

OJIBWE INAAJIMOWIN

January 2009

"The story as it's told."

Volume 11 • Number 1

Marge Anderson Sworn in as Chief Executive, Delivers State of the Band Address



Kelly Sam

Marge Anderson (right) was sworn in as Mille Lacs Band Chief Executive before delivering the State of the Band Address on January 13. Marge was sworn in to office first in Ojibwe by former Chief Justice Dorothy Sam (center) and then in English by Chief Justice Alvina Aubele (left).

Mille Lacs Band Chief Executive Marge Anderson, who served as Chief Executive from 1991-2000, was sworn in again on January 13 before delivering the 25th annual State of the Band Address before more than 1,000 Mille Lacs Band members, tribal government employees, state dignitaries, and tribal leaders. Among those in attendance were Minnesota Speaker of the House Margaret Anderson Kelliher, State Representative Gail Kulick Jackson, and State Senator Lisa Fobbe.

The event began with an invocation by Mille Lacs Band member Ralph Pewaush and the singing of the national anthem by Band member Sami Thomas. Commissioner of Administration John Dunkley,

who served as emcee, then introduced Interim Secretary/Treasurer and District I Representative Sandra Blake, who delivered a message on behalf of the Band's legislative branch.

Band Assembly update

Sandra reminded Band members that the Band Assembly meetings are open to the public and spoke about the Band's finances during a tough economic time, saying "the Mille Lacs Band's state of economic affairs is strong and solid."

She reported that the Band's investments gained 5.5% in 2008 and that the Band has never lost money on its

investments – an achievement that will contribute to savings that will help the Band become self-sufficient and not dependent on casino profits. Sandra then challenged the casinos' management to reduce expenses while still providing high-quality Guest services.

Sandra also gave updates on several projects:

- Six new houses were added to the Bugg Hill development.
- A halfway house is planned to be built in District I.
- Six homes are being built in the Isle community. The Band will also start a food service for Elders in Isle.
- A wind turbine facility will be built in McGregor.
- Grand National Golf Course in District III, which was purchased in 2008, will be renovated this year.

Tribal Court report

Chief Justice Alvina Aubele discussed the Band's District Court and Court of Appeals. She first recognized Paul Day, who left in August 2008, for his eight years of service as the District Court Judge and welcomed new District Court Judge Richard Osburn, who began a six-year term in November. She then talked about the judicial branch's

goals for 2009, including 1) the addition of court information to the Band's Web site and a search engine for researching case laws, and 2) separating and enhancing the District Court and Appellate Court rules.

Alvina reported a 27% increase in the court's case load. Among the case categories, there was:

- a 56% increase in bail bond garnishments.
- a 60% decrease in the number of civil lawsuits.
- a 31% decrease in the number of family cases.

The Tribal Court's liaison program provided 1,291 transports for Band members to court-ordered activities, such as probation, court appearances, and community service.

Chief Executive address

Following the speeches, Chief Executive Marge Anderson was sworn in to office – first in Ojibwe by former Chief Justice Dorothy Sam and then in English by Alvina. After the swearing-in ceremony, Marge delivered a message of healing and cooperation, as a tough economy, violence on the

(Continued to page 2)



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(Continued from page 1)



Kelly Sam

During the State of the Band Address, Chief Executive Marge Anderson congratulated Nay Ah Shing's chapter of American Indian Business Leaders (AIBL) for its achievements at the 2008 national AIBL conference. Marge recognized four students who took the lead on developing the chapter's business plan for their student-operated business, "Pow Wow Picz," and presented the plan at the conference. The students are pictured with AIBL advisors, Bugs Haskin (front left) and Mary Simon (back right).

reservation, and recent tribal government changes have been top concerns.

"In recent memory, the Mille Lacs Band experience has been one of healing. After

generations of poverty, we are operating successful businesses, giving our children access to excellent educational opportunities, and using our own clinics to address some of

our most serious health problems," said Marge. "We are protecting Mille Lacs Lake and the fish that live there. And we are preserving our language and culture so that our children know what it means to be Ojibwe. These are our ways of healing as a people."

Marge assumed responsibility to lead the Band through this tumultuous time. "In the coming weeks, months and years, my job is to lead the way in protecting the Band's finances. My job is to make sure that our programs and services bring Band members the most benefits possible with the resources we have available, fostering self-sufficiency instead of dependency. My job is to make sure that the business of government is conducted with accountability and transparency," she said.

Marge also spoke about the economy, acknowledging that the Band's gaming businesses – a primary source of revenue for the Mille Lacs Band – are not immune to the struggling economy. "From Las Vegas to Indian Country, casinos across the country are reporting lower revenues... this affects the casinos and everyone who benefits from Indian casinos. This affects us as Band members, deeply," she said. "I promise that I will work with the Band's Commissioners and elected leaders to do everything possible to limit the impact of a struggling economy on Band members."

Now that Marge has been sworn in to office, Herb Weyaus resumes his position as Secretary/Treasurer and Sandra resumes her post as District I Representative.

Mille Lacs Band Appoints New Commissioner of Administration and District Judge



Photo courtesy of Steve Premo

John Dunkley was sworn in on December 31, 2008.

On December 31, 2008, Mille Lacs Band member John Dunkley was sworn in to office as the new Commissioner of Administration by new District Court Judge Richard Osburn. In this position, John oversees the day-to-day operations of the tribal government, including administering grants and contracts and overseeing personnel issues and lobbying activities as directed by the Chief Executive.

John most recently served as an economic development officer with the American Indian Economic Development Fund, in which he helped Indian entrepreneurs develop and maintain their businesses. John has also worked for the Mille Lacs

Band for more than 14 years in a variety of positions. (For more information about John's work with the Band, see page 5.)

John replaces former Commissioner of Administration Christine Costello, who has chosen to serve as the Executive Director of the Band's Temporary Assistance for Needy Families (TANF) program.

Band reappoints Commissioner of Corporate Affairs



Photo courtesy of Steve Premo

Sarah Oquist was sworn in on December 31, 2008.

The Mille Lacs Band reappointed Sarah Oquist as Commissioner of Corporate Affairs. Sarah was sworn in to office by District Court Judge Richard Osburn on December 31, 2008.

Sarah, a Mille Lacs Band member, was first appointed Commissioner in March 2007 and relies on her wide range of financial and legal experience to lead the Band's Corporate Commission. Prior to joining the Band, Sarah served as Senior Corporate Counsel for U.S. Bank National Association, in which she advised management and other officers in the domestic lending and international trade departments. Prior to U.S. Bank, she was an attorney in the banking and commercial finance group at the law firm of Faegre & Benson in Minneapolis.

Sarah earned her bachelor of arts degree from Lyon College in Arkansas and her law degree, cum laude, from Creighton University School of Law in Nebraska. In addition to her work, Sarah serves on the governing board of Lyon College, her alma mater. Last year, she was named one of Minnesota's Top 20 "Up & Coming" Lawyers by *Minnesota Law & Politics*.

Band appoints new District Judge

The Mille Lacs Band appointed Richard Osburn as the new District Court Judge for the Band's Court of Central Jurisdiction. Richard was sworn in to office on November 20, 2008 by Chief



Photo courtesy of Gilda Burr

Richard Osburn was sworn in on November 20, 2008.

Justice Alvina Aubele for a six-year term. Richard most recently served as Deputy Solicitor with the Band's Office of the Solicitor General.

Prior to joining the Band, Richard worked for more than seven years as an attorney for the Cherokee Nation's Justice Department, in which he was the lead prosecutor for hundreds of criminal, juvenile, and child welfare cases. He also represented the Cherokee Nation in various state and federal courts.

Richard received his juris doctorate from the University of Oklahoma College of Law in 1999.

Mille Lacs Band Employees Participate in Defensive Driving Training



Photo courtesy of Rob Thompson

Twenty-five Mille Lacs Band employees participated in a defensive driving training where they practiced their skills in a driving simulator.

By Rob Thompson, Mille Lacs Band Safety/Risk Manager

School bus and heavy truck drivers in the Mille Lacs Band's Public Works and School Transportation Departments recently completed a week-long defensive driving training course. The course was provided by St. Cloud Technical College in conjunction with the Mille Lacs Band's Human Resources, Education, and Public Works Departments.

Twenty-five drivers, who all have commercial driver licenses, received a full day of classroom instruction about industry accident trends, relevant laws and standards, vehicle characteristics, and defensive driving principles. The drivers were selected to participate in the training based on the size and type of vehicle they drive, and the type of cargo they transport (in some cases children).

Following the classroom instruction, each individual practiced defensive driving in the technical college's driving simulator. The simulator allowed each driver to be put through actual driving situations, such as varying weather conditions, different road types, day- and night-time travel, and congested and non-congested road situations. Speed and space management were two of the components

that helped the drivers demonstrate their response times to these situations.

The drivers sat in a driver seat equipped with a seat belt and a full 180-degree simulated windshield in front of them. The simulated driving station also has an accelerator and brake pedal that allowed the driver to speed up and stop the simulated vehicle. This provided a real-life driving experience and helped drivers improve their skills and abilities.

Throughout the simulator exercises, the instructor reminded the drivers about the information they learned in the classroom. Each driver was able to perform in a controlled environment and react to situations that they each encounter on a daily basis.

Overall, this was a very beneficial training exercise that helped each driver meet the Minnesota Department of Transportation training requirements for school bus and heavy truck operators. Plans are in the works to develop a defensive driving program for all Mille Lacs Band employees who operate automobiles and pickups as part of their daily job duties. Employees can look for this program to be completed some time in 2009.

Moccasin Telegraph



Photo courtesy of Gilda Burr

Growing up with traditions

By Loretta Kegg-Kalk, Mille Lacs Band Elder

The following article appeared in the December 26, 2007, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

I was born the second youngest of 11 children, and raised on Shawbushkung Point in District I of the Mille Lacs Reservation (where the powwow grounds are located today). The main village of the reservation was on the next point over, called Indian Point. We lived on the outskirts of it. When they had ceremonial powwows on the reservation, we could hear the drums all around the lake. My dad was involved in the big drum, and he and my brothers went to the ceremonial powwows. The rest of us went down to the lake and listened to the drums. The sound carried so beautifully across the water.

Both my mother and father were very traditional people. My dad, Martin Kegg, could speak some English, but not much. My mother, Maude Kegg, could read and write some English. I heard more Ojibwe than English, so I never forgot it. I can still speak it fluently today.

Growing up, my mother tried to keep me in the house and teach me how to cook and do the things girls are "supposed" to do. But, I was more the outside type. My older sister, Betty, was the inside girl. She was the one who was inside cooking and cleaning. I followed my dad and brothers in the woods. They were always hunting, fishing, ricing

and trapping. I guess that's where I got my hunting and fishing skills, which I later helped teach my sons.

During ricing season, they would gather the rice and cook it in big kettles. After it cooled, they put it in another big pot. They told us that the youngest or the lightest one had to jig (dance) on it, because they wouldn't crush it. I found out years later that this was just a way to get the kids involved and help their parents. Even when we were little, we were always helping out.

After ricing season was done, we took our annual trip into town to buy school clothes. My mom would flag down a Greyhound bus and take us to Aitkin. My mom would buy shoes, coats, material and thread. Then we'd take the bus back home in the evening – that was a big trip. Only going into town once a year, I didn't know that people were different. I had no idea that we were from the reservation.

I went to school in Onamia and had to fight my way through, because I was from the reservation. I learned what racism is when I was in seventh grade. If my brother was picked on while riding the school bus, I was the one who stuck up for him.

When I grew up, I got married and moved to Anoka. I lived there for about 12 years. My husband passed away in 1972, and I decided to move back to the reservation with my five boys. They were pretty young – my oldest was 11 years old and my youngest was four – so we moved in with my mother in a two-bedroom house on the reservation. We had a lot of memories in that house.

My father had passed away several years before I moved back, so it was always me, the boys, and my mother. I have to give credit to my mother, because she was the one who kept us together. As busy as my mother was, she always had time for the boys. She would walk down to the lake and take them fishing. She helped raise my boys. She was a magnificent woman.

State Budget Deficits Mean Tough Legislative Session

By Jamie Edwards, Mille Lacs Band Government Affairs Coordinator/State

The 2009 Minnesota legislative session convened on January 6, and discussions quickly started among legislators about the short- and long-term budget deficit projections. While the remaining current budget (which ends on June 30, 2009) has a projected \$426 million deficit, Minnesota is expected to face a \$4.8 billion deficit for its next budget cycle (July 2009 to June 2010).

Unlike the federal government, the state government is required by its Constitution to have a balanced budget. This means that legislators will have a very difficult task ahead. Cuts across state programs and to local aid are already being discussed to address these

budget deficits. There will likely also be pressure on elected leaders to explore state gaming options as a way to generate revenue – efforts that could harm Grand Casino Mille Lacs and Grand Casino Hinckley.

That's why our Government Affairs team is staying alert to any potential efforts or proposals to expand gambling in the state.

The gaming industry is not "recession proof," as some people have once said. Casinos across the country – including in Indian Country – are feeling the effects of the economic downturn just like other businesses are. But the Mille Lacs Band continues to work hard to get through this difficult economic time and ensure a strong future for our businesses and communities.

Boxing Commission Welcomes New Executive Director



Photo courtesy of Grand Casino Hinckley

Jim Erickson

The Mille Lacs Band Boxing Commission recently hired Jim Erickson as its new Executive Director. Jim, a native of North Dakota, brings more than 30 years of experience in the boxing industry to his new position.

As the Executive Director, Jim will oversee the boxing commission's activities, including licensing boxers, trainers, managers, matchmakers, ringside physicians, and boxing officials, as well as regulating boxing matches according to the rules and regulations adopted by the Band.

In this new role, Jim wants to hold events with a variety of boxers from around the country and to increase exposure of the Band's boxing events.

"I want to give our fans a chance to see their favorite boxers perform and bring in fresh talent from across the nation," said Jim. "As a boxing commission, we hope to create a destination for promoters to bring their events – including televised boxing match-ups – and make Grand Casino Hinckley a common name among boxing fans in the U.S."

Jim got his start as an amateur boxer before turning to coaching. In 1990, he was appointed as a boxing commissioner for the state of North Dakota, a position he held for 18 years. During that time, North Dakota hosted several world championship fights and was one of the first states to host three different championship fights (the World Boxing Association, World Boxing Council, and the International Boxing Federation) on the same night.

Jim has also been involved in the Association of Boxing Commissions (ABC), an organization of state and tribal boxing commissions in the U.S. and Canada, and currently serves as the organization's second vice president. In this role, Jim has had the opportunity to travel around the country to help establish new boxing commissions, particularly working with several American Indian tribes.

Exciting "Out Cold" boxing event to be held at Grand Casino Hinckley

The January 24 professional boxing event – titled "Out Cold" – will be anything but cold as boxers take the ring for several heated match-ups. The event will take place at 7:30 p.m. at the Grand Casino Hinckley Events & Convention Center.

The professional boxing lineup features Marcus "Native Pride" Oliveira, a member of the Menomonee Tribe, taking on Mike Nevitt in the main event. The evening's entertainment will also include a special attraction – 2008 Olympic boxer Shawn Estrata, who will take on super middleweight boxer Jeffrey Osborne.

"It has been several years since Olympians have fought in Minnesota, and we are excited to welcome a recent Olympian to Grand Casino Hinckley for this special event," said Jim.

Other match-ups include:

- Caleb Truax vs. Nate Martin
- Wilton Hilario vs. Darrell Martin
- Cerresso Fort vs. Dion Savage
- Willshaun Boxley vs. Torrence Daniels

Tickets are \$20, \$35 and \$55 and are on sale now. To purchase tickets, visit the Grand Casino Mille Lacs or Grand Casino Hinckley box offices, call Ticketmaster at 651/989-5151, contact any Ticketmaster outlet, or visit grandcasinomn.com.

The Mille Lacs Band Boxing Commission will regulate the event.

Federal News

Band leaders to attend Presidential Inauguration

Chief Executive Marge Anderson, Secretary/Treasurer Herb Weyaus, and other Band leaders will go to Washington, D.C., later this month to attend the inauguration of President-Elect Barack Obama on January 20. They will also attend briefings with the Bureau of Indian Affairs.

Minnesota's Senate recount ends

The recount in Minnesota's Senate race is over, but a legal battle over the results is underway. On January 5, the Minnesota state canvassing board certified the vote count that gave Al Franken (DFL) victory over incumbent Norm Coleman (R) by a margin of 225 votes. But Coleman's campaign filed a lawsuit contesting the election results. By state law, an election lawsuit prohibits Franken from receiving a certificate of election that officially gives him the Senate seat, until the legal process concludes.

Members of the 111th Congress took office on January 6. At the time of press, it was unknown when Franken will take office.

President-Elect Obama appoints First Americans Public Liaison

In December, Wizipan Garriott was appointed to serve on President-Elect Barack Obama's transition team as the First Americans Public Liaison, a position that was created to help honor government-to-government relationships with American Indian tribes.

Wizipan, a member of the Rosebud Sioux Tribe, joined the Obama campaign for president in September 2007 as an American Indian outreach coordinator. He later became the First Americans vote director in which he worked with tribes to help get out the Native vote. Prior to joining the campaign, Wizipan worked as an assistant to former South Dakota Senator Tom Daschle, who was recently appointed by President-Elect Obama as the Secretary of the U.S. Department of Health and Human Services.

Wizipan is a graduate of Yale University and the University of Arizona James E. Rogers College of Law. He is among six other American Indians serving on President-Elect Obama's transition team.

New Commissioner John Dunkley Is Staying The Course



Photo courtesy of Duane's Photography

John Dunkley

By Toya Stewart

As the newly appointed Commissioner of Administration, John Dunkley wants people to know that the job isn't about him, but rather the work itself.

"Public service is something that everyone can do," said John. "There's always someone within the tribe that can fill this role."

Still, John said he was honored that he was asked to fill the vacant spot after the previous commissioner, Christine Costello, took a job as the Executive Director of the Band's workforce program – Temporary Assistance for Needy Families (TANF).

"I feel lucky to be part of the Republic of the Mille Lacs Band of Ojibwe," said John. "It's about the government and

having an opportunity to be a public servant."

John, 40, was sworn in on December 31, 2008, and will fill the unexpired term through June.

To help prepare for the job, John spent six weeks shadowing Christine and Peter Nayquonabe, Assistant Commissioner of Administration, to learn more about his new role.

"Right now, during this transition, I'm just trying to stay in step with the foundation that's been laid," John said. "And until a new vision is announced, I'm staying the course. The goal is still to provide the best service possible to Band members."

One of the ways John wants to do that is by increasing communication with Band members. He would like to spend time in each of the districts twice a month to listen to Band members and their concerns.

He will then discuss the information with the other Commissioners and elected officials, he said. He also wants Band members to know that he has an open door policy and that appointments are not necessary to meet with him.

"My philosophy is that Commissioners are hired to do a job, and they're professionals," he said. "My job is to make sure it's done and it's done right."

John, a Mille Lacs Band member, got his start working for the Band in 1994 when he was hired to work on a census project that was funded through a federal grant. After the grant ended, John got a job working in Grand Casinos' marketing department for two and a half years.

After taking a year away from the Band, he returned in 1999 to work as the Scholarship Officer for the education department. He then moved to the Band's Small Business Development Program and worked as a Business Development Specialist for two years.

John then worked as a Business Relations Manager for the Corporate Commission for two and half years, and did that until 2004. During that time, John was also appointed to the Band's Gaming Regulatory Authority Board and served in that role until 2008. While on the board, he served as chairman for two years. He also worked as an independent contractor for a finance agency – Platinum Capital.

Prior to his appointment as Commissioner, John worked for the Band's legislative branch as a Legislative Aide.

John earned a Bachelor of Arts degree in 1994 from the University of Minnesota-Twin Cities campus. He majored in cultural anthropology and minored in Latin and organic chemistry. He has also completed a graduate business training course with the Tuck School of Business at Dartmouth College. In addition to his work, John is a member of the City of St. Paul's Capital Improvement Budget Committee and a former board member of the Two Feathers Fund (a subsidiary of the Diversity Endowment Fund of the St. Paul Foundation).

John has been married to Sarah Dunkley for 12 years, and the couple has a home in East St. Paul. During the week he stays in Mille Lacs with his mother, Linda Dunkley. He travels to St. Paul on the weekends. John is the oldest of three sons that includes his brothers Deron and Bryan. His father, Duane Dunkley, the former Commissioner of Education, passed away in 2006.

Tips for Healthy Living

By Toya Stewart

The Healthy Child Initiative Committee is a group that is focused on improving the lives of Band youth and their families. The committee includes representatives from several Band departments, including Family Services and the Band's schools, and health care professionals who specialize in fitness, nutrition, and mental and psychological health.

The group's priorities include: strong child and family welfare, traditional instruction, prenatal issues, fitness, health curriculum, nutrition, and chemical dependency prevention.

This month the committee offers tips for families to promote healthy living and well-being:

"When faced with a temptation to eat something you know is bad for you, change your self talk. Tell

yourself it will look a whole lot better in the garbage than it will on you. Look at a high fat or high sugar food and calculate how many minutes of exercise it will require to burn it off. Better yet, if you don't eat it, and do the exercise anyway, you're way ahead of the game. It's all about mental discipline... get some and take an extra helping!"

- Peggy Rutman, M.D.

"Getting to know our Ojibwe culture is equally important in attaining 'mino bimadiziwin' – the good way of living."

- Ted Waukey, Director of Mille Lacs Band Family Services

"Set a good example. Your actions are far more powerful than words. Eat family meals together when possible."

- Sue Swanson, Certified Diabetes Nurse Educator and Diabetes Team Program Coordinator

"At least once a day, catch your child(ren) doing something good – no matter how small it may seem."

- Kate Sand, Clinical Psychologist

"Have your support network handy so that you can call someone if you feel like using drugs or alcohol. Put the numbers in your cell phone or near the phone so they are easily accessible."

- Donna Isham, Behavioral Health Director for the Band

"Slowdown and make sure to take time and recognize the good things in your life – for instance family, friends, the sunrise at dawn – and give thanks to the Creator for all that is given to us."

- Samuel Moose, Commissioner of Health and Human Services

Ideas Needed for Healthy Kids

The Healthy Child Initiative is seeking adult Band members to participate in three focus groups beginning in 2009. The focus groups will meet in the three reservation districts. Incentives or stipends will be provided for participants.

Those interested in participating in the focus groups – called "What Does it Take to Raise Healthy Anishinaabe Kids?" – should contact Ted Waukey at 320/532-7762 or tedw@millelacsojibwe.nsn.us.

Information gathered during the focus groups will help guide the committee.

Band Program Nominated For National Award

By Toya Stewart

The Mille Lacs Band's Small Business Development Program (SBDP) is receiving national recognition as one of the contenders of a prestigious award given by the U.S. Small Business Administration.

"The Minority Small Business Champion of the Year Award honors outstanding leaders in the small business community who have demonstrated commitment and the advancement of small businesses and minority entrepreneurship," said Greg Bergman, Regional Director of the North Central Small Business Development Center.

"They provide a vital service for the Mille Lacs Band in business development," Bergman said about the SBDP. "They help Band members in owning and operating a small business, and they do it with such genuine concern."

Bergman nominated the team who staffs the Band's SBDP program because he was both, "impressed and inspired by the SBDP team," he wrote in a letter to the group.

"In a business where there are many more defeats than victories, the SBDP has maintained its very refreshing sense of humor, passion, cohesiveness...and grace under fire," Bergman continued in his letter.

The national award is typically given to individuals. However, Bergman wrote that, "Each member is vital to the

team; with each of you bringing a dimension of expertise that truly benefits the Mille Lacs Band communities that you serve."

The SBDP staff includes: Sharon James, Coordinator; Joan Theisen, Business Specialist; John Gunstad, Business Specialist; Steve Premo, Graphic Designer; and Regina Heart, Administrative Assistant.

Recipients of the Minority Small Business Champion of the Year Award for 2009 will be announced in February and honored at a ceremony in the spring. A winner will be selected from each state.

John said being nominated was a great honor because, "It recognizes us as a national leader in business development."

Sharon said "The nomination also showcases the uniqueness of the program. No other tribe offers the extensive services this program does. What the Corporate Commission and the Mille Lacs Band provide through the Small Business Development Program is not available anywhere else."

The SBDP has worked with hundreds of Band members and provided more than \$2 million in financing since its inception in 1996. The SBDP provides more than 6,000 hours of assistance a year. While the SBDP works with entrepreneurs who are unable to receive financing from traditional lenders, the department's failure rate is still at or better than the national average.

Event at the Mille Lacs Indian Museum And Trading Post

Ojibwe winter living skills and storytelling

Come join the museum staff and learn how the Ojibwe survived the harsh winter elements. You will learn how the Ojibwe built shelters, tracked animals, and how they used snares and traps to hunt game animals. You will also learn about other skills that were needed to survive in winter. On Sunday, spend the afternoon full of storytelling – oral teachings are a winter tradition for the Anishinaabe. Throughout the history of our culture, winter is the time for storytelling.

This two-day workshop will be held on Saturday, **January 24**, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **January 25**. The cost is \$25 for the public and \$20 for Minnesota Historical Society members and Mille Lacs Band members.

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. Interactive television programming and outreach programming are also available.

District II East Lake Summit A Success



Photo courtesy of Steve Premo

The District II committee members who helped plan the East Lake Economic Development Summit include L to R – Brenda Moose, Andrea Benjamin, Laura Shingobe, Jen Aubid, Renee Moore, and Mushkooub.

By the Corporate Commission

On November 17 and 18, more than 40 Band members attended the 2008 District II East Lake Economic Development Summit, which aimed to identify areas where the community could spur economic growth.

The District II Economic Development Summit was organized by a committee made up of Band members of District II who volunteered countless hours over the last five months listening to presentations and weighing data from a lengthy list of 25 possible business opportunities in the McGregor area.

The committee determined the initial criteria in screening the list of business opportunities. The goal was to review each opportunity and compile a list to present at the summit.

The criteria were simple. First, the business had to make a profit so that the jobs it would create would be secure. Second, the business had to be something that would work using the resources of the district community and the broader Aitkin County economy. The committee sorted out the business opportunities and came up with a list of six opportunities to present to the community at the summit. The list of ideas included:

- a Mariah residential wind turbine project
- a solar panel manufacturing plant
- a retail office/incubator for entrepreneurs
- gaming opportunities
- selling a product or service to the government
- medical supplies/herbal health products

The summit committee asked local community members committed to the redevelopment of the area to share their thoughts and identify areas of

concern in relation to the business options presented.

Overall, the format of the summit was a combination of presentations by experts in the field of the potential businesses and an evaluation that was designed to collect instant feedback from summit participants and identify consensus on action steps and plans.

Band members evaluated each business opportunity based on the following criteria selected by the committee:

- Will the business have an opportunity to be in place in the near future?
- Will the business be profitable in five years?
- Is the business worth pursuing for entrepreneurs?
- Is the business worth pursuing by the Corporate Commission?
- Could the business provide a number of jobs?
- Could the business pay a decent wage?
- Is the business a place that Band members could work?

At the end of the second day, the community members revisited all of the options and prioritized their preferences going forward. The top three priorities determined were: wind energy manufacturing, solar panel manufacturing, and office and retail space incubator for entrepreneurs in McGregor.

No speaker was available on medical supplies and herbal health products, so the committee will continue to review opportunities in this type of business.

An informational session was held with the Band's elected officials on December 9 about the outcome of the summit, as the first step in the next phase of the economic development process in District II.

Prevent Smoking-Related Home Fires

By Monte Fronk, Emergency Management Coordinator

I know a man who recently fell asleep in his recliner while smoking, which caused a fire in his home. Thankfully he is alright. But not everyone is as fortunate in this type of situation. In the U.S., smoking is the leading cause of home-fire deaths. In fact, about 1,000 Americans die each year in smoking-related home fires. And most of them are asleep at the time.

The U.S. Fire Administration recently began a campaign to educate people about the dangers of home fires caused by cigarettes and other smoking materials. If you are a smoker or live with a person who smokes, it is important to completely put out all smoking materials every time they are used. Following are a few tips to help prevent smoking-related home fires.

- Never smoke in bed.
- Smoke outside.
- Use ashtrays with a stable base, so that they won't tip over.
- Make sure cigarettes and ashes are always distinguished.
- Do not put hot cigarette butts or ashes in the trash.

- Do not put ashtrays on chairs or sofas, which burn quickly.

Quit smoking

Although you can help prevent home fires caused by smoking materials, the best way to avoid these fires altogether is to quit smoking. There are many resources to help you through the process, such as the Mille Lacs Band's smoking cessation program that helps Band members quit smoking while considering their cultural practices. For more information about the Band's tobacco cessation program, contact Marlene Poukka, Health Educator, at 320/532-7812.

Garrison Fire and Rescue Department open houses

The Garrison Fire and Rescue Department will host open houses on Wednesday, January 28, at 7 p.m., and Sunday, February 1, at 3 p.m. at the Garrison fire station. The department, which serves the Mille Lacs Reservation, will host the open houses to help recruit new members. If you live in the Garrison area and are interested in joining the department, stop by one of the open houses to learn more.

Recipe of the Month

Banana Raisin Wheat Muffins

Ingredients

- 1 1/4 cup flour
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup spoon-size shredded wheat cereal, finely crushed
- 1 cup fat-free milk
- 1 egg
- 1 cup mashed ripe bananas (about 2)
- 1/3 cup brown sugar
- 2 tablespoons margarine, melted
- 1/2 cup raisins

Directions

1. Mix flour, baking powder, and salt in a large bowl.
2. Mix cereal and milk in a medium bowl; let stand five minutes.

3. Stir in banana, egg, sugar and margarine.

4. Add to flour mixture and stir until moistened (the batter will be lumpy).

5. Add raisins.

6. Spoon the batter into a medium-sized muffin pan; fill each up one about 2/3 full.

7. Bake muffins at 400°F for 20 minutes or until golden brown.

Nutrition information

150 calories
2 g fat
0 g saturated fat
20 mg cholesterol
210 mg sodium
30 g carbohydrate
2 g dietary fiber
13 g sugar
3 g protein

Recipe from www.diabetes.org

Legal Rights

Heat shutoffs

By East Central Legal Services

If you do not pay your utility bills, your service can be shut off. This can happen even in the middle of winter. But, between October 15 and April 15, you get extra protection from being shut off. This applies to gas and electric service if they are needed for heat. The rules cover private utility companies. There are similar rules for co-ops and municipal utilities. These rules do not apply to fuel oil, coal, and wood dealers.

Plan ahead and budget

To avoid a shutoff, know how much your bills will be. Before moving, find out from the landlord, the prior renter/owner, or the utility company how much heat and electric bills have been at the new place. Then budget your money to pay them. Your bills will be much higher in the winter. The utility company may offer you a budget plan. In a budget plan, you pay the same amount every month of the year. There will be an adjustment payment due if you have paid too little over the budget period, or a reduction in your bill if you have paid too much.

Get help

You may be able to get energy assistance to help pay your bills. They help with regular heat bills and can give emergency help to stop a shutoff. Call First Call for Help statewide at 211 (or 651/291-0211 from a cell phone) to find the state energy assistance

agency near you. Additionally, you may also be able to get emergency help with utilities from Temporary Aid for Need Families (TANF), or if you are on Social Security income. If your bills are high because the landlord won't fix things, get the landlord to make repairs. If the landlord refuses, please contact East Central Legal Services immediately.

If your bill is wrong

If you think the utility made a mistake on your bill, tell them right away. The utility must:

- Check the facts right away
- Tell you how they checked and what they found
- Try to find a way to work with you to fix the problem

Income changes

If something happens and you do not have the money to make the payments on your plan, contact the utility right away to change the plan.

If the utility won't agree to a change or won't agree to a plan, appeal to the Public Utilities Commission (PUC) right away to avoid a shutoff.

You can reach the Minnesota PUC at:

121 7th Place East, Suite 350
St. Paul, MN 55101
800/657-3782

If you or someone you know would like more information regarding heat shutoffs, 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.

Santa Visits Mille Lacs Early Education



Santa visited Mille Lacs Early Education on December 19, 2008. He delivered presents to all the children and even checked on sleeping babies. The children in Head Start starred in a short play and said "The Ten Days of Ojibwe Christmas." Pictured above is Talia Nadeau with Santa.

Photo courtesy of Tammy Wickstrom

Workforce Center Offers Many Classes

Learn basic computer skills

The Mille Lacs Band Workforce Center still has one class open on basic computer skills. Join us on January 22 from 10 a.m.-noon at the workforce center to learn more about how to use the Internet and Microsoft Word and Excel programs.

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

Digital camera class

Lighting, framing, and focusing are just some aspects to think about when taking photos. If you are interested in enhancing your digital photography skills, sign up for the workforce center's digital photography class to learn about techniques for taking great pictures. Digital cameras will be available to use during each class for participants who do not have one.

The digital camera class will be offered in three different locations; each class is held from 10 a.m.-noon:

- February 10 – East Lake Education Modular (next to the community center)
- February 18 – Lake Lena Community Center
- February 26 – Mille Lacs Band Workforce Center

The new year is a good time for continuing education

The new year has started and that means some people are working hard to stick to their resolutions. Whether you've made a resolution or a decision to finish your GED or go back to college this new year, the workforce center can help. We have staff to assist you so that you can gain the education and skills you need for a successful career.

Stop by the workforce center or contact 800/922-4457 to learn more.

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

November 2008

	Approved Budget for FY 2009	Actual Expenditures through 11/30/08	% of Budget Expended
Administration (1)*	13,400,643	325,025	2.4%
Workforce*	11,262,035	548,932	4.9%
Judicial	1,093,418	106,538	9.7%
Law Enforcement*	3,475,704	448,136	12.9%
Education*	14,158,542	2,351,818	16.6%
Health and Human Services*	21,833,197	3,043,540	13.9%
Natural Resources*	4,404,458	841,708	19.1%
Community Development* **	29,767,673	2,563,136	8.6%
Gaming Authority**	769,922	603,970	78.4%
Bonus Distribution	2,666,076	2,590,552	97.2%
Total Expenditures	\$102,831,668	\$13,423,355	13.1%

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.

The Mille Lacs Band's Next Generation



By Kelly Sam, Mille Lacs Band member

The following article appeared in the December 31, 2008, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

Several years ago, "Moccasin Telegraph" columns began in the Mille Lacs Messenger as a way for the community to better get to know Mille Lacs Band members and their culture. Since then, you have heard from many different Band members – oftentimes our Elders – about interesting life experiences, the Band's traditions and history, what makes us

different, and how much we have in common with people from other cultures.

I have written two columns – one about the Band's language classes and the other about interviewing my grandpa. Having grown up in the 1980s and 90s, my experiences are different from those of many of the "Moccasin Telegraph" authors who are Elders. I didn't go to an Indian boarding school like Rose Noonday or Isabelle Eubanks, I didn't speak the Ojibwe language as a child like Viola Hendren, and I never went without running water like Kenny Weyaus.

But I recognize that preserving the stories of our Elders and weaving them into our own lives is important for young Band members. These stories have helped shape who we are. And these Elders have given us a rich heritage so that we can continue to build on it.

This column is the start of a series you will see in the Messenger from today's Band youth and young adults. This series, called "Perspectives: The Band's Next Generation," is a glimpse into what some of our young people are thinking and

doing. It isn't replacing the "Moccasin Telegraph." It simply reflects how diverse Mille Lacs Band members are and that young people have an active role in taking the Band into the future.

You will see more columns from me. I grew up in Isle and graduated from Isle High School. Today I live in the Twin Cities, but I come home every chance I get and appreciate getting to be a part of the Mille Lacs community.

You will also hear from students at the Band's Nay Ah Shing schools, young professionals working at the Band's businesses, and others who want to share their interests, points of view on their Ojibwe heritage, and experiences in this community.

Our culture isn't only about the past. It's also about the present and the future. Cultures are supposed to grow and evolve from one generation to the next. Today's young Band members are making this culture their own and continuing to share it with others. The Perspectives series gives us an opportunity to do that, and I hope you enjoy it.

Tribal Noteboard

Happy January birthday to:

Deek, on January 1 with love from Jen, Wesley, Onee, Owen, Tracy, Kelly, Jay, Rachel, June, Taya, Noah, and Sami Thomas • **Tracy**, on January 14 with love from Kelly, Jay, Rachel, June, Taya, Noah, Deek, Jen and Wesley • **Louise**, on January 7 with love from Kim, Rod, Shane, Courtney, Connor, mom and Qelsie • **Bobby D.**, on January 27 with love from Kim • **Derek Smith Jr.**, 6, on January 15 with love from mom, dad, Brooklynn and Rihanna • **Anthony Passarelli**, 26, on January 18 with love from mom, Kim, Chris, Karen, and the rest of the family • **Jameson**, 12, on January 4 with love from mom, dad, Chris Jr., Cordell, Grandma AA, Karen, Sandy, Tracy, Jacob, Jarvis, Shelby, Mark, Jamie, Rochelle, and Phoenix • **Brooklynn Dorr-Charwood**, 3, on January 27 with love from mom, dad and brother • **Steven**, on January 25 from your son, daughter, and granddaughter • **Stormy Pike**, on January 27 from mom, dad, Zach, Marissa, and the babies • **Zachary Pike**, on January 7 from mom, dad, Stormy, Marissa, and the babies • **McKayla Corrine Boyd**, 12, on January 21 with love from mom, dad, Lydell, Tayaunna, Auntie Tammy, Brandon, Brandi, John, Elias, Gramma Gladys, Papa Ronnie, Roland, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, Roxanne, Roger, Bev, Juni, Roy, and Jillian • **Shane Boyd**, 21, on January 15 with love from mom, dad, Courtney, Connor, Gramma Berta, and Qelsie • **Rodney Smith Sr.**, on January 15 from Louise, Shane, Courtney, Connor, Gramma Berta, and Qelsie • **Brandon Wiedewitsch**, on January 15 with love from mom, Brandi, John, Punky, Baby Boy Wagner, and all your friends • **Danielle Smith**, on January 31 with love from Auntie Tammy, Brandon, Brandi Jo, John, and Elias • **Dora Sam**, on January 18 from Randy, B-boy, Kiki, Starry, Lynn, and kids

• **Gilligan**, 40, on January 2 from Auntie Sami • **William Sayers III**, 9, on January 25 with love from Grandma Thomas, Auntie Chiliah, Debo, dad, Dezy, Xaviar, David, Drystin, and the rest of your cousins • **Debo Thomas**, 24, on January 31 with love from momma, Chiliah, Son, Niswi, Princess, Xaviar, Jamin, Dayanna, Little David, Drystin, and the rest of your cousins • **Chelsie**, 18, on January 16 from Gramma June, Grandpa Gushy, Keith, Sabastian, Lydia, Sam, Dan, Chuck, Hunter, Elvis, Amber, Sunshine, Ethan, Jasmine, Tyrese, Uncle Elliot, mom, Dylan, Dylan Jr., Malerie, Leroy, Uncle Manny, and the Garbow's • **Charles III**, 10, on January 16 from Gramma June, Grandpa Gushy, Keith, Sabastian, Lydia, Sam, Dan, Chuck, Hunter, Elvis, Amber, Sunshine, Ethan, Jasmine, Tyrese, Uncle Elliot, mom, Dylan, Dylan Jr., Malerie, Leroy, Uncle Manny, and the Garbow's • **Lydia**, on January 26 from mom, dad, your kids, Elliot, Ethan, Jasmine, Tyrese, Liz, Dylan, Dylan Jr., Malerie, Uncle Marvin, your brother, Charles Shingobe, Gap, and Roland Smith • **Jeremy Harrington**, on January 22 with love from mom, Leonard, Howard, Carrie, Renae, Zach, Jerry and Kira.

Happy January birthday to Mille Lacs Band Elders!

Gloria Anderson
Mary Bellonger
Art Benjamin
Gladys Benjamin
Daniel Boyd Sr.
Edith Bush
Patricia Clark
Ronald Crown
Eugene Davis
Lorna Day
Bonnie Dorr
Dora Duran
Isabel Eubanks
Dorothy Frye
Janet Gahbow
Evelyn Granger
James Hill Jr.
Rose Holmquist

Katherine Jackson
Charles Johnson
Grover Johnson
Patty Johnson
Richard Kegg
Russell Kegg
Lucille Kuntz
Priscilla Lowman
Gloria Lowrie
Bruce Martin
David Matrious
Temperance Mc Lain
Mary Merrill
Michael Merrill
Mushkooub
Barbara Nelson
Rosalie Noonday
Dorothy Olson
Donna Pardun
Diana Poitra
Patricia Potter
Dora Sam
Bonnie Shingobe-Neeland
Joycelyn Shingobe
Larry Smallwood
Kathleen Vanheel
Elleraine Weous
Walter Weyaus Sr.

Congratulations

Congratulations to **Val Harrington** for receiving her associates of arts and science degree in business management from Central Lakes College. Val will be continuing her education at The College of St. Scholastica. *With love from mom.*

Anniversary

Happy anniversary to **Pam and Steven Pewaush** on January 25 with love from your son, daughter and granddaughter.

Happy 27th anniversary to **Roger and Beverly Garbow** on January 16. Congratulations and many more to come, *with love from Ron, Gladys, Rol, Col, Desi, Lydell, Mckale, Tayaunna, Tammy, Brandon, Brandi Jo, John, Elias, Junior, Roy, Jillian, Camille, Lance, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, and Roxanne.*

Correction

In the December issue, we spelled Delsie Day's name wrong. We apologize for the error.

Meet Your Diabetes Team Member

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

Christine Kegg



Photo courtesy of the Diabetes Team

What is your position?

Nutrition Education Assistant

How long have you been in your position?

Since November 2008

What are your primary duties?

Providing education to individuals on food safety and security

What is your favorite part of the job?

Helping others on nutrition and learning more about healthy eating habits

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

Go online to find healthy recipes

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

Eat more fruits and vegetables, and exercise

What is your favorite exercise?

Walking

What is one of your goals for the Diabetes Team?

To help others by providing nutrition information to Elders and children, because diabetes is the number one disease in Indian Country

Meet the Band Member Development Team

Last month, the *Inaajimowin* featured Salena LaGuard and Carol Shaw. This month's issue features two more staff members.

Nicole Wilberg



Photo courtesy of Band Member Development

Band member Nicole Wilberg joined the BMD Department in November as the Program Manager – a new position created to help organize the department's programs and set up new procedures. One of the first projects Nicole worked on was helping plan the Corporate Commission's Thanksgiving Feast.

Nicole previously worked in the Grand Casino Hinckley Human Resources and Finance Departments. She was interested in working for the BMD Department to help Band members find jobs that interest them.

"I was excited to work with Band members in a program that helps them get good jobs and support themselves," said Nicole.

Louann Boyd



Photo courtesy of Band Member Development

Louann Boyd serves as the receptionist for the Corporate Commission, specifically reporting to the BMD Department. She directs calls to the appropriate staff members, welcomes visitors to the Corporate Commission, and assists with projects.

Louann joined the Corporate Commission eight months ago, after having worked in the health care field as a surgical medical assistant for many years. To help with her career transition, Louann utilized the BMD's programs to learn the skills needed for her new position.

"I'm very thankful for my job, and I'm learning a lot," said Louann.

Becoming a Doctor: An Adventure of a Lifetime

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

I was asked to be the keynote speaker at the white coat ceremony for the University of Minnesota-Duluth Medical School class of 2012. The white coat symbolizes a lifelong commitment to medicine and service to community and patient care; putting it on for the first time in front of family and friends is a proud moment.

What do you say to someone just starting out on the greatest adventure of a lifetime? Something like this:

Congratulations. You are fortunate to be in the position you are now in. Not because you finally finished college. Not because you will make a comfortable living. Not because you were chosen over so many others for acceptance into medical school. You are fortunate because you get to follow your heart's desire. You get to work with the smartest people you will ever know every single day – people who care about others and about the greater good; not just doctors and other medical providers, but nurses and pharmacists, lab and x-ray technicians, social workers, counselors and others. Not everyone gets this opportunity.

This will be a busy time; medical school will consume your waking hours and even come into your dreams. It will distance you from loved ones. No one in your family will understand this; your friends won't understand this. Only someone who has been through medical school can possibly understand the stresses you will be under, the constant pressure to excel, the desire to learn everything there is to learn.

But you can't learn everything. Even after 18 years, I still consider myself to be a medical student. I learn something new every day.

You will be terrified – a delivery gone bad in the middle of the night, an operation that doesn't go the way it should have, or an unstable patient getting worse in spite of everything that can be done. You will feel alone at these times and will need to fall back on the education you receive here.

The last time I was terrified was a few weeks ago. It was a difficult delivery, with a baby girl who came out limp, gray, and not breathing. Eighteen years ago, when I was in your position, I made a promise to that little girl that I would do everything that I could, would use everything that I learned to make sure she would survive. I kept that promise to her and she went home with her parents after two days in the nursery.

When you put that white coat on, you make the same promise.

You will see death. It will strike Elders, but it will also strike those who are young and healthy. No one can stop death, but we can prevent many from happening. Managing chronic illnesses such as diabetes, hypertension, obesity, high cholesterol, and heart disease are vital. Prevention programs for chemical and alcohol abuse, smoking and domestic violence will help many.

Sometimes, your job will be to make sure that someone's passing is as easy as you can make it. This is one of the hardest times for families, and you will be needed to ease that pain and make sure everyone understands what can and cannot be done.

You will see strength, such as a patient with a terminal illness facing death and caring not about herself, but about her family and making sure everyone else is supported. Strength will come to those you least expect it from at times; this will never cease to amaze you.

You will make mistakes. You will second guess yourself at times, but you will need to keep the lessons learned and strive to be better.

You will know love, laughter and beauty. You will be an integral part of families, and will have the trust of everyone from children to great grandparents. You will be the one who gave them direction when they needed guidance and answers when it didn't seem like there were any.

You will be trusted because you walk in the footsteps of all the physicians who have come before you. You have become a part of a profession overall known for its integrity, honesty and ethics. Others will walk in your path long after you have gone and will be trusted because of your actions. This trust will not only be expected of you professionally, but in your personal and community life.

When you walk into the exam room, you represent your family and your people. You walk in as the tip of an arrow, with all of your ancestry behind you. Ancestors you never knew will be proud of you. Their struggles and sacrifices allow you to walk into that room. Many of you will be the first doctor in your family; others will be following family members who are already physicians.

We will need to support each other and teach each other about our cultures and values. Our strength lies in our diversity.

Welcome to my family. Welcome to OUR family.

Do us proud.

TakeAction Minnesota Holds Annual Dinner



Photo courtesy of Elizabeth Towle

TakeAction Minnesota held its annual leadership dinner on December 7, 2008 at the Crowne Plaza in St. Paul, Minn. TakeAction Minnesota helped the Mille Lacs Band and other reservations with get-out-the-vote efforts. Native Vote Alliance Minnesota (NVAM) Executive Director Sally Fineday and Gary Fuller from Red Lake Band of Chippewa thanked TakeAction Minnesota and presented them with a birchbark framed NVAM poster. Pictured above is Elizabeth Towle and Representative Gail Kulick-Jackson.

Calendar of Events

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*To Purchase Tickets</p> <p>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</p>	<p>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</p>			<p>All Elder Community Meeting 15 East Lake ALU 11:30 a.m. Contact: Denise Sargent, 320/532-4181</p> <p>District II Community Mtg. East Lake Community Center 5 p.m., Contact: Jenny Waugh, 218/768-3311</p>	16	<p>Elvis the Musical* GCML 2 p.m. & 6 p.m.</p>
18	<p>All offices closed for Civil Rights Day</p>	<p>District II Leadership Academy School Board Mtg. 20 4 p.m. Contact: Dawn Aubid, 218/768-3477</p>	<p>District III Community Meeting 21 Grand Casino Hinckley, 5:30 p.m. Contact: Monica Benjamin, 320/384-6240</p> <p>District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/532-7422</p>	22	23	<p>Out Cold Boxing* GCH 7:30 p.m. (See page 4 for more information)</p> <p>Ojibwe skills and storytelling Mille Lacs Indian Museum 12 p.m.</p>
<p>Ojibwe skills and storytelling Mille Lacs Indian Museum 10 a.m.</p>	<p>District I Community Meeting 26 District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423</p>	27	28	<p>Urban Area Community Meeting 29 All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin Robertson, 612/872-1424</p>	30	31

February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>Onamia Indian Education Parent Committee Meeting 2 Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901</p>	3	4	5	6	<p>Bret Michaels* GCH 8 p.m.</p>
8	<p>AMVETS Meeting 9 GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925</p> <p>Pine Grove Leadership Academy Meeting 5:30 p.m. Contact: 320/384-7598</p>	10	11	12	<p>Sawyer Brown* GCML 7:30 p.m. each night</p>	14
15	<p>All offices closed for Chief's Day</p>	17	18	19	<p>Winter Dance Party* GCH 8 p.m.</p>	21

How Will You Promote Healthy Living For Yourself and Your Family in 2009?

Syngen Kanassatega



"I'll stay skinny."

Nancy Wood



"Leaving the candy alone."

Ann Nickaboine



"Keeping myself and children closely bonded, staying active, and eating healthy."

Melissa Boyd



"I will go for more walks together with my family."

Rossella Eagle



"Quit smoking and lay off the junk food."

Erik Parsons



"Maintain an active lifestyle and stay away from junk food."

Amber Buckanaga



"Practicing our traditions and for me and my sister Melissa to continue our education."

Lacey Ballinger



"Eating better, working out more often, and quitting smoking."

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

The Newspaper of the Mille Lacs Band OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor

Phone 651/292-8062 • Fax 651/292-8091

kellys@goffhoward.com

Goff & Howard, Inc.

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

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

Names and Faces

Band member to be deployed to Iraq



Photo provided by Tony Pike

Tony Pike

Mille Lacs Band member Anthony Pike will be deployed to Iraq with the 34th Infantry Division to help train Iraqi police. The division will work with more than 40,000 Iraqi security forces and help protect eight and a half million people. Anthony, who has served in the military for 18 years, will begin his service in February at Fort Lewis in Washington, before heading overseas. He has been training with his unit, which is based in Stillwater, for about six months to prepare for his service in Iraq. This will be Anthony's first tour of duty. He is scheduled to return home in April 2010.

In addition to serving in the 34th Infantry Division, Anthony has worked for the Mille Lacs Band Public Works Department for nearly 15 years and serves as a road supervisor. The Mille Lacs Band would like to thank Anthony for his military service and wishes him the best during his tour.

If you would like to keep Anthony updated on news from back home while he is overseas, you can e-mail him at anthony.pike@us.army.mil.

Native Pride Popcorn will soon hit stores



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

Next month, Mille Lacs Band member Rick Anderson will launch his new business called Native Pride Popcorn, which manufactures microwavable popcorn. The popcorn boxes feature a series of American Indian dancers in regalia and tell the history of American Indians introducing popcorn to Europeans. Rick plans to feature different American Indian dance champions about every four months.

"The box has been in design on and off for the past six years," said Rick. "I feel that I now have a box that has a great design and sticks out from the others on the food shelves, while also telling stories about various tribes in the United States and their cultures."

Rick's first popcorn box features dancer Cheyenne King from the Red Lake Nation.

"Cheyenne is an accomplished and proud Native American dancer, which is why I chose her for the front cover," said Rick.

Over time, Rick also hopes to donate some of his profits to promoting music programs for youth on the Mille Lacs Reservation.

Rick is in discussions with Grand Market and other retailers about selling Native Pride Popcorn. For more information about Native Pride Popcorn, contact Rick at 320/282-5650 or eagleclan24@yahoo.com.