayosh accompanied the Wildlife Refuge crew consisting of Jade Pederson, Nikki Ellingson, Roger Marks, and Walt Ford on the annual fall clean-up project. These efforts to clean up the trash on Spirit Island is important to protect the nesting habitat for the cormorants. The Band has been offering assistance to the Wildlife Refuge in these efforts at Spirit Island since 2019.

The primary reason for cleaning off the trash and debris from the island is to remove the fishing line that cormorants have brought in to build their nests. "If that gets wrapped around a wing or their neck, it can cut into flesh and cut off circulation which can cause them to lose a limb or break their



Walt Ford, USFWS, Manager of Rice Lake and Mille Lacs Lake Wildlife Refuges.

neck, or lead to infection, all of which will inevitably cause their death," Ford said. "We want to improve their nesting conditions for next year by leaving less of that stuff here. Even though we know the cormorants are going to bring more in next year we are reducing the pollution load."

Cormorants will build new nests next year by pulling in vegetation material and anything else they can find to build new nests. "That is the problem," Ford said. "If it was just the vegetation material, everything would be fine. If people would not be littering, there would be nothing we have to do here. If it were totally a natural environment, everything would decompose naturally. But because of all of the artificial fishing line, bobbers, lures, leaders, sinkers, sunglasses, wiring from trailers, bungee cords, broken fishing rods, and whatever else they find that they can carry, that stuff will not decompose."

Much of the fishing line they find in the nests and on the island has been balled up. "We know some things we find are accidental losses by anglers and boaters. But not when fishing line is balled up like that. That was done intentionally and either flew out of the boat accidentally, or it was carelessly discarded," Ford said.

The two islands that make up Mille Lacs National Wildlife Refuge are closed to the public. Hennepin and Spirit islands are a sensitive breeding area for various colony-nesting birds. If you are boating on Mille Lacs Lake, please stay at least 100 yards offshore while fishing or observing wildlife from your watercraft.

As always, it is important to discard of any trash in proper waste receptacles. Please do not litter.



Jordan Williams, Mille Lacs Band Wildlife Biologist.



A folding chair left on Spirit Island most certainly not brought there by a double-crested cormorant.



Balled up fishing line in a cormorant nest on Spirit Island.



Nest of a double-crested cormorant containing large amounts of fishing line.



Nate Tulenchik-Pendegayosh and Jamaal Baird cleaning trash and debris at Spirit Island.

WISDOM OF TRAUMA SCREENING

Dealing with our trauma is a “journey of compassion with ourselves and it opens the door to being compassionate with others.” ~ Dr. Gabor Mate

By MARY SAM

Dr. Maria Yellow Horse describes historical trauma in Indigenous people and communities “as (the) cumulative emotional and psychological wounding over the life span and across generations, emanating from massive group trauma”. According to trainer Briana Matrious (Mille Lacs), “healing historical and intergenerational trauma is at the heart of the American Indian Resource and Resiliency Team (AIRRT). AIRRT recently held four training sessions in Hinckley, Mille Lacs, Nett Lake, and Fortune Bay. Susan Beaulieu (Red Lake) also facilitated the training. The programs featured the movie “Wisdom of Trauma,” highlighting the work of Dr. Gabor Mate, a leader in understanding, living with and treating trauma. The goal of the program was to help community participants learn about how trauma impacts individuals and communities. Attendees actively participated in collective activities which support healing.

Briana noted sessions were sponsored by Blandin Foundation and the Substance Abuse and Mental Health Services Administration.

Dr. Mate shared, “when we are disconnected, we don’t trust our feelings, we create risks for ourselves and our ability to have empathy and compassion for others is impacted.” He noted “predators can always tell those who don’t have protection.” In other words, when we are living in our trauma, others can see this, and sometimes we become more vulnerable to be harmed. Hurt people sometimes take advantage of this and create harm. Mate continued, “when we have been hurt as a child, we sometimes shut down emotionally and later in life, may shut down our own kids, some even hurt our kids, and the cycle continues”.

In the film, Mate challenged the group to think about who

they went to as a kid when they needed someone, and to think about who do our kids go to in our community if they really need someone. Facing and working through our own trauma helps us to not abandon ourselves and to not abandon our kids. With trauma, people often react and respond to the past unconsciously. He noted dealing with our trauma is a “journey of compassion with ourselves and it opens the door to being compassionate with others.”

Dr. Mate said, “It’s okay to feel, anger can heal.” “When we don’t let ourselves feel, it can result in depression, illness, and passing on trauma. Often, we shy away from anger as it can be scary, uncomfortable and it triggers fear for many people. Yet, anger pushed inside and not released in a healthy manner can end up harming us, sometimes others. Many systems reinforce trauma and are entrenched in trauma. But we heal in community, and need to practice with intentionality healing, kindness, stress management, compassionate inquiry, learning, facing truths, and healing”. With the confrontation of truth, our history, our ‘stuff’, our chances of healing and creating systemic change will rise and transform our lives and even the next generation.

Attendees ended the evening sharing in small groups. Many in attendance noted the healing energy in the room, acknowledging truths, feeling uncomfortable emotions at times, but in true form of our Indigenous healing, created moments of laughter. Elder Joe Nayquonabe said, “Getting back to our spirituality was key for me, in healing my trauma. We need to take care of our minds, bodies, and spirits.” We can and do recover from trauma; it can take time, intentionality, and work, but we can heal.

Brianna and Susan hope to provide this training at Central Lakes College in the coming months.

FACTBOX

According to the National Council for Behavioral Health, “trauma can stem from war and other forms of violence, medical interventions, childhood abuse or neglect, physical, emotional or sexual abuse, accidents and natural disasters, grief and loss, witnessing acts of violence, cultural, intergenerational and historical trauma.”

Symptoms of Trauma:

- Headaches, backaches, stomachache, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or over-eating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Nightmares or flashbacks re-experiencing the trauma
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-blame, survivor’s guilt, or shame
- Diminished interest in everyday activities

Coping Strategies:

From the National Council for Behavioral Health:

- Acknowledge that you have been through traumatic events
- Connect with others, especially those who may have shared the stressful event or experienced other trauma
- Exercise
- Relax — try stretching, yoga, massage
- Take up music, art, or other diversions
- Maintain a balanced diet and sleep cycle
- Avoid over-using stimulants like caffeine, sugar, or nicotine
- Commit to something personally meaningful and important every day
- Write about your experience or to share it with others

CULTURAL THURSDAY PRESENTS

**Tales of Laughing Fox:
Ojibwe culture and History through
Storytelling and Flute Performance**

October 6, 2022 | Noon | Chalberg Theatre

Mr. Michael Charette

Michael Laughing Fox Charette weaves traditional storytelling with his own experiences. With over 20 flutes in his collection each with their own story, voice and song, this presentation consists of stories, culture, history and music of the Anishinaabe peoples.

Michael Laughing Fox Charette is a Native American storyteller, poet, and member of the Red Cliff Band of Lake Superior Chippewa, located in Northern Wisconsin. As a self-taught Native flute player, he enhances his stories with hauntingly beautiful flute and storytelling performance. Growing up surrounded by the beauty of Lake Superior and the woods led him to dedicate his gifts as an artist to gently teaching about Indigenous history, culture, and spirituality. His work as both a visual and performance artist is varied and tied together by the traditional wisdom of the Anishinaabe people, which is respectfully incorporated into his work. Michael captivates audiences with his authentic, relaxed style.



Registration Link
<https://tinyurl.com/2k6wskfw>



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RESPONSIBILITIES FOR SITTING UPON THE CEREMONIAL DRUM

Gaa-tibaajimod (told by) Joe Nayquonabe Sr., Waabishkibines

Gaa-tibaajimotawaajin (transcribed by) James Clark, Ozaawaanakwad

"No one can take you from that seat," Joe was told about his position and has heard from every other ceremonial dance. People who are chosen are first asked if they would accept the lifetime position. After accepting, they will be seated during the dance. During that seating, they will be given gifts in show of support and wellness towards them and the future of that drum. When they put Joe in his current position on the drum, those people were happy he had accepted. Back then, those on the drum were selecting people based upon merit and devotion. This is different based on today. Today, it seems there is more of a generational choice rather than how they did it long ago.

The responsibilities are varied. There are many different positions and they all have different roles. For example, the drum keepers versus the Ogichidaag (Veterans) are both different, but equally important to take care of that drum and the community it protects. When each member is sat in their new position, they will be instructed on how they are to carry out their duties and what is expected of them each time they hold a dance. At

the very least, they are expected to be present when they set their date. Joe has been told it is more of a commitment when that drum is involved, and he and the other members should be there. There are certain times in our lives when members are excused; for example, military service, ill relatives, and even being on two different drums. There are times that are not excusable, when things occur that could have been rescheduled or could be missed for one week. Said individual that has taken that commitment, those gifts, and the duties placed upon them should know when it is right and wrong to either be there or not. Joe places a heavy emphasis on trying to attend the dance that you belong to. He speaks as it is a job in and of itself. Additionally, those drum members who decided you should take that spot knew you would have good character, discretion, and commitment.

If someone comes and offers you asemaa (tobacco) and tells you that they are hosting a dance, if you're able to be there, or can make the drum a priority, it'll be good for you and those that are hosting the drum. Priorities are something that are not easy

NOTES FROM JOE:

Aaniin Anishinaabedog! Waabishkibines omaa. (Hello fellow Anishinaabe!) Joe Sr. here. With the times we live in, I must tell you about the article I have submitted. This article is full of my words, observations, and experiences that I have encountered throughout my life, and it is time to have these subjects written down. Understand not everything needs to be written, but various teachings cannot be lost.

That being said, as Anishinaabe, we all experience life differently. This disclaimer is needed for all intents and purposes as the goal of this article is: to better equip our people who'd like to learn, and for topics people may not have the ability to ask an Elder about. If these teachings are not as you learned them, that is okay. It is not our way to blame and criticize but to teach and show compassion.

Any comments, questions, or further discussion, please feel free to reach out to me and I'd be happy to have a conversation. Miigwech.

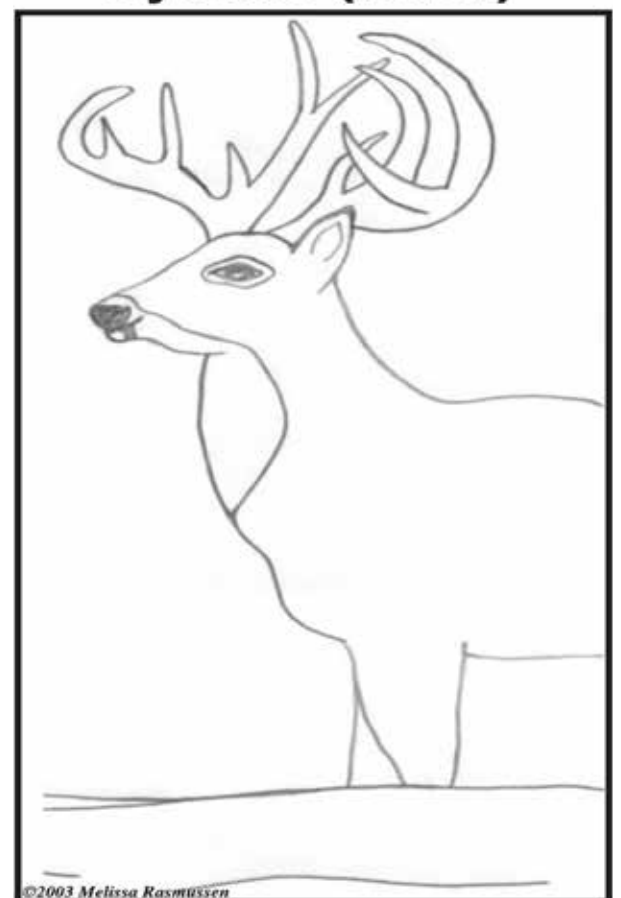
by any means, but something Joe is finding they are not the same as they were a long time ago. Even if you go to a different community or dance, Joe recommends asking if they need assistance, as you never know the situation on that drum or whether or not the ones placed there choose different priorities by not being in attendance. Some points that Joe has heard are "when they brought the drum here, there were Manidoog (Spirits) that reside in every position that we fill today. Those Manidoog are attached to that position, meaning that if someone isn't able to show up, then that Manidoog won't either." Again, those Manidoog understand sickness, war, and other crucial priorities, but they won't if it's for not very important reasoning. Those spirits even come with when you travel to a different drum. These are some things that Joe has heard in his experiences being on the drum and traveling to other communities.

"It is okay to place others temporarily in spots that are unfilled for a very long time; that way those spirits will be in attendance; however, if the one sat in that spot comes back or is able to make it, they will sit there no matter what," Joe said.

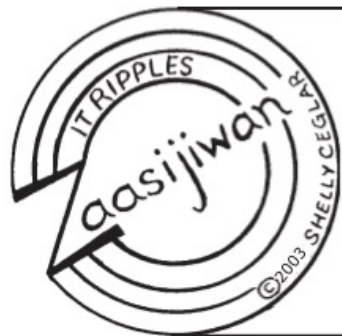
A final point Joe wants to make is there are times when a spot can be temporarily sat in. But if that member who was ceremonially placed there returns, it ultimately belongs to them. This shows how important it is that we respect those spirits who once sat around those very drums.

Miigwech, mii iw.

color me ayaabe (buck)



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Dagwaaging...

nimanoominikemin. Manoominike-giizis izhinikaazo wa'aw giizis. Gaye, ingiw ininiwag wil-kiyosewag. Odayaawaawaan a'aw giyosewasimoon. Minising, owil-ozhitoonaawaa i'iw akaadoowin. Dakaayaa, ganabaj wil-kimiwan. Giyosewiniwag owil-nooji'aawaa' ingiw waawaashkeshiwan, wil-pagami-ayaad, Gashkadino-giizis.

When it is Autumn...

we harvest wild rice. The Wild Rice-Moon (September) she is called this moon. Also, those men, they will go hunting. They have him, that hunting dog. On an island, they will build it that hunting blind. It is cool weather, perhaps it will rain. Hunters they will hunt for them those deer, when she will come to be, Freezing up-moon (November).

Bezbig—1

OJIBWEMOWIN (Ojibwe Language)

Double vowel system of writing Ojibwemowin.
—Long vowels: AA, E, II, OO
GaaWiin—as in father
Gaye—as in jay
Jijman—as in seen
Adgopowin—as in moon
—Short Vowels: A, I, O
ldash—as in about
Nitam—as in tin
Qmaa—as in only

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

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

Verbs, Transitive, Inanimate (VTI)

Use VTI grammar patterns when verb action is directed to a non-living thing. Study this pattern that's used with verb root commands ending in -oon.

Biidoon!—Bring it!
Nimbiidoon.—I bring it. (nonliving thing)
Gibiidoon(an).—You bring it (them).
Obiidoon(an).—He/She brings it (them).
Nimbiidoomin.—We bring it/them.
Gibiidoomin.—We all bring it/them.
Gibiidoonaawaa(n).—You all bring it (pl).
Obiidoonaawaa(n).—They bring it (pl).

Niizh—2

Circle the 11 underlined Ojibwe words in the letter maze. (Translations below)

A. Nindaabajitoonan niibowa aabajichiganan.
B. Dagwaaging, ninjiime. Nindayaan i'iw jiimaan.

C. Manoominikayaan zaaga'iganing minwaabadiziwag ingiw bawaa'iganaakoog.

D. Nitam nindadaawe i'iw manoominike-mazina'igaans.

E. Gaye nimbiidoonan iniw manoomini-mashkimodan idash dibaabiishkoojigan.

F. Nandawishibeyaan nimbimwidoon i'iw zhiishiibanwii-baashkizigan.

G. Gaawin niwanenimaasii a'aw asemaa.

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

Niswi—3

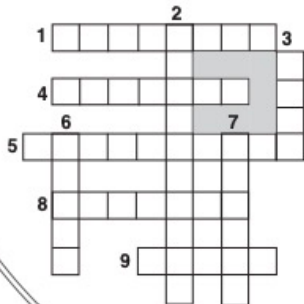
IKIDOWN ODAMINOWIN (word play)

Down:

2. hunting blind
3. also
6. those
7. tobacco

Across:

1. It is cool weather.
4. canoe
5. I buy
8. he/she hunts
9. first



Niiwin—4

Verbs Transitive Inanimate

Biinitoon!—Clean something for someone!
Nimbiinitoon i'iw gitigaan.—I clean the garden.
Gibiinitoonan iniw abwiin.—You clean them those canoe paddles.
Dakobidoon!—Tie it!
Odakobidoon i'iw wiigob.—S/he ties that inner basswood bark.
Aabajitoon!—Use it!
Dagwaaging nindaabajitoomin iniw nooshkaachinaaganan.
When it is fall, we use winnowing baskets.

- Nim
- Gi
- O
- Nin —min
- o— —aawaa

Goojitoon! Try it! Translation below.

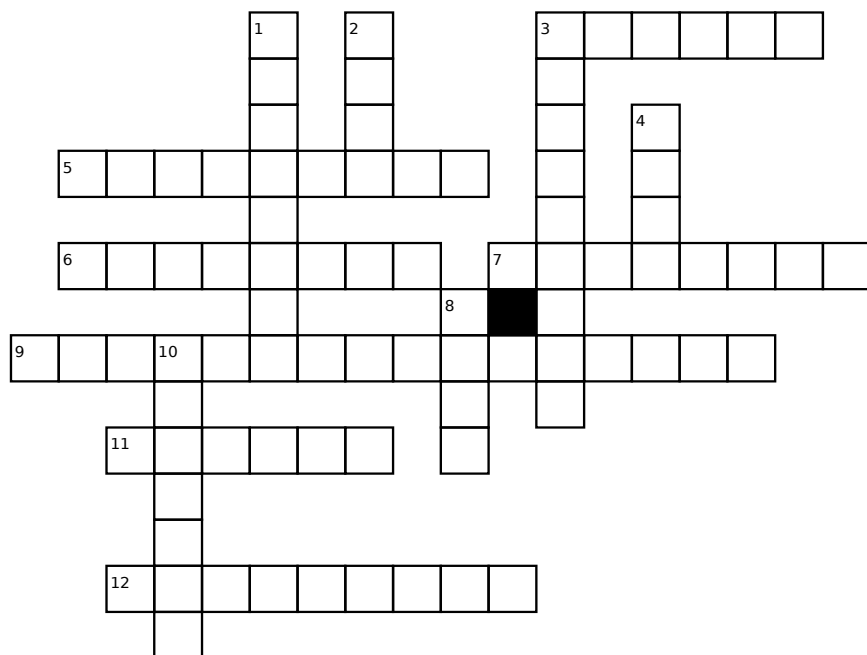
1. ___dakobidoo___ iniw makizineyaabiin.
2. ___biidoon i'iw manoominaaboo adoopowining?
3. ___biinitoon ina iniw onaagaansan?
4. Biiijinaago ___gii-aabajitoon___ i'iw abwewin.
5. ___gii-piidoon makade-mashkiki-waaboo.

Translations:

Niizh—2 A. I have them many tools. B. When it is fall, I paddle and I have that canoe. C. When I go ricing at the lake, they are useful those rice knockers. D. First I buy it that little ricing-paper (license). E. Also I bring them those rice bags and scale. F. When I hunt ducks, I carry along that duck shot-gun. G. No, I don't forget him/her that tobacco.
Niswi—3 Down: 2. Akaadoowin 3. Gaye 6. Ingiw 7. Asemaa Across: 1. Dakaayaa 4. Jiimaan 5. Nindadaawe 8. Giyose 9. Nitam
Niiwin—4 1. We tie them those shoelaces. 2. I am bringing that wild rice broth to the table. 3. You cleaned those, did you? those cups? 4. Yesterday they used that frypan. 5. She brought the coffee (black-medicine-liquid).
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.

AAZHAWAAKWASING BINAAKWE-GIIZIS

By NAZHIKE, MILLE LACS BAND MEMBER



Down:

1. You are hungry.
2. Nimino- ____ (I am well.)
3. I am cold.
4. Aaniin ____-ayaad? (How is he/she?)
8. ____-ayaa. (He/she is well.)
10. Mii na mino- ____?(Are you well?)

Across:

3. Gii-bakade a'aw _____. (My significant other was hungry.)
5. I am hungry.
6. Mii sa ____ a'aw nimaamaa. (Definitely my mother is cold.)
7. ____ ina? = Are you cold?
9. You look tired.
11. ____ ezhi-ayaayan? (How are you?)
12. He/she must be hungry.

GUIDED BY GRATITUDE

By NAZHIKE, MILLE LACS BAND MEMBER

For Anishinaabe, our way of life is an expression of cycles. There's a physical, mental, and emotional cycle for each one of our beings. There is also a spiritual cycle. A balance of energy is sought naturally by our spirits. We are born, we grow, we die. We experience, we think, we believe. We encounter, feel, reinforce. For our spirits, they are having this experience with us. Our spirits are a reflection of a certain energy that is the combination of that energy throughout all the time in the world. Within the confines of this physical world, the energy experiences it in a way that is new and old at the same time. It is meant to serve as a historical guide while letting our physical experiences be as genuine as possible. Our spirit arrives, experiences and then returns to an everlasting life.

Much like the world awakens in the spring, absorbs and gives life during the summer, preps for a rest in the fall and then sleeps in the winter, the Anishinaabe series of life cycles follow these steps. The day goes through these steps through a course of the crossing of the sky by the sun. Ourselves go through it while we are here on Earth. Any project that we begin, any discussion, and any action. While the events may differ, the general series of events is the same; there is a start, a growth, a wind down, and, ultimately, a conclusion. Recognizing these steps allows us to be able to predict a sort of future and commend a past while understanding our place in the present.

We may feel these pulls as we go about life. Maybe we try to skip a step in the process, or rush through a step. Our spirits guide the other parts of ourselves; the physical, mental, and emotional. When we are encountered in an action with either component, our spirit tries to guide us through a natural sequence of events that would contribute to our wellbeing. Our spirits aim to give us the best experience possible even through the toughest of times.

There is always something to learn and there is always something to be grateful for. Ensuring that we are willing to be guided and navigate toward spiritual guidance allows us to go about life as we are meant to.



With the cycles of life, our gratitude is the power that pushes and pulls our spirits through the experiences. Each component of our beings experience them differently, while maintaining the general idea of procedure. Throughout the experiences, our expressive energy is where we will be guided. Much like if we think of nothing but problems, we will only see problems. Likewise, if we think of opportunities we will see opportunities. If we give negative energy, that's all we will perceive we have. If we express gratitude, we will see the things to be grateful for in any situation. Our spirits will do their best to guide us through life, all we need to do is be grateful for and willing to accept the guidance for each of our components.

Miigwech

GIDINWEWINAAN — OUR WAY OF SOUND

By NAZHIKE, MILLE LACS BAND MEMBER

How are you?

As we go around Indian Country, we will be asked this question. Truly expressing ourselves as Anishinaabe, is one way to grow our language usage. In turn, our language usage will grow our expression of ourselves.

Nimbakade = I am hungry.

(Nim buk kud day)

Ningiikaj = I am cold.

(Nin gee kuj)

Gibakade = You are hungry.

(Gih buk kud day)

Gigiikaj = You are cold.

(Gih gee kuj)

Mino-ayaa = He/she is well.

(Min no ay yah)

Nimino-ayaa = I am well.

(Nim min no ay yah)

Mii na mino-ayaayan? = Are you well?

(Me nuh min no ay yah yun)

Gigiikaj ina? = Are you cold?

(Gih gee kuj in nuh)

Gii-bakade a'aw niwiiw = My significant other was hungry.

(Gee buk kud day uh ow nih we yew)

Mii sa giikajid a'aw nimaamaa = Definitely my mother is cold.

(Mee suh gee kuj jid uh ow nih mah mah)

Aaniin ezhi-ayaayan? = How are you?

(Ah neen ayzh zhih aye yah yun)

Aaniin ezhi-ayaad? = How is he/she?

(Ah neen ayzh zhih aye yahd)

Gidayekoziinaagoz = You look tired.

(Gih die yay kohz in nah gohz)

Bakadedog = He/she must be hungry.

(Buk kud day dohg)

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

PETS, THEIR PARENTS, AND COMMUNITY RESOURCES

By LI BOYD, BAND MEMBER, SUNKA-BIMAAJI
DIRECTOR OF TRIBAL PARTNERSHIP

Let's start with a story. There once was a dog who lived in Nay Ah Shing. He crossed Highway 169 to scrounge for scraps at the Grand Market, and sometimes he ate roadkill in the highway ditches. He slept on porches or buried in snow drifts. People might say, "He's not my dog, but he lives here."

One slushy winter day, he headed to the Grand Market, but he never made it. He was hit by a car and broke his leg. People caught him because he was too hurt to run away. They brought him to a veterinarian who had to amputate his leg. He went home with a woman to heal. He was very scared and confused. But there was a kind old grandma-dog who lived in the house and helped him learn that being in a house wasn't so bad.

He learned that not all doorways would hurt him like the one that stole half his tail when he was young. He didn't have to bury himself in the snow or eat garbage, unless he wanted to. Yet of all the things he learned, the most important was that not all people are scary. People gave him love and a reason to wag his tail, even if it's crooked and he only has half of it. He can still run like the wind, until his three legs don't want to run anymore, and after, there will always be food and a cozy bed waiting for him.

Many dogs, in our community and others, haven't had the chance to learn those things yet. There can be a lot of reasons for that. Sometimes it's just because of history. Our grandmas and grandpas had dogs that lived outside all year round, and it's easy to think we can still do things that way. But it was different then. Families weren't packed together in neighborhoods, we were used to building shelters, materials weren't so expensive, and most families cooked using raw foods with plenty of healthy scraps leftover to feed the dog. These days, our communities are full and busy, there are serious economic barriers to building or buying dog houses, and a lot of us aren't eating healthy foods for ourselves, much less having good leftovers for our dogs. Plus, access to food and supplies often means traveling quite a distance for a lot of our Band members. These are all challenges.

Sometimes it feels like there's nothing we can do, but there are people and resources ready to get involved and help. Earlier this year, youth in the Ge-Niigaanizijig Program built dog houses for community members. The project began as an idea between Aanjibimaadizing Executive Director Tammy Wickstrom, Emergency Management Coordinator Monte Fronk, and Marilou Chanrasmi with Companions and Animals for Reform and Equity. Aanjibimaadizing staff member Becky Clitso-Garcia found a flat-roofed dog house design that allows for easy cleaning and maintenance, while Maintenance Supervisor Tom Trail organized



Both of the above photos are of youth in the Ge-Niigaanizijig Program building dog houses for community members. More photos of this project can be found online at Inaajimopwin.com/galleries.

the supplies and did a great job of creating a safe, effective work space for the youth to assemble the shelters.

Initially, five houses were built and distributed to Mille Lacs Band community members at one of the annual pet wellness clinics. A waiting list of community members who still need dog houses was started, and nine more houses have since been constructed and will be delivered to the families on that list. The project meets a community need and gives Ge-Niigaanizijig youth a chance to take part in meaningful community service. Plans are to continue building more dog houses.

Building is what the non-profit organization Sunka-Bimaaaji hopes to achieve as well. Sunka-Bimaaaji was founded by Jaime and Marcus GreatShield. Jaime is a Leech Lake Tribal descendant, vet tech student, and stay at home mom. Marcus, Ihanktonwan Dakota, works for Mille Lacs Band Public Works. He always carries dog food in his truck and asks people what they need to help take care of their pets. Sunka-Bimaaaji was created to support pet parents. It offers pet food and supplies, micro-chipping, dewormer and flea/tick medications, financial and transportation assistance for veterinary care, assistance with weatherized dog houses and kennels, and other emergency services. Sunka-Bimaaaji would also love to meet anyone who wants to volunteer or otherwise get involved in helping our communities.

The way we care for our animals is a direct reflection on our community health, and Monte Fronk has been helping for years now by coordinating with various groups to provide free

animal wellness clinics in each of our districts once a year. The District I clinics are coming up and will be held at the District I Aquatics and Fitness Center (new community center.) Due to scheduling challenges, there will actually be two clinic weekends this year. The first, on October 2 from 9 a.m. to 6 p.m., will provide free spay-neuter surgeries through MNSnap, the Minnesota Spay Neuter Assistance Program. The second clinic weekend is November 12 from 9 a.m. to 6 p.m. and November 13 from 8 a.m. to 2 p.m. Free spay-neuter services will be available through the University of Minnesota Student Initiative for Reservation Veterinary Services (SIRVS), all day Saturday. Openings are still available. Please call (320) 532-7733 and set up an appointment if you have an animal in need of spay or neuter. Free vaccinations and wellness checks will be provided by Secondhand Hounds on all clinic dates. These don't require an appointment and are provided first come, first served.

If anyone needs assistance getting to these clinics, please contact Sunka-Bimaaaji. Look for more information on the organization in the future, and also know, if you have to move and cannot take your pet with you, the organization will help in any way it can. The goal is always to keep pets with their families, but if you cannot keep your pet anymore for any reason, contact Sunka-Bimaaaji for judgment-free assistance. Please do not abandon your pet outdoors or locked inside.

Remember that dog from the beginning of the story? He brings love and joy to his people every day now. He and every other dog and cat deserve the chance to live that good life.

UPCOMING VACCINATION CLINICS

District I Vaccination and Wellness Clinic – October 2 from 9 a.m. to 6 p.m. at the District I Aquatics Center. All surgery spots are filled, but wellness exams and vaccinations are offered on a first-come-first-served basis.

Urban area Spay-Neuter, Vaccination, and Wellness Clinic – October 28 from 8 a.m. to 5 p.m. at the All Nations Church.

District I Spay-Neuter, Vaccination, and Wellness Clinic – November 12 from 9 a.m. to 6 p.m. and November 13 from 8 a.m. to 2 p.m. at the District I Aquatics Center. Please call (320) 532-7733 to schedule a spay or neuter appointment. Appointments for vaccines and wellness checks are not required.

Contact Information:

Sunka-Bimaaaji for Pet Parent Support call (612) 267-5423 or (612) 655-1449

Find out more information about Minnesota Spay Neuter Assistance Program by visiting their website at mnsnap.org



Photo from previous pet clinic.



Former stray dog living on the streets has a new home now where he brings love and joy to his new humans on a daily basis and is loved in return just the same. The smile on his face shows he has adjusted well to living inside a home.

BAND MEMBER SPOTLIGHT ON SUCCESS

MADISON SAM — A FUTURE LEADER

By LISA NOLAN, COMMUNICATIONS MEDIA SPECIALIST, MILLE LACS CORPORATE VENTURES

In the "Band Member Spotlight on Success" series, we dive into the backstories of hardworking and dedicated Band members that are employed by Mille Lacs Corporate Ventures and its subsidiaries. This month, the spotlight is shining bright on an up-and-coming success story — Madison Sam.

The University of Minnesota Twin Cities student was the People and Culture summer intern at MLCV. Madison is a double major in American Indian Studies and Ojibwe Language, with hopes of attending law school. Madison was gracious enough to share some insight to her time at the company.

Can you tell us about your role as an intern at MLCV?

As the summer intern for the People and Culture department, I helped with a wide range of projects. I was in charge of creating new swag bags for Associates and new hires, as well as an executive gift bag for special occasions such as work anniversaries or promotions. I also worked on accumulating a list of movies to increase cultural competency. These will be either shown like how we screened the movie "Who We Are" or used in future brave spaces.

What was your biggest accomplishment and/or challenge this summer?

A challenge I had was getting over my nerves when it came to public speaking. I've presented in front of people many times before, but I had never been the sole facilitator for an activity.

During the summer, I started working with the Jr. Ambassadors. I spoke with the group several times. We went from a "getting to know you" exercise, to learning MLCV's values and behaviors, then I presented the MLCV story to them. I ended my time with the Jr. Ambassadors by helping facilitate mock interviews to prepare them for future interviews.

What Leaders/Associates supported you during your internship?

Tawnia Stewart offered me the opportunity to work with MLCV this summer, and I'm very grateful for that. She has been very helpful in giving any resources I needed and has become a wonderful mentor to me. I hope to keep in touch with Tawnia long after my internship.

Also, I have want to give a shout-out to Aarik Robertson and Michael Beattie! I had great conversations with them about my journey through the LSAT and applying to law schools.

GRA UPDATE

GRA WELCOMES NEW BOARD MEMBER

Jim Kalk was ratified by Chief Executive Benjamin and sworn in by Justice Wise on September 7, 2022, to serve a four-year term as a Gaming Regulatory Authority Board member. Jim has worked for the Mille Lacs Band for about 25 years and has lived in the Garrison area for 28 years. He enjoys bicycling, fishing, target shooting rifles and handguns, watching true crime shows, and traveling.

"I hope to help make things better in this GRA position by protecting our gaming facilities, guests, and associates. There is always room for improvement, no matter how great we think we're doing."

Did you know the GRA has their own page on the Mille Lacs Band website? On the GRA page, you can find contact information, regulations, resolutions and Self-Exclusion and Request Forms and more! <https://millelacsband.com/home/indian-gaming-regulation>.

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 <http://www.millelacsband.com/government/gaming-regulatory-authority>. You can also LIKE us on Facebook at Mille Lacs Band GRA. GRA Board meetings are open to the public. Due to COVID-19, meetings are currently being conducted remotely using Zoom.



Madison Sam.

As you head back to school, what lessons or takeaways will you bring with you?

My most interesting takeaway would have to be how everyone I've met with truly tried to work/live by the values and behaviors. That it's not something just said to check a box. In my entire time here, I've felt respected and encouraged by everyone.

Graduation is less than a year away! Where do you see yourself in the working world?

I would love to come back and work for MLCV in the future. It would be great to work on DEI initiatives with People and Culture or in the legal department.

More about junior ambassadors and interns at MLCV:

Every year, MLCV hosts students, junior ambassadors, and interns. The students who participate in the program are given the experience and tools needed to bridge the gap from an educational setting to the corporate world. The program also provides the opportunity for students to meet the changemakers in the organization and form long-lasting mentorships, like Madison has with Tawnia Stewart. We cannot wait to see what Madison accomplishes next!

GAMING REGULATORY AUTHORITY



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



AROUND THE RESERVATION

MILLE LACS BAND OF OJIBWE DEPARTMENT OF MOTOR VEHICLES

The Department of Motor Vehicles office has to regretfully inform Mille Lacs Band members that we are currently out of the Mille Lacs Band Vehicle Plates. Our Plate manufacturer had unexpectedly gone out of business. We are currently working with another company to get Plates situated. I estimate around November 2022 we should have the Plates back in circulation, as it takes 6-8 weeks for production. A notice will be sent out when they arrive.

In the meantime, if you have any old Band plates that you may have from an old vehicle, we can transfer those plates to the new vehicle after you bring in the necessary items for registration (i.e. original title, purchase agreement/bill of sale, proof of current insurance and a copy of your Band ID). If you have no old plates, we will issue you a temporary sticker for your vehicle until the plates arrive.

Thank you for being patient for these next couple of months as this situation was unforeseeable. If any questions, please contact:

Deanna L Sam, Deputy Registrar
MLB Dept of Motor Vehicles
320-532-7498 (Office)
320-279-0178 (Cell)
320-532-7805 (Fax)

COVID-19 OCTOBER VACCINATION SCHEDULE

DISTRICT II

October 12, 2022 from 1 p.m. to – 5 p.m.

Offering New Pfizer Bivalent Booster, Moderna and Pfizer Pediatric and Primary Vaccines

DISTRICT III

October 12, 2022 from 1 p.m. to 5 p.m.

Offering New Pfizer Bivalent Booster, Moderna and Pfizer Pediatric and Primary Vaccines

DISTRICT I

October 14, 2022 from 9 a.m. to 4 p.m.

Offering New Pfizer Bivalent Booster, Moderna and Pfizer Pediatric and Primary Vaccines

Please call scheduling at 320-532-4163 to make an appointment on the nurse schedule.

Make sure you know what dose you are needing when scheduling.

Please remember to bring your vaccine card.

PET CLINIC

The annual District I SIRVS Clinic will be held the second weekend in November.

VISIT THE WEBSITE

Inaajimowin.com is updated regularly with news and photos from many events. Please visit the website and take a look through. Photo galleries are updated on a regular basis.

AROUND THE RESERVATION

DISTRICT I END OF SUMMER CELEBRATION

Please enjoy some photos from the District I End of Summer Celebration on Friday, September 2, 2022. There were about 300 attendees come through and partake in the festivities. A delicious meal was provided by Dawn Day, lots of inflatables, games with prizes, a rock wall, treats, drawings, karaoke, and gave away custom made District I backpacks with some school supplies.

The District I office said, "We want to thank everyone who attended! It's important to bring fun events to our community and bring everyone together. We hope you had a great time!! A special thank you to the volunteers who helped make this possible. We couldn't have done it without you. We greatly appreciate your help! Miigwech."



MEKWENIMINJIG

THE ONES WHO ARE REMEMBERED

Gimiwan, Rodney Cruz Sr.

Gimiwan, Rodney Cruz Sr., age 55, of Minneapolis, Minnesota, passed away on August 26, 2022. Visitation was at 7 p.m. on Tuesday, August 30, 2022, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation. A Funeral Ceremony was held at 10 a.m. on Wednesday, August 31, 2022, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation, with Nazhike officiating. Interment was in the Indian Point Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.



Gimiwan, Rodney Cruz Sr. was born on July 30, 1967, to Gabriel Cruz and Lorraine Nickaboine. He was a traditional grass dancer, singer, and drummer. Rodney loved sports, especially baseball, basketball, and football. Riding his bike was how he liked to spend his time.

Rodney is survived by his son, Rodney Cruz Jr.; daughters, Brianna Earth, Sierra Cruz; brother, Jeffery Cruz; grandchildren, Roylen, Anthony, Antonia, Rodney III, Renee, Alex; mother, Lorraine Nickaboine; significant other, Rhonda Earth.

He was preceded in death by his father, Gabriel Cruz; aunt, Georgia Nickaboine; uncles, A.J. Nickaboine, Ole Nickaboine; grandmother, Helen Nickaboine; great-grandparents, Lucy and Frank Nickaboine.

Migizii, Levi James Roseland

Levi James Roseland "Migizii" died on Tuesday, August 30, 2022. He was 24 years old.



Services were held at 10 a.m. on Saturday, September 2, 2022, at the Aazhoomog Community Center with Chato Gonzalez Ombishkebines officiating. The wake was at 7 p.m. on Friday, September 2, 2022, also at the center. Burial was at the Stevens Lake Cemetery.

Mishibish Chinoodin, Adrian Garbow

Mishibish Chinoodin, Adrian Garbow, age 45, of Onamia, Minnesota, passed away on August 23, 2022. Visitation was at 7 p.m. on Friday, August 26, 2022, at the Mille Lacs Band of Ojibwe Community Center on the Mille Lacs Reservation. A Funeral Ceremony was held at 10 a.m. on Saturday, August 27, 2022, at the Mille Lacs Band of Ojibwe Community Center on the Mille Lacs Reservation, with Ombishkebines officiating. Interment was in the Vineland Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.



Mishibish Chinoodin, Adrian was born on May 4, 1977, in Onamia, Minnesota, to Lillian and Sam Garbow. He loved music and playing his guitar. Adrian enjoyed art, especially drawing, and muscle cars. He liked playing pranks on others to see them laugh and smile. Being with family and studying the Ojibwe language and culture was how he liked to spend his time.

Mishibish Chinoodin, Adrian is survived by his brother, Roger Garbow Sr.; sisters, Ruth Garbow, Lorna Hanks, Wonda (Larry) Nickaboine; We-ehs, Lacey Garbow, Quillin Garbow, Amaya Garbow; special friend, Marva Maurstad; his love, Mary Jo Flynn; and many nieces and nephews.

He was preceded in death by his parents, Lillian and Sam Garbow; brothers, Harv Garbow, Kevin Garbow, Peter Garbow, Virgil Garbow; grandparents, Julia Hanks, Joe Benjamin, and Mary (Littlewolf) Benjamin.

Zhawaan, Donald Sam Jr.

Zhawaan, Donald Sam Jr., age 53, of Onamia, Minnesota, passed away on September 9, 2022. Visitation was at 7 p.m. on Monday, September 12, 2022, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation.



Funeral Ceremony was held at 10 a.m. on Tuesday, September 13, 2022, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation, with Ombishkebines officiating. Interment was in the Indian Point Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.

Zhawaan, Donald Sam Jr. was born on December 7, 1968, in Onamia, Minn., to Donald Sr. and Myrna (Garbow) Sam. He loved his family, especially hanging out with his son, Mason, grandchildren, and nephews. Cruising in his Cadillac, going to the casino, and playing music was how he liked to spend his time.

He is survived by his sons, Mitch and Mason; daughters, Joslyn, Emily, and Sally; significant other, Jennifer; brothers, Marlin, Desmond, and Irwin; sisters, Anita, Vivian, and Lona; aunts, Tisha, Alicia, Natalie, Dorinda; uncle, Warren; grandchildren, Veronica, Kiara, Izzy.

He was preceded in death by his parents, Myrna (Garbow) and Donald Sam Sr.; brother, Pete; niece, Tahnisha; grandparents, Julia and Pete Sam, John and Nancy Garbow; and many aunts and uncles.

Nebedayqwance, Linda Jean Nickaboine

Nebedayqwance, Linda Nickaboine, Age 60, passed away on September 24, 2022. Visitation will begin at 7 p.m. on Wednesday, September 28, 2022, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation. A funeral ceremony will be held at 10 a.m. on Thursday, September 29, 2022, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation. Interment will be in the Vineland Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.



Nebedayqwance, Linda Nickaboine was born on October 27, 1961, in Oakland, California, to Carol (Thompson) and Alvin Nickaboine Sr. She loved and raised her nieces and nephews. Linda worked for many years in childcare at the Nay Ah Shing School. She enjoyed the North Shore and traveling the state and Wisconsin to visit her family and friends.

Linda is survived by her brothers, Michael (Shelly) Nickaboine and Kevin (Debbie) Thompson; her sister, Dana Nickaboine; and several great nieces and nephews.

She was preceded in death by her parents, Carol (Thompson) and Alvin Nickaboine Sr.; brother, Alvin Nickaboine Jr.; and grandparents, Frank and Sadie Nickaboine.

MEKWENIMINJIG IS OFFERED AS A FREE SERVICE FOR BAND MEMBERS. IF YOU HAVE A REMEMBRANCE FOR A LOVED ONE, PLEASE SEND IT TO NEWS@MILLELACSBAND.COM.



HISTORY

NATIVE AMERICAN VOTING RIGHTS HISTORY

Election day is November 8, 2022



Calvin Coolidge and a Native American group at White House in 1925, a year after the signing of the Indian Citizenship Act. Source: Library of Congress Screenshot

Native Americans practiced self-governance long before the formation of the United States government. And yet, Native Americans faced centuries of struggle before acquiring full U.S. citizenship and legal protection of their voting rights. The Snyder Act of 1924 admitted Native Americans born in the U.S. to full U.S. citizenship. Though the 15th Amendment, passed in 1870, granted all U.S. citizens the right to vote regardless of race, it wasn't until the Snyder Act that Native Americans could enjoy the rights granted by this amendment. (Library of Congress.)

Even with the passing of this citizenship bill in 1924, Native Americans were still prevented from participating in elections because the Constitution left it up to the states to decide who has the right to vote. It still took over 40 years for all 50 states to allow Native Americans to vote. The last state to fully guarantee voting rights for Native people was Utah in 1962. Despite these victories, Native people were still prevented from voting with poll taxes, literacy tests, and intimidation. The Supreme Court upheld the ban against using literacy tests in 1970 (*Oregon v. Mitchell*, 400 U.S. 112 (1970)).

In 1965, with passage of the Voting Rights Act and subsequent legislation in 1970, 1975, and 1982, many other voting protections were reaffirmed and strengthened.

The Voting Rights Act of 1965 helped strengthen the voting

rights that Native people had won in every state. However, the act is no longer fully intact. In 2013, the Supreme Court's decision in *Shelby County v. Holder* dismantled one of its key provisions, which required that states with a history of racial bias in voting get permission before passing new voting laws. Just before the 2018 midterm elections, North Dakota's Supreme Court ruled in favor of a new voting requirement that may prevent hundreds of Native residents from voting. (Inside History.)

Turnout for Native Americans was historically the lowest in the country, as compared to other groups. While a number of issues contribute to the low voter turnout, a study conducted by the Native American Voting Rights Coalition found that low levels of trust in government, lack of information on how and where to register and to vote, long travel distances to register or to vote, low levels of access to the internet, hostility toward Native Americans, and intimidation are obstacles. Isolating conditions such as language barriers, socioeconomic disparities, lack of access to transportation, lack of residential addresses, and lack of access to mail often limit the ability of Native Americans to vote. (American Bar Association.)

Sources: Library of Congress, Inside History, American Bar Association.

BACK IN TIME

22 years ago — 2000

Band member Tammy Miller, who is the Band's intern in Washington, D.C., said that eight years ago she watched the national political conventions on television, and for the first time she felt that she could make a difference in the lives of other American Indians by getting involved in politics. Today more than ever, she believes that casting an informed vote and getting involved in politics and government will help Band members and all Indian People improve their own lives.

In August, Tammy participated in the first American Indian caucus to be held at the Democratic National Convention. It drew nearly 90 Indian delegates from 29 states and speakers including Interior Secretary Bruce Babbitt, Health and Human Services Secretary Donna Shalala, Secretary of Agriculture Dan Glickman, and Senator Joseph Lieberman, the Democratic nominee for Vice President. Just as important, it drew a lot of attention from politicians and government officials who realize the growing political involvement of Indian People.

The main goals that delegates set during the caucus were to establish "get out the vote" initiatives in Indian communities throughout the country, to encourage Indians to run for local, state and national offices, and to encourage them to volunteer for the party of their choice.

Governmental Affairs Coordinator Jamie Edwards is helping organize the "get out the vote" effort for the Mille Lacs Band.

Tammy says that as more Indians vote, become more familiar with political issues and candidates, and get involved in politics, candidates and elected officials will become more supportive of Indian causes and aware of the importance of tribal sovereignty. She urges all Mille Lacs Band members to get out and vote on Tuesday, November 7.

The information above is from the October 2000, issue of Ojibwe Inaajimowin. Many back issues of Ojibwe Inaajimowin are available at Inaajimowin.com/archives.

VOTING INFORMATION FOR THIS ELECTION NOVEMBER 8, 2022

On November 8, 2022 voters across the country will make their voices heard in the midterm elections, voting for positions from senator to mayor and everything in between. Your vote can change the outcome of elections in your community. We want your vote to count and be counted. Races across the country have had razor-thin close margins. We often think back on an important single-vote margin with the passage of the 19th Amendment, which granted women the right to vote. Harry T. Burn, a state legislator in Tennessee, cast the deciding vote in favor of the amendment after receiving a heartfelt letter from his own mother.

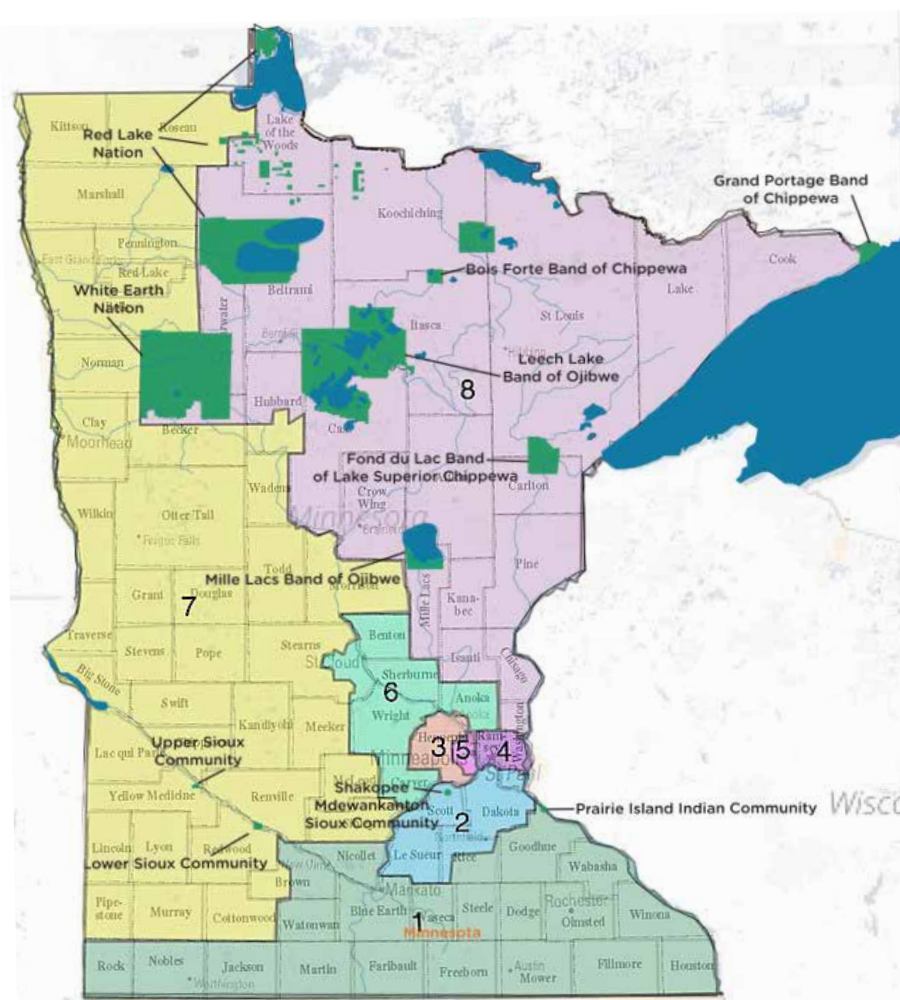
This map of Minnesota shows seven of the 11 Minnesota Native American Tribes are located in the 8th Congressional District (purple area). Your vote in this upcoming midterm election can really make a difference.

Early voting began September 23. You can vote early either in person or by absentee mail in ballot. To request an absentee mail in ballot, please visit the Minnesota Secretary of State website.

All voters have at least one location where they can vote early in person with an absentee ballot. Depending on where you live, there may be additional locations. You can vote in person at your county election office. In addition, you may be able to vote at your city office. Contact the clerk for more information.

For most elections, absentee voting locations must be open during their normal business hours starting 46 days before the election. In addition, locations offering absentee ballots for federal, state or county elections must be open: The last Saturday before Election Day (10 a.m. — 3 p.m.); The day before Election Day until 5 p.m. This does not apply to school districts holding standalone elections.

Some local jurisdictions may provide additional absentee voting days or hours beyond the above required days and times. Call your jurisdiction for more information.



TRIBAL NOTEBOARD

OCTOBER ELDER BIRTHDAYS

Brent Allen Hensley
 Joanna Marie Hill
 Bonnie Lou Matrious
 Krissa Lanae Meyer
 Marlin Vern Sam
 Beverly Jean Bearheart
 Kevin Alan Benjamin
 Sheldon Ray Boyd
 Marvin Ray Bruneau
 Steven Lawrence Churchill
 Gregory Dean Davis
 Darlene Marie Day-Beaulieu
 James F. Dowell
 Joycelyn Marie Drumbeater
 Ronda Leigh Dunfee
 Jack Leo Dunkley
 Gary Richard Garbow
 Helena Graikowski
 Lorna Mae Hanks
 Lucy May Hansen
 Delores Mae Hegland
 William Robert Hemming

Steven Blane Hensley
 Sherry Lynn Herrick
 Rocky Patrick Hill
 Kevin Scott Karsjens
 Robert Lee Kegg
 Doreen Lorraine Knutson
 Valerie Marie LaFave
 Terrance Steven Leyk
 Joan Littlewolf
 Marcella Jean Maurice
 Jacqueline Applegate
 McRae
 James Dion Mitchell
 Betty Mae Mondeng
 Brenda Joyce Moose
 Beverly Marie Nayquonabe
 Joseph Wade Nickaboine
 Linda Jean Nickaboine
 Joni Jayne O'Brien
 Debra Jayne Otten
 Teresa Lynn Packard
 Bernice Pawaush
 Jacqueline Ellen Redearth
 Marsha Colleen Sam
 Ruth Anne Sam

Virginia Louise Sam
 James Robert Schroeder
 Starry Lynn Silva
 Steven Loren Silva
 Amanda Lynn Skinaway
 Christine Marie Smith
 Nancy Jean Spittell
 Montgomery Jay Staples
 Jack Russell Thomas
 Russell Ernest Towle
 Jill Marie Valentino
 Darlene Almeda Warren
 Earl Ellsworth Whitney
 Vernon James Woyak

HAPPY OCTOBER BIRTHDAYS

Happy Birthday **Eric** on October 25, love Dad, Daphne, Braelyn, Payton, Tiny, Bryn, Galli, Bam, Binisiikwe, Granny, Papa Kyle, Papa Brad, Auntie

Val, Dan, Kev, Myla, Pie, Rachel, Rory, Randi, Bruce, Jayla, Lileah, Jay, Taylor, and Guy • Happy Birthday **Melodie** on October 31, love the Harrington Family •

ELDERS NEEDED!

The Government Affairs Department is seeking Elders to tell their stories for a new Moccasin Telegraph series as well as to preserve video and audio in the Mille Lacs Band archives for future generations. If you are willing to participate in a two-hour video interview to share your memories, please email news@millelacsband.com or call 320-237-6851.

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 November issue is October 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!

SEND US YOUR EMAIL ADDRESS!

The Government Affairs Department, which is in charge of communications with Band members, is compiling a list of email addresses so we can send weekly news summaries and breaking news updates to Band members.

Send your email address to news@millelacsband.com so we can add you to the list!

APPROVED HOLIDAYS FOR FISCAL YEAR 2023

- Friday, October 7, 2022, Fall Day
- Monday, October 10, 2022, American Indian Day
- Friday, November 11, 2022, Warrior's Day
- Wednesday, Thursday, Friday, November 23, 24, 25, 2022, Mii Gwetch Days
- Friday, December 23, and Monday, December 26, 2022, Midwinter Break
- Friday, December 30, and Monday, January 2, 2023, New Year's Break
- Monday, January 16, 2023, Civil Rights Day
- Monday, February 20, 2023, Chief's Day
- Friday, March 24, 2023, Treaty Day (*TBD)
- Friday, April 28, 2022, Art Gahbow Day (Actual Birthday April 26)
- Friday, May 26, 2023, Memorial Holiday
- Monday, May 29, 2023, Memorial Day
- Friday, June 16, 2023, Noon Closing (Hinckley Powwow)
- Monday, June 19, 2023, Juneteenth
- Monday, Tuesday, Wednesday, July 3, 4, 5, 2023, Mid-Summer Days
- Friday, July 21, 2023, Noon Closing (East Lake Powwow)
- Friday, August 18, 2023, Noon Closing (Mille Lacs Powwow)
- Monday, August 21, 2023, Mille Lacs Day
- Friday, September 1, 2023, Noon Closing
- Monday, September 4, 2023, Labor Day

IMPORTANT TRIBAL GOVERNMENT PHONE NUMBERS

Please check carefully as some numbers have recently changed.

Mille Lacs Band Government Center: 320-532-4181

Mille Lacs Band Tribal Police: 320-532-3430

Non-Emergency Phone: 320-630-2994

Commissioners:

Administration: Assitant Commissioner: Maria Costello: 320-630-7643

Natural Resources: Kelly Applegate: 763-221-0320

Community Development:

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

Finance: Mel Towle: 320-532-7475

Chief Executive's Office

Deputy Assistant: Baabiitaw Boyd: 218-670-0745

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: 320-630-4763

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.

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>Ceremonial Dance Mille Lacs Nick and Syngen</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>2</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>3</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>4</p> <p>First Tuesday SNAP see page 7</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Sa Miikana See above</p>	<p>5</p> <p>The Rez AA/NA Meeting 6 p.m. Brown Cabin at 17222 Ataage Dr Onamia MN.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>6</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>7</p> <p>Fall Day Government Offices Closed</p> <p>Ceremonial Dance Mille Lacs Andy and Steve</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>On the RedRoad</p>	<p>8</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Ceremonial Dance Mille Lacs Andy and Steve</p>
<p>9</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>10</p> <p>American Indian Day Government Offices Closed</p> <p>Migizi Meeting 7 p.m. via Zoom</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom</p> <p>Women's group 5:30 p.m.</p>	<p>11</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Sa Miikana See above</p>	<p>12</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>13</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>14</p> <p>Ceremonial Dance Mille Lacs Linda and Leann</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>On the RedRoad See above</p>	<p>15</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Ceremonial Dance Mille Lacs Linda and Leann</p>
<p>16</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>17</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.</p>	<p>18</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Sa Miikana See above</p>	<p>19</p> <p>Chiminising Community Meeting 5:30 p.m.</p> <p>District III Community Meeting 5:30 p.m. Grand Casino Hinckley</p>	<p>20</p> <p>Minisinaakwaang Community Meeting 5:30 p.m.</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.</p>	<p>21</p> <p>Ceremonial Dance Mille Lacs Joe and George</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>On the RedRoad See above</p>	<p>22</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference</p> <p>Ceremonial Dance Mille Lacs Joe and George.</p>
<p>23</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>24</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.</p>	<p>25</p> <p>Chiminising Elder Dinner and Trunk or treat (tentative) 5:30 p.m.</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Sa Miikana</p>	<p>26</p> <p>First aid CPR see 7</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>27</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>28</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>On the RedRoad See above</p>	<p>29</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>30</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>31</p> <p>Migizi Meeting 7 p.m. via Zoom</p> <p>Zooming towards Recovery NA 8 p.m. via Zoom conference.</p> <p>Women's group 5:30 p.m.</p>					



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



UPDATE YOUR ADDRESS

If your address on file with the Enrollments Office or Office of Management and Budget is incorrect, you may not be receiving important mail from the Band. Each time you move, you need to fill out a Change of Address form from Enrollments (320-532-7730) and OMB. You can download a Change of Address form at millelacsband.com/services/tribal-enrollments.

ABOUT US

Ojibwe Inaajimowin is produced monthly by the Government Affairs Department of the Mille Lacs Band's Executive Branch. Please send questions, comments, corrections, or submissions to news@millelacsband.com or call 320-630-8195. The November issue deadline is October 15.

NEED HELP?

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

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

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

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

**Community Support Services:
Family Violence Prevention.**

District I: 320-532-4163 ext. 7793

District II: 320-630-7666

District III: 320-630-2691

24 Hour Crisis Line: 866-867-4006

Batters Intervention: 320-532-4163 ext. 7793

Elder Services: 320-532-7854

Emergency Services Loans: 320-532-4163 ext. 1755 or 1757

Food Shelf: 320-362-4672

Waivered Services: 320-362-0027

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: 320-532-4163, ext. 1714

On-Call Social Worker/After Hours Emergency 320-630-2444.

**SPOTLIGHT ON
SUCCESS: MADISON
SAM**
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**YOUTH B-BALL CAMP
WITH TIMBERWOLVES
AND LYNX**
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**GET OUT THE VOTE
VOTING INFO**
pages 5 and 17

**WELCOME BACK
HARRY DAVIS**
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