

OJIBWE INAAJIMOWIN

November 2007

"The story as it's told."

Volume 9 • Number 11

Mobile Medical Unit Makes Stop at Band's Clinic



Photo courtesy of Rick Anderson

Dr. Lana White-King, Mille Lacs Band Health and Human Services Health Director (right), joins Christine Michael, mobile unit coordinator (left), inside the Shakopee Mdewakanton Sioux Community's medical mobile unit that stopped on the Mille Lacs Reservation.

**By Lana White-King, MD,
Health and Human Services
Health Director**

The Mille Lacs Band of Ojibwe was fortunate to participate in the Shakopee Mdewakanton Sioux Community sponsored multifunctional mobile unit that visited our community. This mobile unit was envisioned by Joanna Bryant, the Shakopee Mdewakanton Sioux Community Assistant Health Administrator. The goal of this project is to reach American Indian communities to offer quality health care services and preventive health screenings such as mammograms to screen for breast cancer. The unit is run by Christine Michael, the Mobile Unit Coordinator/Mammographer.

Prior to the visit by the mobile unit, Mille Lacs Band community members in the three districts (Mille Lacs, East Lake, and Aazhoomog) were educated on health care topics through a program called Friend to Friend. This program provided education on breast cancer screening and gave women an opportunity to sign up for the mobile mammography unit. The education sessions were given by Marlene Poukka, Health Educator; Betty Nichols, Registered Nurse; Dr. Lana White-King, Health and Human Services

Health Director; Deb Tabbert, Registered Nurse and Health and Human Services Director of Nursing; Marjorie Johnson from the American Cancer Society; and Dr. Joy Dorscher, Director of the Center of American Indian and Minority Health at the University of Minnesota, Duluth School of Medicine.

The entire project was a great success. It was amazing to see a number of women from all three communities come out and participate in both parts of the project. We plan to continue with community health education programs in the future.

We are grateful to the Shakopee Mdewakanton Sioux Community for allowing the Mille Lacs Band to be the first tribe to be visited by the mobile unit. We look forward to having them visit us again.



Photo courtesy of Rick Anderson

Shakopee Mdewakanton Sioux Community's mobile medical unit staff performed mammograms for Mille Lacs Band community members on November 7.

Law Enforcement Agreement with Mille Lacs County Ends

The law enforcement agreement between the Mille Lacs Band and Mille Lacs County expired on November 2. **Band members in Mille Lacs County should continue to dial 911 for all emergencies.** You will reach the County Sheriff's Office, which has an obligation under the Minnesota Constitution and U.S. Public Law 280 to provide all of its residents – including Mille Lacs Band members on the reservation – with law enforcement services.

The Tribal Police Department continues to protect public safety, provide emergency response, and uphold Band and state laws. Tribal police officers retain Band law enforcement authority and remain Peace Officer Standards and Training (POST) Board-certified officers.



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Winter 2007 Bonus Checks

Distribution dates and locations

Checks will be distributed to all eligible Mille Lacs Band members on December 6, 2007, 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.

Reminder: checks will be given only to the person whose name is listed on the check.

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 August are eligible for payment. You must be 20 years of age by November 2, 2007 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 December 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 December 6, 2007. 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 December 6, 2007.

- District I: Darcie Big Bear, 320/532-7440 or Ginny Davis, 320/532-7512
- District II: Jenny Waugh, 218/768-3311 or 877/768/3311
- District IIa: Carmen Green, 320/676-1102 or 877/676-1299
- District III: Bobby Anderson, 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 November 23, 2007. 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 December 11, 2007 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 January 11, 2008, contact Darcie Big Bear.

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 November 23, 2007. 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 November 23, 2007. For more information contact Kathy Heyer at 320/532-7472. For more information, please call Darcie Big Bear at 320/532-7440 or Ginny Davis at 320/532-7512.

2008 bonus distribution payments

The OMB office has sent out the bonus distribution frequency selection forms to all head of household adult Band members. This is your chance to change your option of how many times per year you would like to receive your 2008 bonus distribution payments.

For more information, please contact Angella Roby at 320/532-4181.

Names and Faces

Little Otter Singers perform at presentation by author Sherman Alexie

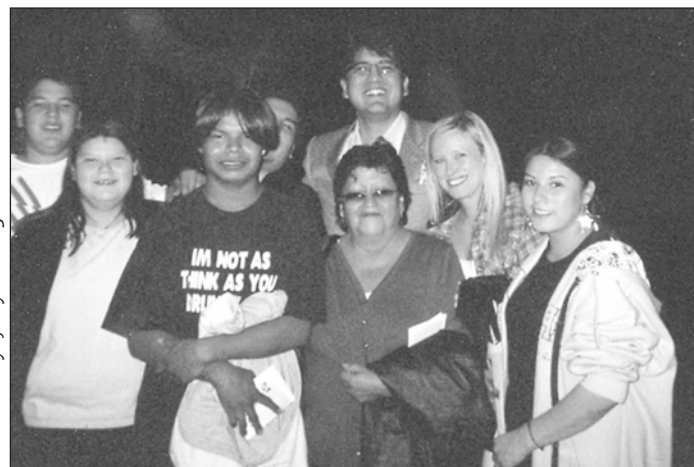
On October 5, the Little Otter Singers performed at a presentation in which American Indian author and movie producer Sherman Alexie spoke about "Building a Community of Respect." The event was held at the University of Wisconsin-Superior. Band member Steve Premo also attended the event and met with Sherman. (See page 3 for more information on Sherman Alexie.)

Band member's film highlights Ojibwe language preservation

Mille Lacs Band member Rick Anderson's film, *Experiencing the Ojibwe Master/Apprentice Program*, will air on Twin Cities Public Television on November 18, at 7:30 p.m. The 12-minute film showcases efforts to preserve the Ojibwe language and culture in the Mille Lacs community. Rick's film shows Nay Ah Shing students learning the Ojibwe language and Mille Lacs Band members talking about the importance of passing down the language. Band members featured in the film include Melissa Boyd (Master Apprentice of the Ojibwe language), Lucas Long-Goetz, Bonita Nayquonabe, Susan Potter, Ben Sam, and David Sam. Ricky White, director of the Minisinaakwaang Leadership Academy in McGregor, also talked about incorporating the Ojibwe language into the new charter school's curriculum.

Nay Ah Shing Students Meet Author Sherman Alexie

Photo courtesy of Nay Ah Shing Schools



Nay Ah Shing students and chaperones met American Indian author Sherman Alexie after attending his presentation in St. Paul. Back row left to right: Kyle Aune, Jon Reynolds, and Sherman Alexie. Front row left to right: Nikki Sam, Marcus Boyd, parent coordinator Karen Sam, English teacher Alicia Thomas, and Miranda Nickaboine.

By Alicia Thomas, Nay Ah Shing English Teacher

Sherman Alexie, best known for his popular screen play, *Smoke Signals*, wrote two books this past year: *Flight* and *The Absolutely True Diary of a Part-Time Indian*. The Native American Literature class at Nay Ah Shing High School chose to read *Flight* this year. *Flight* is a wonderful novel that deals with the themes of revenge, hate and redemption. The novel, just like Sherman, is honest (sometimes uncomfortably honest), but always thought-provoking.

In some cool twist of fate, right after the class began the novel, Sherman announced that he would be traveling to the Fitzgerald Theatre in St. Paul, Minnesota, on his book tour. The Native American Literature class jumped at the opportunity to see Sherman in person.

On September 26, students and chaperones attended the event in St. Paul, including students Kyle Aune, Marcus Boyd, Miranda Nickaboine, Jon Reynolds, Nikki Sam, and Marisa Cochran; and chaperones Alicia Thomas (English teacher), Roger

Nieboer (para-professional, and Karen Sam (American Indian parent coordinator).

Sherman did not disappoint. He was entertaining and heartfelt; he had you laughing when you should have been crying.

He had the audience's attention from the second he came on stage to the very end. All Sherman had to do was say two little words to elevate the audience to a roar – "Hey Victor."

The class was fortunate enough to receive two signed books from the author and had the opportunity to speak with Sherman. He immediately connected with the students – even going as far as exchanging jokes with Nay Ah Shing student Jon Reynolds.

The students received a once-in-a-lifetime experience. Nay Ah Shing strives to offer students the kinds of educational settings which promote learning outside of the school's walls. Some of the best learning happens outside the classroom. Nay Ah Shing is proud to be able to supply the students with educational experiences that make lasting memories.

Sherman is a voice for young Natives. In today's world, where role models are young actors and rappers, it's nice to see our students have found someone to aspire to like Sherman. Kyle Aune, a junior at Nay Ah Shing, stated it best: "He is hilarious!"

Boxing Commission Holds December Boxing Bouts

On Saturday, December 15, light heavyweight boxer Zach "Jungle Boy" Walters from Duluth will take on Josh Gutcher from Iowa during the Mille Lacs Band Boxing Commission's boxing event at Grand Casino Hinckley at 7:30 p.m.

Local boxer Timothy Taggart from Hinckley will make his professional boxing debut.

Also on the card is light heavyweight boxer Fred Moore from Rochester, Minn.

Tickets are \$15, \$30 and \$50 and are on sale now. To purchase tickets, visit the Grand Casino Mille Lacs or Grand Casino Hinckley box offices, call Ticketmaster at 651/989-5151, contact any Ticketmaster outlet, or visit grandcasinomn.com.

Ask Melanie

By Chief Executive Melanie Benjamin

Is the Band government involved in operating the new charter schools in Districts II and III?

Both of the new leadership academies are independently operated as Minnesota public charter schools – not as Mille Lacs Band schools. The students are primarily Mille Lacs Band members, descendants, or members of other Indian tribes. Band members may serve on the school boards, just as they may serve on the boards of any other public school in Minnesota, but the Band government has no operational role. This is very important to understand – just like the Band government cannot intervene in the operation of the public schools in Onamia, Isle, Hinckley, or McGregor, the Band government cannot intervene in the operations of the two leadership academies.

It is the charter school boards, the College of St. Scholastica (which sponsors the schools), and the State Department of Education that are responsible for the operations of these two leadership academies.

To clarify what charter schools are, they are public schools started by parents, teachers, or community members. They apply for a charter with the Minnesota Department of Education, and must be authorized by a sponsor that files an affidavit of intent to sponsor

the charter school with the state. In the case of Minisinaakwaang Leadership Academy in District II and Pine Grove Leadership Academy in District III, the sponsor is the College of St. Scholastica. The Minnesota Department of Education approved both schools' applications in 2006.

Because the Minisinaakwaang and Pine Grove academies are located on Band lands, there is a common misconception that they are run by the Band and only for Mille Lacs Band members.

However, both schools are managed on site separately from the Band or the local school district. Parents, teachers, and community members decide who governs the operation of the school, and they elect their own school board for oversight purposes. The teachers are state-licensed and answerable to the board. Any student can attend at no enrollment cost.

The Nay Ah Shing Schools, on the other hand, are operated by the Mille Lacs Band through our Department of Education. Here the Band is actively involved in school operation and curriculum.

Do you have a question?

If you have a question that you would like me to answer, please fax it to 320/532-4209 or mail it to:

Chief Executive's Office
Attn: Ask Melanie
43408 Oodena Drive
Onamia, MN 56359

Chief Executive Calendar

To keep Band members informed about what Chief Executive Melanie Benjamin has been working on, here is a look back at just a few of the items from her recent schedule:

- Held weekly meetings with Band members on various issues
- Held Elder Advisory Board meeting
- Gave welcome address for Isle student academic awards dinner
- Hosted and attended the Minnesota Chippewa Tribe's (MCT) Housing Subcommittee quarterly meeting at Grand Casino Hinckley
- Attended MCT Tribal Executive Committee meeting
- Met with Senator Amy Klobuchar in Washington, D.C.

- Attended National Congress of American Indians (NCAI) annual convention in Denver, CO
- Attended Global Gaming Expo
- Testified in support of self-governance legislation in Washington, D.C.
- Attended and spoke at Corporate Commission Thanksgiving Feast
- Participated in Affordable Housing Advisory Council of the Federal Home Loan Bank of Des Moines Committee meeting
- Attended American Indian Law Resource Center Board meeting
- Co-chaired American Indian Supportive Housing Initiative meeting in Fond du Lac

Circle of Health Update

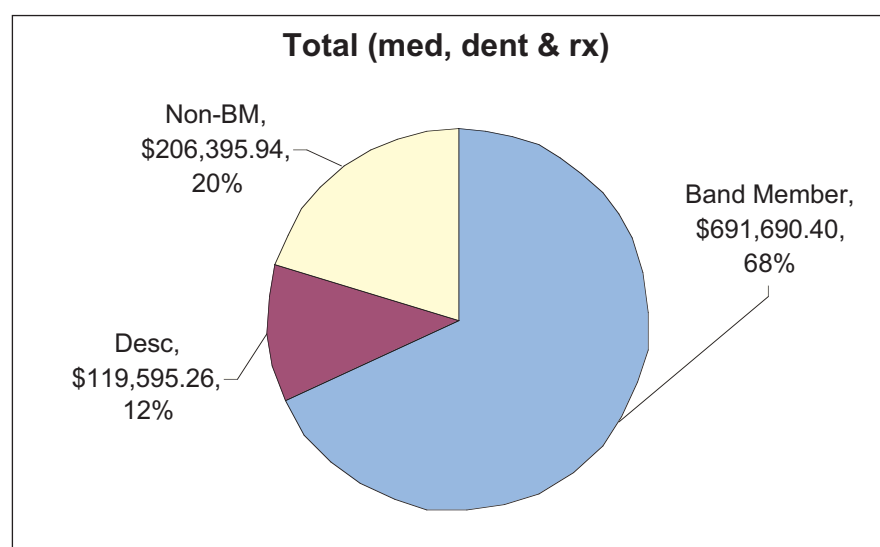
By Circle of Health Staff

Social Security annual award letter

Starting in November, Medicare recipients should receive their new annual award letter for 2008. Please bring or send in a copy of this letter to the Circle of Health office so you can continue to receive a quarterly reimbursement. You can also fax your letter to 320/676-8235. If you have declined this reimbursement, due to having more than one policy per household, but have a Medicare Part D premium that is not covered through another policy, please submit this award letter as soon as possible.

If you need to make changes with your Medicare Part D prescription plan, the enrollment period begins November 15, 2007 and ends January 1, 2008. Evelyn Church, Mille Lacs Band Elder Social Worker, can be contacted at 320/532-7814. You can also call the East Central Senior Center at 800/333-2433. They can assist you via phone, at the Mora office, or can sometimes schedule appointments at your home. Please call ahead.

Update on proposed changes



As inquiries and suggestions continue to be submitted to the Circle of Health office, we have included a combined breakdown of co-pay and deductible costs for dental, medical, and prescriptions for fiscal year 2007. Additional fiscal year 2007 claims continue to come in and will be processed through November 30, 2007. The combined amount below is less than 1/4 of the full budget cost.

This chart does not include premium amounts. If premium amounts were included, the breakdown would be much greater. A health/dental policy would have to indicate a percentage of Band members in the family versus non-Band members. For instance, if you had a family of four and there was only one adult Band member in this household, a health premium of \$800/month would indicate a 25% Band member cost, 25% non-Band member cost, and 50% descendant cost.

Because the Circle of Health Board understands the immediate financial impact almost all Band member families would feel if premium reimbursements were determined using the example in the previous paragraph, we evaluated other areas. This resulted in the proposed changes of co-pays, deductibles, and additional services only covering enrolled Mille Lacs Band Members. Please continue to email your comments/concerns to michelep@millelacsojibwe.nsn.us.

Open house

A Circle of Health open house will be held tentatively in November, but the date has not yet been set. Please call our office for more information or watch for flyers in the community centers, clinics, and community newsletters. When the date is set, the open house will run from 11 a.m.-3p.m. There will be a light lunch provided, along with snacks and beverages. Stop in at our new offices at the Chiminising Community Center. Circle of Health Staff and Board Members welcome the chance to talk to everyone, even if it is just a quick hello.

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 still 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 320/532-5358 or 800/491-6106.

Staph Infections on the Rise

Band members urged to know symptoms and practice prevention

Several cases of MRSA – a type of staph that is resistant to antibiotics – have been diagnosed at the Ne-la-Shing Clinic. Because staph has historically been associated with people who have been hospitalized or had a medical procedure, it hasn't been a significant worry for the general public in the past. But hospitals and clinics are no longer the only places where we should worry about contact with staph – we need to be mindful of it in our everyday lives. This is especially true for American Indians, who are believed to be at a higher risk for staph and MRSA infections.

What is staph and MRSA?

Staph is bacteria commonly carried on the skin or in the nose of healthy people; in fact, it is present among 25%-30% of the population. Only 1% of the population has MRSA present in their bodies. Sometimes the staph or MRSA bacteria cause an infection, and that is when problems can arise. While most staph infections are minor and can be treated with antibiotics, MRSA infections are resistant to antibiotics.

Who typically gets staph or MRSA infections?

MRSA and other staph infections most frequently occur in people with weakened immune systems who are in hospitals, nursing homes, dialysis centers, and other health care facilities. These infections tend to

be more serious, and include surgical wound infections, bloodstream infections, and pneumonia.

However, community-associated MRSA infections – which occur in healthy people who have not recently been hospitalized or had a medical procedure – are typically skin infections, such as boils or abscesses.

What can I do to prevent spreading MRSA infections?

MRSA is spread by skin-to-skin contact, or by contact with something that a person infected with MRSA has touched. MRSA is particularly associated with people who live in crowded spaces and have poor hygiene habits.

According to the Centers for Disease Control and Prevention, you can help prevent the spread of MRSA by following some basic rules:

- Wash your hands. Use soap and water or an alcohol-based hand sanitizer.
- Do not share personal items such as bar soap, towels, or razors.
- Do not touch other people's wounds or bandages.
- Keep your own cuts and scrapes covered with a clean bandage.

How will I know if I have an infection?

If you have a sore that is swollen, red, painful or draining, see your doctor as soon as possible. That is the only way that a staph or MRSA infection can be diagnosed and treated.

Grand Casino Hinckley Associates Recognized



Photo courtesy of Bernie Johnson

Grand Casino Hinckley Associates Roberta Martin, Sam Evens, and Nicole Wilberg were among the 80 Associates recognized for their years of service during the Grand Casino Hinckley Associate recognition event in October.

The Band Member Development (BMD) Department held a recognition event for Grand Casino Mille Lacs and Grand Casino Hinckley Band member Associates on October 2 and October 9. Each Band member Associate was given a certificate and a gift, based on their years of service to the casinos. The BMD Department recognized about 160 Band members. Several other Grand Casino Hinckley Associates were also recognized for supporting Band members in their career development.

Childhood Obesity Leads to Serious Health Problems

By Tanvi Hathiwala, student intern; Dr. Frederick Ness; and Sue Swanson, registered nurse and certified diabetes educator

On January 25, 2007, leaders in the fields of preventive health care, nutrition, family practice, pediatrics, and other fields met at the American Medical Association's (AMA) headquarters in Chicago for the first time ever to discuss a problem that is growing to epidemic proportions – childhood obesity. This new group, called the AMA Working Group on Managing Childhood Obesity, met to address this problem and created a goal: “to develop a set of strategies to help physicians more effectively work with families, youth-serving organizations, school health professionals, public health organizations, and community groups to reduce overweight and obesity and to eliminate racial and ethnic disparities in childhood obesity.”

Medical professionals from around the country are working to make progress in earlier diagnosis and treatment of childhood obesity. With these goals, the problems caused by childhood obesity could decrease dramatically and even save many lives across the country.

Problems caused by childhood obesity are very grave. The United States Surgeon General Richard Carmona, M.D., said that childhood obesity is the biggest threat in public health today, killing more Americans each year than cancer, AIDS and accidents combined. These numbers are staggering. It is imperative that we take action to stop the deaths caused by this highly preventable problem.

Some of the diseases caused by childhood obesity include Type 2 diabetes, hypertension (high blood pressure), and heart disease. In American Indian communities, these diseases are highly prevalent. In order to combat them earlier, the staff at Ne-Ia-Shing Clinic conducted school screenings at Nay Ah Shing Schools on September 26 and 27 to assess students' rates of obesity and other factors. The three risk factors that were screened for were body mass index (BMI) percentile, Acanthosis nigricans, and blood pressure.

Body mass index percentile

BMI percentile is a statistical measure of a person's weight that is scaled according to their height and charted onto a graph with people of the same age. The BMI percentile chart is similar to growth charts: for example, if a child is in the 60th percentile, this means that 60% of children weigh less than the child and the rest weigh either the same or

more than the child. Following are the BMI percentiles:

- Underweight – greater than 0% but less than 5%
- Normal weight – greater than or equal to 5% but less than 85%
- Overweight – greater than or equal to 85% but less than 95%
- Obese – greater than or equal to 95%

Unfortunately, among the students screened at Nay Ah Shing Schools, 60.3% were either overweight or obese (46.9% of grades K-4 and 74.2% of grades 5-12). These numbers are much too high.

Acanthosis nigricans (AN)

AN is a physical marker that can be seen on the back of one's neck that often indicates a preliminary sign of insulin resistance. While it does not mean that a person will get diabetes in the future, it is a sign that he or she has an increased risk of developing diabetes. In our screenings of Nay Ah Shing students, 29.4% had some sign of AN (12.5% of grades K-4 and 46.8% of grades 5-12).

Hypertension

Hypertension (high blood pressure) can lead to future heart and kidney problems. Among the children in our screening, an astonishing 64.3% had higher than normal blood pressures (80% of grades K-4 and 48.4% of grades 5-12).

Overall, we found that 83.3% of students had at least one of the three risk factors (82.8% of lower school students and 83.9% of upper school students). These numbers are much too high, and it is clear that the problem is getting worse. Last year, the total number of students to display a risk factor was 75%. This year, the percentage is up by 8.3%. Something must be done to end these rising rates and put a stop to the myriad of diseases that could develop due to obesity.

Healthy steps to take

While many people may feel helpless in the face of these high numbers, there are small changes that can be incorporated into everyday life to limit the effects of childhood obesity, such as eating healthy foods and exercising. This means eating five or more fruits or vegetables per day and eliminating any beverages sweetened with sugar or corn syrup. Pop that is high in calories can easily be replaced by diet pop, thus eliminating a source of high calories. Sugar pops contain upwards of 120 calories per serving, and since they are liquids, are easily consumed

without even realizing the number of calories taken in.

Additionally, try to limit “screen time” (time spent sitting in front of a TV, video game, or computer) to two hours or less. This way, children will spend more time being active, and less time in a stagnant position. When a person is occupied by TV, video games, or the computer, it is very easy to consume many calories without realizing it.

In addition, children should get one hour or more of daily physical activity. This can be as simple as taking a walk, playing tag, or playing a sport. If a child is nervous about trying something new, encourage him or her to play an active game with friends.

In addition to changes that children can make, there are also changes that families can make. Families should try to encourage each other to eat a healthy breakfast each morning. Breakfast is a good time to incorporate fruit or fruit juices (but not sweetened by sugar or corn syrup) into one's diet. Families should try to limit meals outside of the home, as it is easier for family members to ensure healthy foods are consumed when meals are made at home. Eating at home should ideally happen five or six times per week, and family members should encourage each other to have meals with limited portions. New mothers are also encouraged to breastfeed their infants, as there are numerous benefits that are derived from breastfeeding.

It is not only the responsibility of the family to provide a healthy environment that encourages eating right and exercising. These practices may be implemented at a public policy level, a community level, an organizational level, an interpersonal level, and at the individual level. In the community, try to encourage schools to provide healthy meals and snacks that are low in fat and have plenty of fruits, vegetables, and complex carbohydrates.

The Band has a fitness center that is open between 8 a.m. and 5 p.m., where people can meet with the fitness coordinator and develop a personalized plan for an entire family's health and fitness. The fitness coordinator can also provide tips for having family fun with a healthy heart in mind. Remember, if a child is under 16 and wants to use the fitness center, they must have a supervisor who is at least 18 years of age and a consent form signed by their parents. The benefits of exercise are numerous, and incorporating it

into a person's daily life can lower his or her chances of developing diabetes, hypertension, and heart disease.

Letters will be sent out soon to parents and guardians identifying their child's risk factors from the screenings held at Nay Ah Shing, along with recommendations for follow-up with a provider at the clinics. We try to encourage children to develop healthy habits, which will have evident benefits. Childhood obesity is not merely a child's problem, or even the problem of the individual family. Childhood obesity is a problem that is sweeping the nation, and in order to combat it, we must all work together. The children are the future of the Band, and we must all ensure that this future will be strong and healthy.

** Taken from AMA's National Summit on Obesity.*

Bring Medications to Appointments

The Band's health care practitioners work hard to provide patients with the best care possible. In order to continue doing so, it is important for Band members to bring in all of their prescription and non-prescription (herbal supplements, etc.) medications to each clinic appointment.

Often times, Band members will receive medical treatment at non-Band health care facilities and be given different prescriptions or medication doses. Since these changes are not on record with the Band's clinics, and patients don't always remember their medications, it is difficult for health care practitioners to understand each person's medical needs.

“When we meet with patients and go over their prescriptions, we often find ones that they no longer take, new medications, and some with dosage changes,” said Dr. Fred Ness, Mille Lacs Band Medical Director. “When patients bring in their medications, we can properly dispose of the ones they don't need, help them manage their medications, and update their records so that they receive the best possible treatment.”

For more information, please contact Dr. Ness at 320/532-4163.

Nay Ah Shing Students Learn About Fire Prevention



Photo courtesy of Monte Fronk

Nay Ah Shing students learn how to “stop, drop and roll” and about other fire safety tips from Toby Egan (far left) and Sparky the Fire Dog.

By Monte Fronk, Emergency Management Coordinator

Students at Nay Ah Shing Abinojiiyag school learned about fire prevention on October 9 when Garrison firefighters talked with students and gave tours of their fire trucks. The firefighters visited the school as part of national fire prevention week.

Garrison Fire Department holds open house

On October 13, more than 200 community members attended the Garrison Fire Department open house and participated in fun activities to learn about fire safety. Attendees visited with the department’s 25 volunteer firefighters, rode in fire trucks, toured the fire department, and enjoyed refreshments. Smokey the Bear was also on hand to talk with kids about fire prevention.

One of the highlights from the event was the fire escape house, in which children had a hands-on opportunity to learn about what to do in the event of a fire. The small-scale house had a mock bedroom where children practiced their escape route when smoke was pumped into the room simulating a fire. The firefighters taught kids how to dial 911 and crawl on the floor to

exit out of the window and down a ladder.

Another feature of the event was a demonstration by the Crow Wing County bomb squad. Officers from the squad demonstrated a bomb suit and one of their robots that can open suspicious packages and disarm pipe bombs. Representatives from Mille Lacs Electric Co-op also taught people about safety near power lines.

It was great to see community members coming together to celebrate the Garrison Fire Department’s valuable work.

Fire prevention tips

According to the U.S. Fire Administration, approximately 412,500 home fires were reported in 2006. Here are some tips to help keep you and your family safe from fires.

- Make a fire escape plan with your family and practice the plan twice a year.
- Make sure there is a fire alarm on every level of your home and one inside every bedroom.
- Test smoke alarms once a month; replace smoke alarm batteries once a year.

For more information, visit the National Fire Prevention Association’s Web site at www.nfpa.org.

Chief Executive Testifies Before U.S. House Committee

On November 8, Chief Executive Melanie Benjamin testified before the U.S. House of Representatives Committee on Natural Resources in Washington D.C. regarding a proposed bill that would amend the Indian Self-Determination and Education Assistance Act to improve the BIA Self-Governance Program. Melanie testified about the benefits of the proposed bill, which would help streamline the ability of self-governance tribes like Mille Lacs to administer federal funding received through self-governance agreements.

The Mille Lacs Band was one of the first tribes selected by Congress to participate in the Self-Governance Demonstration Project in the late 1980s. In fact, the late Chief Executive Arthur Gahbow was one of the ten tribal leaders nationwide to help create this important program, and the Mille Lacs Band was the first tribe to negotiate a Self-Governance Compact with the U.S. Department of the Interior. The compact allowed the Band to

determine its own priorities and decide how it wanted to spend federal money, rather than being told by the federal government exactly how to spend the money and in which areas.

In the early 1990s, the Band also negotiated an agreement with the Indian Health Service (IHS) to govern health care programs. However, the Band has to follow two different sets of laws in its administration of these and other programs, which goes against the intentions of self-governance to make administration processes more efficient. The proposed legislation would resolve these issues by creating one set of laws.

“Our ultimate goal is to consolidate into one single agreement all federal dollars the Band is eligible to receive,” said Melanie. “This would bring us closer to restoring the full, government-to-government relationship that our treaties once provided. To the Mille Lacs Band, this is a logical progression of self-governance.”

Apple and Onion Stuffing “Muffins”

Submitted By Natasha Merrill

This is a quick recipe I got from *Rachael Ray’s 30-Minute Meals* Program. I took out some of the ingredients, and made a couple of adjustments. I hope that you all have fun making these for your Thanksgiving dinner. Putting the stuffing in muffin tins also helps with portion control.

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 stick of butter, softened
- 4 stalks of celery
- 1 medium onion, chopped
- 3 apples (McIntosh suggested)
- 2 tablespoons poultry seasoning
- 1 tablespoon fresh parsley leaves
- 8 cups cubed seasoned stuffing mix
- 2-3 cups chicken stock
- Salt and pepper to taste

Directions

Preparation time: 15 minutes

- Preheat oven to 375 degrees.
- Preheat a large skillet over medium high heat.
- Add olive oil and 4 tablespoons of butter to the skillet.
- When the butter melts, add the vegetables as you chop them (celery, onions and then apples).
- Sprinkle the vegetables and apples with seasonings.
- Cook five to six minutes to begin to soften; then add parsley and stuffing cubes to pan.
- Moisten the stuffing with chicken broth until all the bread is soft but not wet.
- Butter 12 muffin cups liberally with remaining the butter.
- Use an ice cream scoop to fill and mound up the stuffing into the muffin tins.
- Bake until set and crisp on top (about 10 to 15 minutes).
- Remove stuffing “muffins” to a platter and serve hot or room temperature.

Free Hearing Evaluations

Ne-la-Shing Clinic

When: Friday, December 14

To schedule an appointment, call 320/532-4163.

Walk-ins are welcome, we will do our best to serve you.

Twin Cities locations

Where: Hearmore Hearing offices in St. Paul and Osseo

When: Monday-Friday

To schedule an appointment, please call the St. Paul office at 651/771-4019 or the Osseo office at 763/391-7433.

Please check your insurance policy to find out if you are eligible for \$1,000 toward the purchase of hearing aids.

Legal Rights

By *Tamia Cramer, East Central Legal Services*

What does East Central Legal Services do?

We provide free civil legal services to qualified Mille Lacs Band members. Legal topics include family law, domestic abuse, harassment, collection, housing, driver's license problems, and many others. We also provide community legal education to help people avoid legal problems or solve them without a lawyer. Our legal staff travels to all districts, and presents legal topics to the community.

Community education

Our community education program includes running a monthly article on different legal topics in this newspaper. We also set up presentations for community meetings and special interest groups. We stock legal brochures on several topics, wherever possible. If you or your group would like us to speak on a particular legal topic, please call us.

East Central Legal Services is happy to be serving the Mille Lacs Band. If you have any questions concerning our services, please call East Central Legal Services at 800/622-7772.

Intake

I am available for intakes at 800/622-7772. If you believe

you need legal advice, or representation, call me. I will either interview you over the phone or make arrangements to meet with you. The first questions I ask will be basics like your address, phone number, etc. The next few questions will help me determine if you are eligible for our services. There are three criteria that must apply to you: you must live in our service area, your household income, and you must be a Mille Lacs Band member, a spouse of a Band member or minor child.

Outreach

We conduct outreach in all four districts. Following are our office hours:

- District I at the Tribal Government Center's workforce office, Wednesdays, noon-4:30 p.m.
- East Lake Community Center, every other Tuesday, 8 a.m.-noon
- Chiminising Community Center, every other Thursday, 8 a.m.-noon
- Lake Lena Community Center, alternate Tuesdays, 8 a.m.-noon
- Urban Workforce Center, by appointment only

(The above times are subject to weather conditions and other factors; please call our toll-free number for the exact dates.)

Spiritual, Mental and Physical Aspects of the Total Person

By *Jim Ingle, Fitness Coordinator*

I'm really into the human body, but more important is the human being. We are very complex, complicated machines. I have learned that some Native teachings divide us into four separate categories. I believe this is true. However, I combine two of these categories for a total of three categories that make up the total person – spiritual, mental and physical. To have balance and to be complete, these three categories must all be developed equally to make us whole.

Spiritual being

I believe the Creator wants us to discover who we are within the context of his great creation. He has given us an outline of who we can be in the seven teachings. I have been told that the Ojibwe actually have 35 teachings, but because of limited time and space, I will start with seven. We need to know who we are before we can determine anything else in our lives. Everything we do and everything we want to become is determined by who we are. Who we are is determined by the teachings or character traits we develop in our lives. We can choose to be honest, truthful and brave. We can be respectful and humble. We can choose to love. The seventh teaching is wisdom. Wisdom comes from the development of the other six teachings and from life experience. Life teaches wisdom.

Mental aspect of our life

Once we have determined who we are, we need to determine what we want to do or who we want to be. We need to develop a blueprint – a design to construct what it is we want to do with our lives. This is very complex and incorporates all our life, profession, family and social activities. It is a strategy, a formula for action. It tells us what to do, when to do it, and how to get it done. Each strategy produces a positive, desired, predictable result. By developing and applying success strategies, we will

know what we want, how to get it, what to do, when to do it, what to say, and when to say it. It is a guide on how to build our life.

I do not believe there is such a thing as a lazy person. A person is either ill or simply does not know what they want in life. They have no goal, desire, or success strategy in their life, so they sit and do nothing. Once we discover what we want, nothing will keep us from achieving it if we want it bad enough. It is a fight. It is not easy, but it is worth the effort to master life instead of being manipulated by it.

Physical aspect of our being

The human body is a tremendous machine. Speed, power, endurance – it works pretty much like a combustion engine. We put fuel in it (food), we give a little spark (body heat), and we receive energy. The same is true with the body as with an engine – the type of fuel we put in will give us the amount of energy created. High octane in means high energy out, and low octane in means low energy out. The food we eat will determine the amount of energy we create.

If the physical aspect of our being is not functioning properly, then the other two areas will also not function at peak performance. Vince Lombardi, the great NFL coach said, "Fatigue makes cowards of us all." If we are tired and have no energy we cannot function at a high level of performance. If we do not have the stamina to meet each day head on and the energy to overcome any obstacle in our path, then the spiritual and mental aspects of our being will also suffer.

Physical conditioning builds self-confidence and provides stamina, endurance and strength to achieve our goals in everyday life. Physical conditioning is important at any age to help us make it through our daily activities with less effort and stress and more confidence and energy. At the end of the day, we have more energy to enjoy our families and activities.

Do You Need Help Fixing Your Home?

Attention homeowners: do you need help fixing your home? The Mille Lacs Housing Department has a grant/loan program that will assist Band member homeowners in refurbishing their homes to safe and standard conditions. Applicants who meet the income guidelines and other policy requirements for this Housing and Urban Development grant and tribal loan funded program may be awarded up to \$35,000 toward their home renovations. The maximum loan portion of \$20,000 will be amortized over a 10-year period at one percent, the maximum grant award is \$15,000. Qualified applicants will be required by the Housing Department to sign a 10-year retention agreement for their refurbished home.

If you are a homeowner who resides in the 30-mile radius around the Band's three districts or urban area and are interested in this program, contact Ruth Sam, Outreach Specialist, at 320/532-7842 or 800/709, 6445, ext. 7842 for more information. You can also send your request to Ruth Sam, Mille Lacs Band Housing Department, 43408 Oodena Drive, Onamia, MN 56359.

Below are the income limit guidelines for the Mille Lacs Band Housing Department Rehabilitation of Home Project.

Family Size	Income Limits
1	\$38,500
2	\$44,000
3	\$49,500
4	\$55,000
5	\$59,500
6	\$64,000
7	\$68,500
8	\$73,000
9	\$77,000
10	\$77,500

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Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

June 2007

	Approved Budget for FY 2007	Actual Expenditures through 6/30/07	% of Budget Expended
Administration (1)*	14,081,954	8,566,256	60.8%
Workforce*	9,113,401	3,904,858	42.8%
Judicial	947,319	593,272	62.6%
Law Enforcement*	3,670,453	2,283,632	62.2%
Education*	16,641,007	11,619,201	69.8%
Health and Human Services*	22,150,775	15,744,640	71.1%
Natural Resources*	5,072,447	3,771,791	74.4%
Community Development*	45,140,124	19,568,022	43.3%
Gaming Authority	4,314,052	2,929,609	67.9%
Bonus Distribution	33,919,140	25,590,706	75.4%
Total Expenditures	\$155,050,672	\$94,571,987	61.0%

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 2006 fiscal year.

American Indian Students Recognized for Academic Success



Photo courtesy of Monte Fronk

Chief Executive Melanie Benjamin visited with guests during the annual Johnson O'Malley Program dinner that recognized American Indian students from Isle public schools for their academic achievements.

On November 2, 25 American Indian students from Isle public schools were recognized for their academic achievement and extracurricular involvement during the annual Johnson O'Malley Program dinner at the Chiminising Community Center. Each student received a monetary gift for their achievements.

Chief Executive Melanie Benjamin welcomed the nearly

100 guests to the dinner and talked about the importance of education.

"We were very honored to have Chief Executive Benjamin join us for our annual dinner and help us recognize the hard work of

our students," said Band member Monte Fronk, who serves on the Isle public schools' Johnson O'Malley Parent Committee.

The Johnson O'Malley Program provides grants to public schools to help meet the educational needs of American Indian students. Fifty-seven American Indian students attend Isle public schools.

Tune in to KKIN & KBEK

Every month we publish the dates and times of upcoming Mille Lacs Band radio appearances. The KKIN radio appearances have a Q & A format, meaning people can call in and ask questions. Band members are encouraged to listen and call in to 218/927-2100. The KBEK appearances feature a Band representative talking with the host. Listed below are the dates and times of the October and November appearances.

KKIN radio – 94.3 FM
November 15, 8:30 a.m.

Tadd Johnson and David Sam
Topic: Indian views of Thanksgiving

December 20, 8:30 a.m.
Don Wedll and Monte Fronk
Topic: Emergency management

KBEK radio – 95.5 FM
November 20, 8:30 a.m.

Natalie Weyaus
Topic: Always learning

December 18, 8:30 a.m.
Marie Bengtson
Topic: Lessons learned

Tribal Noteboard

Happy November birthday to:

Papa Len, on November 11 with love from Tracy, Kelly, Rachel, Taya, Noah, Jenny, Janey, Wesley, and the rest of the family • **Winston**, on November 11 from mom, Sahen and Jordan • **Sahen**, on November 15 from mom, Winston, Tristan, Jordan, and the Little Anderson girls • **Davis Deyhle**, on November 20 from grandma, Winston, Sahen, Tristan, Jordan, Destanie, Shyla and Tina • **Nadean Davis**, 7, on November 11 with love from mom and dad • **Josie**, 9, on November 12 from mom, dad, Marissa and Natasha • **Brandi Jo Wittstruck**, 18, on November 9 with love from Elias, John, mom, Randy, Brandon, Amy, Uncle John, Adrianna, Dannon, Bridget, Todd, Brenda, Brandi, Brandon, and your family in Princeton • **Dannon Donahue**, on November 2 with love from dad, Bridget, Arianna, Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, and John • **Zachary Moose**, on November 17 with love from Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, and John • **Michelle Mitchell**, on November 12 from Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, and John • **Cameron Harrington**, on November 15 from Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, and John • **Roy Garbow**, on November 12 from Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, John, Uncle Ron, Gladys, Roland, Collin, Desi, Lydell, Kayla, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Sean, Amber, dad, mom, Juni, and Jilly • **Ron Smith**, on November 1 from Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, John, Gladys, Roland, Collin, Desi, Lydell, Kayla, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Roger, Bev, Roger Jr., Roy, and Jillian • **Lydell Boyd**, on November 27 from Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, John, mom, dad, Kayla, Grandma Gladys, Papa Ron, Roland, Collin, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Lenore, Tyson, Eva, and Jon • **Matthew Smith**, on November 3 with love from dad, Tammy, Randy, Brandon, Amy, Brandi Jo, Elias, and John • **Lenore Potter**, on November 1 with love from Auntie Gladys,

Ron, Roland, Collin, Desi, Lydell, Kayla, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Bill, Tyson, Eva, Jon, dad, Clara, Emma, and the LaDue family • **Lolly**, on November 1 from Grandma Bea, mom, Jordan, Joshua, Sexy Boy, Shadow, and Nana • **Sophie**, 1, on November 5 from Grandma Bea, mom, Jordan, Joshua, Sexy Boy, Shadow, Nana, Debbie, Jessica, Sean, Amber, Mataeo, Caremelena, Doreen, Baby Wax, Justin, Lauren, Tyson, Katie, Destiny, Nate, Steve, dad, mom, and Devin • **Lauren Anne**, on November 19 from Grandma Bea, mom, Jordan, Joshua, Sexy Boy, Shadow, Nana, mom, Baby Wax, Justin, Nate, Steve, Tyson, Katie, Destiny, Kevin, Amy, Devin, and Sophie LaDue • **LaShelle**, on November 24 from Grandma Bea, mom, Jordan, Joshua, Sexy Boy, Shadow, Nana, Debbie, Jessica, Sean, Amber, Mataeo, Carmelena, Doreen, Baby Wax, Justin, Nate, Lauren, Tyson, Katie, Destiny, Steve, Kevin, Amy, Devin, and Sophie LaDue • **Rose Noonday**, on November 11 from Barb White and Jenny • **Travis Smith**, 17, on November 14 from Grandma White and Jenny • **Junior**, 26, on November 21 with love from mom and Sister Jo • **Lori Mitchell**, on November 1 from Debbie, Sean, Jessica, Amber, Mataeo, Carmelena, Doreen, Baby Wax, Justin, Lauren, Tyson, Katie, Stinky Toes, Nate, and Steve • **Lena Smith**, on November 19 from Debbie, Jade, Mataeo, Jessica, Carmelena, Sean, and Amber • **Arielle Beaulieu**, on November 12 from Jessi • **Nerd**, on November 1 from Lenore, Tyson, Eva, and Jon • **Larry Wade**, on November 10 with love from Mussette • **Trent Cash**, 4, on November 20 with love from mommy • **Stormy Cash**, 2, on November 20 with love from mommy • **Zhaawan**, from Rachel C. • **Isabelle Sam**, from Rachel C. • **Gregory Benjamin**, from Rachel C. • **C-Bass**, from Rachel C. • **Aiyana**, 1, on November 25 with love from Mama Angeleigh • **Amber Buckanaga**, on November 7 with love from Gram, Grandpa Pat, mom, dad, brothers and sisters • **Charles Wadena**, on November 8 with love from mom, brother, grandma, aunts, uncles, and the rest of the family • **Tina Emery**, on November 9 with love from Aunt Shirley and family • **George Boyd Jr.**, on November

10 with love from Tanya, Dakota, and your sisters • **George Boyd IV**, on November 16 from Auntie, Dakota, mom and dad • **Rodney Evans**, on November 28 from Shirley and family • **Mia**, 5, on November 4 with love from Auntie Rosebud, Amare, Junior, Kamryn, and Daityn • **Isaac**, 3, on November 18 with love from Auntie Rosebud, Amare, Junior, Kamryn, and Daityn • **Kevin Jr.**, 23, on November 29 with love from Rosebud and Amare • **Shaun Trevor Jackson**, 5, on November 26 with love from mom, dad, Geo, Troy, Isaiah, grandma, Romeo, Jason, Brookey, Auntie Erica, Moose, Auntie Missy, Nick, Destiny, Mike, Alexis, Izik, Diamond, Brandi, Britti, Auntie Tammy, Crunkel Wally, Sharon, Rave, Grandma Rosie, Auntie Dawn, Maseo, Keegan, DeeDee, and Grandpa George • **Lori Benjamin**, on November 1 with love from Kevin, Amy, Devin, and Sophie LaDue • **Ashley Petersen**, on November 25 with love from mom, D., Justine, Grandma Jodie, Charlie, Auntie Heather, Bri, Alexis, and Ryan • **Mayo Perez**, on November 12 from Donna and Big Joe • **KiKi Perez**, on November 13 from Donna and Big Joe • **Ralph Pewaush**, from Donna and Big Joe • **Dee Bullchild**, on November 27 from Donna and Big Joe • **Jay**, on November 1 from Beige, Big Jake, Kinney Minnie, and Jan-Jan • **Jayson Stanley**, on November 25 from Beige, Big Jake, Kinney Minnie, and Jan-Jan • **Nana**, on November 26 with love from Beige, Kelly, Kinney Minnie, and Jan-Jan • **Key**, on November 29 from Jellies • **Curtis**, from Beige, Minnie's and Jan • **Brian Garbow**, on November 13 from Judy and Mark Swanson and family • **David Staples**, on November 12 from Judy and Mark Swanson and family.

Happy November birthday to Mille Lacs Band Elders!

Floyd Ballinger
Clifford Benjamin
Irene Benjamin
Mildred Benjamin
Barbara Benjamin-Robertson
Charles Boyd
George Boyd Jr.
Alice Carter
Richard Dakota
Michael Dorr

Ronald Dorr
Melvin Eagle
Eileen Johnson
George LaFave
Darlene Meyer
Rose Noonday
Elizabeth Peterson
Ralph Pewaush
David Sam
Leonard Sam
Mary Ann Shedd
Maria Spears
David Staples
Beatrice Taylor
Joyce Trudell
Lawrence Wade II
Linda Wade
Jennie Weyaus
Natalie Weyaus
Patricia Xerikos

Anniversary

Happy 31st Anniversary to **Clarence "Tarz" and Irene Boyd**. *We love you, from Judy, Rod, Val, Samantha, Sarah and all the great-grandchildren.*

Congratulations

Congratulations to **Darryl Thompson and Starr Pothirath** on their engagement, *from mom, friends and family.*

Congratulations to Brad Harrington Jr. and Kristi LeBlanc on their new baby boy. **Eric Anthony** was born on October 25, he weighed 8 lbs., 14 oz., and was 22 in. long. *Congratulations from Val, Kev, Pie, and Baby Kev.*

Congratulations to **Amber Karst and Sean Racela** who were married on August 24. The wedding was held in Pierz, MN with Rhonda Bot officiating the ceremony. Parents of the couple are Richard and Janelle Karst of Pierz, Jackie and Scott Cook of Oberline, LA, and Deborah Mitchell and Jade Racelo of Garrison. Attending as maid of honor was Tina Cairo. Bridesmaids were Tracy Thesing, Jessica Mitchell, Ashley Karst, Crystal Gottschalk, Vanessa Schram, and Melissa Karst, with Teresa and Christina Karst as flowergirls. Groom's attendants were Jon Holmquist, best man, Brandon Erle, Ryan Shore, Roy Garbow, Tom Hart, Adam Rohloff, and Mike Karst. The couple's home will be in Brainerd. The groom is employed with the Mille Lacs Band of Ojibwe and the bride is employed at Grand Casino in Mille Lacs.

In Memory

Remembering Tuggo – It will be four years on October 13 since you went with the Great Spirit. It is hard to believe that time passes so quickly it seems like you were here yesterday enjoying our morning coffee and our family gatherings. We still think of you every day and miss you very much. We love and talk about you daily and think about the silly things you said to us and crazy things you did. You are gone but not will never be forgotten. *Your loving family, Bea, your children, grandchildren and great-grandchildren.*

Del – We thought of you with love today, but that is nothing new. We thought about you yesterday and the days before that too. We think of you in silence, and we often speak your name. All we have are memories and you picture in a frame. Your memory is our keepsake with which we will

never part. The creator has you in safekeeping and we have you in our hearts. Rest in peace November 20, 1984-November 27, 2004. *With love from Auntie Andrea Leigh Mitchell, family and friends.*

Peggy Erickson died at St. Cloud hospital on October 14, 2007. She was surrounded by her children and numerous adoring grandchildren. Peggy lived 82 nurturing years. She is truly missed by everyone who had the privilege of knowing her. She was mother and friend to anyone in need. At Peggy's request, there was a memorial service at First Memorial Waterston Chapel on October 24, 2007. She chose to be remembered alive, happy, and smiling. We were grateful to honor her wishes. She was proud of her Native American Heritage as she was her religious upbringing. *Lovingly submitted by family members.*

Great American Smokeout

By Rob Thompson, Safety/Risk Manager

November is recognized as the Great American Smokeout. The goal of this observance is to increase awareness and understanding about the health risks associated with smoking and to encourage smokers to quit.

Each year on the third Thursday of November is the American Cancer Society's Great American Smokeout. During this event, smokers are challenged to quit smoking for at least one day.

Although this year's Great American Smokeout was just held on November 15, it's always a great time to take the challenge of quitting. It is no easy road to travel, but quitting smoking is one of the most important things you can do to maintain good health.

Consequences of smoking

- Increased risk of many forms of cancer
- More frequent bronchitis and colds
- Increased risk of stroke and heart disease
- Shortness of breath during daily activities

Quit smoking today

Even if you've been smoking for years, it's never too late to quit. Following are some tips.

- Get support – Your chances of quitting smoking permanently are increased if you have some type of support such as counseling, nicotine replacement therapy, and friends and family members' encouragement.
- Reward yourself – Congratulate yourself on your progress. However, you need to make sure not to replace your habit of smoking with another unhealthy habit. Choose healthy behaviors that will positively impact your health, such as going for a walk or playing a sport.
- Never give up – It's common to experience setbacks when trying to quit smoking, so don't give up.

Overcoming an addiction is an ongoing journey that requires hard work. Everyone has to start somewhere, so take the steps in your life to improve your health.

If you or anyone you know would like more information about quitting smoking, please call the Mille Lacs Band Public Health Department and get enrolled in the Smoking Cessation Program. Please direct any questions to the Mille Lacs Band Health and Human Services Department at 320/532-4181 or any Mille Lacs Band clinic health care provider.

Information provided in this article is based on articles from the American Cancer Society.

News from Tribal Court

New employees

Tribal Court recently hired three new employees and is now fully staffed. Please welcome Shawna Sam, Tina Merrill, and Andrea Stish.

Shawna Sam, a Mille Lacs Band member, filled the new position of Office Assistant. As the Office Assistant, Shawna's role is to assist the staff including the Clerks, Administrator and Judge with creating files, filing court documents, and other administrative duties.

Tina Merrill recently joined Tribal Court as Assistant Court Clerk. She replaced Carla Big Bear, who moved to the position of Child Support Enforcement Director. Tina's role is to process all incoming complaints and petitions dealing with garnishment, business and tribal bonus cases for the Mille Lacs Band entities.

Andrea Stish, Law Clerk, is responsible for conducting legal research for the District Judge and Appellate Justices. In addition, Andrea will assist with compiling case law, drafting various court rules, and creating/updating the court's web page.

Voluntary bonus garnishment

As of October 15, 2007, the Court of Central Jurisdiction will no longer accept voluntary garnishments. This includes voluntarily garnishments of Band members' bonus distribution checks to pay for bail bond expenses, personal debt, or child support obligations. The court will continue to process wage and bonus garnishments, but only

subsequent to a lawsuit as stated in Chapter 24 of the Mille Lacs Band Statute §3352. If you have any questions, please contact the Court Administrator at 320/532-7401.

Changes in the Court Liaison Program

In the past, the Court Liaison Program provided unlimited transports. However, due to the rise in gas prices and the number of transports needed, the program will now limit transportation services to the following Minnesota counties: Aitkin, Benton, Carlton, Crow Wing, Hennepin, Kanabec, Morrison, Pine, Ramsey, Sherburne, Stearns, St. Louis, and Burnett County (in Wisconsin).

These changes were effective October 15, 2007. If you need transportation to any of these counties, please contact:

- Mike Quinn, District I
320/532-7501 (office)
320/279-0054 (cell)
- Jan Sam, District I
320/532-7843 (office)
320/279-0059 (cell)
- Jill Valentino, District II
218/768-3311 (office)
320/279-0056 (cell)
- Oliver Gibbs, District III
320/384-6240 (office)
320/279-2470 (cell)

This is a reminder that transportation during inclement weather is at the discretion of the Liaison driver. Each Liaison will make every effort to inform the client in case of a cancellation due to the weather. Providing rides is our goal; but safety is just as important.

Events at the Mille Lacs Indian Museum

Moccasin workshop

Learn techniques of working with leather to make moccasins. Participants will create a pair of Ojibwe-style moccasins under the direction of Mille Lacs Band Elder Margaret Hill. This two-day workshop will be on Saturday, November 17 from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, November 18. The cost is \$50 for the public, \$45 for Minnesota Historical Society members, and \$30 for Mille Lacs Band members. There is also a \$15-25 supply fee.

Miniature ornament workshop

Learn to create miniature ornaments from natural materials during this workshop led by

Margaret Hill. Creations can be used to decorate for the holidays or given as gifts. This two-day workshop will be on Saturday, December 1 from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, December 2. The cost is \$50 for the public, \$45 for Minnesota Historical Society members, and \$30 for Mille Lacs Band members. There is also a \$10 supply fee.

Hours of operation

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

Calendar of Events

November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101</i></p>	<p>Commissioners On Call A Mille Lacs Band commissioner is available every weekend to help Band members handle emergencies. If you have an emergency, please contact the commissioner on call at 877/239-2444. The emergency phone is answered from 5 p.m. Friday- 8 a.m. Monday.</p>	<p>*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com</p>		<p>All District Elder Meeting 11:30 a.m. Contact: Nora Benjamin, 320/532-4181</p>		<p><i>Commissioner on Call Sarah Oquist, Commissioner of Corporate Affairs 877/239-2444</i></p>
18 <i>Commissioner on Call Sarah Oquist, Commissioner of Corporate Affairs 877/239-2444</i>	19	<p>District II Meeting East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311</p>	<p>District IIA Meeting Chiminising Community Center 5:30 p.m. Contact: Marvin Bruneau, 218/768-3311</p> <p>East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772</p>	22 All offices closed for Mii Gwetch Day	23	24 <i>Commissioner on Call Sam Moose, Commissioner of Health & Human Services 877/239-2444</i>
25 <i>Commissioner on Call Sam Moose, Commissioner of Health & Human Services 877/239-2444</i>	<p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Becky Sam, 320/532-7423</p>	27	28 East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	<p>Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Pat or Barb, 612/872-1424</p> <p>Marie Osmond* GCML 6 p.m. & 8:30 p.m.</p>	30	

December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Commissioner on Call Joycelyn Shingobe, Commissioner of Education 877/239-2444</i>
2 <i>Commissioner on Call Joycelyn Shingobe, Commissioner of Education 877/239-2444</i>	3 AMVETS Meeting GCML 6 p.m. Ken Weyaus, 320/309-6925 Pine Grove Leadership Academy Meeting	4	5 East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	6	7 Ronnie Milsap* GCH 7:30 p.m.	8 <i>Commissioner on Call Curt Kalk, Commissioner of Natural Resources 877/239-2444</i>
9 <i>Commissioner on Call Curt Kalk, Commissioner of Natural Resources 877/239-2444</i>	10 Aazhoomog School 6:30 p.m. Skip Churchill, 320/384-6970 Onamia Indian Education Parent Committee Meeting Onamia School District Office Conference Room 12 p.m.	11	12 East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	13	14	15 <i>Commissioner on Call R.J. Brunkow, Solicitor General 877/239-2444</i>

What Is Your Favorite Dish on Thanksgiving?

Bea Mitchell



"My favorite food at Thanksgiving is wild rice hotdish, the way I cook it."

Debbie Mitchell



"My favorite food at Thanksgiving is mom's wild rice hotdish."

Diane Nickaboine



"My favorite food dish on Thanksgiving is everything, especially when my mom cooks it."

Joyce Drumbeater



"My favorite food dish on Thanksgiving is the whole thing, all of it."

Alicia Cook



"My favorite Thanksgiving dish is Ham with mashed potatoes."

Dionne Thompson



"My favorite Thanksgiving dish is my Mom's stuffing."

Stephanie Thompson



"My favorite Thanksgiving dish is wild rice hotdish."

Gina Thomas



"My favorite Thanksgiving dish is my homemade mashed potatoes."

Photo courtesy of Rick Anderson

What is Economic Development?

By Martin Jennings, Director of Development for the Corporate Commission

You can't go anywhere on the reservation without hearing someone voice his or her opinion on what the Corporate Commission should do to promote economic development, and how it is not doing what "we want." But what does the "we want" really mean?

It means different things to different people

Many people want what is traditionally called economic development (jobs and more retail opportunities). Others want business development (Band-owned or partially-owned businesses that generate a profit). Still, others want more secure income streams for the Band and Band families through the future. What are these three things? Where do they fit into what the Corporate Commission does? Why are all three important? In this article and future ones, we will discuss the Corporate Commission's strategies in economic and business development to provide a better understanding of what we are doing.

Business growth and development

In recent years, the Corporate Commission has focused on adding small

businesses that have opportunities for success within the local communities (e.g., a grocery store and gas station/convenience stores). These businesses can be supported by smaller numbers of people because they offer products and services that most people use. They also produce smaller, more comfortable job environments for local Band and community members who are not comfortable in the large corporate atmosphere of the casinos.

The purpose of business development activities is to develop sustainable businesses. This is accomplished by:

- expanding existing businesses,
- partnering with existing businesses,
- purchasing existing successful businesses, or
- creating new businesses.

Businesses, unlike governments, don't or can't stay fixed. They either grow, reinvent themselves, or go broke. The Corporate Commission staff has been working on strategies to grow our businesses. These strategies are more visible in the Mille Lacs area. For example, looking for complementary activities to gaming has resulted in the purchase of Eddy's Resort, the construction of Grand Makwa Cinema, and the expansion of the hotel. These assets will

cause our primary business – gaming and hospitality – to grow and eventually result in stronger profit centers. By creating sustainable businesses, we are able to continue to support a successful community.

We want to hear from you

Communities thrive when there is active participation and involvement from members. If you want to learn more about economic development and participate in the Corporate Commission's efforts, there is now an opportunity for you to help the Band continue into a prosperous future. The Corporate Commission is reactivating community economic advisory committees, and will select a group of Band members to participate in formulating economic and business development strategies for the Band.

Your voice is important. Please contact the Development Department at 320/532-8800 if you interested in serving on a committee in your district.

The Development Department oversees economic and business development activities for the Corporate Commission.

Women's Project 6th Annual Man March & Feast



Photo courtesy of the Women's Project

By Michelle Leecy, Women's Project Shelter Manager

The Mille Lacs Band Women's Project 6th Annual Man March and Feast took place on October 23 in District I. It was well attended with close to 100 participants. Information about our program was distributed and many different prizes were awarded in raffle drawings throughout the evening. The Women's Project would like to give a big mii gwetch to Melvin Eagle, Larry Wade, Marcia Sam, Gwen Holmes, Dawn Day, and to all the wonderful marchers and attendees who made our 6th Annual Man March and Feast a great success.

If you have any questions about the Annual Man March activities, please contact Cindy Olin at 320/630-2676.