

OJIBWE INAAJIMOWIN

February 2009

"The story as it's told."

Volume 11 • Number 2

Band Investment to Create Jobs in District II

In response to Band members' feedback during the District II East Lake Economic Summit last November, the Corporate Commission has become a major investor in a wind turbine company – Mariah Power – that will create new jobs in District II. Mariah Power manufactures low-cost, ultra-quiet wind turbines for residential and commercial use. The company's vertical wind turbines are unlike traditional styles that feature rotating blades, but are propeller-free and generate wind power by spinning on a center pole.

Here's how the Mariah Power project will work in District II:

Phase 1

The Corporate Commission's investment allows it to have a three-year contract to assemble wind turbine parts at a facility located in District II. The facility, which will initially be housed in the McGregor skating rink building, will first produce generators used for the wind turbines. About seven employees will be needed for the facility's startup, with possibilities to add more employees in the future. The facility is expected to start production in May of 2009.

Hiring will begin for assemblers in late April or May.

Phase 2

In late 2009, the facility is projected to start manufacturing inverters that are used for the wind turbines. Inverters take the power produced by the wind turbines and convert it to a form that can be used to power homes, businesses, and other facilities. This production is expected to double the number of employees.

Products assembled by the District II facility will be shipped to Manistee, Mich., where Mastech will assemble the entire turbine. Mastech was selected for final assembly because products can easily be exported from that location.

Wind turbine to go up near East Lake Community Center

In addition to the investment in Mariah Power, the Band's Department of Natural Resources (DNR) will install one of the Mariah Power wind turbines by the East Lake Community Center. The DNR will initially study the wind turbine's energy output at this location and examine

possibilities for using the technology with Band homes and facilities.

"The Mille Lacs Band is excited to have a wind turbine on the reservation, and we look forward to exploring more ways to enhance our use of renewable energy sources," said Andrew Boyd, Environmental and Ecosystem Technician.

"This is another example of our efforts to protect the environment, which is a valuable part of the Band's culture," said Curt Kalk, Commissioner of Natural Resources.

District II Economic Advisory Committee

About eight months ago, under the guidance of the Corporate Commission, a committee of Band members who live in District II started meeting to help identify and pursue potential business opportunities that would create economic development in their community. They helped organize the District II East Lake Economic Summit in November to examine six potential businesses opportunities, and determined that their first priority would be developing the Mariah Power project.

"I could not be more pleased with the path we took to get to this investment. Band members chose this endeavor, which will further their long-awaited goal of bringing economic development to the East Lake community," said Sarah Oquist, Commissioner of Corporate Affairs. "In addition to being a community selection, this investment aligns with our overall value of environmental responsibility."

The District II East Lake committee members who are helping to bring the Mariah Power project to the community and who planned the summit include Jenn Aubid, Andrea Benjamin, Renee Moore, Brenda Moose, Mushkooub, Tom Benjamin, Mary Sue Bohanon, Laura Shingobe, and Dale Greene Sr.

For more information

Contact Sara Treiber, Interim Director of Development for the Corporate Commission of the Mille Lacs Band of Ojibwe Indians, at 320/532-8814.



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Band Leaders Visit Nation's Capital for Presidential Inauguration



Photo courtesy of Molly Judkins

Several Mille Lacs Band leaders attended the inauguration of President Barack Obama on January 20 in Washington, D.C. They also met with federal leaders about issues important to the Mille Lacs Band.

Chief Executive Marge Anderson, Secretary/Treasurer Herb Weyaus, and other Band officials were among the millions of people who ascended on Washington, D.C., on January 20 to witness the historic inauguration of President Barack Obama. During their three-day trip, Band leaders met with national American Indian leaders, Congressional members, and government staff to talk about important issues to the Mille Lacs Band and learn about legislative priorities. Among the leaders they met with were U.S. Senator Amy Klobuchar, Senate candidate Al Franken, Senate Majority Leader Harry Reid, and National Congress of American Indians President Joe Garcia.

Indian Health Care Improvement Act

While in the nation's capital, Band leaders met with staff members for the U.S. House and Senate Native American Caucuses, which consist of Congressional members who are interested in Indian issues. The staff members shared information about plans to revise the Indian Health Care Improvement Act. While legislation to reauthorize the act was scaled back under the Bush administration in hopes of getting it passed, the reauthorization did not move

forward. Now there are efforts to return to the original proposal to make the Indian Health Care Improvement Act stronger and give more decision-making authority to tribes.

Administration details commitment to Indian affairs

Band leaders attended a briefing hosted by the National Congress of American Indians (NCAI) and the National Indian Gaming Association (NIGA). During the event, the newly appointed Secretary of the Interior Ken Salazar talked about initiatives for the department, which oversees the Bureau of Indian Affairs. There was also discussion about President Obama's plan to have a staffer in the White House dedicated to American Indian issues and his commitment to working with tribes.

"It is unprecedented to have an 'Indian desk' in the West Wing of the White House," said Marge. "President Obama keeps stressing that he won't just have a government-to-government relationship with tribes, but a nation-to-nation relationship. This is exciting news for Indian Country and shows the administration's respect for our sovereignty."

What's That Sound?

Listen to your vehicle

By The Corporate Commission of the Mille Lacs Band of Ojibwe

A moving vehicle is a complex masterpiece of sound, most of it reassuring – tires humming, engine purring, and tailpipes thunderous. But every now and then a jarring note creeps into the mix that causes you to ask: Did you hear that? Listen to your car, any sounds that are heard can tell a story about what's happening in the engine, brakes or transmission.

Colder temperatures always bring out the worst in a vehicle. Meanwhile, hazardous winter driving demands its best possible performance. The number of weather related breakdowns increase dramatically in Minnesota from November through March with the majority of breakdowns being due to starting your car in cold weather.

Grand Auto & RV Care technicians offer these tips to help maintain your vehicle during these frigid temperatures:

- Make sure your oil is changed according to the manufacturer's recommendations. Changes in temperature affect how oil lubricates the engine.
- Check your anti-freeze. Cooling system failure is the number one cause of engine-related breakdowns.
- Inspect your windshield wipers and washer fluid. One of the least expensive preventative maintenance items for your vehicle is to replace your wiper blades and fill the windshield washer reservoir with freeze-resistant washer fluid.
- Service your battery. Cold weather starts require a well-functioning charging system. Make sure the battery terminal ends are corrosion-free.
- Check your tire pressure when tires are cold, and set the pressure to the level that the manufacturer recommends. Worn tires decrease the traction between your vehicle and the road, and affect handling, braking and accelerating.
- Check your lights, heater and defrosters. Winter months bring poor visibility conditions. Your vehicle

needs to be as visible as possible, so ensure that all exterior lights function. Also, check that your heater and defrosters are working properly.

- Have your belts and hoses inspected. All of the rubber belts and hoses should be checked for heavy cracks or worn conditions.
- Bring your car in for a tune-up. This can prevent sluggish performance, poor performance, poor gas mileage and hard starts, plus the cold weather increases the workload of the engine.
- Have your car's brake system checked. If you haven't had the system inspected in the last six months, it's time for this service.
- Assemble a winter emergency kit. Your emergency kit should include a blanket, extra boots and gloves, an ice scraper, windshield washer fluid, jumper cables, a first-aid kit, flares, a small snow shovel, a flashlight, non-clumping kitty litter (for traction when stuck in snow), and bottled water.

At Grand Auto & RV Care, we employ Automotive Service Excellence (ASE) certified mechanics. Our mechanics are up-to-date on the newest vehicles and procedures, so you can rest assure you are getting the best service around. We can check everything on your vehicle and make any necessary repairs or provide preventive maintenance to keep your vehicle running longer and more efficient.

We are located next to Grand Casino Hinckley and for your convenience; a shuttle service is available to and from the casino.

Plus, Grand Auto and RV Care is helping ease repair expenses by offering a 10% discount* to Grand Casino Associates, Grand Reward's Players club members, Band members, and Mille Lacs Band of Ojibwe employees. To schedule an appointment, call 320-384-4822.

Some restrictions may apply.

Band Member's Dedication And Hard Work Leads to Business Success



Carole Higgins

By Toya Stewart

For nearly three decades, Carole Higgins, 61, has been in the beauty business.

First as the owner of a home-based salon, Carole's Hair Studio, in the mid-1980's and then as a stylist in two Las Vegas salons located in the famed Bally's and Circus Circus hotels.

But for the past 10 years, Carole has had the pleasure of operating her own shop, Carole's Grand Salon Inc., in the west wing shops of Grand Casino Hinckley.

"I love my job, and I love what I do," said Carole, a Band member. "I really enjoyed working in the Las Vegas casino environment and that helped prepare me for my business here."

As the owner, Carole does everything from cutting hair to doing manicures to ordering supplies and cleaning the shop. She also attends workshops in the cosmetology industry.

She says her customers are like family to her as is her colleague, Joey Vork, who has worked with Carole for six years. Joey does her work well and helps Carole run the shop while Carole is in Las Vegas or running errands.

"I like to interact with people and chat with them while I'm doing their hair," she said. "We have customers from Iowa and Thunder Bay as well as surrounding towns. We accommodate many clients with wheel chairs."

Carole had support from her late husband, who encouraged her to pursue her goal of opening a salon. Carole has received assistance from the Band's Small Business Development Program (SBDP).

Photo courtesy of Elizabeth Towle

They were very helpful in preparing for this business venture, offering small business management courses. They've also helped with exposure and advertising, she added.

Carole is a member of the Minnesota American Indian Chamber of Commerce. She received a feather award and was entrepreneur of the year in 2001.

Sharon James, the previous Coordinator of the SBDP said, "I have enjoyed working with Carole over the past 11 years and have been her avid cheerleader as she sought her dream and accomplished her goals."

"Carole has shown she has the key elements necessary as a successful business owner: experience and skills in the industry, understanding the importance of her numbers, seeking resources she needs, and the empathy to build lasting relationships with her customers, staff and community," Sharon added.

While the shaky economy has taken a toll on Carole's business, she is still enjoying being a business owner. She also offers insight to others who might be considering becoming an entrepreneur.

"Look for a business where there's a need, set goals, create a business plan, and be the best you can be," she said.

Carole attended St. Cloud Beauty College and graduated in 1980. The Minnesota Chippewa Tribe paid for her training, and she said she remains grateful for the assistance she's received from the Band and its programs.

Carole is a member of the Big Drum Society and sits on her Brother David Matrious's drum as well as Larry Smallwood and Lee Staples' drum. Carole enjoys attending the traditional ceremonies.

Carole is offering \$2 off any hair services or 10% off hair products. Band members receive 10% off services year-round.

Circle of Health Update

By Circle of Health Staff

As another year has passed, we have provided the following details about annual information needed by our office and the most common topics we address each year.

Annual updates

Every year Circle of Health requests that annual updates are collected from all Band members. The Enrollment Form and Consent for Release of Confidential Information Form need to be completed. Files can be audited at any time; any Band member's file that is missing this information will be put on a "hold for reimbursement" status until the forms are received. These forms are located at our office and the Ne-la-Shing Clinic receptionist desk, and can be faxed to you upon your request. Our office must receive your original signed paperwork.

The release of information is vital for Circle of Health staff to be allowed to talk directly to a health/dental provider regarding claims, an insurance agency about premiums, other Health and Human Services departments, or any designated family member who may be assisting a Band member due to a health condition.

If you are a MN Care recipient, it is extremely important that you call to request a Giving Permission for Someone to Act on My Behalf Form the next time you receive a statement. Even as the payer of your account, Circle of Health cannot question if a payment has been received or applied to your account without this signed form. Additionally, watch for your yearly updates, as these must be filled out and sent to the MN Care offices.

Diagnostic tests

For Band members who undergo radiology tests (X-rays, MRI's, CT scans, etc.), we still continue to have problems with the billing process. Even though you present your card at the time of your visit, this information is usually not passed along to the radiology provider. Once you receive your first statement, you must call your billing office to verify they have your secondary or Circle of Health information. If you receive a second statement, you can make another call and let us know if you encounter problems. In our experience, these are always the ones that are sent to collection agencies with no hesitation.

Quarterly premiums

If you have been receiving premium statements, please contact our office to make sure that we receive the same information. You may have requested that these statements are sent in duplicate to our office, but this may not happen.

It is the procedure of Circle of Health to pay premiums on a quarterly basis – the office submits these requests two to three weeks prior to the new quarter. Unfortunately, if they don't get to our office until the last week of the month, your policy is at a greater risk of being cancelled. Circle of Health staff members have no influence (even as the payer) in requesting any policy to be reinstated.

Provider statements

When you receive a statement from a health care or other provider, it is always a good idea to contact them at the number provided and verify that they have your Circle of Health information for billing. If you receive another statement and you know that the provider has the Circle of Health information, then call our office to get the status of the claim. It takes 60 to 90 days before our office is even billed, and may be longer if your primary insurance has the payment on hold or is waiting for information regarding that particular service.

Our office cannot make any payments off of a statement, but rather we receive a form from the provider billing office and a copy of your explanation of benefits.

Office visits

In addition to providing your primary insurance cards, please show your Circle of Health card at the time of admission, every time. If the Circle of Health card is not provided, they will not bill us. This happens even if they have the information on file from previous visits. If you have lost or misplaced your Circle of Health card, please contact your claims processor.

Reimbursements

Please allow reimbursement claims a two- to six-week grace period from the date of submission to process. If you haven't received a reimbursement or denial after six weeks, contact Michele Palomaki, Circle of Health Director; David Boyd, Claims Processor for A-L; or Roberta Lemieux, Claims Processor for M-Z at 320/676-8214 or 800/491-6106.

“Out Cold” Boxing Event Lives up to Name



Photo courtesy of Jesse Kelley

Boxer Wilton Hilario (left) of St. Louis Park, Minn., took on Darrell Martin of Baltimore, Md., during an action-packed evening of boxing on January 24 at Grand Casino Hinckley.

By Jim Erickson, Mille Lacs Band Boxing Commission Executive Director

A nice crowd was on hand for an exciting evening of boxing on Saturday, January 24, at Grand Casino Hinckley. The more than 1,000 fans were treated to five action-packed bouts.

A spectacular knock-out ended the first match between Dion Savage of Flint, Mich., and Jeffrey Osborne of Davenport, Iowa, at 2:31 of round four. Savage is trained by and was accompanied to the event by Roger Mayweather, a former world champion and current trainer of Floyd “Money” Mayweather.

The second bout of the evening was mentioned by many spectators as the “bout of the evening.” Local super bantamweight Willshaun Boxley of Coon Rapids, Minn., showed his speed, power, and boxing skills as he won a unanimous decision over crafty veteran Torrence Daniels of Colorado Springs, Colo.

Next up was a battle between Wilton Hilario of St. Louis Park, Minn., and Baltimore, Md., native Darrell Martin. Although Martin started with a flurry at the opening bell, the tables were

eventually turned and Martin retired in his corner between the fifth and sixth rounds.

In the semi-main event, Caleb Truax from Osseo, Minn., put in a workman-like performance against Johnnie Hayes of New Jersey. Hayes was unable to handle the pressure from Truax, and the fight was stopped at 1:21 of the fifth round.

The main event pitted Marcus Oliveira of Kansas against Rayco Saunders of Pennsylvania in a slower-paced eight-round showdown. Oliveira, returning to Hinckley where he stopped local fighter Phil Williams in 2008, won the battle by a majority decision, upping his record to 17-0 with 12 knock-outs.

Minnesota middleweight champion and *Contender* TV series veteran Anthony Bonsante entered the ring at the end of the evening to announce that he will put his title belt on the line against highly regarded Minnesota middleweight Andy Kolle. The bout, along with supporting undercard fights, will take place at Grand Casino Hinckley on March 28.

Look for more information about the March boxing event in the next issue of the *Ojibwe Inaajimowin*.

Mille Lacs Indian Museum Event

Handmade Ojibwe mitten workshop

Come join the museum staff and create a pair of authentic Ojibwe style mittens to take home. This two-day workshop will be held on Saturday, **February 21**, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **February 22**. The cost is \$50 for the public and \$45 for Minnesota Historical Society members and Mille Lacs Band members. There is also an additional \$20 supply fee.

Please call 320/532-3632 to make your reservation in the class.

Hours of operation

Although the museum is closed for the season, you can still arrange a group tour or attend some great events. Group tours can be scheduled by calling the museum at 320/532-3632. Outreach programming is also available.

14th Annual Arctic Blast a Success

By Sarah Barten, Public Relations Specialist at Grand Casino Mille Lacs and Grand Casino Hinckley

A perfect mix of Minnesota weather was just the icing on the cake for the 14th Annual Minnesota Vikings Arctic Blast, held on Saturday, February 7, and Sunday, February 8. More than 1,000 people showed up to raise money for the Vikings Children’s Fund and enjoy one of the state’s most beloved winter pastimes – snowmobiling. Current and former Vikings players and coaches, along with the Minnesota Viking’s cheerleaders worked with the Mille Lacs Band of Ojibwe in making this event the best turnout in recent years.

“We were pleased with the overall event,” said Bob Schlichte, Arctic Blast Committee Chairman for the Mille Lacs Band of Ojibwe. “The local community members and a large contingent of passionate fans came out in large numbers – it was one of the best turnouts

we’ve ever had. More than 400 people checked in at Eddy’s Lake Mille Lacs Resort, and we had nearly 1,000 people attend the prize party on Sunday.”

This Arctic Blast began with a kickoff breakfast at Eddy’s Lake Mille Lacs Resort, where participants could also register to win great prizes and watch their children enjoy activities. Then from 9:30 a.m. to 6:30 p.m., snowmobile riders and Vikings players stopped at various blast points including: The Blue Goose Inn, Castaways Resort, Nitti’s Hunters Point, Buzzie’s on the Bay, and Bayview Bar and Grill.

On Sunday, a \$30,000 prize party was held at the Grand Casino Mille Lacs Events & Convention Center. A certificate for the winner’s choice of a 2008 Arctic Cat snowmobile or ATV, Vikings season tickets, autographed Vikings gear, and video and audio equipment were just a few of the prizes that were given away.

State Gaming Expansion Discussions Surface

By Jamie Edwards, Government Affairs Coordinator/State

The legislative session is off to a difficult and busy start as expected. Legislators now have to grapple with a multi-billion dollar state budget deficit. In the weeks and months ahead, legislators will work to balance the state’s budget (the current budget cycle ends on June 30) and set a new budget for the 2010-2011 biennium. To do so, the state Legislature will work with Governor Pawlenty’s proposed budget, which he released on January 27, to find a compromised budget bill.

In the Governor’s budget, he proposes cuts to state health care programs, higher education, and local government aid, while relying on one-time money sources including a federal stimulus package, bond sales from the state’s tobacco funds, and shifts in K-12 education funds. He also proposes reducing the state’s budget by \$ 2.4 billion over the next two years.

Legislators are now working to come up with their own budget solutions that will eventually need to be settled with the Governor. Among the discussions so far has been talk about generating new revenue

through state gaming expansion. Two bills have been introduced to allow slot machines at racetracks (Canterbury and Running Aces).

Other gaming-expansion legislation has been introduced, including a bill to allow video slot machines in bars and at the Minneapolis-St. Paul Airport. The proposed bill would allow the state’s estimated 3,200 bars and the airport to operate slots, the proceeds of which would go to charitable gaming organizations and the state’s education system. There has also been talk about possible legislation for a Mall of America casino, although a bill has not yet been introduced.

The Mille Lacs Band and other Minnesota tribes continue to monitor any gaming legislation which could harm Indian casinos. With the next state budget forecast due out in early March – which will likely show an even larger state deficit of about \$6 or \$7 billion – it is too early to tell how the final budget will play out. But by law, the Governor and Legislature will need to agree on a final budget bill by the end of the legislative session or face a possible government shutdown.

National Cancer Prevention Month

By Rob Thompson, Mille Lacs Band Safety/Risk Manager

In 2004, the U.S. Senate designated February as National Cancer Prevention Month through a resolution that stated:

- Cancer is one of the most prevalent and devastating diseases in the U.S., affecting 600,000+ lives each year.
- Early detection can prevent the disease from reaching an advanced, potentially fatal stage.
- Everyone needs to become aware of research advances and early detection opportunities so that they can better understand how to prevent cancer.

Public education about reducing the risk of cancer and early detection of the disease continues to be a major focus throughout the country. On the national level, about 565,650 Americans died from cancer and more than 1.4 million people were diagnosed with the disease last year (statistics provided by the National Cancer Institute). In Minnesota, the American Cancer Society recently released its 2008 cancer statistics, which found that cancer continues to be the number one cause of death in the state.

While there have been great advances in the treatment and

prevention of cancer, millions of people are still affected by the disease. National Cancer Prevention Month is a good time to focus on the steps we can take to reduce our risk of developing cancer, including a good diet, regular exercise, and smoking cessation.

Mille Lacs Band cancer education programs

The Mille Lacs Band's Public Health Department conducts educational cancer programs during the year, promotes cancer screenings, and works with Band members to help them reduce their risks of cancer. The Band also has a smoking cessation program that helps Band members quit smoking while also considering their cultural practices. See page 6 for more information about an upcoming men's health event addressing cancer prevention.

Each person can help decrease his or her risks of developing cancer. For more information about the Band's smoking cessation program, contact Marlene Poukka at 320/532-7812. For more information about cancer screenings, contact Linda Moses at 320/532-2405.

Colorectal Cancer Hits Indian County Hard

By Toya Stewart

Colorectal cancer can be a preventable disease. Yet for American Indians, this cancer is one of the leading causes of death, according to medical experts.

"American Indians have disproportionately higher rates of key colorectal cancer risk factors, including smoking, obesity and diabetes," said David Purdue, a Gastroenterologist at the University of Minnesota.

"Low daily activity and diets that are high in fats and low in fruits and vegetables are also thought to increase the risk of colon cancer," added David, a member of the Chickasaw Nation of Oklahoma. "There may also be key genetic differences that play a role and that can explain the variation in tribal cancer rates."

Another key factor may be the disparity in screening rates among American Indians, said Dr. Salina Rizvi, Mille Lacs Band Health Director.

"Awareness is very important," said Salina. "There's a lack of awareness in our community when it comes to our health."

"When people turn 50 they should get a colonoscopy done," said Salina, who also noted that some people are screened before the age of 50 if there are symptoms that warrant it. "And it's not just men, it's women, too. Women should be aware of the risks, too."

Band members are encouraged to get screened when they reach 50, however many people still do not get screened. Some of the barriers that prevent American Indians from getting screened include limited resources, finding a place to get screened, transportation issues, fear, embarrassment, and other cultural issues.

Too often Band members agree to get screened while they're in the doctor's office, but don't follow through. That's why Salina and other medical professionals are trying to do more to educate Band members about the risks of not getting screened.

"What Band members need to know is getting screened is just diagnostic, and it doesn't mean you have [cancer]," said Salina.

Colorectal cancer disparities

Colorectal cancer is 60% higher for American Indians than non-Indians.

"While rates are falling in other populations, they are increasing in Native communities," said David.

Besides getting colorectal cancer, the death rate among American Indians from the cancer continues to increase because the diagnosis often comes when the cancer has progressed significantly, he said.

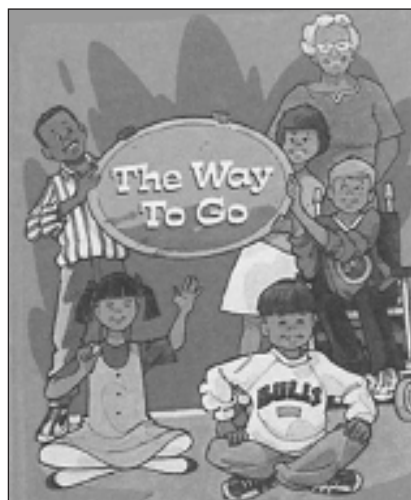
"If people get screened, the risk of colon cancer decreases," said David, who is the co-chair of the Dialogue for Action project in Minnesota, which focuses specifically on American Indian colorectal cancer disparities. "Beliefs that cancer is a death sentence, that it's a result of breaking taboos, or that one's life is predetermined by the Creator can be barriers to screening participation."

To help combat the higher numbers of colorectal cancer, David and others are finding ways to educate American Indians about the risk and the disease and share ways that they can protect their health. Leaders from Minnesota's 11 tribes are also seeking ways to work collectively to tackle the problem.

David suggests that American Indians return to more traditional lifestyles that include being active, eating a variety of whole, nutritious fresh foods, and reserving tobacco for traditional ceremonies.

"If all Indian people readapted these basic principles, we would slowly eliminate most cases of cancer, diabetes, and heart disease," David said. "The biggest take-home message is that people need to get screened. Colorectal cancer is not a death sentence if it's caught early. Most people do well and survive."

Band Students Receive Books That Teach Positive Values



Art courtesy of John Wirth

The *Way to Go* book was one of the books given to local schools in the Mille Lacs area to help spark family discussions about values and good decisions.

This winter, first- and third-grade students at Nay Ah Shing Elementary School and Onamia Elementary School received free books designed to spark family discussions about values and good decisions.

The first graders received one volume titled *My Favorite Book*, while the third graders received a book titled *The Way to Go*. Both books explore stories that illustrate positive character-building traits such as responsibility, kindness, honesty, citizenship, respect, compassion and cooperation.

The books – which are distributed by the Ambassador Company in coordination with local organizations – are designed to help parents teach youth about making good decisions as they face peer pressure in school and in the community.

Public Health Updates

Mille Lacs Band community doulas

By Kari DiGiovanni, Registered Nurse

The Mille Lacs Band Public Health Department is proud to introduce doula services to Band members. A doula is a community member who is trained to provide physical and emotional support throughout a woman's pregnancy, delivery, and postpartum period. She is an advocate for the birth mom and incorporates cultural traditions into the birth experience.

Statistics have shown that there are multiple benefits to having a doula during pregnancy and delivery, including lower rates of C-sections, shorter labor time, less need for pain medication, decreased numbers of babies born with low birth weight, and increased mother satisfaction with the birth experience.

We need your help. We are currently looking for women of all ages who want to participate in the doula program. These women would train to become doulas with a special emphasis on cultural birthing tradition. The training is free. Upon completion of the training, doulas will be paid for the services that they provide to other Band members.

If you are interested in becoming a doula, please contact Lisa Blahosky, Interim Health Director, at 320/532-7459 or me at 320/532-7776.

Smoking cessation for pregnant women

By Marlene Poukka, Community Health Educator

The Mille Lacs Band's smoking cessation program is designed to help people quit smoking, which is especially important for pregnant women, as the use of nicotine increases the likelihood of low birth weight and Sudden Infant Death Syndrome (SIDS) in infants. Smoking can also cause asthma and other respiratory problems in infants. For more information, contact me at 320/532-7812.

Public Health welcomes new employees

The Mille Lacs Band Public Health Department welcomes the addition of Dianne Holmquist as the new Billing Specialist. Dianne has been in the medical billing field for 17 years. She likes to read and enjoys the company of her four grandchildren when she is not working. Diane is the newest addition to the Public Health staff.

The department also welcomes Marlys Bushey as a new driver. Marlys is a Mille Lacs Band member and a resident of District II. Marlys has three grandchildren with whom she enjoys spending time. She also enjoys playing slots in her spare time.

Jackie Jensen, a Registered Nurse, is a welcome addition to the Home Nursing and Home Health Care Program. Jackie comes to the Public Health Department with 14 years of experience in nursing. Jackie likes to read suspense novels and fish in her spare time. She has two children. Band Elders and Band members who need home care are welcome to call Jackie at 320/532-7783.

Welcome Diane, Marlys and Jackie.

Upcoming men's health event

Several Mille Lacs Band departments are collaborating with the American Cancer Society to host a health event for men of all ages and ethnicity to learn about age-appropriate health screenings, such as prostate examines and colonoscopies. The men's health event will be held on Monday, April 20, from 3 to 8 p.m at the District I Community Center

During the event, participants will visit informational booths, receive educational literature, and listen to speakers, including Dr. David Perdue from the University of Minnesota. Dr. Perdue will speak about the need for colonoscopies and the prevention of cancer. (See page 5 for an article about colorectal cancer.) Men will also learn about the

Fagerstrom tobacco screening, which assesses a person's level of tobacco addiction.

Supper will be provided for participants, and prize drawings will be held. Look for more details in future editions of the *Inaajimowin*.

Get a cancer screening and receive a gift card

The Mille Lacs Band is working with the American Cancer Society's Circle of Life Plus program that provides incentives for people who get regular cancer screenings. For any adult Band member who receives a regular screening for breast, cervical, colorectal or prostate cancer, he or she will receive a \$10 gift card from the American Cancer Society.

Here are the steps you must take to receive a gift card:

- Contact Linda Moses, Home Health Aide, at 320/532-7776, ext. 2405 to receive a voucher that you will take to your screening.
- Have your medical provider sign/stamp the voucher to verify that you received a screening.
- Return the voucher to Linda within two weeks of your screening.

Once Linda receives the voucher, she will verify the screening and send it to the American Cancer Society, which will send you a \$10 gift card.

Please note the following stipulations:

- Only one \$10 gift card will be given per voucher (even if you receive two screenings at the same time, such as a mammogram and a pap test).
- Participants must be eligible for the screening at the time they receive one.
- Vouchers will not be issued retroactively.
- Participants may receive a voucher for the same test each year (e.g., an annual mammogram).

Twenty Band Members and Employees Train to be First Responders

By Monte Fronk, Emergency Management Coordinator

In January and early February, 20 Mille Lacs Band members and employees participated in a first responder course – some were first time students while others took the course to be recertified as a first responder. First responders are volunteer citizens who are trained in trauma response, CPR, defibrillator use, patient stabilization, and other basic emergency preparedness skills. They are often called upon to respond to emergency situations before medical personnel can arrive.

The Indian Health Service Emergency Medical Services training division provided the free training on the Mille Lacs Reservation. Following the training course, the students completed a written exam and a skills test to be certified or recertified by the Minnesota Emergency Medical Services Regulatory Board as first responders.

The Mille Lacs Band's Department of Public Safety is proud to have trained first responders living on the reservation and working in our facilities and businesses. Thank you to all our first responders for your service to the Mille Lacs Band.

McGregor Area First Responders

If you are interested in becoming a first responder in the McGregor community, please consider joining the McGregor Area First Responders. Contact Annie Kangas at 218/768-2575 for more information.

Chicken Pot Pie

Submitted by Sue Swanson, Certified Diabetes Educator and Diabetes Team Program Coordinator

The whole wheat crust for this bountiful dish is so simple to make that no rolling is required. The crust is more like a thick batter that is spread over the pie. You can stick with the traditional combination of carrots, green beans, and corn, or branch out and try something unexpected. Serves 6

Ingredients

- Vegetable oil spray
- 1-pound package of unseasoned frozen mixed vegetables (any combination)
- 2/3 cup low-fat, low-sodium chicken broth
- 2 teaspoons cornstarch
- 2 tablespoons water
- 1 pound cooked boneless, skinless chicken breasts (chopped)
- 2/3 cup fat-free or low-fat buttermilk
- 1 large egg or egg substitute equivalent to 1 egg
- 1 tablespoon light, stick margarine (melted and cooled)
- 2/3 cup whole wheat pastry flour
- 1/3 cup cornmeal
- 1/2 tablespoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons minced parsley

Directions

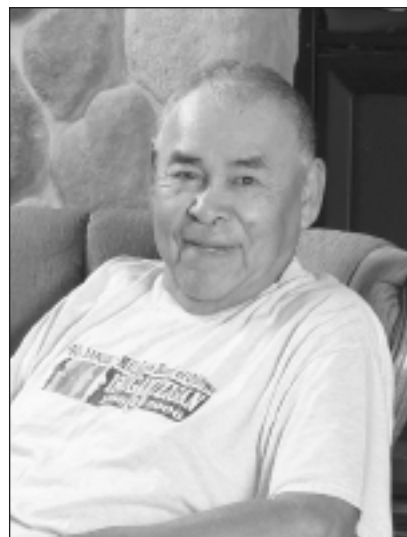
1. Preheat the oven to 425°. Lightly spray an 11 x 7 x 2-inch glass baking pan with vegetable oil spray.
2. In a medium saucepan, cook the frozen vegetables using the package directions, omitting the salt and margarine. Drain and set the vegetables aside.
3. In the same saucepan, bring the broth to a boil over medium-high heat.
4. Put the cornstarch in a small bowl. Add the water, stirring to dissolve. Stir into the hot broth. Cook for one minute or until the mixture comes to a boil and thickens, stirring frequently. Remove the saucepan from the heat.
5. Stir in the chicken and vegetables. Pour into the baking pan.
6. For the crust, whisk together the buttermilk, egg substitute, and margarine in a medium bowl. Stir in the remaining ingredients until just combined. Spread the batter over the chicken mixture.
7. Bake uncovered for 30 to 35 minutes, or until the crust is golden brown and a toothpick inserted in the center of the crust comes out clean.

Nutrition

Serving size: 1 cup
 261 calories
 5 g total fat
 66 mg cholesterol
 338 mg sodium
 24 g total carbohydrate
 4 g dietary fiber
 29 g protein

Moccasin Telegraph

Learning and Teaching Traditions



By Perry Benjamin, Mille Lacs Band Elder

The following article appeared in the February 20, 2008, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

I grew up with a large family – there were 10 of us. In my younger years, we lived in Aitkin County. My dad worked as a lumberjack, and we built our own house on the Mille Lacs Reservation. In 1952, my dad was done with the timber work in Aitkin County, so we moved up to Ely.

Growing up I did a lot of hunting with my dad. He taught me many things, including fishing, wild rice harvesting, and setting snares to catch rabbits. When my dad would come home from work, he would sing Ojibwe songs all night. We had a lot of chores to do when we were younger too, but they all made us better people.

We stayed in Ely until I was in my 20s, and then we moved back to the Mille Lacs Reservation. When I was younger, I didn't know much about the ceremonial powwows they had on the reservation. I learned that these were different from the traditional powwows we went to.

My parents were very traditional people. My dad urged me to attend the ceremonial powwows, but I was in my 20s and didn't listen to him. I was involved in alcohol when I was younger, and it wasn't until my older years that I realized what I was doing to myself. I was 48 years old when I decided to quit drinking and started attending the ceremonial powwows, which helped to straighten my life out. Now I'm part of the ceremonial drums here on the reservation, which

we hold every spring and fall. My son and daughters are involved in the ceremonial drums too. I always tell them to listen to the drum and listen to Elders when they speak.

When we moved back to the reservation, I started working for the Band. I have worked for the Band ever since in all different departments. In 1983, I worked as a custodian at Nay Ah Shing Schools, which I really liked. While working there, I started teaching the school kids how to sing in Ojibwe.

A friend of mine also helped teach the kids to sing, and we helped them start a drum group. The kids picked it up quickly. On weekends, we brought the kids to local powwows, so they could sing and perform. We took them to local high schools where they would perform for other students while we explained the drum group, the singing, and how the student group got started.

You don't have to know the Ojibwe language to be able to sing the songs, but you can pick it up by just listening to people sing them. That's how I learned the Ojibwe language – by listening to my parents speak to each other in Ojibwe and by listening to my dad's songs. When I was younger, the Ojibwe language was all we spoke. I can still speak the language fluently, but there are some words that I can't say or are hard to remember. When I'm at powwows or with friends, I speak the language more often.

It's good to see kids getting involved again in Ojibwe traditions. In Lake Lena, the ceremonial buildings are always filled. I see kids excited to put on their regalia and dance at powwows. And, the schools are doing a good job teaching the language and culture to our kids.

These youth need to learn our heritage and language, otherwise we are going to be a lost culture. My two grandchildren attend Nay Ah Shing School and like to learn the traditional Ojibwe ways. I think in the next 10 years or so there will be even more young kids involved with our culture and speaking our language.

Although it's getting hard for me these days to participate in some Ojibwe traditions, such as hunting and fishing, I am able to still carry on other traditions, such as the Ojibwe language and songs.

Ojibwemowin

February is Namebini Giizis (Sucker Fish Moon)

In namebini giizis, with the cold days, the reflection of the bright sunshine on the clean, white snow does something to you (whether you are a person or an animal) – it makes you zasakeengway or "snow blind." Our ancestors noticed this change and knew it made for a good day of wabooz (rabbit) hunting. It also meant

ziigwaneengway or "spring tan" – much like in ziigwan (spring), the color of your face changes as you begin getting a temporary snow-tan brought on by the bright reflection of the sun on the white snow.

During the end of January and into February, people referred to this time as enigaagiwe biboong or "winter heading home," which meant they were glad the worst part of winter is nearly past.

Meet Your Diabetes Team Member



Photo courtesy of the Diabetes Team

Lee Lembke

Following is information about Lee Lembke, who is part of the Band's Diabetes Team. Look for profiles of other Diabetes Team members in future editions of the *Ojibwe Inaajimowin*.

What is your position?

Fitness assistant and instructor

How long have you been in your position?

Five years

What are your primary duties?

Teaching people with diabetes how to exercise and how to move without complications

What is your favorite part of the job?

Meeting new patients

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

Disinfect equipment and work out

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

Exercise, which will help your diabetes and your health

What is your favorite exercise?

Walking and biking

What is one of your goals for the Diabetes Team?

To help patients keep their diabetes in good control with exercise and diet

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

December 2008

	Approved Budget for FY 2009	Actual Expenditures through 12/31/08	% of Budget Expended
Administration (1)*	13,095,025	2,585,965	19.7%
Workforce*	11,488,049	844,974	7.4%
Judicial	1,093,418	190,975	17.5%
Law Enforcement*	3,477,344	729,346	21.0%
Education*	14,202,734	3,648,897	25.7%
Health and Human Services*	22,126,133	5,036,152	22.8%
Natural Resources*	4,404,458	1,123,245	25.5%
Community Development* **	30,105,876	4,071,246	13.5%
Gaming Authority**	1,539,844	931,903	60.5%
Bonus Distribution	14,366,076	10,178,989	70.9%
Economic Stimulus	2,800,000	2,787,000	99.5%
Total Expenditures	\$118,698,957	\$32,128,691	27.1%

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.

** The Housing Initiative and Gaming Authority Departments are operating on continuing resolutions for FY 2009.

Legal Rights – Guardian Ad Litem

By East Central Legal Services

A guardian ad litem is someone who speaks for a child or a disabled person in court. If you are in court and have any questions about who speaks for the child, who speaks for the parents, or who has the right to a lawyer, ask the judge right away.

What does the guardian ad litem mean?

A guardian is a person who acts to protect or help someone. Ad litem means "for the lawsuit." There are different kinds of guardians ad litem for different kinds of cases. In some cases, the judge names a guardian ad litem to work with a child or a person who has a disability that makes it hard for them to understand a case that involves them. In other cases, such as custody cases or neglect or abuse cases, a guardian ad litem may be appointed to investigate and stand for the child's best interests.

What does a guardian ad litem do?

Guardians ad litem tell the court what is best for the child in

things like custody and visitation. They do an independent investigation. They do not work for court services or child protection.

They talk to the child, the parents, and other caregivers. They can talk in private to counselors, teachers, family members, friends, court services personnel, and child protection workers.

They write a report to the court saying what they think the judge should order. The judge does not have to do what the guardian says, but will take the report very seriously.

It is important for you to cooperate with the guardian ad litem. The guardian's report can help or hurt your case. Remember: thinking about what is best for your child should be your top priority.

When will the judge appoint a guardian ad litem?

In family court, the judge must name a guardian ad litem if the judge thinks the child has been hurt, threatened or neglected. In juvenile court, there must be a

guardian ad litem in cases about a child who is neglected, in foster care, or a child in need of protective services (CHIPS cases). The judge can name a guardian ad litem in other family or juvenile cases, but does not have to.

Who pays for the guardian ad litem?

Guardians ad litem may work for free or for a fee. If there is a fee, the court will say who has to pay it. If you get Minnesota Family Investment Program (MFIP) aid or other public aid, have a legal aid lawyer, or have a low income, you will not have to pay.

If you or someone you know would like more information regarding guardians ad litem, please call East Central Legal Services at 800/622-7772. East Central Legal Services is also available to conduct community presentations on this and other topics.

Tribal Noteboard

Happy February birthday to:

Jenny, on February 3 with love from Wesley, Deek, Tracy, Kelly, Jay, Rachel, June, Taya, Noah, Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and John • **Jourdaine**, on February 6 with love from Lorelei • **Sage Boyd Davidson** on February 5 from mom, dad, Jake, Dove, Bella, Princess, Piggy and Chopper • **Shane Davidson**, on February 8 from Rose, mom, Jake, Dove, Bella, Princess, Piggy, and Chopper • **Chris Jr.**, 3, on February 7 with love from mom, dad, Jameson, Cordell, Grandma AA, Grandma K, Tracy, Jacob, Shelby, Jarvis, Jamie, Aiva, Mark, Sharon, Raven, Wallace, Val, Pie, Baby Kevin, Rachel, Brad, Bad Eric, Kristi, Braelyn, Peyton, Eric Anthony, and Wesley David • **Cordell**, 8, on February 23 with love from mom, dad, Jameson, Grandma AA, Grandma K, Tracy, Jacob, Shelby, Jarvis, Jamie, Aiva, Mark, Sharon, Raven, Wallace, Chris Jr., Val, Pie, Baby Kevin, Rachel, Brad, Bad Eric, Kristi, Braelyn, Peyton, Eric Anthony, and Wesley David • **Debra Blake**, on February 20 with love from Howard, Carrie, Renae, Zachary, Jerry, Kira, Phil, Mick, Nadine, Char, P.J., and Whitney • **Christopher**, on February 6 from dad, Grandma Dawn, Brenna, Simon, G, and Marlow • **Audrey**, on February 7 from Dawn, Stephanie, Brenda, Cheryl, and Cindy • **Donovan**, on February 15 from Dawn, Donovan Jr., Marlow, Breanna, Simon and G • **Donovan Jr.**, on February 16 from mom, dad, Marlow, Breanna, Christopher, Simon and G • **Papa**, on February 7 from Asia Boyd • **Jodi**, on February 21 from your family • **Rose Wind**, on February 19 from your family • **Gerald Sr.**, on February 7 from your family and Asia Boyd • **Keith Reynolds**, on February 12 from your family and grandmother • **Kaitlyn Wind**,

on February 2 from Great-grandma Maggie, Grandma Rose, Bevey, Chris, dad, the whole Kegg family, Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, John, Ron, Gladys, Rol, Collin, Desi, Lydell, McKayla, Tayaunna, and Bev and Roger Garbow • **Na-Non**, on February 17 from Johnny • **Mom**, on February 17 from all your children, grandchildren, and great-grandchildren • **Baby Richard**, on February 21 from mom, brothers, aunts and uncles • **Scott Matrious**, on February 24 from Jen and Baby Richard • **Grandma Barb**, on February 18 from Baby Richard • **Russell**, on February 20 from Grandma Garbow • **MyKal**, on February 23 from Mom - Michelle Garbow • **Alexis**, on February 9 from mom - Kimberly Adelman • **Victoria Dolly Kegg**, on February 7 from Beverly, Benji, Darren, Chris, Maria, Bobby, Dennis, Rose, Marty, Richard, Conrad, Sandy and mom • **Princess**, on February 17 from your queen, Bill, Tyson, Eva, Johnny Bubba, Clara, and Emma • **Isaiah Potter**, on February 10 from your aunt, uncle and cousins in Minnesota • **Rosa Sam**, on February 26 from Lenore, Bill, Tyson, Eva and Jon • **Foxy Roxy**, 6, on February 6 with love from Gramma Gladys, Papa Ronnie, Rol, Sud, Desi, Lydell, McKayla, Tayaunna, Bev, Rog, Juni, Roy, Jillian, Auntie Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and John • **Clayton Jr.**, 11, on February 7 with love from Gramma Gladys, Papa Ronnie, Rol, Sud, Desi, Lydell, McKayla, Tayaunna, Bev, Rog, Juni, Roy, Jillian, Auntie Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and John • **Gladys Sam**, on February 3 with love from Lydell, McKayla, Tayaunna, Terrell, Tierra, LaDarius, Clayton Jr., Aubrey, Roxanne, Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and Jon •

Melanie, on February 4 from Ron, Gladys, Rol, Collin, Desi, Lydell, McKayla, Tayaunna, Bev and Roger Garbow • **Maysun Jr.**, 25, on February 3 with love from Mary, Shawsha, Soul Son, Dante, Maysun Jr., and Selena • **Mom**, 53, on February 20 with love from Mary, Danielle, Rachel, Bruce and Jim • **Mona**, 52, on February 13 from Mary, Rachel, Bruce, Danielle, Vera, Simone, Donni, Selena, Dante, Sheila, Joey, Maysun Jr., Shawsha, Soul, Jim, and Jeannette • **Grandma**, on February 20 with love from Selena, Dante, Maymay, Shawsha, Soul, DeaLayna, Franny, Stone, Junior, Simone, Donni, Sheila, Joey and Jeannette • **Simone**, on February 11 with love from mom, Joe, Sheila, Joey, Donni, Gramma, DeaLayna, Stone, Franny, Junebugg, Jim, Bruce, Jeannette, Mary, Mase, Beaner, Dante, Mase Jr., Shawsha, and Soul • **Uncle Larry**, on February 4 with love from Jaxin, Jack, Dalene and family • **Jaynissa**, on February 5 with love from Auntie Meany, Chaddy, Tommy Lee, Jaxin, baby, gramma, Deondre, Tina, Jim, dad, mom, Rainy, Matt Jr., Valerie, Waylon, Dana, Dave and Tanya • **Danielle Boyd**, on February 6 with love from Tommy Lee, Day, Chaddy, Jaxin, and baby • **Tina Sam**, on February 7 with love from Meany, Chaddy, Tommy Lee, Jaxin, baby, mom, Jim, Deondre, Matt Sr., Jaylene, Rainy, Matt Jr., Valerie, Jaynissa, Dana, Dave, and Tanya • **Jim Mack**, on February 17 from Lulu and the kids, Jan, T.J., Twy, Jaime, Cat, and all the kids • **Nikki G**, on February 20 from Auntie Lulu and the kids, Tiff, Norman, and Kali • **Nicholas Mitchell**, on February 24 from Auntie Lulu and the kids, Jan, T.J., Twy, Jaime, Cat, and all the kids • **William Nayquonabe**, on February 25 from Auntie Lulu and the

kids, Auntie Jan, Tiffany, Twyla, Jaime, Cathy, and all the kids • **Norm Adams**, 29, on February 6 with love from Tiffany and Kali • **Leeland Smith**, on February 13 with love from Auntie Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and John • **Arianne Donahue**, on February 19 with love from Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and John • **RaeAnne Sam**, on February 13 from Tammy, Brandon, Brandi Jo, Elias, Baby Wagner, and John • **Braelyn Alexis**, 6, on February 22 with love from mom, sissy, brother, dad, Gramma Pam, Angie, Nikki, Shawna, Savannah, Uncle Stan, Auntie Nicole, Brittany, Michelle, Thomas, Ana, and Theresa • **Jacob**, on February 16 with love from mom, Jameson, Cordell, Grandma AA, Grandma K, Tracy, Jacob, Shelby, Jarvis, Jamie, Aiva, Mark, Sharon, Raven, Wallace, Val, Pie, Baby Kevin, Rachel, Brad, Bad Eric, Kristi, Braelyn, Peyton, Eric Anthony, Wesley David, Phil, Mick, Nadine, Char, P.J., and Whitney • **Braelyn**, on February 22 with love from dad, Kristi, Peyton, Eric Anthony, Wesley David, Papa Brad, Val, Pie, Baby Kev, Rachel, Gram AA, Karen, Tracy, Shelby, Jake, Jamie, Jarv, Aiva, Mark, Sharon, Wally, Ravin, Nicole, Chris, Jimmy, Cordell, Jay, Kat, Taylor, Ada, Randi, Bruce, Amber, and Jayla • **Bobbi Rae Sam**, on February 17 from Kyla, Dakota, and Big Al • **mom**, on February 17 from Kyla Lynn, Coda, and Al • **Antavia Pendegayosh**, 3, on February 25 from, dad, Arielle, Grandma Rae, Grandpa Bruce, Grandma Shot, Uncle Ben, Nino, and Cia • **Ozzie**, on February 20 from Auntie and family • **Chan-Man**, on February 2 with love from mom, dad and Poodie.

(Continued to page 10)

Documentary Focuses on American Indian Men's Health Issues

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

"Mii gwetch Nimishoomis gakina gegoo gaa-izhichigeyan noongom.

Mii gwetch adizookaanag gaa-ganaweniminingwaa.

Mii gwetch nookomisinaan."

"Thank you, grandfather, for everything that you do today.

Thank you, spirit helpers who look after us.

Thank you, grandmother."

I said these things as I offered my tobacco. I am thankful for many things. The Fond du Lac Reservation Business Committee (RBC) gave its enthusiastic approval for us to go ahead with the premier of the Native American health documentary we've been working on for the last two years. It's called *Walking into the Unknown*. It's been a long process, but it's finally finished.

This film project started at around the time I first thought of writing these articles. I have a very strong family history of diabetes, heart disease, alcoholism, stroke and suicide. This is the family history of many of my patients. When I first started working as a physician on the Fond du Lac Reservation in Cloquet in 1997, my wife announced that I was going to go to a doctor for a physical. I protested that I didn't have time for that and managed to put it off. Once she became pregnant with our son, the pressure increased. Eventually, I did go in for the physical and everything was fine, but my cholesterol was up a little. I was off the hook.

Only a year later, she was after me again to go in for another physical. I protested that I had just gone for one and that everything was fine. I managed to put that one off for almost three years and used my busy schedule as my primary excuse. In the years that followed, I have spoken at men's groups, at the medical school, at events for new parents, for Elders groups, and at multiple other events. All the while, I was trying to get people to address their own health care and come in for exams. I was increasingly frustrated with people – mostly

men – not wanting to be screened for diabetes, heart disease, and cholesterol. Prostate exams and colonoscopies were out of the question for many of them. These are MEN – they do not allow anyone to stick a finger or a scope into their rectum (the actual phrases used were a little more colorful).

I watched several of them die because they wouldn't get screened. I watched them die from things that could have been prevented or taken care of if they would have come in early enough. I watched several die because I missed getting them screened because we were too busy taking care of other, more acute problems. I watched some die because they didn't understand what they needed to do. I watched some die because they were afraid to address their health issues.

Then in January 2007, my younger brother Kelly had a stroke. He was only 46 years old at the time. He had uncontrolled diabetes and had always refused to take care of it. He blamed his doctor for not getting it under better control. He smoked. He drank. He bought 10 pounds of bacon just a few days before his stroke. He was always bigger and stronger than me when we were growing up. His constant anger made him a great football player. They called him "Freight Train" in high school because nothing could stop him.

His stroke did. He still can't move his left arm, and he falls easily because his left leg is weak.

Is anyone starting to see me as a hypocrite? You picked up on it faster than I did. I finally had to come to the realization that this wasn't just me and a motorcycle anymore. I'm a husband. I'm a father. I'm a doctor taking care of my people. I couldn't continue to hide from the same things I was seeing others suffer from. I owed it to my wife and son to make sure they didn't have to take care of me because of something I could have avoided. I was afraid because of my family history. The film follows my journey through the health screenings all of us

need. I was in a unique position to do this as a physician, as a patient, and as a middle-aged Native American male in denial.

Nate Maydole is a bright and rising filmmaker, and our paths crossed early on. Nate immediately saw the impact this film could have and was on board from the start. The Special Diabetes Grant from the Indian Health Service provided enough money to get started. The physician I chose is a partner of mine. Even though he is not Native, I gave him tobacco, cloth and metal as gifts when I asked him to be my doctor. We went to a sweat ceremony together to start things properly. Everyone in the film volunteered their time to make sure this has maximum impact and benefit to Native people. It addresses diabetes prevention and the changes needed to live a longer, healthier life. It has stories of loss from others.

It's a powerful film. Not because of me, but because of what it teaches. President Obama said we need to be involved in things that are bigger than we are to effect change for our children. This film is much bigger than the people in it and we will be sending it out free of charge to all 355 American Indian Special Diabetes Programs funded by the Indian Health Service across the country. We want as many people as possible to see this film and have access to it in their clinics.

The premier screening of *Walking into the Unknown* will be on March 23 at 7 p.m. in the Marshall Performing Arts Center at the University of Minnesota campus in Duluth. Everyone is invited, and we hope to see you there. We will set up other screenings of the film as needed, but this is the big one.

This I learned from our new President:

He can change the future.

I can change the future.

You can change the future.

We can change the future.

For more information about the premier of Walking into the Unknown, call 218/390-9931 or e-mail a-vainio@hotmail.com.

Tribal Noteboard

(Continued from page 9)

Happy February birthday to Mille Lacs Band Elders!

Nancy Arnoux

Laura Ashcroft

Frank Benjamin Jr.

Judy Carlson

Bonita Eagle

Douglas Eagle

Eileen Farah

Eugene Garbow

Beverly Graves

Donald Houle

Irene Jones

Conrad Kegg

Maggie Kegg

George LaFave Jr.

Dwight Madison Jr.

Victoria Mitchell

Gilbert Moose

Joseph O'Brien

Adeline Pewaush

Alan Pindegayosh

Lawrence Reynolds

Ellen Roth

Bette Sam

Darlene Sam

Elizabeth St. John

Audrey Statley

Berniece Sutton

Emma Thomas

Tony Weous

Marilyn Whitney

Clyde Wind

Dorothy Winstrom

Thank you

We would like to say mii gwetch to all those who helped out when my sister Dana Skinaway and brother-in-law David Sam Jr. were involved in a terrible car accident on December 5, 2008. There are no words to express how grateful we are to you and your quick actions. May the Great Spirit bless you and your family every day. *Respectfully – Dalene, Chaddy, Tommy Lee, Jaxin, and families of Dave and Dana.*

Anniversary

Happy 14th anniversary to **John Pike**. Thank you for the best years of my life. I love you with all my heart, *from your babe Jackie.*

Calendar of Events

February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 All offices closed for Chief's Day	17 District II Leadership Academy School Board Meeting. 4 p.m. Contact: Dawn Aubid, 218/768-3477	18 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/532-7422 District III Community Meeting	19	20 Winter Dance Party* GCH 8 p.m.	21 Ojibwe Mitten Workshop Mille Lacs Indian Museum 12 p.m.
22 Ojibwe Mitten Workshop Mille Lacs Indian Museum 10 a.m. Winter Dance Party* GCML 2 p.m. & 6 p.m.	23	24	25 District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	26 District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh, 218/768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin Robertson, 612/872-1424	27	28
					<p><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></p> <p>*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</p>	

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Onamia Indian Education Parent Committee Meeting Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901	3	4	5	6	7
8	9 AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925 Pine Grove Leadership Academy Meeting 5:30 p.m. Contact: 320/384-7598	10	11	12	13	14
15	16	17	18	19 All Elder Community Meeting Hinckley ALU 11:30 a.m. Contact: Denise Sargent, 320/532-7494	20	21

If You Could Go to One Place in the World, Where Would You Go and Why?

Paschen Christensen



"Fiji, because of the mountains and clear blue waters."

Kirstie Davis Deyhle



"Disney World in Florida. I was there once before and would take all my kids the next time I go."

Renee Kegg



"Hawaii, because I think it is the most beautiful place and it's always been a childhood dream."

Connie Kevan



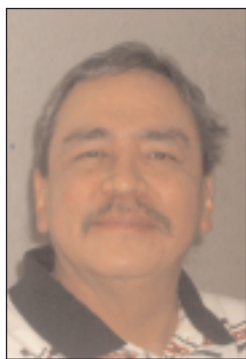
"Ireland, because of the beautiful scenery. I've never been there but have seen movies that were filmed there."

Elizabeth Towle



"Europe, because everything seems to exquisite."

Mitch Matrious



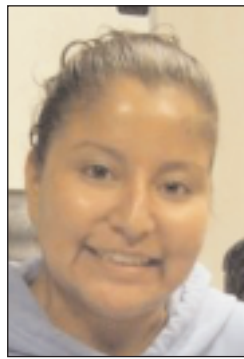
"The Virgin Islands, because I used to live there, and it was gorgeous."

Rachel Sam



"The Fiji Islands, because it looks so beautiful and warm there."

Carla Big Bear



"Costa Rica, because of the blue ocean waters and the white sand beaches."

Photos courtesy of Rick Anderson (Ay be Nizhoo Way we Daang), Elizabeth Towle, and Kelly Sam

Smile Day at Ne-la-Shing Dental Office



Rick Anderson (Ay be Nizhoo Way we Daang)

The Mille Lacs Band Dental Office at Ne-la-Shing Clinic sponsored "Give Kids a Smile" Day on February 6. The dental team provided free dental exams, fluoride treatments, cleanings, sealants, and fillings. "Give Kids a Smile" Day is just one example of what the dental staff are doing to address the oral care access problem. Pictured here is Erika Olson, Registered Dental Hygienist, who talked with Thomas Lee Mitchell about proper dental care and gave him a new toothbrush.

The Newspaper of the Mille Lacs Band OJIBWE INAAJIMOWIN

"The story as it's told."

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

Attention Mille Lacs Band Members

If you are eligible for Minnesota's Energy Assistance Program and have not yet applied, it's not too late. Please come to the Emergency Services Office at Ne-la-Shing Clinic to pick up an application. This program also provides weatherization and furnace repair/replacement to applicants who qualify. For more information, call 320/532-7880.

Upcoming Workforce Center Classes

Learn basic photography skills

The Mille Lacs Band Workforce Center still has two classes open on digital photography. If you are interested in learning how to enhance your photography skills, join us from 10 a.m.-noon on one of the following dates:

- February 18 – Lake Lena Community Center
- February 26 – Mille Lacs Band Workforce Center

Digital cameras will be available to use during each class for participants who do not have one.

To register, please call 800/922-4457 or contact Theresa Romard, Instructor/Trainer, at 320/532-7867 or theresar@millelacsojibwe.nsn.us.

Learn how to make a traditional leather pouch/handbag

Leather work is an important part of the Ojibwe culture. Learn the traditional art of making leather pouches/handbags during the workforce center's upcoming March class. All supplies will be provided.

The leather pouch/handbag class will be offered in three different locations; each class will be held from 10 a.m.-noon:

- March 4 – Lake Lena Community Center
- March 10 – East Lake Education Modular (near the community center)
- March 26 – Mille Lacs Workforce Center

Participants must sign up in advance. Contact Theresa to register.