

OJIBWE INAAJIMOWIN

August 2007

"The story as it's told."

Volume 9 • Number 8

Band and County Reach Tentative Agreement to Resolve Issues over Law Enforcement Agreement

Representatives from the Mille Lacs Band and Mille Lacs County met on August 8 to again try to resolve their differences regarding the cooperative law enforcement agreement. The two governments reached a tentative verbal agreement, and now a written agreement is being drafted for final approvals.

Preparation of this agreement is expected to take approximately 30 days. Then Band and Mille Lacs County leaders will review it and either

sign it or request additional revisions.

Band officials are encouraged and optimistic that this matter will be resolved to the satisfaction of Band members.

The Mille Lacs Band's priorities continue to be protecting its rights and providing public safety services to Band members. Please watch for updates regarding this issue in the September edition of the *Ojibwe InaaJimowin*.

Notice of Adam Walsh Act Compliance

On July 25, 2007, the Mille Lacs Band elected to participate in the National Sex Offender Registry System, as did many other tribal governments across the nation. By doing so, the Band chose to prevent state and local governments from exerting authority under the ADAM WALSH ACT over persons within the jurisdiction of the Band.

Under the reporting requirements of the ADAM WALSH ACT, persons who have legally adopted minor children are being sent

background documentation to complete and return to local law enforcement agencies. If you live within the jurisdiction of the Mille Lacs Band of Ojibwe, the Band is the reporting agency.

If you have received any registration documents or materials requesting information under the ADAM WALSH ACT from some source other than the Mille Lacs Band, please contact the Mille Lacs Band Office of the Solicitor General immediately at 320/532-7894.

Swimming, Biking and Running on a Summer's Day



Mille Lacs Band members and employees take part in the Life Time Fitness Triathlon in Minneapolis. (From left to right) Front row: Crystal Houle; second row: Berni Johnson, Becky Houle, and Sara Schlegel; third row: Monte Fronk, Jim Ingle, Darcie Big Bear, Lisa Murphy, Billie Jo Berry, Peggy Rutman, and Cindy Gross; fourth row: Martin Jennings, Mike Moilanen, Don Wedll, Jim Kalk, and Sam Moose.

Band members and employees participate in triathlon

On July 14, a number of Band members and employees participated in the Life Time Fitness Triathlon at Lake Nokomis in Minneapolis. Most of the participants competed as individuals or as part of a relay team in a 0.4-mile swim, a 15-mile bike ride, and a three-mile run. Mille Lacs Band Health and Human Services Commissioner Sam Moose completed the short course in less than two hours.

One participant, Peggy Rutman, competed in the longer Olympic course and finished second place in her age bracket (55 to 59) with a time of three hours and 12 minutes.

The participants trained for several months in preparation for the event. Band member Lisa Murphy, who helped organize the team, said "The

group members showed great dedication to training for the triathlon and leading a healthy lifestyle, and we all greatly enjoyed the experience."

This was the first triathlon for many of the team members and almost all of them plan to participate in next year's event. The team hopes to get more people involved next year who want to have fun while getting fit.

Mille Lacs Band Fitness Coordinator Jim Ingle, who also participated in the event, said "The majority of our team members who signed up matched or exceeded their goals."

Congratulations to all the participants for a job well done. If anyone is interested in training for next year's triathlon, please contact Lisa at 320/532-8841 or at lmurphy@grcasinos.com.



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Nay Ah Shing Youth Applauded for Excellence in Entrepreneurship



Photo courtesy of Sharon James

YES Camp youth and counselors: (Left to right) **First row: Ricky Boyd, Roz Hoff, Heather Benjamin, and Keriann Kingbird; Second row: Marcus Boyd, Eric North, Passion Hardheart, and Ashley LaFriniere; Third row: Aaron Buckanaga, Renae Short, and Amber Buckanaga; Fourth row: Kristin Boyd, Deanna Benjamin, and Miranda Nickaboine; Fifth row: Marika Anoka, John Gunstad, and Jaime Boyd; Sixth row: Andy Angell, Brandon Anthony, and Mary Simon.**

The third annual Youth Entrepreneurship Summer (YES) Camp was a great success. The YES Camp is made possible through a partnership between Nay Ah Shing Schools and the Corporate Commission's Small Business Development Program (SBDP).

The YES Camp was held June 24-29 at Ruttger's Sugar Lake Lodge in Grand Rapids, where 13 Nay Ah Shing youth learned how to research, plan, establish and operate a business. Seventh-grade student Keriann Kingbird said she was surprised by how much "attitude impacts the success of a business."

Three business students from the American Indian Business Leader's (AIBL) Chapter of the Fond du Lac Tribal College attended the camp and provided essential assistance in facilitating one of the four youth training teams. Mii gwetch to Deanna Benjamin, Ashley LaFriniere, and Andy Angell.

"They [the college students] were great role models for our students," said Mary Simon, Nay Ah Shing Dean of Students. "They showed initiative, leadership skills, and enthusiasm, and will help our students to become future business leaders."

Throughout the week, the youth learned various

marketing, accounting and management techniques, and applied their research and new knowledge to the development of their own business plan. The students plan to open a booth during the Mille Lacs Band Powwow this summer and at other powwows in the future. Their booth will be called Powwow Picz and will provide an opportunity for people dressed in their regalia to have their picture taken and printed for them to take home.

The students presented their business plan to Kirk Adams, a Commercial Loan Officer for American Bank in Grand Rapids. "This business plan was even better than last year, very well thought out and extremely well done," said Kirk. "I wish I saw more come into the bank that were done as well."

SBDP Coordinator Sharon James, who taught at the camp, said, "Parents, grandparents, and the whole community should be very proud of these students. They showed major commitment by attending the camp during their summer vacation. They picked up the business concepts very quickly. And, they showed excellent decision-making skills and creativity while developing their business ideas. I enjoyed working with all of them."

Special awards were given to the following students:

- Best Networking Introduction: Brandon Anthony
- Best Resort Marketing Idea: Kristin Boyd and Jaime Boyd
- Best Logo Presentation: Ricky Boyd, Brandon Anthony, Keriann Kingbird, and Marika Anoka
- Best Logo: Amber Buckanaga, Passion Hardheart, and Jaime Boyd

The students will continue to meet and work with the SBDP staff and their newly established Nay Ah Shing AIBL chapters to develop and operate the business they established at this year's YES Camp.

"I didn't realize how many rules and regulations are involved in starting a business," said student Heather Benjamin. "I can't wait to come back next year."

Names and Faces

Band Conservation Officer receives human rights award



In June, Mille Lacs Band Chief Conservation Officer Mike Taylor was honored by the Mille Lacs Area Human Rights Commission for his community involvement, leadership, and respectfulness. He has been involved with Nay Ah Shing Schools' Boys of Summer Program and other activities; served as a volunteer youth snowmobile and all-terrain vehicle instructor; and co-founded FASTCOP, INC., a nonprofit organization that promotes safe driving, especially among youth.

Before working as a conservation officer with the Band's Department of Natural Resources, Mike worked as a peace officer for the city of Onamia and for the Band, and as a deputy in the Aitkin County Sheriff's Office.

Band members named to dean's list

Congratulations to the following students who were named to the Fond du Lac Tribal and Community College Dean's List (Fall 2006):

- Candace Benjamin
- LeAnn Benjamin
- Tammy Harrington
- Debra Jones-Northrup
- Camille Smith
- Kim Zgodava

All of the students are studying for an associate of arts degree and an associate of applied science degree in chemical dependency.

Band member meets First Lady and speaks at youth conference

Ten-year-old Trina Fast Horse met First Lady Laura Bush at the Helping America's Youth conference on August 3 at the University of Minnesota's St. Paul campus. Trina served as a representative of the American Indian Magnet School in St. Paul, where she will be a fifth-grader this year. Helping America's

Youth is a nationwide initiative led by the First Lady to bring awareness to challenges facing youth, such as literacy and drug abuse.

Trina is a Senior Ambassador for her school and was selected by her principal to attend the conference, which emphasized issues facing America Indian youth. Trina attended the conference with her mom, Pauline Sam.

Congratulations to Sara McRae on winning national junior rodeo title



Photo courtesy of Jackie McRae

Fourteen-year-old Sara McRae, daughter of Band member Jackie McRae and Coy McRae, won the Little Britches Rodeo World Championship held in Pueblo, Colo. Sara, who has been competing in rodeos since she was eight years old, has earned several national rodeo awards, including four National Finals Buckles and a World Championship Buckle in the junior girls speed trail course. She is also the 2007 Minnesota Little Britches Princess and the Minnesota National Little Britches Rodeo Association Queen.

"She's had a great year and we're very proud of her," said Jackie. "There were 374 girls competing in this event, so coming home with a World Championship Award has been a great accomplishment, and she's already preparing for next year."

The McRaes have a horse ranch in Hillman, Minn. called Willow Ridge Stables and are working to start a Little Britches Rodeo in Minnesota.

Sara would like to thank all the people who sponsored her at the Little Britches Rodeo World Championship: Her mom and dad, grandparents, Mille Lacs Band Chief Executive Melanie Benjamin, District 1 Representative Alicia Skinaway, Band member Marc McFarland, Wrangler Jeans, Pierz Implement in Pierz, Lakes Meats in Hillman, Paul Dorf of Paul's Porcelite Bathtub Refinishing of Greater Minnesota, and Bill Hill of Hill's SuperValu in Onamia.

Education Update

Back-to-school dates

It's almost time to go back to school! Nay Ah Shing classes begin August 27. Classes at the Minisinaakwaang Leadership Academy begin on Tuesday, September 4 and on Monday, September 10 for Pine Grove Leadership Academy.

To enroll a student for classes at Nay Ah Shing, a parent or guardian can stop by Nay Ah Shing Upper School's front office to register and verify the student's address. To enroll students at Minisinaakwaang Leadership Academy, please call Chrissy Howes at 218/768-3474. To enroll your children at Pine Grove Leadership Academy, please call Terry Moffatt at 320/384-7598.

You must bring along a copy of the student's birth certificate to register.

Head Start for three- to five-year-olds

Do you have a child who will be age three by September 1? Are you looking for a fun, educational environment for your three- to five-year-old child? Please contact the Head Start Program in your district for more information.

- District I: 320/532-4690
- District II: 218/768-3311
- District III: 320/384-7162

Schedule physicals now

Each child in Head Start needs to have a physical with immunization updates and a dental exam before starting in September. When making the appointment, you will need to state that the exam is for Head Start to ensure that all requirements are met. A parent or guardian must accompany each child to these exams.

Each student who participates in a school sport must also have a physical before beginning practice for that sport. Sports physical forms can be picked up at the clinics or at the schools and must be filed with the school your child attends.

Immunization update

The following immunizations are needed to start school in the fall in all Minnesota schools.

Kindergartners must have:

- Five diphtheria, pertussis and tetanus (DPT) immunizations
- Four polio immunizations
- Two measles, mumps and rubella (MMR) immunizations
- Three-dose Hepatitis B series

- Vericella immunization
- Four doses of HiB vaccine, which protects against HiB disease that can cause meningitis, throat swelling, and infections (recommended, but not required)

Seventh graders:

- Two measles, mumps and rubella (MMR) immunizations
- Updated diphtheria and tetanus (DT) immunizations
- Three-dose Hepatitis B series
- Vericella immunization

Parents: Please note that the vericella immunization, also known as the chicken pox vaccine, is not required for students who have already had chicken pox. If your child has had chicken pox, please send the school nurses an approximate date of when your child had it. Also, please contact your clinic to schedule Hepatitis B shots for any child who has not yet had them. If your child has started but not finished the series of shots, your clinic can simply finish the series.

All students must have their immunizations up to date and on record with their school.

If you have any questions regarding your child's immunizations, contact your health care provider or:

- Katy Grappe from Nay Ah Shing at 320/532-4690, ext. 2112

Nay Ah Shing open house

By Eric North, Nay Ah Shing Schools Principal

You're invited to attend our open house on Wednesday, August 22, from 2-6 p.m. Please come meet your child's new teachers and see their classrooms. Enrollment forms will be available if you still need them.

Accomplishments at Nay Ah Shing Schools

Nay Ah Shing Schools provide students with up-to-date educational experiences and greatly benefit Mille Lacs Band children. Our teachers and staff continually strive to provide the best education possible.

We had a number of accomplishments during the 2006-2007 school year, including a record number of students who earned a place on the B honor roll, improved attendance, and a reduction in the number of discipline incidents. Other highlights include:

- Cultural/vocational arts program students made blankets to donate to Elders in their communities.
- Students collected and donated canned goods to the Mille Lacs Band's food assistance program.
- The student council participated in a seat belt challenge, working to save lives of Band members and employees.
- Students competed in and won awards at Ojibwe language knowledge bowls throughout the state.
- Volleyball, basketball and golf players had successful seasons.
- Nay Ah Shing's Reading First program received national recognition for its outstanding accomplishments.
- Students learned hands-on while traveling to college campuses, Washington, D.C., the Minnesota Historical Theatre, Wolf Ridge, the Duluth Aquarium, Kathio State Park, and the Minnesota Science Museum.
- Nay Ah Shing's American Indian Business Leaders (AIBL) chapters were accepted into the national organization, ran businesses throughout the school year, and participated in the third annual Youth Entrepreneurship Summer (YES) Camp.

Nay Ah Shing provides programs that benefit both students and their communities, including our language and culture program that allows students to learn and work with other American Indian students within the area.

We are looking forward to the 2007-2008 school year being even more successful, as we continue increasing academic opportunities for students, showcasing our students' talents, and providing positive activities.

To enroll your child at Nay Ah Shing and allow them to benefit from our many academic and cultural programs, please stop by Nay Ah Shing Schools or call 320/532-4695.

Successful Nay Ah Shing summer school

Nay Ah Shing students are making academic gains by attending summer school. Summer school used to be a place where students were sent if they didn't do well during the school year. That's not the way it is for Nay Ah Shing students.

"The majority of our students are coming to school to better

themselves, to improve their education," said Mary Simon, Dean of Students.

They strengthened their skills in math, English, the Ojibwe language, and vocational arts over a four-week period. By attending summer school, Nay Ah Shing students were able to continue their academic growth, and will be able to make even greater gains throughout the upcoming school year. This is another great opportunity for our students.

Training for parents and families at Nay Ah Shing Schools

By Mary Simon, Nay Ah Shing Schools Dean of Students

Nay Ah Shing Schools have recently been awarded the American Indian Parent and Family Training Grant through the Minnesota Department of Education. The grant program provides funding to enhance training and involvement in special education for parents and families of American Indian students with disabilities. It has two main objectives.

- Increase the knowledge of special education on the part of American Indian parents and families.
- Increase participation in the special education process by American Indian parents and families.

Nay Ah Shing Schools plan to meet these objectives by hosting trainings in special education for parents, guardians and families of students at Nay Ah Shing and in surrounding school districts. The workshops will be offered through the Parent Advocacy Coalition for Educational Rights (PACER) Center and specifically through the American Indian Parent Network. All families from the local and surrounding areas are welcome, and transportation will be provided to and from Nay Ah Shing Schools for the training.

The first training date and topic at Nay Ah Shing is on **Tuesday, September 11** – Parent rights and procedural safeguards/special education due process.

Please join us from 5-7 p.m. on these dates for a meal and training. Child care will be provided in the school library by the Nay Ah Shing Student Council and the AIBL chapters. If you have questions or need transportation and/or child care to attend a training session, please call Eric North at 320/532-4695, ext. 2104, or me at 320/532-4695, ext. 2126.

Band Member Bill Hemming Named Grand Casino Hinckley Assistant General Manager



Photo courtesy of Sarah Barten

Bill Hemming

Band member Bill Hemming is the new Assistant General Manager for Grand Casino Hinckley. He will start in his new position on August 21 and will assist in directing, planning

and coordinating overall casino operations.

"I am very pleased to have Bill join our team," said Mel Towle, General Manager of Grand Casino Hinckley. "His passion and expertise in this industry complements his new role as an integral part of our management team."

Prior to assuming his new position, Bill served as the Vice President of Facilities at Grand Casino Mille Lacs and as the Band's Commissioner of Education.

Bill has a bachelor's degree in American Indian studies from the University of Minnesota and a master's degree in education from Pennsylvania State University. He has also served in the U.S. Navy.

District I Women's Gathering

By Alicia Skinaway, District I Representative

The 2007 Women's Gathering on July 6-8 went well. Many women who are Mille Lacs Band members or Band employees attended. Many camped and enjoyed campfires, meals, Ojibwe crafts, birch barking, sports such as canoeing and hiking, sessions, and answers and feedback from a local Elder panel on cultural questions.

Some of the questions for the Elder panel included:

- How do I get Ojibwe namesakes for my child? How is this done?
- Whose clan do I use for markings and burials? Whose do I follow?
- What if my father is white? What clan am I?
- How do I find out my clan?

- Why do we respect Elders?
- What is expected of a girl when she becomes a woman?
- Why can't we touch babies or plants after a family member dies?
- Do we still practice these traditions?
- How do I handle anger?

The Women's Gathering was a great start to realizing what our women Band members need to know, and addressing their problems and cultural questions.

I would like to thank all the great presenters, the Elder panel group, and the spiritual speakers for making the Women's Gathering a success. Thank you to the cooks for an excellent job and the good food served. Chi mii gwetch to all the women who attended.

District III Meeting Recap

By Elizabeth Towle, Administrative Assistant, Governmental Affairs

Free legal services

During the August 9 District III meeting, Tamia Kramer from East Central Legal Services explained that the firm has a contract with the Mille Lacs Band of Ojibwe to provide free civil legal services to all Band members who are eligible.

There are three factors that determine if you qualify:

- Need to be a Mille Lacs Band member
- Need to live in the seven-county area in which the firm practices
- Need to meet the financial requirements

Tamia is available to meet with Band members who need

guidance on legal issues. Please see page five for her schedule.

Business ideas committee

Sarah Oquist, Commissioner of Corporate Affairs, was in attendance at the meeting to discuss future business investments for the Band and its members. Sarah is asking for volunteers within the community to sit on a committee to discuss new ideas that Band members may have. The committee will have the opportunity to convey their ideas to improve business and economic development for the Band. If you are interested in being a committee member, sign up at the Lake Lena Community Center or call 320/384-6240 to be placed on the list.

Public Health Update

Mille Lacs Band holds diabetes support groups

By Marlene Poukka, Health Educator

If you have diabetes, we welcome you to join a support group. Come and share a light lunch with other people with diabetes. The following are the dates, times and locations for the diabetes support groups:

- East Lake Community Center – Monday, August 20 at noon
- Lake Lena Community Center – Wednesday, August 15 at noon
- District III ALU – Monday, August 13 at 10 a.m.

For more information, contact Sandy Silver, Community Diabetes Representative, at 800/709-6445, ext. 7712.

Healthy Heart update

By Sue Swanson, Registered Nurse and Certified Diabetes Educator

The Healthy Heart Program held its first group walk of the season on July 21 at the

powwow grounds. Healthy Heart Program participants and Nay Ah Shing royalty members took part in the walk, which was followed by a healthy lunch and door prize drawing. Some participants saw eagles and other creatures during the walk. The next Healthy Heart walk will be held in September. The dates, times and locations of future walks will be announced over the coming months. Stay tuned.

The Healthy Heart Program holds monthly classes which include cooking demonstrations, motivational speakers, and fun learning experiences for people who are trying to improve their lifestyle and make healthier food choices.

This program is designed to help reduce the risk of cardiovascular disease in people with diabetes. The goals of the program are to help people lose 7% of their body weight and increase their physical activity. To learn more about how you can participate in the program, please call Cyndy Edgerton, Registered Dietitian and Case Manager, at 320/532-4163, ext. 7840.

Pine Grove Leadership Academy Grand Opening



Photo courtesy of Terry Moffatt

Band members and friends of all ages gathered to celebrate the grand opening of the Pine Grove Leadership Academy in District III.

Divorce Versus Separation

By East Central Legal Services

Under Minnesota law, divorce is called dissolution of marriage. Divorce cases are decided in a family court. The court dissolves or ends the marriage when the final papers are entered in the court's records. These final papers are called the Judgment and Decree, which contain the court's final decision on questions including custody, parenting time, child support, and division of debts and property.

Many people think that when a couple wants to live apart, they have to get a legal separation. This is not true. Often couples live apart for a while before they decide to get a divorce. This is not illegal. Legal separations are for people who do not want a divorce (usually for religious reasons), but know they want to end their relationship. They still need a legal paper to settle custody, support and property questions. The court makes the same kinds of decisions that it makes in a divorce. However, the couple remains married.

Legal separation is similar to divorce and takes as long as divorce. If the court grants legal separation and the husband or

wife decides later to get a divorce, a new case must be started. A legal separation is not a necessary step in the divorce process. For people whose religious beliefs prevent divorce, a legal separation may be best.

If you would like more information concerning the divorce process, please call East Central Legal Services at 800/622-7772. East Central Legal Services is also available for walk-in appointments at the following sites:

- District I at the Tribal Government Center's workforce office, Wednesdays, noon-4:30 p.m.
 - East Lake Community Center, every other Tuesday, 8 a.m.-noon
 - Chiminising Community Center, every other Thursday, 8 a.m.-noon
 - Lake Lena Community Center, alternate Tuesdays, 8 a.m.-noon
 - Urban Workforce Center, by appointment only
- (The above times are subject to weather conditions and other factors; please call our toll-free number for the exact dates.)

Emergency Training Held at Grand Casino Mille Lacs



Photo courtesy of Monte Fronk

Mille Lacs Band Emergency Management Coordinator Monte Fronk talks with other attendees during the emergency preparedness training session held at Grand Casino Mille Lacs.

By Monte Fronk, Emergency Management Coordinator

On July 19, the University of Minnesota's Minnesota Emergency Readiness Education & Training (MERET) program hosted an emergency preparedness training session at Grand Casino Mille Lacs that focused on tribal communities. About 50 people attended the conference, including representatives from the Prairie Island Indian Community; the Red Lake Nation; and the Bois Forte, Fond du Lac, Leech Lake, Mille Lacs, and White Earth bands. Representatives from the Minnesota Department of Health and Minnesota Homeland Security and

Emergency Management also participated in the training.

The morning session focused on family preparedness and provided us with training materials that we could use to teach others in our communities. The afternoon session was about critical communication during a crisis, which included discussion on developing public information statements for the media and the community.

If you would like more information about emergency preparedness, please feel free to contact me at 320/532-4181, ext. 2558. You can also visit the Minnesota Department of Health Web site.

Events at the Mille Lacs Indian Museum and Trading Post

Annual showcase and silent auction

On exhibit through Labor Day is the Annual Showcase of Ojibwe Artists. The program is designed to inspire and promote traditional and contemporary Ojibwe artists of all ages, to educate and expose visitors to the living Ojibwe culture through artistic expression, and to provide a venue for artists to show their work. All artwork is up for silent auction bid. Proceeds go to the artists, along with a small donation for art programming at the museum. The admission cost is \$7, \$6 for seniors and college students, and \$4 for children ages six to 17.

Ojibwe and Hmong housing exhibit

Opening September 6, the Building Ties exhibit showcases culturally sensitive housing designs for Ojibwe and Hmong people. The designs were created by interior design students at the University of Minnesota, using knowledge

generated through in-home interviews with members of the Ojibwe community. Admission is free for Mille Lacs Band members with IDs.

Veteran services

Every Tuesday at the museum, Veteran Services personnel are present to offer free help to veterans with benefits or medical issues and questions. On Tuesday, September 18, there will be a free picnic lunch for veterans at the museum from 11 a.m.- 2 p.m. Call Kenny Weyaus Sr. at 320/309-6925 for more information.

Hours of operation

Now through Labor Day, the museum is open from 10 a.m. to 5 p.m. on Mondays and Wednesdays through Saturdays, and from noon to 5 p.m. on Sundays. Group tours can also be scheduled by calling the museum at 320/532-3632. Interactive television programming and outreach programming are also available.

Are Your Immunizations Up to Date?

By Robert Thompson, Safety/Risk Manager

August is National Immunization Awareness Month. The goal of this observance is to increase awareness of the importance of immunizations throughout our entire lives.

August is a good time to think about immunizations because children are going back to school, college students are beginning a new session, and health care professionals are getting ready for the next flu season.

Importance of immunizations

Vaccines protect against infectious diseases. It is important to stay up to date on the recommended vaccines to help protect you, your family, and community from serious diseases.

In the U.S., vaccines have eliminated smallpox and

polio, and have greatly reduced the number of cases of measles, diphtheria, and other diseases. Although we have made great strides, people still die from diseases that can be prevented by vaccines.

Getting immunized

Most vaccines are given during childhood, starting shortly after birth. Please see the article on page 3 about immunizations for Minnesota K-12 students. There are also other immunizations recommended throughout adulthood, including boosters for some vaccines.

If you have any questions about immunizations, please contact your health care provider or the Mille Lacs Band Public Health Department at 320/532-7776.

Women Represent Mille Lacs Band at Annual Women's Leadership Conference



More than 20 women represented the Mille Lacs Band at the annual Women Empowering Women for Indian Nations conference in July.

More than 20 women from the Mille Lacs Band, including Chief Executive Melanie Benjamin, attended the third annual Women Empowering Women for Indian Nations (WEWIN) conference held on July 11-13 in Temecula, Cal. This year's conference was titled "Standing Strong for Sovereignty, Family and Community."

Over 200 women from tribes across the nation attended workshops on lobbying, diet and exercise, government-to-government relationships, personal finance, and tribal budgets. Band member Kelly Sam helped conduct a workshop on public relations, where she talked about the Band's *Ojibwe Inaajimowin* and Moccasin Telegraph columns

on Ojibwe history and culture that run in the *Mille Lacs Messenger*.

Along with the workshops and small group discussion, participants enjoyed a banquet; listened to keynote speakers; and attended a dance. Band member Janie Miller was randomly selected to receive a free makeover as part of the social events during the conference.

WEWIN was founded in 2004 to provide American Indian women with the knowledge, support and resources they need to achieve success in their professional and personal lives. Melanie is a co-founder of the organization and helped facilitate workshops at the conference.

Ask Melanie

By Chief Executive Melanie Benjamin

Do Band government employees who are full-time work the same number of hours?

I was recently asked by a Band member whether all employees are required to work the same number of hours. To answer this question, I've asked Commissioner of Administration Christine Costello, who is proficient on the subject of the Band's personnel policies and procedures, to answer this question.

Commissioner Christine Costello: "All full-time Band government employees are required to work 40 hours per week. While most executive branch employees work 8:00 a.m.-5:00 p.m., some employees may arrive and leave earlier or arrive and leave later, depending upon the needs of their department and permission from their supervisor.

For instance, if a community meeting is scheduled for two hours during evening hours and requires staff, those staff may be given permission to arrive at work two hours later the next day. Also, some staff are occasionally required to

travel or work during weekend hours in order to fulfill their job responsibilities or to receive training. In these instances, commissioners might approve a shorter work day the following week to make up for the employees' personal time having been spent working.

Further, we have several employees whose responsibilities require that they actually be available on more of a 24 hour/7 day per week basis. Executive branch commissioners are one such example, as are staff who work directly for elected officials, who often require staffing during weekend hours or after hours.

Band government is always working for Band members, and many issues arise after hours, on Band holidays, or during weekends that must be dealt with immediately. We are committed to ensuring that Band government is responsive and meets the needs of the Band."

Do you have a question?

If you have a question that you would like me to answer, please fax it to 320/532-4209 or mail it to:

Chief Executive's Office
Attn: Ask Melanie
43408 Oodena Drive
Onamia, MN 56359

Chief Executive Calendar

To keep Band members informed about what Chief Executive Melanie Benjamin has been working on, here is a look back at just a few of the items from her recent schedule:

- Convened an Elder Advisory Committee meeting
- Attended the Minisinaakwaang Leadership Academy grand opening and Pine Grove Leadership Academy grand opening
- Represented the Mille Lacs Band at the Minnesota Indian Affairs Council meeting
- Participated in a meeting of the Minnesota Chippewa

Tribe's (MCT) Housing Subcommittee

- Participated in the Tribal Executive Committee meeting of the MCT
- Attended the Midwest Alliance of Sovereign Tribes (MAST) meeting
- Participated in a consultation meeting with the U.S. Census Bureau
- Convened a listening circle with Band members in District III regarding health issues (other district meetings are scheduled)
- Held various meetings with individual Band members

Grand Casino Mille Lacs and Grand Casino Hinckley to Increase Non-Smoking Areas on September 15

The Corporate Commission of the Mille Lacs Band of Ojibwe Indians is increasing its non-smoking areas at Grand Casino Mille Lacs, Grand Casino Hinckley, and related properties as of September 15, 2007.

The increased non-smoking areas will include the convention center, meeting rooms, hotel lobbies and restaurants. The childcare and

arcade areas, among others, are already non-smoking areas.

"We are always looking for ways to improve our facilities and services," said Sarah Oquist, Commissioner of Corporate Affairs for the Mille Lacs Band. "Increasing our non-smoking areas is a decision we feel is good for our guests and our businesses."

Boxing Commission Events and Updates

Friday Night Fights

On Friday, July 13, the Mille Lacs Band Boxing Commission held a professional boxing event at the Grand Casino Hinckley Events & Convention Center. In the main event, Matt "The Predator" Vanda, a light middleweight fighter from Minnesota, won a unanimous decision against James "Too Sweet" Crayton, a veteran professional boxer from Las Vegas. Other results include:

- Band member Kristie Davis won a knockout against Shanda Konvalinka
- Jon Schmidt won a technical knockout (TKO) against Caleb Wolfe
- Caleb Truax won a TKO in two rounds against Terry Pock
- Robert Kliewer won a TKO against Thomas Ahrens

The Contender reality show boxer to compete in August event

Anthony Bonsante, a professional boxer who appeared on NBC's reality show, *The Contender*, will take on professional middleweight boxer Alexis Division during the Boxing Commission's next event on Friday, August 24, at 7:30 p.m. at the Grand Casino Hinckley Events & Convention Center.

Anthony "The Bullet" Bonsante is a professional middleweight boxer from Shakopee. In 2005, Bonsante was featured on NBC's *The Contender*, in which he made it into the quarter finals. Bonsante will be taking on Kendall Gould, a professional boxer from Milwaukee, Wisc.

Tickets are \$20, \$35 and \$50. To purchase tickets, visit the Grand Casino box offices, call Ticketmaster at 651/989-5151, contact any Ticketmaster outlet, or visit grandcasinomn.com.



Left to right: Commissioner Donald Graves, Band member Jayson Davis, Commissioner Dean Staples, Commissioner Wallace St. John, Legislative Counsel Elaine Smith, Executive Director Anibal Miramontes, Commissioner Darrell Shingobe, and Commissioner Ron Davis.

Band's Boxing Commission attends national conference

Representatives of the Mille Lacs Band Boxing Commission attended the Association of Boxing Commission's (ABC) annual conference on July 24-28 in Miami. Representing the Band's Boxing Commission were Commissioners Donald Graves, Ron Davis, Wallace St. John, Darrell Shingobe, and Dean Staples, Executive Director Anibal Miramontes, Mille Lacs Band Legislative Counsel Elaine Smith, and several of the commission's judges and inspectors.

On the first day of the conference, ABC unanimously approved the Band's Boxing Commission as a full voting member of the organization. The vote passed with the stipulation that ABC would oversee the Band's August 24 boxing bout. Mike Mazzulli, Executive Director of the Mohegan Tribe's Department of Athletic Regulation and one of ABC's Vice Presidents, will oversee the August boxing event. The vote of confidence was also based on the Mille Lacs Band Boxing Commission's successful regulation of its previous boxing events and the Band's adoption of professional rules and regulations. The Minnesota State Boxing Commission was also approved for full membership during the conference.

Conference participants elected new executive ABC members, heard reports on the organization, and attended workshops. Judges, inspectors and referees also attended training sessions and completed tests for ABC certification.

One of the major areas of discussion at the conference was the growing popularity of mixed martial arts (MMA). As MMA is a recent phenomenon, there is no federal safety act for MMA as there is for boxing. As a result, states are working to keep up with the MMA explosion and regulating the competitive fighting style. Some states, such as Ohio, have recently passed legislation to differentiate the regulation of amateur and professional MMA. The Band's Boxing Commission regulates all professional fighting events on the Mille Lacs Reservation, including MMA events, and will be discussing MMA regulatory changes in the near future.

A silent auction was held during the conference banquet in which the Boxing Commission's representatives bid on a large golden glove that was signed by all the conference attendees. The group then presented the glove to Mille Lacs Band District III Representative Harry Davis in appreciation of his efforts to establish the Band's Boxing Commission.

September kickboxing event

On September 29, a pro-am kickboxing event will be held at Grand Casino Hinckley that features the International Kickboxing Federation (IKF) world kickboxing championship fight. Current U.S. Kickboxing Champion Heath Fonest from Forest Lake will take on Stacey Gosden from England. Amateur kickboxers Chuck Anderson and Scott Legus will also battle it out for the IKF Junior Amateur Light Middleweight Minnesota State Title.

Warriors Fitness & Fight Promotions will host and the Band's Boxing Commission will regulate the event.

Circle of Health Update

By Circle of Health Staff

Private insurance

The Circle of Health Office has been assisting Band members with applying for health coverage. If a Band member is declined for coverage, a denial letter and refund check is issued. If you receive a check, it is important to return this check to our office as soon as possible. Circle of Health will not process another premium payment and you will not longer be eligible for reimbursement or additional benefits until this check is brought into our office. This includes the benefits for eyewear, orthodontia, durable medical equipment, and hearing devices.

If you have cashed this check in error, contact our office to set up a payment plan. Otherwise, the money will be garnished from a future bonus payment.

Option for people with pre-existing conditions

The Minnesota Comprehensive Health Association (MCHA) offers coverage to individuals who in most cases Blue Cross Blue Shield has declined due to pre-existing conditions. If this option interests you, you will need to fill out another application, and will most likely need to provide additional documentation from a provider.

Benefit Coordinator schedule

Dawn Chosa will be at the District II clinic for community outreach from 10 a.m.-2 p.m. on Wednesday, August 22.

She will also be available at the Ne-la-Shing Clinic every Monday and Tuesday in the eye clinic area. In addition to the clinic locations, she will be available at the Urban Office and the Chiminising Community Center. Please call the Circle of Health office for future dates.

The Benefit Coordinator will assist Band members in acquiring a private health policy through a local Independent insurance agent. A dental plan is currently available to Band members, and coverage can begin as early as the first of the following month. If the policies are approved, Circle of Health will continue to make premium payments on a quarterly or semi-annual basis.

Reimbursements

On a final note, please allow reimbursement claims a two- to six-week grace period from the date of submission to process. If you still haven't received a reimbursement or denial after six weeks, contact Michele Palomaki, Circle of Health Director; David Boyd, Claims Processor for A-L; or Roberta Lemieux, Claims Processor for M-Z, at 320/532-5358.

**Band Member Businesses
Call Today!**

Badgun Enterprises

Gilda Burr
Onamia, MN
320-532-0961
(lawn care services)



Rick Anderson
320-282-5650
(video & audio development)

EAGLECLAN PRODUCTIONS
eagleclanproductions.com



Mission Creek Paintball

Hinckley, MN

Tim Jackson
651-491-0077 or
651-491-8184

Dave's Lawn & Snow Service
Mowing and Shoveling the Rest



Dave Boyd
1915 Moose Drive
Isle, MN 56342
320-279-1854

red • circle agency

redcircleagency.com

Chad Germann
612-372-4612
(promotional development)

Nickaboine Lawn Care Services
Onamia, MN

Ole Nickaboine Sr.
320-532-5884

Support your fellow Band Members
Visit today!

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

March 2007

| | Approved Budget for FY 2007 | Actual Expenditures through 3/31/07 | % of Budget Expended |
|----------------------------|-----------------------------|-------------------------------------|----------------------|
| Administration (1)* | 13,366,954 | 4,996,422 | 37.4% |
| Workforce* | 8,888,239 | 2,255,614 | 25.4% |
| Judicial | 947,319 | 375,268 | 39.6% |
| Law Enforcement* | 3,668,053 | 1,442,030 | 39.3% |
| Education* | 15,441,245 | 7,403,489 | 47.9% |
| Health and Human Services* | 21,631,312 | 9,807,122 | 45.3% |
| Natural Resources* | 5,042,447 | 2,001,435 | 39.7% |
| Community Development* | 45,140,124 | 13,179,590 | 29.2% |
| Gaming Authority | 4,314,052 | 1,825,249 | 42.3% |
| Bonus Distribution | 22,464,940 | 15,570,105 | 69.3% |
| Total Expenditures | \$140,904,685 | \$58,856,324 | 41.8% |

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 from the tribal government.

* These departments include continuing appropriations from the 2006 fiscal year.

Recipe of the Month – Bean and Veggie Wraps

Submitted by Public Health Department

Ingredients

- 4 fat-free flour tortillas (6-8 inches in diameter)
- 2 cups sliced fresh mushrooms (5 oz.)
- 1 medium onion, cut lengthwise in half, then cut crosswise into thin slices
- 1 can black beans (15 oz., drained and rinsed)
- 4 cups fresh spinach leaves
- 1 cup shredded reduced-fat cheddar cheese (2 oz.)

Directions

Heat tortillas as directed on the package. While they are heating, spray a 10-inch non-stick skillet with cooking spray. Cook mushrooms and onions in the skillet over medium heat for about four minutes, stirring frequently, until onions are tender. Stir in beans and heat through. Stir in spinach and remove from heat.

Divide bean mixture among tortillas and sprinkle with cheese. Fold one end of each tortilla up about one inch over filling; fold right and left sides over folded end, overlapping them. Fold the remaining end down. This recipe serves four.

Nutrition information for one serving

- Calories: 280 (20 calories from fat)
- Protein: 18 grams
- Total fat: 2 grams
- Vitamin A: 50%
- Saturated fat: 0 grams
- Vitamin C: 10%
- Total carbohydrates: 57 grams
- Calcium: 22%
- Dietary fiber: 10 grams
- Iron: 30%

Preparation time

10 minutes

Tune in to KKIN & KBEK

Every month we publish the dates and times of upcoming Mille Lacs Band radio appearances. The KKIN radio appearances have a Q & A format, meaning people can call in and ask questions. Band members are encouraged to listen and call in to 218/927-2100. The KBEK appearances feature a Band representative talking with the host. Listed below are the dates and times of the August and September appearances.

KKIN radio – 94.3 FM

August 16, 8:30 a.m.
Don Wedll and Ricky White
Topic: Charter schools

September 20, 8:30 a.m.
Don Wedll and Eric North
Topic: Nay Ah Shing Schools

KBEK radio – 95.5 FM

August 21, 7:30 a.m.
Larry Smallwood
Topic: Meaning of powwows

September 18, 7:30 a.m.
Rose Noonday
Topic: Childhood memories

Tribal Noteboard

Happy August birthday to:

Rachel, on August 2 with love from mom, Kelly, Taya, Noah, June, and the rest of the family • **Taya Rose**, on August 20 with love from grandma, Auntie Kelly, mom, dad, Noah, and the rest of the family • **Grandma Tarz**, on August 8 with love from your grandkids • **Jo Marie Potter**, on August 10 from Chazzy, Chazzy Jr. and Val • **Dayaunna**, on August 3 from Grandma Judy, papa, Val, Chazzy, Poodie, your sisters, mom, and dad • **Gabbi Jellum**, 5, on August 20 with love from mom, Jarrod, Sissy, Grandma Deb, Len, Uncle Jeremy and family, Auntie Carrie and family, Uncle Phil, Auntie Mick, Nade, Char, P.J., Whit, Mukukee Joe, and Mama Cat • **Mickey**, on August 20 from Gabbi, Shawn, and Max and family • **Phillip Harrington Jr.**, on August 5 from Auntie Sherry, Jarrod, Shawn, Gabbi, Grandma Deb, and Len • **Sharon**, on August 6 with love from Val, Pie, Baby Kevin, Sue, Brad, Tracy, Jacob, Jarvis, Jamie, Ava, Shelby, Ravin, Nicole, Jameson, Cordell, Baby Chris, mom, Bradley Eric, Kristi, Peyton, Braelyn, Jay, Katie, Taylor, Bruce, Amber, Jayla, Wally, Chris Sr., Suzy, and Corey • **Brad Sr.**, on August 15 from Pie, Baby Kevin, mom, Nicole, Jameson, Cordell, Lil Chris, Karen, Tracy, Jacob, Jamie, Ava, Shelby, Jarvis, Ruth, Rae, and kids • **Jay**, on August 16 with love from all your sisters and brothers • **Patsy**, on August 20 from Rhonda • **Mike Day**, on August 20 from mom, dad and family, Corey and family, Aaron and family, Courtney, and Little June • **Carla Big Bear**, 24, on August 27 from momma and Papa Scott, Stacey, Nikki, and Angie • **Gina Reese**, 65, on August 3 from Molly and Scott Judkins • **Shannon**, on August 25 from mom, Jeff, Titus, Missy and Monster • **Vanessa Smith**, 29, on August 14 from TJ, Kali, Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Cathy Sam**, 20, on August 6 from Tiffany and Kali • **Grandma Clara**, 76, on August 26 from TJ and Kali • **Shawsha Kay**, 1, on August 16 with love from daddy, mommy, Selena, Dante, Mayson Jr., grandma, Papa Fronco, Rachel, Jow, Donni, Jojo, Sheila, Simone, Marissa, Greg, Danielle, DeaLayna, Stone, Junior, Franny, Jim, Jeannette, and Bruce • **Fronco**, on August 9 from Mary, Mayson Sr., Shawsha, Mase Jr., Selena, Dante, DeaLayna, Stone,

Junior, and Franny • **Bunny**, on August 9 from Vera, Rachel, Mary, Danielle, Jim, Bruce, and all the kids • **Barbara Dee**, on August 3 from Auntie Vera and all the kids • **Greg Miller**, on August 20 from Phil, Tammy, Brandon, Amy, Brandi Jo, Elias, Todd, Brenda, Brandi, and Brandon • **Cameron Miller**, on August 28 from Phil, Tammy, Brandon, Amy, Brandi Jo, Elias, Todd, Brenda, Brandi, and Brandon • **Todd Sam**, on August 13 from Phil, Tammy, Brandon, Amy, Brandi Jo, Elias, Todd, Brenda, Brandi, and Brandon • **Kira Moose**, on August 5 from Uncle Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Aubrey Benjamin**, on August 16 from Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Tierra Smith**, on August 28 from Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **LaDarius Loving**, on August 5 from Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Linda Mitchell**, on August 30 from Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Andrel Sam**, on August 5 from Phil, Tammy, Brandon, Amy, Brandi Jo, and Elias • **Elijah White**, 1, on August 22 from Aunt Jennifer and Great-Grandma White • **Joshua White**, 19, from Grandma White and Jenny • **Tony B**, on August 6 from mom, Arielle, Craig, Nai Nai, C.J., Jordy, Shante, T.J., Raenelle and family, and Cheryl and family • **Shante LaRae**, on August 23 from Grandma Max, Auntie Aries, Uncle Craig, Nai Nai, Jordy, C.J., T.J., mom, dad, Raenelle and family, and Cheryl and family • **Patty Benjamin**, on August 8 with love from Chris, Al, Rosa, Paige, Freddie, Tweety, and Fluffy • **Curt**, on August 11 with love from Chris, Al, Rosa, Paige, Freddie, Tweety, and Fluffy • **Dominic Sam**, on August 23 with love from Chris, Rosa, Paige, Freddie, Tweety and Fluffy • **DeAngelo**, on August 15 with love from Chris, Rosa, Paige, Freddie, Tweety, and Fluffy • **Maria Villebrun**, on August 23 from Lesley, Bubbie, Tre and Quincey • **Andrel Sam**, 2, on August 12 from grandma, Kate, mom and uncles • **Stacy Sanchez**, 28, on August 3 with love from Nikki and Angie • **Dum Dum**, 19, on August 26 from Huns and Miss 12 • **Justine Peterson**, 10, on August 26 with love from mom, D, Ashley, Grandma Jodie, Charlie, Auntie Heather, Brianna, Alexis, Stacey, and Angie and family • **Blaine**, on August 8 from Raenelle and family and Cheryl and family •

Rosco, on August 21 from Raenelle and family and Cheryl and family • **Cassie**, on August 23 from Raenelle and family and Cheryl and family • **John Joe**, on August 27 from Raenelle and family and Cheryl and family • **Tee**, on August 16 from Raenelle, Jereck, Larissa, Lia and Corbin • **Alberta Loso**, on August 5 from Raenelle and family • **Yolanda Reyes-Strong**, on August 12 from Raenelle and family • **Robert Mitchell**, on August 1 from Doreen, Lauren, Katie, Destiny, Little Wax, Justin, Tyson, Jon, Debbie, Boo, Sean, Carmel, Mataeo, and mommy • **Jade**, on August 19 with love from Beebahs, Peek-a-boo, Debbie, Jessica, Sean, Amber, Doreen, Lauren, Katie, Tyson, Destiny, Little Wax, Justin, Jon, Killer Bee, and Stevie • **Carmelena Monet**, on August 27 with love from grandma, daddy, Mataeo, papa, Jess, Sean, Amber, Doreen, Lauren, Katie, Destiny, Tyson, Little Wax, Justin, Jon, and Grandma Bee • **Justin Jr.**, on August 28 with love from grandma, daddy, sister, auntie, Katie, Destiny, Tyson, Jon, Debbie, Mataeo, Carmelena, Jade, Jessica, Sean, Amber, and Grandma Bee • **Destiny Ray**, on August 28 with love from mommy, daddy, Katie, Little Wax, grandma, Justin, Jon, Debbie, Carmel, Mataeo, Jade, Jessica, Sean, Amber, and Grandma Bee • **Papa Ole**, on August 17 from Tyson, Katie and Destiny • **Jaylene**, on August 10 from Lauren, Katie, Destiny, Tyson, Doreen, Baby Wax, Justin Sr., Jon, Debbie, Carmelena, Mataeo, Jade, Jessica, Sean, and Amber.

Happy August birthday to Mille Lacs Band Elders!

Frances Benjamin
Clarence Boyd
Karen Clark
Geraldine DeFoe
Wesley Dorr
Samuel Garbow Jr.
Barbara Goodman
Diana Guizar
Mary Harpster
Blaise Hill
George Jackson
Doris Kegg
Glenn Kegg
Lorraine Keller
Patrick Matrious
Andy Mitchell
Lynda Mitchell
Gerry Mortenson
Francis Premo

Margaret Premo
Regina Reese
Clara Sam
John Sam
William Schaaf
Bernadette Smith
Evelyn Staples
Janice Taylor
James Thomas
Richard Thomas Jr.
Sylvester Thomas Jr.
Barbara Toth
Michael Wade
Diane Wadena
Juanita Weyaus
Kenneth Weyaus

Congratulations

Congratulations to **Vera and Francis Mager** who celebrated 50 years of marriage on August 11.

• • •

Congratulations to the **Amvets and Auxiliary Float** for placing first in the non-profit unit at the Brainerd Fourth of July parade. Way to go Vet's and Auxiliary.

• • •

Congratulations to **Quentin Garbow** for receiving his GED *with love from grandma, grandpa, uncles, brothers and sisters.*

• • •

Congratulations to **James Smith** for receiving his GED *with love from mom, Rachel, Danielle, Mary and all the kids.*

• • •

Congratulations to **Wanetta and Anton Thompson** for celebrating their 13th wedding anniversary on August 18 *with love from mommy and family, and Gooney Goo Goo.*

Birth announcement

Congratulations to Andrew Sutton and Nickie Liebelt on the birth of their new baby girl. **Makenzie Rose Sutton** was born on July 4, she weighed 9 lbs., 13 oz., and was 21.5 in. long. *Congratulations from Walter Sutton Jr., Kimberly House, and Uncle Nathan.*

In memory

In loving memory of **Remus Garbow** who was taken from us eight years ago. *With love from mom, dad, Darwin, Leonard, Yvette, and your nieces and nephews.*

• • •

In loving memory of **Betty Lee Cope** on August 11. We miss your bright smile, fun sense of humor, warm hugs, and all the love you have shared. *Remembering you everyday, with love from Monica, Carolyn, Anita, Ken, Dianne, and grandchildren.*

Free Prescriptions Available to American Indians at New Minneapolis Pharmacy

A new pharmacy located on East Franklin Avenue near the Minneapolis American Indian Center is providing free prescription medications to American Indians enrolled in a tribe. The pharmacy – called Mashkiki Waakaigan (medicine house in Ojibwe) – is operated by the Fond du Lac Band of Ojibwe.

For now, prescriptions are available only to those who receive care at the Native

American Community Clinic or the Indian Health Board in Minneapolis. Most prescription drugs are available, but schedule II drugs (such as morphine and methadone) are excluded.

According to Fond du Lac officials, the pharmacy is the first in the United States to be run by a tribal government outside a reservation. About 4,000 people a year are expected to use the pharmacy.

Elders' Conversations Overheard, Remembered

By a Mille Lacs Band Elder

As a youngster, I used to listen to people talking. At that time, all speech was in Ojibwe, so I had no problem understanding the conversations. The people did not care when there were children around, and, thinking about it today, maybe they wanted children to hear some of the things they were talking about.

A lot of the things I listened to were about everyday things like the weather, gardening, and when animals were fit to eat (for example, taking females only when they were through taking care of their young).

The weather was most interesting because some of the words used could make you imagine what was going to happen. The Anishinaabe connected all natural happenings with the doing of the spirits that controlled all natural happenings. I always liked to listen to our

Grandfather, as he seemed to know why things happened. In the summer, when it was really hot, he would say the thunder beings were near or a thunderstorm was coming, so the heat was their warm breath.

When the wind was blowing real hard, he would say the wind was pulling something up to change the weather. Spirits would think we were calling for them, and so they would come and do their thing so we learned to respect the weather.

Today we still make offerings to the weather spirits with tobacco, and with other natural things. We give thanks to nature for trees for shelter, heat, medicine and food, and to animals for food, hide for shelter, and clothing. We were told everything was put here for mankind's use to survive. Hopefully this tradition continues. It helps; think about it.

Urban Area Community Celebration and Picnic

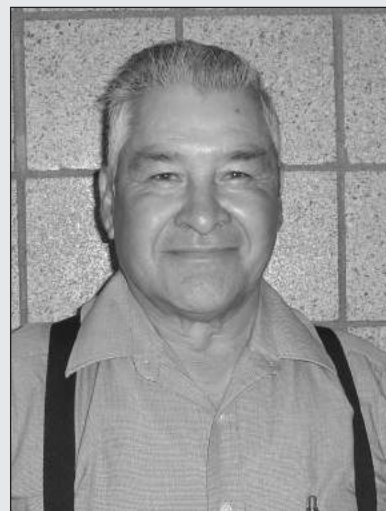


More than 150 urban Band members attended the annual urban area celebration and picnic. They enjoyed a barbecue, played games, and received door prizes at a local park in Minneapolis.

Photo courtesy of Barb Benjamin-Robertson

Mocassin Telegraph

Ricing and fishing



Kelly Sam

By Leonard Sam, Mille Lacs Band Elder

The following article appeared in the May 31, 2006, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

When we were young, we were taught to harvest wild rice. After my mom got done ricing, she would let us go out on a boat. Eventually we turned into pretty decent ricers. My sister soon turned into one of the best ricers around. Ricing even became a contest for all of us. I still rice today, although I don't do it as quickly as I used to.

When my mom got older, she knew she had to pass down everything she knew about ricing to the next generation. I'll never forget the day she broke down and told us she couldn't rice anymore. She admitted she was too old.

Today, it's difficult to find someone to continue the ricing tradition. The younger generation is busy with their jobs, so I guess they just don't have the time. Ricing is not being passed down from one generation to the next anymore. Back in the early days, we did ricing as an income. Now, we do it to keep the culture alive.

Ricing is hard work. It's dirty, but it's good. After you get done, you really feel like you accomplished something. Ricing has become a part of my life, a part of who I am. Even when I was in the service, I would come home to rice. I missed it.

Ricing is very strenuous. It usually takes two people: one

to push the boat around and one to knock the rice. One can do it, but it's hard work. You get off the lake, sack it all up, and take it home, where you dry it out and get it ready for parching. To parch the rice the old-fashioned way, you need a fire and a kettle, stirring the rice constantly. Rice always tastes better if it's done by hand. Depending on how hot the fire is, you parch the rice about 20 minutes a batch. Usually I can do about 24 to 28 batches a day by myself, so parching takes time. The old-fashioned way is difficult, but that's how we did it when I was growing up. When we were old enough to thrash the rice, we would tie a piece of cloth on a stick or thrash it with our feet. Now most thrashing is done mechanically since it's more economical. After the thrash, the final step is to winnow the rice by throwing it up and down in a basket.

It takes time to learn how to rice properly. Kids have to watch grown-ups to learn how to do it. Just like any other tradition, you have to pass it on. Today, I sell the rice to our tribal people as much as I can, since I know a lot of them don't pick rice. It's a way to keep our culture alive.

Another important tradition is fishing. My father taught me how to fish and I still do all my own fishing today. When I go fishing, I usually fish with a net instead of a rod and reel since that's how I learned to do it with my dad. After I get my fishing permit, I try to throw out my net as early as possible in the evening and pull it out early in the morning. For the best catch, you have to spread your net close to shore.

Fishing and ricing will always be a part of my life. My mother taught me how to rice, and my father taught me how to fish. Back then, we did everything as a family. I hope I can pass on what I learned from my parents to the next generation to keep our traditions alive.

Calendar of Events

August 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|--|---|-------------------------------------|--|
| | | 14 | 15 | 16 | 17 | 18 |
| | | | East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772 | All District Elder Meeting 11:30 a.m. Contact: Nora Benjamin, 320/532-4181 Shinobe Jam GCH Amphitheater noon-6 p.m. | Steve Miller Band* GCH 8 p.m. | Mille Lacs powwow (see details on page 12) Commissioner on Call Angella Roby, Commissioner of Finance 877/239-2444 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Commissioner on Call Angella Roby, Commissioner of Finance 877/239-2444 | All offices closed for Mille Lacs Day | | East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772 | Urban Area Community Meeting All Nations Indian Church, 5-7 p.m. Contact: Pat or Barb, 612/872-1424 | | Commissioner on Call Rick Boyd, Director of Housing 877/239-2444 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| Commissioner on Call Rick Boyd, Director of Housing 877/239-2444 | District I Community Meeting District I Community Center 5:30 p.m. Contact: Becky Sam, 320/532-7423 | | District IIA Meeting Chiminising Community Center 5:30 p.m. Contact: Marvin Bruneau, 218/768-3311 East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772 | District II Meeting East Lake Community Center 5:30 p.m. Contact: Mary Sue Bohanon, 218/768-3311 | | |

September 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|----------|--|---|
| | | | | | | 1 |
| *To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com | If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101 | Commissioners On Call A Mille Lacs Band commissioner is available every weekend to help Band members handle emergencies. If you have an emergency, please contact the commissioner on call at 877/239-2444. The emergency phone is answered from 5 p.m. Friday- 8 a.m. Monday. | | | | Commissioner on Call Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Commissioner on Call Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444 | All offices closed for Labor Day AMVETS Meeting GCML 6 p.m. Contact: Ken Weyaus, 320/309-6925 | | East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772 | | | Commissioner on Call Sarah Oquist, Commissioner of Corporate Affairs 877/239-2444 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Commissioner on Call Sarah Oquist, Commissioner of Corporate Affairs 877/239-2444 | Pine Grove Leadership Academy Meeting Aazhoomog School 6:30 p.m. Contact: Skip Churchill, 320/384-6970 Onamia Indian Education Parent Committee Meeting Onamia School District Office Conference Room 12 p.m. | | East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772 | | The Ladies of the Grand Ole Opry* GCML 7:30 p.m. nightly | Commissioner on Call Sam Moose, Commissioner of Health & Human Services 877/239-2444 |

What Do You Like Best About Your Summer Job?

We asked participants in the Mille Lacs Band's Summer Youth Employment Program about what they like best in their summer jobs. The students are between the ages of 14 and 20, and they are working in a variety of positions in Band businesses or Band government through early August. The program is coordinated by the Workforce Center. All photos courtesy of Rick Anderson.

Sarah Roybal



"I like working here at Skin Ovations, because I get to bead and meet new people."

Patrick Hill



"I like working for the Summer Youth Program because it's fun."

Kelly Peet



"I like working for Mille Lacs during the summer, because I'm saving up money for college next year."

Anthony Sargent



"The job is more than a job, it's about learning team work and responsibility."

Amber Buckanaga



"The thing I learned most through the Summer Youth Program is the importance of being punctual."

Dyllon Dalquist



"I like working for the Summer Youth Program, because I like making money."

April Boyd



"I like working for the Summer Youth Program, because it gives me job experience for the future."

Alyssa Buckanaga



"I like working for Summer Youth, because I work with all my friends and family."

Amanda Boyd-Strong



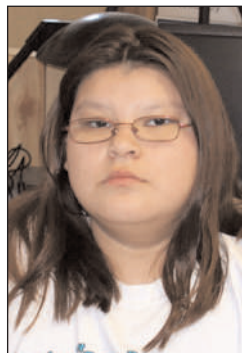
"I like talking to people at work and it gives me more experience for future jobs."

Jamie Solis



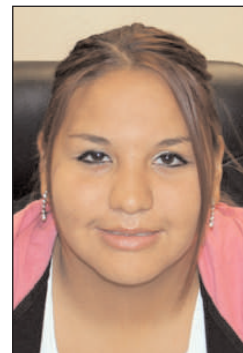
"I like working for the Summer Youth Program, because I like making money."

Nikki Sam



"I like the training I get from the Summer Youth Program, and I like making extra money."

Jillian Garbow



"I like working and getting hands-on training from the people I work with."

41st Annual
"Home of the Jingle Dress"
ISKIGAMIZIGAN
1966 2007

Mille Lacs Band of Ojibwe Pow Wow
August 17-19, 2007

Host Drum:
Raining Thunder
MC:
Larry "Amik" Smallwood
Arena Director:
Robert Sam

Grand Entries:
Friday 7pm
Saturday 1pm & 7pm
Sunday 1pm
Location:
Iskigamizigan Pow Wow Grounds
West side of Lake Mille Lacs,
12 miles north of Onamia
on U.S. Hwy 169, follow signs

Dancer & Drum Monies:
Only the first 10 drums registered will be paid for the sessions they participate with. Drums must have a minimum of 5 singers. All singers must register with their drum, and designate one individual who will collect at payout. At least 5 registered singers must be present at the drum during each role call, in order to be paid for that session.

Video Taping:
We will be video taping grand entry to assist us with accurately registering dancers. These tapes will only be used for participation verification during payouts.

Pow Wow information contact:
Mary Jo Jennings 320-532-5944 or Freedom Porter 320-532-7496 - Security and Medical Staff on Premises. No Alcohol or Drugs Allowed. Not responsible for accidents or lost/stolen items.

Events:
Princess & Jr. Princess Contest
Brave & Jr. Brave Contest
Best Float Contest
Best Res Car Contest
Parade
Horseshoe Tournament
Moccasin Game (We require 6 teams in order to hold contest)
Fun Run Sponsored by the Mille Lacs Indian Museum

On Sale:
Souvenir Buttons, Poster Series, Raffle Tickets

Free:
Admission, Camping, Campfire Wood, Showers

Food & Craft Vendors Welcome!
Limited Space, Reserve Early

Contact:
Robert Thompson
320-532-7841

Raffle Drawing:
Prize 1: ATV
Prize 2: 52 Weeks of Bingo
Prize 3: Patio Set w/ Grill
Prize 4: 2 Mopeds w/ Helmets

Printing costs for this poster were contributed by Goff & Howard.