

O J I B W E I N A A J I M O W I N

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



By Vivian LaMoore, Inaajimowin Editor

The message is simple and to the point. The Mille Lacs Band of Ojibwe is standing firm on their commitment to protect the resources of the land and will not risk the planet over profits or exchange water over nickel.

A mammoth-sized billboard with big bold colors has been placed in front of a tapestry of open space lined with towering pine trees. The message: Planet over profits. This billboard is located at the intersection of Minnesota State Highways 169/65, just miles from the location of the proposed Talon nickel mine in Tamarack.

Talon Metals Corp. submitted the project's Environmental Assessment Worksheet (EAW) to the Minnesota DNR on June 21. The Band has completed a thorough review of the EAW and shared the initial feedback, questions, and concerns. The Band has participated in some early conversations in which Talon has shared general information and claims that they can mine safely. But to date, Talon has yet to provide data or specific project plans that show this type of mining can be done "without great risk to Minnesota's natural resources and watersheds, and our way of life," Mille Lacs Band of Ojibwe Com-



This billboard stands at the intersection of Minnesota State Highways 210/65.

missioner of Natural Resources Kelly Applegate said. The Band is doing everything in their power to protect the resources. The Band's concerns do not end at the Reservation boundary. "It is our duty and responsibility to protect what the Creator has given us all to use. The land and the water doesn't belong to us; we are here to be caretakers," Applegate said. "We will

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RESTORING THE RIGHT TO VOTE

Felons are now allowed to vote as soon as soon as they are released from prison — even if they are still on probation

By Vivian LaMoore, Inaajimowin Editor

A recent change in Minnesota voting laws allows formerly incarcerated people to register to vote as soon as they're released. According to Minnesota Secretary of State Steve Simon, that right to vote is restored "the minute" the former felon steps out of the correctional facility — even if the person remains on supervised probation.

The new law went into effect in June 2023. Minnesota Statutes 2022, section 201.014, is amended by adding a subdivision to read:

Subd. 2a. Felony conviction; restoration of civil right to vote. "An individual who is ineligible to vote because of a felony conviction has the civil right to vote restored during any period when the individual is not incarcerated for the offense. If the individual is later incarcerated for the offense, the individual's civil right to vote is lost only during that period of incarceration."

During an interview with NPR, Minnesota Secretary of State Steve Simon told a group of inmates being released from a correctional facility, "Man, you got political power the minute you step out of here, and it's a gift. And use your power. Use your voice. That's my advice. I know you'll have a ton of other things to think about, but I just hope this is on the list."

According to NPR, 1% of white people, 6% of Black people, and 9% of Native American people in Minnesota could not vote in 2018 because they had been convicted of a felony but had not completed their parole. If the right to vote was restored upon release from incarceration, it said, those percentages would drop to 0.1%, 1.5% and 2%, respectively.

RIGHT TO VOTE page 15



Residents of the District III Assisted Living Unit are treated on Halloween to some adorable guests including Barbie, Spider-Man, and it looks like the incredible Hulk! Miigwech to all of the visitors.

PRESERVING TULLIBEE AND TRADITION — SEE PAGE 17

MESSAGE FROM THE

CHIEF EXECUTIVE

Aaniin, Boozhoo! By now, Band members aged 18 and over should have received a survey in the mail, which is very important for our Enrolling 7 Generations blood quantum project. I was excited to learn how many surveys have been turned in already. Everyone who completes and returns a survey will receive a \$50 Miigwech incentive. If you have not received a survey and are 18 and over, this may mean that our Enrollments Office does not have your correct mailing address, even though you receive mail from other departments. Please get in touch with Enrollments at 320-532-7730 or send an email to Samantha.Cash@millelacsband.com to make sure they have your correct address. You can also fill out an online survey by visiting wilderresearch.org/go/MILLELACS. When you are asked for an identification number, please use your enrollment number.

The survey asks for your children's enrollment numbers. If you do not know that information, please skip that part and continue to finish the survey. Many people are also unsure of their exact blood quantum or the blood quantum of their children. That is okay. Just provide your best guess. It is most important that you complete the survey.

The survey explains why we are doing this project. This is about our future as a Band, and continued existence as an Indian tribe more than one hundred years into the future. At the end of this project, the Wilder Research organization will assemble a report that will be shared with all Band members.

This report will provide you with the information you need to make an informed decision if you are asked by the Minnesota Chippewa Tribe to vote on making changes to the current requirement that a person must have at least one-quarter (25%) MCT blood to be eligible for enrollment with an MCT Band. Wilder will notify the Band of the names of people who have completed the survey so you can receive your \$50 incentive.

I began the month by attending the Tribal Housing Summit sponsored by the U.S. Department of Housing and Urban De-

velopment (HUD). This was an excellent conference, and in my welcome remarks, I focused on the importance of partnerships that expand homeownership opportunities. I also spent two days in Washington, D.C., meeting with members of Congress to talk with them about our most pressing issues.

On November 7, the other four Mille Lacs Band elected officials and I held a meeting of the Advisory Committee to the Mille Lacs Band of Ojibwe Foundation. This fund was established with two other tribes in the 1990s as part of a strategy to support our gaming rights in Minnesota at that time. Eventually, the other two tribes withdrew from the Advisory Committee.

For several years, the majority of our donations have gone to fund the Minissinaakwaang Leadership Academy (MLA), a private school located in District II that serves Band children. We also recommended a donation for the local chapter of Women Empowering Women for Indian Nations (WEWIN), so that these hard-working ladies can continue doing good work in our community and strengthen their organization. An outside entity called the St. Paul Foundation decides whether our recommendations can be funded.

I spent two days in Washington, D.C. in early November meeting with members of Congress. Several topics are critical for our Band that we need congressional support for which relate directly to our tribal sovereignty. Our rights as a tribal government, our individual rights as Band members, and our government's capacity to defend those rights and provide services to our people would not exist without our sovereignty and self-governing authority. Occasionally, issues arise, and we need to remind and re-educate federal and state legislators about this.

On November 9, I held a Cabinet meeting in St. Paul with the Band's Executive Officers, including the commissioners, Solicitor General, and some of my office staff. We discussed

current issues, strategies, future goals, and communication. We also had an opportunity to attend "For the People," a comedy play at the Guthrie Center, which was about a young Native woman trying to set up a wellness center on Franklin Avenue. The cast was all-Native American and included Wes Studi. A group of kids from Mille Lacs happened to attend as well and were seated right in front of us, which was a lot of fun.

During the week of November 13, I attended the convention of the National Congress of American Indians (NCAI) along with a few commissioners and government affairs staff. We succeeded in getting an important resolution through the NCAI process supporting the separately sovereign status of the six Bands of the MCT. At the end of this week, I traveled back to Washington, D.C., for more meetings, this time with the Administration.

On November 20, the Shakopee Mdewakanton Sioux Community held a government-to-government forum on climate in conjunction with a meeting of the Minnesota Indian Affairs Council (MIAC). We have been very active in pursuing policies that address the Band's carbon footprint and advocating for the protection of our environment.

I ended the month attending a meeting of the Midwest Alliance of Sovereign Tribes (MAST) with Commissioner Sam Moose, Commissioner Kelly Applegate, and Jamie Edwards. Commissioner Moose, who is nationally known as an Indian health expert, provide a great presentation about national health priorities. He is a member of the National Indian Health Board.

Please mark your calendars for the annual State of the Band Address on Tuesday, January 9. I look forward to sharing the state of our Indian nation with you and talking about our work to provide continued security and progress for our Band. I hope everyone stays warm and enjoys the holiday season. Miigwech!

ENROLLING 7 GENERATIONS BLOOD QUANTUM SURVEY: FREQUENTLY ASKED QUESTIONS

What if I do not know my exact blood quantum, or the blood quantum of my children? Can I still fill out the survey?

Absolutely! Please provide your best guess and continue the survey. For example, if you know that one of your parents is/was a Mille Lacs Band member and one of your parents is not a member of the Mille Lacs Band or the MCT, then your blood quantum must be at least 25% (one-quarter) MCT blood. If your children are not enrolled, then you might estimate their blood quantum of MCT blood to be about 12.5% (one-eighth), because 25% MCT blood is the minimum requirement for enrollment.

The survey asked me for the enrollment numbers of my children. I have adult children and do not know their enrollment numbers. What should I do?

It is fine to skip this question if you do not know the enrollment numbers of your kids. If they are adult Mille Lacs Band members, they should have received their own survey and can fill in this information themselves.

When will I receive my \$50 incentive?

The survey deadline is December 31. Band members who completed their surveys will receive their incentive payment during the first week of January.

What if someone completes the paper survey and also fills out the online survey? Will the survey be accurate if

people can fill out the survey several times?

No matter how many times a person fills out the survey, their responses will only be logged into the data system once. If you complete a paper survey and then complete an electronic survey, Wilder will only record one survey response. This is why you are asked to provide your enrollment number.

I already completed my survey, but I got another one in the mail. Does this mean I have to do it again?

No. Sometimes people misplace mail, or may have thought the survey was junk mail and accidentally threw it out. For that reason, Wilder may send a second mailing to all Band members to make sure that people who no longer have their surveys and are just hearing it have a second opportunity to fill it out. If you receive a second survey, please recycle it.

I am getting post cards reminding me to fill out my survey, but I already completed it. Does this mean Wilder did not receive my survey?

Not at all. Reminder post cards are being sent to all Band members, so if you returned your survey, you can ignore the post card.

I received my survey in the mail but there was no return envelope.

A few Band members have reported this problem and we

apologize if this happened to you. We encourage you to fill out the survey on-line instead.

When I click on the link to fill out the survey online, I am taken to the Wilder homepage, but no survey pops up on my screen. What should I do?

It is true that for many people, if they click on the link, they are not taken to the survey. We apologize for this glitch. The way around this is to write down the following web address, then manually type this into your web browser or address bar at the top of your screen: <https://wilderresearch.org/go/MILLELACS>. A screen should pop up asking you to enter your identification number or PIN, which is your enrollment number.

Will the payment be a gift card to use at the Band businesses?

No. We want to make sure all Band members can participate, so the \$50 incentive will be in a form that can be spent anywhere.



LEGISLATIVE NEWS

BAND ASSEMBLY WELCOMES NEWLY APPOINTED JUSTICE AND CORPORATE BOARD MEMBERS

Band Assembly welcomed newly appointed Justice and Corporate Board members as they were sworn in to perform their duties.

Bernida Humetewa was sworn in as the newly appointed Associate Justice for Court of Appeals for District III. The Court of Appeals now has full representation in all three districts

with Rhonda Sam serving as the District I Associate Justice for Court of Appeals, and Brenda Moose serving as the District II Justice for the Court of Appeals.

The Corporate Board welcomed three new members sworn in for duty. Beverly Knowlen, Jennifer Gahbow, and Bradley E. Harrington accepted their new positions on the board.



NEW DISTRICT III COURT OF APPEALS JUSTICE

Bernida Humetewa was sworn in on November 8, 2023, as the newly appointed Associate Justice for Court of Appeals, District III. Judge Humetewa was welcomed in the Band Assembly Chambers by District II Representative Wendy Merrill, District II Representative Harry Davis, (Judge Humetewa), Associate Justice for Court of Appeals District II Brenda Moose, Associate Justice for Court of Appeals District I Rhonda Sam, Speaker of Assembly Sheldon Boyd, and District I Representative Virgil Wind.



NEW CORPORATE BOARD APPOINTEES SWORN IN

Beverly Knowlen, Jennifer Gahbow, and Bradley E. Harrington were sworn in for Corporate Board positions on November 8, 2023. Left to right are District II Representative Wendy Merrill, District III Representative Harry Davis, Beverly Knowlen, Jennifer Gahbow, (back) District I Representative Virgil Wind, Associate Justice for Court of Appeals District I Rhonda Sam, Speaker of Assembly Sheldon Boyd, and Bradley Harrington.

LEGISLATIVE BRIEFS

Band Assembly

Workshop, November 7, 2023

Legal staff facilitated a workshop for the elected officials, staff, GRA Executive Director, MLCV Attorney, and Deputy Solicitor General regarding a draft bill for Title 15, chapter 1, Gaming Regulatory Act.

Weekly Sync Meeting November 7, 2023

Legislative staff facilitated a Weekly Sync Meeting with elected officials to review the upcoming Band Assembly agenda items. The meeting included discussion on prior to the start of the BA meeting, there will be a swearing in for the Corporate Board and District III Associate Justice; the workshop schedule; workshop projects; and District Representative initiatives.

Band Assembly Meeting November 8, 2023

The District Representatives approved Band Assembly Bill 20-04-71-23, a Bill authorizing a Supplemental Appropriation for the purpose of authorizing expenditures and budget transfer(s)/ revision(s) for the Executive Branch for the Fiscal Years ending September 30, 2023 and September 30, 2024.

Workshop, November 14, 2023

Legal staff facilitated a workshop for the elected officials and staff regarding a draft bill to enact a cannabis code.

Weekly Sync Meeting, November 14, 2023

Legislative staff facilitated a weekly sync meeting with elected officials, staff, Commissioner of Finance, and Assistant to Commissioner of Finance to review the upcoming Band Assembly agenda items. The meeting included discussion on setting up a workshop to discuss the cannabis retail business; the workshop schedule; workshop projects; and District Representative initiatives.

Band Assembly Meeting November 15, 2023

The District Representatives approved Band Assembly Bill 20-04-72-23, a Bill of Supplemental Appropriation for the December 2023 and January 2024 Tribal Per Capita Distribution for Adults and Minor Trust for the Fiscal Year ending September 30, 2024.

The District Representatives approved Band Assembly Bill 20-04-73-23, a Bill of Supplemental Appropriation for the December 2023 and January 2024 Tribal General Welfare Exclusion Act (TGWEA) Assistance Payment Program for the Fiscal Year ending September 30, 2024.

The District Representatives amended and approved Band Assembly Bill 20-04-74-23, a Bill of Supplemental Appropriation for the Legislative Branch for the Fiscal Year ending September 30, 2024.

Workshop November 16, 2023

Legal staff facilitated a workshop for the elected officials and staff regarding a draft bill for Title 8, Section 401 and draft bill for Title 17, Chapter I.

Workshop November 17, 2023

Legal staff facilitated a workshop for staff, GRA Executive Director, MLCV Attorney, and Deputy Solicitor General regarding a draft bill for Title 15, chapter 1, Gaming Regulatory Act.

STATE AND LOCAL NEWS BRIEFS

Minnesota adds 20 wild rice lakes and streams to impaired list:

Minnesota regulators identified another 20 bodies of water used for wild rice production that exceeded the state's wild rice sulfate water quality standard, placing the 13 lakes and seven streams on its biennial impaired-waters list. The Minnesota Pollution Control Agency opted to follow the federal Clean Water Act over a 2015 state law that sought to prevent the agency from adding impaired wild rice waters to the list and to prevent the state agency from enforcing sulfate reduction if it cost the permit holder any money; the 2015 state law was designed to largely prevent the MPCA from enforcing the existing standard until it established new wild rice water-quality standards for sulfate. Sulfates — discharged into water by industrial activities like mining, wastewater treatment and other industrial facilities — at high levels harm wild rice when the sulfate is converted to hydrogen sulfide in the sediment. Source: *Duluth News Tribune*.

White Earth marijuana raid challenges Minnesota cannabis law:

About three months ago, Mahnomon County sheriff's deputies and White Earth tribal police raided Todd Thompson's tobacco shop, seizing around seven pounds of cannabis, along with \$3,000 in cash, his cell phone and surveillance system. The Aug. 2 raid happened the day after recreational marijuana became legal across the state and was the first major enforcement action under the new law. But no charges have been filed in the case. Thompson, a member of the White Earth Nation, didn't have a state permit to sell cannabis nor did he have the consent of the tribal council, which voted days earlier to allow adult-use cannabis and sell marijuana cultivated in its tribal-run facility. Neither the state nor White Earth has set up a licensing system yet for individuals to legally sell cannabis. White Earth has opened a tribal-run dispensary the day after the raid about a half-mile away from Thompson's store. He also said his prices were about half those in the tribal dispensary and he didn't charge an additional 10% tax. Source: *Minnesota Reformer*.

DNR sets winter walleye regulations for Mille Lacs:

Beginning Friday, Dec. 1, Mille Lacs Lake anglers can keep one walleye 21-23 inches long or one longer than 28 inches. Source: *Mille Lacs Messenger*.

Term topping 12 years for St. Cloud man who held 'high position in the drug distribution hierarchy':

A man described as holding "a high position in the drug distribution hierarchy" has received a term topping 12 years stemming from two law enforcement raids in the Twin Cities area that yielded more than 17,000 pills of suspected fentanyl and \$45,000 in cash. Thomas A. Gentry Jr., 35, of St. Cloud was sentenced Tuesday in Anoka County District Court after pleading guilty to first-degree aggravated drug crime in connection with the seizures late last year at a rented storage unit in Maple Grove and a home in Coon Rapids. In August 2022, the state Bureau of Criminal Apprehension, the Anoka Hennepin Drug Task Force and tribal police were investigating a large-scale distribution of counterfeit M Box 30 pills — which commonly are laced with fentanyl — on the Mille Lacs Reservation and elsewhere in the state. Source: *Star Tribune*.

MILLE LACS CORPORATE VENTURES

GET READY TO TUMBLE!

Grindstone Laundry — a good clean success story

By Hannah Torkelson, MLCV Senior Communications Strategist

Get ready to tumble! Grindstone Laundry, located in Hinckley, is a commercial laundry company serving hospitality enterprises in the Mille Lacs Tribal Economy and Twin Cities area. Falling into Mille Lacs Corporate Venture's Tribal Economy Investments lane of business, you'll find Grindstone fixed within Wewinabi's portfolio — a MLCV subsidiary centered on fostering job growth and providing services for Mille Lacs Band members.

The Kannegiesser Connection

Grindstone prides itself on its efficient, ergonomic machinery. Kannegiesser, a German corporation and affiliate of St. Paul's E-Tech, manufactures the facility's leading-edge equipment. Grindstone has partnered with Kannegiesser since opening nearly nine years ago. And their relationship has grown into a treasured collaboration.

Kannegiesser has come to value Grindstone Laundry as the cleanest plant they have ever seen, paired with the most engaged staff they've encountered — putting industry norms to the test. As a testament to their excellence, Kannegiesser asked Grindstone to be the host location of hands-on spot training and sales. Twice yearly, the manufacturer provides training and educational seminars to groups of up to 30 from across the state, country, and world — and it's all happening at the local Grindstone Laundry.

Attendees range from laundry maintenance engineers to prospective laundry owners looking to familiarize themselves with the equipment before operation. During these sessions, Grindstone personnel don't hesitate to provide their expertise, another valuable contribution that Kannegiesser so greatly respects. It's all in the name of education, and Grindstone feels immensely grateful to be a stepping stone along others' journeys to success.

As a further callout to the superb work of Grindstone Laundry's facility, Kannegiesser's CEO, Phil Hart, presented Grindstone with a Certificate of Appreciation on September 14, 2023. This award symbolizes the organization's astounding cleanliness, positive environment, and openness to share. But read between the lines, and you'll find it's a reflection of the outcomes of nurturing partnerships through teamwork and stamina.

The Heart of Grindstone

Grindstone Laundry runs on the core values passed down from Wewinabi: fun, friendly, safety, and cleanliness. But at its heart is Patty MacDonald, Grindstone's manager. Patty, having been with the company for nearly its entirety, is responsible for leading the team with innovation and plenty of pride.

As one of the very first leaders to earn a SERVE award in 2016 (support, engage, re-invent, value, and empower), Patty has continued to lead her teams in true servant-leader fashion. She has modeled empowering everyone to do their part and to find joy in working hard. All cleaning is done in-house, with tasks assigned through a rotating schedule, exemplifying teamwork at its finest. Meanwhile, Patty always pays atten-



A dedicated team at Grindstone Laundry facility in Hinckley.

tion, providing cases of water for those hot summer days and hosting plenty of potlucks and Associate gatherings to come together and celebrate their efforts.

Under her stewardship, a location flag was made, representing the passion, and again, that pride, for an organization that works to bring others Fun, Friendly, Safety, and Cleanliness. And that opening line hook? I can't take the credit. Patty has team t-shirts routinely made to further the connectedness; as you can see, lack of cleverness is not her shortfall.

Michele Palomaki, Wewinabi's CEO, confirms, "Patty's leadership and Grindstone Laundry are a shining example in the portfolio of our core values."

Business Clientele and Expansion

Grindstone currently services several MLCV's hospitality businesses, including Grand Casino Mille Lacs and Hinckley hotels, Eddie's Resort, Intercontinental Saint Paul, DoubleTree by Hilton Saint Paul, and DoubleTree by Hilton Saint Louis Park. In addition, Breezy Point Resort and Westin Galleria, Edina, each look to Grindstone for their high-quality finish linen care. Their clientele doesn't end there. Soon, a few more big-name Twin Cities hotels may be under their wing. As the partnerships grow, the need for building their team does, too — along with their commitment to providing job opportunities. For those who seek a fast-paced, rewarding career, look no further!

Grindstone Laundry has set new standards for cleanliness and engagement in the commercial laundry industry. Their longstanding partnership with Kannegiesser, matched with the dedication of Manager Patty MacDonald and her team, has propelled them into more than a business. Grindstone Laundry proves the power of collaboration, hard work, and a shared sense of purpose. Their impact extends beyond their facility, touching the lives of Mille Lacs Band members and the (much) wider community.

For those interested in a career with Grindstone Laundry, please visit wd1.myworkdaysite.com/recruiting/mlcv/MLCV_External_Careers.

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consultations with the Mille Lacs Band. However, Applegate said there has only been information shared from Talon to the Band trying to explain how the mine would operate "safely." Applegate is not convinced, and would like to see the data that supports their claims. "We are not for sale," he said. "It is simple. Planet over profit."

The data according to the federal EPA states that nickel mining is the most toxic mining in the industry. The track record globally for mining sites is that they always lead to pollution of water and land. Yet Talon continues to claim, without showing proof of data, that their process is different and can be done safely with little risk of pollution. Talon has also announced plans to pursue research necessary for integrating carbon cap-

ture from the proposed mining site. While the possibilities of carbon capture are intriguing, more research is necessary as to the risks involved in the entire process from start to finish. Carbon capture at mining sites may prove to be more smoke and mirrors, or greenwashing.

"The more informed the Band can be, the better prepared the Band will be to continue the fight to protect the resources in our care," Applegate said.

There is no Plan B for the planet. Help send the Planet over Profit message. You can get involved and show your support for Water over Nickel. Yard signs are now available at no charge that you can place in your yard. You may pick up a sign at the DNR office or at any of the Mille Lacs Band community centers.

EARLY ICE IS GOOD FISHING — PREPARE FOR SAFETY

Ice is NEVER 100% safe

By Mashkode-bizhikigahbaw, Benji Sam, Mille Lacs Band member

Since 1976 in the state of Minnesota, there has been just one year in which there was zero recorded ice related fatalities in the winter. This occurred in the winter of 2015-2016, and in general, there is a significant reduction in ice-related fatalities across the ice belt. However, no ice is ever 100% safe, and following these basic guidelines, you will be sure to not only stay safe this ice season, but you might also find yourself catching more fish this coming winter.

As a rule of thumb, it is not recommended to venture out on thin, cloudy ice, and it is advised to have at least 4 inches of clear ice to safely walk on ice. Traveling with the buddy system is a sure way to set yourself up for success in the event you come across thin, compromised ice. Carrying tools in hand such as ice picks, spud bars some folks call them, to check the ice thickness before putting your weight forward is a smart approach to navigating safe conditions. Adding handheld ice picks and keeping them accessible in a pinch is also a smart move in the event of falling through the ice to help grip your way back to safe harbor.

It is also recommended to bring 100 feet of heavy-duty rope with on trips in the event of falling through. With another person near, rope can help pull your partner out of freezing cold water in a pinch. Some experts recommend tying a throwable safety flotation device onto said rope to throw to a party in distress. With the technology available at our fingertips today, there is no reason fishermen should go out ice fishing without float suit technology, which reduces the risk of dunking underwater in case of emergency.

Each year, dozens of vehicles fall through the ice, resulting in frostbite, hypothermia, loss of limbs, and even death. Many vehicular ice accidents can be avoided by sticking to plowed roads, utilizing the knowledge local resorts have, and by driving at slow speeds to avoid ice heaving. Most resorts ask that you keep speeds less than 15 miles per hour when using ice roads because it keeps the roads in strong, working condition as well as reduces risk of road failure.

As for the fishing — there is a reason ice fishermen venture out on thin ice: because the fishing is generally the best early in the winter. Many walleye and northern pike are still swimming near the shoreline structures in 8-15 feet in low-light conditions near rock/gravel and weed line transitions. Walleye can also be found in abundance on main lake structures such as mud flats, gravel bars, and deep, rocky points in 20–24 feet of water chasing bait across the lake. While searching for walleyes, a general rule to remember is on sunny days, fish will respond to more natural colors such as silver, gold, reds, etc., and on cloudy days, they may react better to UV colors such as pinks, purples, and chartreuse, glow baits, and rattling-style



baits. When paired with a minnow on a bare hook in the hole next to you just off bottom, jigging these baits will often result in plenty of success when chasing ogaa (walleye).

Bluegill and crappies, this time of year, can also be found in the deeper waters often on the main basin in 25-30 feet of water. Perch will often school in larger numbers in the late fall and winter near shallow, sandy, and weed flats in 6-10 feet of water. Look to the shallow bays like Cove, Wahkon, Isle, Wigwam, Vineland, and Mac's Twin bays for starters. These panfish often prefer a small jig tipped with a wax worm or crappie minnow, flashy gold spoons, or set lines with a small crappie minnow just off bottom. These shallow flats near weed lines in the same bays listed above often serve as great starting points for spearing ginoozhe (northern pike) in 8-10 feet of water. If you can find standing weeds this time of year, you will be able to bring home multiple fish.

If you don't know where to start, call the MLB DNR office for assistance or connect with the many resorts around Mille Lacs to rent a fish house this winter and get your family on the water. Remember that no ice is ever 100% safe.

Tight lines!

The DNR does not measure ice thickness on Minnesota lakes. Your safety is your responsibility.

Before traveling on ice:

1. Let someone know where you are going and when you expect to return.
2. Evaluate ice conditions and possible hazards.
3. Know your plan of escape and have your safety gear accessible.
4. Measure ice thickness.

No matter how cautious you are when traveling on ice, there is always a risk of falling through. By following the ice thickness guidelines and being prepared with safety gear and an escape plan, your risk will be reduced.

NATIONAL NEWS BRIEFS

VA program helps Native American Veterans buy, build or refinance homes on trust land:

The Veterans Benefits Administration's (VBA) Loan Guaranty Service (LGY) helps address the needs of Native American Veterans through the Native American Direct Loan (NADL) program, a special initiative that supports Native American Veterans who want to buy, build or refinance a home on federal trust land. "We owe it to Native American Veterans to do everything we can to open the door to the American Dream for them and their families," said John E. Bell III, executive director of LGY. "We will remain steadfastly committed to informing all tribal nations about the NADL benefit."

Created in 1992, NADL has steadily grown, opening the doors for more Native American Veterans to own homes. Some of the benefits Native American buyers receive through the NADL program include not having to provide down payments or secure private mortgage insurance, in addition to paying limited closing costs and receiving low interest rate loans. Source: *VA News*.

House Protects Funding for Tribal Programs in Fiscal Year 2024:

Congress left Capitol Hill for its Thanksgiving recess after passing a bipartisan short-term spending bill to avert a government shutdown and ensure federal funding will continue into early 2024. However, further appropriations deadlines will take place early in the new year. In crafting its FY 2024 appropriations bills, the House has pursued amendments to reduce spending below agreed-upon levels and attach harmful policy provisions. This was true of the House's FY 2024 Interior and Environment appropriations bill (H.R. 4821). Despite proposing sharp cuts to many federal agencies, House appropriators protected funding for the Bureau of Indian Affairs, the Bureau of Indian Education, and the Indian Health Service. Lawmakers expressed their commitment to upholding and honoring federal treaty obligations and trust responsibility to tribal nations. Source: *Friends Committee on National Legislation*.

Committee Examines Fentanyl Impacts on Native Communities:

American Indians and Alaska Natives had the highest drug overdose rates of any ethnic group for 2020 and 2021. On Nov. 8, the Senate Indian Affairs Committee held a first-of-its-kind hearing to examine the impact of fentanyl in Native communities. The hearing focused on Native perspectives to address the growing crisis. "Fentanyl—a potent synthetic opioid—is contributing to a rapid rise in opioid-related deaths across the country, and Native communities are getting hit extra hard," said Brian Schatz (HI), committee chair. "We have to listen to Native leaders, organizations, and health care professionals and support Native-led solutions to fight fentanyl in their homelands and surrounding communities." The chairman of the Lummi Nation of Washington testified that this year, his community lost five people to fentanyl overdoses in a single week. The chairman of the Turtle Mountain Band of Chippewa Indians shared that, on average, two North Dakotans die each week from opioid and fentanyl overdoses, with the highest percentages of those deaths coming from the reservations of one of North Dakota's five tribes. Source: *Friends Committee on National Legislation*.



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

EAT HEALTHY THIS HOLIDAY SEASON

All food can fit into any meal — enjoy in moderation

By Jackie Gluck, Population Health Manager and Certified Diabetes Educator

Picture this — savory mashed potatoes and gravy, warm wild rice stuffing, and rich homemade pies. Food is an essential part of any holiday gathering, but if you are managing diabetes or other nutrition-related conditions, the buffet table can also be a bit intimidating this time of year. The good news is that you don't have to avoid your favorite sweets and indulgences this holiday season. Here are five tips to have a healthy holiday season:

1. Prepare a plan

You are not always given a choice on which foods are served at holiday parties, but you are in control of the what and how much you serve yourself.

Offer to bring a healthy dish to share — such as a vegetable side dish.

Don't arrive on an empty stomach. Avoid skipping meals to "save room" for a holiday meal. This can cause you to overeat and may create unstable blood sugars.

2. Exercise

Remaining active during the holidays can help make up for eating more than usual and reduce stress.

Get the whole family moving — bundle up and take a walk after a holiday meal, go sledding, build a snowman, or make snow angels.

Feel like you don't have time or don't know when to exercise? Mark it on your calendar and schedule exercise into your day — just as you would an appointment!

3. Avoid shopping while hungry

Many seasonal favorites are displayed at the grocery

store. Shopping hungry may cause you to grab many sweets. Try eating a healthy snack before shopping to limit impulse purchases of foods that are less nutritious.

4. Sip smart

Choose water and unsweetened drinks like tea, instead of sugary drinks such as eggnog or hot chocolate.

Avoid or limit alcohol. Alcohol can lower blood sugar and interact with diabetes medicines. Alcoholic beverages can also add extra unnecessary calories. Choose wisely.

5. No food is off limits

All food can fit into any diet. Enjoy a small serving of your favorite treat in moderation. Choose the dishes you really love and rarely eat any other time of year. Slow down and savor every bite.

Eating a balanced diet during the holiday season can be difficult. Challenge yourself to choose one of these tips that you are going to focus on during the month of December. Finally, pay attention to what really matters. Put the focus on celebrat-



ing with family and friends, instead of fear or guilt about food. Choose balance and moderation as your daily guidelines, and remember that it is okay to indulge occasionally. Get right back to healthy eating with your next meal.

For more information about eating healthy or living a balanced lifestyle, contact Jackie Gluck, Population Health Manager and Certified Diabetes Educator, at 320-532-4163, ext. 2591.

MOCCASIN TELEGRAPH

HUNTING: AN IMPORTANT WAY OF LIFE

By Leonard Sam

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

I started hunting with my dad when I was very young. At that time, I didn't have my own gun, so I tagged along like a puppy dog. When I finally got a gun, my mom would buy me shells and I would burn them up. Hunting started to grow on me. "I would hate to be an animal in the woods, son, because you kill everything," my mom used to say.

As I got older, I would hunt with my brother Earl. We had a lot of good times together. Once, we were out hunting and Earl shot a deer. We started to approach, and Earl said not to get too close to the deer because they kick hard. Suddenly I heard a thump. Earl's son Geno got too close to the deer and the deer knocked Geno down. I still remember that moment when I'm out in the woods today.

As I got older, I started to hunt by myself and eventually got very experienced. Back then, hunting deer and other animals was a way of life. We grew up in the woods and did a lot of hunting and trapping. I used to have my own trap line. I would always do trapping before I went to school. Back then, we didn't have a lot of time to sit around or play. We had to haul water, chop wood, and work hard. We didn't have much money, so hunting and trapping were ways to add to our income. Mostly, we trapped weasels, muskrat, or mink.

Now, under the Treaty of 1837, I hunt a lot on the treaty lands in Minnesota and Wisconsin. These are open to all Band members once they get a hunting license. I usually hunt with about six to eight guys. Hunting with a larger group is difficult. It's going to be hard for me to slow down, and right now I try to get out to the woods as much as I can. It feels good, and I don't make hunting hard on myself. Sometimes I get my fourwheeler and go

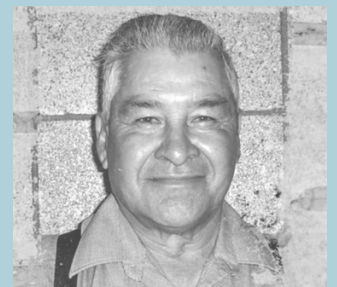
by myself. Often I hunt and give the animals to other people. As always, I put out tobacco and say a prayer before hunting or fishing.

I also hunt with my kids and other kids who don't have the opportunity to hunt with their dads. We hunt hard, sometimes from morning till night, and it's a good group effort. I took my kids hunting individually until they got old enough to hunt alone. When I see my kids hunting, it's great to be able to say I taught someone new skills. They look to me to lead them and it makes me proud.

Bio: In 1938, Leonard Sam was born to Maggie and John Sam in Cloquet, Minn. He grew up in Isle, Minn., with seven brothers and sisters.

A graduate of Isle High School, Leonard served as a paratrooper in the U.S. Army from 1956-1958. For 25 years, he held several supervisory positions in the Mille Lacs Band government, mainly under its Department of National Resources.

Leonard had four children, 12 grandchildren, and four great-grandchildren. He married Colleen Sam and lived in Onamia. He enjoyed bowling, hunting, and fishing. Leonard said the most important lesson he learned in life was how to listen, which he credited to his experience in the Army. He was proud of being American Indian and highly valued the Mille Lacs Band's rights as a sovereign nation. He took great pride in his family and community.



ONE JOURNEY WITH CANCER

Cancer doesn't care about cultures, heritage, age, gender, or when it enters our lives. But you are not alone.

By Maajiitaaziibiikwe, Mary Sam

Cancer. All of us have been impacted by this terrible disease, either personally or having a family member or friend who have or are traveling this journey. Miigwech to Ishkode (Carol) Hernandez who offered to share her journey with others, so they don't have to feel so alone. There often aren't the right words to use as we talk about a disease that has left its mark deep within our communities. Cancer doesn't seem to care about the culture, heritage, gender, or age when it chooses its victims.

This story is written to provide space to honor those suffering, healing, and for some, celebrating remission; hoping for non-reoccurrence of the cancer. It is for those who don't know how to start or navigate the difficult layers in front of them, perhaps hearing some ways that have helped Ishkode.

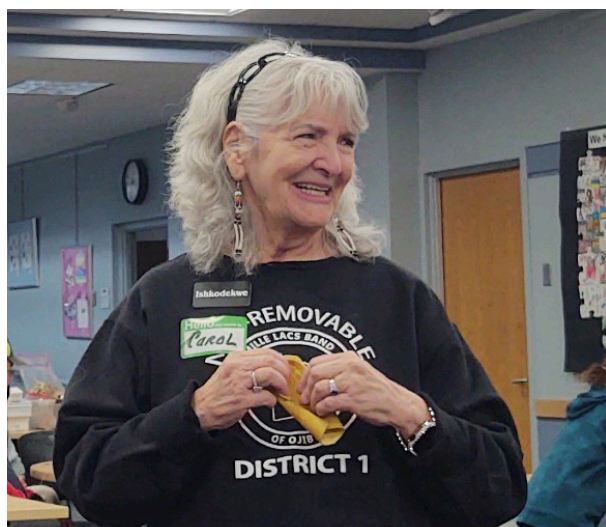
For those of you that don't know Ishkode, she is an active 73-year-old Elder, artist, teacher, employee, and community volunteer. She is in remission from Stage 1b (invasive small cell lung cancer). Her cancer is considered terminal, not curable, yet today, her cancer is in remission. She is hopeful as with new medical advancements, when finding cancer early, there may be some cures in some cases of cancer.

Having lost her mother and father to cancer, along with other family members impacted, she has definitely been impacted by this disease. She attributes her strength in facing her own illness as a result of learning about cancer through family experiences, the realization that she would not be immune to cancer, and learning as much as she could, as quickly as she possible about her diagnosis. Ishkode provided a number of examples of tools that have helped her and her family over time.

Ishkode took time to talk to herself about her diagnosis prior to sharing with her children and family. "I needed to know how I felt about my diagnosis and to come to terms with what this meant for me." She didn't want to give her family false hopes. She knew it was ok to feel anger, but was clear that she couldn't afford to "live in anger and bitterness" as it would not help in her treatment or healing. "Once I accepted that I had cancer, I knew I needed to accept that I needed to share space with cancer. She described feeling numb at first, remembering family member's experiences, and knew she needed to find a way to have a difference experience than those she loved. She decided to not feed it with anger and fear, which is what cancer wanted her to do.

Ishkode did not want cancer to dictate her life. She noted, "just because I have cancer, I will not believe that my life then or now is over." She needed to accept the things that she could not change and try to find the courage to change some things that were within her power, like her diet. Cancer feeds on sugar, so she has tried to get that out of her diet, eating more protein, to help during the treatment processes. Making immediate changes was not easy, but not wanting cancer to define her meant she "needed to create a healthier mindset and get more active."

Sharing news of a cancer diagnosis with family is not an easy task, but she is certain that her own clarity about the disease not only has helped her, but helped her children and others. She described the personal, challenging conversations



Ishkode (Carol) Hernandez.

that started years before her diagnosis, as her multiplying family losses helped her think about preparing herself and family for her own journey someday. "Knowing that I will pass at some point, how I want to go, preparing a health directive, how I want to proceed with a terminal illness, having a will in place, not only has helped me let go, but it has helped my kids." She wishes more families would take this time, it's not easy, but it helps down the road when difficult decisions need to be made or when your loved one passes. Her acceptance that at some point she will be going home has helped others she loves and who love her deal with this better. Having conversations is key. This has helped her to accept her own journey and supporting family to trust the process. Still, not an easy journey. "I needed to find a way to be positive, committing to finding ways to keep everyone posted, and a strong commitment to try to live positively and fight this disease."

In the midst of this, she found the strength and courage to put as many things in place as possible; such as health care directives, wills, lifesaving efforts, burial plans, having someone to speak on her behalf, and leaving a copy of her plans with family. Hard, but simpler things she described, focused on cutting her hair to one inch so it was easier to deal with hair loss, shopping for wigs and chemo caps early, and even wearing her chemo cap prior to losing all hair. "It helped me adjust and prepare for the upcoming changes and painful journey ahead. Food tasted different, dreams intensified. I had to have a plan to keep moving, find spaces where I could sleep comfortably, purchase readymade snacks, explore ways to make my home more accessible to help in case I was not mobile for a while."

Having cancer in a rural community is difficult. Having family that don't live near can be lonely. Rural health care and resources for cancer are different than the cities. Ishkode shared that creating a network of support is vital in the cancer journey. "Isolation is always hard; in this journey, it is much worse." In addition to family and friends, she suggested trying to get involved in a support group, which can be cultural, medical, ceremonial. She encourages those on this journey to not be afraid of asking for help: "it will become your best tool." Bring someone with to medical appointments, with a notepad, write down all the questions you have, keep a journal. Find a trusted person to check on you. Another stressor can be the varied opinions on seeking western, traditional, and/or a variety of treatments. "I have learned to have faith in whatever path I choose."

Ishkode describes this as a journey outside of her control. Realizing her humanness, allowing tears and joys, being intentionally positive even when times were and are tough, and trying to make room for laughter, has helped. "I can't make this go away, but I can and do try to live with it, accept and agree to live in this space together, for now. For now, we share the same body, but I will fight, and continue to fight."

Ishkode (Carol) Hernandez teaching a class in moccasin making.

BRIEFS

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 Tuesdays at 5:30 p.m., and the Men's Empowerment Group meets Mondays at 5:30 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.

Participants from Ge-Niigaanizijig learned to build barrel style pet shelters on November 11 from Rick Haaland of the Leech Lake Tribal Police. 36 units were built and are available to Band Community Members.

DOG HOUSES AVAILABLE FOR BAND MEMBERS

The Ge-Niigaanizijig students learned to build barrel style pet shelters on November 11 from Rick Haaland of the Leech Lake Tribal Police. In all, 36 units were built and are available to Band members at no cost.

Please contact one of the following to make arrangements to pick up a dog house for your pet:

Li Bolyd, 612-655-1449

Knute Peterson, 320-362-4790

Carlos Merrill 320-674-4347

The dog house build was made possible by collaboration between Aanjibimaadizing, Anishinaabe and Awesiinyag, Four Winds Canine Connection, and Leech Lake Tribal Police.



Send your news tips to news@millelacsband.com.



THE FALL TRADITIONS FOR ANISHINAABE FIRST HARVEST

Family traditional four-legged harvest continues

By Mashkode-bizhikigahbaw, Benji Sam, Mille Lacs Band member

Each fall as the wind blows cold and the days grow short, we take to the woods in search of bringing home a four-legged to our families in celebration of life, wellness, and well-being. Becoming a young man today is no easy task, and growing into becoming an older man, father, and teacher is much the same. We were taught at a young age that our responsibility as young men in the Anishinaabe world meant respecting your Elders, serving your family and community, and providing both safety and insurance for your family year in and year out.

In our family, like many others out there, we have always held a special bond to the water and woods in which we were raised. With that connection came the responsibility to join our fathers, uncles, cousins, and brothers in the wood to chase white-tailed deer with our favorite old men. Yet, we cannot forget the women of the woods who joined the hunt and often provided as many, if not more, deer each fall. Some people were never given the chance to join their family in the woods, and it's a shame, really, because as young people, it's important to feel and know a connection to something greater than yourselves. Hunting with family can provide that connection in many ways.

Learning to sit quietly, patiently, with good intentions in your heart, is a delicate, and yet crucial, piece of becoming a young man. The decision of knowing when to take a life, whether it be a fish, rabbit, deer, or bird, comes with great responsibility. We, as hunters, are the best stewards for managing healthy animal populations. If we take too many, our next season will be difficult, and if we take too few, there may not be enough food on the landscape during the harsh winter ahead. Two boys in my family, my nephew and a young cousin of ours, began their own journey and got the chance to make their own decision this fall, the decision to become young men.

It's funny how life comes full circle in the blink of an eye. I was once a boy sitting in a tree stand with my dad, learning the ropes of what it takes to harvest a deer. Now

I am a father myself, taking my young nephew into the woods these past few years, and all the "old men" in our family have passed on to be with our relatives. Harvesting a deer has always been an emotional process, knowing that the passing of one life means the guaranteed prolonging of another. Watching my nephew and young cousin experience that for the first time this fall was incredible. Many deer were harvested for our family this fall, with enough to share around for the year, but none more important than the two first harvests taken opening morning of the state's rifle season by these two young men.

The moments that follow that first harvest, like walking up to that animal which has passed into the spirit world, is a sobering experience no matter how many times you experience it. We offered our tobacco to those four-leggeds and shared a final meal and water with our harvest. Then I made my nephew field dress his harvest under my direction and using my old buck knife to do the job. The work is only half finished, because

"HARVESTING A DEER HAS ALWAYS BEEN AN EMOTIONAL PROCESS, KNOWING THAT THE PASSING OF ONE LIFE MEANS THE GUARANTEED PROLONGING OF ANOTHER."

- BENJI SAM



MEMORIES FOR A LIFETIME

A photo can speak one thousand words. A memory to remember together, forever, holding his first buck ever is Braden (13) with his cousin Logan (14), Uncle Jon (left) and Benji (right).

he then tied up our "sacred drag rope" to pull his harvest out of the woods on his own. Through harsh brush, over many logs, and many rest breaks later, we finally made trail. Seeing the satisfaction, acceptance, strength, and perseverance earned from this experience was worth its weight in gold.

That experience was not alone, as our other youngster also harvested his first and second animal ever that weekend as well. Watching these two boys turn into young men before our eyes was a thing to behold. While watching our nephews dragging a buck out of the deep woods together, my cousin Jon and I were reminded that just a few years ago, we were the youngsters dragging deer together for our own fathers. Now, as the old men in the family, it's fun to sit back and give direction, teaching lessons and remembering how we got here in the first place.

Less than one week after their first harvest, we held a family gathering of dozens of loved ones, close relatives, and spiritual guides, and held a ceremony celebrating that first harvest just as our ancestors did. Surrounded by their closest family members, these two boys became young men and were given their own rite of passage in the Anishinaabe way. Feeding their whole family, spiritual leaders, and each other, these two young men now carry the weight of responsibility with them everywhere they go.

It was so special to be a part of this journey and we owe it to these young men, and young boys everywhere, to help guide them home and to become better men ourselves. They say it takes a village to raise a child. But together, we can raise young men.



Above: Logan (14), with his first ever harvest to feed his family and community. There's nothing like your first harvest.

Below: Two young boys becoming young men before our eyes, dragging out a buck from deep in the woods together, smiling out of relief to have finished the job.



IKWEWAG NOOJIMO'IEWWIN — WOMEN'S HEALING CIRCLE

By Li Boyd, Mille Lacs Band member

Sometimes there's a certain stigma surrounding the idea of "groups," especially support groups. We might view them as obligations, burdens, places that cause us to spend energy we don't feel we have. We might even feel vulnerable in shared spaces. But human beings, and Anishinaabe in particular, were never meant to live in isolation. Our culture is based on community, and when we experience disconnection from one another, we are reliving the traumas our people have suffered since the onset of colonization. This can be seen in the structure of our language, which often places priority on others rather than the self. We are traditionally a social people, meant to share and care for one another.

Like the Men's Support Group which was featured in last month's Inaajimowin, the Women's Healing Circle is entirely member-driven and began due to a need for support and connection. While the group was founded by Asiniikwe Sam after a personal tragedy and functioned initially as grief support, it has since then grown to be a group of women who celebrate their victories together, share their hardships, and make sure that its members know that they are not alone.

Combating loneliness may be the most important part of the group, not only in our community but nationwide. Just this past May, United States Surgeon General Dr. Vivek Murthy raised the alarm about the national epidemic of loneliness and isolation in a Surgeon General's Advisory. The 82-page document, available on the U.S. Department of Health and Human Services website, talks about the devastating physical and mental health consequences of a society disconnected from itself. Most importantly, it suggests that creating strong social connections can be an essential step in preventing further harm and treating the damage already caused by the isolation that seems more and more pervasive in our modern society.

To that end, the Women's Healing Circle meets Tuesday evenings at 5:30 p.m. at the old District I Community Center to have a talking circle. Meetings begin with a potluck dinner. Everyone smudges before the eagle feather is passed around for each member to speak if they wish. The goal is not to fix each other, because no one is broken. Advice is only given if asked for. The real goal is to create a safe, calming space for members to decompress. "The group helps us slow down, today," Gilda Burr says.

That being said, the group is for adult women. Due to the sometimes sensitive subjects being shared, members feel it's better for children not to attend. This also helps to create the space that mother's may need. It's a break for mom to be on her own, to breathe and share, just for a little while. Attendance is flexible and members may come to meetings as needed. Core members emphasize that while they are proud when attendees feel healed enough not to need to come to the group anymore, everyone is always welcome to come back.

Carol Ishkodekwe Hernandez points out that, "I don't think there's a single person out there who isn't healing." Everyone experiences grief differently and for different reasons. "For me, it's been a place to not dwell in grief, but to hold each other in our grief in order to heal," says Mary Sam. "We can carry each



Ikwewag Noojimo'iwewin members participate in fun bonding activities outside of regular Healing Circle meeting times.

other as women, as sisters."

Creating these bonds and inclusiveness between women has become the heart of the Healing Circle. Mary also pointed out that in other environments, women may experience lateral violence by being gossiped about or judged. That doesn't happen in Ikwewag Noojimo'iwewin. It's understood that the group is a safe space, and what is shared among members remains confidential. There have been discussions about how members see themselves as women and how they treat each other in the community. For some, it has made it easier for them to speak out and stand up for themselves when they see or experience hurtful behaviors, such as sexism and harassment.

By strengthening each other in these ways, the group also focuses on community engagement. Members have participated in events like the Sobriety Powwows, Every Child Matters, Smudge Walks, and the Red Dress event in support of Missing and Murdered Indigenous Women and Girls. "Women have a right to be bold and brave," says Mary Sam. The group tries to be courageous about lifting up and naming issues in the community that many others won't tackle. Asiniikwe says, "I wish more women would be brave enough to stop in, check it out. We could do so much more in the community."

For themselves, the Women's Healing Circle also does enriching activities outside the talking circle. They have done many craft projects such as ribbon skirts, medicine bags, baby moccasins, quill work, beaded earrings, and lanyards. They uplift one another by sharing culture and traditions and passing along tips, tricks, and craft secrets. Meetings are not always at the community center. Some days, the group might choose to go for a walk in Kathio State Park, take a kayaking trip, or go on a picnic. The friendships they build carry on outside that one day a week to include movie nights, dinners, and even events like the Traveling Art Pub.

Each member of the group extends a heartfelt welcome to new participants. Women are invited to come be a part of something, try new things, experience camaraderie and healing laughter, and find their spirituality and culture in the ways that work best for them. Create bonds, learn new skills, have fun, and, above all, heal together. Women, you are not alone. Ikwewag Noojimo'iwewin is here for you.



Members participate in activities to address important issues that affect our community health and well-being.

EDUCATION BRIEFS

NATIVE AMERICAN HERITAGE MONTH AT NAY AH SHING ABINOOJIIYAG SCHOOL

The amazing elementary teachers dove into Native American Heritage Month with their classes focusing on Native stories including lively class discussions, storytelling sessions, and creative art projects. November was a combination of education and celebration, sharing stories, and letting student creativity flow.

Kindergarten studied *Grandmother Spider Brings the Sun* by Geri Keams.

1st Grade studied *Jingle Dancer* by Cynthia Leitich Smith with storytelling and fashion design projects around the jingle dress and regalia.

2nd Grade (Linda Stevens) studied *When Turtle Grew Feathers* by Tim Tingle with daily author spotlight and locating authors' photos on a map of the U.S. with discussion about the Native communities they are from.

2nd Grade (Suzanne Terry) studied *Forever Sky*, by Thomas Peacock with projectw involving northern light and animal artwork in chalk.

3rd Grade studied *The Star People*, by S.D. Nelson with activities in star gazing painting in acrylic and glitter.

4th Grade studied *Wolf Cub's Song & Night Sky*, by Joseph Bruchac with water color paintings with silhouetted wolf/bear.

5th Grade studied *Ghost of Spirit Bear* by Ben Mikaelson with discussion and reflection from comparing and contrasting the experience of the story's protagonists in relation to bullying and school environment. Spotlight of the Achieve 3000 curriculum articles featuring Native professional chefs, authors, and actors.

Ojibwe Language studied the creative works of Mille Lacs Band member author Cheryl Minnema and adding an extra layer of cultural insight to their learning experience.

Physical Education Activity Grades K-5: Gichi-bine Game (adapted from the Waabooz Game). Mighty hunters threw a sponge ball at the moving wild turkey a/k/a a cone on top of a scooter). The game combined activities for Native American Heritage Month and the Physical Education State Standard: Throw overhand with accuracy to a moving target.



DISTRICT I

NATIVE AMERICAN HERITAGE MONTH CELEBRATION POWWOW

Photos by Vivian LaMoore

November was Native American Heritage Month and to celebrate the beautiful heritage and culture of the Mille Lacs Band of Ojibwe, The Native American Heritage Month Celebration Powwow was held on Friday, November 10 at the New District I Community Center. The event was hosted by the District I Office of Representative Virgil Wind in collaboration with the Maadaonidiwag grant, Grand Casino Mille Lacs Band Member Recruitment, and Health and Human Services Population Health.

Please visit Inaajimowin.com/galleries to see more photos of the powwow and other photos.



BAND MEMBER VOICES

ANIMAL WELFARE INITIATIVE

Community volunteers needed to expand programs in Reservation communities

By Li Boyd, Director of Anishinaabe and Awesiinyag, Mille Lacs Band member

October and November were both busy and incredible months for animal welfare. In early October, I had the opportunity to participate in a conference called the Gathering. The conference brought people of color from traditionally underserved communities together from all over the country. It's organized by CARE, Companions and Animals for Reform and Equity, which is a Black, Indigenous, and People of Color (BIPOC) led organization focused on approaching Animal Welfare in a way that takes into account the needs of both the animal and human communities involved. I'm proud to announce that Native representation at this conference was strong, with participants from Little Earth of United Tribes, Natives in Vet Med, and, of course, Anishinaabe and Awesiinyag.

Presenters talked about everything from veterinary access to building programs that help victims of domestic abuse find safety for themselves and their animal companions. I was given the opportunity to speak on a panel focused on fostering, adoption, and rehoming. Since Anishinaabe and Awesiinyag has a goal of keeping as many pets as possible living happy, healthy lives with their families in our own communities, I was pleased to be able to speak on how we can shift our "rescue" focus into redefining the roles our animals have.

Traditionally, our dogs were intertwined in our semi-nomadic lifestyle as working community members, and some of the issues we face nowadays are that we have a lot of dogs without jobs. This may be a simplification of the issue, but when you think about it, many of our rez dog mixes are part German shepherd, Siberian husky, or labrador retriever. Dogs like these are healthiest and most well-behaved when they are kept stimulated and busy. I had the fortune of meeting another participant at the Gathering by the name of Shahar Fearing. Shahar is a dog trainer and behaviorist who recently started her own non-profit organization named Four Winds Canine Connection. We instantly started coming up with ideas we'd like to try, such as taking some of our rez dogs and training them. They could become medical alert dogs for common issues in the community like diabetes. They could become therapy dogs for our mental health and substance abuse programs. They could even be trained as search and rescue dogs to help the Missing and Murdered Indigenous Women and Relatives movement.

Following our experience at the conference in Philadelphia, we returned home to Minnesota re-energized and ready to get back to work. The weather in Philly had been almost too warm, so when we got back home, it was a stark reminder that winter is coming. A few days after the conference, we got together and decided we were going to plan a dog house building event to coincide with the District I Pet Wellness Clinic. This left us



This sweet family dog sat patiently waiting for a wellness check and vaccinations at the District I pet clinic.



The Ge-Niigaanizijig students showed off their finished work of barrel style dog houses. The dog house build was made possible by collaboration between Aanjibimaadizing, Anishinaabe and Awesiinyag, Four Winds Canine Connect, and Leech Lake Tribal Police. Everyone involved was proud of the work accomplished in one short morning.

very little time to prepare, but in part due to the connections we made at the conference and in part due to the incredible and supportive network of folks working on Animal Welfare in Minnesota, we made it happen.

Four Winds Canine Connection in partnership with Anishinaabe and Awesiinyag, with assistance from Rick Haaland of Leech Lake Tribal Police, and with the participation of students from the Ge-Niigaanizijig program, built 36 barrel-style dog houses on a brisk Saturday morning. We chose this style of house because of its cost-effectiveness and ease of construction. We could make more of them and make them faster for the oncoming winter. These houses are available to any community member. You may contact Anishinaabe and Awesiinyag at aaa.animalwelfare@gmail.com or 612-655-1449 for information. This was all made possible by grants from the Frances Curran Foundation and Lil BUB's Big Fund.

That afternoon, the Ge-Niigaanizijig students went on to participate in a Community Outreach and Veterinary Education (COVE) event at the District I Aquatic and Community Center. There, veterinary students from the University of Minnesota provided activities that helped our students and Aanjibimaadizing staff to learn about what foods are healthy, unhealthy, or even dangerous to our pets. If interested, students could also accompany veterinary staff to view the active surgeries happening at the time. Shahar, with the help of Snickers, a dog from our own community, also did a behavior and training demonstration teaching participants the basics of using positive reinforcement to promote the actions and behaviors we want to see in our pets.

Meanwhile that very same day, the University of Minnesota Student Initiative for Reservation Veterinary Services (SIRVS) was performing spay and neuter surgeries just down the hall. SIRVS is a student-operated organization that provides veterinary services in Reservation communities at no cost to those communities. Band members may not realize that when these pet wellness clinics visit each district, the volunteers for these organizations receive no compensation from the Mille Lacs Band, aside from a few meals and the space to work. SIRVS and Secondhand Hounds (soon to be The Bond Between), which was also providing wellness exams and vaccinations, donate tens of thousands of dollars of time and supplies each time they visit. These organizations are dedicated to providing veterinary support where it is hardest for us to get it, and their effort and enthusiasm is simply amazing. Most of the volunteers camp out for a night or two at our community centers so they can be prepared bright and early to see to our animals' needs for an entire weekend. Over November 11 and 12, SIRVS provided surgery or medical care to 47 animals while Secondhand Hounds provided wellness and vaccine services to 82.

While this was a great success, I am as aware as anyone that we still have many challenges. Thirty-six dog houses help, but the prevalence of outdoor dogs in our communities makes finding warm shelters a high priority at this time of year. We hope we will be able to have another dog house building event. Furthermore, even though many animals received care at the free clinic, we recognize that one weekend a year per district simply isn't enough. In the days immediately following the clinic,

I became aware of many more animals that needed spay and neuter services. There are also multiple dogs and cats who unfortunately do need rehoming, as well as new litters being born all the time.

As robust and dedicated as the Animal Welfare community in Minnesota is, right now it's struggling statewide. Most shelters and rescues are inundated and simply don't have the capacity to accept any more animals. That leaves a community like ours, and an organization like mine, struggling to fill the gap. In our Mille Lacs Band districts, we have no animal control or shelters, aside from what Anishinaabe and Awesiinyag can provide. While we're planning on ways to expand our services, right now my organization is limited by what I can accomplish as a single individual. I'm going to need volunteers and fosters to be able to do more. I'm looking forward to seeing many things happening in 2024.



Participants from Ge-Niigaanizijig learned to build barrel style pet shelters on November 11 from Rick Haaland of the Leech Lake Tribal Police. A total of 36 units were built and are available to Band Community Members.



University of Minnesota Student Initiative for Reservation Veterinary Services (SIRVS) performing spay and neuter surgeries.

NANDA-WAABANDANAN INIW IKIDOWINAN! MANIDOO-GIIZISOONS

By Nazhike Mille Lacs Band Member

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

NANDA-WAABANDANAN INIW IKIDOWINAN!

By Nazhike Mille Lacs Band Member

Can you find these words?

- Giikajiniijiwaji
- Dakibiisaa
- Dakaanimad
- Gigiikaji
- Giikaji
- Giikajindibewaji
- Dakaagamin
- Ingiikaj
- Giikajiwag
- Gisinaa
- Dakadaawangaa
- Giikajizidewaji
- Dakisagaa
- Wakewaji
- Dakate

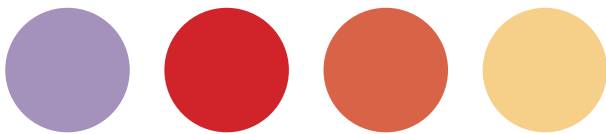
KIDS COLORING CORNER

MAINGAN & MAKWA

Artwork by Janet Swierczek, Mille Lacs Band Member

Janet Swierczek is an artist and Mille Lacs Band member Elder who lives in Minneapolis. She has developed over 50 coloring books. Find out more about her work by checking out the archives of the Inaajimowin at <https://www.inaajimowin.com/news-blog/meet-the-artist-behind-the-kids-coloring-corner>. You can also check out her website at www.janetscoloring-books.com and follow her on Instagram at @coloringbookgirl-janet and Twitter at @Booksbyjanet.

"I'm always open for more requests," Janet said. "So feel free to email me at janetswierczek06@gmail.com."



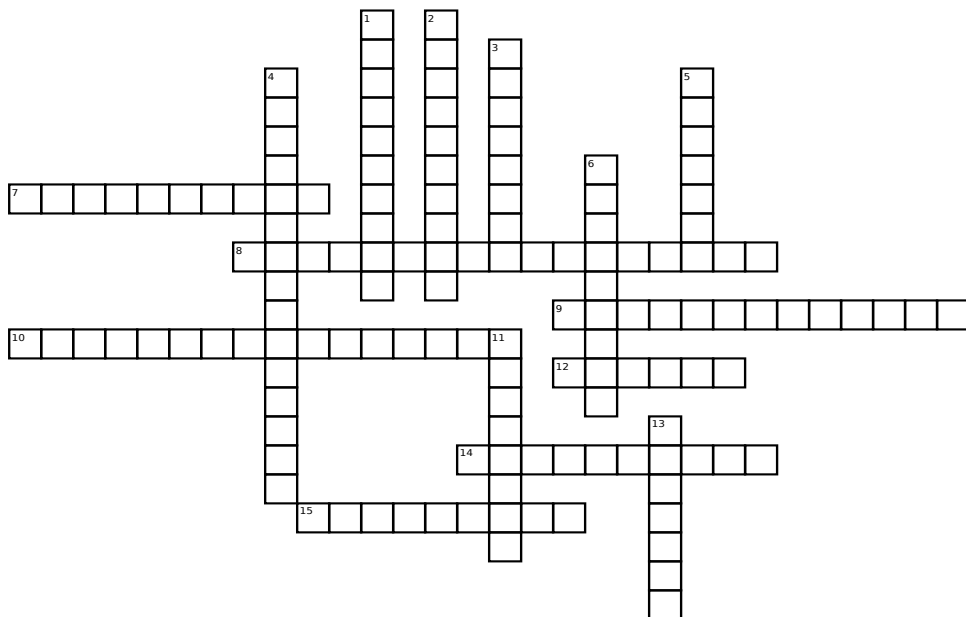
Do you have a news tip or story idea?

Send your ideas to news@millelacsband.com or call 320-630-8195.



AAZHAWISING MANIDOO-GIIZISOONS

By Nazhike Mille Lacs Band Member



Down:

1. It is a cold rain.
2. It is a cold liquid.
3. He/she gets cold easy.
4. S/he has cold feet.
5. It is cold weather.
6. It is a cold floor.
11. I am cold.
13. S/he is cold.

Across:

7. It is a cold wind.
8. S/he has cold hands.
9. It is a cold sand/beach.
10. S/he has a cold head.
12. It is a cold room/house.
14. They are cold.
15. You are cold.

REFLECTION TO WHAT?

By Nazhike Mille Lacs Band Member

As Anishinaabe, we are in a critical situation in regards to who we are as a people. Historically, we were recognized for our beliefs, practices, and language. We were noted as highly thoughtful people with keen awareness to our fellow Anishinaabe, other tribal groups, the animals, and spirits. Our ancestors were very conscious of the past, present, and future. They consistently reminded each other of our teachings. They spoke with the spirits regularly. And, they relied on our customs to bring forth mino-bimaadiziwin. As we become aware today of the current state of our society, look at the questions we have at hand. Who belongs to our community? Who has enough blood? Should we be a part of a larger "Tribe?" What matters to us as a people?

We have plenty of questions and until recently I have heard only one answer — we must follow our teachings. What do our teachings say? We may not know.

We are entering into the closure of another year. We know this because pro football is in full swing, the coffee shops have pumpkin spice lattes, and Walmart had all the holiday stuff out (before Halloween even began, may I add).

Our ancestors would have noticed bird migrations, leaves falling, the cold weather (all of which we noticed), and they would have celebrated it. Harvests, camp movements, prep work, and insulating the wigwams. They would've also started cycling through Big Drums. A series of fasts may have concluded and first-kill feasts been performed. Throughout the fall, the excitement would build for the time of storytelling. What would be talked about this winter? What new adventure would we be able to hear about? The closure of a year never seemed to conclude anything, but rather add to the experience of life.

Today, we have the culmination of a beautiful people at hand. We are nearing the changing of worlds of our last First Speaker. What is a First Speaker, you may ask? One who was raised with Ojibwe language being the first language they spoke. That point in time is a very sad time for other communities when it has happened to them. We seem to take it for granted.



If that weren't enough, the time of our Elder as we know will come to an end. Some of our Elders have been deprived of teachings through relocation, adoption, oppression, abuse, and lack of opportunity. Another very sad time for Indigenous communities. The practice of our teachings and customs is lessening. Setting dishes, getting names, passing tobacco, the mindset, knowing the manidoog are at a low level — the lowest level since the beginning of time. Except for at the end of life. The traditional funeral is the most commonly sought ceremony. And it's not even sought by all Anishinaabe. Remember, along with returning our bodies back to the earth, we need to return the spirit back to the spirit world.

We can do something so current youth have a bridge to our ancestors. We can learn and share with one another. We all know something, and together we can rebuild the strong people known as the Anishinaabe.

Miigwech.

GIDINWEWINAAN — OUR WAY OF SOUND

By Nazhike Mille Lacs Band Member

Ojibwe language has multiple ways to use words continuation. Seeing the different components in which words are used in Ojibwe can help build vocabulary. Phrases like "I like it" and "she likes you" and "it is liked" can use the same root word in Ojibwe with different components added in to express what you are trying to convey to whom you speak. Let's try!

Giikaji = S/he is cold.
(Gee kuj jih)

Giikajizidewaji = S/he has cold feet.
(Gee kuj jih zid day wuh jih)

Giikajininjiwaji = S/he has cold hands.
(Gee kuj jih nin jee wuh jih)

Giikajindibewaji = S/he has a cold head.
(Gee kuj jin dib bay wuh jih)

Dakate = It is a cold room/house.
(Duh kuh tay)

Dakaagamin = It is a cold liquid.
(Duh kah gum min)

Dakibiisaa = It is a cold rain.
(Duh kib bee sah)

Dakaanimad = It is a cold wind.
(Duh kah nim mud)

Dakisagaa = It is a cold floor.
(Duh kih sug gah)

Dakadaawangaa = It is a cold sand/beach.
(Duh kuh dah wun gah)

Wakewaji = He/she gets cold easy.
(Wuh kay wuh jih)

Gisinaa = It is cold weather.
(Gih sih nah)

Ingiikaj = I am cold.
(In gee kuj)

Gigiikaji = You are cold.
(Gih gee kuj)

Giikajiwag = They are cold.
(Gee kuj jih wug)

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

WAVEZHI'AA

GAA-TIBAAJIMOD (told by) JOE NAYQUONABE SR.,
WAABISHKIBINES

GAA-TIBAAJIMOTAWAAJIN (transcribed by)
JAMES CLARK, OZAAWAANAKWAD

The drums were given to us to help the Anishinaabe people, not just in dire times but also celebrations like births of a child, jobs, to name a few) Sometimes because of the many downs we have, we seem to think that the drum is only helping us when we're in need, and perhaps that is true. Many people do come to the drum for assistance, there's a lot of not good things that happen in our community that we hope the drums will assist with. That is what I see, a majority of the dishes I have seen lately are for things that aren't positive.

One of the things I want to talk about this month is the wavezhi'aa, and just like in past articles, this is my interpretation of how to do this ceremony. I know other places and drums do it differently; I do it as I was taught years ago. My understanding is that the ceremony is to help those who are in mourning of a lost loved one; it is to help them through that process. Now again, some people may do it different, but usually at the funeral there's a bundle that is put by the casket. That bundle is usually brought to a drum keeper. Some of the teachings I've been told is that the funeral bundle is given to a non-local drum keeper, because if they were to give that to someone local, once that bundle is opened and the clothes of the deceased are walking about, it might bring up further grief for that family. In addition, use our drums in the spring and fall; if the bundle is given around the spring time, then I would tell the family that they are able to have one year to process their grief. That following spring is when we could conduct the wavezhi'aa ceremony. Shortly after my discharge from the military — I was discharged in the spring, April in fact — I went to a drum ceremony and people there were glad to see me and they told me that they were going to do the wavezhi'aa ceremony. The drum keeper and the head warrior came over and told me they could use me for this ceremony so, I immediately agreed. They told me a little bit of what will be going on. At that time, I was put as the fourth Ogichidaa (or veteran), just to follow the others in line and listen and watch what happens. After you dance around and mark the individuals, I was supposed to tell the people why I am allowed to do this. The first two Ogichidaa during that ceremony were WWII veterans.

When the first one got done, he talked about his experiences during his service. I was taken back to my service a little bit. When the second Ogichidaa got up and spoke, I really felt deep feelings for these guys, for what they had gone through during their service. The third Ogichidaa served in Korea, and even he made his service sound a little like a horror story. He told the people about when he was sitting in the truck at night with his wounded comrade and the temperature was below freezing by the way you could see their breathe. And the Ogichidaa knew that his comrade was in trouble and pain, so he looked at his comrade and the last word out of the comrade's mouth was "goodbye" as he froze to death. And I still use part of that talk today, that they have seen life leave this earth. And now I am up there talking as the fourth Ogichidaa. I mentioned that I wore the uniform, fought in combat, ended up wounded, and saw blood on the battlefield. Very short and to the point, just enough. To this day I was shook by what I had heard come from those veterans' mouths.

I was involved in a few more after that. I never really learned back then, just always following everyone else; it felt good helping people through that mourning process. One day after we had got done with that ceremony, an Elder gentleman approached me and said, "You know Joe, you might be leading these sometime in the future." (This was before I was into learning everything about the dances.) "I did these a while back and I just wanted to tell you how I do it. This is the way I was taught by some of the Elders who did this before me," he said. I really took to listening because I really vividly remember that conversation. Not too long after I was made first Ogichidaa which is the position that leads the ceremony. When we did this for the first time, I did it the way he told me. No complaints and the people were happy I did it. After a few more, then there was one day when I was at a non-local dance and the members had asked me to assist them to be lead Ogichidaa. And as I started to do it the way I was taught, one of the singers yelled at me, "Joe you're doing it wrong." Some of the people in the audience yelled back, "Joe you're doing it right; keep going." This banter went back and forth so I stopped the ceremony right there as they kept discussing the way that the ceremony is done. Eventually they said, "Joe, you're doing it right." The singer who started it all just got up and left the dance hall. I thought half of the dance hall would leave, too, and they didn't. After I got done with that, it's when I decided whenever anyone asks me to do this, no matter the reservation, I tell them, "Yeah, I can lead this but I am going to do this the way I was taught. And if you're not okay with that, please find someone else and I will follow their lead." Since then, no one has objected to that.

Now a little bit about the Ogichidaag. I think I've read it where because of what veterans have seen and been through in combat, they were the ones to help people in their communities with tough things. I remember my uncle once saying, "These veterans have seen a lot of pain both emotional and physical. Some guys lose it out there because death is not an easy thing to see. And some of them have taken life as well as watch life leave — if need be, a soldier takes life. That is one of the toughest things to do," he said. But it is something that the soldier has to deal with. There is a lot asked of them. This is why we have those Ogichidaag perform that for us.

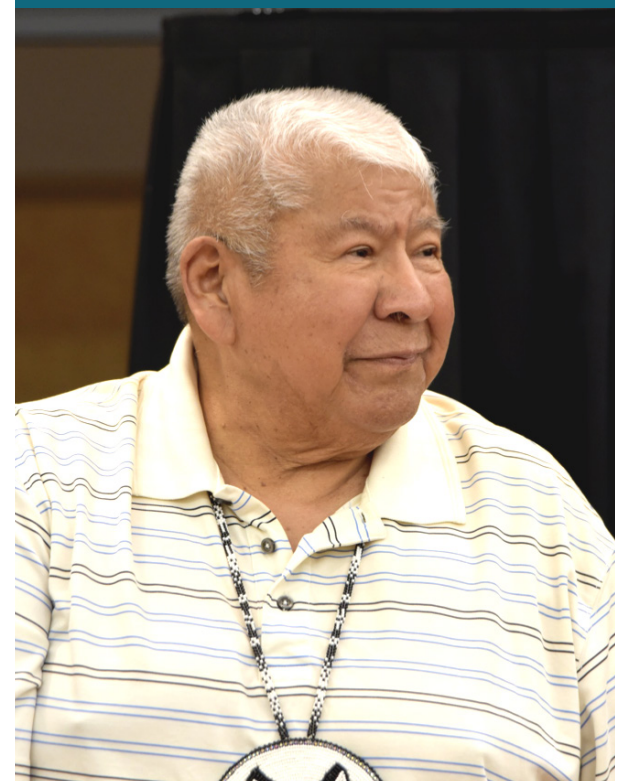
I remember him talking about the wavezhi'aa ceremony. A long time ago there was a Bwan (Dakota Man) who belonged on the drum. He had a son who he was very proud of for the things his son was able to accomplish in his life. The son sadly passed away. When that happened, the man lost his faith and began to talk bad about the powers that be. In addition, he also quit going to the dances and stopped taking care of everything in his life, from his body to his mind. But people kept coming to him and asking him to come back, but every time he refused to come back due to his current state. After a while he did decide to come back. Once he did, they performed this ceremony. They washed him up, washed his hair, hands, and feet and the veterans put those marks on him. After this is done, that is when the community will get up and give them gifts. The drum members

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.



start first, then everyone else in the audience. Once this is complete, then the speaker will tell them one final message: "Now that you've done this, it is time to let that person go, it won't be easy but it's necessary for your life. While we let them go, don't forget them, especially if they visit you in your dreams, then set a dish or if you're thinking of them, set a dish." After that, the man will get up and dance with the person who brought you to that seat, and with every step you take, it'll take your pain away because you have the community dancing with you, agreeing to help you during this time.

The drums in the community that do these ceremonies are the Bwanzhii-dewe'iganag. This is what my uncle said long time ago. There could be different stories, but this is one I have taken to heart. I could easily understand the losing of faith, as I did that for a split second when I lost my late wife. The thoughts that filled my mind were very similar to that man in the story, so I can feel for him. I have been in the chair during the ceremony, and I'm probably still here because it really does work if you let it. It is a very strong and powerful ceremony for us as Anishinaabe to use when our people are grieving. This is just the basics to the ceremony. Perhaps in the future we will get deeper in to the interworkings of the ceremony. For example, like who do we wash up? Some only do members on the drum. Some of them also make women who get washed be honorary members, and how that affects the drum going on. I asked my uncle one time, "Why don't you do that?"

He said, "I want them to come because they want to, not because they have to."

Just because I've done it for a long time doesn't mean I have all the answers. There are many things that we do on the drum that people may not fully understand. Maybe it's our job to teach them so that they feel more comfortable to ask the drum for help when it is their time in need.

Miigwech, Mii iw.

RIGHT TO VOTE from page 1

Supporters of the new law have said it restores rights to people whom the courts have found safe to release. Opponents have said the new law is not tough enough on people who have committed crimes.

In October of this year, here in Mille Lacs County, District Court Judge Matthew Quinn declared the law unconstitutional in a pair of orders in which he sentenced two offenders to probation, but warned them they are not eligible to vote or register to vote — even though the law says they are. No one involved in the cases ever asked him to rule on the constitutionality of the law, and called the ruling unusual.

In his orders, Quinn concluded the Legislature's passage of the law did not constitute the kind of "affirmative act" he said was needed to properly restore a felon's civil rights. He said he felt he had a duty going forward to "independently evaluate the voting capacity" of felons when they complete probation.

However, Attorney General Keith Ellison and Secretary of State Steve Simon sent a clear message in a joint statement that Quinn's orders "fly in the face of the Legislature's passage of the Restore the Vote Act."

The Minnesota Court of Appeals stepped in and found Quinn had no authority to find the new law unconstitutional. The law can only be changed by Legislature — not by a District Court Judge.

Attorney General Keith Ellison issued a statement in the wake of the ruling:

"As your Attorney General, it's my job to help Minnesotans live with dignity, safety, and respect, and voting is an exercise of dignity. I am pleased the Court of Appeals ruled against one judge's unjustified and unprompted attack on the right to vote and the dignity of Minnesotans. Today's decision is a victory for our democracy and our entire judicial system. This incident serves as a reminder that the right to vote is precious and often hard-won. I encourage all eligible Minnesotans, particularly those who were formerly incarcerated, to register to vote and vote in our upcoming elections."

GRA UPDATE GRA ADDS COMMUNITY LIASON

The Gaming Regulatory Authority (GRA) is happy to announce District III Band member Elder Cherie Ambrose has accepted the position of Community Liaison. She is happy to step into this brand new role to support her fellow community members.

Cherie will be available at community meetings with forms and resources for Band members who may have questions or concerns about gaming enterprise licenses or exclusions. She will also be able to connect you with the correct point of contact for any GRA-related matters.

The GRA felt it was important to have someone available to aid community members at district meetings. Our hope is that Band members will feel comfortable talking with her about things they may not be comfortable with if they were in a more formal office setting.

We're excited to have someone in this new role with so much professional and personal life experience. Cherie began her Grand Casino Hinckley career in 2001 and has been a part of the GRA since 2014. Her passions are her family, fur-babies (dogs), Native culture, and her community.



Governor Walz said in his live statement:

"The idea of our formerly incarcerated neighbors coming back out, which 98% do, and reintegrate back in and contributing back to Minnesota and this country is a foundational principal of our justice system... The idea of not allowing those voices to have a say in the very governing of the community they live in is simply unacceptable. Taking away the right to vote from folks, recidivism rates. It does nothing to encourage reintegration and the leadership that we know happens so many times from the folks who bring their talents and true self back into our communities."

The Governor said the restoration of voting rights to formerly convicted felons is a step to welcome the nearly 55,000 Minnesotans to participate in democracy and participate in their communities.

Voter turnout in this category of Minnesotans has generally been low and not many political campaigns on either side have targeted this category.

You can register online at: <https://mnvotes.sos.mn.gov/VoterRegistration/index>

You can register on paper by following these guidelines: <https://www.sos.state.mn.us/elections-voting/register-to-vote/register-on-paper/>

Another new addendum to voter registration is the availability to register to vote has been extended to all 16- and 17-year-olds. Minnesotans who are either of these ages and are U.S. citizens can fill out an application that will automatically register them to vote on their 18th birthday.



If you see Cherie at a community meeting, please be sure to stop by if you have GRA-related questions or even just to say "hello!"

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



Hi Auntie,

My family loves the winter and snow. It's our favorite time.

My mom works many jobs and barely has time for herself. She's always cleaning, cooking, attending our sports and school events or working her many jobs. I help her as much as I can but I feel like I'm not doing enough.

I am 13 and a freshman in school. I work and play sports. I want to show my mom how much she means to our family and how much we appreciate her. The holidays have her busier and stressed. How can I show my mom the best holiday appreciation?

Thank you,

Your appreciative Niece

Aaniin Nishimis,

You are a very sweet daughter. From your letter, it sounds like you are blessed and gimaamaa (your mother) sounds like an incredibly strong woman. I admire you both.

I am thinking of how I show nimaamaa (my mother) appreciation. There are many things you can do to show gimaamaa your appreciation every day, but for an extra special reason like the holiday, I have some suggestions.

I would think of something my mom loves that I could give to her as a gift. If there is a certain activity she loves to do, you can help make some time for her to be able to do it and plan the event yourself. I would create an extra special time for her; maybe someone can help her at work to cover a shift for her and you can get her that extra time for herself.

Another idea is you can cook dinner for her and the family. That way she can have extra time for herself. I think a nice touch would be to surprise her with a wonderful dinner that you cooked yourself and have a family night or even spend the day outside together as it's your favorite time of year.

Something extra would be if you volunteered some of your time and give back to the community in honor of her.

I think the most important thing your mom would want is for you to tell her how much you love and appreciate her.

There are many things you can do that are free or that are not expensive. I think your mom would value spending time with you and the family the most.

Whatever you decide, give gimaamaa a big hug from Auntie.

Keep being you and remember you can show appreciation all year round — and it's free!

Auntie

Do you have a question for Auntie?

Email your question to News@millelacsband.com. All identities can remain confidential and anonymous.

GAMING REGULATORY AUTHORITY



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

AROUND THE RESERVATION

NAS BAND TO PERFORM AT GRAND CASINO HINCKLEY

Nay Ah Shing Band is scheduled to perform at Grand Casino Hinckley on December 16. Students will take the stage in the main ballroom at 7 p.m. performing classic rock hits of yesteryear.

NAS Band is led by NAS social studies teacher and bandleader Joe Covert. The following students will take the stage: Amelya Pacheco-Leecy, Bryce Cash, Hayden Nickaboine, Cayleigh Nickaboine, Gretchen Nickaboine, Mercedes Anderson, Cass Sam and Damien Churchill.



HOLIDAY HIGHLIGHTS AND TIPS FOR OUR PETS

Holidays are full of festivities, fun, and food. Many of us often celebrate with our furry four-legged family members by our side. With this in mind, here are a few tips to keep in mind to help ensure the safety and well-being of your pets the holiday season.

Many holiday dishes contain ingredients that are toxic to pets. For example, onions, garlic, grapes, raisins, chocolate, and certain artificial sweeteners (like xylitol) can be extremely harmful and even fatal to pets if ingested. Many common foods are also seasoned with spices (like sage), which can cause stomach upset or even more serious reactions in pets.

Giving pets turkey or chicken bones can lead to choking hazards. It seems harmless, but these bones often splinter and cause internal injuries if swallowed.

Let's be honest, holidays are all about rich foods. That is partly why we as humans love it so much! However, high-fat foods like gravy, buttery dishes and fatty meat trimmings can lead to pancreatitis in pets. This is painful and potentially life-threatening to them.

Much like us, pets can overeat during special occasions. This can lead to digestive issues, discomfort, and in severe cases, bloat- a life-threatening condition where the stomach twists on itself.

The hustle and bustle of holiday gatherings can stress our pets out. Loud noises, unfamiliar faces, and changes in routine can lead to anxiety or even escape attempts. Provide a safe and quiet space where they can retreat if they're feeling stressed.

Be cautious with decorations, candles and other items that could be ingested or pose hazards to pets.

Alcohol is toxic to pets, so be sure to keep alcoholic beverages and bottles away from pets and anywhere where they could potentially lap it up.

As always, if you suspect your pet has ingested something harmful or is showing signs of distress, contact your veterinarian or an emergency veterinary clinic immediately.

MEKWENIMINJIG THE ONES WHO ARE REMEMBERED

NA'AABANWE, EARLY MORNING MAN, BRANDON JOSEPH DUNKLEY

Na'aabanwe, Early Morning Man, Brandon Joseph Dunkley, age 44, of Minneapolis, journeyed to the Spirit World October 30, 2023.



He was born on December 19, 1978 to Roberta (Birdie) Dunkley, of Red Lake, Minnesota and Robert Iron Necklace of Fort Yates, North Dakota.

Brandon was a devoted father and had a deep passion for several aspects of life. He delighted in his cultural heritage, particularly as a talented grassdancer. He possessed a remarkable skill in golf, triumphing a Hole in One during a league game at Sandstone Golf. He was a Breakdancer, winning first place in Bemidji during a Fourth of July Celebration. He loved playing softball, poker, and fishing on the lake were among his cherished pastimes. Brandon's vibrant personality radiated through his role as a DJ, entertaining crowds and singing karaoke at the Courtyard. He possessed a compassionate heart, always going the extra mile to bring laughter and warmth to those around him. Although we feel the immense void left by Brandon's departure, we take solace in the belief that he embarks on a journey to the land of everlasting happiness. We envision him there, constructing a new and improved "boom-boom" room, spreading his infectious energy and love to all.

Giga-waabamigoo miinawaa. We will see you again

Preceded in death by his grandmother Mattie in 2016, his grandfather James in 1996, and anties Patsy (1998), Debbie (2018) Uncle Ingo, and Bambi (2021). Grandmother Elma AJ, Grandpa Thomas Sr., Uncle Beav, Uncle Perry, Uncle John, and Antie Maryann. Survived by daughter Summer, grandson Caleb, and Jeanne, mother of his oldest daughter. Brandon Jr, Lucy, and Susan, mother of his two youngest children. His devoted mother, Birdie. His father Bob and Stepmother Nancy, and his siblings Jacob, Vanessa, Micah, and Krista. His aunts Hubba, Reggie, Tiny and Uncle Dennis, and Val; and Uncle Michael and Melinda; and the many other cousins, nieces and relatives and friends. Funeral service was held on Monday, November 6, 2023, at 10 a.m. at Aazhoomog (Lake Lena) Community Center. Located at 45749 Grace Lake Rd, Sandstone, Minnesota 55072. Officiating: Chato Gonzalez

Interment was held at Rose Hill Cemetery. Located at 449 Morris Avenue South Hinckley Minnesota 55037.

Pallbearers: Jacob Iron Necklace, Brother, Micah Iron Necklace, Brother, Brandon Olean Jr., Son, Shane Baesler, Soon to be Son in Law, Clayton Lee Eylandt, Cousin, Buster Dunkley, Cousin (Honorary), Ricardo Gonzalez Jr., Chilson Funeral Home, Winsted, Minnesota assisted the family with funeral arrangements. Online condolences can be made at <http://www.chilsonfuneralhome.com>

ANAKWAD, BILLY JOE GARBOW

Anakwad, Billy Joe Garbow also known as BJ, age 44, a resident of Hinckley, Minnesota passed away unexpectedly on October 25, 2023. Billy was born on November 21, 1978 in St. Paul, Minnesota to parents JoAnne Garbow and Billy Nail.

Visitation was held at 6 p.m. on Saturday, October 28, 2023, at the Danbury Tribal Center with funeral services held on Sunday, October 29, 2023 at 10 a.m. with Spiritual Leader Chato Gonzales. Interment was at the Danbury Cemetery with pallbearers Ron Garbow, Micheal Williams, Ricky Garbow, Calvin Garbow, Lonnie Benjamin, and Marvin Staples. Honorary Pallbearers Austin Bearhart, Aubrey Bearhart, Billie Garbow, Shannon Garbow, and Anthony Mitchell.

GIIWEGWANEB, KENNETH SHINGOBE

Giiwegwaneb, Kenneth Shingobe, age 68, passed away on November 10, 2023. A visitation was held at 5 p.m. on Tuesday, November 14, 2023, 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, November 15, 2023, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation with Ombishkebines officiating. Interment was in the Vineland Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.

Kenneth was born on November 12, 1954, to Susan and Frank Shingobe. He enlisted and honorably served his country in the United States Navy. Kenneth owned and operated a coffee shop and Grand Casino Hinckley for many years. He also worked at Potlatch and was an accountant for the Mille Lacs Band of Ojibwe. Kenneth enjoyed playing golf, hunting, fishing, and traveling on his motorcycle. He liked to spend his time going to the casino to play blackjack, reading, and being with his family.

Kenneth is survived by his daughter, Kristie Eagle; sons, Michael Eagle, Bobby Eagle, Joseph Eagle, Matthew Eagle; sister, Kathy Hill Shingobe; 16 grandchildren; and 2 great-grandchildren; and many loving nieces, nephews, relatives, and friends. Kenneth was preceded in death by his parents, Frank, Sr. and Susan Shingobe; brothers, John, Frank Jr., Charles Sr., Fredrick; sisters, Evelyn, Geraldene, Melanie, Bonnie; and grandchildren, Cayden Michael Eagle, and Kenneth James Eagle.

AWONAHGABOW, ALAN DOUGLAS MITCHELL

Awonahgabow, Alan Douglas Mitchell, age 58, passed away on November 18, 2023. Visitation was held at 5 p.m. on Tuesday, November 21, 2023, at the District I Community Center on the Mille Lacs Reservation. A funeral ceremony was held at 10 a.m. on Wednesday, November 22, 2023, at the District I Community Center on the Mille Lacs Reservation. Interment was in the Vineland Burial Grounds.



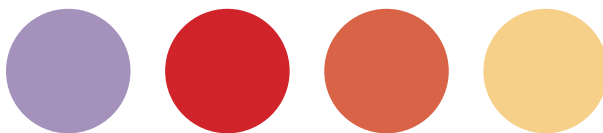
Awonahgabow, Alan was born July 21, 1965, to James "Tuggo" Jr. and Beatrice (Sam) Mitchell in Onamia, Minnesota. Alan enjoyed listening to music, playing games on his PS4, and spending time with family, friends, and his son, Fred. Alan loved sharing memories of his life before settling down. He liked to spend his time doing word finds, reading Facebook, reading, watching movies, cooking, making fry bread, and playing card games, especially cribbage, 31, and dominoes.

Alan is survived by his son, Fred; brother, Robert (Barb) Mitchell; sisters, Doreen Mitchell, Amy (Mitchell) LaDue, Beth Mitchell; special friend, Crystal Evans; and many nieces and nephews.

Alan was preceded in death by his daughter, Paige "Little Girlie"; parents; grandparents; sisters, Shelly Mitchell, Debora Mitchell, Lori (Mitchell) Benjamin, and Cari Mitchell.

BEZHIGWAYWIDUNG, JEREMY DEWAYNE HARRINGTON

Bezhigwaywidung, Jeremy Dewayne Harrington, age 47, of Onamia, Minnesota, passed away on November 27, 2023. Visitation was held at 5 p.m. on Thursday, November 30, 2023, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation. A funeral ceremony was held at 10 a.m. on Friday, December 1, 2023, at the District I Community Center on the Mille Lacs Band of Ojibwe Reservation, with Ombishkebines officiating. Interment was in the Vineland Burial Grounds. Arrangements are with the Shelley Funeral Chapel of Onamia.



PRESERVATION OF TULLIBEE AND TRADITIONS

By Vivian LaMoore, Inaajimowin Editor

Providing opportunities for youth to engage in the process of cultural traditions is one important aspect of the work being done in the Cultural Resources division of the Mille Lacs Band DNR. Ga be Giizhig, Todd Moilanen, Director of Cultural Resources and his team believe that learning and understanding by participating in cultural ways is empowering and instills values that will ensure success in the future of the youth. "Our traditions are a part of our being — of who we are as a people. Our existence depends on passing on our cultural practices to our youth," Moilanen said.

Preservation of food is as important today as it has ever been. History tells us that Mille Lacs Band member ancestors moved to different camps following the food as the season changed. Fall was a time for harvesting and preserving food for the long winter ahead. One of the staple foods of this region was fish, including tullibee. Harvesting the tullibee in the fall and preserving it for consumption during the winter months was a tradition passed on from generation to generation. Moilanen said, "We owe it to the people who came before us to share our teachings and educate the next generation."

This fall, youth from Nay Ah Shing and Ge-Niigaanazijig had an opportunity to harvest tullibee by traditional netting and learn the art of smoking fish for preservation. On a chilly windy day, teams set out in a boat provided by Mille Lacs Band DNR to set nets on Mille Lacs Lake. Two youth volunteered to learn how to set a net safely and correctly and accompanied Moilanen in the vessel as the rest of the group observed from the safety of the shore.

Donning PFDs, the two students and Moilanen motored out around a rock pile near the public access of Father Hennepin State Park. Due to the winds, setting the nets in the exact perfect location was challenging, even for Moilanen. "We are close," he said. "It is not exactly where I wanted to be, but as close as we can get in this wind."

"Wesley" said he had wanted to learn to set a net, and he followed Moilanen's directions to a T. When asked if he thought he would continue netting in the future, he said he would like to and that it was important to him to learn.

That is what is important to Moilanen — to pass along the cultural traditions to preserve them for future generations. The spark of enthusiasm light in the student's eyes and the energy that excitement brings is contagious — that, he said, makes it all worth while.

The nets were pulled in the early morning hours the following day. Band statutes state that all fish harvested must be creeled by a conservation officer. Each fish is sexed, measured, and documented. A total weight of the harvest is also documented to ensure accurate harvest numbers are kept.



Learning to net is something Wesley has wanted to do. He is looking forward to continuing to learn and expand his skills.



Another youth volunteer observing the netting process.

After the creel process, the tullibee were cleaned and set in a brine for 24 hours. Again youth were given the opportunity to learn the art of preserving tullibee by smoking. The finished tullibee were offered to the youth and other community members.

Passing on the netting tradition and the art of smoking fish is not only educational for the youth but is empowering and preserves cultural traditions for generations to come.



Mentoring the youth with step-by-step instructions is part of the netting experience with the Cultural Resources team.



Each fish is sexed and measured by the creel team. A weight of the total net pull is also taken.



Conservation Officers are on hand to record all of the creel information.



Nay Ah Shing and Ge-Niigaanazijig youth gathered at the public access at Father Hennepin State park to learn about harvesting tullibee and netting. Having conservation officers present and actively participating allows the youth to engage with the COs in a fun atmosphere. The youth also had a chance to check out the equipment on the CO boat and truck.



Finished smoked tullibee.

TRIBAL NOTEBOARD

DECEMBER ELDER BIRTHDAYS

Mary Susan Anderson
 Thomas Stephen Applebee
 Daryl John Aubid
 Michael Robert Aubid
 Judith Marie Ballinger
 Judith Louise Beaulieu
 Marvin James Beaulieu
 Gayle Marie Bender
 Loann Dana Boyd
 Phyllis Ann Boyd
 Terry Lee Bradley
 Vicki Marie Burton
 Kyle Matthew Cash
 Lawrence Churchill
 Marilyn Ann Davis
 Winifred Marie Davis
 Delsie Louise Day
 June Louise Day
 Norma Bea Diver
 Janice Christine Dorr
 Randy James Dorr
 Rodney John Dorr
 Richard Bruce Dunkley

George Steven Edgington
 Theresa Marie Edgington
 Troy Dean Friend
 Eugene Erik Garbow
 Ruth Elaine Garbow
 Colleen Margaret Garcia
 Diane Marie Gibbs
 Rosalie Marie Gopher
 Corwin John Graikowski
 David Darryl Granger
 Dale Herbert Greene
 Angeline Hawk
 Julie Ann Hernandez Corado
 Carole Anne Higgins
 Frank Hill
 Esther Marie Johnson
 William Reinhardt Kegg
 Christine O'Madwe Kegwedose
 Cheryl Ann Keller
 Larry Allen Koeppe
 Renda Lynn Leslie
 Michael Allen Mager
 Connie Rose Matrious
 Daniel Rae Matrious
 Gordon Wayne Matrious
 Vincent Edward Merrill

Colleen Gay Minger
 Kim Alane Modaff
 Debra Jean Morrison
 Linda Lou Moxness
 Maureen Cynthia Nickaboine
 Jay Jay O'Brien
 Anita Rose Parker
 Phillip Dale Pawlitschek
 Kelly Kay Potter
 Shelly Rae Potter
 William Richard Premo
 Rodney Lewis Reimann
 Doreen Ellen Sam
 Corrina Marie Sheff
 Susan M. Shingobe
 Lisa Ann Smekofske
 James Francis Thomas
 Minta Marie Thomson
 Vnette Louise Todd
 Carol Ann Turner
 Anita Louise Upegui
 Charles Louis Upegui
 Arlene Louise Victor
 Kevin Duane White
 Terry Leonard Wind
 Yvonne Cecelia Winiecki

HAPPY DECEMBER BIRTHDAYS

Douglas Alan Wistrom
 Lyle David Woyak
 We would love to wish our matriarch, **Diane Gibbs**, a Happy Birthday on December 21. The days start getting brighter on your birthday, just like how much sunshine you bring into our lives! Love, Michelle Benjamin and kids! • Happy birthday **Wesley**, on December 16 with love from Dad, Daphne, Braelyn, Payton, Waase, Eric, Brynley, Trinity, Bianca, Henry, Binisiikwe, Papa Brad, Granny Kim, Papa Kyle, Val, Dan, Pie, Myla, Kevin, Randi, Rachel, Rory, Jay, Taylor, Adam, Bruce, Jayla, and Lileah • Happy birthday, **Carmello**, on December 23 love Uncle Dan and family.

NOTEBOARD AND CALENDAR GUIDELINES

The Tribal Noteboard welcomes Band member submissions, including birthdays, congratulatory messages, and memorial tributes. For birthday messages, send name, birthday, and a brief message that is **20 WORDS OR LESS** to news@millelacsband.com or **320-630-8195**. *The deadline for the January issue is December 15. Photos may be included if space allows.*

If you would rather not have your name included in the Elder birthday list, please contact the Government Affairs office at 320-237-6851 or email news@millelacsband.com before the 15th of the month preceding your birthday. Send calendar items to news@millelacsband.com or call 320-630-8195.

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

IMPORTANT TRIBAL GOVERNMENT PHONE NUMBERS

Mille Lacs Band Government Center: 320-532-4181
Mille Lacs Band Tribal Police: 320-532-3430
Non-Emergency Phone: 320-630-2994
Chief Executive's Office
 320-532-7484

Commissioners:

Administration: Sam Moose: 320-630-2607; Assistant Commissioner: Maria Costello: 320-630-7643, or 763-260-0164
 Community Development: 320-630-7643, or 763-260-0164
 Education: Niiyogaabawiikwe, Brooke Mosay Gonzalez: 320-362-4245
 Finance: Mel Towle: 320-532-7475
 Health and Human Services: Nicole Anderson: 320-364-9969
 Natural Resources: Kelly Applegate: 763-221-0320

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

Public Works

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: 320-362-4672
 Family Violence Prevention 24/7 Crisis Line: 866-867-4006; or Kristen Allord: 320-630-2677
 Elder Advocate: 320-630-4395

Other frequently requested phone numbers

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 Case Managers

District I — Candace Benjamin, Director of Case Management: 320-362-0014; Kaari Weyaus: 218-316-2437, Rosa Sam: 320-364-3187; Julie Peterson: 320 290 8729; Camille Smith: 320-982-0836
 District II/IIa — Winona Crazy Thunder: 320-364-3049; Autumn Ballinger: 320-674-0655; Mary K Boyd: 320-630-1307
 District III — Renee Allen: 320-591-0559; Kathy Nelson: 320-630-2671
 Urban — Winona Spaulding: 612-360-7219

Office of Management and Budget

Economic Support and Per Cap: Katy Radunz: 320-532-7471, or Per Cap: 320-532-8928

Enrollments: 320-532-7730

ELDERS NEEDED!

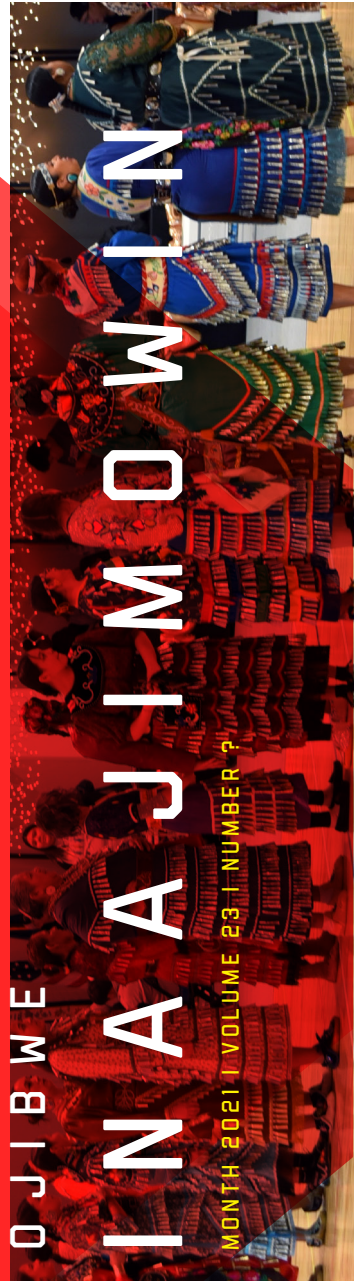
The Government Affairs Department is seeking Elders to tell their stories for a new Moccasin Telegraph series as well as to preserve video and audio in the Mille Lacs Band archives for future generations. If you are willing to participate in a video interview to share your memories, please email news@millelacsband.com or call 320-630-8195.

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>The Rez NA 6 p.m. regularly held in the Aanjibimaadizing building is temporarily being held at the 17222 Ataage Drive location while Aanjibimaadizing is under construction.</p>					<p>1 Zooming towards Recovery NA 8 p.m. via Zoom conference. On the RedRoad</p>	<p>2 Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>SEND US YOUR EMAIL ADDRESS!</p> <p>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.</p> <p>Send your email address to news@millelacsband.com so we can add you to the list!</p>						
<p>3 Wellbriety Talking Circle 10 a.m. via Zoom conference. Zooming towards Recovery 8 p.m. via Zoom conference.</p>	<p>4 Men's group 5:30 p.m. Old District I Community Center Migizi Meeting 7 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>5 Women's group 5:30 p.m. Old District I Community Center First Tuesday SNAP see page 7 Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>6 Red Brick NA Meeting 6 p.m. at Red Brick. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>7 Wellbriety 6 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>8 Zooming towards Recovery NA 8 p.m. via Zoom conference. On the RedRoad</p>	<p>9 Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>10 Wellbriety Talking Circle 10 a.m. via Zoom conference. Zooming towards Recovery 8 p.m. via Zoom conference.</p>	<p>11 Men's group 5:30 p.m. Old District I Community Center Migizi Meeting 7 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>12 Women's group 5:30 p.m. Old District I Community Center Zooming towards Recovery NA 8 p.m. via Zoom</p>	<p>13 Red Brick NA Meeting 6 p.m. at Red Brick.</p>	<p>14 Wellbriety 6 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>15 Zooming towards Recovery NA 8 p.m. via Zoom conference. On the RedRoad</p>	<p>16 Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>17 Wellbriety Talking Circle 10 a.m. via Zoom conference. Zooming towards Recovery 8 p.m. via Zoom conference.</p>	<p>18 Men's group 5:30 p.m. Old District I Community Center Migizi Meeting 7 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>19 Minisinaakwaang holiday party 5:30 p.m. Women's group 5:30 p.m. Old District I Community Center Zooming towards Recovery NA 8 p.m. via Zoom</p>	<p>20 Chiminising holiday party 5:30 p.m. Red Brick NA Meeting 6 p.m. at Red Brick.</p>	<p>21 Wellbriety 6 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>22 District III Community Meeting 5:30 p.m. Grand Casino Hinckley Zooming towards Recovery NA 8 p.m. via Zoom conference. On the RedRoad</p>	<p>23 Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>24 Wellbriety Talking Circle 10 a.m. via Zoom conference. Zooming towards Recovery 8 p.m. via Zoom conference.</p>	<p>25 Mid-Winter Break Government Offices Closed</p>	<p>26 Mid-Winter Break Government Offices Closed</p>	<p>27 Red Brick AA/NA Meeting 6 p.m. at Red Brick. Last Wednesday first aid CPR see 7</p>	<p>28 Wellbriety 6 p.m. via Zoom conference. Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>	<p>29 Zooming towards Recovery NA 8 p.m. via Zoom conference. On the RedRoad</p>	<p>30 Zooming towards Recovery NA 8 p.m. via Zoom conference.</p>
<p>31 New Year's Eve Sobriety Powwow District I Community Center 5 p.m. to 12 a.m. Wellbriety Talking Circle 10 a.m. via Zoom conference.</p>	<p>Jan 1 New Year Break Government Offices Closed</p>	<p>Jan 2 New Year Break Government Offices Closed</p>	<p>CALL FOR SUBMISSIONS!</p> <p>Mille Lacs Band members and community members from other tribes can be paid for news stories published in <i>Ojibwe Inaajimowin</i>. For approved stories of 500 words or more, compensation is \$400. The deadline for stories is the 15th of each month. If you have a story to submit or would like more information, please email news@millelacsband.com or call 320-495-5006.</p>			



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



EARLY ICE FISHING TIPS AND SAFETY page 5	ONE JOURNEY WITH CANCER page 7	WOMEN'S HEALING CIRCLE page 9	ANIMLAN WELFARE INITIATIVE page 11
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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 January issue deadline is December 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.

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