

OJIBWE INAAJIMOWIN

March 2012

"The story as it's told."

Volume 14 • Number 3

Tribes Edge Closer to Decision on Nelson Act Funds



District III Representative Diane Gibbs, Chief Executive Marge Anderson, and District I Representative Sandra Blake were among the Minnesota Chippewa Tribe leaders attending a February 2 hearing about the Nelson Act in Washington, D.C.

The legislation that would result in compensating the Mille Lacs Band and other members of the Minnesota Chippewa Tribe (MCT) for damages from the 1889 Nelson Act is edging closer to passage in Congress.

The Senate version of the bill received a hearing on February 2 in the Senate Committee on Indian Affairs, and the House version of the bill is scheduled as of this writing to be heard in the Subcommittee on Indian and Alaska Native Affairs on March 1. The two bills are considered companion files, meaning they would have the same result if passed by Congress – they would release the money that the MCT is owed.

Minnesota Senator Al Franken, and Representatives Collin Peterson and Chip Cravaack are pushing for passage.

"The federal government owes the Minnesota Chippewa Tribe this money," Senator Franken said in testimony during the recent Senate hearing. "But tribal members cannot receive a dime until Congress passes a distribution formula."

The Nelson Act intended to force the Ojibwe to relinquish their reservation lands. The federal government took ownership of thousands of acres of land, and much of it ended up in the hands of non-Indians. While proceeds from land and timber sales were intended to benefit the Ojibwe people, the federal government sold the land for less than it was worth and misspent some of the funds.

When the bills in Congress pass, it will finally compensate – at least in part – the Mille Lacs, Fond du Lac, Bois Forte, Grand Portage, Leech Lake, and White Earth bands of the MCT for their losses. A \$20 million settlement was awarded in 1999 but has been tied up ever since as the bands worked to agree on how to divide that amount. Now totaling more than \$28 million with interest, part of the money would be divided among individual enrolled members of the six bands – approximately \$300 for each person – and almost \$3 million will be awarded to each of the six tribal governments.

2012 Band Election Candidates

The Joint Assembly met on February 16 to certify candidates for the 2012 Mille Lacs Band Election as authorized by Chapter I, Section C.4 of the Minnesota Chippewa Tribe (MCT) Election Ordinance (Revised December 19, 2011).

Chapter I, Section C.4 states that any person who has filed a Notice of Candidacy has standing to challenge the certification or non-certification of a person who has filed a Notice of Candidacy.

The Mille Lacs Band Primary Election is on Tuesday, April 3.

Chief Executive

- Marge Ann Anderson*
- Melanie Ann Benjamin
- Thomas Lee Benjamin, Sr.
- Michael Wayne Davis
- Peter James Gahbow
- Lisa Michelle Jackson
- David George Matrious
- Louis Kevin Merrill (Bahwahsung)
- Vincent Edward Merrill

- Meskwanakwad
- Samuel Archie Moose
- Mushkooub
- Michael James Nickaboine
- Herbert Sam
- Carolyn Marie Shaw
- Larry Marion Smallwood
- Michael Laverne Wade
- Herbert Weyaus, Sr.

District I Representative

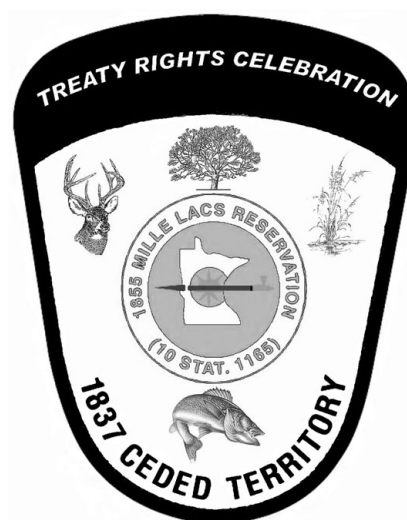
- Sandra Blake*
- Dale Ballinger Day
- Carol Ann Sam
- Alicia Lydia Skinaway
- Ronald Eugene Smith

School Board

- Dale Ballinger Day (District I)
- Loretta Kalk (Chair)
- Kimberly Kegg (Chair)
- Semira Kimpson (District I)
- Cheryl Miller (District II)
- Ruth Sam (Chair)
- Eloise Wind (District II)

* Incumbents

Treaty Rights Celebration on March 23



All Band members are invited to the Treaty Rights Celebration on Friday, March 23, at the Grand Casino Mille Lacs Events & Convention Center.

An invocation and honor song will begin at noon, and lunch will be served at 12:30 p.m.

There will be vendors, games for kids and adults, and door prizes available.

This event is hosted by the Mille Lacs Band Department of Natural Resources.



MILLE LACS BAND OF OJIBWE
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www.millelacsband.com

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Candidate Forums

Please join the candidates to learn more about them, their qualifications, and their positions on key issues.

Chief Executive forums

- Saturday, March 3 – District IIa (Isle) Community Center – 3-8 p.m.
- Saturday, March 10 – District I Community Center – 3-8 p.m.
- Saturday, March 17 – District II (McGregor) Community Center – 3-8 p.m.
- Saturday, March 24 – District III Community Center – 3-8 p.m.
- Saturday, March 31 – All Nations Indian Church, Minneapolis – 3-8 p.m.

District I Representative forums

- Monday, February 27 – District I Community Center – 5:30-9:30 p.m.
- Thursday, March 8 – All Nations Indian Church, Minneapolis – 5:30-9:30 p.m.

School Board Chair forums

- Same dates and locations as Chief Executive forums – 1-3 p.m.

Food and beverages will be provided.

See candidate forum guidelines to the right.

Candidate Forum Guidelines

Purposes

- To inform and educate voters about the candidates and the key issues facing the Mille Lacs Band of Ojibwe;
- To offer candidates an opportunity to inform voters of their qualifications for office, positions on key issues, and plans should they be elected; and
- To inform and educate the candidates of the key issues facing the Mille Lacs Band of Ojibwe.

Format

- Each candidate will sign in with the moderator. Each candidate will receive a number, and numbers will be drawn at random to determine the order of opening statements.
- Each candidate will have three (3) minutes to make an opening statement and three (3) minutes to make a closing statement. A timekeeper will be seated in the front row and will signal the candidate with timing cards when there are 30 seconds remaining, 15 seconds remaining, and when time has expired (stop).
- Following opening statements, the moderator will ask candidates to move to a quiet waiting room while the screening team works with the moderator to coordinate questions for the candidates.
- While the candidates are making their opening statements, constituents in attendance can submit questions in a written format (3" x 5" cards and pens will be provided). Questions can be submitted only during the time that candidates are making their opening statements.
- Constituents must word their questions in a way that is applicable to all candidates. Questions must be respectful and appropriate.
- The cards will be collected and screened by the forum moderator and two members of the audience who volunteer to serve with the moderator on the question screening team. These two audience members must reside in the district in which the forum is being held.
- Screening of questions will be conducted to avoid duplication and to ensure the questions are respectful and appropriate. The moderator will provide the final determination on the appropriateness of each question; candidates and constituents must respect the moderator's decisions.

- Due to time constraints, all questions submitted may not be asked.
- Candidates will be invited back into the forum individually to respond to the set of questions presented by the screening team, and agreed upon by the moderator. Once the candidate finishes answering questions, he/she will go back to the waiting room while the next candidate responds.
- Each candidate will have one (1) minute to respond to each question. All responses must be respectful and appropriate. The timekeeper will signal the candidate with timing cards when there are 15 seconds remaining and when time has expired (stop).
- At a specified time, the moderator will end the question-and-answer phase, invite candidates back into the forum, and ask each candidate to give his or her closing statement. Closing statements will be in the reverse order of opening statements. The timekeeper will alert the candidate when there are 30 seconds remaining and when time has expired (stop).
- The forum will conclude promptly following the last closing statement.

Additional rules

- The audience will give each candidate who is speaking an opportunity to be heard. This is not a community meeting, so comments from the audience will not be accepted.
- A table for campaign materials will be provided outside of the candidate forum meeting room. No campaign materials will be allowed in the forum meeting area.
- In deference to our limited time, please hold applause until the end of the evening.
- The moderator has the authority to adjust ground rules to meet unexpected circumstances.
- Timelines and guidelines will be strictly followed.
- Please turn off cell phones and pagers. If you must make a call, please leave the meeting area.
- Child care will not be provided, so please make appropriate arrangements for your children.
In the interest of fairness to everyone involved, it is vitally important that everyone conduct themselves in a positive and respectful manner during these forums. Mii gwech!

2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. – Deadline for Contest of Primary Election.
- April 11: (Results, if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies results of Election.
- June 14: General Reservation Election Board publishes Election results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. – Deadline for Notice of Contest.
- June 20 (or 18th or 19th if Request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29, (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for Appeal to Court of Election Appeals.
- July 6: Record of Contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

White Earth Announces Plans for Twin Cities Casino

By Jamie Edwards, Mille Lacs Band director of government affairs

The White Earth Band – owner of the Shooting Star Casino in Mahanomen, Minnesota – has announced its plans for a Twin Cities casino. White Earth would split the profits 50/50 with the State of Minnesota, and the state could use its share to pay for its portion of a new Minnesota Vikings stadium.

Governor Mark Dayton believes that a metro area casino should not be linked to stadium funding because it would likely be tied up in litigation for years. Instead Dayton prefers using electronic pull tabs to help fund a stadium.

The position of the Mille Lacs Band and the Minnesota Indian Gaming Association is that any tribal effort to expand gaming to off-reservation locations is contrary to the spirit of the Indian Gaming Regulatory Act (IGRA), under which Indian gaming is conducted and regulated. White Earth's proposal could have been made by any private-sector developer. By positioning itself as a financing partner offering to develop a casino and share proceeds with the State of Minnesota outside the framework of IGRA, the tribe has compromised its sovereignty and jurisdictional authority.

White Earth's proposed casino would transfer jobs from rural

Minnesota to the Twin Cities metro area. The Mille Lacs Band estimates a loss of 1,600 direct jobs if gaming is expanded in the Twin Cities – 1,600 of the 4,100 people the Band employs today.

Other gaming bills

Since the Legislature convened in January, two racino bills have been introduced. Under one bill, the proceeds from a racino would help fund a new stadium. The other racino bill is not directly related to the stadium.

Senate Majority Leader Dave Senjem is one of the chief authors of both racino bills. As one of the state's three most powerful politicians – along with Governor Dayton and House Speaker Kurt Zellers – he leads the decision-making on which Senate committees hold a hearing on a bill and can put a bill on the fast track or prevent it from ever being heard.

Legislators are also discussing other gaming expansion options as a way to fund a new stadium, including electronic pull tabs at bars and a state-owned casino at Block E in Minneapolis. These options have not been officially introduced in the Legislature yet.

The Band will work hard to defeat any gaming expansion that would hurt the Mille Lacs Band, Grand Casinos, and the surrounding communities.

Grand Casino Mille Lacs to Host First Lake Mille Lacs Polar Bear Plunge in March



Photo courtesy of Adrienne Benjamin

Isabella Boyd

On Saturday, March 10, Grand Casino Mille Lacs will sponsor the first-ever Mille Lacs Polar Bear Plunge at Eddy's Lake Mille Lacs Resort to raise money for Special Olympics Minnesota.

"Grand Casinos has a long history of supporting positive causes in our community," said Sarah Barten, public relations specialist at Grand Casinos. "Giving back to the Special Olympics was a great way to bring our Associates and the greater community together to support an amazing cause."

So far 100 individuals have registered to participate in the Mille Lacs Polar Bear Plunge, including dozens of casino Associates. Together the Mille Lacs Lake plungers have raised \$5,856 in donations as of February 23.

Mille Lacs Band member Carla Big Bear organized a team called Bella's Babes with 10 others, including seven Band members, in honor of Carla's niece Isabella "Bella" Boyd. Bella is a member of the Mille Lacs Raiders Special Olympics bowling team through Onamia Elementary School.

Shortly after birth, Bella suffered a severe left hemispheric stroke as a result of the meconium aspiration syndrome she was born with. Despite her physical and mental handicaps, Bella has come far from her initial medical prognosis. Eight of the 11 'Bella's Babes' team members are related to Bella.

Bella's Babes have pledged to raise \$4,300 toward the cause. Every individual sets his or her own goal.

"We are doing this to say 'thank you' to her and her fellow athletes for all they have taught us. The courage and strength that Bella has shown throughout her eight years of life makes us want to do our part to help the Special Olympic athletes of Minnesota. That's why we have pledged to take the Polar Bear Plunge," said Carla, the team's captain.

At the plunge, Grand Casino Mille Lacs will provide a 20-person hot tub and changing facilities for plungers as well as concessions and other entertainment for spectators. Participants are invited to wear crazy costumes or funny hats as they jump into the frozen lake.

Area law enforcement, Garrison fire department, the Mille Lacs Band tribal police department, Mille Lacs Band DNR and search and rescue team, Special Olympics Minnesota, and Grand Casino Mille Lacs staff will oversee the event.

About the Polar Bear Plunge

Organizations throughout Minnesota have hosted polar bear plunges to benefit Special Olympics for the past 15 years. This year the state has 16 sites participating in the cause from January through March. Individuals must raise a minimum of \$75 to take the plunge.

If you would like to participate or donate to a team or individual, visit www.plungemn.org and choose the Mille Lacs plunge location. Donations will be accepted after the day of the plunge and anyone interested in participating can register on the day of the plunge at the Waterfront Restaurant banquet room at 11 a.m. on March 10. Lake Mille Lacs plunges will begin at 1 p.m.

Mille Lacs Band Elders Make Quilts for Students



Photo courtesy of Tammy Wickstrom

The Elders who work with Mille Lacs Early Education and Nay Ah Shing have been busy sewing since the beginning of school. They made 60 small quilts for the infants and toddlers to use at naptime. The blankets were all unique, beautiful, and made with love. Here are Carol Nickaboine, Elfreda Sam, Susan Shingobe, and Maggie Kegg holding Opal, Rayne, Mileena, and Cadence. The staff and children appreciate the time and work it took to make these quilts.

Free Hearing Evaluations

To schedule an appointment for **Friday, March 9**, 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.

Spring Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on April 5, 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, handicapped and homebound persons living in District I, II, IIA, III and the Twin Cities urban area can pick up their per capita checks on April 5, 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, 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 5, 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, Apply 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."

The deadline for changing your pick-up site is at noon on April 2, 2012. Any changes made 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 April 5, 2012, will have their checks sent out by certified mail April 6, 2012, to the address listed with the Tribal Enrollments Office. If you do not receive your check by April 19, 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 distribution, it is very important that you send your information to the Enrollments Office. The deadline for address and name changes is noon on

March 28, 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 Richard John 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 on a Form 1040 as Other Income not subject to self-employment tax. 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 distribution 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 OMB Office at 320-532-7472 to get a per capita declination form.

Community Strategic Planning Meetings

In conjunction with upcoming district community meetings, the Mille Lacs Band of Ojibwe Executive Branch is returning to the community to conduct follow-up strategic planning sessions in each district.

All sessions are scheduled for 5:30-8:30 p.m. on the following dates.

- **District I, Mille Lacs**
Thursday, March 15,
District I Community Center
- **District III, Lake Lena**
Wednesday, March 21,
Aazhoomog Community Center
- **District IIA, Isle**
Wednesday, March 28,
Chiminising Community Center
- **District II, East Lake**
Thursday, March 29,
East Lake Community Center
Dinner will be served and door prizes will be available. Enter your name for the grand prize – a flat-screen TV – to be held in a final drawing on April 4, 2012.

Questions can be directed to the Administration Department at 320-532-7478.

Arctic Blast Benefits Boys and Girls Club

The Mille Lacs Band and the Minnesota Vikings teamed up for the 17th annual Arctic Blast Snowmobile Rally at Mille Lacs Lake on February 11-12.

During Arctic Blast, the Band and the Vikings hosted a pancake breakfast to raise money for the Mille Lacs Band Boys and Girls Club. Activities during the pancake breakfast included autographs and pictures with current and former Vikings' players, visits from the Vikings' cheerleaders and mascot, inflatable interactive games, football games, face painting, and prize drawings.

The Vikings alumni visited the District I Assisted Living Unit to raise money for Wisdom Steps on February 10.

Circle of Health Changes

By Circle of Health staff

Circle of Health is now a part of the Administration Department. (The program was formerly under the Health and Human Services Department.) This transfer will allow Circle of Health and the Human Resources Department (part of the Administration Department) to work closely together to administer the Mille Lacs Community Tribal Plan.

The Mille Lacs Community Tribal Plan is a sub-group that will be administered in coordination with Circle of Health. There are still many challenges in front of us, including determining the fiscal responsibility of such a group in addition to Circle of Health costs.

Band members will move into this sub-group in phases to ensure that cost savings are incorporated as people sign up. We are pleased to announce that Phase I and Phase II will be effective on April 1.

Band members who have a current Mille Lacs Band COBRA plan from the tribal government or Grand Casinos will be a part of the first phase. Band members who have a private insurance plan in Minnesota only (e.g., Blue Cross Blue Shield, HealthPartners, etc.) will be a part of the second phase. This does not include high-risk groups such as Minnesota Comprehensive Health Association (MCHA) or any other state plans.

We appreciate your patience as we incorporate the new plan. The most important thing to

remember as we enroll Band members is that you must already have health coverage in place to move into this sub-group. Band members must request a certificate of coverage, along with enrollment forms, to be accepted into the sub-group.

To receive and complete the required paperwork, contact Dawn Chosa, the Human Resources benefits coordinator, at 320-532-7477 (800-709-6445) or Carol Hernandez, Circle of Health director, at 320-676-8214 (800-491-6106).

Due to Circle of Health's changing policies, COBRA and individual plans will no longer be covered. It is in the best interest of each affected Band member to initiate his or her enrollment in the Mille Lacs Community Tribal Plan. Letters with more information will be sent to Band members who are affected by the change. Also look for more information in future issues of the *Inaajimowin*.

Circle of Health surveys

Circle of Health will also send surveys to Band members requesting input on Circle of Health initiatives. Band members are encouraged to fill them out and return them.

The input received from Band members will help Circle of Health better evaluate how to contain costs as we initiate the Mille Lacs Community Tribal Plan. Circle of Health staff are expected to reveal the results of this survey at the June community meetings in each district.

Department of Labor Updates

By Deb Campbell, Department of Labor lead instructor

Free online knowledge worker course at Central Lakes College

Central Lakes College is offering a free online knowledge worker class to those who want to develop workforce skills. The first two hours of the course will be held at the Mille Lacs Band Department of Labor computer lab on Wednesday, March 7, from 8:30-10:30 a.m.

The remaining 14 hours of the course are web-based and will include a combination of online discussions, course research, and independent study. Some of the themes that will be covered include an introduction to online learning, career pathways, and innovation and technology in the workplace.

The grant-funded course is free for all students. To be eligible for this course, students should have some basic computer skills and Internet access. Registration forms are available at the Department of Labor office. For more information, contact Deb Campbell at 320-532-7811 or 800-922-4457.

Free driver's education classes in March

The Department of Labor is offering free driver's education classes to adults age 18 and older who need to take the written portion of the driver's test. The classes will be three hours each on March 13, 20 and 22 from 9 a.m.-noon in the District I Department of Labor classroom.

The nine-hour course will cover the information needed to pass the written driver's test. 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 three-day, nine-hour course, the Department of Labor will provide transportation to the driver's license exam center in Brainerd 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 exam offered at Mille Lacs Tribal College

The Mille Lacs Band's Department of Labor and Tribal College are facilitating an official GED exam at the Mille Lacs Tribal College from 10:30 a.m.-4 p.m. on April 13 and 20 and August 10 and 17.

The GED exam is a series of five subject area tests. A new edition of the GED exam will be released in January 2014. This means that test takers will need to pass all five subject area tests before 2014, otherwise test takers will be required to retake the entire GED exam.

Test takers who are on track to complete the current edition of the GED should be mindful of the time constraints, register early, and prepare in advance.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100 and each individual test costs \$20.

To register for the GED exam, contact Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

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 letter writing, 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 1-4:30 p.m.

District III Lake Lena Community Center

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

Emergency Services Department Loan Policies

By The Emergency Services Department

Emergency loans are available for Mille Lacs Band members who have encountered an unforeseen emergency beyond their control. Eligible applicants can borrow up to \$750 as a

maximum loan; however loan balances must be paid in full before a new application can be processed. The only exception to this policy is an unforeseen medical or funeral emergency.

Free Winter Carnival on March 14

By Bugs Haskin, Nay Ah Shing School activities director

The Nay Ah Shing School and Mille Lacs Band Boys & Girls Club are hosting a free winter carnival at the Upper School gymnasium on Wednesday, March 14, from 6-9 p.m.

Everyone is welcome to attend the carnival, which will feature concessions and activities such as karaoke, dodgeball, a bungee run, and an obstacle course provided by Kid Again Inflatable Fun Shows.

Public Health Department Updates

East Lake health fair

By Mary Mercado, District II RN

The East Lake Community Center is hosting a health fair on Thursday, April 5, from 9 a.m.-3 p.m. Health care providers from District I facilities will share their services and answer questions about health and wellness.

Door prizes, sample gifts, refreshments, and other information will be available for attendees. Local businesses such as schools, employers and clinics are also welcome to participate. Vendors interested in participating can contact Mary Mercado at 320-532-7775 or mary.mercado@millelacsband.com.

Seasonal affective disorder

Mid-winter months can cause seasonal affective disorder, which is a type of depression that tends to occur and recur when days are shorter.

Light exposure helps our brains determine when we need to be mentally and physically active or when we need to rest. That cycle can be thrown off during the winter.

Some signs of depression include having trouble sleeping or concentrating, feeling stressed, being irritable and dissatisfied, or not finding pleasure in the things that usually make you happy.

Sleep, exercise, and a proper diet often get disturbed by worries and stressors.

To overcome the winter blues, make sure you get enough light exposure by keeping shades open or taking a walk outside on a sunny day; exercise at least three times a week; and stick to a daily routine – especially sleep patterns. If these fixes don't help, talk to your doctor about other treatment options, such as medication, therapy, or a combination of both.

National Nutrition Month

By Kari DiGiovanni, RN

March is National Nutrition Month and this year's theme is "Get Your Plate in Shape." Here are some helpful tips to follow:

- Fill half of your plate with fresh fruits and vegetables
- Fill one-fourth of your plate with whole grains, such as bread, cereal, brown rice, wild rice, or pasta
- Fill one-fourth of your plate with protein, such as seafood,

nuts, beans, lean meats, poultry, or eggs

- Drink fat-free or low-fat milk
- Reduce sodium intake and calorie consumption from candy, soda and chips
- Increase food flavor using herbs and spices

For more information about healthy eating, contact the WIC program at 320-532-7776 or a registered dietician at the Ne-la-Shing Clinic at 320-532-4163. You can also find more information online at www.eatright.org, www.kidseatright.org, or www.choosemyplate.gov.

Educational video

The Band's Gego Zagaswaaken "Don't Smoke" program recently released a video titled "A Forgotten Tradition: The Story of Tobacco on the Mille Lacs Reservation."

The educational video outlines the history of tobacco use on the reservation, illustrates how smoking has become a widespread problem, and provides hope for a healthier future.

The video encourages Band members to reflect on traditional Ojibwe tobacco use and teaches the harmful effects of commercial tobacco products.

To watch the full video online, visit www.millelacsband.com and look for the Band's Health and Human Services page.

Prescription drug abuse

By Kristy LeBlanc, prevention specialist manager

There is a common misconception about the dangers of prescription drug abuse. Many people believe that because a medication is prescribed by a doctor, it is safe and can't harm you. In reality, abusing these substances may result in addiction and other serious health problems.

Stimulant abuse can cause paranoia, dangerously high body temperatures, and an irregular heartbeat. Mixing medication with other drugs or alcohol can greatly increase the risk of death from accidental overdose.

If you know someone who is abusing prescription drugs, encourage them to get help through the Mille Lacs Band prevention program. Contact Kristy LeBlanc at 320-532-7776 for assessment and treatment options.

Boys & Girls Club Announcements

By Justin Beaulieu, Boys & Girls Club director

Seeking volunteers

The Mille Lacs Band Boys & Girls Club is looking for volunteers to help with its activities and programs in all districts. Community members interested in becoming a volunteer can download the application online at www.millelacsband.com/Page_BoysGirlsClub.aspx.

Members of the month

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

District I



Masceo Jackson

Masceo Jackson and Leoniece Ballinger were named the club's District I February members of the month.



Leoniece Ballinger

"Masceo and Leoniece were chosen for this honor because they arrive everyday with a positive attitude and

display a willingness to participate and try new things," said Christina Clitso-Nayquonabe, District I Boys & Girls Club coordinator.

"I like coming to Boys & Girls Club for the activities and to get help with homework," said Masceo, a fifth-grader at Nay Ah Shing School.

"I like coming to Boys & Girls Club to play and have fun with other kids," said Leoniece, a second-grader at Nay Ah Shing School.

District II

Aaron Buckanaga, a junior at Minisinakwaang Leadership



Aaron Buckanaga

Academy, was selected as the club's District II February member of the month.

Aaron likes drum, dance, boxing and

volunteering. He also likes being a member of the Band's Boys & Girls Club. He plans to attend college, become a chef, and own his own restaurant.

District Ila



Alejandra Merrill

Alejandra Merrill, a second-grader at Isle Elementary School, was chosen as the club's District Ila January member of the month.

"Alejandra is a very polite young lady who is always willing to participate in all of the activities," said Charlee Edwards, District Ila Boys & Girls Club coordinator. "She is at the top of the attendance chart and always comes with a smile on her face."

District III



Priscilla Shabaish

Priscilla Shabaish, a student at Hinckley Finlayson Elementary, was named the club's District III January co-member of the month.

"Priscilla was selected for this award because of her high attendance and participation in the reading, arts, running, smart kids, and power hour clubs," said Weylin Davis, District III Boys & Girls Club coordinator. "Priscilla also earned the 'star program award' for receiving the highest number of stars in January."



Jasmine Staples

Jasmine Staples, a seventh-grader at East Central Secondary School, was selected as the club's other co-member of the month.

"Jasmine received the award for her drive and motivation," said Weylin. "Jasmine has high attendance and participation in the running club as well as other activities and athletics."

Congratulations Masceo, Leoniece, Aaron, Alejandra, Priscilla and Jasmine!

Diabetes Program Updates

By Johanna Larson, Diabetes Program coordinator

Healthy Heart events

The Diabetes Program is hosting three Healthy Heart events in March. On Tuesday, March 20, the group will discuss diabetes conversation maps at the District III Community Center at noon. On Monday, March 26, the group will review heart disease and diets at the District IIa Community Center at noon. On Tuesday, March 27, traditional healer Herb Sam will speak on wellness at the District I Community Center at noon.

Family Meal Nights

The Diabetes Program's Family Meal Nights will continue on Thursday, March 22, at 5:30 p.m. at the District I Community Center. The night is geared toward people who are interested in learning healthy cooking tips, have questions about their child or grandchild's weight, or want to make a fun meal with their family.

The Family Meal Night will start with a fun physical activity for the kids while parents and grandparents discuss questions

or concerns about healthy lifestyles. Then, the group will cook a healthy meal together and eat it as a group.

Contact Johanna Larson, Diabetes Program coordinator, at 320-532-7790 if you have any questions.

Diabetes Group Education Classes

The Diabetes Program is partnering with Grand Casino Mille Lacs to host free diabetes classes for interested Band members and casino Associates. The first class will be held on Thursday, March 8, from 9-11 a.m. in the teamwork room at Grand Casino Mille Lacs. A follow-up class will be held on Thursday, March 22, at the same location.

The diabetes classes are geared toward people who have recently been diagnosed with diabetes or pre-diabetes, have not had previous diabetes education, or need a refresher course on anything related to diabetes.

If you have any questions, contact Diabetes Program coordinator Johanna Larson at 320-532-7790.

Empower Yourself to Prevent Diabetes and Complications

By Don Eubanks, Commissioner of Health and Human Services

Anyone with diabetes will likely tell you it's nothing you want to have. But the people who have lived productive, healthy lives with diabetes might also tell you that you can still have a good quality of life. The most important key to that quality of life is to make informed decisions about diet, exercise, and other life choices.

The Mille Lacs Band's diabetes program can help you make informed decisions through education on preventing the onset of diabetes and the many complications that can come with diabetes. I encourage everyone who has diabetes or pre-diabetes themselves or someone with diabetes, pre-diabetes, or a history of diabetes in their families to utilize the opportunities provided by the diabetes team.

These educational opportunities include monthly family meal nights with hands-on tips for preparing nutritious meals, regular diabetes group classes, personal meetings with dietitians and fitness professionals, and a variety of other events where you can learn how to maintain healthy blood sugar levels and overall wellbeing. Going to one meeting or event is a good start, but then make these opportunities part of your monthly routine.

What you learn through the diabetes program and through your own research is crucial to preventing diabetes and its complications, because you need to be knowledgeable before you can take action to protect your own health.

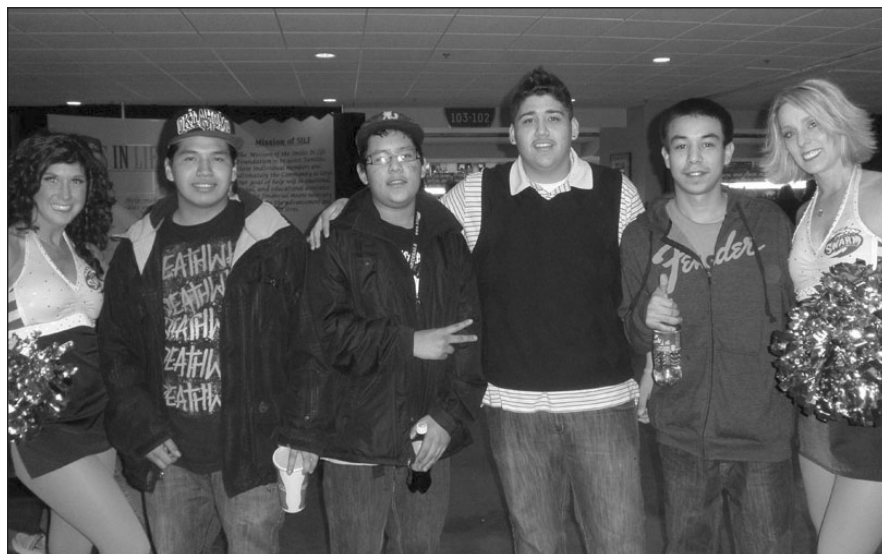
Once you are educated, it's time to focus on preventive measures on a daily basis. This will be difficult but worth the effort. By eating well, exercising, maintaining a healthy weight, not smoking, and seeing your doctor regularly, you can reduce your risk of developing the other health problems associated with diabetes.

People with diabetes who don't take good care of themselves have the highest risk of kidney failure, blindness, and amputations. People with diabetes and pre-diabetes are also more likely to have or develop high blood pressure, high cholesterol levels, and heart disease.

We cannot control our genetics. But we can control the choices we make.

For more information about diabetes program offerings in Districts I, II and III, please call Johanna Larson, Diabetes Program coordinator, at 320-532-7790. We are expanding efforts in the outer communities to better serve Band members.

District II Youth Attend Swarm Lacrosse Game



Wug Killspotted, Algin Goodsky, Vito Buckanaga, and Dylan Aubid attended the Swarm Lacrosse home opener on January 28 at the Xcel Energy Center. The Swarm also celebrated Native American Heritage Night. Members from Fond du Lac, Prairie Island, and the Oneida Nation played the original game of Lacrosse during half time.

Kelly Sam

Veterans Services Available

Veteran health care services are now available at the Ne-la-Shing Clinic on the third Tuesday of each month from 9 a.m.-3p.m. The services include preventative health screenings for medical and mental health conditions, immunizations, health behavior counseling, medications, and chronic disease management.

Referrals to the Saint Cloud Veterans Affairs (VA) Health Care System or surrounding clinics with VA services are also available to Mille Lacs Band veterans who require additional services.

Veterans enrolled in VA health care can contact 800-247-1739, ext. 6041, to schedule an appointment at the

Ne-la-Shing Clinic. An appointment is recommended, but not required.

Veterans who are not enrolled can complete an application at the clinic with VA staff during the specified service hours. Otherwise veterans may contact a metro tribal veteran service officer at 888-546-5838, their county veteran service officer, or the St. Cloud VA eligibility office at 320-255-6340 about their eligibility.

All veterans are encouraged to apply for enrollment in the VA health care system. Each veteran's eligibility is unique and determined upon application.

Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-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.

Spaces Available at Mille Lacs Tribal College

By Camille Naslund, Mille Lacs Tribal College director of higher education

The Mille Lacs Tribal College higher education office invites Mille Lacs Band members interested in taking higher education courses to visit the school and meet the staff.

Current and prospective students interested in applying for FAFSA, scholarships, or college admission can visit the higher education office on March 6 and 20 and April 3 and 17 (all Tuesdays).

The Mille Lacs Tribal College – in collaboration with Central Lakes College – provides an opportunity for Band members to take liberal arts courses and earn an associate in arts degree. Classes are offered during late afternoons, evenings and weekends to accommodate students with differing schedules and lifestyles.

Mille Lacs Band member Rachel Shaugobay recently completed her associate degree in liberal arts from the Mille Lacs Tribal College. As a full-time employee at the Band's Department of Natural Resources, mother of two, and first-time college student, Rachel benefited from the school's flexible course schedule.

"The staff was really supportive and made it a priority to get to know each student on a personal basis," said Rachel Shaugobay, administrative assistant in the Band's DNR. "They were able to work around my busy schedule and let me work at my own pace."

Rachel plans to earn a bachelor's degree and is currently researching different programs at the College of St. Scholastica in Duluth.

To learn more about the Mille Lacs Tribal College, contact the college's office of higher education at 320-495-3702.

Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

January 2012

	Approved budget for FY 2012	Actual expenditures through 1/31/12	% of budget expended
Administration (1)*	20,508,239	\$5,972,121	29.1%
Workforce*	15,669,986	\$1,554,914	9.9%
Judicial	1,183,964	\$207,527	17.5%
Law enforcement*	5,134,544	\$1,314,594	25.6%
Education*	19,029,789	\$5,422,301	28.5%
Health and human services*	20,120,695	\$4,997,735	24.8%
Natural resources*	5,937,155	\$1,376,949	23.2%
Community development*	14,887,078	\$7,488,646	50.3%
Gaming authority	5,006,547	\$1,448,001	28.9%
Bonus distribution	\$25,034,573	\$22,344,599	89.3%
Economic stimulus	\$3,000,000	\$2,953,000	98.4%
Total expenditures	135,512,570	\$55,080,387	40.6%

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.

Mille Lacs Band Housing Department Changes Maintenance Services

By Housing Department staff

The Housing Department would like to clarify a few changes that we have made recently.

As our tenants are aware, the Housing Department adheres to the Mille Lacs Band Housing Policies that have been approved by the Housing Board and ratified by the Band Assembly. Based on these policies, we have been issuing lease violations and billing tenants for damages they cause per the lease agreement that each tenant signs with the department.

As the demand for our maintenance services has risen due to an increase in Band rental homes and the Elder population in the service area, we have started being more reactive to maintenance issues instead of proactive. Daily work orders come in on a consistent basis, and it can take

up to 400 man hours to prepare a rental property for the next tenant. This puts a tremendous strain on our department as we work to maintain and renovate Band-owned property.

As a result, the Housing Department has made some changes to the services and products it will provide. For example, the department will no longer provide washers and dryers, water softener filters, and light bulbs. Tenants who have washers and dryers will be responsible for maintaining, repairing and/or replacing them.

The maintenance department will continue to provide and maintain essential appliances, such as stoves and refrigerators.

Per the rental lease agreement, snow removal and yard maintenance are the responsibilities of the tenant. However, we will continue to

plow the driveways of Elders and disabled Band members.

From November 1-March 31, the Housing Department also provides emergency maintenance services to Band members in our service area who own their own homes. The Housing Department can help fix furnace, sewer or electrical failures; frozen water lines; and broken windows. Band members will be billed for these services when the work is completed. Hotel rooms and food are not provided as a part of the emergency service.

We apologize for any inconvenience these changes may cause and appreciate your continued support as we work to increase the accountability of our staff and our tenants.

Please contact Richard Hill, Housing Department general manager, at 320-532-7415 with any questions or concerns.

Tribal Noteboard

Happy March birthday:

Kelly, on March 14 with love from your family • **Dominic**, on March 27 from the Sam, Gahbow, Sablan and Crawford families • **Darrian**, 18, on March 8 with love from Mom, Dad and your sisters • **Gaylyn**, 17, on March 17 with love from Mom, Dad, and your sisters • **Willow Thomas**, 8, on March 24 with love from Mom, Dad, and your sisters • **Nessy Bear**, 9, on March 23 with love from Mom, Dad, sisters, cousins, Grandma and uncle • **Chevyo**, 3, with love from Mom and Dad • **Sheila**, from Chiefy, Ed, and Chevyo • **Terry Smith**, on March 12 from the Garbow and Smith families, and Gushy and family • **Gushy**, on March 22 from the Garbow and Smith families, June, all the kids and grandkids, brothers and sisters • **Desi**, on March 29 from the Garbow and Smith families • **Bev G.**, on March 30 from the Garbow and Smith families, and Gushy and family • **Craig**, on March 30 from Mom, Dad, Tiff, Tori, Woodsky, and Animoosh • **Leroy**, 6, on March 1 from Grandma and Grandpa Smith, Lydia and family, Mom, Dad, Keith, Sebastian, Elliot, Ethan, Jasmine, Tyrese, and Uncle Man • **Hunter**, 12, on March 2 from Grandma and Grandpa Smith, Mom, Dad, Sam, Dan, Elvis, Amber, Sunshine, Dan, Court, Grandpa Chuck, Liz, Dylan, Dylan Jr., Leroy, Malroei, Elliot, Ethan, Jasmine, Tyrese, Keith, Sebastian, and Uncle Man • **Keith**, 22, on March 13 from Grandma and Grandpa Smith, Mom, Dad, the kids, Aunt Lydia and family, Uncle Elliot and family, Uncle Manny and Jillian • **Uncle Nat**, with love from Mom, Ron, Chey, Sam, Meech, Jason, Lala and Shayshay • **Donny**, 11, on March 10 with love from Mary, Selena, Dante, Maysun, Shawsha, Soul, Daymon, Grandma Vera, DeaLayna, Stone, Franny, Danielle, Derek, Mom, Dad, Sheila, Joey, Simone, Jeannette, Jim, and Bruce • **Mary**, 28, on March 28 with love from Selena, Dante, Maysun, Shawsha, Soul, Day, Fronco, Mom, DeaLayna, Stone, Danielle, Franny, Derek, Simone, Joey, Sheila, Donny, Rachel, Joe, Jim, Jeannette, and Bruce • **Marissa Robertson**, on March 28 from Mary, Selena, Dante, Maysun Jr., Shawsha, Soul, Daymon, Donny, Sheila, and Joey • **Barrett Garbow**, 29, on March 2 from Chey Sr., Jordan, Chey Jr., Romeo, Jason, Brook, Baby Bear, and Erica • **Roy "Knut" Sam**, on March 12 with love from Molly and Scott Judkins, and Barbara Jo • **Sami Thomas**, on March 12 with love from Molly and Scott

Judkins and Barbara Jo • **Nae Shotz**, on March 12 with love from Gram AA, Karen, Brad, Valerie, Mariah, Kevin, Tracy, Marvis, Shelby, Max Dean, Jake, Jamie, Aiva, Marky, DeBreanna, Emery, Nicole, Jameson, Cordell, Lil Chris, Sharon, Wally, Rave, Melodie, Bruce, Jayla, Lili, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Randi, Rachel, Waylon, Jay, Katie, Taylor, and Adam • **Jayla**, on March 18 with love from dad, Lili, Papa Brad, Gram AA, Karen, Valerie, Mariah, Kevin, Tracy, Marvis, Shelby, Max Dean, Jake, Jamie, Aiva, Marky, DeBreanna, Emery, Nicole, Chris, Jameson, Cordell, Lil Chris, Sharon, Wally, Rave, Melodie, Brad Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Randi, Rachel, Waylon, Jay, Katie, Taylor, and Adam • **Dude**, on March 19 with love from your sisters and brothers • **Eyrah James Churchill**, on March 11 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Kella Churchill**, on March 16 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Tommy Mattinas**, on March 22 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Justin Churchill**, on March 30 with love from Aunt Bernida, Uncle Howard, Marisa, Tristen, Kiersen, and Ealen • **Jayden and Jordan Sayers**, 3, March 3 with love from Grandma Sami, Dad, Aunt Chilah, Little Willie, Dezy, Xaviar, Auntie Bebo, Jamin, Dayana, David, Drystin, Auntie Barb, and all your family in D2A • **Charles Chazzy Connors Jr.**, 6, on March 28 with love from Mom, Grandma Judy, Grandpa Juice, Dayaunna, Morgan, Tanya, and Lillian • **"Scam" Boyd**, on March 18 with love from Mom, Dad and the girls • **Sissy Poo - Sharon**, on March 31 from Auntie Barb and all the cousins.

Happy March birthday to Mille Lacs Band Elders!

Ramona Applegate
Debra Barge
Nancy Bearheart
Cynthia Beaulieu
Marie Bengtson
Larry Benjamin
Laurie Benjamin
Randy Benjamin
Robert Benjamin
Joseph Budeese
Patricia Christofferson
Curtis Cody
James Dorr
Robert Dorr
Mary Flores
Terry Frye

Beverly Garbow
Cheryl Garbow
Virginia Goodman
Marie Gudim
Kathleen Hill
Leslie Karsjens
Sandra Kegg
Barbara LaBlanc
Lorelei LaFave
Mert Liebgott
Barbara Machen
Wanda Misquadace
Pauline Moose
Victoria Nichols
Larry Oswaldson
Marie Paschke
Marlene Poukka
George Premo
Douglas Sam
Fred Sam
Kathryn Sam
Roy Sam
Francis Schaaf
Susanna Schaaf
Russell Shabaiash
Edward Skinaway Jr.
Merle Skinaway Jr.
David Smith Jr.
Terrance Smith
Gloria Starkey
Sharon Sutton
Sami Thomas
Robert Tibbetts Jr.
Carol Towle
Marlene Wakanabo
Barbara White

Anniversary

Happy anniversary to **Jeff** on March 7 *from Nancy*.

Congratulations

Congratulations to **Mary Green and Robert Sam** for getting married on February 14 *from Papa Dale*.

• • •

Congratulations to **Andrew Miller** for receiving his bachelor's degree in music business from Full Sail University in Orlando, FL. We are proud of you *from Great-grandma Dorothy Olson, Grandma and Grandpa Don and Alice Olson, Mom, Dad and the rest of the family*.

• • •

Congratulations to Heather Virnig on the birth of her new baby boy. **Tyler William Virnig** was born on November 25, 2011 at Onamia Hospital. He weighed 8 lbs. and was 10.5 in. long.

• • •

Congratulations to **Jordan Buffalo** for passing your GED tests *from Tina Peet, District II East Lake PHITT*.

In memory

Little feet, little fingers, little ears and nose.

So precious, so innocent not yet knowing what life holds.

There's so much to learn, so much to see, so much to hear, and so much to discover.

Uncorrupted, undefined, no hate, no malice, no prejudice, no deception.

We were so loving, so enduring, so adoring, and so demanding.

Four years from now would have been the day of a joyous birthday.

We miss you, our child, our beloved first born.

Another day, another time, we shall be.

Dedicated to our angel baby Kiley Jayden Jones. Born/died on March 23, 2008.

From your loving parents Stacy and Mervel Jones.

Thank you

We would like to thank everyone for being with us during this difficult time. We would like to thank everyone for the plants, flowers, monetary and personal assistance. No words can ever express how much this has meant to us. Sandi Blake and her department for the assistance with the tobacco, hotel rooms, and use of the community center and so much more. Donald Graves for helping us find our mom a final resting place. The Sunshine Flower Shop for delivery of all the plants and flowers. Shelley Funeral Home for making our mom look so beautiful. OMB for the assistance. There are just so many to thank that we do not even know where to begin. Bea was a great wife, mother, grandmother, aunt, sister and friend. Just know that everything was very much appreciated.

From the Beatrice Mitchell family - Doreen, Debbie, Robert, Alan, Lori, Amy, Beth, 21 grandchildren and 25 great-grandchildren.

Obituaries

George LaFave Jr.

Born 1-14-1951

Died 1-22-2012

Lived in Hinckley, MN

Beatrice Mitchell

Born 6-26-1941

Died 2-7-2012

Lived in Onamia, MN



Spring 2012 Ceremonial Dance Schedule

Merlin & Mick	Mille Lacs	April 6 & 7
Ralph & Andy	Mille Lacs	April 13 & 14
Lynda & Joyce	Mille Lacs	April 20 & 21
Dave & Skip	Lake Lena	April 27 & 28
Lee & Larry	Lake Lena	May 4 & 5
Elmer & AJ	Mille Lacs	May 11 & 12
Niib & Mushkoub	East Lake	May 18 & 19
Dale & Vince	East Lake	May 25 & 26
Joe & George	Mille Lacs	June 1 & 2
Melvin & Perry	Mille Lacs	June 8 & 9
Tim & Tom	East Lake	June 8 & 9

Moccasin Telegraph



Childhood Memories

By Rose Noonday, Mille Lacs Band Elder

I grew up in a big family. I had seven brothers and one sister. I was the second youngest. Now I'm the only one left.

I was born and raised in Isle. We all managed to live in a two-room house. I often wonder how we all were able to live in such a small house. It's a big difference from now and then.

But I was also gone a lot, gone away to an Indian boarding school for six years in Pipestone. We were all sent away to school, all except my sister, because she was smaller than the rest of us. I would come home in the summer and didn't remember a word in Ojibwe because we had to speak English at school. But Ojibwe would come back to me during the summertime, and I'd learn it all over again.

Me and my siblings were crazy! There were days when all of us kids used to play together. We used to push a big wheel up the hill, and then all get in and ride down. We could do that all day. We didn't have anything else to play with. The kids now want everything they see. I tell my great-grandchildren that when I was young, we didn't have anything, but look at all the toys you have now.

During my younger years, we didn't have much. When I would get a dime, I thought that was a lot of money. I always had to work. I think of all the work years ago, hauling water and firewood. Now you can just turn on the faucet or the heat.

In the summertime, I would go with my mom and aunt to pick berries of all kinds – Juneberries, raspberries, chokecherries, blueberries. My mom would can all that stuff, and sometimes we would sell it. In the fall, we would harvest wild rice. It was hard for me at first. My mother wanted me to guide her in the boat. I started out good, but I couldn't steer the boat and I kept going towards open water. But eventually I learned how after she told me how to go into the rice paddies. I thought that was fun, and it gave me something to do. Then when we got back, we would bring the rice in and dry it, then parch it, and then my dad and brothers would thrash it with their feet while me and my mother would fan it.

I learned a lot of stuff in my younger years. I used to go with my mom when she would pick roots for medicine. That was many years ago. Now I only remember what sage looks and smells like. Somebody taught me that raspberry root helps with pink eye. You clean it up and let it dry, then take a little bit and put it in warm water and let it dissolve, and then put it in the person's eye.

We were also taught some things not to do, like whistle at night, because when you whistle at night, you're calling spirits. I always listened to my parents when they told me things like that. One of my grandsons says he whistles at night, and I told him, "One of these days you're gonna hear something back when you whistle!"

Upcoming Mille Lacs Indian Museum Events

Kids craft workshops

Listen to museum staff read storybooks, enjoy light snacks, and learn how to weave a God's Eye to take home. This project is recommended for children eight years or older.

The workshop costs \$4 per kit and will be held on Saturday, March 3, from noon-3 p.m.

Applique beading workshop

Learn to bead using the applique method, in which beads are applied directly to material or buckskin. This two-day class will be held on Saturday, March 10, from noon-4 p.m. and Sunday, March 11, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society

members and Mille Lacs Band members, plus an additional \$15 supply fee.

Maple sap harvest workshop

Join museum staff to learn traditional and contemporary methods for harvesting and processing maple sap. Participants will observe the process of gathering maple sap and boiling it into syrup and sugar.

The workshop costs \$10 for the general public or \$7 for Minnesota Historical Society members and Mille Lacs Band members.

This event will be held on Saturday, March 24, from 10 a.m.-4 p.m.

Please call 320-532-3632 for more information.

New Online Ojibwe Dictionary Provides Audio and Cultural Context

The University of Minnesota recently completed work on a new online Ojibwe language dictionary with more than 10,000 Ojibwe words.

Because Ojibwe is historically an oral language, digital audio is embedded within each dictionary entry to enhance the learning experience. The dictionary also places the Ojibwe words in a broader Ojibwe cultural context by linking words to photos and documents in the Minnesota Historical Society collection.

There are several Ojibwe dialects, and each dialect differs from the others in details of pronunciation, vocabulary and grammar. Because Ojibwe is not a single standardized language, the dictionary features the voices of several fluent Ojibwe speakers who specialize in the different dialects.

Mille Lacs Band member Larry (Amik) Smallwood is one of the dictionary's featured voices. Larry has taught Ojibwe for almost 40 years at the Nay Ah Shing Schools, the University of Minnesota Duluth, Leech Lake Tribal College, Hannahville

Indian School, Lac Courte Oreilles Ojibwe School, and Minneapolis Public Schools. Since 1999, he has served as the director of language and culture for the Mille Lacs Band.

"It's crucial that we continue to teach the Ojibwe language. In the 1990's there were over two hundred first language speakers at Mille Lacs, and now there are around 65 first language speakers," Larry said. "This online dictionary provides teachers and students an easily accessible resource that they can use to help keep our language alive."

Additionally, an advisory council of Ojibwe speakers provided input and approval to the University of Minnesota on language and cultural content for the dictionary.

The dictionary, which was funded by a Legacy Fund grant, took nearly two years to complete. The University of Minnesota will continue to expand the dictionary with more Ojibwe words and supporting resources.

Check out the dictionary online at <http://ojibwe.lib.umn.edu>.

Calendar of Events

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*To Purchase Tickets</p> <p>Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com</p>	<p>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</p>			1	2	3
				1	<p>Roger Hodgson* Grand Casino Hinckley 8 p.m.</p>	<p>Kids Crafts Mille Lacs Indian Museum noon-3 p.m.</p> <p>Candidate Forum Chiminising Community Center 3-8 p.m.</p>
4	5	6	7	8	9	10
	<p>Narcotics Anonymous Red Brick House 6-7 p.m. Every Monday</p>	<p>Onamia Indian Education Meeting Government Center Media Room Noon Contact: David Sam, 320-532-4901</p>		<p>District I Representative Candidate Forum All Nations Indian Church 5:30-9:30 p.m.</p>		<p>Applique Beading Workshop Mille Lacs Indian Museum noon-4 p.m.</p> <p>Candidate Forum District I Community Center 3-8 p.m.</p>
11	12	13	14	15	16	17
<p>Applique Beading Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.</p>	<p>Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598</p> <p>AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988</p>			<p>All-District Elder Meeting East Lake ALU 11 a.m. Contact: Denise Sargent 320-532-7854</p> <p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532-7423</p>		<p>Candidate Forum East Lake Community Center 3-8 p.m.</p>
18	19	20	21	22	23	24
		<p>District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345</p>	<p>District III Community Meeting Lake Lena Community Center 5:30 p.m. Contact: Katie Draper 320-384-6240</p>		<p>All government offices close at noon for Treaty Day celebration</p>	<p>Candidate Forum Lake Lena Community Center 3-8 p.m.</p> <p>Vince Gill* Grand Casino Mille Lacs, 7 p.m.</p> <p>Maple Sap Harvest Workshop Mille Lacs Indian Museum 10 a.m.-4 p.m.</p>
25	26	27	28	29	30	31
			<p>District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102</p>	<p>District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311</p> <p>Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424</p>		<p>Candidate Forum All Nations Indian Church 3-8 p.m.</p>
April 1	2	3	4	5	6	7
		<p>2012 Elections: Primary Election (See page 3)</p>				<p>Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.</p>

What Is Your Favorite Healthy Snack?

Julie Benjamin



"Cherry yogurt."

John Benjamin



"Granola bars."

Marie Gudim



"Fruit – any kind is good."

Jim Kalk



"Grapes, cheese and crackers, and wild rice with a little salt and pepper."

Carolyn Shaw



"Tortilla chips and salsa."

Shena Sawyer



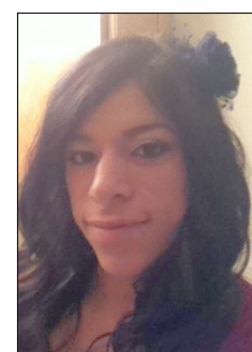
"Yogurt and granola."

Jada Montano



"Fresh fruit salad."

Kim Big Bear



"A smoothie made with a banana, berries, orange juice and yogurt. It's delicious and nutritious!"

Photos courtesy of Kelly Sam

Band Member Receives Head Start Hero Award



Photo courtesy of Melissa Boyd

Mille Lacs Band member Melissa Boyd was recently named one of the state's 2012 Head Start Heroes by the Minnesota Head Start Association's Scholarships and Awards Committee.

In order to be considered for this award, applicants had to be nominated through a Head Start program and submit a personal story about how their Head Start experience helped them achieve personal or professional success.

As an early education parent and participant of the Band's Master Apprentice program, Melissa works with Elders to learn the Ojibwe language, culture and traditions and to develop and teach Ojibwe

curricula to early education students in District II.

Melissa was nominated for the prestigious award by Tammy Wickstrom, Mille Lacs early education program director.

"It is a blessing to have a young parent who is so passionate about teaching the Ojibwe language and connecting the Band's youth to the culture. Having a Head Start Hero in our community is a real honor," Tammy said.

Though Melissa is not an early education staff member, she is working with the staff to obtain funding to run the first Ojibwe language immersion classroom at the new early education building in District I.

Melissa will be honored at an award ceremony on Wednesday, March 14, in Roseville and her story will be published in the 2012 Head Start Heroes booklet.

"Being recognized as a Head Start Hero reinforces the work we do to make a positive impact on the children in our community by teaching them about their Anishinaabe identity," said Melissa.

Congratulations Melissa!

Health and Human Services Updates

Band seeking cardiology and gastroenterology specialists

The Band plans to hire specialists in cardiology and gastroenterology to serve patients in all three reservation districts. The cardiologist will diagnose and treat heart disorders, while the gastroenterologist will diagnose and treat digestive system disorders.

"Having experts in these specialties will really enhance our clinics' in-house capabilities," said Dr. Salina Rizvi, the Band's health director. "These specialists will see general patients with heart and digestive issues, as well as diabetes patients with complications in those areas."

Offering cardiology and gastroenterology services will benefit Band members in many ways, including reducing their travel time to specialist appointments.

Behavioral health services expanding

The Band is in the process of expanding its chemical dependency and mental health offerings. More services will be provided at the clinics to identify and treat the underlying issues that are creating problems for patients, which will reduce the

need for some patients to visit the behavioral health department.

"The Band's clinics will now take a more holistic approach to providing care," said Health and Human Services Commissioner Don Eubanks. "Through screening or other observations, a provider makes an initial assessment that a client 'might' be dealing with a mental health issue on top of his or her other health care needs. Having a behavioral health specialist on board will allow the provider to refer the client to the behavioral health person who will make a further assessment that determines if that person can be treated in the clinic (probably a low-level need like slight depression or restlessness), or if that person needs further in-depth help where they would be referred to our regular behavioral health department."

The clinics will then refer clients who need additional follow-up to the behavioral health department.

Please note: Current behavioral health patients will continue to work directly with the behavioral health department.