

OJIBWE INAAJIMOWIN

April 2012

"The story as it's told."

Volume 14 • Number 4

Traditional Powwow Committee Elects New Officers



Photo courtesy of Carla Big Bear

Kim Sam (left) and Carla Big Bear (right) were recently elected to chair the Mille Lacs Band's powwow committee. This year's powwow will be held August 17-19.

In March new officers were elected to the Mille Lacs Band's powwow committee, which is in charge of planning the Band's 46th annual traditional powwow.

The new executive committee officers are co-chairs Carla Big Bear and Kim Sam and secretary Molly Judkins. Cyrilla Bauer, the only returning officer, will resume her duties as the committee's treasurer. Dorothy Sam is the Elder/spiritual advisor, which is a lifetime appointment.

Newly elected co-chair Carla has worked at the event's registration table for several years. She accepted her nomination because it is her

last opportunity to serve as an officer before she goes to law school.

"My goal for this year's powwow is to see it run as smoothly as it has in years past," said Carla.

The next committee planning meeting is Tuesday, April 10, at 5:30 p.m. in the Mille Lacs Band Government Center's upstairs media room. The committee is looking for volunteers to help plan and work shifts during the powwow, which is scheduled for August 17-19.

Band members interested in volunteering at the powwow can contact Carla at 320-532-7517.

Gaming Expansion Bills Stalled in Legislature

By Jamie Edwards, director of government relations

Gaming expansion discussions have heated up recently in the Minnesota Legislature. In March, Senate committees heard bills related to both electronic pull tabs and racinos (slot machines at the state's horse tracks). While the bills have not advanced through either committee, the threat to the Mille Lacs Band and Grand Casinos will continue to exist for the remainder of this session and beyond.

Chief Executive Marge Anderson, Secretary/Treasurer Curt Kalk, and other Mille Lacs Band officials have been working to educate legislators about the impacts gaming expansion would have on the Mille Lacs Band, Grand Casinos, and East Central Minnesota.

Electronic pull tabs

Governor Mark Dayton and the Minnesota Vikings announced a deal in March to build a new \$975 million stadium for the football team in Minneapolis. The state would fund its \$398 million portion of the stadium's cost through electronic pull tabs.

The bill was heard in the Minnesota Senate Committee on Local Government and Elections. After nearly two hours of testimony both for and against the new stadium, the committee decided to resume testimony at a future date.

Some legislators and other state officials disagree with the Governor's belief that funding from electronic pull tabs alone would be sufficient. Minnesota Revenue Commissioner Myron Frans said that the state may

need a backup funding stream if electronic pull tabs produce less revenue than expected. Racinos and a Block E casino have been discussed as possible sources of backup funding.

Technically the deadline for the stadium bill to pass its first committee has passed, but exceptions can be made to this process. Therefore it would be more difficult, but not impossible, for this bill to advance. The Minneapolis City Council would also need to approve the deal.

Racinos

Legislation allowing slot machines at the state's horse tracks was introduced as a way to fund economic development (such as a new Vikings stadium) and pay back the state's debt to public schools. The state borrowed money from public schools to solve the budget deficit last year.

The Minnesota Senate Committee on State Government Innovation and Veterans heard racino legislation in March and voted 8-5 against allowing slot machines at the Canterbury Park and Running Aces horse tracks to fund economic development. This defeat makes it more difficult for this legislation to make it through the full Legislature this session.

However, the Senate Committee on Education heard a different racino bill a few days later that would use revenue from slot machines at the state's horse tracks to pay back the state's debt to public schools. The committee did not vote on the bill but the fact that a second hearing was called after racino failed 8-5 a few days earlier is troubling.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

Phone 651-292-8062 Fax 651-292-8091

kelly@goffpublic.com

255 East Kellogg Blvd., Suite 102, St. Paul, MN 55101

Please provide news tips and other information by the 15th of the previous month.



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

www.millelacsband.com

Printed on 100% recycled paper

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE PAID
BRAINERD, MN
PERMIT NO. 472

Primary Election Day Polling Places

Polling places open from 8 a.m.-8 p.m. on
Tuesday, April 3

- District I Community Center
- East Lake Community Center
- Isle Chiminising Community Center
- Lake Lena Community Center
- All Nations Indian Church – 1513 E. 23rd Street, Minneapolis

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. – Deadline for Contest of Primary Election.
- April 11: (Results if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies Election Results.
- June 14: General Reservation Election Board publishes Election Results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29 (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

Community Cleanups Scheduled in All Districts

By Brian Scheinost, director of public works

The Mille Lacs Band public works department has scheduled spring cleanups for each district during April and May. The cleanups will be held from 8:30 a.m.-4:30 p.m. on Monday-Friday, and 9 a.m.-4 p.m. on Saturday and Sunday.

Dumpsters will be available at the following dates and locations. The dumpsters are located in areas that can be monitored.

- District I (Vineland): Saturday, April 21-Friday, April 27. All dumpsters will be located at the Mille Lacs Band Transfer Station.
- District II (East Lake, McGregor, Minnewawa, Sandy Lake, and Isle): Saturday, May 5-Friday, May 11. Dumpsters will be placed at the East Lake maintenance facility for District II and the

Isle Community Center for District IIa.

- District III (Lake Lena and Hinckley): Saturday, April 28-Friday, May 4. Dumpsters will be placed at the earthworks building located on Hwy 48, two miles east of Grand Casino Hinckley, and at the maintenance building across from the Lake Lena Community Center.

Band Elders will receive free curbside pickup for their cleanup items. Elders must call the public works office at 320-532-7433 by Friday, April 13, to be placed on the pickup list. People receiving curbside pickup must leave their piles at the end of their driveways.

Contact public works at 320-532-7433 with questions or concerns about the 2012 spring cleanup.

Lake Lena Youth Build Kestrel Nest Boxes



Photo courtesy of Sarah Barthen

Provided by Grand Casino Hinckley

The District III Community Center was a site for a wildlife restoration project in partnership with Grand Casino Hinckley's Grand National Golf Club and Audubon Minnesota. On January 21, District III youth spent the day building 15 American Kestrel nest boxes.

The American Kestrel is the smallest and most colorful falcon. Found throughout North America, this valuable insect and rodent predator was once quite common. Numbers have declined significantly throughout the U.S. over the past decade due to a shortage of nest sites. The American Kestrel is the only falcon that

builds nests primarily in tree cavities, such as old woodpecker holes.

The materials for the nests were donated by Audubon Minnesota and will be placed in areas including the Brainerd lakes area, Lake Lena, and the Grand National Golf Course in Hinckley.

Grand National Golf Club has a history of wildlife preservation efforts. More than 20 of its 170 acres are dedicated to natural habitats, which feature native grasses, ponds, marshes, and creeks where ground-nesting birds and small animals live. Grand National has also built and installed mallard nests, purple martin houses, bluebird houses, wood duck habitats, and chimney swift towers.

Dennis Olson Appointed to State Education Board



Governor Mark Dayton appointed Mille Lacs Band Commissioner of Education Dennis Olson to the Minnesota Academic Excellence Foundation (MAEF) board in March.

MAEF is a nonprofit organization that promotes academic excellence in Minnesota schools through partnerships between the public and private sectors. The foundation collaborates with business, education and community leaders to identify and promote excellence in education and growth in Minnesota student achievement.

MAEF also oversees the Ethel Curry American Indian Scholarship, which is awarded to American Indian students

who have been admitted to Minnesota higher education institutions and have made a significant contribution to their American Indian culture and community.

Dennis was appointed Mille Lacs Band Commissioner of Education in 2009 and oversees the Band's educational programs, including the Nay Ah Shing Schools, early education, and higher education. Throughout his career, Olson has worked with American Indian students in all stages of education.

"Increased collaboration between state officials, school administrators, and business leaders is essential to the future of education in Minnesota. I look forward to bringing a unique tribal perspective as we work to improve education for the next generation of Minnesota leaders," said Dennis, who is one of two American Indians currently serving on the board.

A Fond du Lac Band member, Dennis holds bachelor's degrees from the University of Minnesota and a master's degree in education from the University of Minnesota Duluth. He will serve a two-year term on the MAEF board.

Joseph Nayquonabe Jr. Named Corporate Vice President of Marketing for Grand Casinos



Photo courtesy of Sarah Barten

Provided by the Corporate Commission

Mille Lacs Band member Joseph Nayquonabe Jr. has been promoted to Corporate Vice President of Marketing for Grand Casino Mille Lacs and Grand Casino Hinckley. A Grand Casino Associate since 2002, he is now responsible for overseeing the casino's marketing efforts, including advertising, entertainment and promotions, special events, player development, public relations, and strategic relationships.

Joe's decade of service to Grand Casinos has positioned him to play a vital role in shaping the company. He has held several key positions throughout his career at Grand Casino Mille Lacs, including database manager, director of guest service, interim vice president of marketing, and most recently corporate director of marketing.

"Joe is a proven leader who constantly pushes himself to

improve his own knowledge and skills," said Raymond Brenny, senior vice president of gaming operations for the corporate commission. "He is equally talented at strategy and implementation as well as identifying and capitalizing on good opportunities. I have every confidence that the next 10 years of Joe's career will be even more successful than the last 10."

In addition to his work, Joe serves on the Como Zoo board of directors. In 2009 he was named a *Minneapolis/St. Paul Business Journal's* "Forty Under 40" honoree as well as St. Cloud State's "Graduate of the Decade."

Joe has a bachelor's degree in marketing from St. Cloud State University and a master's degree in business administration from the University of Minnesota's Carlson School of Management. He is currently working on his master's degree in tribal administration and governance from the University of Minnesota Duluth. During his undergraduate studies, Joe interned as a lobbyist for Holland & Knight in Washington, D.C., while taking classes at George Mason University.

Joe and his wife, Christina, live in Onamia with their daughters, Bella, Phoenix-Rose, and Xiana. In his spare time, Joe enjoys basketball, golfing, listening to music, and reading.

Guardian Ad Litem Training Offered in June

The Mille Lacs Band is in need of Guardian ad Litem (GAL) contractors. A GAL is a court-appointed contractor that makes recommendations in the best interests of a child. A GAL ensures the child has a safe, caring and stable home in family and juvenile case proceedings.

To become a certified GAL, you must complete a 40-hour pre-service training course offered by the state GAL

program followed by a three-month hands-on job shadow with an experienced GAL. GALs are contracted positions without benefits.

If you are interested, Grand Casino will host a 40-hour GAL training course from June 25-29. Contact Heather Virnig at 320-532-7400 to register. Space is limited, so reserve your spot early.

How to Prepare for Netting

With the nice weather we've had, the spring tribal harvest is just around the corner. Here's what you need in order to go:

- A valid tribal ID card
- A current fishing license (Pick one up at any of the district offices.)
- A netting permit (You are required to request your netting permit by 11 a.m. in District I and 10:30 a.m. in Districts II and III on the day you are setting the net. You must also know which landing you will be using and the time the next morning that you will be pulling your net. Permits must be picked up prior to 4:30 p.m. in order to set a net for that night.)

- An ID tag on the net you are using (Pick up your tag at any licensing office at no charge.)
- Tall buoys by your net after the ice is out

Cancellation policy

You must notify a Mille Lacs Band conservation officer by 8 p.m. if you do not set the net that you intended to set. Otherwise the Band assumes there is a lost net. Conservation officers' cell phone numbers are provided at all Band licensing offices.

If you have any other netting questions, please call Kevin Stobb, lead licensing agent, at 320-532-7896.

Free Hearing Evaluations

To schedule an appointment for **Friday, April 13**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Housing Department Updates

By *Arlene Weous, director of housing department, and Richard Hill, general manager of housing department*

Housing policies

The Mille Lacs Band of Ojibwe Housing Department would like to clarify the service amendments announced in the March *Inaajimowin*.

First, the Housing Department follows the policies as adopted by the Mille Lacs Band Housing Board and ratified by the Band Assembly.

There has been confusion about the policies as they relate to lease violations. A common misperception is that the Band Housing Board and Band Assembly have told our department to issue lease violations, but in reality, those entities rely on our department to enforce the policies.

Also, to clarify the executive decision made for appliance repairs, the Housing Department will continue to repair, maintain and replace washers and dryers in Elder units only. The decision was based on a financial and staffing analysis.

Once again, we are sorry for any inconvenience these changes may have caused.

Maintaining a healthy home

The Housing Department has been teaching its staff and tenants about healthy home maintenance. Through home maintenance education, tenants can provide a healthier environment for their families and maximize the life of their homes.

Easy ways to maintain a healthy home include using green cleaning supplies, preventing allergen exposure, and properly storing flammables and pesticides.

Use green cleaning products

Using green cleaning products in your daily cleaning routine will reduce your family's exposure to harmful chemicals. Household products can be effective green cleaning agents.

- Lemon juice can be used as a spot cleaner on counter tops and glasses.
- Vinegar diluted with water can be used as a ceramic tile cleaner.

- Mixing water, baking soda, and vinegar together makes an all-purpose cleaner that is safe and effective.

Reduce home allergens

Home air quality can be altered from allergens such as mold, mildew, dust mites, and pet dander. Mold needs moisture and food to grow so it is important to regulate the level of moisture with either a dehumidifier or humidifier.

The transition to spring is a good time to have your roof, gutters, and down spouts inspected. Doing so will ensure that there are no missing shingles and all gutters and down spouts are functioning properly to prevent any water from penetrating into your attic, basement, or crawl space.

If you are a tenant of a Band-maintained home and have identified repairs needed to your roof or gutters, contact the Housing Department at 320-532-7433 or 866-822-8538 to request a repair.

Dust mites and pet dander are microscopic, bug-like creatures that live off of dead skin cells from humans and pets and can irritate individuals with allergies and asthma. You can control pet dander and dust mites by regular vacuuming, sweeping, and changing your bedding.

Store flammables and pesticides

Flammables and pesticides should be stored in a shed or enclosure not attached to your house to prevent any chemicals from becoming airborne or entering your home.

One of the easiest and most efficient ways to improve the indoor air quality of your home is to change your furnace filter on a monthly basis. Regular filter changes help remove particles from your home that have been captured in the filter and circulate through the vents.

For questions or more information on healthy home maintenance, contact Richard Hill, general manager of the Housing Department, at 320-532-7415.

Mille Lacs Early Education Is Accepting Waiting List Applications

By *Gaylene Spolarich, Head Start family and community specialist*

The Mille Lacs Early Education Department is currently updating its waiting lists for the Head Start and Early Head Start programs in the 2012-2013 school year, which runs September-May.

The Head Start program is for children who are 3-5 years old, and Early Head Start is for children who are 0-3 (infants must be at least six weeks old). Both programs run 8 a.m.-3 p.m. on Monday-Thursday,

and childcare is available on Friday during the same hours.

New child enrollments for the upcoming school year are completed during the summer, but parents and those who are expecting are encouraged to turn in applications at their soonest convenience, because spaces fill up quickly.

To request or submit an application for the Head Start or Early Head Start programs, contact Gaylene Spolarich at 320-532-4690, ext. 2210, or gspolarich@nas.k12.mn.us.

Interior Construction Continues on Early Education Building



Photos courtesy of Travis Lund



Construction of the new District I Early Education Building is progressing smoothly, thanks in part to above-average temperatures and below-average snow this winter.

Throughout the winter, crews worked on the interior of the building. Currently workers are pouring concrete for interior

floors and installing metal roofing, electrical wiring, and piping. The next step is to install exterior windows on the building.

Crews broke ground on the 47,600-square-foot building in July 2011. The project is slated to be completed on schedule in August 2012.

Marge Anderson Testifies on Nelson Act Funds

Chief Executive Marge Anderson testified before the House Subcommittee on Indian and Alaska Native Affairs on March 1 regarding HR 1272, the bill addressing the distribution of Nelson Act funds. Mille Lacs Band members and other Minnesota Chippewa Tribe members are owed compensation for damages resulting from the 1889 Nelson Act, a federal law that intended to force Ojibwe people off their reservations. It was also supposed to give the Ojibwe money from the sale of reservation land and timber.

Following is Marge's testimony. Congress has yet to take final action on HR 1272.

Thank you. I am Marge Anderson, Chief Executive of the Mille Lacs Band of Ojibwe Indians.

I am here today in support of HR 1272, sponsored by our Congressman, Chip Cravaack, and Congressman Collin Peterson. Four years ago this committee told us to go back to Minnesota and reach an agreement on distribution. After much effort, that is what we have done.

We have three principal reasons for supporting HR 1272:

1. Sovereignty and property rights. Congressmen Peterson's and Cravaack's bill respects the sovereignty and property rights of the Minnesota Chippewa Tribe.

Under the MCT constitution, the Tribal Executive Committee (TEC) acts by majority vote, and the settlement was approved by a majority vote of the TEC. Appropriately, the vote was then accepted by the Department of Justice and the Department of the Interior and by the Court of Federal Claims. It is appropriate that Congress now gives the same respect to the tribe's decision regarding the distribution of the judgment as the government gave to the tribe's decision to settle the case.

If the government does not recognize the sovereign authority and property rights here, it is a problem not just for the Minnesota Chippewa Tribe and its six constituent bands, but for all tribes across this country.

2. History. In the early 1980s, my predecessor, Chief Executive of the Mille Lacs Band Arthur Gahbow, testified in front of this very committee on dividing up another judgment obtained by the Minnesota Chippewa Tribe in another Indian Claims Commission case. He argued that the special unfairness to our Band required

unique consideration, but was told that he needed to go back to Minnesota, and that the decision was up to the Minnesota Chippewa Tribe, not Mille Lacs. The MCT acted then, and now its decision should be honored.

3. Resolution. If we do not do this today, this decision will linger for a generation or even longer. We have spent countless hours and diverted precious resources to finalize a strong distribution plan, embraced by five of the six bands and supported by a huge majority of members. In 2008 you told us to bring you an agreement and you would embrace it. We have in HR 1272, and we ask you to pass it without greater delay.

The bands of the Minnesota Chippewa Tribe work together on virtually all issues. Ours is a story of survival. It is also a story of occasional differences. Each of the six bands has separate stories to tell of the injustices, the hardships, and the terrible insults caused by the Nelson Act. Our Elders, our histories, and our experts are persuasive as to the real tragedies caused to each of the bands. We all have maps showing huge losses to our peoples. Some of us look at sheer numbers of people, some at land, some at trees, some at dollars taken by agency crooks. While these differences are real, we have resolved them with close to unanimity. We discussed proposal after proposal. Ultimately, we voted. Five of the six bands are in agreement, representing 80% of our members. The Minnesota Chippewa Tribe has spoken as a sovereign, self-governing tribal nation.

The Natural Resources Committee of the U.S. House of Representatives has come to truly respect concepts like sovereignty, self determination, and self governance. Indeed, it has given them life and meaning in modern times. Now, here, after too much harm, too many tears, and too much time, wasted work, and lost resources, please end this.

After a century and a half of losses, after six decades of litigation, and after a dozen years of our money in a dusty account at Interior, it is time. Now, here, give our people our money in our sovereign plan.

I respectfully request that the committee do the right thing. The right thing to do is to respect the sovereignty of the tribe and pass HR 1272.

Mii gwech.

"You Gave Me Back My Life"

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country. Below is an excerpt from Arne's article:

"I think I'm dying," Dan said. He had been having abdominal pain for several months, and it was steadily getting worse.

His pain could come at any time and last from minutes to hours. He didn't drink or use drugs, but he smoked nearly a half a pack of cigarettes a day. He had been losing weight for the past six months and food no longer appealed to him. He was constantly tired and couldn't seem to get enough sleep.

His blood pressure and his chest x-ray were normal, so I ordered labs. He was not anemic and his blood sugar, thyroid, vitamin, and liver tests were all normal.

I ordered an abdominal ultrasound, which also checked out as normal. Because of his weight loss and his smoking history, I ordered a CT scan of his chest, abdomen and pelvis, which all came back normal.

I referred him to a gastroenterologist to have a scope of his esophagus and a colonoscopy. Other than finding a single polyp in his colon, these studies were also normal.

He worked in a machine shop and was around loud machines all day. He ate his lunch at his work station and didn't talk to or know any of his coworkers.

A depression screen came up positive, but he refused to consider that. "My mom was depressed, so I know what that looks like. She was crying all the time and it drove me and my sister almost as crazy as she was," he said. He denied suicidal thoughts and refused to take an antidepressant medicine, even as a trial.

He came back about six months later. He was still having his abdominal pain and had lost another 12 pounds, though his lab results were still normal.

Again, I brought up depression as a likely cause. He fit the picture well but refused to start any medications.

Six months later he asked, "Dr. Vainio, if I tried an antidepressant medicine, would you think less of me?"

"No, Dan, I wouldn't. Antidepressants are safe, have minimal side effects, and are not addicting. They don't make you look at the world through rose-colored glasses, but they do help you get some successes behind you. If it doesn't make any difference, you can stop taking it," I said.

Two months into medication he said, "I don't think this is making any difference." He had gained two pounds, and he was smiling as he told me about a girl at work who seemed to make a point of walking past his work station, even if it meant going out of her way. He agreed to double his antidepressant dose and follow up in a month.

He missed the following appointment, but he requested a refill through the pharmacy. I gave him six months of refills and he requested another six months when that refill was finished.

I didn't see him again until I was getting ready to leave Seattle and come back to Minnesota.

"Dr. Vainio, can I tell you something? When I came to see you, you were the only person I ever really talked to. I thought I was happy being alone. I purposely worked in a machine shop because it's noisy and I have to wear earplugs," he said.

"But I wasn't wearing them because of the machines. I was wearing them so I wouldn't have to interact with anyone. Now I eat in the lunchroom with everyone else and I just bought myself a dog."

Depression is very common and affects between 5-10% of patients in a primary care setting. Classic symptoms of depression are appetite changes; sleep problems such as insomnia or excessive sleeping; memory loss; difficulty concentrating; low energy level; and excessive guilt and suicidal thoughts. Family history, stressors, trauma, losses, and chronic medical illnesses can all increase the risk of depression.

Most people respond well to antidepressants, behavioral health therapy, or a combination of both. Many people initially don't believe their diagnosis or want to take medicines. I see people with depression who start to feel better, then stop their medicine because they think they don't need it anymore. It can take months for them to realize they're right back where they started.

As I was finishing my last visit with Dan, he told me, "Dr. Vainio, I didn't believe you when you told me I had depression and that antidepressants would help. My stomach doesn't hurt anymore and I think I was just worrying myself to death. I came here today because I wanted to thank you. When I first told you I didn't have suicidal thoughts, I was actually thinking about suicide almost every day. I spent 57 years not knowing what everyone else feels like. I don't ever want to stop taking these medicines. Dr. Vainio, you gave me back my life."

Circle of Health Updates

By Circle of Health Staff

New Staff

The Circle of Health department is pleased to welcome Tammy Smith as the department's new claims processor. Having a third claims processor will help with timely processing of claims. The new alphabetical split between claims processors will be announced in the next monthly update. In the meantime, contact your current claims processor with questions.

Mille Lacs tribal community health plan

Phases one and two of the Mille Lacs tribal community health plan have been completed. If you did not receive a letter regarding your eligibility for the Band member plan, continue utilizing the Circle of Health benefits as you have in the past. This includes both in-state and out-of-state Band members with employer insurance.

Band member eligibility and enrollment requirements will

soon be incorporated into Circle of Health policy and procedures. This means if you receive notification in the mail that you are eligible for a new group, you must act promptly. There will be an enrollment form included in these mailings that can be scanned or faxed to the human resources department, attention Dawn Chosa. If you choose not to enroll in the new plan, you will be responsible for paying your own health care premiums.

Circle of Health survey

Don't forget to send us your Circle of Health surveys by July 31, 2012, to be entered into the \$200 Walmart gift card drawing, which will be held in August. We appreciate your input, and your responses will remain confidential.

The Circle of Health staff will attend the district community meetings in June to go over the options in the survey. Contact the Circle of Health office at 320-676-8235 or 800-491-6106 with questions regarding the survey.

Free Continuing EMT Training Offered in District I

By Monte Fronk, emergency management coordinator

The Indian Health Service will offer free emergency medical technician (EMT) and first responders (FR) refresher courses this month at the District I Community Center classroom on the following days:

- Thursday, April 5: EMT/FR combined training course from 1-5 p.m.
- Thursday, April 12: EMT training course from 8 a.m.-5 p.m.
- Thursday, April 19: FR/EMT skills day from 8 a.m.-5 p.m.

Registered EMTs must attend all sessions and FRs must attend the combined training course

and the skills day session in order to be recertified for two years.

The EMT/FR course will review procedures, policies and changes in the medical practice, and provide hands-on demonstrations. The EMT-only training will go over the additional skills that only EMTs are certified to perform. The final session will focus on the skills portion of the recertification process for EMTs/FRs.

For more information or to register for the trainings, contact Monte Fronk at 320-532-4181, ext. 2558, or monte.fronk@millelacsband.com.

Heating, Water, and Home-Related Maintenance Problems

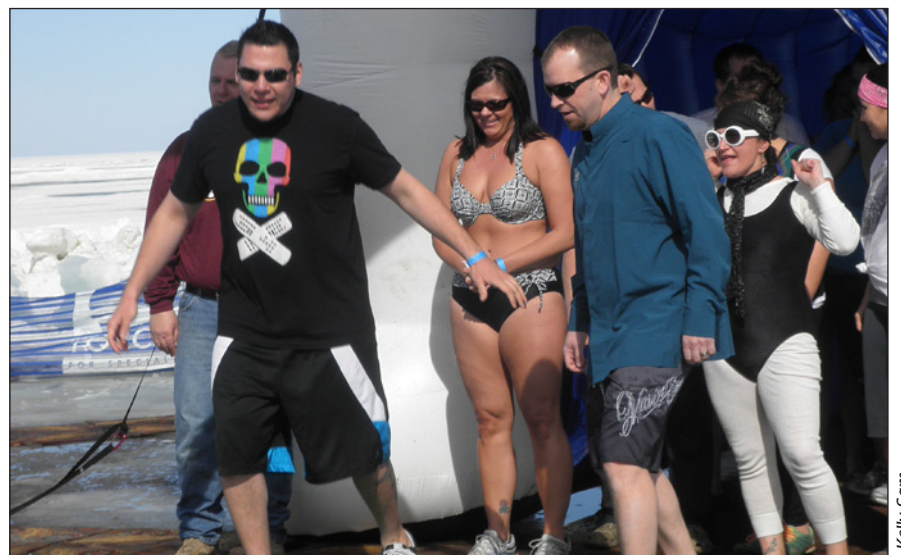
If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Mille Lacs Polar Bear Plunge Raises More Than \$50,000



Kelly Sam

Bella's Babes were the top fundraising team during the first-ever Lake Mille Lacs Polar Plunge, raising more than \$7,000 for Special Olympics Minnesota.



Kelly Sam

Several Grand Casino Associates, including Joseph Nayquonabe Jr. (front left) and Robbie Sawyer (front right), took the plunge.

Last month 180 people participated in the first-ever Lake Mille Lacs Polar Bear Plunge for Special Olympics Minnesota. Together the plungers raised more than \$30,000 in donations toward the cause. Grand Casino Mille Lacs also donated \$20,000 to help bring the plunge to the area. Altogether the money raised for Special Olympics Minnesota totaled more than \$50,000.

Several Mille Lacs Band members and Grand Casino Associates participated in the plunge. Some of the Band member and employee teams

included: Bella's Babes, Frozen Concoctions, Shock & Thaw Mille Lacs, Creative Accounting, and Team Swag.

Mii gwech to all of the plungers and supporters who contributed money for Special Olympics Minnesota, and to local law enforcement who helped oversee the event (the Mille Lacs County Sheriff's department, Mille Lacs Search & Rescue, Mille Lacs Band Tribal Police, DNR and Public Safety, Garrison Fire Department and Pierz Police Chief).

Band Member Performs With Award-Winning Musician



Photo courtesy of Ivy Vainio

Thirteen-year-old Band member Jacob Vainio played his guitar with nationally award-winning musician Keith Secola at a storytelling and silent auction fundraiser in February in Sawyer, MN. Jacob is the son of Band member Arne Vainio, MD, and Ivy Vainio.

Public Health Department Updates

National Infant Immunization Week

By Kari DiGiovanni, RN

April 21-28 is National Infant Immunization Week, which seeks to promote the benefits of immunizations and improve the health of young children. Immunizations have reduced infant death, disability and disease.

If you are unsure if your infant or child is up to date on immunizations, contact your primary care provider to check your child's records. To locate a facility that offers immunizations at no cost through the Vaccines for Children program, call 800-232-4636.

The Ne-la-Shing Clinic, East Lake Clinic, and Aazhoomog Clinic all provide these vaccines. For more information, visit www.cdc.gov/vaccines.

Free transportation available to medical and dental appointments

By Mary Sam, community health representative

Transportation aides are available to bring Mille Lacs Band members and their families to and from medical and dental appointments scheduled between 8 a.m. and 5 p.m., Monday-Friday, excluding Band holidays. Urgent care visits, emergency room visits, and walk-in appointments are also excluded.

Free transportation is only provided to medical and dental appointments in the immediate service area around the reservation, unless the health service needed is not available in this area.

- District I or IIA residents can schedule transportation aides for appointments at Ne-la-Shing Clinic and the Mille Lacs Health System Family Clinics in Onamia and Isle.
- District II residents can schedule transportation aides for East Lake Clinic appointments.
- District III residents can schedule transportation aides for Aazhoomog Clinic appointments.

Referrals are needed for specialty appointments that are not offered at the clinics listed above. Appointments that are more than 100 miles away must be scheduled for 1 p.m. or earlier in order to request a transportation aide.

Due to high demand, a two-day advance notice must be given when requesting a

transportation aide. Booking in advance will increase the likelihood of availability.

For medical or dental appointment transportation, all passengers must wear seatbelts. Passengers under 18 years old must be accompanied by a parent or guardian, and all children less than 80 pounds and 50 inches tall must ride in a car seat. There is no smoking permitted in any public health vehicle, and passengers are reminded to be on time for their pickups.

Also, medication deliveries are available on Tuesdays and Fridays to homebound Elders living in District I.

For more information or to schedule a transportation aide or medication delivery, contact the community health representative in your district.

- District I and IIA: Mary Sam, 320-532-7815
- District II: Eileen Farah, 218-768-2389
- District III: Francine Staples, 320-384-0149

Dangers of smoking in the car

By Kim Willis, Gego Zagaswaaken community outreach coordinator

I am the new community outreach coordinator for the Gego Zagaswaaken program.

I graduated from St. Cloud State University in 2010 with a degree in social work. I spent the last three years working at Mille Lacs Academy, and I was also a substitute teacher at the Nay Ah Shing Schools during the 2010-2011 school year.

The Gego Zagaswaaken program had two amazingly talented and passionate ladies get it off to a great start. Gloria Sogetay and Carol Hernandez have left big shoes for me to fill.

I am passionate about health-related issues, particularly the effects of smoking during pregnancy and around children. The first topic I would like to address is how smoking in a vehicle with child passengers affects their health. It is a nationwide problem that continues to affect our community.

One person smoking in a car emits 50 times more fine particles than those emitted from the car's tailpipe. The particles are not only inhaled by passengers, but they also cling to upholstery and interior surfaces for days – causing third-hand smoke exposure. Opening a window does very little to

decrease the high concentration of smoke that children breath in.

I look forward to the opportunity to educate the community on the harmful effects of commercial tobacco use.

Alternative ways to relieve stress

By Roberta Ladd, community health educator

Congratulations to those who have stopped using commercial tobacco.

One of the biggest reasons people smoke is to relieve stress, but there are other ways to do this. Deep breathing and dancing are both great ways to reduce stress.

If you would like support in your effort to quit commercial tobacco use, contact me at 320-532-7812.

National Cancer Awareness Month

By Jackie Jensen, RN

April is National Cancer Awareness Month. The Mille Lacs Band department of public health encourages all Band members to make sure they are up to date with their cancer screenings.

Women between the ages of 20-49 should have an annual pelvic exam and a mammogram every three years. Women over the age of 50 should have annual mammograms and pelvic exams every two to three years – unless recommended otherwise by a doctor. Regardless of age, women are recommended to do monthly self breast exams, which can help detect breast cancer early.

Colonoscopies for both males and females over 50 years of age should be done every 10 years, unless there is a family history of colon cancer or it is otherwise recommended.

For men, prostate and testicular exams are recommended every two to three years after 50 years of age.

Be sure to ask questions at your annual exams and routine doctor's office visits.

HIV/AIDS awareness

By Lisa Blahosky, public health director

March was Native HIV Awareness Month. "HIV" stands for Human Immunodeficiency Virus, a non-treatable infection that destroys the body's immune system, often resulting in AIDS (Acquired Immunodeficiency Syndrome).

HIV lives in blood and other body fluids that contain white blood cells. HIV and AIDS are not transmitted through casual contact.

HIV can be transmitted through unprotected sexual intercourse with an HIV-infected person, including vaginal and anal intercourse and oral sex. HIV can also be transmitted through sharing drug injection equipment, infected blood used in transfusions, and transplanted organs from an infected donor. It can also be transmitted through pregnancy, childbirth or breastfeeding from an HIV-infected person.

The most important thing is to get tested for HIV and encourage others to do the same. To find a testing center near you, send a text message with your zip code to "know it" (566948) or visit www.hivtest.org.

Head Start Students Visit Great Lakes Aquarium



Head Start students took a field trip to the Great Lake Aquarium in Duluth on March 7. Pictured above are Wyndessa Davis and Landon Saice.

Photo courtesy of Cindy Cooley

Boys & Girls Club Updates

By Justin Beaulieu, Boys & Girls Club director

Seeking volunteers

The Mille Lacs Band Boys & Girls Club is looking for volunteers to help with its activities and programs in all districts. Community members interested in becoming a volunteer may download an application online at http://www.millelacsband.com/Page_BoysGirlsClub.aspx.

District I members of the month



Katelyn Mitchell

Photo courtesy of Adrienne Benjamin



Hunter Shingobe

Photo courtesy of Adrienne Benjamin

The Mille Lacs Band's Boys & Girls Club honored Katelyn Mitchell and Hunter Shingobe as the club's District I March members of the month.

"Every day Katelyn and Hunter have arrived with a positive attitude and willingness to learn and try new things," said Christina Clitso-Nayquonabe, District I Boys & Girls Club coordinator.

"I enjoy coming to Boys & Girls Club because of their fun activities," said Katelyn, a fifth-grader at Nay Ah Shing School.

"I like coming to Boys & Girls Club because it is fun and it keeps me out of trouble," said Hunter, a sixth-grader at Onamia Elementary School.

Congratulations, Katelyn and Hunter!

Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

February 2012

	Approved budget for FY 2012	Actual expenditures through 2/29/12	% of budget expended
Administration (1)*	\$20,620,404	\$7,376,573	35.8%
Workforce*	\$15,670,056	\$2,031,326	13.0%
Judicial	\$1,183,964	\$255,263	21.6%
Law enforcement*	\$5,134,544	\$1,676,311	32.6%
Education*	\$19,152,368	\$6,841,237	35.7%
Health and human services*	\$20,754,624	\$6,354,610	30.6%
Natural resources*	\$6,019,094	\$1,816,781	30.2%
Community development*	\$26,425,197	\$9,485,917	35.9%
Gaming authority	\$5,006,548	\$1,826,488	36.5%
Bonus distribution	\$25,034,573	\$22,332,922	89.2%
Economic stimulus	\$3,000,000	\$2,953,000	98.4%
Total expenditures	\$148,001,371	\$62,950,429	42.5%

Financial notes:

- (1) Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center.
- (4) Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission and the tribal government.

* These departments include continuing appropriations from FY2011.

Department of Labor Updates

By Deb Campbell, department of labor lead instructor

District II Community Center Health Fair

The department of labor will have a booth at the District II Community Center Health Fair on Thursday, April 5, from 9 a.m.-3 p.m. to answer questions about the 477 Employment and Training Program, support services, and tribal TANF.

GED exam offered this month at Mille Lacs Band Tribal College

The department of labor and Mille Lacs Band Tribal College are facilitating an official GED exam at the tribal college from 10:30 a.m.-4 p.m. on Friday, April 13, and Friday, April 20. The next round of GED testing will take place in August (August 10 and 17).

The GED exam is a series of five subject area tests. A new edition of the GED exam will be

released in January 2014. This means that test takers will need to pass all five subject area tests before 2014, otherwise test takers will be required to retake the entire GED exam.

Test takers who are on track to complete the current edition of the GED should be mindful of the time constraints, register early, and prepare in advance.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100, and each individual test costs \$20.

To register for the GED exam, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Department of Labor classroom hours

The department of labor offers classroom hours in each district for Band members who would like assistance with

resumes and cover letter writing, online job searches, computer skills, and GED exam preparation. The following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District IIa Chiminising Center

- Tuesdays from 1-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Tribal Noteboard

Happy April birthday:

Sassi Day, on April 28 from Mom, Dad, sisters, niece and nephews • **Keoana Mitchell**, on April 27 from Dennis, Denise, and all the girls • **Eddie Dorr**, on April 1 from Dennis, Denise and all the girls • **Lynelle Brooks**, from Mom, Aidden, Spud, Ava, Addison, Uncle Pete, and Gram • **Albert Gahbow**, from Auntie Tami, Nellie, Aidden, Spud, Ava, and Addison • **Uncle Erik**, from Clara, Emmarae, Ava, Addison and Aidden • **Kasey McGabe**, from your family • **Luda**, from your family • **Erin Cash**, from your family • **Bruce Allen**, 31 on April 5 with love from Mom, Danielle, DeaLayna, Stone, Derek Jr., Frances, Rae, Mary, Jim, Jack, Joe, Simone, Selena, Doni, Dante, Mase Jr., Joey, Sheila, Shawsha, Soul, Day Day, and Nettie • **Sheila Marie**, 6 on April 23 with love from Mom, Dad, Simone, Doni, Joey, Danielle, Grandma, DeaLayna, Stone, June Bug, Franny, Mary, Selena, Dante, Mase Jr., Bruce, Jim, Jack, Soul, Day Day, and Nettie • **Dad**, 33 on April 15 with love from DeaLayna, Stone, Derek Jr., and Frances • **Dorothy A.**, on April 1 with love from Marlys, Anthony B., Richard, Rachel, Kelia, RaiLei, Candace, and Cyrell • **Kelia**, on April 20 with love from Grandma and Grandpa Bushey, Mom, RaiLei, Uncle, Auntie, and Cyrell • **Bull**, on April 21 with love from your wife Mrs. B. • **Jada**, on April 24 from Mick and family, Rachel, and Waylon • **Don**, on April 4 from Waylon and Rachel • **Squishy**, 21 on April 28 from Rachel and Waylon • **Cilla**, 21 on April 28 from Mom • **Nate Bugg**, on April 13 from Rachel, Waylon, Adrian and Marcus • **Diamond**, on April 14 from Rachel, Waylon, Shina, and RaySean • **Gramma Nazz**, on April 21 with love from Des, Shy, Jordan, Dal Jr., Tina, Dal Sr., Gina and Papa • **Eva**, on April 4 with love from Mom, Jeff, Ty, Faith, Jon, Papa Lenny, Evan, Colleen, Susan, Maggie Sue, and Dad • **Amy LaDue**, on April 2 from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Jean**, on April 1 with love from Niss and family, and Dana and family • **Chadlin Rose**, 19 on April 20 with love from Gramma and family, Dana and

family, and Anthony • **April**, from Chey, Shay, and Ron • **Uncle Kim**, from Chey, Ron and Shay • **Dalylah Benjamin**, 8 on April 30 with love from Dad, Danielle, and Daniel • **Seth Benjamin**, 7 on April 26 with love from Dad, Danielle, and Daniel • **Kallie Nickaboine**, on April 11 with love from Uncle Goober • **Aiva Doust**, 5 on April 26 with love from Mom, Dad, Mark, Emery, Grandma Tracy, Karen, Grandma Carla, Papa Kenny, Papa Jim, Papa Jake, Shelby, Jarvis, Max Dean, Aidan, Sharon, Ravin, Melodie, Grandma Agnes, Valerie, Elias, Mariah, Kev, Rachel, Waylon, Bruce, Jayla, Lileah, Nicole, Buddy, Cordell, Jameson, Mickey, Phillip, Charlotte, Cory Jr., PJ, Whitney, Nadine, Blake, Amber, Heather, Abby, Mike, Jake, Penny, and Eric • **Quillin Garbow**, 2 on April 6 from Dad, Grandma, Uncle Ben, Zach, Drin, and Hayleigh • **Charli**, on April 18 from Papa, Kokum, Aunties, Uncle and Cousins • **Rayna**, on April 22 from Nigel, Roberta, and grandkids • **Redfeather**, 1 on April 26 from Mommy, Papa, Kokum, Aunties, Uncle, and Cousins

Happy April birthday to Mille Lacs Band Elders!

Marge Anderson
Dorothy Aubid
Terry Beaulieu
Jerry Benjamin
Donivon Boyd
Russell Boyd
Wayne Boyd
Peggy Bush
Sharon Chavarria
Wesley Dorr Jr.
Nancy Foster
Barbara Grey Bull
Duane Haaf
Gwendolyn Hanold
Arleen Hunt
Darryl Jackson
Elsie Karsjens
Evelyn Kegg
Raymond Kegg
Bruce LaFave
Glenda Landon-Rosado
Rayna Mattinas
Ada Merrill
Louis Merrill
Bonita Nayquonabe
Russell Nayquonabe
Gloria Nickaboine
Sherry Nielsen

Donald Oswaldson
Jeannette Oswaldson
Ricky Pardun
Lorraine Sam
Darlene Savage
Perry Skinaway
Gloria Songetay
Marvin Staples
Gail Tyson
Duane Wind
Leonard Wind

Anniversaries

Happy anniversary to **Lola and Pep** on April 1 from *Dennis, Denise and family.*

• • •

Happy anniversary to **Maia and Steve Satterlund** on April 13 from *Nessa Liz, Tucker Gaazhaganz, Queen Smokey, Momma Gogi, Sooz, Vince, Molly, Jess, Corey Lee, Sam, Mary K., JoHanna, Peter, Christian, Mama Connie, Jim, and Precious.*

Congratulations

Congratulations to **Erin Cash** on your engagement *from your family.*

Birth announcements

Congratulations to Charlotte Harrington and Cory Nadeau Sr. on the birth of their son, **Cory James Nadeau Jr.** Cory Jr. was born on January 24 at 4:43 a.m. He weighed 8 lbs., 14 oz., and was 21 in. long. Thank you for blessing us with our first grandbaby, *from Gramma Mick and Papa Phil.*

• • •

Congratulations to Karissa Kegg and Trevon Morrison on the birth of their son, **Jasyn Fredric Lee Morrison.** Jasyn was born on February 11 at 7:47 a.m. He weighed 8 lbs., 7 oz., and was 21.5 inches long. The proud grandparents are Marc and Mary (Kegg) Maurstad of Pine Point, MN, and Renae Boyd of Onamia.

Obituary

Kenneth Troy Nickaboine
Born: 9-26-1960
Died: 1-29-2012
Lived in Minneapolis, MN

Diabetes Program News

By Johanna Larson, diabetes program coordinator

Family meal night

The diabetes program will host this month's family meal night on Wednesday, April 25, at the District I Community Center at 5:30 p.m.

At family meal nights, interested community members learn healthy cooking tips and make a healthy meal together with their family. Community members also have an opportunity to ask diabetes program staff diet and weight questions while children participate in fun, physical activities.

For more information, contact Johanna Larson at 320-532-7790.

Healthy heart classes

This month, the diabetes program's healthy heart classes will focus on using food labels to make heart-healthy choices. Classes will be held on the following days:

- Monday, April 23: District III Community Center at noon
- Tuesday, April 24: District I Community Center at noon
- Monday, April 30: Chiminising Community Center at 10:30 a.m.

Band Member Development Department Moving

Effective April 1, 2012, the Band Member Development Department, including all programs and work readiness functions, will be renamed and transferred to the department of labor in the executive branch of the Mille Lacs Band government.

This transfer will give Band members a one-stop shop for all of their employment needs, including GED preparation and testing, resumes, job searches, job exploration, job placement, and much more. It also expands job placement to all Mille Lacs Band offices and branches, not just the Corporate Commission and casinos.

A new internal department will be developed to retain and promote Mille Lacs Band members working at the Corporate Commission and its business entities.

If you have any questions, please contact Jodell Meyer at 320-532-8880.



Moccasin Telegraph



Our tradition of watching purple martins

By, Kelly Applegate, Mille Lacs Band member

Purple Martins are beautiful songbirds and the largest member of the swallow family. They also have a special relationship to our native ancestry. Way back when, Native Americans would put poles up and hang large gourds on them. They would put holes in the gourds, and the martins would come nest in them. The martin colonies were a source of entertainment – they served as a primitive television. Tribal members would sit under the gourds and watch martins fly in and out, eat insects, and do their crazy aerial antics. The martins also kept the raccoons and hawks away from drying meats and hides, and they would ward off animals trying to steal food. And the martins served as an alarm clock, because they would start singing as the sun came up.

European settlers saw the Native Americans attracting these beautiful birds with gourds, so the settlers decided to build multi-compartment wooden bird houses. Now, the Purple Martin is the only bird species east of the Rocky Mountains that is dependent upon human beings to put up their houses. If everyone in the United States took their Purple Martin houses down, the martins would eventually become extinct because they would have no place to nest.

The martins travel thousands of miles from Brazil to North America to nest and raise their babies. They start arriving in Minnesota about the second week of April and stay until early August, and they return faithfully to the same sites every year. That means when

you put up a new house, it will attract martins that just hatched the year before and are looking to start new colonies on their own.

My interest in Purple Martins started when I was probably 10 years old. Me and my dad built a bird house, but not knowing very much about Purple Martins at the time, we built it with the holes too small. It was in the wrong location, too, by trees, which was not the place to put it because the martins prefer an open area. And we painted it green and yellow, but the martins prefer to have the majority of their house painted white. One day a martin showed up anyway and tried to get into the house. I was all excited and finally got to see what they really looked like, because I had only seen pictures of them before. I did a little more research and took the house down, made bigger holes, painted it white, and put it in an open area. The next year, I had my first resident martin.

The tradition of using gourds for martin homes has sort of died out. It's a trend that has been forgotten mainly because there aren't that many martins around anymore – the population has decreased a lot since the early 1950s. I'll talk with Band Elders, and they say, "Oh yeah, the martins, they nest in a group and eat insects." But they always say we haven't been able to get them for years.

So I put up a modern gourd rack system specially designed for Purple Martins behind one of the Mille Lacs Band's Assisted Living Units for Elders. I felt it would likely attract martins, plus culturally, the gourd-shaped martin houses are what we started with. Watching Purple Martins is a tradition that has been forgotten, and hopefully this gourd rack will bring it back. It will be nice for families who are visiting Elders at the assisted living unit to look out and see the gourd rack. The Elders will tell them that about two or three hundred years ago, that's what our people did – hang the gourds up so the martins were around and provided a source of entertainment for us.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Listen to museum staff read storybooks, enjoy light snacks, and learn how to weave a dream catcher to take home. This project is recommended for children eight years or older.

The workshop costs \$5 per kit and will be held on Saturday, April 7, from 11 a.m.-3 p.m.

Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket. Sweetgrass is a fragrant, sacred herb used in ceremonies and artwork by the Ojibwe. This two-day class will be held on Saturday, April 28, from noon-4 p.m. and Sunday, April 29, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional \$15 supply fee.

Please call 320-532-3632 for more information.

Capitol showcase: Cornhusk dolls

Children can learn how to make a cornhusk doll to take home. This project is recommended for children 10 years or older.

The workshop costs \$6 per kit and will be held on Saturday, May 5, from 11 a.m.-3 p.m.

Mille Lacs Indian Museum to Showcase Native American Artists

The Mille Lacs Indian Museum will showcase *Mni Sota: Reflections of Time and Place*, a traveling exhibit which features works by 17 American Indian artists from the Midwest, including one member and one descendant of the Mille Lacs Band of Ojibwe.

This extraordinary exhibit showcases the innovation and beauty of American Indian artists whose ingenuity promotes cultural continuity. The artists of *Mni Sota* provide stunning examples of how they continue to expand the idea of "traditional" Native American art.

The exhibit is free and open to the public. It will run from Wednesday, April 4, through Friday, May 18. There will be an opening reception on Friday, April 6, from 5-8 p.m.

Featured artists

Cheryl Minnema and Pat Kruse are two of the 17 artists featured in the exhibit.

Cheryl (Waabaanawadookwe) is a Mille Lacs Band member who was born in Minneapolis and raised on the Mille Lacs

Reservation by her mother, Millie Benjamin (Zhaawanigiizhigookwe), and grandmother, Lucy Clark (Omadwebigaashiikwe). Cheryl's work focuses on the art of Ojibwe beadwork.

She now lives in Milaca with her husband Ed and their two sons, Sean and Ethan.

Pat Kruse is a Mille Lacs Band descendant and a member of the Red Cliff Band of Ojibwe. Learning from his mother, Clara Kruse, who he calls his greatest inspiration, Pat has been working with birch bark since he was a child. She taught him how to harvest and gather sweet grass, work with the woods, and rice a lake of mahnomen (wild rice). Pat practices all styles of birch bark work, ranging from small to very large pieces.

He currently lives on the Mille Lacs Reservation with his son, whom he teaches how to work with birch bark.

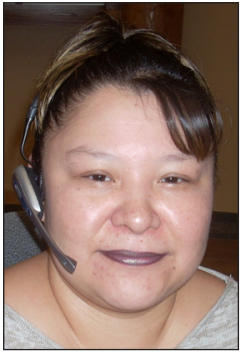
Calendar of Events

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday	3 Primary Election (See page 3)	4	5	6	7 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
8	9 Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	10	11 District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532-7423	12	13 Straight No Chaser* Grand Casino Hinckley 8 p.m.	14
15	16	17 District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	18 District III Community Meeting Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240	19	20 Larry the Cable Guy* Grand Casino Mille Lacs 8 p.m.	21 District I community cleanup begins (See page 2)
22	23	24	25 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	26 District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	27 All government offices closed for Art Gahbow Day	28 Sweetgrass Basket Workshop Mille Lacs Indian Museum Noon-4 p.m. District III community cleanup begins (See page 2)
29 Sweetgrass Basket Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.	30	May 1	2	3	4	5 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m. District II community cleanup begins (See page 2)
6	7	8	9	10	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>

What Has Been Your Favorite Family Vacation?

Tina Anderson



"With my whole family in August. We go to Vegas and California."

Chasity Gahbow



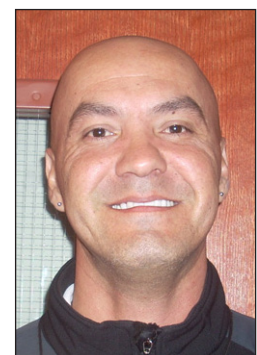
"Florida."

Molly Judkins



"Every two years we go to our family reunion in Netarts, Oregon."

Anthony Pike



"Peguis, Manitoba, Canada for ceremonies."

Photos courtesy of Carla BigBear

Band Members Gather for Treaty Rights Celebration

Band members came together for the annual Treaty Rights Celebration at Grand Casino Mille Lacs on Friday, March 23. On March 24, 1999, the U.S. Supreme Court ruled that the Mille Lacs Band and six other tribes retained their right to hunt, fish and gather on the lands they ceded through the Treaty of 1837. The event celebrates this landmark case.

Little Otter Singers sang the honor song, and the event featured activities for kids, a digital scavenger hunt, and information booths about treaty rights.

Cassie Benjamin and Lorelei Benjamin (pictured below in the upper left) won nets that were donated by the Chief Executive's Office.

The Mille Lacs Band Department of Natural Resources staff (pictured below in the upper right) sponsored the Treaty Rights Celebration.

Photos courtesy of Carla BigBear.

