

OJIBWE INAAJIMOWIN

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"The story as it's told."

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Yes Camp Receives Spirit of the People Award



Bryan Jon Maciewski, Fond du Lac Business Faculty and AIBL Advisor, Sharon James, Corporate Commission Small Business Development office, and Mary Simon, Nay Ah Shing School Principal accepted the Spirit of the People award from the Minnesota American Indian Chamber of Commerce.

Nay Ah Shing Upper School, the Mille Lacs Band Small Business Development Program, and the Fond du Lac Tribal and Community College American Indian Business Leaders program were honored in November with the Minnesota American Indian Chamber of Commerce's Spirit of the People Award. The award recognizes coordinated efforts of one of more organizations or individuals. With group effort, the accomplishment is to improve the life and environment of an American Indian community. The three organizations were recognized for their collaboration with the Mille Lacs Band's Yes Camp, a week-long summer program for young entrepreneurs.

For the past four years, members of the three organizations have taught students important business skills necessary to start a successful business. During the week, students put together a business plan which can be implemented during the school year. One such

business is Pow Wow Picz., which has been set up at local powwows.

The camp has been extremely successful, and many of the students attend the camp more than one year. Graduating seniors have returned to the camp to help teach the new batch of future entrepreneurs.

The connections that campers make with Fond du Lac students help prepare them for college. In fact, when Yes Camp students enter college, they often join their college's chapter of the American Indian Business Leaders, a nonprofit organization dedicated to engaging American Indian students in business activities that build leadership skills, generate community involvement, and promote economic self-sufficiency from a culturally relevant perspective.

For more information about Yes Camp or to sign up for next summer's camp, contact Mary Simon at 320/532-4695.

H1N1 Vaccines Available to All Patients at Reservation Clinics

The Ne-la-Shing Clinic, Aazhoomog Clinic, and District II Clinic at East Lake now have enough inventory of the H1N1 influenza vaccine so that people of all ages are urged to come in for vaccination. Our vaccine is available to registered clinic patients, Mille Lacs Band members, non-Band member American Indians, and spouses or significant others who live in the Band's service delivery area.

Call for an appointment

Vaccination appointments are available several days of the week at each clinic; please call ahead to schedule a convenient time with a nurse. The clinics can be reached at:

- Ne-la-Shing Clinic: 320/532-4163
- Aazhoomog Clinic: 320/384-0149
- District II Clinic at East Lake: 218/768-3311

If you do not live in the Mille Lacs Band's service delivery area or you cannot come to the clinic during normal business hours, you may also contact the public health

agency in the county in which you live to ask about additional H1N1 vaccination clinics.

Third wave of H1N1 anticipated

H1N1 cases may have subsided recently after a strong second wave of the virus hit Minnesota in October and November, but experts are cautioning everyone to not let down their guards. Many experts anticipate a third wave of H1N1 in January and February.

For more information

For more information on H1N1 and seasonal flu prevention, visit www.millelacsojibwe.org and click on "H1N1" in the "Important Dates/News" section on the right side of the screen.

Feel free to call the triage nurse at Ne-la-Shing Clinic at 320/532-4163.

The Minnesota Department of Health has a Statewide Flu Information Line available at 866/259-4655.



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Moccasin Telegraph



Dorothy Sam

Taking pride in heritage

By Dorothy Sam, Mille Lacs Band Elder

The following article appeared in the March 18, 2009, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

My favorite hobby is making quilts, and I am teaching my daughter how to make them. Although I use a sewing machine to make my quilts – unlike my mother's handmade quilts – I still make them to give away at our Ojibwe ceremonies. This is a tradition we've held onto for many years.

We need to be proud of our heritage, and we should be happy to be involved with both modern and traditional ways. This is what I've taught others throughout my life.

I was born in the Aazhoomog community in District III of the Mille Lacs Reservation. Growing up we learned much about the Ojibwe ways. We learned the drum. We learned the ceremonies. We learned the language and heard stories from our Elders. We always lived off the land – we fished, harvested wild rice, picked berries, made maple syrup, and hunted for deer, rabbits and porcupines. Our pharmacy was in our backyard. We ate healthy and naturally. That was our way of survival.

After I was married, I moved to the Twin Cities to work. I started working at a neighborhood club and then a detox center helping people with drug and alcohol addiction. I also worked with young Native mothers through a United Way program. After about 10 years of working in the field, I went back to school

for chemical dependency counseling at the University of Minnesota Duluth.

During my education and training, I always remembered my Indian ways. Because of my experience in the field and my cultural background, I knew that a lot of the things I was learning in books would need to be adapted to fit the Native culture.

After school, I went to work at Aurora Four Winds Lodge, a chemical dependency facility at the Brainerd State Hospital for people with Native heritage. I was a counselor and developed programs that included American Indian traditions, ceremonies and teachings.

In my experiences, I found that illness and identity were the two biggest problems that addicts faced. They didn't know how to stop drinking or doing drugs, and they didn't know who they were. We had books that helped them get through alcohol and drug abuse, but they needed more than that. I brought back the American Indian ways, so that I could help them find their identity and move past their addiction. Illness and identity go hand and hand.

In my work, I saw a lot of young people involved in drugs and alcohol. Today our youth are not as interested in learning about our culture. So much of what I taught people about their addiction went back to finding their traditions and culture. It's about finding one's self and valuing life.

Life is important. We all have a spirit, and we shouldn't hurt other people's spirits. But, this can happen if people are involved with drugs and alcohol.

People today are so busy working to survive that our teachings are often put aside – this is how our culture will be lost. Learn the ways of your people. There are many more resources today to help us learn about the old ways. Even though we live in a modern world, we can turn to our Elders to ask questions and learn from them. We should always be proud of who we are.

Community Meetings Updates

District I

By Toya Stewart Downey

The importance of participating in the 2010 Census, the possibility of revising the dog ordinance, and an update on the review of the Band's constitution were the main topics of discussion at the November District I meeting.

2010 Census

Those in attendance heard that it's imperative for Band members to participate in the U.S. Census because it could affect federal funding for the Band – the more members accounted for, the more funding Band services could receive.

Band members can apply for part-time census jobs that include going door-to-door to ask other Band members census questions. For more information about the temporary jobs, contact the census office at 866/861-2010, and identify yourself as a Mille Lacs Band member.

Dog ordinance

Last fall a young child was viciously attacked by a dog that had broken free of its leash. The child suffered serious injuries leading to new discussions about stricter policies and laws to protect residents as well as the pets.

"We want to make homeowners, those who own dogs, more responsible," Sandra Blake said.

The community will be asked for its input on the potential revisions, which have yet to be determined.

Band constitution review committee

Twelve Band members have been selected to serve on the committee that is reviewing the Band's constitution. The group held its first meeting this month and will meet monthly.

The meetings are open to the public, and Band members are encouraged to attend. Band members will also be able to provide their input. The dates and locations of the meetings are yet to be determined, but will be posted.

District II East Lake

By Elizabeth Towle

Lisa Blahosky, the Band's public health director, spoke

about the availability of H1N1 and seasonal flu vaccines.

Nate Phillips, a representative for Boy Scouts of America, gave a brief overview of the program. There are three different programs offered: Cub Scouts, which is for boys in grades 1-5; Boy Scouts, which is for boys in grades 6-12; and Venturing, which is for boys and girls who are 14- to 18-years-old.

District II Isle

The District II community meeting was canceled.

District III

Vanessa Gibbs spoke about the changes being made to tribal IDs. Band members need to bring a primary and secondary form of ID to purchase a new ID for \$15. The new IDs are now recognized statewide.

From March 15-17, the Mille Lacs Band will participate in the 2010 Census. Each member will need to fill out a confidential 10-question questionnaire. The Band needs to obtain an accurate count of its members to receive adequate federal funding, so it is important that Band members only mark American Indian on the questionnaire.

Urban area

By Toya Stewart Downey

Rich Antell, office manager of TANF Urban Workforce Center, talked about ways TANF can help Band members. The goal of the program is to help people become self-sufficient. For more information, call Rich at 612/746-4822.

Graham Hartley, director of programs for MIGIZI Communications, Inc., spoke about the company's Native Academy Program, which offers free after-school reading and math tutoring for students in grades three through 12.

MIGIZI also runs a summer media institute program that trains students to document community events as media team interns.

For more information about either program, contact Cindy at 612/721-6631, ext. 209, or Arlana at 612/721-6631, ext. 202.

Community Development: A Department in Transition



Jennifer Waltman

By Toya Stewart Downey

Community Development is a department in the midst of change. The staff doesn't like to disappoint anyone. But, as Commissioner of Community Development, Jennifer Waltman knows, it's inevitable.

When she stepped into her role six months ago, Jennifer was charged with making challenging changes that could lead to some disappointments. Yet her team has pressed forward because they are determined to rebuild trust and deliver positive and much-needed services to the Band and the community.

"The department is going through a renewal phase right now," she explained. "Change is hard on all of us. As with emerging economies throughout the world, communities evolve as opportunities grow. That process is exciting, but at the same time, difficult."

Jennifer immediately recognized that the Mille Lacs Band is years ahead of other Indian nations in governance and structure. Jennifer said she is honored to work as a guest in a community whose leadership and self-determination are respected throughout Indian Country.

Reviewing policy

Changes to the department began immediately as the team spent weeks evaluating Community Development's operations. They looked for strengths and weaknesses and applied the lessons learned from recent years. In some cases, they determined that policies weren't being followed or that existing policies needed to be revised.

Jennifer said that Community Development is

fortunate to be supported by the elected officials and guided by the Housing Board and clear rules set forth in Band Statute. She believes the department is well-positioned to deliver better services to the community.

Creating transparency

"This is such a beautiful community, and the people are amazing in their strength and perseverance. It is easier to implement change when such great structure and support is present. We are reorganizing the department to create transparency and customer service that better reflect government function," Jennifer said. "Unfortunately, that means sometimes saying 'no,' and most of us in Community Development are 'yes' kind of folks."

However, the team is committed to honoring the department's purpose to supply the resources needed across the entire community. "The hardest thing for us is managing expectations," Jennifer said. "People want things done yesterday and often have requests that focus on individual needs, which sometimes fall outside of policy. I am very grateful to the Elders and youth who have generously shared their perspectives, which give us additional insight into the kinds of positive changes we can make to benefit the whole community."

Reaching out to the community

Community Development is now shifting its focus to more outreach. The Commissioner and staff will spend more time in the communities, coming to Band members for ideas and feedback on what is working and what still needs to change.

In their efforts to do business more transparently, Community Development will assign a confidential four-digit code to applicants on waiting lists and publish those lists starting in January.

Other forthcoming changes will be better promoted so that Band members are aware of what's happening, Jennifer added. "We need to improve our communication and access. We are doing positive things with some amazing staff members who go above and

beyond, yet people don't see that. We hope to move forward from the past," she said. "We have to regain the community's trust."

Finding inspiration

"Chief Executive Anderson asks us to serve with integrity. She encourages open dialogue and requires us to work in a cooperative fashion honoring rules and Band Statute. It is through her example that guests like myself learn our role in your community and how to honor your culture," Jennifer said. "This foundation enhances the ability of the Community Development Department to respect history while focusing on the present and planning for the next seven generations."

Jennifer is serving the remainder of a two-year appointment. There is a lot to do in Community Development in a short period of time, but she is confident that with the focus on the team and service to the community, they will achieve great things and become a department of which the community can once again be proud of.

"I was taught that to give service and having it received is the biggest honor in one's life," said Jennifer, adding that her grandmother is her biggest influence in her life. "Her photo sits by my phone. I have to look into her eyes every morning, afternoon and evening. She raised me to be accountable to myself and gave me a sense of living in a world bigger than myself. Live simple and with the Creator, be a person of your word, and do what you say. Because of her influence and Marge's leadership – and looking into their eyes each day – I serve with great honor and humility and look forward to tomorrow and putting the focus back on the community."

Jennifer is a graduate of St. Cloud State University. She started her career at the American Indian Family Center in St. Paul. She later relocated to Arizona, and after years working in corporate America, she went back to school and received a master's degree in business administration (MBA) from Augsburg College.

State Budget Deficit Threatens Indian Gaming

In early December, the Pawlenty administration released the state budget forecast, revealing a projected deficit of \$1.2 billion. According to the administration, this deficit could grow to \$5.4 billion in the next four years. To address the state's financial problems, state leaders will have to make dramatic budget cuts and identify new revenue sources, which could have serious ramifications for the Band.

Governor Tim Pawlenty and legislative leaders may recommend funding cuts in two areas: human services, which have already seen substantial cuts in the past year, and K-12 education, which was spared from previous cuts. These reductions may affect programs that benefit Band members.

To help solve the budgetary issues, the Band's leaders and lobbyists expect to see a revival of proposals authorizing gaming expansion. The state's anticipated long-term budget problems may encourage further calls for gaming expansion.

The state Legislature will face few easy options to balance the budget, and gaming expansion is expected to be pushed by some as a solution. Even if the Band and its allies are able to prevent the expansion of gaming during the 2010 legislative session, we are likely to see a whole new effort to expand gaming in 2011.

Watch the *Ojibwe Inaajimowin* for updates once the legislative session begins in February.

Band Offers Free Legal Service for Low-Income Members

The Mille Lacs Band of Ojibwe recently launched Mille Lacs Band Legal Aid, which provides legal services free of charge to low-income enrolled Band members. The program is a part of the Mille Lacs Band Department of Justice.

Legal Aid was created to ensure all Band members have access to representation.

Mille Lacs Band Legal Aid consists of three attorneys and a managing attorney who specialize in a wide range of civil and criminal issues, including:

- Family law: divorce, child welfare, child custody, wills, etc.
- Housing law: evictions, etc.
- Criminal defense law: speeding tickets, felonies, etc.
- Education law: racial discrimination issues, etc.
- Probate in tribal court: the handling of a deceased person's estate

The attorneys can handle matters arising in Aitkin, Benton, Crow Wing, Hennepin, Kanabec, Mille Lacs, Morrison, Pine and Ramsey counties.

Legal Aid can only represent one side in any given case. If a legal issue involves two Band members on opposing sides, Mille Lacs Band Legal Aid serves the first person to contact the office, and the second person can be served by a conflict attorney who is contracted to handle criminal and civil files in which the Legal Aid office has a conflict.

The attorneys received special training about the Mille Lacs Band's history and culture, which helps them understand Band members' unique needs and circumstances. They are committed to being strong advocates for Band members while being cognizant that they are a reflection of the proud community of the Mille Lacs Band.

The Legal Aid office is located at 44374 Virgo Road, one mile north of the government center at the former Roll-In Lodge site on Mille Lacs Lake. The attorneys will also have office hours in the urban area and outlying districts.

To contact Legal Aid about a legal issue, call 320/532-7798.

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 10/16/09 (principal & interest)	Original distribution (principal only)
12/31/92	\$1,127.00	\$ 500
12/31/93	\$1,102.44	\$ 500
12/31/94	\$1,156.66	\$ 500
12/31/95	\$ 958.02	\$ 500
12/31/96	\$ 917.03	\$ 500
12/31/97	\$ 843.47	\$ 500
12/31/98	\$1,217.57	\$ 750
9/3/99	\$1,137.95	\$ 750
12/31/99	\$1,132.41	\$ 750
8/7/00	\$ 1,069.66	\$ 750
12/6/00	\$ 1,044.85	\$ 750
3/23/01	\$ 809.11	\$ 600
8/1/01	\$ 991.65	\$ 750
12/31/01	\$2,338.51	\$1,727
4/4/02	\$1,587.43	\$1,207
8/8/02	\$2,194.62	\$1,668
12/6/02	\$2,464.04	\$1,839
4/4/03	\$1,549.88	\$1,201
8/7/03	\$2,275.57	\$1,747
12/4/03	\$2,743.55	\$2,145
4/8/04	\$1,725.41	\$1,370
8/5/04	\$2,618.14	\$2,071
12/2/04	\$2,685.70	\$2,200
4/7/05	\$1,705.65	\$1,403
8/4/05	\$2,390.87	\$1,995
12/7/05	\$3,969.31	\$3,295
4/7/06	\$2,769.18	\$2,320
8/3/06	\$3,730.91	\$3,170
12/7/06	\$3,677.11	\$3,190
4/5/07	\$3,156.32	\$2,800
8/2/07	\$3,099.75	\$2,800
12/4/07	\$3,484.08	\$3,212
4/3/08	\$2,951.03	\$2,800
8/7/08	\$2,2941.01	\$2,800
4/2/09	\$2,800.00	\$2,800
8/6/09	\$2,800.00	\$2,800

The amount held in trust is the amount of the original distribution plus the interest accumulated on that amount through October 16, 2009.

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 \$75,165.89 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 \$51,523.59 held in trust.

The Internal Revenue Service requires that federal income taxes be withheld when the annual amount of distribution exceeds \$9,350. Minors who have funds in the accounts from April 2008 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.

New Tribal ID Card Requirements

Because the Tribal Enrollment Office has been working with the state of Minnesota to get the Mille Lacs Band tribal identification cards recognized as a primary identification document, the Band has changed the requirements for requesting tribal ID cards.

To obtain a card, you must provide one of the following: an old tribal ID card, a driver's license, or a state ID card. If you do not have one of those documents, you must present one primary document and one secondary document, including:

Primary documents

- Certified birth record
- Valid unexpired U.S. passport
- Unexpired active duty ID
- Reserve or retired military ID
- Valid unexpired passport from another country
- Employee card

Secondary documents

- Another primary document
- U.S. Social Security card

- Certified marriage certificate
- Court ordered name change
- Current student ID
- Current pilot's license issued by the FAA

Along with presenting these documents, all Band members must complete an application to comply with state requirements for obtaining an identification card.

Due to budget cuts, Mille Lacs Band members will only be allowed three ID cards per fiscal year. The first card will be \$15, the second will be \$20, and the third will be \$25. ID cards for Elders and disabled Band members will still be free of charge. If you have an old tribal ID card, we will exchange your old ID for free once during the first six months.

If you have any questions regarding these changes, please call the Mille Lacs Tribal Enrollment Office at 320/532-4181.

Spotlight on Band Member Business: Paramount Embroidery



Photo courtesy of Scott Meyer

Scott Meyer

By Toya Stewart Downey

Band member Scott Meyer is at a crossroads. As owner of Paramount Embroidery, an Eden Prairie-based business, Scott is trying to figure out ways to continue the success of the business he founded 20 years ago while competing in a global market.

"When I started the business, it was very profitable," he said. "There was a lot of demand, and not a lot of people were doing what we did."

Paramount Embroidery, which Scott runs with his wife, Sue, offers high quality embroidery digitizing of both individually designed items and stock items that can be reproduced repeatedly.

To process the designs, Scott creates embroidery software for sewing machines. "Basically, I'm telling the computer what type of stitch I want, what colors, and what designs," he explained.

Though business was good for more than a decade, the tide began to turn for the Meyers as the Internet became more accessible and people learned how to create software designs themselves that could be used for embroidery. During this same time, the demand for inexpensive labor moved business away from the United States, and some of Scott's former clients moved their business to other countries.

With more than 25 years experience, Scott says "I offer quality and service, but I can't always compete price-wise with countries like India, China and Taiwan."

That means his business has taken a hit. During its heyday, the business employed 18 people and worked out of an office.

Today, it's back to being a home-based business and there are only three employees, including Scott and Sue. He has about 40 clients, but like any business owner, wants to grow his business.

Scott is optimistic that he can recapture some of his former clients and get new ones as he finds new ways to market his business. He is planning to assume more of "salesperson's role," by offering clothing products to drum up new business. He is also looking for ways to specialize some of the items or to develop a unique niche.

Scott believes his experience and learning the trade back when designers relied on their drawings will be an asset as he re-energizes his business.

To help learn more about marketing his company, Scott has worked with the Band's Small Business Development Program and participated in some Native American business conferences.

He advises others who might want to open a business or boost an existing business to explore the Band's small business program.

Scott's other tips for business owners include:

- Be persistent
- Find ways to adapt to the marketplace
- Get as much experience as possible
- Use available resources

Scott was born and raised in Minneapolis. He graduated from Minnetonka High School and attended Hennepin Technical College where he studied mechanical drafting. He and his wife have two daughters.

For more information, visit paramountembroidery.com/ or call 800/557-5243. The Meyers can also be reached at ParaEmb@comcast.net.

Regional Leaders Discuss Micro-Lending to Help Alleviate Poverty



Photo courtesy of Mary Sam

Sharon James (center), small business development program coordinator, presented information on the Band's Small Business Development Program (SBDP). The SBDP is a successful micro-lending program.

By Mary Sam

On Tuesday, November 10, the Mille Lacs Band of Ojibwe, the Initiative Foundation, and the Onamia Community Education Program arranged a meeting with nearly 60 community leaders, potential partners, and resource organizations to discuss how micro-business development could help address regional poverty.

Micro-business development, which involves giving small loans so people can start their own businesses, has proven to be a successful way to alleviate poverty. The coalition hopes they can stimulate interest from potential investors to start a regional micro-business development program.

Several organizations presented information about micro-business development to regional leaders, including the Northeast Entrepreneur Fund, the Mille Lacs Band Corporate Commission, the U.S. Small Business Association, U.S. Department of Agriculture, and Minnesota Without Poverty.

The Mille Lacs Band recently partnered with the Initiative Foundation and the Onamia Community Education Program to explore opportunities to alleviate poverty in East Central

Minnesota, including micro-lending.

The partnership and meeting stemmed from a bill passed by the Minnesota Legislature in 2006 that created a Legislative Commission to End Poverty in Minnesota by 2020. The commission recommended that Minnesota organizations and communities build strong alliances with each other to create more business opportunities for the impoverished.

Additionally, the commission recommended that an education system and other programs and services that support everyone's capabilities and potential be created. According to the commission, this will help build the best workforce in the nation.

Since the legislative commission passed the bill in the Legislature, thousands of citizens and organizations in Minnesota have committed to numerous projects to help meet the charge to end poverty by 2020. The Mille Lacs Band of Ojibwe, which has strived to address poverty for generations, has also made this commitment.

The Mille Lacs Band, the Initiative Foundation, and the Onamia Community Education Program will organize a follow-up session in January to continue the regional discussion.

District I Representative Holds Christmas Card Contest

District I Representative Sandi Blake held a Christmas card contest for Band members in her district. The winning card will be used as Sandi's Christmas card this year. The winner is Marquis Fisher and

he received \$100. Honorable mentions were Dayaunna Nadeau, Courtney Boyd, and Mercedes Deyhle and they each received \$25. Sandi Blake would like to give a chi mii gwewch to all who entered.

National Health Care Reform Will Impact Indian Country

By **Jamie Edwards and Toya Stewart Downey**

National lawmakers made an important first step to overhaul the nation's health care system when the U.S. House of Representatives passed its version of a reform bill early in November.

The Senate will now take a turn at crafting its own version of a reform bill. A conference committee will then iron out the differences in bill language, likely during the first few months of 2010.

Many Band members might wonder, "How will reforming the national health care delivery system impact Indian Country?"

Proponents believe that any major improvement to or investment in the national health care delivery system will likely improve the overall access to quality health care for most Americans – including American Indians.

Indian health care needs overhaul too

The most critical step toward improving health care for "Indian Country" involves Congress passing the proposed amendments to the Indian Health Care Improvement Act.

U.S. Senator Byron Dorgan (D-ND), Chairman of the Senate Indian Affairs Committee, highlighted the following improvements that would result with its passage:

- Permanently reauthorize Indian health care programs.
- Authorize programs that increase the recruitment and retention of health care professionals, such as updates to the scholarship program, and demonstration programs promoting new, innovative models of health care.
- Authorize long-term care, including home health care, assisted living, and community based care. Current law provides for none of these forms of long-term care.
- Establish mental and behavioral health programs beyond alcohol and substance abuse, such as fetal alcohol spectrum

disorders, and child sexual abuse and domestic violence prevention programs.

- Establish demonstration projects that provide incentives to use innovative facility construction methods, such as modular component construction and mobile health stations, to save money and improve access to health care services.
- Require that the Indian Health Service budget account for medical inflation rates and population growth, in order to combat the dramatic underfunding of the Indian health system.

The Indian Health Care Improvement Act, originally authorized in 1976 and last reauthorized in 1992, expired in 2000. Although funding for American Indian health care has been appropriated through "continuing resolution" over the last 10 years, the much-needed legislative improvements have been delayed.

Chief Executive Marge Anderson makes plea to congressional leaders

In a recent letter to members of Minnesota's Congressional delegation, Chief Executive Marge Anderson encouraged supporting the proposed amendments to the Indian Health Care Improvement Act.

"There is a critical need for funding for efforts to help us prevent and treat diseases, which have held tribes back even as we have made progress in other areas," she wrote.

"In comparison to the general American population, Indian people are 650% more likely to die from tuberculosis, 630% more likely to die from alcoholism, 318% more likely to die from diabetes, and 204% more likely to suffer accidental death," Marge continued. "Thirteen percent of American Indian deaths occur in those younger than 25, three times the general population's rate, and American Indian youth are twice as likely to commit suicide."

The Indian Health Care Improvement Act, originally authorized in 1976, was originally designed to provide adequate health care for American Indians and Alaska Natives and to ensure that the federal government meets its treaty and trust obligations to the tribes.

Jefferson Keel, president of the National Congress of American Indians, said in a recent statement, "It is only appropriate that as the country moves forward with reforming the health insurance industry that the health care delivery system promised to the First Americans be updated and modernized."

"We have been working on our health bill – the Indian Health Care Improvement Act – for over 10 years, and we are looking forward to seeing it finally passed and signed by the President," Jefferson added.

Dr. Salina Rizvi, the Band's health services director, said she is pleased that health care reform is moving forward.

"I think it's very important, because it focuses on prevention and awareness," she said. "Those are the areas that Indian Country needs to further strengthen. The focus will benefit our next generations as well as today's generation, including our Elders."

"We are fortunate that the Band provides services that Band members need," she continued. "But this can help us bring even better care to the Band."

Salina encourages Band members to educate themselves about what's happening with the reform efforts. "I know any reform will take years, but we're moving forward," she said.

Small Business Development Program Undergoing Transition

If you are looking for the Band's Small Business Development Program (SPDP), it is currently located at the Community Development Department office under the name "Entrepreneurial and Financial Literacy Program." The program is undergoing some exciting changes to better serve Band members.

The changes come as the Band's elected officials are in the process of reviewing existing Band programs to ensure that they are meeting the needs of the community. The elected officials determined that the SBDP could do more to educate Band members about finances and create more opportunities for Band members who are entrepreneurs.

In October, the Band Assembly passed a resolution to create a Community Development Financial Institution (CDFI), which will eventually oversee the Band's Entrepreneurial and Financial Literacy Program. The Band has been busy researching other tribes' successful small business programs across the country, and has determined a new model for the Band's program that will give it better access to U.S. Treasury Department funds and other national funding sources.

There is still work to be done to make the transition complete. In the meantime, there is a financial literacy class scheduled for Wednesday, December 30, and an entrepreneurial training class being planned for January. Band members interested in those classes or other services formerly offered by the SBDP may contact Carla Dunkley at 320/532-7429.

The Band is excited about the new opportunities that this new program will create for Band entrepreneurs. Updates will be provided in the *Ojibwe Inaajimowin* as they become available.

The Importance of Prenatal Care

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

"Shoulder!"

This is one of the absolute scariest things you can hear on a labor and delivery floor.

The mother had come in with no prenatal care, already well in labor. There was no time to get an ultrasound to see if the baby was big, no time for an epidural anesthetic or to get any lab work. There was nothing to do but deliver the baby. This was one of my earlier deliveries. It was the middle of the night, and I was working with one of the newer resident physicians. The resident and I talked over the delivery before going into the room, but nothing can really prepare you for a shoulder dystocia. There were a lot of unknowns right from the start with this delivery, and we just had to make the best of it.

The delivery was progressing well. The head was starting to show, and the resident was getting ready to deliver the baby. She gently guided the baby's head and properly held the head back slightly to avoid any tears to the mother's birth canal.

Normally, once the head is out, the baby's mouth and nose are suctioned out and a quick check is made to see if the umbilical cord is wrapped around the baby's neck. With gentle traction on the baby's head, the shoulder is guided down below the mother's pubic bone and the rest of the baby follows easily.

But not with a shoulder dystocia. A shoulder dystocia means the baby is stuck in the birth canal. The head comes out OK, but then it pulls back tightly and the leading shoulder gets stuck behind the mother's pubic bone. The longer you wait, the more the baby becomes stuck. The baby had been getting oxygen through the umbilical cord, but the cord is now compressed in the birth canal and the baby is unable to breathe.

This is a flat out emergency and all the available help comes running – nurses, residents, everyone. Time is very short to avoid a bad outcome. Permanent neurological damage can happen if a baby isn't delivered quickly at this point. Sometimes it means breaking a baby's collarbone to allow the shoulder to come out.

Once we called out "shoulder," help was there immediately. The mother's legs were pulled back so her thighs were on her abdomen to make more room in the birth canal; this is called a McRobert's maneuver. One of the nurses applied gentle pressure to the area just above the mother's

pubic bone to push the baby's shoulder down as another nurse pushed on the mother's abdomen. This is not a time to be delicate; everything is done firmly, but gently and as quickly as possible.

I applied traction to the baby's head and pulled the head downward to bring the shoulder past the mother's pubic bone. With the help of the nurses doing the McRobert's maneuver, I could feel the baby's shoulder slide past the mother's pubic bone and the baby started moving.

The rest of the delivery went well. The resident finished suctioning the baby's mouth and nose, clamped and cut the cord, and handed the baby to me. His hands and feet were initially blue, but turned pink within a few seconds. His cry was vigorous and strong. This was a very big baby and weighed a few ounces shy of 10 pounds.

Why do we do prenatal care? To avoid deliveries like this. This could have turned into a very bad situation if we would have been unable to get the baby delivered quickly. The mother turned out to have gestational diabetes, which means she was diabetic during her pregnancy only. The fetus gains weight rapidly when exposed to high blood sugars. Normally a baby's head is the biggest part of the body, and the head opens the birth canal so the rest of the baby can deliver easily. A baby born to a diabetic mom has a large body, and the head doesn't open the birth canal enough to allow the rest of the baby to come out easily. Regular prenatal visits would have picked this up early on, as well as other pregnancy-related complications.

The whole shoulder dystocia part of the delivery lasted less than a minute, but it was one of the longest minutes of my life. As I was leaving the hospital to go back home to try to get some sleep, the resident caught me in the hallway. "Dr. Vainio, I'm so glad you were there."

I thought back to my own residency and a delivery exactly like this one. When the shoulder dystocia happened to me, I didn't know how hard I could pull on the baby. Peter Talbot, M.D., is the medical director at the Seattle Indian Health Board, and has delivered countless babies. Peter was with me that night when I was unsure of myself, and he reached over and put his hands over mine. I felt him pull the baby free, and the rest of the delivery went well.

Dr. Talbot, I'm so glad you were there.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Band Member Selected as Chair of Native Vote Alliance



Elizabeth Towle

By Toya Stewart Downey

Elizabeth Towle is passionate about politics. That's why as a teen she was eager to volunteer with Native Vote Alliance of Minnesota after accompanying her grandmother to the group's meetings.

Today, the 23-year-old Band member, is serving as the chairwoman of the organization, which was founded in 2004 and began the first historical statewide "Get out the Native Vote" campaign.

Some of the things the group did included voter outreach by offering rides to the polls, knocking on doors and operating phone banks – all in the spirit of promoting voter engagement among Band members of the state's tribes. The issue-based, nonpartisan organization received local and national accolades for its efforts.

Elizabeth represents the Mille Lacs Band and said, "Seeing ways I could help make the reservation a better place makes me want to work harder. Plus, getting the community engaged and seeing how it could change something made me want to stay involved." Elizabeth added that most of her direct outreach is with Mille Lacs Band members.

When she first got involved, Elizabeth wasn't even voting age, yet she saw how the "Get out the Native Vote" was impacting Minnesota's tribes. Each of the tribes engaged, mobilized and empowered their respective Band members to exercise their right to vote.

"Legislation passed that recognized tribal IDs as valid identification and that was a big step for many Band members who just have tribal ID cards," she said.

She was also pleased that Band members showed their power at the polls to unseat two lawmakers who were opponents

of the Band. "These things make me feel hopeful and more empowered than I was before," Elizabeth said.

Before becoming chairwoman in August, Elizabeth served as the organization's secretary. In her new role she spends about 40 hours a month working with the board, traveling to different reservations, and meeting and strategizing for the future.

Elizabeth has worked for the Band's Department of Government Affairs for four years. She is also involved in other political groups including Take Action Minnesota, Wellstone Action, and the Minnesota Civic Engagement Table.

"I want to be a part of the political process," said Elizabeth, who plans to run for a state office someday, though she's not sure which position she'll pursue.

Some of the organization's goals for 2010 include:

- Promoting the "Get out the Native Vote" campaign including voter registration drives, candidate forums in Native American communities, precinct caucus and election protection trainings, and election day activities.
- Sponsoring cultural sensitivity training for election judges in rural Minnesota.
- Applying the Native Vote Alliance of Minnesota strategies to help promote the 2010 Census campaign.
- Sponsoring the first annual Youth Civic Camp. The two-week summer camp for Native youth ages 13- to 15-years-old focuses on the significance of Native Americans and public policy through history lessons of Ojibwe and Lakota/Dakota heritage in Minnesota. Its goal is to inspire youth to think about the future with lessons of renewable energy and localized farming, including daily exercise, and spiritual lessons important to youth of teen years.

Gubernatorial candidate forum

Native Vote Alliance will be holding a Native American gubernatorial candidate forum on January 14 at Bemidji State University. Rides will be provided. Please contact Elizabeth for more information at 320/384-4661.

Fresh Vegetable Soup With Chicken

Submitted by *Christine Kegg*, nutrition education assistant

Ingredients

- 3 tablespoons olive oil
- 1 yellow onion, chopped
- 1/2 head broccoli, chopped
- 2 carrots, peeled and chopped
- 1 red bell pepper, seeded and chopped
- Salt and black pepper for taste
- 4 cups chicken broth
- 2 cups cooked chicken, diced
- 2 tablespoons italian parsley, chopped

Directions

- Heat oil in a large quart size pan over medium heat.
- Add the onions and cook until soft, about 5 minutes.
- Add broccoli, carrots and peppers, cook about 4 minutes.
- Add salt, pepper, and broth and bring to simmer.
- Cook until vegetables are tender, about 25 minutes.
- Add the chicken and parsley, return to a simmer, and simmer for 8 minutes.

For an even more filling soup, add diced potatoes when you add the broccoli, carrots and peppers.

Workforce Center Updates

By *Workforce Center staff*

Temporary office hours

Because the Workforce Center is installing a new software system, staff members are implementing temporary office hours to ensure the new system is installed efficiently. Staff will be available by appointment and phone from 1-4:30 p.m. Monday through Friday.

Workforce Center opportunities

The Workforce Center is offering GED test preparation, typing skills, and resume and cover letter writing assistance from 1-5 p.m. Monday through Friday and Wednesdays from 5-8 p.m. Computer Skills 101 training is available by appointment.

Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

October 2009

	Approved budget for FY 2010	Actual expenditures through 10/31/09	% of budget expended
Administration (1)*	11,862,849	311,801	2.6%
Workforce*	12,137,565	400,620	3.3%
Judicial	705,712	37,433	5.3%
Law enforcement*	4,444,966	218,324	4.9%
Education*	15,011,350	1,302,579	8.7%
Health and human services*	24,264,129	1,483,581	6.1%
Natural resources*	4,146,469	505,230	12.2%
Community development*	18,300,241	875,211	4.8%
Gaming authority	804,609	306,911	38.1%
Per capita payments	2,954,367	1,546,049	52.3%
Total expenditures	\$94,632,257	\$6,987,738	7.4%

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 2009 fiscal year.

* Gaming authority and housing initiative are operating on continuing resolutions.

Diabetes Program Hosts December Classes

The diabetes program will hold two classes in December.

Healthy Heart class

This class is on Tuesday, December 15, at the District I Community Center from 12-1 p.m. The class includes an exercise session and a healthy meal served by the Band's nutrition assistant. Contact Cyndy Edgerton at 320/532-7840 to reserve your spot or to join the Healthy Heart program. You must sign up by December 14.

Balancing your life and diabetes classes

This class is on Thursday, December 17, at the District I Community Center from 8:30 a.m.-4 p.m. Lunch is included along with games, bingo, and door prizes.

Nay Ah Shing Students Help Keep the Community Clean



Photo courtesy of Bugs Haskin

On November 4, members of We Rejuvenate Our Community (WeROC) cleaned an area of Highway 169 just south of the reservation. Nay Ah Shing adopted this stretch of road as part of the state's Adopt-a-Highway program. Mille Lacs Band Tribal Police Officer Josh

Kimball escorted the group in his squad car to ensure their safety. WeROC members who helped clean the highway included (from left to right): Bugs Haskin, Pete Braith, Brandon Anthony, Penny Kegg, Sherilyn Mitchell, and Sage Boyd.

Tribal Noteboard

Happy December birthday to:

Rainy, on December 14 from Grandma Bearheart, Gram, Dana, Dave, Tanz, Sara, Prince, Tina, Deondre, mom, dad, Matty, Way Way, Val, Lil Niss, Meany, Chaddy, Tommy Lee, Thomas, Jim, Jaxin, Elle, and Kalia • **Joanna Lynn**, 26, on December 19 from mom, Boy, Junior, Bear, Brandon, Ceddy, and Ian • **Cindy Beans**, on December 14 from Auntie Barb and family, Auntie Sam, Chilah, Son, and all your peeps on the rez • **Bugger**, on December 23 from Auntie Barb and family • **Candace Sam**, on December 25 from Barb Bearheart and family • **Chilah Brown**, on December 29 from Auntie Barb, mom, Son, Jayden, and Jordan • **Grandma Delsie**, on December 6 from Darian, Gaylon, Sassi and Willow • **Danni Jo Boyd**, on December 7 from mom, dad, Elliott, Chris, Denise, Darian, Gaylon, Sassi, and Willow • **Quintin**, on December 19 from Darian, Gaylon, Sassi and Willow • **Dylan**, 15, on December 30 from Auntie Nut and kids • **Kevin White**, on December 30 from mom, Jennifer, Travis, Kimberly, Eli and Emilios • **Anthony Jones**, 15, on December 19 from mom and sisters • **Airiana Williams**, 10, on December 20 from mom, sisters and brother • **Taliyah Williams**, 7, on December 27 from mom, sisters and brother • **Candy Benjamin**, on December 18 with love from Clay, Clay Jr., Aubrey, Roxanne, mom, dad, Desi, Lydell, Kayla, Tayaunna, Roland, Roland Jr., Collin, Camille, Terrell, Tierra, LaDarius, Bev, Rog, Juni, Roy, Jillian, Lenore, Bill, Tyson, Eva, and Jon • **Camille Smith**, on December 30 with love from Terrell, Tierra, LaDarius, mom, dad, Desi, Lydell, Kayla, Tayaunna, Roland, Roland Jr., Collin, Candy, Clay, Clay Jr., Aubrey, Roxann, Bev, Rog, Juni, Roy, Jillian, Sami, Chilah, Lenore, Bill, Tyson, Eva, and Jon • **Ann O.**, on December 30 from Gladys and family, Lenore, Bill, Tyson, Eva, and Jon • **Gitona Matrious**, on December 22 from your husband • **Daniel Matrious**, on December 24 from your brother Jeff • **Deb Morrison**, on December 3 from Nancy, Jeff, Craig, Candy, Scott, Markiss, Damien, Natchez, Taeron, Phoenix, Kenis, Lacey, Heath, Sophia, Tavian, Windy, Dysen, LaMya, Kiana and Legend •

Jessica Benjamin, 16, on December 27 fro mom, sisters and brother • **Grandma AA**, on December 10 with love from Val, Kev, Pie, Baby Kevin, Nicole, Chris, Jameson, Cordell, Chris Jr., Karen, Sharon, Wally, Ravin, Melodie, Brad, Tracy, Jarvis, Shelby, Jacob, Aiva, Mark, and Jamie • **Braeton Churchill**, on December 9 with love from Bernida, Howard, Marisa, Tristen and Kiersen • **Rachel Churchill**, on December 16 with love from Bernida, Howard, Marisa, Tristen, and Kiersen • **Madelyn Churchill**, on Decmeber 18 with love from Bernida, Howard, Marisa, Tristen and Kiersen • **Stephanie Mattinas**, on December 21 with love from Bernida, Howard, Marisa, Tristen and Kiersen • **Donna Churchill**, on December 21 with love from Bernida, Howard, Marisa, Tristen and Kiersen • **Delsie Day**, 62, on December 6 from your sister Joanne • **Nicholas Ballinger**, 3, on December 24 with love from Mickey, Phil, Nadine, Charlotte, Phillip Jr. and Whitney • **Sister-Mom**, from Mariyah and your family • **Jordan Anderson**, 15, on December 8 with love from mom, Shy, Destanie, Grandma Gina, Dal Jr., Uncle Dal, Grandma Nazz, and Papa • **Chelsea Farah**, 18, on December 5 with love from Falon, Dana, Curtis, Riley, Jamie, Elijah and Arianna • **Elijah Aune**, 5, on December 1 with love from mommy, Arianna, Falon, Dana, Curtis, Riley, Adrien, Mick, Jewel and Lisa • **Izeyah Calvin Cardenas**, 2, on December 3 with love from mom, dad, Rosie, Miguel, AJ, Tivie, Grandma Gini Sam, and Abuela Minnie Cardanas • **Tanya**, on December 7 from mom, dad, Sarah, Prince, Gram, Tina, Deondre, Jay and family, Way Way, Fish, Meany, Chaddy, Tommy Lee, Jaxin, Elle, Carol, Lloyd, Jona, Deon, and new baby • **Jim Jr.**, on December 21 with love from mom, Deondre, Dana, Meany, Jay, Tina, Tanya, Sarah, Chaddy, Rainy, Val, Lil Niss, Elle, Matt Jr, Tommy Lee, Jaxin, Way Way, and Prince • **William**, on December 3 from Lenore, Bill, Tyson, Eva, Jon, Evan, Susan, dad, and your kids • **Evelyn**, on December 7 from Tyson, Eva, Jon and Lenore • **Oojaun Potter**, on December 18 from Lenore, Evan, Tyson, Eva, John, Susan, and Papa Lenny • **Billy**, on December 3 from Ricki and Cheyaunna Rei • **Agnes Pindegayosh**, on December 10

with love from Phil, Mickey, Nadine, Charlotte, Phil Jr. and Whitney.

Happy December birthday to Mille Lacs Band Elders!

Gayle Bender
Rose Benjamin
Henry Bonga
Loann Boyd
Phyllis Boyd
Lawrence Churchill
Frances Davis
Marilyn Davis
Delsie Day
June Day
Ronald Dorr
Timothy Foreman
Mary Foreman
Diane Gibbs
Dale Greene
Angeline Hawk
Viola Hendren
Carole Higgins
Peggy Klapel
Larry Koepp
Renda Leslie
Richard Mortenson
Clifford Pewaush
Agnes Pindegayosh
Dale Pindegayosh
William Premo Jr.
Catherine Sam
Herbert Sam
Susan Shingobe
Steven Smith
Louis St. John
Anita Upegui
Kenneth Wade Sr.
Yvonne Winiecki
Lucille Woyak

Congratulations

Congratulations to **Ryan and Tami Pendegayosh** on their marriage on September 19. *From mom, dad, and the rest of the family.*

Congratulations to **Jessica Benjamin** for being named to the National Honor Society at Isle High School. *We are very proud of you. From mom, sisters and brother.*

Congratulations to **Sara and Mallory Hofstedt** for receiving your bachelor's degree in marketing from Augsburg College. This is a huge accomplishment and we are

very proud of you. *With love from mom and dad.*

Congratulations to **Tina Sam** for receiving your high school diploma on November 20. We are all so very proud of you. *With love from mom, Mark, Janice, Deondre, Dana, Dave, Tanya, Sarah, Prince, Jay, Matt Sr., Rainy, Matty, Valerie, Lil Niss, Way Way, Meany, Chaddy, Tommy Lee, Jaxin, Elle, and Jim.*

Birth announcements

Congratulations to Kaija Farah on the birth of her new baby boy, **Jorge Joseph Farah**. Jorge weighed 8 lbs, 6 oz., and was 21 in. long. *With love from Falon, Dana, Curtis, Riley, Jamie, Elijah and Arianna.*

Congratulations to **John and Bridgett Donahue** on their November 4 wedding and on the birth of their baby boy **Xavier Alexander Donahue**. Xavier was born on November 7 in Grantsburg, WI. He weighed 9 lbs. *Congrats from Bernida, Howard, Marisa, Tristen and Kiersen.*

Congratulations to Naomi and Chris Cardenas on the adoption of their children. **Christina Rose** and **Izeyah Calvin** were adopted on August 20, and **Miguel Sam** was adopted on November 21. The children are welcomed by many friends and family members.

In memory

Aaron Williams – your birthday is on December 14 – we miss you, love you, and are always thinking of you. *With love from mom, sisters and brother.*

Obituaries

Editor's note: Beginning in October, the Ojibwe Inaajimowin started printing obituaries. Thank you to OMB for providing this information.

Elleraine Weous

Born – January 28, 1938
Died – November 1, 2009
Resided in Onamia, MN

Marjorie Harwood

Born – October 28, 1938
Died – November 6, 2009
Resided in Grand Rapids, MN

Tamala Christine Eagle

Born – June 21, 1970
Died – November 16, 2009
Resided in Minneapolis, MN

Boxing Enjoyed by Packed House



Photo courtesy of Jesse Kelly, Minnesota Boxing

Matt Vanda (right) sparred with Phil Williams in a battle between experience and power. The experienced Vanda defeated the powerful Williams in a 10-round split decision.

By Jim Erickson, Department of Athletic Regulation Executive Director

A capacity crowd on November 13 enjoyed the latest installment of boxing at Grand Casino Hinckley. The fighters delighted the crowd with both pure power punches and skillful ring techniques.

Hinckley's Tim Taggart Jr. and St. Paul's Sam Morales sparred to a draw as each fighter landed hard punches throughout the fight.

Zach Schumack defeated Don Tierney, both of Minneapolis, in a rematch of their match earlier this year.

Phil Williams and his knockout power did not stand the test of the experienced Matt Vanda, who won the 10-round split decision.

Wilton Hilario improved his record to 12-0 with a workman-like performance against St. Louis' Leon Bobo.

Minneapolis fan favorite Ceresso Fort avenged his previous loss to St. Louis' Lamarr Harris in a unanimous decision by the judges.

Finally, Javontae Starks made his pro debut in a dominating fight against Dan Copp. Starks will be a name to watch as he continues his professional career.

Grand Casino Hinckley's next boxing event on Friday, December 18, will feature talent from both the national boxing scene as well as local favorites. The fighting starts at 7:30 p.m.

Band Member Wins "Warrior's Champion" Kickboxing Title



Photo courtesy of Steve Premo

Band member Rueben St. John (front center) won the "Warrior's Champion" kickboxing title on Sunday, December 6, at Grand Casino Hinckley. Look for more information about the event and other fights in the upcoming Ojibwe Inaajimowin.

Mille Lacs Indian Museum Event

Winter survival skills workshop

Come join the Mille Lacs Indian Museum staff and learn how the Ojibwe survived the harsh winter elements. We will discuss how to repair and make warm clothing, prepare snow shoes, and talk about other winter activities. There will also be hands-on activities outside including snaring and fishing, so dress accordingly.

This two-day workshop will be held on Saturday, **January 9**, from noon-4 p.m. and from

10 a.m.-2 p.m. on Sunday, **January 10**. The cost is \$25 for the public and \$20 for Minnesota Historical Society members and Mille Lacs Band members.

Please call 320/532-3632 to register for this workshop.

Hours of operation

Group tours can be scheduled by calling the museum at 320/532-3632. Outreach programming is also available.

Circle of Health Update

By Circle of Health staff

Brokers Life Assurance

Please remember that if you sign up for dental and vision coverage with Brokers Life Assurance Company you will not receive your benefits booklet or card until the middle of the following month. Circle of Health suggests that you wait until you have your card and benefits booklet before getting any services done. Additionally, because your first year maximum benefit is \$750 and only covers preventative maintenance and simple procedures, such as filings, you will be financially responsible for other services.

Reimbursements

Due to the upcoming holidays and the resulting shorter work weeks, personal reimbursements will be processed towards the end of our two- to six-week grace period.

Premium payment

Circle of Health will process quarterly premium payments the third week of December, so

please get a copy of your premium payment letters, notices or coupons to our office immediately. It is your responsibility to ensure that Circle of Health receives payment information.

Annual updates

In January, we will begin requesting copies of updated enrollment forms. Please return these forms along with copies of the front and back of your insurance cards by March. If they are not received by March, we will not process any reimbursement requests until you update your information.

Medicare

Please send your Medicare award letters to the Circle of Health office. The next processing for quarterly reimbursements will be the second week of January 2010. The reimbursements should be in the mail on or around January 10.

If you have any questions, please contact your claims processor, David Boyd (A-L) or Roberta Lemieux (M-Z), or Michele Palomaki, director, at 320/676-8214 or 800/491-6106.

Free Hearing Evaluations

Ne-la-Shing Clinic

When: Friday, January 8
To schedule an appointment, call 320/532-4163.

Walk-ins are welcome. We will do our best to serve you.

Twin Cities locations

Hearmore Hearing has offices in St. Paul and Osseo.

To schedule an appointment Monday through Friday, call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Please check your insurance policy to find out if you are eligible for \$1,000 toward the purchase of hearing aids.

Calendar of Events

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15 District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477	16 District I Christmas Party GCML, 3 p.m. Contact: Judy Virnig, 320/532-7423 District IIA Christmas Party Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102 District III Christmas Party GCH, 5:30 p.m. Contact: Monica Benjamin, 320/384-6240	17 District II Christmas Party East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218/768-3311	18 Friday Night Fights* Grand Casino Hinckley 7:30 p.m.	19 Urban Area Christmas Party Minneapolis American Indian Center 11 a.m.-2 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424
20	21	22	23	24 All offices closed for Mid-Winter Break	25 Asian Concert* Grand Casino Hinckley 8 p.m.	26
27	28	29	30	31 Johnny Holm Band* Grand Casino Hinckley 10 p.m. Brian Kinny Band* Grand Casino Mille Lacs 10 p.m.	<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 kellys@goffhoward.com</i>	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 All offices closed for New Year's Day Guys and Dolls Tribute Show* Grand Casino Mille Lacs 6 & 9 p.m.	2
3	4	5	6	7 Talking Circles The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046	8	9 Winter Survival Skills Workshop Mille Lacs Indian Museum 12-4 p.m.
10 Winter Survival Skills Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.	11 Pine Grove Leadership Academy Meeting 12:30 p.m. Contact: Rene Ann Goodrich, 320/384-7598 AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925	12 State of the Band Address Grand Casino Mille Lacs 10 a.m.	13	14	15	16



2010 State of the Band Address

All Band members are invited to the
26th Annual Mille Lacs Band of Ojibwe
State of the Band Address

Tuesday, January 12, 2010

10 a.m.

Grand Casino Mille Lacs Events & Convention Center

What Are Your Goals For 2010?

Steven Sam



"To pay off my truck and to be able to help people through my work."

Crystal Sam



"To get to know my family members in Red Lake."

Craig Hansen



"To be more active and live a healthier life. Also, I am going back to school to get my degree."

Tom Mitchell



"To go to Hawaii."

Tawnya Stewart



"To live a healthier lifestyle by exercising more frequently, eating more nutritious foods, and to grow my new business, Executive Kids."

Richard Martin Sr.



"To be able to participate in more of our cultural activities and learn more about our beliefs and traditions. Also, to make sure my family is taken care of to the best of my ability."

Michelle Lilly



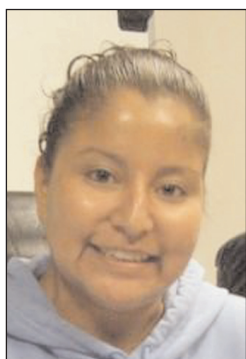
"To get my house in control and make sure my family stays healthy."

Tanya Nichols



"To finish school, provide my family with stable housing, and become more financially stable."

Carla Big Bear



"I'm going back to school this year, so my goal is to get good grades and make the dean's list."

Darcie Big Bear



"My goal is to help my kids more in school and encourage them to get better grades."

Tracy Sam



"I would like to spend time with my new grandson and take a family trip."

Rachel Sam



"My goal is to have a healthier lifestyle and to spend more time with my family."