

# OJIBWE INAAJIMOWIN

March 2009

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

Volume 11 • Number 3

## Band Presents Jingle Dresses To Canadian Tribe



Rick Anderson (Ay be Nizhoo Way we Daang)

**The Mille Lacs Band presented four jingle dresses to the Rainy River First Nations Tribe from Ontario, Canada. Pictured from left to right: Rainy River First Nations Chief Jim Leonard, Rainy River Elder Willie Wilson, Mille Lacs Band District I Representative Sandra Blake, Mille Lacs Band Elder Panji Gahbow, Rainy River Elder Annie Wilson, Mille Lacs Band Elder Clara Jackson, Mille Lacs Band employee Sylvia Villebrun, Mille Lacs Band Elder Amik, and Rainy River Director of Family Services Jim Cardy.**

On February 25, members of the Rainy River First Nations Tribe from Emo, Ontario, Canada, visited with Mille Lacs Band Elders and leaders at the Band's government center to talk about the origins of the jingle dress, which came from a dream.

Mille Lacs Band Elder Amik (Larry Smallwood) opened the meeting with a traditional prayer and acted as a spokesperson for the group. Four jingle dresses (red, blue, green and yellow) were then presented to our Canadian visitors by Panji Gahbow, who is a direct descendant of the ancestor who had the dream, Clara Jackson, who made the jingle dresses, and District I Representative Sandra Blake, who hosted the event. Rainy River Elder Annie Wilson and Chief Jim Leonard received the gifts on

behalf of their tribe. The visitors were overwhelmed to receive all four colors of jingle dresses. Tobacco and other gifts were also presented to the visitors on behalf of the Mille Lacs community.

Rainy River Elders said that in the early 1900s, Mille Lacs Band members visited their community and presented them with jingle dresses in two different colors. It is believed that jingle dresses made in the third color went to our relatives in White Earth and jingle dresses made in the fourth color went to our relatives at Leech Lake.

Members of the Rainy River First Nations Tribe also invited Mille Lacs Band members to its "Honoring of the Jingle Dress" celebration in their community during the third weekend in June.

## Gaming Discussions Continue as State Budget Forecast Shows \$4.57 Billion Deficit

The much anticipated state budget forecast was announced on March 3, and that means legislators will move forward with balancing the state's budget, which is required by law. While the state budget forecast shows a projected \$4.57 billion deficit for the 2010-2011 budget cycle, this figure is less than the originally projected \$6.4 billion deficit due to federal stimulus money Minnesota will receive.

Prior to the budget forecast, legislators held town hall-style meetings across the state – including areas in East Central Minnesota – to gather feedback on Governor Tim Pawlenty's proposed budget and generate ideas to settle the deficit. Health care costs, job losses, and overall economic conditions were top of mind for Minnesotans who participated in the events.

Back at the Capitol, legislators will now work to develop a bill to address the \$4.57 billion deficit that will need to be agreed on by the Governor. The Governor will also revise his original budget proposal based on the latest budget forecast and stipulations in receiving the federal stimulus money. While

he is holding his stance against tax increases, legislators have not ruled out any budget-balancing measures, including generating new revenue.

At the core of this discussion is gaming expansion. Bills are still on the table for allowing video slot machines in bars, the Minneapolis-St. Paul Airport, and at Canterbury and Running Aces racetracks. The latest bill proposal would put a constitutional amendment before Minnesota voters in 2010 to allow a privately owned casino in the Twin Cities metro area that would help fund a new Vikings stadium. Other gaming expansion ideas have surfaced, but so far have not been formally proposed.

During these tough economic times, lawmakers struggle to find areas to cut and balance the budget. That means that some who have opposed gaming expansion in the past may consider supporting it now. It remains unclear how the budget legislation will take shape, but the Mille Lacs Band is staying alert to efforts that could potentially harm Grand Casino Mille Lacs and Grand Casino Hinckley.



**MILLE LACS BAND OF OJIBWE**  
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## Band Member Marine Promoted to Lance Corporal



Photo courtesy of the United States Marine Corps

**Lance Corporal Quintin Sam**

The family of Mille Lacs Band member Quintin Sam and the Iskigamizigan Traditional Powwow Committee members would like to congratulate Quintin Sam on his recent promotion to the rank of Lance Corporal in the United States Marine Corps. Quintin was a Mille Lacs Band senior brave in 2004, was the lead singer of the Powwow Committee's host drum, Sic Fly, in 2005, and has performed the hand drum many times before the Powwow Committee. Quintin is the son of Denise Sargent and the grandson of Fred L. Sam and the Honorable Dorothy Sam, former Mille Lacs Band Chief Justice, Elder, spiritual advisor, and Powwow Committee member.

The Iskigamizigan Traditional Powwow Committee is proud of all the accomplishments of past

and present committee members, singers, students, and dancers, many of whom have served in the United States Armed Forces.

### Request for information from Band member service men and women

The Mille Lacs Band is proud of all the Band members who have served in the United States Armed Forces and would like to recognize some of them in upcoming issues of the *Inaajimowin*. If you or someone you know has served or is currently serving in the Armed Forces, please contact Kelly Sam at 651/292-8062 or [kellys@goffhoward.com](mailto:kellys@goffhoward.com) by April 24 to provide the following information to the *Inaajimowin*:

- Name and rank
  - U.S. Armed Forces division
  - Years of service
  - Location(s) served/serving
- Along with this information, you can also e-mail or mail photos of veterans or Armed Forces personnel to:
- Kelly Sam  
Goff & Howard  
255 E. Kellogg Blvd., Suite 102  
St. Paul, MN 55101  
[kellys@goffhoward.com](mailto:kellys@goffhoward.com)

## PBS Series to Feature Mille Lacs Band



**A PBS multimedia project called We Shall Remain features interviews with Marge Anderson and others who shared information about the Mille Lacs Band's history and culture. The television series will air on April 13.**

In November 2008, a film crew from a national public television station out of Boston visited the Mille Lacs Reservation to learn more about sovereignty and the Mille Lacs Band for an upcoming documentary. The five-part documentary series called *We Shall Remain*, will premiere on public television stations across the country on April 13 to educate people about American Indians. While on the reservation, the film crew

interviewed Marge Anderson, Curt Kalk, Leonard Sam, and Don Wedll.

In addition, PBS has launched a comprehensive Web site with videos, photos, testimonials and more that contain the current American Indian perspective. You can see a sneak peak of the series and footage from the Mille Lacs Reservation by visiting [www.pbs.org/weshallremain](http://www.pbs.org/weshallremain) and clicking on the "Native Now" link. Also, look for the series to air on PBS on April 13.

## Economic Stimulus Package Includes \$2.5 Billion for Indian Country

In February, President Obama signed into law the American Recovery and Reinvestment Act. It includes \$2.5 billion in Indian Country-specific funding and billions more for which tribal entities are eligible.

Some of the specifics include:

- \$915 million for American Indian health care (primarily facilities construction and improvements, medical equipment, and information technology)
- \$510 million for rehabilitating and improving energy efficiency in houses maintained by American Indian housing programs
- \$490 million for Bureau of Indian Affairs programs and construction efforts
- More than \$327 million for tribal roads and bridges
- \$20 million for tribal financial institutions and loan guarantee programming
- \$8 million for tribal food distribution and Elder nutrition programs
- \$6.4 billion in tribal tax provisions, including bonds for economic development, school

construction/improvements, renewable energy, and energy conservation

Tribes are also eligible for portions of:

- More than \$13.3 billion for education (Head Start, Early Head Start, special education, and other education programs and services)
- Nearly \$1.25 billion for public safety and justice programs, services, grants, and construction efforts
- \$236 million for energy and water-related programs and projects

The American Recovery and Reinvestment Act does NOT designate any specific projects that will be funded. It simply provides funding to federal agencies, to which the tribes and other entities need to apply for the funding and/or grants. Currently the agencies are developing their criteria for administering their funds/grants.

The Mille Lacs Band will apply for monies for several projects and will keep Band members informed on those that are approved.

## ICE Internships Available

Are you looking for an internship experience to help support your college and academic experience? Then ICE is the program for you. ICE, which stands for Internship Credit Experience, is a program created by Band Member Development (BMD) that has been placing students in internships since 2002.

### About ICE

- Paid full- or part-time positions are available
- You must currently meet your college's academic standards for internships (even if you do not plan to earn college credit for the internship, you must meet your college's general academic standards)
- All interns must comply with Corporate Commission Human Resources hiring policies and procedures
- You must be able to obtain a gaming license
- You must be a Mille Lacs Band member

### How to Apply

- Send a cover letter clearly stating which department(s) you are interested in for your internship and explain how this internship will benefit your academic and future employment goals.
- Include a current resume, one letter of reference from your institution of higher learning to support your stated goals, and a copy of your most recent college transcript.
- Make sure that all materials are complete. Any missing information will delay your application.

Send your materials to:  
Corporate Commission of the Mille Lacs Band of Ojibwe  
Attn: Nicole Wilberg (Band Member Development)  
700 Grand Avenue  
Onamia, MN 56359

Application deadline for Summer 2009 is April 15. For more information, contact Nicole Wilberg at 800-746-9805.

## Spring 2009 Bonus Checks

### Distribution dates and locations

Checks will be distributed to all eligible Mille Lacs Band members on **April 2, 2009**, at each Band member's home district. This distribution will include all Band members receiving monthly, bi-monthly and three times per year per capita distributions.

For minors, all funds will be placed into a trust account at Morgan Stanley Dean Witter. **Individuals who have turned 20 years of age since the last bonus payment in December are eligible for payment. You must be 20 years of age by March 2, 2009 without having to submit a General Education Degree (GED) or high school diploma.** For Band members who are 18 and 19 years old and who have not received a high school diploma or GED, funds will be placed into a trust account at Morgan Stanley Dean Witter. If you have not previously submitted diploma/degree information for past distributions, you must send in original documents showing proof of completion to the Tribal Enrollments Office at the Mille Lacs Band Government Center, attention Darcie Big Bear. If you have previously presented either of those documents, your April bonus will be included in your trust payment.

### Pick-up locations

**Elders, handicapped and homebound persons** living in District I, II, IIa, III and the Twin Cities urban area can pick up their bonus checks on **April 2, 2009**. 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, 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 **April 2, 2009**.

District I: Darcie Big Bear, 320/532-7440 or Ginny Davis, 320/532-7512

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, 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 Apple Valley, Andover, Anoka, 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, 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, checks will be held 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 at noon on March 20, 2009.** Any changes after this time will not be valid. Call Darcie Big Bear at 320/532-7440 or Ginny Davis at 320/532-7512 to verify your change. There will be no exceptions.

### Checks by certified mail

Those who can't pick up their checks on the dates listed will have their checks sent out by certified mail by **April 7, 2009** to the address listed with the Tribal Enrollments Office. Your local post office should notify you of the certified mail within 30 days. **If you do not receive your check by May 7, 2009**, contact Darcie

Big Bear at 800/709-6445, ext. 7440.

### Address and name changes

If your address or name has changed since the last bonus, it is very important that you send in your information to the Enrollments Office. **The deadline for address and name changes is noon on March 20, 2009.** 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 bonus check.
- Bonus checks will only be given to the enrolled Band member to whom the check is made out. There will be no exceptions.
- Bonus checks will be used to pay delinquent Band loans, discretionary 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 320/532-7400.
- Bonus checks are taxable; therefore, all Band members who receive a bonus 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. Bonus checks should be reported as other income on a Form 1040 filing-line 21.
- If you are receiving public assistance from the county, please contact your caseworker because the bonus may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of the bonus, please contact Kathy Heyer in the OMB Office at 320/532-7472 or Darcie Big Bear at 320/532-7440 to get a bonus declination form.
- Bonus checks can also be direct deposited into a checking or savings account. You must be signed up by March 26, 2009. For more information contact Kathy Heyer at 320/532-7472.

## Men of All Ages Encouraged To Attend April Health Event

*By Rob Thompson, Mille Lacs Band Safety/Risk Manager, and Marlene Poukka, Community Health Educator*

The Mille Lacs Band, along with the American Cancer Society, will host a men's health event on April 20 from 3-7:30 p.m. at the District I Community Center. The event is a way for men to learn about age-appropriate health screenings (e.g., prostate exams and colonoscopies), and will feature speakers and health informational booths.

Dr. David Purdue from the University of Minnesota will serve as the keynote speaker and talk about colorectal screenings for men ages 50 and older. Colorectal cancer – which is more prevalent among American Indians than non-Indians – will be a main topic during the men's health event. A representative from the Minnesota Sudden Infant Death Syndrome (SIDS) Center will also talk about the proper method for men to put infants and toddlers to sleep.

Dinner will be provided to men ages 18 and older, who will also be eligible to receive door prizes. A raffle drawing will be held for a fishing net provided by the American Cancer Society; men who attend the speaker symposium and complete an evaluation from the American Cancer Society will be eligible for the drawing.

If you or anyone you know would like more information about colorectal cancer or the upcoming men's health event, please contact Marlene at 320/532-7812.

## Band Member Achieves Goal of Becoming an Entrepreneur

By Toya Stewart

Ten years ago, Billie Jo Scaria got a bit of advice that she never forgot.

"Treat the store like it's your own," said Billie's former employer, the late Mark Harrington, who once owned the Sweet on You candy store inside Grand Casino Mille Lacs.

"I was 16 when he told me that, and it made me want to be on time and smile for the customers, because I wanted people to come back to the store," said the 26-year-old Band member.

Little did Billie Jo know that one day she would own the store, now called the Candy Cupboard, and would end up giving her employees that very same piece of advice.

"I wanted to start up a taxi cab service around the reservation, but the start-up for that would have taken forever because of red tape," she said. "So when the candy store opportunity came up, I thought I would do it and then eventually I could expand into other businesses."

Billie Jo was able to achieve her dream of becoming an entrepreneur through the Small Business Development Program's (SBDP) On the Job Training (OJT) project – a project that serves as another method of training for future Band entrepreneurs.

"The two main reasons for establishing the OJT project were for the entrepreneur to capture the necessary business management skills, such as cash management, before getting into business, and for the SBDP to take on the burden of the first year's ups and downs of a new business," said Sharon James, former Coordinator of the SBDP. "For example, a majority of that first year is focused on building a solid customer base to derive enough revenue to cover expenses."

Billie Jo started in the OJT project 18 months ago and learned skills of business ownership one step at a time.

"I'm a quick learner, so it was easy for me to pick up. But there were some challenges, like when the

computer system crashed and we had to figure something else out," she said.

But in her time of need, the SBDP was her safety net and will continue to provide the assistance she might need to continue to run a successful business.

"The OJT's success is primarily due to the manager/trainee learning about time-tested, proven methods to successfully operate a business," said Sharon. "In addition, Billie Jo has benefited from having day-to-day contact with the experienced managers from the SBDP along with a very willing attitude to learn everything she can."

John Gunstad, a Business Specialist for the SBDP, said Billie Jo was a perfect candidate for the OJT project for several reasons.

"She had experience working in the previous candy store located in the casino, and she was able to integrate that prior knowledge and experience into her new position as manager of the Candy Cupboard," said John.

"Billie Jo has a very positive, fun attitude. It is very infectious to Associates and Guests alike," he added. "Billie Jo has a very 'can do' attitude. She is willing to do whatever it takes to make the business a success. She truly has the total commitment to excellence that we were seeking."

Be sure to check out the Candy Cupboard. Open seven days a week from 10 a.m. to 10 p.m. in the Grand Casino Mille Lacs Hotel lobby.

**Billie Jo is offering 10% off any purchase of \$5 or more now through April 30.**

## Community Members Learn About Offerings at Cultural Grounds



Rick Anderson (Ay be Nizhoo Way we Daang)

Doug Sam at the District I community meeting on February 25.

By Rick Anderson

Mille Lacs Band Elder Doug Sam gave a presentation at the District I community meeting on February 25, and explained how the Band's cultural grounds help preserve traditional values, culture and spirituality. He spoke about the activities that are offered at the camp, including:

**Aadizooke:** Storytelling is conducted only in the winter months by various speakers in the evening. Generally, the winter months consist of indoor activities such as storytelling, various teachings, and preparations for the upcoming seasons. Storytelling programs provide youth with history, humor, creation stories, and lessons in a calm social setting. Food and laughter is shared between the participants.

**Maple sugar camps:** Maple sugar camps are located near the powwow grounds. Participation is encouraged and open to the community.

**Fishing:** There is a one-fish limit per day per Band youth and Elder.

**Mide:** The mide lodges are also located here. Doug asked that people be respectful and quiet as the ceremonies are taking place. All other activities are withheld during this time, including sweat lodge, wigwam camping, winter camping, general camping, Ojibwemowin classes, workshops, traditional cooking, wigwam construction, men's gatherings, women's gatherings, hiking trails, swimming, social and leisure activities, and canoeing.

**Four Seasons Camp:** All camps and activities are traditionally conducted and include storytelling, maple sugar camps, fishing/netting, ice fishing, wild rice harvesting, fasting, plant harvesting, and gathering.

The cultural grounds are a spiritual area. Drugs and alcohol are prohibited. Visitors are asked to be respectful on the premises. Excessive noise is prohibited.

### Directions to the cultural grounds

Take Highway 169 (at Wigwam Bay), turn south onto Timber Trail Road, go 2.2 miles, and turn left onto the cultural grounds.

### Contact information

Doug Sam can be reached at:

Phone: 218/831-0195  
Fax: 320/532-7506

## Mille Lacs Indian Museum Event

### Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket taught by renowned artist and Mille Lacs Band Elder, Margaret Hill. Sweetgrass is a fragrant sacred herb used in ceremonies and artworks by the Ojibwe. This two-day workshop will be held on Saturday, **March 21**, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **March 22**. The cost is \$50 for the public and \$45 for Minnesota Historical Society members and

Mille Lacs Band members. There is also an additional \$10 supply fee. Please call 320/532-3632 to register for the class. Minimum of 5 participants are required.

### Hours of operation

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

## Nay Ah Shing News

### Overnight lock-ins provide fun activities for students

*By Bugs Haskin, Nay Ah Shing Athletic/Activities Director*

We had our traditional Friday the 13th overnight lock-in for students in grades 5-12. Students who attended the event paid \$20, which was a fundraiser for the Nay Ah Shing chapter of the American Indian Business Leaders to attend the national conference in Tucson, Ariz., in April. We had a total of 32 kids, which also included some students from Bois Forte.

During the event, we went ice skating and swimming at the Hallet Community Center, which was made possible by Mille Lacs Band Tribal Police Chief Dwight Reed, who also chaperoned the evening. We returned to Nay Ah Shing at 2:30 a.m., and the kids spent the rest of the night playing hide-and-seek tag in the darkened hallways and classrooms.

On Saturday, February 14, Brandon Benner from Bois Forte conducted a basketball camp from 9 a.m.-1 p.m. Fourteen kids who attended the lock-in stayed and participated in the camp.

On March 13, we held another overnight lock-in for students in grades 2-4. The lock-ins are a good opportunity for students to get exercise and play with other students in a fun, safe and supervised environment.

Once a month we also have powwow lock-ins in which students enjoy an hour-long dance and then play games in the school. We also host mini lock-ins (usually held from 6-10 p.m.), micro-mini lock-ins (usually held from 6-8 p.m.), and lights-on lock-ins (usually held from 4-6 p.m. when it is still light outdoors).

During the lock-ins, the kids must behave, otherwise their parents are called to pick them up.

### Upcoming events

On March 17, Students Against Destructive Decisions (SADD) will host a dance at Nay Ah Shing from 5:30-7:30 p.m.

We are still looking for volleyball teams to play in the Native American Law Enforcement Summit Tournament, which will be held on Saturday, March 28, and Sunday, March 29. The registration fee is \$600 per team; the funds will help send Native students from around the state to an academic summer camp. Interested teams should contact Bugs at 320/532-4695, ext. 2120.

### Nay Ah Shing staff volleyball team competes against tribal police team

Several Nay Ah Shing staff play volleyball Mondays through Wednesdays against a team of tribal police officers. The Nay Ah Shing team, called "The Baconators," includes: Jason Long, Larry Hansen, Will Sordahl, Lehtitia Weiss, Miranda Hoheisel, Cheryl Miller, Shane Lee, Chelsie Benjamin, and Bugs. The tribal police team, called "The Wildhogs," includes: Deputy Chief Justin Churchill, Investigator Russ Jude, Officer Brent "Big P" Prueser, Officer Derick Nauman, Sergeant Jeff Shafer, Police Chief Dwight Reed, Officer Mikael Christianson, Nay Ah Shing School Liaison Josh Kimball, and DNR Officer Jared Rosati.

We have a good time exercising and competing against each other. We are often called "die-hards," as we don't want to stop playing once we start. We try to play often and want to serve as good examples for students to stay active. Several students come to the gym to watch us or keep score (and to heckle us).

## Elder Supplemental Income Program Provides up to \$500 in Monthly Assistance

The Elder Supplemental Income Program provides eligible Elders with monthly payments up to \$500 each month to assist them in meeting their basic needs. Please note that this amount differs from what is listed in the Band's Programs and Services Phone Directory. Elders who are at least age 55 and disabled or age 62 and older are eligible to receive monthly payments. The program provides financial advocacy to Elders who need assistance with paying bills and managing their bank accounts.

To apply for the program, contact Dan Boyd at 800/922-4457.

## Public Health Department Updates

*By Marlene Poukka, Community Health Educator*

### Adult tobacco survey coming to some Band members

The Mille Lacs Band Public Health Department is collaborating with the Mille Lacs Band Tribal Enrollment Office to bring the national American Indian/Alaska Native adult tobacco survey developed by the Centers for Disease Control and Prevention to Band members ages 18 and older. In March 2008, the Mille Lacs Band Assembly made a tribal resolution that approved the implementation of this survey in our community.

A random sample of 150 individuals have received an initial letter and postcard asking for their participation in the survey. If you have been selected, you will receive a \$25 gift card for your time. On the survey, smokers and non-smokers will be asked about their opinions of commercial tobacco, secondhand smoke, and smokeless tobacco products. The surveys are anonymous, and we encourage all participants to share their opinions.

If you received a postcard, please indicate your willingness to participate in the survey and mail it back to the Public Health Office. Mii gwetch for your time and efforts.

### Welcome to Deloris Gibbs, new Community Health Representative

The Public Health Department welcomes Deloris Gibbs, a new Community Health Representative in District III. Deloris is responsible for transporting Band members to medical appointments and making home health visits.

Deloris is a Mille Lacs Band member and a resident of District

III. She is also expecting her first baby boy on April 7. Congratulations, Deloris!

### Mark your calendars for the June health fair

Several Health and Human Services Department staff are planning the annual Health and Human Services Health Fair for June 25 at the District I Community Center. The health fair is expected to be interactive for participants and feature a walk/run. There will also be healthy snacks and recipes. The fair is open to all community members. We hope to see you there.

### Winter weather reminder

Spring is right around the corner, and the snow has been melting on some warmer days. The Public Health Department wants to remind you to keep your feet dry and be sure to dress children in warm clothes. Sunny days can be deceptive, as temperatures can still be cold.

### WIC clinic dates

If you participate in the Women, Infants and Children (WIC) program, please come to the Public Health office to be seen. Joanne Weyaus, WIC Clerk, is on a leave of absence, so we are unable to schedule any appointments. Following are the upcoming clinic dates:

- District I – Health and Human Services building (17320 Noopiming Drive): Tuesdays, March 17 and 31, 9 a.m.-noon and 1-4 p.m.
- District III – Aazhoomog Public Health office in Lake Lena: Wednesday, March 25, 10 a.m.-noon and 1-3 p.m.

Please note that all offices will be closed on Tuesday, March 24 for Treaty Day.

## Ceremonial Dance Schedule

#### March 27-28:

Tom & Tim, District II

#### April 3-4:

Merlin & Mick, District I

#### April 10-11:

Andy & Ralph, District I

#### April 17-18:

Joyce & Linda, District I

#### May 1-2:

Ole & Raining, District I

#### May 8-9:

Skip & Dave, District III

#### May 15-16:

Lee & Larry, District III

#### May 22-23:

Joe & Reggie, District I

#### May 29-30:

Niib & Mushkoob, District II

#### June 5-6:

Vince & Dale, District II

#### June 12-13:

Melvin & Perry, District I

## First Traveling Diabetes Education Class Held



Photo courtesy of Sue Swanson

**The Diabetes Team is working to bring more diabetes education classes to other districts. The first traveling diabetes education class was held at the Aazhoomog Clinic.**

On February 18, the first traveling diabetes education class was held at Aazhoomog Clinic. The participants learned about managing their diabetes and enjoyed a lunch of cornbread and hamburger soup. While the monthly diabetes classes are typically held at the District I Community Center, the Diabetes Team is working to bring more of the classes to the other districts. The group classes are a way for people

with diabetes to learn about healthy lifestyles and controlling the disease, in addition to their routine clinic sessions.

### Upcoming diabetes education class

The next class will be held on Thursday, March 26, from 8:30 a.m. to 4 p.m. at the District I Community Center. Call Sam Premo at 320/532-7852 before March 19 to register.

## Circle of Health Update

By Circle of Health Staff

### Private insurance

Every year insurance carriers increase their monthly premium amounts. Watch for insurance packets to be sent to you. In most cases they will be requesting information that you must fill out; Circle of Health is not responsible for filling out any information on behalf of the Band member. If you do not complete and return requested information you will be risking the termination of your policy. Examples of the information requested could include but is not limited to: consent of release of information forms, health history updates, acknowledgement of premium increases, more information required in regards to any dates of service deemed questionable, information on dependents and secondary schooling, payor information, and other contact information.

If you have any immediate questions, or would like to find out when your annual increase is effective, call the toll-free customer service number located at the back of your insurance cards.

Finally, remember that requesting your premium notices be mailed directly to Circle of Health does not guarantee that it happens. It is the Band member's responsibility to ensure that monthly or quarterly premium notices get to our office.

### Minnesota Care

Due to yearly premium increases; you will notice that your premium may increase by a very small amount. It is vital

that you get this notice to our office. No amount should be considered insignificant. Circle of Health pays premiums on a quarterly basis (or semi-annual) and if this small amount carries over to the next quarter, Minnesota Care will consider it as non-payment and terminate your policy. This will result in no coverage; and you will not be able to qualify for another plan for a minimum of four months.

Minnesota Care is another insurance that will require policy holders to update annual information; this typically requires a per capita statement or letter.

### Brokers National Life Assurance Company

Band members who have dental/vision coverage through Brokers should review their benefit booklets and effective dates. Another year has passed and you may now have additional coverage as they are defined by first benefit year, second benefit year, and benefit years thereafter. If you ever question coverage through these plans, ask your provider to do a pre-authorization of services.

### Reimbursements

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

## Crossroads Boxing Club Hosts Upcoming Event

The Crossroads Boxing Club is hosting a Golden Gloves Boxing event on Saturday, March 14 at Grand Casino Hinckley at 5 p.m. Winners will advance to the Region 4 Golden Gloves Tournament in Wadena, Minn. on April 3-4, 2009. The Upper

Midwest Golden Gloves Tournament will be held in Walker, Minn. on April 10-11.

If you have any questions about the Crossroads Boxing Club, please contact Harry Davis at 320/384-6240.

## Help Needed to Identify Woman in Photo



The Mille Lacs Band needs your help in identifying the woman in this photo. If you know the name of the woman or have other information that could help identify her, please contact Nancy Wood in the Chief Executive's Office at 320/532-7487.

## Band Members Wanted to Work in Small Businesses

Mille Lacs Band member Jackie McRae, the Corporate Director of Franchise Operations for the Corporate Commission of the Mille Lacs Band oversees four franchise businesses owned by the Band – the MLB convenience store, East Lake convenience store, Crossroads convenience store, and a Subway restaurant. She says her top priorities are to help the businesses be profitable and provide Band members with job opportunities.

"I would like to encourage all Band members to think

about working in our small businesses. It can be a launching pad for learning the business, as well as a great source of supplemental income for those who already work full-time and may be looking to earn extra money as a part-time employee," said Jackie.

Jackie holds a Masters Degree in management, and is currently working part-time on a Doctorate in applied management.

For a list of job openings at any of the small businesses, please contact 800/746-9805.

## Chicken Pot Pie

Please note that there was an error in last month's chicken pot pie recipe – the recipe called for buttermilk, which **should not** be included. Below is the revised recipe.

### Ingredients

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

### Directions

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

## Workforce Center Offers More GED and Computer Classes

If you are looking to earn your General Equivalency Diploma (GED) or enhance your computer skills, the Mille Lacs Band Workforce Center can help. The workforce center offers classes to help you prepare for the GED test as well as one-on-one computer training sessions.

Computer skills training sessions need to be set up by appointment. To make an appointment, contact Theresa Romard at 320/532-7867 or [theresar@millelacsojibwe.nsn.us](mailto:theresar@millelacsojibwe.nsn.us).

Instructors for the GED test are now available on Tuesdays and Thursdays from 9:30 a.m. to 3:30 p.m. at the East Lake Education Modular, and on Wednesdays and Fridays from 10 a.m. to 3 p.m. at the Lake Lena Community Center. The workforce center also offers a GED class every Wednesday at 8 p.m. at the Mille Lacs Band Workforce Center in District I.

In addition, the Mille Lacs Band Workforce Center is open Monday through Friday from 8 a.m. to 5 p.m. On Wednesdays, the Mille Lacs Band Workforce Center is open until 8 p.m.

Please call 320/532-7811 prior to coming in order to be let in to the building.

### Professional development class part I – resume and cover letter writing

Beginning in April, the workforce center will provide a series of professional development workshops to help enhance your job skill set. Workshops will be held on the following dates; each class is held from 10 a.m.-noon:

- April 7 at the East Lake Education Modular
  - April 15 at the Lake Lena Community Center computer lab
  - April 23 at the Mille Lacs Band Workforce Center classroom
- Registration is required; please call 800/922-4457 or 320/532-7867.

Please look for more information on the rest of the professional development series in future editions of the *Inaajimowin*.

## Protect Yourself Against Disease

By Dr. Salina Rizvi, Mille Lacs Band Health Director

### Salmonella outbreak

By now, most of us have heard about the salmonella outbreak and the recall of food products made with peanuts by Peanut Corporation of America (PCA) under the brand name King Nut. While the company's products are not sold directly to retail stores, many of them are used by facilities such as long-term care homes, hospitals, schools, restaurants, and bakeries.

From September 1, 2008 to February 1, 2009, Minnesota had 36 cases of salmonella typhimurium thought to be related to the peanut products noted above. Half of these were found in people under 16. Of the eight deaths nationwide, three were in Minnesota. The Center for Disease Control is still conducting investigations.

The Minnesota Department of Health has the following recommendations for consumers related to the outbreak:

- For a list of recalled products you may go to the Food and Drug Administration (FDA) Web site at [www.fda.gov](http://www.fda.gov) or call the company that distributed the product at the phone number on the package.
- If you do not have Internet access, call 800/232-4636 for product recall information.
- If you have recalled products, discard them. Avoid eating products made with peanuts, peanut butter or peanut paste if you are unsure whether they have been recalled. (National brands of jarred peanut butter sold in grocery stores have not been linked to this outbreak.)
- Persons who think they might have become ill from eating peanut-containing products should consult their health care providers.

Symptoms of salmonella include diarrhea, fever, and abdominal cramps 12 to 72 hours after infection. It usually lasts four to seven days. It is diagnosed by a stool sample. Although most people recover without treatment, severe infections may spread from the intestines to the bloodstream and other body sites, and can cause death if not treated promptly with antibiotics.

### What you should know about whooping cough

The following is public information from the Minnesota Department of Health on pertussis, which is also known as whooping cough.

Pertussis is a disease that affects the lungs. The bacteria are spread from person to person through the air. The first symptoms are similar to a cold, (runny nose, low-grade fever, and cough) but after one or two weeks the cough becomes severe, occurring in sudden uncontrollable bursts without a break for breath.

Many children will make a high-pitched whooping sound when breathing in after a coughing episode. The person's face or lips may look blue from lack of oxygen. The cough is often worse at night.

Anyone can get pertussis at any age. Teenagers and adults account for more than half of the reported cases. Cases in school-aged children continue to increase. Pertussis in infants is often severe, and infants are more likely to develop complications such as pneumonia. A lab test can be performed to determine pertussis and antibiotic treatment is available. Though it may not cure the symptoms, it will reduce the spread of disease to others.

The best way to prevent pertussis is to vaccinate all children on time. The vaccine is combined with tetanus and diphtheria (either called DTaP or Tdap). Age determines which vaccine should be given. Following is information about vaccinations:

- DTaP vaccine should be given to children at 2, 4, 6 and 15 months of age, and at 4-6 years.
- Tdap should be given to adolescents between 11 and 12 years old before middle school, or between 13 and 18 years old if they have not received a tetanus diphtheria (TD) booster within the last five years.
- Adults should receive a one-time Tdap in place of the TD booster, especially if they care for infants less than 12 months of age.

For more information, talk to your health care provider or visit [www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize).

## Changes to The Grand Rewards Player's Club

*Submitted by Grand Casinos Staff*

The best player's club in Minnesota is getting even better. On March 25, new enhancements to the popular Grand Rewards Players Club at Grand Casino Mille Lacs and Grand Casino Hinckley will go into effect. The new club will now have five tiers with specific benefits for each tier, plus more rewards, more discounts, and more members-only invitations.

To get more out of every visit to Grand Casino Mille Lacs or Grand Casino Hinckley, all you need to do is play with your Grand Rewards Players Club card. Slots, table games, bingo – whatever your favorite game is, just play to earn valuable points and comps.

"There are many reasons why our club has been voted 'Best Players Club' seven times over, but probably the biggest is the unique offering of both comps and cash back. Where most clubs force players to choose between the two, we know our guests value the investment we make to maintain both," said Joe Nayquonabe, interim Corporate Vice President of Marketing for Grand Casino Mille Lacs and Grand Casino Hinckley. "Additional benefits of the new club are designed to create a better service experience for club members. Each tier level receives more benefits directly related to tier achievement."

No other casino in Minnesota comes close to offering these great rewards. Membership sign-up to the club is fast, free and easy. Plus, new members receive a free registration gift.

For more information on the Grand Rewards Player's Club visit [www.grandcasinomn.com](http://www.grandcasinomn.com).

## Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

January 2009

	Approved Budget for FY 2009	Actual Expenditures through 1/31/09	% of Budget Expended
Administration (1)*	12,864,999	3,359,019	26.1%
Workforce*	11,416,840	1,467,766	12.9%
Judicial	1,093,149	278,304	25.5%
Law Enforcement*	3,477,344	1,011,987	29.1%
Education*	14,653,678	5,005,855	34.2%
Health and Human Services*	22,281,605	7,450,745	33.4%
Natural Resources*	4,279,851	1,493,844	34.9%
Community Development*	35,420,976	5,390,338	15.2%
Gaming Authority**	1,539,844	1,333,453	86.6%
Bonus Distribution	14,366,076	11,536,223	80.3%
Economic Stimulus	2,800,000	2,787,000	99.5%
<b>Total Expenditures</b>	<b>\$124,194,363</b>	<b>\$41,114,534</b>	<b>33.1%</b>

### Financial notes:

- (1) Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center.
- (4) Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission from the tribal government.

\* These departments include continuing appropriations from the 2008 fiscal year.

\*\* The Gaming Authority Department is operating on continuing resolutions for FY 2009.

## Take Charge of Your Health

**By Toya Stewart**

It's not uncommon to hear people say that they never thought about their health until they were sick.

Yet, many experts say that even when people are in top form, they should still think about their body's well-being and ways to maintain a lifetime of good health.

Some of the obvious steps to good health include getting adequate rest, eating balanced and nutritious meals, incorporating daily physical activity, and eliminating negative behaviors such as smoking and substance abuse.

But for some, the obvious isn't easy because it can seem overwhelming. That's why experts say it's important to start with small changes.

"Find places to become more physically active, try to avoid second helpings and to really watch the portion sizes," says Jamie Stang, a nutrition expert at the University of Minnesota's School of Public Health.

Other healthy living tips include things people can do on

a daily basis such as adding another serving of vegetables to their diet, drinking an extra glass of water, or taking the stairs instead of the elevator.

Another part of maintaining good health is to schedule regular office visits with a physician and dentist.

According to the Mayo Clinic, "regular physical exams and health screenings are an important part of preventative health care. They can help ensure that common, serious conditions and diseases are detected and treated."

A screening is a test or exam that is conducted to find a condition before symptoms begin. Screening tests could help find diseases or conditions early, when they are easier to treat.

Some conditions that doctors commonly screen for include breast, cervical and colorectal cancer, diabetes, high blood pressure, high cholesterol, osteoporosis, and prostate cancer in men.

Doctors determine which tests people need depending on their age, sex, family history, and risk

factors they might have for certain diseases. For example, being overweight may increase a person's risk of developing diabetes.

Since most people want to age gracefully and remain healthy along the way, it becomes even more important as people age for them to take control of their physical well-being.

University of Minnesota School of Public Health Epidemiologist Lyn Steffen says that it's especially important for seniors to adopt healthy dietary practices in order to better manage chronic conditions.

According to Lyn, 80% of elderly Americans have at least one chronic condition and 50% have two or more. Lyn adds that an active lifestyle is also a key to healthy aging.

"There have been many studies conducted where it shows that physical activity promotes well-being, or lowers depression; physical activity is also associated with lower incidents of heart disease," said Lyn.



## Tribal Noteboard

### Happy March birthday to:

**Kelly**, on March 14 with love from Jen, Wesley, Deek, mom, Jay, Rachel, June, Taya and Noah • **Jayla**, on March 18 from your aunts, uncles and the Harrington Family • **Bruce**, on March 19 from your brothers and sisters • **Carrie Moose**, on March 4 with love from Howard, Renae, Zachary, Jerry, Kira, Troy, Sherry, Shawntel, Gabbi, mom, and Leonard • **Renae Short**, on March 12 with love from mom, Grandma Deb, Howard, Zachary, Jerry, Kira, Troy, Sherry, Shawntel, Gabbi, and Leonard • **Carla Smith**, on March 12 from Uncle Pete, Adrian and Grandma Lil • **Sami**, on March 12 with love from Jamin, Debo, Dayana, David and Trystin • **Marco**, on March 14 with love from Micaella, Ashleigh, Corey, Austin, Nina, and Michelle • **Robin Eagle**, on March 23 from Sheila, Cheryl, Adrianna, Gordon Jr., Noah, Shannon, and all your grandkids • **Lakota Lueck**, 8, on March 18 with love from mom, Warren and Brooklyn • **Jimmy**, on March 30 with love from Spuds • **Chaz**, on March 20 from mom, Jim, Autumn, Shanowa, Les and Gabe • **Papa Fred**, on March 26 from your grandkids • **Bobsy**, on March 3 from Sandy and Rich • **Sandra Smith**, on March 4 from Bobsy • **Jeffrey Smith**, on March 13 from Bobsy • **Charles Connors Jr.**, 3, on March 28 from Samantha, Cory, mom, dad, Chandler, Dayuanna and Morgan • **Samantha Boyd**, 22, on March 15 with love from Val, Charles, Chandler, and your parents • **Darrian Moose**, 15, on March 8 from mom, Dennis and your sisters • **Willow Thomas**, 5, on March 24 from mom, dad and sisters • **Gaylyn Moose**, 14, on March 17 from mom, Dennis and sisters • **Kali Sam**, 9, on March 15 from Sassi Day, mom and Norman • **Mary**, 25, on March 28 with love from Maysun, Selena, Shawsha, Dante, Mase Jr., Soul Son, mom, DeaLayna, Stone, Franny, Junior, Rachel, Joe, Marissa, Sheila, Joey, Donni, Danielle, and Jeannette • **Donni**, 8, on March 10 with love from mom, dad, Marissa, Sheila, Joey, Greg,

Grandma Vera, Danielle, DeaLayna, Stone, Franny, Junior, Mary, Maysun, Selena, Mase Jr., Shawsha, Dante, Soul, Jim, Bruce, and Jeannette • **Marissa**, 14, on March 28 with love from dad, Rae, Simone, Donni, Sheila, Joey, Greg, Mary, Maysun, Mase Jr., Selena, Dante, Shawsha, Soul, Vera, DeaLayna, Stone, Franny, Danielle, Junior, and Bruce • **Vala Eagle**, 17, on March 25 with love from Lesley, her hubby, Tre'Von, and Quincey Sam • **B-Boy**, 13, on March 9 with love from mom, Jay, Kiki, Aaron, Grams, Makwam, and Landon • **Natasha Sam**, 15, on March 2 from TJ, Norman and Kali • **RaeAna Larae**, 4, on March 16 from Tiff, Norman and Kali • **Jarvis Leigh**, 5, on March 18 from Tiffany, Norman and Kali • **Waylon Boyd**, 17, on March 23 from your neighbors • **Doug Sam**, on March 7 from the Mitchell's, Racelo's, and LaDue's • **Amber**, on March 25 from the Mitchell's, Racelo's, and LaDue's • **M.J.**, on March 5 with love from mom, dad, Darryl, Forrest, Antavia, and Arielle • **Shirley Munson**, on March 20 from Bugs, Brett, Grissom, Kitty and Summer • **Brett**, on March 27 from Bugs, Grissom, Kitty, Summer, Squig, Marquis, and Jacob • **Grandpa**, with love from Marquis • **Andrew Sam**, on March 13 with love from Meany, Chaddy, Tommy Lee, Jaxin and Elle • **Uncle Eddie**, on March 13 with love from your family in Isle • **Alana Sam**, on March 25 with love from Meany, Chaddy, Elle, Tommy Lee and Jaxin • **Matty Minnow**, on March 26 with love from Auntie Meany, Jaxin, Chaddy, Tommy Lee and Elle • **Owen**, on March 27 with love from Day, Skye, Jaxin, Tommy Lee, Elle, Buck Jim, Onee, and OJ • **O.J.**, on March 7 with love from Day, Skye, Jaxin, Tommy Lee and Elle • **Brandi Sam**, on March 29 from Tammy, Brandon, Brandi, John, Elias, and Tank • **Bev Garbow**, on March 30 from Tammy, Brandon, Brandi, John, Elias, and Tank • **Desi Smith**, on March 29 from Tammy, Brandon, Brandi, John, Elias, and Tank • **Terry Smith**, on March 12 from Tammy,

Brandon, Brandi, John, Elias, and Tank • **Ashton Smith**, on March 1 Tammy, Brandon, Brandi, John, Elias, and Tank • **mom**, on March 3 from Pumpkin.

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

Ramona Applegate  
Nancy Bearheart  
Cynthia Beaulieu  
Marie Bengtson  
Larry Benjamin  
Lorelei Benjamin  
Randy Benjamin  
Robert Benjamin  
Joseph Budeese  
Patricia Christofferson  
Roberta Davis  
Robert Dorr  
Terry Frye  
Beverly Garbow  
Cheryl Garbow  
Virginia Goodman  
Bernice Grice  
Marie Gudim  
Barbara LaBlanc  
Mert Lieb Gott  
Barbara Machen  
Pauline Moose  
Shirley Munson  
Victoria Nichols  
Larry Oswaldson  
Laurie Pardun  
Marie Paschke  
Marlene Poukka  
George Premo  
Douglas Sam  
Fred Sam  
Kathryn Sam  
Roy Sam  
Francis Schaaf  
Susanna Schaaf  
Russell Shabaish  
Kathleen Shingobe-Johnson  
Edward Skinaway Jr.  
Merle Skinaway Jr.  
David Smith Jr.  
Sandra Smith  
Sharon Sutton  
Sami Thomas  
Robert Tibbets Jr.  
Carol Towle  
Marlene Wakanabo  
Barbara White  
Marilyn Whitney

### In memory

**Vincent Hill** (Mii Maash Ka Wah), 70, born on May 24, 1938, passed into the spirit world on December 8, 2008. He will be deeply missed, loved and always remembered by wife Carol; children Joanna, Fred, Rachel; and grandchildren Chanelle, Selena, Maximilian, Joseph, Aiyana, Aaron, Marissa and Jared.

### Thank yous

**Valerie Boyd and family** would like to thank everyone for their help during her time of need. Please keep Charles Sr. in your prayers. Thank you.

We would like to thank all who helped during the death and funeral of our brother, **Ronald Sam**. It is a time like this that relatives and friends are appreciated for all their help and support. We thank you for the food, donations, plants and whatever you did to help us. Thank you to the ladies who helped in the kitchen and the officiator who did the service. *From Fred Sam Jr. and family, Doug Sam and family, Mike Sam and family, and Bea Mitchell and family.*

### Birth announcements

**Sophia Desarea Oswaldson** was born on January 29, 2009 at 4:30 p.m. to Adail Madrid and Jason Oswaldson of Minneapolis. Sophia weighed 7 lbs., 10 oz., and was 20.5 in. long. Sophia is welcomed home by grandparents Jose and Adele Madrid of Minneapolis, John and Robin DuBois of Garrison, Auntie Jolene Oswaldson of Minneapolis, Uncle Mario and Auntie Ruth, and Cousin Solei Madrid. *We love you, from Grandma Robin.*

Congratulations to Brandi and John Wagner on the birth of their son **Tank Jamison** who was born on February 13, 2009. Tank weighed 9 lbs., 8 oz., and was 19.5 in. long. He is welcomed home by brother Elias. *With love from Grandma Tammy, Brandon and the rest of your family.*

## Lester Morris Sworn in as Commissioner of Community Development



Rick Anderson (Ay be Nizhoo Way we Daang)

On March 10, Lester Morris (center) was sworn in as the new Commissioner of Community Development. Lester previously served in this position from 1998-2001. He most recently served as the Director of Special Projects for Shakopee Mdewakanton Sioux Community. Lester is from the Leech Lake Band of Ojibwe. Lester is pictured with Chief Executive Marge Anderson and Secretary/Treasurer Herb Weyaus.

## Legal Rights

### Minnesota state taxes, Native American Subtraction

By East Central Legal Services

State governments are limited to their ability to tax members of American Indian tribes. Minnesota cannot tax certain types of income received by American Indians, if they meet certain criteria. If you are an enrolled member of an American Indian tribe, you may be able to deduct some of your income on your Minnesota income tax return.

When filing your federal income tax return, you must include all distributions from casino gambling profits, as well as most other sources of income. When you file a Minnesota income tax return, some income may be excluded. You need to file a Minnesota return whether or not your income is excluded under the Native American Subtraction. To claim this subtraction you must file a Form M1M with your Minnesota income tax return. The Native American Subtraction is on line 20 of Form M1M.

Reducing the taxable income on your Minnesota income tax return may reduce the amount of Working Family Credit and Child Care Credit that you qualify for. This may reduce your refund.

In order to take the subtraction "all" of the following requirements need to be met:

- The individual is an enrolled member of an American Indian tribe.
- The individual lives on the reservation in which he or she is an enrolled member.
- The income is derived from the reservation.

There is an exception to the second item listed. The Minnesota Department of Revenue has stated that, "Members of the six bands of the Minnesota Chippewa Tribe (MCT), may take the subtraction if a member of one band is living and receiving income on the reservation of another MCT band." Since Mille Lacs Band is part of the MCT, their members can take the exemption if living and working on another reservation belonging to another band of the MCT.

We have a list of income types that qualify for the Native American Subtraction. If you would like more information regarding these types, or need Form M1M, 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.

## Band Participates in Statewide Emergency Management Conference

By Monte Fronk, Emergency Management Coordinator

On March 3-5, emergency managers from around the state came together for the 44th Annual Governor's Homeland Security and Emergency Management Conference. The event was a great opportunity for emergency managers to get updates on future requirements that we will have to adhere to; network with emergency personnel on the local, state and federal levels; and share information about our communities' emergency plans.

Some of the groups we talked to were Minnesota Homeland Security and Emergency Management (HSEM), the Federal Emergency Management Agency (FEMA), the Minnesota National Guard, and the

National Weather Service. We discussed topics ranging from natural disasters to school safety to terrorism.

During the event, Tadd Johnson, the Mille Lacs Band's Special Counsel on Government Affairs, gave a presentation with Roy Holms, Northeast Regional Program Coordinator for Minnesota HSEM, about the "Challenges and Successes of Tribal Emergency Management." In their presentation, they discussed information about tribal emergency management programs, the unique status of American Indian tribes, and how tribes work with governments on the local, state and federal levels during emergencies.

## High Stakes Showdown

### Boxing action returns to Grand Casino Hinckley March 28

By Jim Erickson, Boxing Commission Executive Director

Anthony Bonsante has held the Minnesota middleweight title belt since his January 12, 2007 victory over Matt Vanda. Andy Kolle would like nothing more than to lay claim to Bonsante's belt as well as Bonsante's claim to the number-one spot among Minnesota middleweights. What better time and place to have this high stakes showdown than on March 28 at 7:30 p.m. at Grand Casino Hinckley.

Experience is on the side of Bonsante, as he brings in a record of 32 wins, including 18 knockouts in his 45-fight professional boxing career.

What Kolle (17 wins, 12 knockouts, and 2 losses) might lack in his own boxing experience, he makes up for in the lessons he learned from spending time in the ring with some high-class veterans; the combined records of his last three opponents were 105-14 at the time of their contests.

Boxing fans across the state have been hoping to see this

main event for some time, and will have the opportunity to cheer on their favorites when Anthony "The Bullet" Bonsante and Andy "Kaos" Kolle lace up the gloves for the Minnesota middleweight belt.

The semi-main event features two undefeated super bantamweights, as Antwan Robertson (4-0) and Brad Patraw (4-0) put their perfect records on the line. Also scheduled to compete are Minnesotans Cerresso Fort, Gary Eyer, and RJ Laase.

"High Stakes" is being promoted by Midwest Sports Council, Inc., out of Minneapolis, Minn.

### New members appointed to Mille Lacs Band of Ojibwe Boxing Commission

Two new members have been appointed to the Mille Lacs Band of Ojibwe Boxing Commission. Connie Kevan and Billy Joe Boyd joined Chairman Darrell Shingobe, Ron Davis, and Don Graves on the five-person commission. Connie and Billy fill vacancies left by departing Commissioners Dean Staples and Wallace St. John.

# Calendar of Events

## March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17 <b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Dawn Aubid, 218/768-3477	18 <b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Lesley Sam, 320/532-7422 <b>District III Community Meeting</b> Grand Casino Hinckley, 5:30 p.m. Monica Benjamin, 320/384-6240 <b>Talking Circles</b> The Brick House, 5:30 p.m. KC Paulsen, 320/532-4046	19 <b>All Elder Community Meeting</b> Hinckley ALU 11:30 a.m. Contact: Denise Sargent, 320/532-7494	20	21 <b>Sweetgrass Basket Workshop</b> Mille Lacs Indian Museum 12 p.m.
22 <b>Gary Allen*</b> GCH 6 p.m.  <b>Sweetgrass Basket Workshop</b> Mille Lacs Indian Museum 10 a.m.	23	24 <b>All offices closed for Treaty Day</b>	25	26 <b>District II Community Meeting</b> East Lake Community Center 5 p.m. Contact: Jenny Waugh, 218/768-3311 <b>Urban Area Community Meeting</b> All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin Robertson, 612/872-1424	27 <b>Classic Country Jamboree*</b> GCML 8 p.m. both nights	28 <b>High Stakes Boxing Showdown*</b> GCH 7:30 p.m.
29	30 <b>District I Community Meeting</b> District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	31			<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</i>	<b>*To Purchase Tickets</b>  <b>Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a></b>

## April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Talking Circles</b> The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046	2	3	4
5	6 <b>Onamia Indian Education Parent Committee Meeting</b> Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901	7	8	9	10	11
12	13 <b>AMVETS Meeting</b> GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925 <b>Pine Grove Leadership Academy Meeting</b> 5:30 p.m. Contact: 320/384-7598	14	15 <b>Talking Circles</b> The Brick House, 5:30 p.m. Contact: KC Paulsen, 320/532-4046	16	17 <b>Four Tops and Temptations*</b> GCH 8 p.m.	18

## What is Your Favorite Exercise?

**Sandra Blake**



"Weight lifting and walking."

**Benji Blake**



"Walking then weight lifting to help curve the complications of diabetes."

**Jim Ingle**



"Weight lifting using the peck fly. Yet all weight lifting is key."

**Jim Kalk**



"Using the elliptical trainer while listening to music."

**Thomas Applebee**



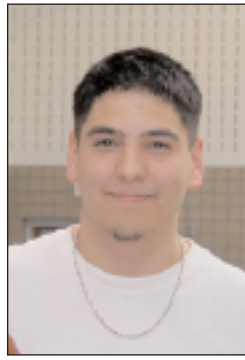
"Weight lifting and the treadmill."

**Rick Anderson**



"Basketball and weight lifting have always been my favorite exercise's to do every year."

**Stanley Nayquonabe**



"Basketball is my favorite."

**Amanda Nickaboine Meyer**



"Running."

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

## Sixth Annual East Central Minnesota Business Development Summit

The Corporate Commission is preparing for the sixth annual East Central Minnesota Business Development Summit from 8:30 a.m. to 2 p.m. on April 29 at Grand Casino Hinckley. The summit's theme – "Hope for the Road Ahead, Living Lean and Working Together" – highlights the challenges and frustrations of today's economy and how businesses can be successful during this difficult time.

This annual summit brings together businesses, government agencies, and other

organizations to generate ideas to work together on ensuring healthy, prosperous economies. The keynote speaker will be Michael Kiefer, the author of the national bestseller "The Powermind System," who will be sharing ideas on how to live lean and generate immediate short-term income.

The event is open to the public and costs \$55 to register. For more information or to register, contact Pam Wegner at 800-472-6321, ext. 4645.

## Community and Employee Spring Cleanups

By Brian Scheinost, Public Works Administrator

### Community spring cleanups

**District I, Vineland – Saturday, April 11 through Friday, April 17.** Hours of operation will be 8:30 a.m. to 4:30 p.m. on Monday through Friday, and 9 a.m. to 4 p.m. on Saturday and Sunday. All rolloff dumpsters will be located at the Mille Lacs Band Transfer Station. Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320/532-7430 by Friday, April 10 to be placed on the list for pickup. All other Band members can also receive curbside pickup for a charge of \$75 per truck load; you must call the Public Works office by April 18 and be paid in full prior to pickup. Anyone receiving curbside pickup must have their pile at the end of their driveway.

**District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle – Saturday, April 25 through Friday, May 1.** Rolloffs will be placed in the following locations: Apple Orchard (two locations), Old East Lake Center, County Road 30, Lake Minnewawa, Sandy Lake, Isle Community Center, and the cul-de-sac at the end of Sam Drive. Rolloffs will be placed at these locations for one week only.

**District III, Lake Lena and Hinckley for Elders only – Saturday, April 18 to Friday, April 24.** Rolloffs will be placed at the following locations: Old Lake Lena Community Center, midway point on Badger Road, ball field in the Razor Lake area, County Road 20 going north, and the new community behind the Hinckley ALU. Rolloffs will be placed at these locations for one week only.

### Employee spring cleanups

- District I, Vineland and Isle – Wednesday, May 11
- District II, East Lake – Tuesday, May 12
- District III, Lake Lena – Thursday, May 13
- Urban area, Minneapolis – Friday, May 15

If weather is a factor on any of the employee cleanup dates, except for the urban area, we will delay the cleanup until the following week. All participants for Districts I, II, and III cleanups will receive a free lunch buffet coupon for either Grand Casino Mille Lacs or Grand Casino Hinckley. Urban area participants will receive a free lunch at Famous Dave's on the day of the cleanup.

Please contact Brittany Wind at 320/532-7430 if you have any questions or concerns about the 2009 cleanups. Thank you.

## Dressing Up to Help Kids Eat Healthy



Photo courtesy of Sue Swanson

Diabetes Team members Christine Kegg (left) and Cyndy Edgerton (right) attended the early childhood health fair at Nay Ah Shing Abinoojiiyag School on February 19 dressed as a banana and carrot to help promote healthy eating to kids and their families. The team handed out fresh fruit and vegetables, as well as posters and magnets that picture the "5210 Head" (a warrior face made out of fruits and vegetables).