

OJIBWE INAAJIMOWIN

July 2012

"The story as it's told."

Volume 14 • Number 7

2012 General Election Results

Melanie Ann Benjamin was elected Chief Executive of the Mille Lacs Band of Ojibwe in the Band's general election on Tuesday, June 12. District I Representative Sandra Blake was re-elected, and Kimberly Jayne Kegg, Semira Kimpson, and Eloise Betsy Wind were elected to serve on the Nay Ah Shing School Board. The swearing-in ceremony will be held at the government center on July 10 at 10 a.m.

Chief Executive vote totals

- Melanie Ann Benjamin – 588
- Herb Weyaus, Sr. – 440

District I Representative vote totals

- Sandra Blake – 372
- Alicia Lydia Skinaway – 263

Nay Ah Shing School Board election results

School Board Chairperson

- Kimberly Jayne Kegg – 360
- Ruth Anne Sam – 358
- Loretta Ruth Kalk – 188

District I Member

- Semira Kimpson – 309
- Dale Wesley Ballinger Day – 264

District II Member

- Eloise Betsy Wind – 93
- Cheryl Anne Miller – 65

Mille Lacs Band Higher Education Department Honors 108 Graduates



Mille Lacs Band member and Onamia High School graduate Kelly Kegg Jr. (right) attended the Band's higher education department's academic achievement luncheon with his family. Kelly plans to attend Central Lakes Community College in the fall and is currently working at Grand Makwa Cinema.

Last month the Mille Lacs Band higher education department hosted an academic achievement luncheon at the Grand Casino Mille Lacs Events and Convention Center to honor 108 Band members and Band member descendants who graduated this spring with a high school diploma, GED, college degree, or graduate degree.

Graduates and their families were invited to attend the luncheon, which featured an Ojibwe prayer led by Traditional Healer Herb Sam; a dinner; an honor song by Little Otter; door prizes; and a keynote speech by Commissioner of Health and Human Services Don Eubanks, who was among the graduates being honored.

During his keynote speech, Don stressed the importance of lifelong learning.

"This celebration is in honor of you and your dedication to start something and complete it," said Don, who recently received his master's degree in social work from the University of Minnesota. "Today is not the end of our journey; it is the beginning of a lifelong journey of learning."

Mille Lacs Band Commissioner of Education Dennis Olson gave the welcome and recognized all 108 graduates for their academic achievement.

"All levels of education are important, and you should be proud of yourselves," said Dennis. "Completing your education is a big step in improving your life and the lives of those around you – your family and the Mille Lacs community."

Both Don and Dennis encouraged the graduates to

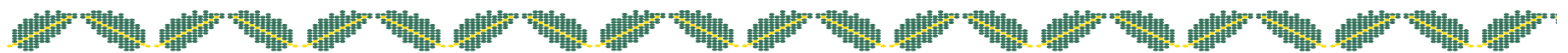
continue learning, utilizing education and job opportunities provided by the Band, and getting involved in the Mille Lacs community.

"The Band offers many ways for you to use your education. Our community always needs social workers, nurses, teachers, administrators, government officials, and so on and so forth," said Don.

Thank you to all of the graduates and their families who attended the academic achievement luncheon, and congratulations to all 108 graduates.



Mille Lacs Band member Wendy Merrill was one of the 108 graduates honored at the Mille Lacs Band higher education department's academic luncheon in June. Wendy completed her associate's degree from Central Lakes College and plans to attend the College of St. Scholastica in the fall. Wendy is pictured with her family.



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Band Conservation Officers Fight Wildfires



Photo courtesy of Mike Taylor

Mille Lacs Band Chief Conservation Officer Mike Taylor worked with cowboys Billy and Randy to fight the Whitewater Baldy Complex Fire in New Mexico in May. The firefighting missions give officers critical real-life experience so that they can be prepared if a local fire happens.

In May Mille Lacs Band Chief Conservation Officer Mike Taylor joined hundreds of firefighters from around the country to help fight the Whitewater Baldy Complex Fire in the Gila National Forest in southwestern New Mexico.

When Mike arrived on May 26, the fire covered approximately 35,000 acres. The fire grew quickly and had burned more than 276,000 acres when Mike left on June 11, making it the largest wildfire in New Mexico history.

While he was in New Mexico, Mike provided security at a remote road closure. He worked with a local rancher,

Jack Diamond, who provided pack mules and horses to fight the fire. Billy and Randy, cowboys who worked with Jack, also worked with Mike to help bring supplies to front-line firefighters.

Band Conservation Officer Jim Mattson is currently fighting the 58,700-acre High Park Fire in northern Colorado.

Mille Lacs Band Department of Natural Resources conservation officers are trained to fight wildfires throughout the country. The firefighting missions give the officers critical real-life experience so that they can be prepared if a local fire happens.

Fiber-Optic Cable Installation Improves Internet Access in District III

By Keith Modglin, information systems director

The Mille Lacs Band information systems department recently installed a fiber-optic cable that runs from the Hinckley Assisted Living Units to the Lake Lena Community Center. The installation will improve Internet quality for District III residents.

The department is currently looking into various ways to use the remaining fiber-optic cable within the community. The department plans to install more cables that extend to the District III early education building.

For more information about the installation, contact the Band's information systems department at 320-532-4736.

Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

The Mille Lacs Band's Boys & Girls Club honored Band youth from each district as members of the month.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain leadership characteristics and attributes of a good role model.

District I

The District I Boys & Girls Club named Bella Nayquonabe and Cameron Harrington as the club's June members of the month.



Bella Nayquonabe



Cameron Harrington

"I like going to Boys & Girls Club because it's a good place to play. I like the staff, and my friends come here," said Bella, who recently completed second grade at Nay Ah Shing Schools.

"I like going to Boys & Girls Club because it's fun and I get to see my friends," said Cameron, who recently completed fifth-grade at Onamia Elementary School.

District IIa



Valerie Mitchell

The District IIa Boys & Girls Club chose Isle Elementary second-grader Valerie Mitchell as its June

member of the month.

"Valerie was chosen as the member of the month because of the great attitude and leadership skills she shows at the club," said Charlee Edwards, District IIa Boys & Girls Club coordinator. "She is a high achiever when it comes to her education. She consistently helps other club members and staff without being asked."

District III

The District III Boys & Girls Club honored Alizea Taylor and Levi Roseland as the club's June members of the month.



Alizea Taylor



Levi Roseland

Alizea, a recent kindergarten graduate from Hinckley Elementary School, had the second highest attendance of group 1 in May. She also tied for the highest amount of stars earned in the star program, a rewards program

that merits stars for participation and performance. Alizea participates in project learn, reading club, run club, smart kids, the arts, and power hour, a national homework help program run at Boys & Girls Clubs. She consistently displays excellent behavior at the club.

Levi attends Pine Grove Leadership Academy and received the second highest attendance for group 2 in May. He also earned the second highest amount of stars in the star program. Levi shows excellent behavior and great leadership with club members of all ages.

Photos courtesy of the Boys & Girls Club.

Free Hearing Evaluations

To schedule an appointment for **Friday, July 13**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

Bradley Roache, Sr. Memorial Golf Tournament To Be Held in July



Photo courtesy of the Roache family

Bradley Roache, Sr.

The Roache family is hosting the Bradley Roache, Sr. Memorial Golf Tournament on Sunday, July 29, at The Lakes Golf Course at Ruttger's Bay Lake Lodge in Deerwood, Minnesota.

Proceeds from the tournament will go toward the Bradley Roache, Sr. Memorial Scholarship Fund, which has been established to help those pursuing degrees in law enforcement and criminal justice.

A Mille Lacs Band member, Bradley dedicated his life to public safety. He served on the Minneapolis Police Department

for 24 years and was active on the homicide/robbery unit, the emergency response unit, and the SWAT team. After Bradley retired, he served the Mille Lacs Band as the director of public safety and the Corporate Commission's corporate director of security and surveillance.

Education was important to Bradley; he believed it was never too late to go back to school. He graduated from St. Mary's University with a bachelor's degree in police science in 2009. He passed away on November 20, 2011.

The golf tournament is a three-person scramble. The registration fee is \$300 per person for a 3-person team. The tournament will also have prizes, a silent auction, and on-course games. The winners of the tournament will be recognized.

For more information or to register for the tournament, contact Krista Roache Klug at 320-224-7061 or e-mail brmemorialgolf@hotmail.com.

Addressing Diabetes on the Reservation

By Donald Eubanks, Mille Lacs Band Commissioner of Health and Human Services

The following column appeared in the June 6 issue of the Mille Lacs Messenger.

Diabetes is a growing epidemic in America. According to the Centers for Disease Control and Prevention, 25.8 million people in the United States – 8.3% of the population – have diabetes, and another 79 million people – 35% of the population – have prediabetes, which means that they have above-average blood glucose levels. As many as 53.1 million Americans could develop diabetes by 2025, a nearly 50% increase in the next 13 years.

No one is hit harder than American Indians, who are 2.3 times more likely to have diabetes than non-Indians. Reports indicate that the rate of diabetes among Minnesota's American Indian population, which represents only 1.2% of the state's total population, is almost four times the U.S. rate.

The Mille Lacs Band is no exception to this trend – approximately 14% of Band members have diabetes, making the disease one of the biggest health issues that the Band faces.

While diabetes itself is the problem that needs to be addressed, there is a significant need to address it in a culturally relevant manner for Band members. A successful mainstream program is often not as effective on an Indian reservation, where the people have specific cultural beliefs, unique learning styles, different diets, and the lingering effects of a poverty-laden history.

That's why the Mille Lacs Band developed its own state-of-the-art diabetes program in 1997, which combines cutting-edge medical treatments with traditional remedies to empower our members to prevent the onset of diabetes and the many health complications that can come with diabetes.

The diabetes team includes a physician, registered dietitians, personal trainers, a podiatrist, certified diabetes educator, traditional Ojibwe healer, and others. We are in the process of bringing specialists in cardiology and gastroenterology

to our team as well, so that we can help address additional diabetes complications in house. The Band operates three clinics on the reservation, which receive more than 10,000 visits each year.

People with diabetes who don't take good care of themselves have the highest risk of kidney failure, blindness and amputations. They are also more likely to have or develop high blood pressure, high cholesterol levels, and heart disease. In fact, diabetes is the sixth leading cause of death in Minnesota, according to the Minnesota Department of Health.

One reason American Indians are more likely to have diabetes is that we have moved away from our traditional lifestyle. As a result of decades of poverty, many American Indians relied on government food programs that transformed their diet to include inexpensive, processed foods. The diabetes program encourages Band members to include traditional foods, such as wild rice and fish, in their diets. The Band even holds monthly family meal nights where dietitians provide hands-on tips for preparing nutritious meals.

The diabetes program also offers regular diabetes group education classes, personal meetings with dietitians and fitness professionals, and a variety of events where Band members can learn how to maintain healthy blood sugar levels and overall well-being.

A decade ago, only 61 Band members were on the Band's diabetes registry. Today the registry includes about 600 members. Rather than reflecting an increase in the number of Band members with diabetes, this figure more accurately portrays the number of people who know they have diabetes and are addressing it. Knowledge is a critical first step in fighting the disease.

We cannot control our genetics, but we can control the choices we make. It will take time to reduce the number of people with diabetes, but we are working on a daily basis to educate more people about the disease and provide them the resources to prevent and care for it.

Marge Anderson Honored as Great Woman of Gaming

Mille Lacs Band Chief Executive Marge Anderson was recently honored by *Casino Enterprise Management* as a Great Woman of Gaming. Marge received the Proven Leader Award in recognition of her longtime commitment to building and protecting Indian gaming.

Marge is a foremost advocate for Indian gaming and one of the nation's most respected tribal leaders. During her tenure as Chief Executive, Marge has led the development and growth of Grand Casino Mille Lacs, Grand Casino Hinckley, and other Band-owned businesses. She was also the driving force in the decision to use business revenues to rebuild the Mille Lacs Reservation through new schools, clinics, community centers, housing, and infrastructure ranging from roads to water treatment plants. This decision positioned the

Band as a national model for investing casino resources into meaningful efforts that most benefit the community.

"Tribal casinos have been a critical economic engine for American Indian tribes and the communities where they do business," Marge said. "So many influential women have been an important part of this process and have helped revolutionize Indian Country. It is a great honor to be counted among them."

Each year *Casino Enterprise Management* recognizes women in the gaming industry who are strong leaders at their casinos and in their communities, have dedicated themselves to the gaming industry, are committed to mentoring young talent, and balance their professional and personal lives. These women have a great passion for what they do and inspire others along the way.

Summer Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on Thursday, August 2, 2012, at each Band member's home district. This distribution will include monthly, bi-monthly and tri-annual Band members only. Reminder: checks will be given only to the person whose name is listed on the check.

Pick-up locations

Elders, those who are handicapped, and homebound persons living in District I, II, IIA, and III and the Twin Cities urban area can pick up their per capita checks on August 2, 2012. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the urban office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, or III or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on August 2, 2012.

- District I: Kathy Heyer, 320-532-7472, or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIA: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban office: Barb Benjamin-Robertson, 612-872-1424

Your check pick-up site will be at the following centers, depending on where you live:

Mille Lacs Government Center:

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

East Lake Community Center:

For Band members living in McGregor.

Isle Chiminising Community Center:

For Band members living in Isle.

Lake Lena Community Center:

For Band members living in Askov, Braham, Brook Park, Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

Urban office:

For Band members living in Andover, Anoka, Apple Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be at the Mille Lacs Government Center unless you make arrangements for pick-up at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

Deadline for changing your pick-up site is noon on Friday, July 27, 2012. Any changes after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

Checks by certified mail

Those who can't pick up their checks on August 2, 2012, will have their checks sent out by certified mail on August 3, 2012, to the address listed with the Tribal Enrollments Office. If you do not receive your check by August 20, 2012, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

Address and name changes

If your address or name has changed since the last per capita, it is very important that you send in your information to

the enrollments office. The deadline for address and name changes is noon on July 26, 2012. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, emergency services loans, or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call emergency services at 320-532-2552
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported as other income not subject to self-employment tax on the Form 1040. All future 2012 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2012.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the office of management and budget at 320-532-7472 to get a per capita declination form.

MMA Cage Fighting Arrives at Grand Casino Mille Lacs

By Jim Erickson, Department of Athletic Regulation executive director

Grand Casino Mille Lacs hosted its first mixed martial arts fights on Saturday, June 9. The event included five amateur and three professional bouts, which featured fighters from Minnesota, North Dakota, and Wisconsin.

The event kicked off with Brainerd's Branden Cluever defeating Pipestone's Matt Wolf in amateur action at the 140-pound division. Wolf tapped out within the first minute and a half of the first round.

Onamia's Justus Sahlstrom settled for a draw with Brainerd's Travis Sykes in the 155-pound amateur division.

In the 145-pound amateur division, Brainerd's Loren Jones used an unrelenting attack to outwork Apple Valley's Dylan Duarte. Jones secured a unanimous victory by mixing accurate kicks and an aggressive ground game.

In the 185-pound amateur division, Brainerd's Chris Santiago defeated Bayfield, Wisconsin's Chris Hicks when referee Jeremy Ryder disqualified Hicks at the 2:45 mark of round two for using an illegal choke hold against Santiago.

In the 170-pound amateur division, Brainerd's Gary Granholm swapped punches and kicks with Eagan's Justin Transgrud for the entire duration of their three-round bout. Granholm was awarded the victory through a split decision.

The first of the three professional fights began with a grudge match between 170-pounders Austin Judge of Bloomington and Kevin Tjaden of North Dakota. The match ended early as Judge, ranked number seven in Minnesota, blasted Tjaden with strikes within the first 50 seconds of the first round.

The second professional match-up featured Dan Wales of Evansville and Rocco Maggiore of Brainerd in the 135-pound division. Despite Maggiore's win against Wales earlier this year, Wales evened the pair's record with a monster slam that forced Maggiore to tap out 58 seconds into the second round.

The main event of the evening pitted Lindstrom's Melvin Blumer against Wabasha's Bruce Johnson. Blumer came out ahead with a guillotine choke move against Johnson, forcing him to tap out just over a minute into the first round.

Heavy Rains Cause Flooding in East Lake



Photos courtesy of Monte Fronk

This road was one of the many roads closed due to flooding in the East Lake area.



An entire section of County Road 13 near the Marathon Gas Station cracked and broke away, making it impassable.



Mille Lacs Band Department of Natural Resources staff built a temporary bridge so that they could deliver water and check on local residents during the flood in June.

Heavy rains caused flash floods in Aitkin County and several other locations in northeastern Minnesota starting June 19. On June 22 Governor Mark Dayton declared a state of emergency for areas of Minnesota experiencing flooding, including Aitkin County.

The flooding caused many road closures in and near District II of the reservation, including State Highways 210 and 65 as well as many township roads. The road closures temporarily cut off access to the East Lake Community Center and the Assisted Living Unit.

As a result of the flooding, the Mille Lacs Band activated the Tribal Emergency Response Committee. The team provided assistance, medical attention, transportation, food, and bottled water to Band members in the area.

Days after the heavy rains, the Mississippi River crested on June 28 at one of the highest levels on record.

The August *Inaajimowin* will contain a more detailed story on the East Lake flooding. Additional photos can be viewed on the Band's Facebook page at www.facebook.com/millelacsband.

Lake Lena Marks First Anniversary of Storm

Band improves emergency response protocol in wake of storm

July 1 marks the one-year anniversary of the storm that hit Lake Lena in District III with straight-line winds at an estimated 111-135 miles per hour. The storm damaged 12 Band homes and hundreds of acres of trees, causing more than \$65,000 in damage.

"Initially the enormity of the damage was shocking," said Commissioner of Natural Resources Brad Kalk. "Our first priority was to remove trees from roads and driveways to improve access around Band homes and facilities."

The Mille Lacs Band Department of Natural Resources (DNR) has led the cleanup efforts with the help of the Community Development Department and many individuals who have voluntarily assisted. Work has been completed in 75% of the residential areas, and the DNR continues to communicate with residents in areas where the cleanup has not been fully completed to let them know they remain on the list.

Other than homes, the only Band facility to sustain damage was the Pine Grove Leadership Academy storage facility. The repair work has been completed. Fortunately, only a few of the 450 maple trees that were planted at the school in 2010 were harmed during the storm, and the DNR was able to save all of the affected trees.

Cleanup efforts are also underway in the nonresidential areas affected by the storm. As much as 75% of the trees in the more remote forest areas of District III were damaged. The DNR is working with loggers to help remove downed trees to decrease the fire danger.

"In general, the DNR will allow the forest to naturally regrow," said Brad. "However, we are developing a reseeding plan that focuses on residential areas and locations with Band facilities where the most trees were damaged."

The Federal Emergency Management Agency (FEMA) gave the Band \$65,000 for debris removal, emergency services, and repair/replacement of public facilities. Band Assembly also appropriated funding to cover additional cleanup costs, including purchasing new equipment to clean up the debris and hiring

additional DNR employees through January 2013.

During and immediately following the storm, the Lake Lena community came together to help each other.

"Band members checked on their neighbors to make sure they were okay, and several people helped cut and remove trees from roadways to clear a path into the community," said District III Representative Diane Gibbs. "The outpouring of support shows how strong our community is."

Preparing for future storms

Following the Lake Lena storm, Band officials reviewed the Band's emergency response plan so that they could learn from their experiences and identify ways to improve the plan.

For instance, the Band has since linked the emergency generator at the Lake Lena Community Center to the facility's well, so that the community could access water in the event of a future storm.

Additionally, the Mille Lacs Band information systems department recently installed a fiber optic cable that runs from the Hinckley Assisted Living Units to the Lake Lena Community Center. (See page 2 for more information.)

"The cable will improve Internet quality and communications in the area, especially since cell phone service can be spotty in District III," said Diane.

As evidenced by the Lake Lena storm last year, it is important to be prepared for severe weather. Make sure you keep flashlights, batteries, non-perishable foods, and bottled water at your home; create a family safety plan; and get an inexpensive weather radio, so even if you don't hear sirens, you will know severe weather is approaching.

The Band's emergency management and public health departments are providing Band Elders with weather radios through the Indian Health Service's federal surplus program. (See page 9 for more information.)

"Of course we wish the storm wouldn't have happened. But it brought people together and helped us prepare for the unexpected in ways that will make the community safer," said Diane.

Update on Band Member Employment

The Corporate Commission, along with Grand Casino Mille Lacs and Grand Casino Hinckley are pleased to announce the following recent Band member new hires and promotions from May-June.

New hires

- Donna Jo Taylor, table games supervisor at Grand Casino Hinckley
- Wesley J Premo, arcade attendant at Grand Casino Hinckley
- Marquell J Kegg, buffet host/hostess at Grand Casino Hinckley
- Kelsie Shaugobay, cage cashier at Grand Casino Mille Lacs
- David Bonilla, security officer at Grand Casino Mille Lacs
- James Mitchell, hotel guest service representative at Grand Casino Mille Lacs
- Desiree Benjamin, gift shop clerk at Grand Casino Mille Lacs
- Crystal Garbow, security officer at Grand Casino Mille Lacs
- Roland Anderson, Grand Makwa Cinema maintenance engineer

Promotions

- Kayla Garbow was promoted to hotel guest service supervisor at Grand Casino Mille Lacs. She has been a team member of the hotel for nearly two years. Her experience in the hospitality field, her professionalism and customer service skills will assist her greatly in this new position.
- Jeremy Nickaboine was promoted to the Cup and Cone supervisor at Grand

Casino Mille Lacs. Most recently he was a frontline Plums snack bar Associate. Jeremy brings supervisory and guest service skills to his new position where he will be supervising the day-to-day operations of the newly opened Cup and Cone along with six Associates.

- Monica Benjamin was promoted to human resource representative at Grand Casino Hinckley. In this role, Monica will assist Grand Casino Hinckley Associates in a variety of capacities.
- Summer Thomas was promoted to buffet hostess at the Grand Buffet at Grand Casino Hinckley.

Interested in employment?

If you are interested in receiving job postings via e-mail on a weekly basis, please e-mail your contact information to bandmemberjobs@ccmlb.com.

As a reminder, Grand Casino Mille Lacs and Grand Casino Hinckley offer a great benefit package. For more information on open positions, please contact the following human resources representatives:

Grand Casino Mille Lacs

- Deb Matthews
800-626-5825, ext. 8325

Grand Casino Hinckley

- Bonnie Matrious
800-472-6321, ext. 4929

Corporate Commission/ Non Gaming Businesses

- Nicole Hyatt
320-532-8844

Jaime Boyd and Sahen Davis Graduate from Nay Ah Shing



Band members Jaime Boyd and Sahen Davis graduated from Nay Ah Shing School on May 31.

Nay Ah Shing School honored 2012 graduates Jaime Boyd and Sahen Davis on May 31.

Eric North, former Nay Ah Shing principal, gave the keynote address at the graduation. He encouraged the graduates to embrace their adventures throughout their lives.

"Life is a long and winding road. I encourage you to take the high road, the right road, your road," Eric said.

Chief Executive Marge Anderson encouraged the graduates to chase their dreams.

"When I graduated in 1952, it wasn't possible for a young Indian woman from a poor family to go to college," said Marge. "But in 2012, the sky is the limit ... Your diploma is the key to unlocking your future."

Both Sahen and Jaime gave speeches in Ojibwe and presented gifts to their family members during the ceremony.

At Nay Ah Shing, Sahen participated in the Ojibwe Knowledge Bowl team, played

on the Drum and Dance team, served as a member of Nay Ah Shing Powwow Royalty, played basketball, was recognized by the National Honor Society, and played the guitar.

Jaime started on the varsity volleyball team for five years and served as the captain of the team for the past two years. She also played basketball, participated in the American Indian Business Leaders (AIBL) Program, was recognized by the National Honor Society, and served on the student council.

"Not only were these two individuals good students, they were great citizens, leaders, and role models for the school as well," said Jason Long, who served as the master of ceremonies.

Joe Nayquonabe gave the invocation, the Nay Ah Shing Singers provided music, and Nay Ah Shing principal Mary Simon and school board chair Ruth Sam presented the diplomas.

Congratulations to Jaime and Sahen!

Website Offers Diabetes Resources, Ideas and Inspiration

By Johanna Larson, diabetes program coordinator

Do you need something to lift your spirits and give you hope? Indian Health Service has a special diabetes website that offers diet and exercise tips, provides free diabetes education materials through a special online catalog, and shares success stories from community members across Indian Country who are preventing and managing diabetes.

To access the positive stories on the website, visit

www.diabetes.ihs.gov, click on SDPI, then select "Ideas and Inspirations." The website also offers many free books, videos, and other education materials for anyone to order through the online catalog. You can find the online catalog under "Resources" on the left-hand side of the homepage.

Please share this great information with your loved ones. For any other diabetes program questions, contact Johanna Larson, diabetes program coordinator, at 320-532-7790.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

Congratulations, Graduates!

Head Start

Antonio Aguilar
 Mariana Altimirano
 Gavin Atwood
 Nicholas Ballinger
 Antone Beaulieu
 Agaasaa Berger
 Bianca Blake
 Taya Jo Boyd
 Elysa Cutbank
 Wundessa Davis
 Waylon Defoe
 Aiva Doust
 Riley Jackson
 Trevor Johnson
 Jada Karlstad
 Keith King II
 Isaac Klenk
 Nigel Ladd Jr.
 Victor Landeverde-Benjamin
 Dion Migizi
 Darius Misquadace-Burr
 Kenneth Mitchell III
 Violet Mitchell
 Jordan Nayquonabe
 Kayla Nayquonabe
 Kennedy Nayquonabe
 Arielle Pendegayosh
 Olivia Reynolds
 Landon Saice
 Brooklynn Sam
 Christopher Sam
 Kinney Sam
 Rihanna Smith
 Caleb Staples
 Antonio Weous

High school degree

Ashlee Barnes
 Kayla Beaulieu
 Jessica Benjamin
 Alexandria Bradley
 Taylor Boos
 Alysia Boyd
 Daniel Boyd
 Jaime Boyd
 Sahen Davis
 Meghan Dorr
 Brianna Eagle
 Tomasi Faamamala
 Tiffany Hallaway
 Mary Johnson
 Marita Jones-Yellowhammer
 Dakota Juarez
 Kelly Kegg, Jr.
 Kyle Kegg
 Zachary Kegg
 Katy Kelley
 Jesse Kersting
 Jennifer Kuntz
 Waylon Moose
 Pierre Neal
 Jackson Pratt
 Stephen Nickaboine
 Benjamin Sam
 Brandi Sam
 Dylan Schaaf

Andrew Sutton
 Erynn Teeple
 Michael Thomas
 David Weise
 Larissa Weyaus

GED

Michael Aubid, Jr.
 Philip Benjamin
 Brittany Brown
 Mathew Cash
 Alonzo Colbert
 Starrise Colsrud
 Alex Dorr
 NaTosha Dyre
 Emily Frye
 Raymond Hart, Jr.
 Brandi Hill
 Janice Jordan
 Vala Reya Leecy
 William Martin
 Misty McLain
 Kenneth Mills
 Caryn Mitchell
 Christopher Phillips
 Katrina Saice
 Jeremy Smith
 Michael Smith
 Waylon Snyder
 Brian Strong
 Dennis Taylor
 Jenna Thomas
 Johnathon Thomas
 Olaf Thomas, III
 Tyler Wadena-Degroat

Certificate

Tiffany Anderson
 Alicia Cook
 Robin Davis
 Donna Iverson
 Jesse Kersting
 Jordaun Peel
 Cheyanne Peet
 Nickena Peet
 Roland Smith

Associate's degree

Nicole Anderson
 Colicia Barnes
 Amber Cessna
 Dyllon Dalquist
 Brandie Fairbanks
 Rachel Hill
 Mary Hoffer
 Charlotte Holmquist
 Donna Iverson
 Katherine Kalk
 Tiffany Kelly
 Audrey Mager
 Christina Merrill
 Wendy Merrill
 Ashley Olson
 Tia Nichols
 Erik Parsons
 Daniel Pewaush
 Carissa Rambler

Kimberly Sam
 Rachel Shaugobay
 Arielle Shaw
 Sandra Skinaway
 Sonny Vizenor

Bachelor's degree

Alexandria Bradley
 Caryn Day
 Sharon Howard
 Nicole Hyatt
 Lisa Jackson
 Rhye-Samuel Kanassatega

Master's degree

Danesa Bender
 Antonia Breitweiser
 Donald Eubanks
 Joseph Mitchell
 Joseph Nayquonabe, Jr.
 Toya Stewart

Editor's note: We apologize if we've missed anyone. To add a graduate's name, please call Sami Thomas or Camille Smith at 320-495-3702.

Head Start Graduation Celebrations



District I Head Start graduates



District II Head Start graduates



District III Head Start graduates

Photos courtesy of Cindi Cooley

Department of Labor Updates

By Paul Janowiec, department of labor director of training and development

Free driver's education classes this summer

The department of labor is offering free driver's education classes to adults age 18 and older in Districts I and II during July and August. The three-day, three-hour course will cover the information needed to pass the written driver's test.

This month, classes will be held in the District I department of labor classroom on July 11, 12 and 18 from 6-9 p.m.

Classes will also be held in District II at the East Lake modular on July 31, August 1, and August 7 from 6-9 p.m.

The course is open to those who have never taken the written driver's test and those who are eligible to retake the written driver's test. Class size is limited, and participants must meet program eligibility.

After completing the course, the department of labor will provide transportation to the driver's license exam center in your area to take the written exam.

To pre-register and complete an application, visit the department of labor offices in District I or call 320-532-4741 or 800-922-4457.

GED testing in August

Band members who have yet to pass all five subject areas in the current GED test format are encouraged to register for the next round of testing offered in August.

The department of labor is facilitating the GED exam at the Mille Lacs Tribal College on August 10 and 17 from 10:30 a.m.-4 p.m.

The entire five-subject test costs \$60 and each individual subject test is \$12. Students must bring a photo ID with their current address and their social security card on exam day. Students ages 16-18 will also need to bring a Minnesota age waiver form.

For more information or to register, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

Check and connect program

Central Lakes College's check and connect program is hosting a three-day orientation for students with intellectual disabilities on August 15, 16 and 17.

The orientation program will prepare students for the transition to college courses before the semester begins. The program will provide all meals and cover fees for planned events. The first 20 students to sign up will be accepted into the program.

For more information or to sign up, contact Ann Chouinard at 218-855-8117 or achouinard@clcmn.edu, Aaron Mertes at 218-855-8218 or amertes@clcmn.edu, or visit www.checkandconnect.org.

Department of labor classroom hours

The department of labor offers classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

District IIa Chiminising Center

- Tuesdays from 1:30-4:30 p.m.

District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

Free Phone MN follow-up information

If you have any questions about the free phone program, please contact Free Phone MN directly at 612-293-8859 or www.freephonemn.org

Band Member Loses 195 Pounds



Photos courtesy of Robert Mitchell

Robert Mitchell's before and after photos.

Band member Robert Mitchell was hospitalized in February 2011 for conditions related to atrial fibrillation, which is a cardiac disease. His hospital bed was connected to a scale – it read 440.4 pounds.

"While I was lying in my hospital bed, I decided that it was time to do something about my weight," Robert said.

After Robert was discharged from the hospital, he started to diet. He cut back on how much he ate, what he ate, and where he ate.

Robert also started walking daily. "I try to walk a mile before 6:30 a.m. each morning," he said. "I also try to park at the far end of parking lots just to walk the extra distance."

In 2011 Robert participated in Walk Around Mille Lacs. During the eight-week fitness challenge, participants walk 120 miles – the equivalent of two laps around Mille Lacs Lake.

"When I was first told about the challenge, I thought there was no way I was going to be able to walk 120 miles. Before I knew it, I finished the challenge two days early," Robert said.

Since then, Robert has completed three 5Ks. In just six months, Robert has improved his 5K time by 16 minutes.

"5Ks are actually a lot of fun," Robert admitted.

Just 16 months after starting his diet, Robert has lost 195 pounds. He lost about one pound per week, which many fitness professionals believe is an ideal weight loss pace.

"I don't think of my weight loss as anything spectacular; it's just something that had to be done," he said.

Robert has noticed some health differences since dropping nearly half of his body weight. He has decreased the number of medications he was taking from five to one, and his A1c level was above five the last time he went to the doctor (which is in the normal range). Robert said that he mostly noticed that he has a lot more energy.

During his diet, Robert has received a lot of support from

his family and friends. "I'm very appreciative of each and every person out there who has congratulated me, patted me on the back, and told me what a great job I've done," he said.

Several friends told Robert that he was an inspiration, but he doesn't think of himself like that.

"By using my achievements to motivate yourselves, you are the true inspirations. You keep me wanting to continue on my journey," he said. "Let's keep the faith and together we can achieve what we want."

Robert's advice for other dieters is to believe in yourself. "It can take a while to lose weight, but don't allow yourself to get too frustrated. Be patient, and let it come as it does," he said.

Robert also relied on Mille Lacs Band Fitness Coordinator Jim Ingle for workout advice. "Jim is a wonderful resource for anyone who wants help getting in shape, learning how to exercise, and eating healthy," he said.

Robert's goal is to lose 75 more pounds, so that he would weigh 170 pounds. If Robert reaches this goal, he will have lost a total of 270 pounds, which is nearly two-thirds of his original body weight.

Walk Around Mille Lacs Challenge

The 11th annual Walk Around Mille Lacs fitness challenge begins on Monday, July 2, and ends Friday, August 24. As mentioned above, participants walk 120 miles in eight weeks, which is approximately two miles of walking each day.

If you would prefer, you can replace walking with other activities. If you choose to bike instead of walk, you must ride 360 miles during the eight weeks.

You can still sign up for the challenge at any district community center or the urban office or by calling Jim Ingle at 320-532-7547. Participants who complete the challenge will receive a t-shirt.

Public Health Department Updates

Summer skin care

By Donna Hormillosa, District III RN

As we near the peak of summer heat, you may have already suffered your first sunburn of the season. However, it is never too late to protect your skin from the damage caused by the sun's ultraviolet radiation (UV rays). Even those who have dark skin or tan easily benefit from sunscreen.

Dermatologists recommend staying in the shade as much as possible during the hours of 10 a.m.-4 p.m., which is when the sun's rays can cause the most damage. They also recommend using sunscreen with an SPF (sun protection factor) amount of 15 or higher. It only takes 15 minutes of being in the sun during its peak hours for unprotected skin to burn.

Typically an SPF 15 sunblock can provide almost four hours of protection, but it must be reapplied after swimming or sweating to be effective. The higher the sunscreen's SPF number, the stronger protection it will provide.

Even though sunburn eventually goes away, its long-term effects are serious and can cause skin cancer. Fair-skinned people are the most at risk for developing skin cancer, however it can happen to anyone. Other risk factors for skin cancer include unusual moles or skin lesions, a large number of moles, and a family history of skin cancer.

It is important to check your skin for any suspicious moles or lesions and visit your dermatologist on a regular basis, especially if you have concerns.

Circle of Life Plus

The Mille Lacs Band public health department encourages Band members to utilize the American Cancer Society's Circle of Life Plus program. The program promotes early cancer detection screenings including mammograms, pap smears, and colonoscopies.

Band members interested in scheduling an appointment for any of these screenings should contact the tribal clinic in their district.

- Ne-la-Shing Clinic: 320-532-4163
- East Lake Clinic: 877-768-3311
- Aazhoomog Clinic: 877-884-0149

The American Cancer Society will provide Band members with a \$10 gift card upon verification

of a screening. For more information, contact Linda Moses, Circle of Life Plus coordinator, at 320-532-7776, ext. 2405.

Weather radio distribution

By Allison Harr, MCH coordinator

The Mille Lacs Band emergency management and public health departments are providing Band Elders with weather radios through the Indian Health Service's federal surplus program.

Band Elders can receive free national oceanic and atmospheric administration (NOAA) weather radios that provide severe weather-related information for each district. The radios are designed to relay specific emergency messages from the Band's tribal emergency response committee, and are the best way to receive advanced information, especially in areas where storm sirens may not be heard.

The radios will be distributed in each district on the days below. Elders must be present to sign for their radio.

- District I: The radios can be picked up at the public health office on Bugg Hill after the Mille Lacs Elder meeting on Thursday, July 19.
- District II: Radios will be distributed at the East Lake Community Center on Thursday, July 12.
- District IIa: Radios will be distributed at the Isle Community Center throughout the month of July.
- District III: Radios will be available at the Aazhoomog Community Center from July 3-23 and at the Hinckley Assisted Living Units from July 23-27.
- Urban area: Radios will be distributed at the urban office throughout the month of July.

For more information, contact Allison Harr at 320-532-7511.

Free transportation available to medical and dental appointments

By Mary Sam, community health representative

Transportation aides are available to bring Mille Lacs Band members and their families to and from medical and dental appointments scheduled between 8 a.m. and 5 p.m., Monday-Friday, excluding Band holidays. Transportation is not provided for urgent care visits, emergency room visits, and walk-in appointments, regardless

of location.

Free transportation is only provided to medical and dental appointments in the immediate service area around the reservation, unless the health service needed is not available in the Mille Lacs Reservation area. In exchange, clients must complete registration, insurance, and release of information forms in order for the transportation program to be reimbursed by insurance companies.

- District I or IIa residents can schedule transportation aides for appointments at Ne-la-Shing Clinic and the Mille Lacs Health System Family Clinics in Onamia and Isle.
- District II residents can schedule transportation aides for East Lake Clinic appointments.
- District III residents can schedule transportation aides for Aazhoomog Clinic appointments.

Referrals are needed for specialty appointments that are not offered at the clinics listed above. Appointments that are more than 100 miles away must be scheduled for 1 p.m. or earlier in order to request a transportation aide.

Due to high demand, a two-day advance notice must be given when requesting a transportation aide. Booking in advance will increase the likelihood of available drivers.

All passengers must wear seatbelts. Due to liabilities, only passengers who have scheduled appointments are allowed to ride in the transportation vehicles. However, if passengers are under 18 years old, they must be accompanied by a parent or guardian, and all children less than 80 pounds and 50 inches tall must ride in a car seat. There is no smoking permitted in any public health vehicle, and passengers are reminded to be on time for their pickups.

Also, medication deliveries are available on Tuesdays and Fridays to homebound Elders living in District I.

For more information or to schedule a transportation aide or medication delivery, contact the community health representative in your district.

- District I and IIa: Mary Sam, 320-532-7815
- District II: Eileen Farah, 218-768-2389
- District III: Francine Staples, 320-384-0149

New Secondhand Smoke Project staff member

By Kristy LeBlanc, Secondhand Smoke Project outreach coordinator

My name is Kristy LeBlanc and I am the new tribal education and policy initiative outreach coordinator for the Secondhand Smoke Project. I am excited to work with the Band to promote and encourage policies surrounding the health benefits of a smoke-free workplace and the use of traditional tobacco. I can be reached at 320-532-7776, ext. 2413. I welcome ideas and suggestions.

Secondhand Smoke Project reminders

By Roberta Ladd, health educator, and Kristy LeBlanc, outreach coordinator

Thousands of toxic chemicals remain in the air long after the cigarette is put out. Inhaling these toxic chemicals is also known as secondhand smoke, which can cause or contribute to cancer, lung disease, heart disease, and birth defects in unborn babies. A pregnant woman's exposure to secondhand smoke can increase her baby's risk of SIDS, asthma, and other infections.

The easiest way to avoid secondhand smoke is to enforce no-smoking rules and ensure others are adhering to smoking policies. There is a designated smoking area that is 25 feet away from any Mille Lacs Band building.

Mille Lacs Band member and employee health is important. The smoking cessation program is available for Mille Lacs Band employees serving the Mille Lacs, Isle, East Lake, and Lake Lena communities. If you or someone you know is struggling to quit commercial tobacco use, contact the Mille Lacs Band's smoking cessation program at 320-532-7812.

Following is a list of smoking cessation and health-related resources for Band members and employees living in the urban area.

- Indian Health Board: 612-721-9858
- Indigenous Peoples Task Force: 612-870-1723
- Inter-Tribal Elders: 612-724-6499
- Native American Community Clinic: 612-872-8086

It Was a Beautiful Spring Day, and I Was on Call

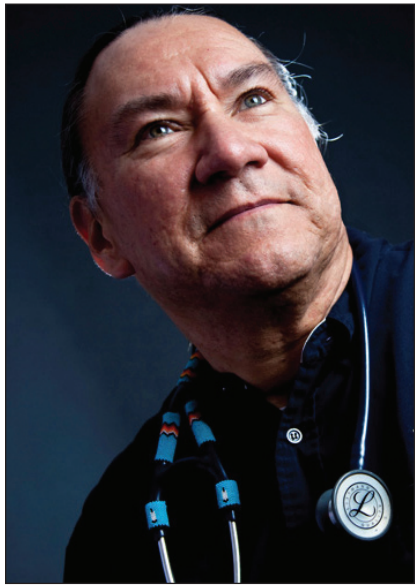


Photo courtesy of Arne Vainio

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.

It was a beautiful spring day, and I was on call. The sun was bright, and the sky was a blue shade that promised nothing but warm days to come.

I was able to spend some time on this Saturday morning with Ivy and Jacob until my pager went off.

I called the nurse, and she told me that one of the patients, Darlene, wants to go home. I wasn't expecting that. I didn't know Darlene, but one of my partners had arranged for her to see me over the weekend.

I was told Darlene was 68 and had not been feeling well for a few weeks. Her stomach hurt after she ate, and eventually the only thing she could eat was peaches.

Darlene's exam showed that her skin was yellow and there was a hard lump in her stomach area. She was sent to the hospital to get a diagnosis.

A CT scan showed a tumor in her right lung. Her liver was

enlarged and full of nodules. Darlene had been a life-long smoker, and this tumor was presumed to be lung cancer, which had spread to her liver, but treating it required a definitive diagnosis. Her liver tests confirmed she had liver failure.

The gastroenterologist did a scope of her esophagus and stomach and was able to do biopsies of her liver.

When I got to the hospital, I had the oncologist paged. He told me the pathologist was 90% sure Darlene's case was small cell lung cancer, but needed another day to finish some confirmatory tests. Even at a 90% certainty, the treatments are too different.

With her liver failure, the oncologist wasn't comfortable sending her home and thought a few more days in the hospital while the biopsies came in seemed reasonable.

Armed with this information, I went to talk to her. She was awake and sat up when I turned on the lights. She looked tired, and her skin was bright yellow, but she had a quick smile that only a grandmother could have. I could see laughter and love in every one of her wrinkles.

I introduced myself and asked her to tell me what the oncologist had told her. "He said I have a tumor in my lung, and it spread to my liver. They won't know for sure if they can treat it until the biopsies are finished. I don't want to wait here for the next two days while that happens. Can I go home?"

"I think so. Let's see what we need to do to make that happen," I responded.

She was on a pump that gave her a constant infusion of pain medicine. She was also diabetic and on two blood pressure medicines. I worked with the pharmacist to make sure everything was set up for her discharge.

While I was sorting out her medications, her husband showed up. He wasn't there for the conversation with the oncologist earlier.

I introduced myself, and I could tell he was uncomfortable just being in the hospital and talking to a doctor. I asked him what he knew.

"I guess she has a tumor."

I told him it was more than a tumor. "Darlene has lung cancer that has spread to her liver and has caused it to fail."

He looked at her. "We'll just have to make sure she eats well so she's strong for the surgery."

I pulled a chair next to his and softly explained to him, "The cancer has already spread and surgery won't help it. It could be in other places besides her liver and we just can't pick it up yet."

"What about radiation?"

"Radiation would likely destroy the little bit of liver function she has left."

"Chemotherapy?"

"Maybe. When I talked with the oncologist earlier, he told me the chemotherapy used for this type of cancer will be very hard on her liver. It usually isn't used when the bilirubin level is higher than four and hers is six. If they can use any chemotherapy, it will need to be in very low doses."

"What options do we have, doctor?"

"This might not be treatable. Hospice is a good option. They could make sure Darlene doesn't have any pain or nausea, and they would be working with oncologists. We'll stay involved and make sure we do everything we can for both of you."

"How long does she have?"

"I don't know. I have never been good about giving that kind of information because everyone is a little different. Some people fight harder than others."

"How long? Months?"

"I don't think so."

"Weeks?"

"Maybe."

He looked away from me and tears welled up in his eyes as he looked at Darlene. She was quiet as she and I had already had this conversation. He looked at me again.

"Will she be okay at home?"

"It's a nice day. She needs to be home and with her family and friends."

He stood up and shook my hand. His voice was a whisper. "Thank you, doctor."

I reached for Darlene's hand, and she held my hand in both of hers. In that gentle handshake, I felt love, hope, gratitude, sadness, courage and resignation. My pager broke the moment I stood up to finish the orders for her to go home.

When I left the hospital the sun was bright and the sky was still the same shade of blue that promised nothing but warm days to come.

It was a beautiful spring day, and I was on call.

Early Education Building Construction Nears Completion



Photo courtesy of Travis Lund

Construction on the Mille Lacs Band Early Education Building is nearly complete. The bricks on the exterior of the building will help make it more energy-efficient and sustainable.

The construction of the new District I Early Education Building is almost complete.

Crews are installing ceramic tiles on the interior of the building and bricks on the exterior of the building. The flower, leaf and vine design was chosen to tie the exterior of the building to nature, like many of the other buildings on the reservation.

Brick, cement board siding, aluminum entrances, and metal roofing have been incorporated into the design to help make the building sustainable,

energy-efficient, and low maintenance.

Crews are also working on design elements inside the building, including taping drywall and painting classrooms. The next step is to install flooring, ceilings and cabinetry.

Crews broke ground on the 47,600-square-foot building in July 2011. The project is on schedule to be complete in August 2012, and the Head Start and Early Head Start programs are scheduled to start in the new building after Labor Day.

Emergency Services and Energy Assistance Updates

Editor's note: Information about the CITGO Grant was inadvertently printed in the May and June newspapers. This was the Inaajimowin's error, and we apologize for any inconvenience that may have resulted.

By Valerie Harrington, emergency services and energy assistance program coordinator

CITGO Grant update

Thank you to all of the Band members who signed up to receive home heating assistance through the CITGO Grant program. Unfortunately, there are no longer funds available through this grant this year as funds were issued on a first-come, first-served basis.

Minnesota state energy application update

The Minnesota state energy application deadline was May 31, 2012. The emergency services department will send fall enrollment applications at a later date.

All Band members who have been granted eligibility for the Minnesota state energy program may also be eligible for crisis, Energy-Related Repair (ERR) and Reach Out for Warmth (ROFW) benefits.

To receive ERR benefits, Band members must have a problem with their furnace or water heater and should call the emergency services and energy assistance office. To qualify for crisis or ROFW benefits, Band members must be facing an energy disconnection or have a propane tank below 20 percent. In order to apply for crisis or ROFW benefits, Band members must provide documentation of an energy or heating bill. Please note that you will not

qualify for ROFW benefits if you have already received a crisis benefit.

For more information about these programs or to see if you qualify, contact our department at 320-532-7880.

Emergency loan reminder

When requesting a loan through the emergency services department, don't forget to complete the entire application and provide the necessary documentation pertaining to the specific loan you are applying for. A copy of the applicant's tribal ID is mandatory for all loan applications. Incomplete applications will not be processed until all the necessary documentation is provided.

For questions about application documentation, contact our office at 320-532-7880 for assistance.

Energy assistance and weatherization programs

The energy assistance and weatherization programs provide assistance in the form of heating, energy-related repairs, and home weatherization services to eligible Band member households located in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Morrison counties.

Emergency services staff to visit districts

In July, an emergency services and energy assistance program staff member will visit each of the district community centers from 10 a.m.-noon on the following days to answer any questions from Band

members who participate or are interested in our programs.

- District II: Wednesday, July 18
- District IIa: Thursday, July 19
- District III: Wednesday, July 25

Below is more detailed information about each of our emergency service and energy assistance programs.

Emergency services and energy assistance programs

A variety of programs and services are available to eligible Mille Lacs Band members, including emergency loans, energy assistance, food distribution, and weatherization assistance.

Emergency loan program

The emergency loan program provides limited assistance to enrolled Band members who experience an unforeseen emergency. Loans may help assist with clothing, groceries, medical care, gas, utilities, rent, funeral expenses, and costs associated with fires or other natural disasters.

Food distribution program

The food distribution program is an alternative to food stamps for American Indian households. The program provides food packages instead of coupons or cards to eligible Band members living in Mille Lacs, Crow Wing, Pine, Aitkin, Kanabec, and Sherburne counties.

For more information or to determine if you qualify for a program, contact our office at 320-532-7880. We are located at 43500 Migizi Drive.

Grand Casino Mille Lacs Associates Assist With Tax Returns

By Sarah Barten, Grand Casinos public relations specialist

Grand Casino Mille Lacs assisted more than 600 Band members and casino Associates with their tax returns as a part of the Internal Revenue Service's Volunteer Income Tax Assistance (VITA) program. This year Grand Casino Mille Lacs VITA volunteers saved their clients more than \$100,000 in tax preparation fees.

VITA is a nationwide program serving more than two million taxpayers each year. VITA trains Associate volunteers to help taxpayers file their federal and state tax returns accurately and take advantage of the full range of credits and deductions they are eligible to receive. This is the 11th year that the casino's finance Associates have participated in the program.

"This is just another benefit Grand Casino Mille Lacs offers its Associates, and it's a great way to give back to our local community," said Jodi Hyatt, a Grand Casino Mille Lacs Associate and VITA volunteer.

Members of the IRS Stakeholder Partnerships, Education and Communication (SPEC) department, which sponsors the VITA program, recently met with Grand Casino Mille Lacs Chief Financial Officer Vernon Robertson to express appreciation for the casino's commitment to the program. They also recognized Jodi for her dedication as the VITA site coordinator at Grand Casino Mille Lacs.

"This program at Grand Casino Mille Lacs represents one of the few corporate entities in the country, and quite possibly the only casino, that sees free tax return preparation as a benefit to their employees, such that they have established a VITA site right on the premises. They have been doing this for some time as well, since as far back as 2002," said Steve Soria, the territory manager for SPEC.

New Emergency Services and Energy Assistance Program Coordinator

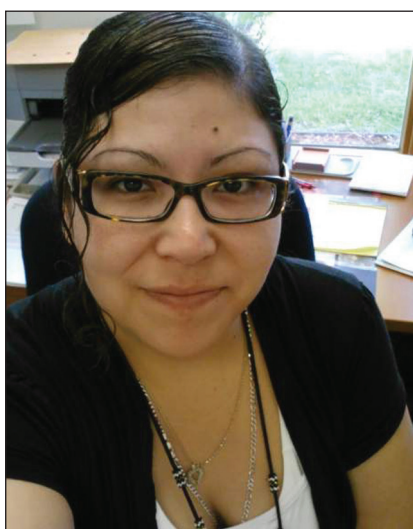


Photo courtesy of Valerie Harrington

In June the emergency services department hired Mille Lacs Band member Valerie Harrington as its coordinator for the emergency services and energy assistance program. Valerie has worked with the emergency services department for the past year as an eligibility technician.

As a long-time resident of the Mille Lacs community, Valerie is excited to serve her fellow community members in her new role.

"As the coordinator, I want to make sure our community is aware of all of the services we provide. I want to do the best job for my fellow Band members," said Valerie. "I welcome community input, and I want to provide the best quality service while complying with state, federal, and Band governments."

Tribal Child Support Updates

By Amy Doyle, director of tribal child support

Correction of child support check pick-up times

Child support checks can be collected on the Thursday and Friday following per capita distribution. Checks can be picked up at the child support enforcement office on Thursday from noon-5 p.m. and Friday from 8 a.m.-2 p.m. All uncollected checks will be mailed Friday afternoon. If the Band is closed on Friday for a holiday, collection instructions will be communicated in advance.

Also, a picture ID is required upon check collection, and checks cannot be released prior to the set times mentioned. For those receiving child support collections from Minnesota county agencies, the funds will be out onto debit cards by the Thursday after per capita distribution.

If you have questions regarding child support check collection, contact the tribal child support enforcement office on Monday-Friday from 8 a.m.-5p.m. at 320-532-7755.

Non-tribal court child support orders

The Mille Lacs Band Tribal Court cannot modify child support orders that were established in other county or state courts unless both parties agree to move their legal case to tribal court. However, the Band's tribal child support enforcement office can work with some counties and states to complete court actions outside of tribal court. We accomplish this through actions such as redirecting funds or terminating orders in the county or state where the orders were established.

For more information regarding this process, contact the tribal child support enforcement office at 320-532-7755.

Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

May 2012

	Approved budget for FY 2012	Actual expenditures through 5/31/12	% of budget expended
Administration (1)*	\$12,717,046	\$6,329,370	49.8%
Workforce*	\$16,497,080	\$3,180,180	19.3%
Judicial	\$1,195,327	\$457,095	38.2%
Law enforcement*	\$5,505,806	\$2,802,844	50.9%
Education*	\$18,720,792	\$11,488,002	61.4%
Health and human services*	\$21,790,839	\$10,863,155	49.9%
Circle of Health Insurance	\$8,206,226	\$6,125,274	74.6%
Natural resources*	\$6,279,120	\$3,048,521	48.6%
Community development*	\$44,309,177	\$14,246,344	32.2%
Gaming authority	\$5,006,548	\$3,011,002	60.1%
Bonus distribution	\$39,779,768	\$34,551,939	86.9%
Economic stimulus	\$3,000,000	\$2,953,000	98.4%
Total expenditures	\$183,007,728	\$99,056,727	54.1%

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 and the tribal government.

* These departments include continuing appropriations from FY2011.

Circle of Health Updates

By Circle of Health staff

Mille Lacs Tribal Community plan

Second notices regarding eligibility for the MLTC plan were sent to Mille Lacs Band members residing in Minnesota who either have COBRA or private insurance (except Minnesota Comprehensive Health Association).

The next Mille Lacs Tribal Community (MLTC) open-enrollment period begins on October 1. Those who are eligible will receive a letter in the mail along with a MLTC enrollment form.

Those who are eligible to enroll must have current insurance coverage, so it is important to not let your insurance lapse.

Circle of Health survey

Mii gwech (thank you) to all of the Band members who have submitted their Circle of Health surveys. We appreciate the comments, suggestions and feedback. For those who

haven't filled out a survey, the submission deadline is July 31. Everyone who submits a survey by July 31 will be entered into the \$200 Walmart gift card drawing, which will be held in August.

If you did not receive a survey, please contact our office at 320-676-8235 or 800-491-6106 to have one sent in the mail. Once the submission deadline closes, a summary of results will be included in a future update, however all individual responses will remain confidential.

MinnesotaCare

Some Band members will receive or may have already received notices stating that they are no longer eligible for MinnesotaCare, but instead are eligible for the Healthy Minnesota Contribution Program. If this notice pertains to you, please contact your Circle of Health claims processor to discuss the actions needed to remain insured.

Circle of Health forms

Remember to update your information with our department annually by completing an enrollment form and a release of information form when your contact information changes. It is important that we have a current phone number and address in case we need to contact you regarding a claim or reimbursement.

We also need current copies of your insurance information for benefit coordination. Contact our office at 800-491-6106 to request forms or visit the Mille Lacs Band website under "programs and services" to find the Circle of Health page.

Remember to allow two-six weeks for claims and reimbursements to process. Contact your claims processor if you have not received a reimbursement, a denial, or a request for more information after the processing time period.

Tribal Noteboard

Happy July birthday:

Grandma June, on July 17 from Keith, Dylan Jr., Mally, Leroy, and C-Bass • **Alissa Hicks**, 11 on July 20 from Mom, Dad, sisters, cousins, Auntie, and Grandma Patricia Jones • **Kiana**, on July 7 from Auntie Nancy • **Sophia**, on July 13 from Auntie Nancy • **Arianna Iaquinto**, on July 10 from Grandma Judy, Papa Toby, Chey, Dana, Sara, and Jon • **Sara Littlewolf**, on July 17 with love from Mom, sisters, Jon, Jeremy, and Toby • **Erica Garbow**, on July 15 from Auntie Jude, Dana and Chey • **Allison Mitchell**, on July 24 from Judy, Toby and cousins • **Jenny Mitchell**, on July 31 from Judy, Toby and cousins • **Cheyenne Rogge**, on July 30 from Mom, Toby, sisters, Jon and Joe • **Jerry Moose**, 12 on July 6 from Mom, Renae, Bentley, Zach, Kira, and Ashley • **Whitney Harrington**, on July 14 from Carrie, Renae, Bentley, Zach, Jerry, Kira, Rachel, Waylon, Mom, Dad, Nadine, Charlotte, Corey Jr., Cameron, Grandma Deb, Leonard, Blake, PJ, Sherry, Gabi, and Shawntel • **Memengwaa**, on July 1 from Kokum, Papa, Auntie, uncles, and cousins • **Jenny**, on July 7 from your sisters, brothers, Mom, Dad, nieces and nephews • **Daddy**, on July 7 from Ardel, Alexander, Albert, Nigel Jr., and Sabrina • **Grandma Elfreda**, on July 9 with love from the Sam-Ladd family • **Cedric**, on July 20 from aunts, uncles, Kokum, Papa, cousins, Dad, Auntie Jo, Uncle Ticc, and Auntie Day • **Deanna Sam**, on July 8 from Rachel and Waylon • **Max Dean**, 2 on July 12 from Rachel and Waylon • **Marissa Clare**, on July 12 from Rachel and Waylon • **Rachel**, on July 21 from Waylon, Dad, Boo, Koje, Marcus, Val, Mariah, Kevin, Karen, Gram, Basil, Nicole, Chris, Jameson, Cordell, Chris Jr., Tracy, Shelby, Max Dean, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Sharon, Wally, Rave, Melodie, Waylon, Boo, Randi, Jay, Kate, Peeps, Guy, Brad, Kristy, Peyton, Brae, Eric, Wesley, Bruce, Jayla, and Lili • **Alan Mitchell**, on July 21 from Lenore, Tyson, Eva, Faith, Jeff, and Jon • **Paige Mitchell**, on July 23 from Lenore, Tyson, Faith, Eva, Jeff, and Jon • **Ryan Smith**, on July 15 from Mom, Dave, Jeremy, Marie, Ryan Jr., McKenzie, Bev, Rog, Juni, Roy, and Jillian • **Isabel Sanchez**, 18 on July 4 with love from Mom, Michael, Luis, Braelyn,

Brynley, Grandma Pam, Thomas, Ana, and Theresa • **Tanya Nadeau-Boyd**, on July 3 from Grandma Judy, Papa Juice, and the girls • **Doreen Mitchell**, on July 1 from your friend Judy • **Karen**, on July 13 from Mickey, Phil, Nadine, Charlotte, Corey Jr., Cam, PJ, Whitney, Blake, Mom, Basil, Nicole, Chris, Jameson, Cordell, Chris Jr., Val, Mariah, Kevin, Brad, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Sharon, Wally, Rave, Melodie, Rachel, Waylon, Boo, Randi, Jay, Kate, Peeps, Guy, Brad, Kristy, Peyton, Brae, Eric, Wesley, Bruce, Jayla, and Lili • **Nicole Anderson**, on July 2 from Mickey, Phil, Nadine, Charlotte, Corey Jr., Cam, PJ, Whitney, Blake, Mom, Gram, Basil, Chris, Jameson, Cordell, Chris Jr., Val, Mariah, Kevin, Brad, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jake, Jamie, Aiva, Mark, Emery, Sharon, Wally, Rave, Melodie, Rachel, Waylon, Boo, Randi, Jay, Kate, Peeps, Guy, Brad, Kristy, Peyton, Brae, Eric, Wesley, Bruce, Jayla, and Lili • **Doug OGuy Sam**, on July 27 from Mickey, Phil, Nadine, Charlotte, Corey Jr., Cam, PJ, Whitney, Blake, Rachel and Waylon • **Meskwanakwad**, on July 9 from JoAnna and Ticc • **APB**, on July 9 from Bonez, JoJo, Ticc, Day, Elle, DayDay, Elle, Jaxin, Tommy Lee, Chaddy, Gabby, BDub, Owen, Diamond, Silas, Paul, Buck Jim, and Bug • **Cilla Greenleaf**, on July 22 from Jo and Boy • **Valerie**, 8 on July 4 with love from Auntie, Elle, Jaxin, Chaddy, Gabby, and Tommy Lee • **Jaxin**, 8 on July 20 with love from Mom, Elle, Lance, Chaddy, Gabby, Tommy Lee and Dad • **Grandma Tisha**, on July 20 with love from Chaddy, Gabby, Jaxin, Tommy Lee, Elle, Dalene, and family • **Thomas**, on July 13 with love from Chaddy, Tommy Lee, Elle, Jaxin, DayDay and Gabby • **Tahya Thomas**, on July 13 with love from Auntie Meany and family • **Auntie Wanda**, on July 19 with love from Jaxin, DayDay, Elle, and family • **Vanessa Weyaus**, on July 12 with love from DayDay and family • **Alicia Skinaway**, on July 23 with love from Chaddy, Tommy Lee, DayDay, Elle, Gabby, Jaxin and family • **Jerry**, on July 6 with love from Auntie DayDay, Elle, Jaxin, Tommy Lee, Gabby, and Chaddy • **DayDay**, on July 21 with love from Elle, Jaxin, Tommy Lee, Chaddy, Gabby, Lance, Thomas, Tisha, Tina, Jose,

Lil Meany, Prince, Booz, BDub, Owen, Diamond, Silas, APB, Jo, and Ticc.

Happy July birthday to Mille Lacs Band Elders!

Robert Anderson
David Niib Aubid
Darline Barbour
MaryAnn Belgrade
Roberta Benjamin
Donna Boodoo
Lewelyn Boyd
Randall Clark
Martha Davis
Brian DeSantis
Rosella Eagle
Vernon Frye
Donna Gilmore
Karen Harrington
Caylen Jansen
Lawrence Johnson
Margaret Johnson
Loretta Kalk
Debra Kamimura
Dixie Kamimura
Judith Kanassatega
Richard Keller
Debra Kersting
Darlene LaFave
Bonita Lucas
Virginia Mann
Lucille Merrill
Meskwanakwad
Letitia Mitchell
Carol Nickaboine
Debra Olson
Sonja Peroceschi
Joseph Pawaush
Steven Premo
Daryl Quaderer
Elfreda Sam
Valerie Shinogbe
Alicia Skinaway
Geraldine Skinaway
Loretta Smith
Andrew St. Clair
Ruth St. John
Patricia Thomas
Jollette Zapf

Anniversaries

Happy anniversary to **Andy and Jennifer** on July 22 from your sister.

Happy anniversary to **Kim and Tina Peet** from *Alyxandria, Jordan and Theresa*.

Congratulations

Congratulations to **Melissa Miller** for receiving her bachelor's degree from Bethel University; **Rhonda Flett** for receiving her degree from

North Hennepin Community College; **Brian Barstow** for receiving his degree from Dunwoody College; **Ashley Olson** for receiving her degree from Minnesota School of Business; and **Joey DeMarsh** for receiving his degree from Minneapolis Media Institute from *Grandma Olson and Family*.

Congratulations to **Jeremy Smith** for receiving your GED. We are proud of you from *Mom, Dave, Carter, Kennedy, Ryna, Marie, Rog, Bev, Juni, Roy, Jillian, and the Smith family*.

Congratulations to **Alyssa Buckanaga** for graduating from Minisinaakwaang Leadership Academy from *Tina and Kim Peet and family*.

Birth announcements

Congratulations to Dakota on the birth of your son **Kyel Lee Gahbow**. He joined this world on June 6. Kyel is welcomed home by big sister Kyla, Nana and Uncle. We love you.

Daniel Lawrence Pawaush Jr. journeyed onto Mother Earth on March 28, 2012, at 6:58 p.m. He was welcomed by his mother Naomi Long and father Daniel Pawaush Sr., his sisters, Raining Pawaush, and Naylani Potter-Long, all of Onamia. Also welcoming him are his paternal grandparents, Steven and Pam Pawaush, both of Onamia, his maternal grandparents, Ron Long Sr. of Red Lake and Beryl Rock of Cass Lake. Daniel was born at St. Cloud Hospital. He weighed 10 lbs., 4 oz., and was 20 in. long.

In memory

In loving memory of Auntie Cookie – **Valerie Ann Skinaway**. Thinking of you on your birthday – 7-14-48 – and always. We miss your beautiful smile and laughter. Always in our hearts, from *Meany girl and family*.

Obituaries

Cheryl Annette Sutton

Born – 9-8-1968

Died – 5-5-2012

Lived in District III

Dianna Jean Benjamin

Born – 8-10-1975

Died – 5-24-2012

Lived in Minneapolis



Always Moving, Always Camping



By the late Jim Clark, Mille Lacs Band Elder

The Anishinaabe – what we Indian people call ourselves – were sometimes referred to as nomads, and for a good reason. Before the arrival of the Europeans, there was a lot of area for animals and people to live. Making a living was no problem for the Anishinaabe. They lived in one area until their sources of food, animals, wild plants, material for dwellings, and wood for heating was getting scarce. Then they would move to where these living sources were better.

When the European people arrived, the Anishinaabe had to find a way to make a living. That was to work for the white man. When the Anishinaabe found a job, they would move and camp closer to work. Very few Ojibwe Anishinaabe had horses. Lack of transportation was another reason they had to camp out.

Camping out for a whole season went something like this: first it was the sugar camp. When that was over, it was home for a little while to clean around the house and prepare for planting. Around that time, the ceremonies would start, so they would move to

the ceremonial site for a couple of weeks. Then it was pulpwood time. They would move to wood pulp camp and remain there until the blueberries ripened. During this time, the people would go check on their homes on weekends and maybe do some work on their gardens. Sometimes after blueberries were done, the people would move home and stay for a couple of weeks or until the rice was ripe. Then it was off to the ricing camp. After ricing, instead of going home, they looked for work helping the farmers harvest their crops. There they camped on the farmers' land. By the time crops were harvested, it was too cold to camp anymore, so at last they moved home to work on their gardens and for the kids to go to school.

During the winter, the men hunted. Sometimes they would carry a blanket and stay out in the woods all night. A blanket, a small pot for tea, and bread – it's nice by a big fire all night. No one does that anymore. Too bad!

Of course, the Anishinaabe spoke their own language during this time. Now we have a written language, too. To give you an idea of what our written language looks like, here is the first paragraph of this column again, this time in Ojibwe:

Eniwek isa apane
gaapimigozidd a'aw
Anishinaabe. Misa waago imaa
beshu endaad gegu wii ano
kaadang giishpin igo niizho gon
wii tazhii kang waa ina no kiid
miigo booch iwidi kawe gaa izhi
gozid iwidi wii nibaad.
Maagizhaa l'iw gii a'ya zig
bemiwinigod mii apane gaa onji
bimi gozid.

Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Kids can enjoy light snacks and learn a basic stringing technique while beading a ring to take home. This project is recommended for children eight years or older.

The workshop costs \$3 per kit and will be held on Saturday, July 7, from 11 a.m.-3 p.m.

Artist in Residence Program

The Mille Lacs Indian Museum and Trading Post is seeking Ojibwe artists, including several from the Mille Lacs Band, to participate in an Artist in Residence Program. Each artist will work on their arts and crafts at the Trading Post for two days. Visitors will be able to speak with the artist, watch them work, and learn how to incorporate natural materials collected from the northern Minnesota woodlands.

Upcoming artist residencies will feature Mille Lacs Band members on the following weekends from 11 a.m.-4 p.m.:

- Pat Kruse will create birch bark murals on July 13-14
- Cheryl Minnema will create beadwork and moccasins on July 20-21
- Joyce Shingobe will create beadwork on July 27-28

Beading 101 workshop

Learn basic beading styles and techniques in this two-day workshop. Participants will learn to make necklaces and bracelets. This class will be held from noon-4 p.m. on Saturday, July 28 and from 10 a.m.-2 p.m. on Sunday, July 29.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members plus a \$15 supply fee.

Please call 320-532-3632 for more information.

2012 Grand Celebration Powwow



Photo courtesy of Ivy Väinö



Photo courtesy of Steve Pramo

The Grand Celebration Powwow was held at Grand Casino Hinckley on June 15-17. The powwow, which is one of the largest in the area, is a competition powwow, which means dancers compete in different categories and age groups for prizes.

There are several different types of dance styles: men's traditional, men's grass, men's fancy, women's traditional, women's jingle, and women's fancy shawl. Each dance tells a special story through the particular dance steps and the dancers' regalia colors and designs.

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

kelly@goffpublic.com

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

Please provide information by the 15th of the previous month.

Calendar of Events

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday Walk Around Mille Lacs Begins (See page 8)	3 The Jets* Grand Casino Hinckley Amphitheater 8:30 p.m.	4 All government officed for Mid-Summer Day	5	6	7 Santana* Grand Casino Hinckley Amphitheater 9 p.m. Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
8	9 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988	10 Swearing-In Ceremony Mille Lacs Band Government Center 10 a.m.	11	12	13 Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.	14
15	16	17 District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	18 District I Community Meeting District I Community Center 5:30 p.m. Contact: Billie Jo Sarcia 320-532-7423	19 All-District Elder Meeting Mille Lacs Assisted Living Unit 11 a.m. Contact: Denise Sargent 320-532-7854	20 Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.	21
22	23	24	25 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	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 Foreigner* Grand Casino Mille Lacs 8 p.m. Artist in Residence Mille Lacs Indian Museum 11 a.m.-4 p.m.	28 Beading 101 Workshop Mille Lacs Indian Museum 12-4 p.m.
29 Beading 101 Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m. Bradley Roache, Sr. Golf Tournament (See page 3)	30	31	August 1	2	3	4
5	6	7	8	9	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com	

What Is Your Favorite Outdoor Sport or Recreation?

Sami Thomas



"Barbecues with family and friends."

Camille Smith



"Camping with the kids. We are going to the Wisconsin Dells this summer."

Tara Benjamin



"Fishing with my kids and family."

Wendy Merrill



"Going out on our boat and spending time with my family."

46TH ANNUAL MILLE LACS BAND OF OJIBWE TRADITIONAL POWWOW AUGUST 17-19, 2012



GRAND ENTRIES:

FRIDAY - 7 PM

SATURDAY - 1 & 7 PM

SUNDAY - 1 PM

EVENTS:

PRINCESS & BRAVE CONTEST

BEST PARADE FLOAT CONTEST

BEST REZ CAR CONTEST

HORSESHOE TOURNAMENT

MOCCASIN GAME

FUN RUN (SPONSORED BY THE MILLE LACS INDIAN MUSEUM)

FREE: ADMISSION, CAMPING, SHOWERS, AND FIREWOOD (OFF-SITE FIREWOOD PROHIBITED)

LOCATION:

ISKIGAMIZIGAN POWWOW GROUNDS ON THE WEST SIDE OF LAKE MILLE LACS, 12 MILES NORTH OF ONAMIA ON U.S. HIGHWAY 169, FOLLOW SIGNS

ON SALE:

POWWOW T-SHIRTS & JACKETS
POWWOW BUTTONS
RAFFLE TICKETS

PRIZE 1: ATV

PRIZE 2: 52 WEEKS OF BINGO AT GRAND CASINO MILLE LACS

PRIZE 3: GRILL & PATIO SET

DRUM MONIES:

DRUMS MUST HAVE A MINIMUM OF 5 SINGERS. ALL SINGERS MUST PERSONALLY REGISTER WITH THEIR DRUM AND DESIGNATE ONE INDIVIDUAL WHO WILL COLLECT AT PAYOUT. AT LEAST 5 REGISTERED SINGERS MUST BE PRESENT AT THE DRUM DURING EACH ROLL CALL IN ORDER TO BE PAID FOR THAT SESSION.

FOOD & CRAFT VENDORS WELCOME:

LIMITED SPACE-RESERVE EARLY

CONTACT ROB THOMPSON 320-532-7841

FOR MORE INFORMATION:

CARLA BIG BEAR 320-532-7517

KIM SAM 320-224-1646

**NO ALCOHOL, DRUGS, OR FIREWORKS ALLOWED
SECURITY AND MEDICAL STAFF ON PREMISES**

NOT RESPONSIBLE FOR ACCIDENTS OR LOST/STOLEN ITEMS

