

# OJIBWE INAAJIMOWIN

December 2008

*"The story as it's told."*

Volume 10 • Number 12

## Woodlands Bank Taking Applications for Twin Cities Branch Positions

### New bank scheduled to open in February

Woodlands National Bank President Lew Anderson has announced plans to open a new full-service branch of the bank in Minneapolis. The final required approvals are anticipated this month, which would keep the bank on schedule to open on February 2, 2009.

Woodlands National Bank will be located at 1113 East Franklin Avenue in the Ancient Traders Market. This will be Woodlands' sixth location; the others are in Onamia, Hinckley, Sturgeon Lake, Cloquet, and Vineland (Grand Market). The banks are Mille Lacs Band-owned and operated.

### How to apply

Mille Lacs Band members and others are invited to apply for three open positions:

- Branch Manager (experience required)
- New Accounts Teller (experience not required)
- Teller (experience not required)

If you are interested in any of these positions, please call LaVerne Mans at the Woodlands branch in Hinckley at 320/384-6191. She will provide you with application information. **APPLICATION DEADLINE:** Friday, January 9.

Training will be provided to those who are hired in advance of the bank's opening.

## Fobbe and Kulick Jackson Recount Completed

The recounts are completed in the tight races between Lisa Fobbe and Alison Krueger (Senate District 16) and Gail Kulick Jackson and Sondra Erickson (House District 16A). Fobbe and Kulick Jackson emerged as the victors.

Following are the unofficial vote totals, which, as of presstime, still need to be reviewed by the state canvassing board.

### Senate race

- Lisa Fobbe: 22,356 votes
- Alison Krueger: 22,271 votes

### House race

- Gail Kulick Jackson: 11,044 votes
- Sondra Erickson 10,955 votes

### U.S. Senate race remains undecided

Senator Norm Coleman's lead over DFL challenger Al Franken went up and down during the hand recount of approximately 2.9 million ballots, which wrapped up on December 5. The candidates' challenge of thousands of votes also made the exact margin difficult to track. The disputed ballots will be sorted out by the state canvassing board, which will begin meeting on December 16. Officials hope for a conclusion to the Coleman-Franken race in December, but the race may not be called until sometime in January.

## Chief Executive Primary Election Results to be Posted December 18

The primary election for Mille Lacs Band Chief Executive was held on December 16. The election results will be verified and posted on December 18 on the Mille Lacs Band's Web site at [www.millelacsojibwe.com](http://www.millelacsojibwe.com) and at all tribal buildings.

Unless one of the candidates receives more than 50% of the votes – which is enough to win outright – the general election will be held on February 24, 2009.

Look for more information in next month's *Inaajimowin*.

## Get-Out-The-Vote Efforts a Success

The Mille Lacs Band would like to thank the following Band members and employees for assisting in the get-out-the-vote (GOTV) efforts. They truly made a difference.

Rick Anderson  
Thomas Benjamin  
Mary Sue Bohanon  
Christopher Boyd  
Russell Boyd  
Sheldon Boyd  
Chantelle Davis  
Jamie Edwards

Jennifer Gahbow  
Judy Hanks  
Petra Mauricio  
Cheryl Miller  
Candida Mitchell  
Sam Moose  
Brenda Nayquonabe  
Joe Nayquonabe Sr.  
A.J. Nickaboine  
Kimberly Sam  
Mary Sam  
Frank Shingobe  
Elizabeth Towle  
Bob White



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## Nay Ah Shing Schools Break Record for "B" Honor Roll Students



Photo courtesy of Eric North

Sixty-two Nay Ah Shing kindergarten through fourth-grade students were rewarded for their good behavior during the first nine weeks of the school year.

By Eric North, Nay Ah Shing Schools Principal

The 2008 fall quarter was record-breaking at Nay Ah Shing Schools with 47 students earning a spot on the "B" honor roll. The students were recognized on November 13 at the awards banquet that followed parent-teacher conferences and also during the first-quarter powwow.

"This is a dramatic increase from our previous number of students on the "B" honor roll and is an example of the academic gains our students are making in their classes," said Betty Mondeng, School Registrar.

The previous record was held in the third quarter of 2007 and second quarter of 2008, which each had 30 students on the honor roll. The Nay Ah Shing staff is very proud of the students' hard work and is looking forward to even bigger numbers during the second quarter. The next parent-teacher conferences and awards night will be on January 22, and the second-quarter powwow will be on January 16. Please come and recognize all of the students' successes.

**Honor roll:**

- Dallas Anderson
- Destanie Anderson
- Bruce Anoka
- Yolanda Armendariz
- Joseph Bastedo
- Chelsea Benjamin
- Chelsie Benjamin
- Kelsey Benjamin
- Meghanne Benjamin
- Shawna Benjamin
- Amber Benjamin-Dorr
- Alysia Boyd
- Harmonie Boyd
- Jaime Boyd
- Jordan Boyd
- Lashelle Boyd
- Savannah Boyd
- Teri Boyd
- Sage Boyd-Davidson

- Amber Buckanaga
- Charisse Cash
- Jacob Cash
- Kayla Cash
- Anna Davis
- Sahen Davis
- Marchel Day
- Mercedes Deyhle
- Shyla Lussier
- Cheyenne Martin
- Allison Mitchell
- Brenda Mitchell
- Paige Mitchell
- Darrian Moose
- Edward Nadeau
- Jodi Nickaboine
- Wyatt Oswaldson
- Jon Reynolds ("A" honor roll)
- Jayson Sam
- Nikki Sam
- Alizayah Sam-Nickaboine
- Daniel Shingobe
- Hevin Shingobe
- Jordan Smith
- Amber Taylor
- Tehya Wade
- Brandon Wade
- Toni Weous
- Thomas White

### Students rewarded for good behavior

By Roz Hoff, Special Education Coordinator

Congratulations to 62 kindergarten through fourth-grade Nay Ah Shing students who made positive choices during the first nine weeks of school. Students who did not need to use the Behavior Care Center (BCC) were rewarded for their accomplishments with a pizza party, ice cream treats, and extra recess time. Students were encouraged to share their reward with their parents. Parents ate lunch and played fun games with their children.

The staff at Nay Ah Shing is very proud of these students for choosing to keep themselves safe, respectful and responsible. Keep up the great work!

## Law Enforcement/Public Safety Initiative Will Continue Moving Forward



Rick Anderson (Ay be Nizhoo Way we Daang)

Watch for profiles of Mille Lacs Tribal Police employees in upcoming editions of the Ojibwe Inaajimowin. Many of those employees are pictured here during a team building event.

By Carrie Day Aspinwall, Special Projects Consultant

After an update and strategy meeting with Mille Lacs Band Solicitor General Rjay Brunkow, Director of Public Safety Sid Lucas, and Chief of Police Dwight Reed, Interim Chief Executive Herb Weyaus agreed to continue supporting activities that enhance communication and engagement between Mille Lacs Band members and law enforcement, as well as to expand our law enforcement/public safety efforts.

Elder listening sessions were held in each district this past summer. The outcomes of these sessions provided a baseline to begin discussions about crime prevention and public safety.

"Getting input from the people is good, we need to keep doing that. If public safety is a concern, then we need to address that," Herb stated.

The Elders' input regarding police/community relations was very clear: The Band needs to strengthen and increase communication between Band members and law enforcement, and to provide opportunities for positive interaction with tribal law enforcement. Increasing

opportunities for Band members to understand and support law enforcement's roles and responsibilities is critical to the overall success of law enforcement/public safety efforts.

Elders also suggested sharing our cultural teachings as a means of getting to know one another and educating newer non-Native officers about our Band. A Police/Community Relations Council has been suggested, and discussions on this topic will continue. In addition, Elders recommended sharing local crime statistics and information on gangs and what constitutes gang affiliation.

As part of an ongoing effort to help Band members become familiar with the individuals who have sworn to protect and serve, one Mille Lacs Tribal Police officer will be highlighted each month in the *Inaajimowin*.

Thank you to all of the Elders who participated in the listening sessions. Your input is very important to how we proceed.

For more information about this law enforcement/public safety initiative, or if you have suggestions, please call me at 320/532-7486 and leave a message.

### The Newspaper of the Mille Lacs Band OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

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Please provide news tips and other information by the 25th of the previous month.



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## Band Member Dave Granger Receives Prestigious Award



Rick Anderson (A/ be Nizhoo Way we Daang)

Band member Dave Granger stands in front of one of the six homes he is building in Isle.

By Toya Stewart

When Band member Dave Granger moved from Washington to Minnesota, his goal was to grow his construction business and connect with his relatives. What he didn't know then was that the opportunities he would have through the Band's Small Business Development Program (SBDP) would exceed his expectations.

Granger, who owns Double D Construction in Garrison, sought services through the SBDP soon after relocating to Onamia in 2000. He received a loan that enabled him to purchase an office building and expand his business as a carpet distributor.

"We didn't know anything about writing a business loan," Dave said. "If it wasn't for the SBDP giving us support through their loan program, we wouldn't be where we are today."

His wife Dawn agrees wholeheartedly. "They helped us so much," she said.

Four years ago, the couple was shocked when their former accountant told them they owed the Internal Revenue Service \$150,000.

"For two years we were in an IRS nightmare," Dave said.

Once again they turned to the Small Business Development Program for help. They quickly received help with their books and – much to their relief – learned the accountant was wrong.

"We got a wonderful new accountant that we're still using," Dawn said.

Business is going well, the couple said. Dave has built six houses for a project that the Band is finishing in Isle. His next project will be a fourplex located behind Grand Casino Mille Lacs.

"The most gratification I get is building an Elder a home," he said. "Many of them have lived in substandard conditions for most of their lives."

Last month Dave received the Eagle Award from the Minnesota American Indian Chamber of Commerce after being nominated by the SBDP.

"This award recognizes Dave for his hard work and commitment to being a successful American Indian business owner," said Sharon James, SBDP Coordinator.

## \$500 Drawing at Grand Market

In appreciation for the support from the Mille Lacs Band of Ojibwe and the Small Business Development Program, Dave Granger donated \$500 for a Christmas drawing to be held at the Grand Market. Individuals can obtain their registration tickets from the cashiers. The drawing will be held December 21 at 2 p.m. The winner need not be present. The only stipulation Dave asks is that the prize money not be used to purchase lottery tickets or cigarettes.

## Band Member Entrepreneurs Attend Business Conference

The Corporate Commission's Small Business Development Program (SBDP) and Band Member Development (BMD) Department recently partnered to send two Band member entrepreneurs to the first annual Minnesota Indian Business Conference & Showcase. Scott Meyers, who owns Paramount Embroidery in Eden Prairie, and Dan Boyd, who owns Backstage Planet in Deerwood, were selected by the SBDP to attend the two-day conference held in October.

The BMD Department sponsored the two business owners to attend the conference, where they met other American Indian business owners, learned about new business opportunities in Indian Country, and networked with potential customers.

The conference also provided an opportunity for American Indian entrepreneurs to showcase their businesses to some major organizations, such as the Federal Reserve

Bank of Minneapolis and Medtronic, Inc.

"The conference provided me with an opportunity to meet with potential clients and get my business card in people's hands," said Scott. "The exposure has been great."

Scott and Dan were both part of a new beginning in the evolution of Minnesota's American Indian business environment. The event was hosted by several businesses and organizations that officially formed the Minnesota Indian Business Alliance (MIBA) as a spin-off of the conference. The MIBA was established to address the infrastructure and governmental support needed to create an environment where American Indian businesses can thrive and become an economic asset in Indian Country.

"It is encouraging to see the possibilities for future growth for Native American companies," said Scott.

## New & Improved Business Class

The SBDP has improved its business management training class to better fit Band members' schedules and ensure they are able to complete the course. The SBDP will now offer the class in its entirety during a three-day weekend.

If the weekend schedule is successful, the SBDP will continue to provide all classes in this time frame. The SBDP provides all class materials, meals, and training free to Band members. If any travel or lodging is needed, each Band member will be responsible for those costs.

The next business management training class will be held January 9-11, 2009. The class will continue the current class rotation with January's class being held in District I in the Corporate Commission building. The class will start at 8 a.m. each day.

If you have any questions or want to register for the class, please contact the SBDP at 320/532-8850.



## Commissioner of Education Cherishes Teaching, Storytelling, and Drum Keeping Roles



**Joycelyn Shingobe, Commissioner of Education**

**By Toya Stewart**

Long before Joycelyn Shingobe was appointed Commissioner of Education, she was passionate about learning.

As an employee of the Minnesota Historical Society for 19 years, she worked at the Mille Lacs Indian Museum providing tours and overseeing the development of the museum.

"I got to learn history and explore stories," she said. "I heard stories from Elders – the stories you don't see in the books – and I got to tell those stories.

"I always think of those stories shared with me by Batiste Sam who I worked with for many years at the museum. She also had a way of listening to my concerns and giving me her thoughts long after I quit waiting for her response. I hope and want to be the kind of person she and my grandmother were. They were patient, wise, resourceful, humorous, and always seeing good in people...I really hope that I continue to walk in their shadow and remain a good person so my granddaughters get the same message I received from those two great ikwegag. My understanding of the Ojibwe language came from those two. They were forever talking to me, sometimes scolding me, in the language they understood the best."

Yet her move to the commissioner's role in November 2002 has allowed

her to become an advocate of change while promoting educational opportunities for Band members.

During her term, Joycelyn has been instrumental in the development and opening of two charter schools, Minisinaakwang Leadership Academy, a K-12 campus in East Lake, and Pine Grove Charter School, a K-6 campus in Lake Lena.

"That was the biggest accomplishment for me, to provide education for the community," said Joycelyn, who added that the impetus for the schools' creation was because the community wanted them.

"Kids were dropping out and parents were pulling their kids out of schools, because they weren't being successful," she said.

Both schools have been open for two years. Now Joycelyn is focusing on providing educational opportunities for adults, she said.

"Education is the way to better ourselves and our community," she said. "This is a way up and out of hopelessness." Our ancestors put so much effort into making sure that we had our land and our traditional ways. "As a community we need to continue to remember the sacrifices they made by keeping ourselves culturally and educationally strong for our children and grandchildren."

"Here, there are a lot of barriers to people completing their education. That's the challenge," she said. "Role models are missing. Or they have family problems or other issues that hinder them."

One of the ways Joycelyn has helped Band members overcome some of those obstacles is through her work with Dave Anderson, founder of Famous Dave's and the LifeSkills Center for Leadership. The leadership center, she said, motivates people to focus on

their character. To date, 100 people have gone through the center's programs.

Joycelyn is a huge proponent of training opportunities that teach Band members how to be good leaders. She also encourages Band members and their families to participate in the Band's community sports and recreation programs together.

Joycelyn received a bachelor of arts degree in American Indian Studies from Metro State University and is currently pursuing her master of arts degree in education from St. Mary's University of Minnesota.

"I want to teach at the college level...that's always been my goal," said Joycelyn, who also wants to have an educational leadership role and desires to continue helping community members excel personally and professionally.

Besides working at the museum and as Commissioner, Joycelyn has also worked at the Nay Ah Shing Schools as a History Teacher and an Assistant Superintendent.

Joycelyn grew up on the reservation in a one-room house with no running water. She lived with her grandmother, who played a crucial role in shaping who she is today, Joycelyn said. She ended up in foster care until she was 17 years old, but she never forgot the lessons she learned from her grandmother. Most important was the lesson to respect and cherish Anishinaabe traditions and ceremonies.

Today Joycelyn is the co-keeper of the ladies drum. She was asked to be a drum keeper and considers it a great honor, as she is in the same role as her grandmother was.

"I will follow the cultural traditions of my community for the rest of my life."

Joycelyn lives in Garrison and has two sons, two daughters, and three granddaughters.

## Get Fit This Winter Season

"It's never too late to start exercising," said Jim Ingle, the Mille Lacs Band's Fitness Coordinator.

While winters can make it hard for people to do some outdoor physical activities or get motivated to go to the gym, Jim says that it is important to keep active year-round. One way that Band members can do this is with the help of the Band's Fitness Program, which has about 150 active participants and was recently featured in the Indian Health Service's *Health for Native Life* magazine. The program has also received accolades from the Cooper Institute, which is one of the "world's premier fitness research institutes," said Jim.

"What we're doing on the reservation is ahead of the curve in what the Cooper Institute is finding in its research," said Jim.

The Band's Fitness Program focuses on weight lifting and resistance training to help participants tone more muscles and burn more calories. According to Jim, toned muscles will burn calories 24 hours after a resistance training workout, which is longer than some aerobic exercises.

"In our program, we develop exercise routines that get every muscle in the body involved," said Jim. "The stronger we make our muscles, the more we become fat-burning machines."

The Band's Physical Fitness Coordinator and Fitness Assistants help develop personalized fitness plans for each participant. They also work to get participants in the habit of doing at least 30 minutes of exercise each day.

Following are three tips Jim gives for routinely exercising:

- Adherence – Stick with it.
- Consistency – Add a 30-minute workout to your schedule each day.
- Intensity – Make your workout count by slowly increasing your intensity as you develop stronger muscles.

Stop by one of the Band's fitness centers or contact Jim at 320/532-7547 for more information about starting your own fitness routine.



## Healthy Children, Healthy Lives Are Group's Goals



Rick Anderson (Ay be Nizhoo Way we Daang)

**Members of the Healthy Child Initiative focus on improving the health and the lives of Band youth and their families. The group formed in May 2008 and includes representatives from several Band departments.**

### By Toya Stewart

Numbers don't lie. And when Band officials, educators, health professionals, and others saw how the childhood obesity rates were skyrocketing – along with the incidents of diabetes among Mille Lacs Band youth – they knew something needed to be done quickly.

That's how interested stakeholders came together to form a committee, called the Healthy Child Initiative, to focus on improving the health and the lives of Band youth and their families.

"The goals are to promote sustainability, and the programs help promote healthy kids," said Sue Swanson, a Certified Diabetes Nurse Educator and Diabetes Program Coordinator. "We must have buy-in from the community and from families, but what's happening with this group is communication. The people at the table are then doing the work through their departments."

It's not an easy task, but committee members are confident that they will affect change.

"The reason I am involved and believe in the committee's existence is that the future of the Band lies in the mental, physical and spiritual wellness of its members," said Jim Ingle, Fitness Coordinator for the Band. "Wellness is the balance of all three areas. Our children are our future. The physical aspect drives the other two. If one does not have their health, everything else is lost."

The group, which was formed in May, includes

representatives from several Band departments, including family services and the schools, as well as health care professionals that specialize in fitness, nutrition, mental health, and psychological health. Its priorities include strong child and family welfare, traditional instruction, prenatal issues, fitness, health curriculum, nutrition, and chemical dependency prevention.

"Chemical dependency prevention and mental health are critical in ensuring safe, stable futures for the children in the community," said Donna Isham, Behavioral Health Director for the Band. "As a result of this initiative, we hope to provide educational tools and skills that are immediately helpful in making safety and stability a possibility."

The group's vision is to "create a healthy sustainable way of life for your children today and for future generations, caring for their mind, body and spirit."

The committee's responsibility weighs heavily on Ted Waukey, Director of Mille Lacs Band Family Services.

"During a ceremony many years ago, I was told that as Ojibwe people, we are meant to help each other. That was a one-sentence statement that impressed me to the point of changing my life," Ted said.

"When the idea of working at providing an environment for the future of our nations through our youth was put on the table, it again has affected me in a way that made me want to be a part of this vision," he added. "My hopes

are that this vision that the Mille Lacs Band of Ojibwe has for families and children will be a part of that healing."

The committee knows it will take time for its efforts to be realized, because sweeping changes in mental and physical health and well-being don't happen overnight. Still the committee is passionate about what it is doing.

"A lot of these projects will be implemented at the same time, because right now we're in the planning phase," said Sam Moose, Commissioner of Health and Human Services.

But while small steps are being taken, such as promoting healthy eating, encouraging physical activity, and spreading the word about the committee's goals, the message is being broadcast by several group members, including Jason Long.

"The most valuable possession any one person can have in life is good health," said Jason, the Physical/Health Education Coach at Nay Ah Shing School. "Worldly possessions and riches will not benefit you if you are dead or unable to attain a healthy lifestyle."

### Seeking focus group members

The Healthy Child Initiative is seeking adult Band members to participate in three focus groups – called "What Does it Take to Raise Healthy Anishinaabe Kids" – beginning in 2009. The focus groups will meet in three of the reservation districts in locations to be determined. Incentives or stipends will be provided for participants.

Information gathered during focus group sessions will help guide the committee.

If you are interested in participating in the focus groups, please contact Ted Waukey at 320/532-7762 or [tedw@millelacsojibwe.nsn.us](mailto:tedw@millelacsojibwe.nsn.us).

## Circle of Health Private Insurance Policy

### By Circle of Health Staff

As a reminder, the Circle of Health Private Insurance Policy that was revised in June 2007 stated, "effective October 1, 2007, private policies are covered for a maximum of 12 months." This includes both quarterly payments made on behalf of the Band member or reimbursement directly to the Band member. Minnesota Comprehensive Health Association or MCHA/Medical plans are also considered private policy plans.

Any Band member who has had a private policy for almost a year will receive a letter approximately six weeks prior to the end date of that policy. This letter will suggest other options for health care coverage such as:

1. Attaining full-time employment that results in employer coverage.
2. Filing any necessary forms for disability, resulting in Medicare coverage.
3. Exploring all options or time benchmarks that would lower the premium amount for those on a high-risk plan.
4. Applying for medical coverage available through a governmental program in your state.

Unfortunately, Circle of Health has no control of ever-rising health care costs from one year to another. Becoming a good consumer of health care can help eliminate health care barriers and lower high premium costs.

Currently there are other options that are being reviewed by the Circle of Health Board, including providing yearly maximum amounts paid on premiums, paying a percent based on Band members in the family, and determining fixed amounts based on household income.

It is important to note that the Circle of Health program has many other factors to consider within this process. Contact Circle of Health at 320/676-8214 or 800/491-6106 with any questions or suggestions for the program. We welcome your input.

Changes to any policies over the past two years have been both challenging and overwhelming. Policy changes were or will never be made to deliberately affect any Band member in a negative way. Furthermore, we cannot anticipate every situation, so communicating with our office is vital and allows us to determine each policy on a case-by-case basis.



## Meet the Band Member Development Team

The Mille Lacs Band Member Development (BMD) Department staff includes five team members. In October, the *Inaajimowin* featured BMD Corporate Director Loretta Hansen. This month's issue features two other staff members.

### Salena LaGuard

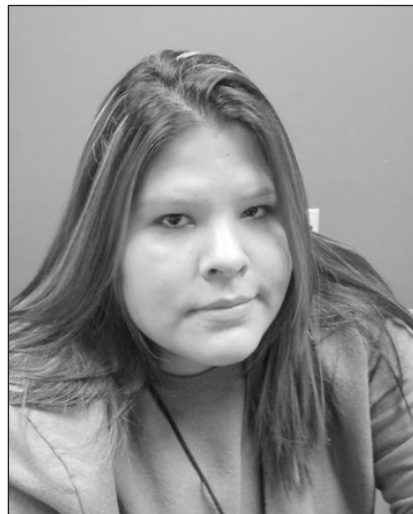


Photo courtesy of Band Member Development

In June, Band member Salena LaGuard joined the BMD Department as the Associate Director for Grand Casino Hinckley. When this position became available, Salena was excited to apply for a job that would give her the opportunity to help Band members meet their career goals. She is responsible for helping Band members with career development and job placement.

Salena has worked for the Band since 2001 in various positions, most recently serving as a licensing manager for the Gaming Regulatory Authority.

Salena's favorite part of her new position with the BMD Department is "seeing Band members succeed."

### Carol Shaw



Photo courtesy of Band Member Development

Band member Carol Shaw is the Associate Director of BMD for Grand Casino Mille Lacs. She has been with the department for two and a half years and is responsible for providing Band members with resources to gain employment and develop their careers.

Prior to joining the BMD Department, Carol worked for five years as an Executive Assistant in the Corporate Commission. She was interested in working in the BMD Department so that she could help fellow Band members with their careers.

"Meeting many Band members and helping them be successful is one of my favorite parts of my job," said Carol.

### New BMD advisory board

The BMD Department recently organized an advisory board to help provide feedback on the department's programs, review and revise its policies, and discuss ideas for program improvements. The advisory board will hold its first meeting on December 17.

"We are working hard to put a fresh face on the BMD Department," said Loretta Hansen, Corporate Director of the BMD Department. "Our new advisory board consists of Band member employees, former employees, and community members who will help us launch and guide new initiatives."

Members of the BMD advisory board include Jenny Buchholz, Ramona Applegate, Nicole Hyatt, Susan Klapel, Vicki Kroschel, Rayna Mattinas, and Audrey Stately.

## Avoid the Holiday Blues by Staying Connected

By *Toya Stewart*

For as much joy as the holidays can bring, they can also be stressful for many people.

Unrealistic expectations, financial woes, or the inability to spend time with loved ones can make the holiday season go from cheery to dreary. Or for others, the holiday blues can come from dealing with the loss of a job, the death of loved ones, or simply feeling lonely and depressed.

It's a common phenomenon that plagues many people from the start of the holiday season and often lasts through the first part of the new year.

"The biggest cause of relapse [of drug and alcohol use] is stress, and the holidays tend to be the most stressful," said Mark Watters, a licensed Drug and Alcohol Counselor for the Mille Lacs Band.

A consequence of the relapse is that "people don't know what to resort to, they feel uncomfortable, and they isolate themselves because they're trying to hide that they're using," Mark added.

That is why it's important for people who are feeling down or struggling to reach out to their family and friends, visit clinics or health providers, or talk to spiritual leaders, said Crystal Houle, a Mental Health Therapist for the Band.

"Some of the services the Band offers in all districts are individual and family therapy, couples therapy, and psychological assessments and screenings," Crystal said. "Cultural counseling is available with counselors who focus more on a traditional and/or traditionally spiritual means of dealing with mental health."

"Medical providers can be a great resource to further obtain mental health services," Crystal added. "Getting involved in the community can be a great way to keep busy and build new, meaningful relationships around the holiday season."

One of the ways Band members can help make the holidays brighter is to attend the annual New Year's Eve powwow, said Kate Sand, a licensed Psychologist for the Band.

"It's an opportunity for people to gather at a sober event and get connected with friends and family," said Kate.

The New Year's Eve powwow will be held at the District I Community Center and starts with a feast at 5:30 p.m. The gathering is free, and everyone is welcome to attend.

"Last year we had 270 people attend, and the feedback was positive in that it was a good alternative to drug and alcohol use, especially on New Year's Eve," said Donna Isham, Behavioral Health Director for the Band.

"My belief is that powwows always lift spirits, and the feedback confirmed this," added Donna.

Although there aren't any specific services that the health care providers offer to cope with the holiday doldrums, Kate said it's important that Band members remember that various departments continue to provide services in all three districts. To schedule an appointment, people can call Deanna Sam at 320/532-7773.

### Tips to overcome holiday stress

The Mayo Clinic in Rochester offers several tips for overcoming holiday stress and depression, including:

- Acknowledge your feelings and take time to express them.
- Seek support from friends and family members or health care professionals.
- Be realistic about changes in family traditions and rituals. Set differences aside to create peace and harmony.
- Set a budget and stick to it.
- Plan ahead to eliminate the stress that comes with the last-minute changes to plans.
- Learn to say no so you don't feel overwhelmed.
- Don't abandon healthy habits whether it's physical exercise, maintaining good eating habits, or sticking to your sleep schedule.
- Take time to relax to restore inner peace.
- Set realistic goals and resolutions.
- Don't try to be perfect or set unobtainable standards for yourself or others.



## OMB Updates

By Angella Roby, Commissioner of Finance

### Bonus distribution frequency forms

Tribal bonus distribution frequency forms were mailed last month. This form allows Band members to choose from six bonus distribution payment options. Choose your option carefully, as you cannot change your option after the first payments are issued in January 2009.

**The deadline to return your frequency selection form is December 19, 2008.** Please send or drop off your completed form in the OMB office at the Mille Lacs Band Government Center. Please call Nicole Smith at 800/709-6445, ext. 7466, with questions or if you need a bonus distribution frequency selection form. Please remember to sign your form before sending it to OMB. For Band members not returning a frequency form to OMB, the bonus distribution payment frequency will remain the same as it was in 2008.

### Direct deposit

Direct deposit for bonus distribution payments is available anytime. Pick up an application now or call Nicole in OMB. Complete the application, attach a voided check, and return it to OMB. There is no charge to Band members for this service.

### W-9 forms

W-9 forms for 2008 need to be completed as soon as possible to avoid a \$50 IRS penalty. Please pick up two W-9 forms and complete one each for 2008 and 2009. A new form needs to be completed and kept on file each year you receive a bonus distribution payment that exceeds \$600. If you are completing a W-9 for 2008, date the form before December 31, 2008. For the 2009 form, date it January 1, 2009. For all Band members who have not turned in a 2008 W-9 form by March 1, 2009, their next per capita payment will reflect a \$50 garnishment to be paid to the IRS.

## Minor Trust Funds Update

To keep Band members informed about the money held in trust for minors, the *Ojibwe Inaajimowin* features a semi-annual report of the trust amounts.

Based on the enrollment date of the minor, a parent or guardian can determine the amount held in trust.

Distribution Date	Amount Held in Trust as of 10/17/08 (Principal & Interest)	Original Distribution (Principal Only)
12/31/92	\$1,068.12	\$ 500
12/31/93	\$1,037.49	\$ 500
12/31/94	\$1,091.43	\$ 500
12/31/95	\$ 904.52	\$ 500
12/31/96	\$ 869.84	\$ 500
12/31/97	\$ 795.76	\$ 500
12/31/98	\$1,138.20	\$ 750
9/3/99	\$1,068.81	\$ 750
12/31/99	\$1,041.81	\$ 750
8/7/00	\$ 996.95	\$ 750
12/6/00	\$ 981.62	\$ 750
3/23/01	\$ 764.89	\$ 600
8/1/01	\$ 934.67	\$ 750
12/31/01	\$2,154.66	\$1,727
4/4/02	\$1,469.40	\$1,207
8/8/02	\$2,003.95	\$1,668
12/6/02	\$2,244.84	\$1,839
4/4/03	\$1,413.73	\$1,201
8/7/03	\$2,084.25	\$1,747
12/4/03	\$2,506.59	\$2,145
4/8/04	\$1,577.89	\$1,370
8/5/04	\$2,393.94	\$2,071
12/2/04	\$2,459.58	\$2,200
4/7/05	\$1,546.85	\$1,403
8/4/05	\$2,159.47	\$1,995
12/7/05	\$3,587.21	\$3,295
4/7/06	\$2,484.31	\$2,320
8/3/06	\$3,374.77	\$3,170
12/7/06	\$3,295.20	\$3,190
4/5/07	\$2,812.41	\$2,800
8/2/07	\$2,816.49	\$2,800
12/4/07	\$3,255.69	\$3,212
4/3/08	\$2,800	\$2,800
8/7/08	\$2,800	\$2,800

The amount held in trust is the amount of the original distribution plus the interest accumulated on that amount through October 17, 2008.

To figure out the amount an enrolled Band member child currently has in trust, add all of the figures in the "amount held in trust" column dating back to the first distribution date after that child was enrolled. For example, a child enrolled in November 1992 or earlier, currently has \$65,906.11 held in trust for him or her. In another example, if a minor was enrolled in June 2003, the minor would have a total of \$42,989.38 held in trust.

The Internal Revenue Service requires that federal income taxes be withheld when the annual amount of distribution exceeds \$8,950. Minors who have funds in the accounts from August 2007 forward now exceed this amount, so income taxes will be withheld upon trust distribution, as required by federal regulation.

The trust funds have been invested in U.S. government-backed securities and are held at the investment company of Morgan Stanley. The funds are subject to audit every year by an independent certified public accounting firm.

Based on the plan approved by the Mille Lacs Band's elected officials, funds may be withdrawn when a trust fund recipient reaches age 18 (provided that person has a high school diploma or GED), or at age 20 if the person does not have a high school diploma or GED. Forms to request trust fund distribution can be obtained from Darcie Big Bear in the Tribal Enrollment Office.

If you have any questions about the minor trust accounts, please contact Commissioner of Finance Angella Roby at 320/532-7475 or 800/709-6445, ext. 7475.

## Recipe of the Month

### Sugar-free brownies

Whether you're avoiding using processed sugar because of diabetes, weight issues, or general health reasons, there are many recipes for desserts that are not overloaded with sugar. Recipes often use a variety of ingredients – including artificial sweeteners, applesauce, bananas, and brown rice syrup – to substitute for regular or brown sugar. Try these delicious sugar-free brownies.

### Ingredients

- 1/2 cup margarine
- 1/4 cup unsweetened cocoa powder
- 2 eggs
- 1 cup granular sucralose sweetener (e.g. Splenda™)
- 3/4 cup all-purpose flour
- 1/8 teaspoon salt
- 1/4 cup skim milk
- 1/2 cup chopped walnuts (optional)
- 1 (1.4 ounce) package sugar-free chocolate fudge instant pudding
- 1 cup skim milk

### Directions

1. Preheat oven to 350° F. Grease and flour an 8 x 8 inch pan.

2. Melt margarine and cocoa together in a small saucepan over medium heat, stirring occasionally until smooth. Remove from heat and set aside to cool.

3. Beat eggs in a large bowl until frothy. Stir in the sucralose sweetener. Combine the flour and salt; stir into the egg mixture, then mix in the cocoa and margarine. Finally, stir in 1/4 cup of milk and walnuts (if desired). Pour into the prepared pan.

4. Bake for 25 to 30 minutes in the preheated oven until a toothpick inserted into the center comes out clean.

5. To make frosting, mix together the sugar-free chocolate pudding mix and 1 cup skim milk using an electric mixer. Mix for about two minutes or until thick. Spread over cooled brownies before cutting into squares.



## Upcoming Workforce Center Classes

### By Workforce Center Staff

There are still two time management classes left in December, which will help you manage your time effectively and keep your personal matters organized. Here are the topics we cover:

- Prioritizing
- Time management
- Following directions
- Requesting clarification and assistance
- Working under pressure
- Working with little or no supervision
- Finishing assignments in accordance with procedures

Each class will be held from 10 a.m.-noon:

- December 17 – Lake Lena Community Center
  - December 22 – Mille Lacs Band Workforce Center
- To register, please call 800/922-4457 or contact Theresa Romard, Instructor/Trainer, at 320/532-7867 or [theresar@millelacsojibwe.nsn.us](mailto:theresar@millelacsojibwe.nsn.us).

### Learn basic computer and Internet skills

If you need help learning basic computer skills and how to use the Internet, please join us at one of our January classes.

Each class will be held from 10 a.m.-noon:

- January 6 – East Lake Education Modular (next to the community center)
  - January 14 – Lake Lena Community Center
  - January 22 – Mille Lacs Band Workforce Center
- Please contact Theresa to register.

# Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

October 2008

	Approved Budget for FY 2009	Actual Expenditures through 10/31/08	% of Budget Expended
Administration (1)*	13,400,643	162,700	1.2%
Workforce*	11,262,035	268,878	2.4%
Judicial	1,093,418	39,787	3.6%
Law Enforcement*	3,475,704	209,488	6.0%
Education*	14,061,732	1,281,608	9.1%
Health and Human Services*	21,457,523	1,634,143	7.6%
Natural Resources*	4,405,313	558,462	12.7%
Community Development*	28,763,478	1,137,155	4.0%
Gaming Authority	769,922	279,014	36.2%
Bonus Distribution	2,666,076	1,418,047	53.2%
<b>Total Expenditures</b>	<b>\$101,355,844</b>	<b>\$6,989,282</b>	<b>6.9%</b>

### 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 2008 fiscal year.

## Stay Safe This Winter

### By Monte Fronk, Emergency Management Coordinator

As winter is underway, many of us have likely pulled out our ice scrapers, found the scarves and mittens buried in the closet, and prepared our homes for the cold weather. While we've had a few snowfalls so far this season, there are likely winter storms to come. Now is a good time to remember some important winter safety tips.

### Weather radios

A good way to keep alert about severe weather is with a National Oceanic and Atmospheric Administration (NOAA) weather radio, which broadcasts advisories issued by the National Weather Service. The Mille Lacs Band has NOAA weather radios in all Band facilities to keep employees aware of winter weather information. Here is some information you should know about the different types of advisories that may be issued:

- Winter storm watch – Severe winter conditions, such as ice and/or heavy snow are possible.
- Winter storm warning – Severe winter weather conditions are

occurring or expected to occur within a few hours.

- Blizzard warning – Considerable falling and/or blowing snow, frequent wind speeds of at least 35 mph, and frequent visibility of less than one-quarter of a mile.

### Winter safety tips

- Avoid frostbite by wearing layers of warm, loose-fitting clothing and protecting your fingers, ears, toes and nose from the cold.
- Winterize your home by installing storm windows, adding adequate insulation, and weather-stripping doors and windows.
- Do not walk on ice that is less than four inches thick; allow ice to be eight to 12 inches thick before driving on it with a car or truck.

### Winter traveling tips

- Listen to local radio or television stations for the latest weather reports and emergency information before traveling.
- Let others know when you plan to depart and the route you will take.

- Keep a winter survival kit in your car and include items such as candles and matches, a flashlight, a cell phone adapter, blankets, jumper cables, snacks, and a first-aid kit.

For more information, visit [www.winterweather.state.mn.us](http://www.winterweather.state.mn.us).

### McGregor area first responders

If you live in the McGregor area and are interested in becoming a first responder in the community, please consider joining the McGregor Area First Responders. First responders are volunteer citizens who are trained in trauma response, CPR, defibrillator use, patient stabilization, and other basic emergency preparedness skills. They are on call to respond to emergency situations before McGregor's ambulance service can arrive.

The McGregor Area First Responders meet once a month; the next meeting is January 27. If you are interested in joining the McGregor Area First Responders, please contact Annie Kangas at 218/768-2575.



## Tribal Noteboard

### Happy December birthday to:

**Shelly Durant**, on December 9 from Mark and family • **Jamie Lynn**, 24, on December 3 from Tiff, Norm and Kali • **Royce Duane**, 29, on December 5 from TJ, Norm and Kali • **Clayton Daniel**, 24, on December 10 from TJ, Norm and Kali • **Delaney James**, 1, on December 11 from TJ, Norm and Kali • **Shaina Larae**, 7, on December 15 from TJ and Kali • **Judith Marie**, 29, on December 23 from TJ and Kali • **Grace Kathleen**, 8, on December 26 from the Sam Family in Mille Lacs • **Baby Gabe**, 3, on December 12 with love from mom, dad, Buster, Papa Pete, and the rest of the family • **Tanya Skinaway**, 16, on December 7 with love from mom, dad, Sarah, Prince, Ratty, Gram, Tina, Double, Auntie Meany, Chaddy, Tommy Lee, Jaxin, Auntie Jay, Rainy, Matty, Valley, Lil Lay, Baby Waylon, Jim, and the rest of the family • **June Day**, on December 5 with love from Dana and Tanz • **Rainy Rose**, on December 14 with love from Auntie Dana, Dave, Tanya, Sarah, Prince and Ratty • **Buck Jim**, on December 21 with love from Dana, Tanz, Sarah, Prince and Ratty • **Mary Sam**, with love from David Jr., Dana, Tanya, Sarah, Prince, and Ratty • **Jordan Anderson**, 14, on December 8 with love from Shy, Des, mom, dad, Gramma Gina, Uncle Dal, Dal Jr., Papa, Gramma Nazz, Gramma DeEtta, Uncle Tony, Nay, Sarah, Brandy, Kamryn, Daityn, and Darryl Jr. • **Danni Jo Boyd**, 19, on December 7 from mom, dad, Chris, Elliott, Darrian, Gaylyn, Sassi and Willow • **Delsey Sam**, on December 6 from Joanne, Darrian, Gaylyn, Sassi and Willow • **Grandma AA**, on December 10 with love from Nicole, Chris, Jameson, Cordell, Chris Jr., Karen, Sharon, Brad, Tracy, Jacob, Shelby, Jarvis, Ravin, Aiva, Mark, Jamie, Val, Kev, Pie, Baby Kevin, Sherry, Troy, Gabbie, and Shawntel • **George Jackson**, 4, on December 12 with love from

mom, dad, Shaun, Troy, Isaiah, Gramma, Missy, Nick, Destiny, Mike, Alexis, Izik, Diamond, Corey, Tam, Ric, Bear, Romey, Jason, Brookey, Brandi, Britt, Wally, Sharon, Rave, Grandpa George, Dawn, Shayna, Lanaya, Gramma Rose, Papa Melvin, Masceo, Keegan, and Dee Dee • **Clifford James**, 9, on December 21 with love from mom, Michael, brothers and sisters • **Royce**, 29, with love from Sonya, C., Luciana, Carmelena, and Mataeo • **Cindy Beans**, on December 21 with love from your family in Isle • **Chilah**, 32, on December 29 with love from momma, Son, Kelly, William, Princess, Xaviar, Debo, David, Drystin, and Serenity • **Dale Pindedayosh**, on December 15 from Oscar, Lisa, Cassie, Santonio, Cherelle, Matthew, and Michael.

### Happy December birthday to Mille Lacs Band Elders!

Gayle Bender  
Henry Bonga  
LoAnn Boyd  
Phyllis Boyd  
Lawrence Churchill  
Barbara Cottier  
Frances Davis  
Delsie Day  
June Day  
Ronald Dorr  
Mary Forsman  
Diane Gibbs  
Dale Greene Sr.  
Angeline Hawk  
Viola Hendren  
Carole Higgins  
Peggy Klapel  
Larry Koeppel  
Richard Mortenson  
Clifford Pawaush  
Agnes Pindedayosh  
Dale Pindedayosh  
William Premo Jr.  
Catherine Sam  
Herbert Sam  
Susan Shingobe  
Fred Smith  
Anita Upegui  
Kenneth Wade Sr.  
Yvonne Winiecki  
Lucille Woyak

### Congratulations

Congratulations to **Carmelena** on her hard work in first grade. Keep up the good work, *with love from momma, brother, Luciana, and Royce.*

### Anniversary

Happy fifth anniversary to **Val and Kevin Harrington** *with love from the family.*

### In memory

In loving memory of **Julie Ann Nayquonabe** (December 1970-April 2005).

When we look upon your sister, we see you;

When we look upon your brothers, we see you;

When we look upon you son, we see you;

When we look upon your aunties, we see you;

In our hearts forever, we see you.

Always in our hearts, thoughts and prayers, *with all our hearts, your loving family.*

It's been four very long years since I heard your voice, sat in your presence, and listened to your laugh.

It's been four very long years since I saw your smiling face, heard you call my name, and felt the warmth of your hands.

It's been four very long years since I felt your comforting touch, saw the love in your eyes, and felt your comfortable arms around me.

I keep you near my heart and soul. You already know how much I miss you because not many people know it's been four very long years.

In memory of my mother **Brenda Moose Boyd**, *with love from Dawn Chosa.*

## Meet Your Diabetes Team Member

Following is information about a Mille Lacs Band Diabetes Team member and her role in the team. Look for profiles of other team members in future editions of the *Ojibwe Inaajimowin*.

### Sue Swanson



Photo courtesy of the Diabetes Team

#### What is your position?

Registered Nurse, Certified Diabetes Educator, and Coordinator for the Diabetes Team Program

#### How long have you been in your position?

Three years

#### What are your primary duties?

Teaching patients and supervising staff

#### What is your favorite part of your job?

Working with people to achieve better health

#### What is the first thing you do when you get to work?

Open the window and hear the birds sing by Mille Lacs Lake

#### What is the best tip you give patients to help them stay healthy?

Move your muscles, move your muscles, move your muscles, and then move them again!

#### What is your favorite exercise?

Dancing and walking everyday

#### What is one of your goals for the Diabetes Team?

Working together as a team to help those struggling with diabetes in anyway we can, and working towards diabetes prevention



## Promote Safe and Sober Driving This Holiday Season

By Rob Thompson, Safety/Risk Manager

During December, Mothers Against Drunk Driving (MADD) recognizes its *Tie One On For Safety* campaign, which was created to increase public awareness about the risks associated with drinking and driving, especially during the holidays. The campaign, which was originally named *Project Red Ribbon*, encourages the public to get involved in the fight against drunk driving by tying a red ribbon to a visible place on their vehicle, such as the antenna or a side mirror.

The overall goals of the *Tie One On For Safety* program are to:

- recruit people to tie MADD ribbons or display window decals on their vehicles to show support for safe and sober driving;
- increase awareness about drunk driving during the holidays; and
- provide suggestions on how to minimize drunk driving.

You can help promote the *Tie One On For Safety* campaign by tying a red ribbon or placing a window decal on your vehicle, or distributing them to others in your community. Visit [www.madd.org](http://www.madd.org) to find your local MADD chapter to request red ribbons or window decals.

You can also help to reduce the potential for drunk driving. For example, if you are hosting a holiday party where alcohol is served, make sure that attendees stay overnight or arrange for sober drivers to get them home safely.

For more information about the *Tie One On For Safety* campaign or preventing drunk driving, please contact your local MADD chapter or the Mille Lacs Band Health and Human Services Department at 320/532-4181.

*Most of the information provided in this article was derived from articles obtained from the MADD Web site.*

## A Missed Opportunity to Forgive

*Following is an excerpt from an article written for News From Indian Country by Mille Lacs Band member Dr. Arne Vainio.*

It was beginning to snow harder. The snow was falling between the tall pines and was clumping into huge flakes that landed on the painted gray metal coffin, then melted and ran like tears into the open grave. Most of Dale's family was there; his wife, daughters, grandchildren, and great-grandchildren were all at the graveside. One of his friends played the guitar as the coffin was lowered into the grave. As Dale's doctor, I was asked to be near the front of the line with family. The tobacco I sprinkled was covered with dirt as more people followed me.

Notably absent was Dale's son. I knew Jim fairly well and had seen him as a patient multiple times. I knew he didn't get along with his father, but he would never talk about it. I also knew this was a feud that went back for more than 30 years. Dale had also been my patient, and I had really become attached to him in the year that I knew him. In the course of our visits, his lost relationship with Jim was the one thing that really bothered him the most. Dale wasn't even sure how it started, but he knew it was a comment he made about Jim's wife at their wedding. He couldn't even remember what was said, but Jim told him at the wedding that Dale was no longer his father.

Jim kept his word. Dale had gone to Jim's house to apologize after the wedding and Jim closed the door on him. Dale never got to see his grandchildren. No birthday invitations, no Christmas cards, no school programs, no graduations. There was a sadness in Dale that didn't respond to antidepressant medicines, and I knew I was the only person Dale felt comfortable talking to about losing his son.

Jim came to see me about two months after his dad died. He had started getting heartburn and was eating antacids by the handful. I started him on a stronger medicine, and that worked for about a month. He initially denied drinking, but his liver tests and other blood tests suggested otherwise. I talked to him about it again, and he admitted he had started drinking recently. He had missed work several times and was close to losing his job. This was causing a lot of stress at home and he was

fighting with his wife almost every night.

I continued to see him for his high blood pressure every two to three months. He was picked up for drinking and driving and came back in to see me as part of an exam to go to a treatment center. His wife was in the process of filing for divorce, and he said "my kids hate me." He had quit smoking eight years ago, but had restarted.

He came back in to see me halfway into his alcohol treatment program. He did lose his job, but his wife was coming to see him in the treatment center, and they thought they would be able to work things out. He was starting to talk to his kids again, but one of his sons was not talking to him yet. "That really hurt, but it made me realize that's what I had done to my dad for over 30 years," he said.

Jim did open up and start talking about his dad. He remembered his dad coming to the house to apologize. "I was so mad it felt good to close the door on him." He assumed his dad would come back to talk to him again, and "when he never did, I just got madder and madder."

As our visits went on, Jim told more and more stories about growing up with his father. Dale took him fishing when he was small. "I could tell he was proud of me when I caught my first fish. He had that picture in his tackle box for as long as I could remember," Jim said.

He finally did get up the courage to call his mother. She cried on the phone as soon as she heard his voice. He went to see her, and in the course of their visit she brought out Dale's photo album. Taped on the inside cover was the black and white picture of Jim holding up his first fish.

Who benefits when someone holds a grudge? No one. I still see patients who have grudges against a brother or sister, parent or child. This means that everyone else in the family has to choose sides. How fair is that to them? How fair is that to you?

Forgiveness is a powerful force. The only thing stronger is the power to not forgive. Even if you don't believe in Christmas, now would be a good time to make that call or write that letter. Jim missed his chance and can never get it back. Don't let that happen to you. I'll take the heat if it doesn't work out. Tell them Dr. Vainio sent you.

## Legal Rights – Credit Reports

By East Central Legal Services

### What are credit reports?

Credit reports are provided by companies called credit bureaus that collect information about your history of payments on bills and loans. If a car dealer, bank, landlord, credit card company, or other business is thinking about doing business with you, they can buy a credit report from a credit bureau to determine if you are a good risk. Some employers also perform a credit check on you when you apply for a job.

If there are things that are wrong in your report, you might have difficulty getting an apartment or job. For that reason, it is a good idea to check your credit report to verify that the information is correct.

Also, anyone who uses a credit report against you – for example, to deny an apartment, a job, or a loan – must tell you in writing the name, address, and phone of the bureau that made the report.

### How do I get a copy of my report?

Once a year, you can receive a copy of your credit report for

free. Credit bureaus often recommend that you order your credit reports online. However, while this way might be quick, the report you get has been shortened and may not contain all of the information you need.

We recommend that you order your reports by phone. For your convenience, we have provided contact information for the three largest credit bureaus: Equifax, Experian, and Trans Union.

#### Equifax

P.O. Box 740241  
Atlanta, GA 30374  
800/685-1111

#### Experian

P.O. Box 2104  
Allen, TX 75013  
888/397-3742

#### Trans Union

P.O. Box 1000  
Chester, PA 19022  
800/916-8800

If you or someone you know would like more information regarding credit reports, how they are used, and how to dispute items that are listed on them, please call East Central Legal Services at 800/622-7772.



# Calendar of Events

## December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	15	16 <b>District II Leadership Academy School Board Mtg.</b> 4 p.m., Contact: Dawn Aubid, 218/768-3477  <b>Primary Election</b> Polls open from 8 a.m.-8 p.m.	17 <b>District III Christmas Party</b> GCH, 5:30 p.m. Contact: Monica Benjamin, 320/384-1424 <b>District I Christmas Party</b> GCML, 5:30 p.m. Contact: Judy Virnig, 320/532-7423 <b>District II Christmas Party</b> East Lake Community Center 5 p.m., Contact: Jenny Waugh, 218/768-3311	18	19 <b>All Elder Christmas Party</b> Grand Casino Mille Lacs 5:30 p.m. Contact: Denise Sargent, 320/532-4181	20 <b>Terry Fator*</b> GCH 8 p.m.
21	22	23	24 <b>All offices closed for Mid-Winter Break</b>	25 <b>Asian Concert*</b> GCH 8 p.m.	26	27
28	29	30	31 <b>Belladiva*</b> GCH 10 p.m.  <b>New Year's Eve Powwow</b> District I Community Center 5:30 p.m.		<b>*To Purchase Tickets</b>  <b>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a></b>	<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 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</i>

## January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>All offices closed for New Year's Day</b>	2	3
4	5 <b>Onamia Indian Education Parent Committee Meeting</b> Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901	6	7	8	9	10
11 <b>AMVETS Meeting</b> GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925 <b>Pine Grove Leadership Academy Meeting</b> 5:30 p.m. Aazhoomog School Contact: School Receptionist, 320/384-7598	12	13 <b>State of the Band</b> GCML 10 a.m.	14	15	16	17 <b>Elvis the Musical*</b> GCML 2 p.m. & 6 p.m.





## 2009 State of the Band Address

All Band members are invited to the  
25th Annual Mille Lacs Band of Ojibwe State of the Band Address.

**Tuesday, January 13, 2009**

**10 a.m.**

**Grand Casino Mille Lacs Events & Convention Center**

### What Are You Looking Forward to During Your Winter Break?

**Chelsey Benjamin**



"Food, presents and family."

**Marcus Boyd**



"Having fun with family and friends."

**Natasha Garbow**



"Family, receiving presents, and chilling at home."

**Sammi Jo Garbow**



"Staying at home and drinking hot cocoa."

**Jon Reynolds**



"Spending time with family and eating the holiday food."

**Kyle Aune**



"Off roading and sledding."

**Renae Short**



"Chillin' with the family and making a snowman."

**Brandon Anthony**



"I like snaring rabbits."

Photos courtesy of Rick Anderson (Ay be Nizhoo Way we Daang)

### Moccasin Telegraph

#### The Best Things in Life



**By Marie Bengtson, Mille Lacs Band Elder**

The following article appeared in the November 21, 2007, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

I always made it to work.

That's something my dad taught me. I grew up with five sisters and two brothers, and if we had chores to do around the house, my dad made sure we got them done. Whether we were sick or not, he had us up and at 'em. That's a good lesson we learned, and I can thank him for that.

Some of the other things my father taught me were how to trap and hunt – things I could do with him out in the woods. I was never good at doing things inside, like taking care of the house. I preferred to be outside.

We would go pick berries, and I still do that today. Whatever I find, I give some to the older Elders who can't pick berries for themselves

anymore. My son does the same: if he shoots a deer or catches a fish, he gives it away or shares it.

Growing up during the Depression, we were also taught that you should take good care of what you have. Everything we had, we hung onto because we didn't know when we would get it again. We only got one pair of shoes a year.

As I said, I was expected to help with chores and other things because that's part of family life and you had to do it. We learned discipline that way.

My dad was a logger, and we would go and help him. We were given a quarter at the end of the week, and that was enough. But he also made sure to take us to the fair. I never thought we were deprived; we might not have had a lot, but it was enough. You can't miss what you don't have.

The kids today expect so much. I always tell my kids that if someone gives you something, you take care of it and don't go and wreck it. If the Band rents you a house, don't mess it up.

I think the Band has been good to us. It is good to see the progress the Band has made when I look back over 20 years. We have a community center, clinics, new houses, and paved roads. The programs the Band has for Elders are good, especially the energy assistance program. But the best things I've gotten in life are those lessons I've learned.