

OJIBWE INAAJIMOWIN

November 2008

"The story as it's told."

Volume 10 • Number 11

Strong Native Vote Played Important Role in Nov. 4 Election

The November 4 election proved historic on many fronts – from electing our first African American President to a record number of votes cast nationally to several key races being so tight that a recount is required. Even the Mille Lacs Band's Election Day breakfasts set a record, with more than 550 Band members and employees attending.

Every vote matters!

Locally, DFLers Lisa Fobbe and Gail Kulick Jackson were the top vote-getters in Senate District 16/House District 16A. Fobbe defeated Alison Krueger by 85 votes for the Senate seat and Kulick Jackson defeated incumbent Sondra Erickson for the House seat by 89 votes. These margins of victory are both so narrow – less than 0.05% after the first count of the ballots – that state law requires a recounting of all the votes cast in those races.

The most well-known race being recounted is the U.S. Senate race in Minnesota. Nearly 2.9 million votes were cast, and at press time, incumbent Norm Coleman led challenger Al Franken by fewer than 250 votes. It could be several weeks before the recount is completed and the winner is announced.

Local precinct highlights

A close look at some of the Mille Lacs Reservation-area precincts highlight how important the Mille Lacs Band vote is, and why every one of us should vote.

- In the Kathio Township precinct, results for the Senate District 16/House District 16A races heavily favored the DFLers. In this precinct, Fobbe received 524 votes to Krueger's 145, and Kulick Jackson received 516 votes to Erickson's 167.
- In the U.S. Senate contest, Franken received 441 votes in Isle, Isle Harbor Township (Mille Lacs County), and Spalding Township (Aitkin County) combined – more than the number by which he trails Coleman.

These results show that the turnout in a single precinct can make a big difference in the outcome of a regional or statewide race. Thank you to everyone who voted!

Winners in select races

Following are results from some of the local, state and federal races being watched closely in the Mille Lacs Reservation area.

FEDERAL OFFICES

Number of votes

President/Vice President

Barack Obama/Joe Biden (DFL)	1,573,259 (in MN)
John McCain/Sarah Palin (R)	1,275,371 (in MN)

U.S. Senator*

Al Franken (DFL)	1,211,359
Norm Coleman (R)	1,211,565
Dean Barkley (I)	437,379

U.S. Congressperson, District 4

Betty McCollum (DFL)	216,268
Ed Matthews (R)	98,938

U.S. Congressperson, District 5

Keith Ellison (DFL)	228,753
Barb Davis White (R)	71,013
Bill McGaughey (I)	22,315

U.S. Congressperson, District 8

James Oberstar (DFL)	241,802
Michael Cummins (R)	114,864

STATE LEGISLATURE

State Senator, District 16*

Lisa Fobbe (DFL)	22,356
Alison Krueger (R)	22,271

State Representative, District 3B

Loren Solberg (DFL)	11,955
Carolyn McElfrick	8,735

State Representative, District 8A

Bill Hilty (DFL)	13,042
Tim Hafvenstein (R)	6,956

State Representative, District 8B

Tim Faust (DFL)	10,258
Judy Soderstrom (R)	9,951

State Representative, District 16A*

Gail Kulick Jackson (DFL)	11,044
Sondra Erickson (R)	10,955

LOCAL OFFICES

Mille Lacs County, District 3 Commissioner

Phil Peterson	1,219
Philip Eggen	1,210

Mille Lacs County, District 5 Commissioner

Richard Dukowitz	848
Frank Courteau	1,448

Pine County, District 3 Commissioner

Steven Chaffee	1,351
Roger Nelson	1,125

* These are preliminary results only. The votes cast in this race are being recounted.

School board winners – the winners in the Onamia School Board race were Mary Sam, David Osterman, and Jamie Root-Larsen. Jeff Larson, DFL Chair of Senate District 16, won a seat on the Milaca School Board.

Other election results – to get all of the election results in your area, contact your county of residence or, if you live in Minnesota, visit the Secretary of State's Office Web site at www.sos.mn.us.



MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359



Printed on 100% recycled paper

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE PAID
BRainerd, MN
PERMIT NO. 472

Firefighters Visit Nay Ah Shing for Fire Prevention Week



Rick Anderson (Ay be Nizhoo Way we Daang)

Four Garrison firefighters visited Nay Ah Shing Lower School on October 15 to teach students about fire safety and give them a tour of a fire truck.

By Monte Fronk, Emergency Management Coordinator

Stop, drop and roll. This was just one of the tips Nay Ah Shing elementary students learned during a recent visit by the Garrison Fire Department for fire prevention week. On October 15, four Garrison firefighters talked to students about fire safety, took them for a tour in a fire truck, and assisted them in using a fire hose. The students greatly enjoyed meeting with the firefighters, who handed out toy fire helmets to the children. Smokey the Bear also visited the school to teach kids about fire prevention and safety.

Garrison Fire Department open house

On October 11 and 12, the Garrison Fire Department held an open house for community members to meet with their local volunteer firefighters and learn about fire safety. Visitors rode in fire trucks, met with

firefighters and Pine City first responders, and enjoyed refreshments. The Crow Wing County Bomb Squad also participated in the event and demonstrated the use of bomb suits and equipment used to disarm bombs.

Part of the open house featured the Garrison Fire Department's fire escape "house." The mock house – which is built inside a trailer – features a small bedroom where kids can practice their escape route when smoke is pumped into the room to simulate a fire. The house also has features that teach kids about kitchen fire safety and severe weather safety.

The open house had a great turnout, and many of our Mille Lacs Band community members attended, including participants in the Band's Community Recreation and Sports Program. The event was a fun opportunity to learn about fire safety and celebrate the Garrison Fire Department's valuable work.

Community Recreation and Sports Program Staff and Activities

By Dawn Aubid, Community Recreation and Sports Program Director

The mission statement of the Community Recreation and Sports (CRS) Program is to "promote a healthy and physical lifestyle by providing recreational and organized sports, complemented with cultural programming for youth and adults." As the director of the program, I oversee activities that promote healthy lifestyles.

I am a recent graduate of the University of Wisconsin-Superior with a bachelor's degree in legal studies with an emphasis in first nations studies. I have been working for the Mille Lacs Band for seven years. I am a founder of the Minisinaakwaang Leadership Academy in District II in East Lake, which opened in 2007. Prior to my work with the Leadership Academy, I served on the McGregor Parent Advisory Committee from 1997 to 2006. Today I serve as the interim chairperson for the Leadership Academy. I am excited to serve the Band in this active role.

Other CRS staff

The CRS Program has been hiring dedicated individuals who support our program and its recent changes. Currently, we have 19 staff members. One of our staff members is Erik Gahbow, the Drum and Dance Coordinator. Erik is a proud uncle who takes care of his nieces. He is from District I and has participated in traditional Ojibwe ceremonies for most of his life. He is a renowned singer with various vocal groups and is excited to begin his duties assisting with drum and dance activities.

Another CRS employee I would like to recognize is Weylin Davis, who has been with the program for about six years in the District III community. He is a recent newlywed and a father of a two-year-old daughter. Weylin is a full-time District III CRS Specialist.

We are looking forward to providing sporting activities for adults as well as setting aside time for youth to access our facilities and equipment.

Softball games

On September 20, we held a youth softball game for participants from all of the districts. Following the game, we had a cookout and gave door prizes to the youth and adults who attended. On September 21, we held an adult softball tournament for teams to

compete for the traveling trophy, which was won by the District III team. Way to go Lake Lena on holding on to the trophy!

Drug prevention event

The CRS Program put on a drug prevention programming event that featured award-winning Native American rap artist, actor, and motivational speaker Litefoot. The event ended with Litefoot performing an explosive and inspiring concert. District II Coordinator Darrell Shingobe and Pete Gahbow emceed the day's activities. The CRS Program's drum and dance group kicked off the day's activities with songs and dances to inspire youth to join in future activities. Erik Gahbow did a terrific job preparing the youth for their performance.

One of the most stirring aspects of the day was the "Negative to Positive Panel" that featured former convicted criminals who have turned their lives around. CRS would like to thank these men for contributing their stories and advice to the youth. Magic, a drug-sniffing dog, displayed his drug-sniffing skills for the youth during an apprehension presentation. The youth also participated in a one-of-a-kind history of hip-hop seminar about how this style of dance was used instead of violence and learned a few dance moves. Thank you to all the youth, adults, and staff members who made this such a memorable event.

Basketball and volleyball activities

The CRS Program will schedule basketball and volleyball matches between districts for youth and adults. Please watch for a listing of CRS activities in your districts in our monthly newsletters. Or stop by the community centers to pick up a schedule of future events and activities.

Contacts

For information on our programs, contact the CRS Coordinator in your district:

- District I Coordinator Thomas Mitchell: 800/709-6445, ext. 7518
- District II Coordinator Darrell Shingobe: 877/768-3311, ext. 2228
- District IIa Coordinator Virginia Sam: 877/676-1102
- District III Coordinator Anita Benjamin: 877/884-6240, ext. 240

Band Members Play in Youth Football League



Photo courtesy of Sheldon Boyd

Six Mille Lacs Band youth are part of McGregor's pony football league for students in grades four through six. They are part of a team called the McGregor Mercs that plays against other local schools. From left to right: (first row) Joe Benjamin and Joshua Benjamin; (back row) Rodney Pendegayosh Jr., Brandon Fairbanks, Phillip Pendegayosh, and Jonathan Fairbanks.

Diabetes Awareness Month

By Rob Thompson, Safety/Risk Manager and Sue Swanson, Diabetes Coordinator

November is American Diabetes Month, a great time to remember the importance of diabetes prevention and proper diabetes care and control. The American Diabetes Association (ADA) is working to raise awareness about diabetes and its complications, such as heart disease, kidney disease, blindness, stroke, and amputations. Here on the Mille Lacs Reservation, our Diabetes Team works yearlong to assist people with diabetes and educate our community members about the disease.

Diabetes prevalence

According to the American Diabetes Association, 23.6 million Americans (or about 8% of the population) have diabetes. Of that group, about 18 million are diagnosed with the disease and six million are undiagnosed. In Indian Country, the rate of people with diabetes is 2.3 times higher than the national rate. The rate of diabetes in all youth is also significant – 15,000 new cases are diagnosed each year. If these trends continue, one out of three Americans and one in two minorities born after 2000 will develop diabetes in their lifetime.

Interesting facts from the ADA

- The death rate due to diabetes has increased by 45% since 1987, while the death rates for stroke, cancer, and heart disease have declined.
- The risk of heart attack and stroke is greatly reduced by controlling blood glucose,

blood pressure, and cholesterol.

- Blindness, amputations, stroke, kidney disease, and heart disease can often be prevented through annual eye exams, routine foot exams, and blood pressure checks.

To prevent or delay diabetes complications, remember ABC:

- A is for average glucose. Glucose levels should be checked every three months.
- B is for blood pressure. Blood pressure should be checked during every doctor visit.
- C is for cholesterol. Cholesterol should be checked at least every year.

Diabetes classes

The Mille Lacs Band's Diabetes Team organizes and conducts monthly diabetes educational programs. Education does make a difference! Of the participants in the Mille Lacs Band diabetes self-management program, 53% currently have average blood glucose levels lower than 7%, and 52% have blood pressure equal to or lower than 130/80. Both of these measures have improved since last year. These are two of the most important measures for improved outcomes.

The next diabetes class, titled "Balancing Your Life and Diabetes" is scheduled for Thursday, November 20, from 9 a.m. to 4 p.m. at the District I Community Center. Registration is required. Contact Sue Swanson, Diabetes Coordinator, at 320/532-7790 to register or for more information.

Help Decide the Future of Economic Development in East Lake



Photo courtesy of Sara Treiber

District II Economic Advisory Committee members have been exploring business opportunities for the East Lake area to help boost economic development and create more jobs. Advisory Committee members Brenda Moose and Dale Greene Sr. review options with Corporate Commission Business Planner Jody Rooney.

By Sara Treiber, Interim Director of Development

A committee of Mille Lacs Band members in District II has been working hard to explore business options that would provide an economic base for the district and create jobs for Band members living in District II. Now the committee needs your input. On November 17 and 18, the District II Economic Advisory Committee will hold an economic summit for Band members to discuss business possibilities in the following areas:

- Medical supplies
- Renewable energy
- Recycling
- Gaming
- Manufacturing
- Office and retail (large corporate retail and entrepreneurial scale)
- Selling some product or service to the government (item or service yet to be determined)

Band members will have an opportunity to vote on the top four ideas that the committee will pursue and to get involved in the process after the summit.

Over the last six months, committee members have been working with Corporate Commission staff and researching a number of business possibilities to present at the summit. After the summit, they will start a more in-depth analysis of the top four areas chosen, develop business plans and timeframes, and move forward on starting businesses.

Committee members include Jen Aubid, Andrea Benjamin, Maurice Benjamin, Rick Benjamin, Tom Benjamin, Mary Sue Bohanon, Renee Moore, Brenda Moose, Mushkooub, and Laura Shingobe. Other Band

members have also assisted in the committee process including Irene Benjamin, George Boyd III, Tina Emery, Tim Jackson, Raina Killspotted, Brenda LaPrairie, and Darrell Shingobe.

About the event

District II Band members are encouraged to attend this important economic summit and share their ideas.

Monday, November 17

8:30 a.m. – registration

9 a.m. – invocation

Lunch and dinner will be provided. Pete Gahbow and the drum group will provide the evening entertainment for the social gathering.

Tuesday, November 18

9 a.m. – invocation

2:30 p.m. – event conclusion

The event is free to all District II Band members. Child care assistance will be available during the conference. A lot of prizes will be given. To register for the conference or to receive conference information, please call me at 320/532-8814.

Calling all District II potential entrepreneurs

Have you ever thought about starting your own business? Interested in working for yourself rather than someone else? Do you have some good ideas about future businesses? During the economic summit on November 17, staff from the Small Business Development Program will offer information on how to start a business, resources available to assist you, and potential funding opportunities.

This is a great opportunity to find out more about owning your own business. Come and learn more!

Help Protect the Band's Gaming Assets

Toll-free casino theft/fraud hotline

If you believe theft or fraud is occurring at Grand Casino Mille Lacs or Grand Casino Hinckley, please call the Gaming Regulatory Authority hotline: 866/320-4651 or extension 8616.

No person is exempt from being reported. All calls are anonymous and confidential. All information received will be taken seriously and investigated thoroughly.

Please do not call with Associate complaints or personal issues.

Winter 2008 Bonus Checks

Distribution dates and locations

Checks will be distributed to all eligible Mille Lacs Band members on **December 4, 2008**, at each Band member's home district. This distribution is for all Band members receiving bonus 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 4, 2008, 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, III or the Twin Cities urban area can pick up their bonus checks on **December 4, 2008**. 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 District I, II, 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 4, 2008**.

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

District II: Renee Moore, 218/768-3311 or 877/768-3311

District IIa: Carmen Green, 320/676-1102 or 877/676-1299

District III: 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 21, 2008. 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 8, 2008** 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 8, 2009**, contact Darcie Big Bear at 800/709-6445, ext. 7440.

Address and name changes

If your address or name has changed since the last bonus, it is very important that you send in your information to the Enrollments Office. **The deadline for address and name changes is noon on November 21, 2008.** 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.
 - 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 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 26, 2008. For more information about direct deposit, contact Kathy Heyer at 320/532-7472.
- For general bonus information, please call Darcie Big Bear at 320/532-7440 or Ginny Davis at 320/532-7512.

2008/2009 Election Guidelines

A primary election for Chief Executive will be held December 16, 2008. This primary election will determine the two candidates who will be on the ballot for the regular election on February 24, 2009.

To vote in the primary election, the following conditions must be met:

- Enrolled member of the Mille Lacs Band of Ojibwe.
- 18 years of age as of December 16, 2008.
- Reside in a district of the Mille Lacs Reservation thirty (30) days prior to December 16, 2008.

If you do not meet the thirty day residency requirement or have never resided within the district areas of the Mille Lacs Reservation, then you must vote by absentee ballot.

To request an absentee ballot by mail:

Submit by mail or fax an Absentee Ballot Request Form to the General Election Judge. All information requested must be filled out in order for the Election Board to process your request in a timely manner. Absentee Ballot Request Forms are in this issue of the *Inaajimowin*, at the front desk of each district community center, and at the urban office.

Absentee ballots must be received by the General Election Board by 8 p.m. on December 16, 2008, by mail or hand delivery. A hand-delivered ballot will only be accepted by the Election Board from the person to whom the ballot was issued.

To vote by absentee ballot in person:

Voting in person by absentee ballot prior to the primary election will be at the General Election Office located at the tribal government center. Voting by absentee ballot on December 16, 2008, will be conducted at the District I voting precinct located at the community center.

The address of the General Election Board is:

Mille Lacs Band of Ojibwe
General Election Board
Attn: Election Judge
43408 Oodena Drive,
Onamia, Minnesota
56359

Any election questions can be directed to Roberta Fox at 320/532-7792 from 8 a.m.-5 p.m. Monday-Friday.

Special Election Calendar

- October 27, 2008: Election announcement
- October 28, 2008: Opening of period for filing for office
- November 7, 2008: Close of filing period
- November 12, 2008: Notice of certifications to TEC
- November 12, 2008: Notice of primary election
- November 14, 2008: Deadline for appointment of election boards
- November 14, 2008: Deadline for appointments of Election Contest Judge
- November 14, 2008: TEC provides ballots for primary election
- **December 16, 2008: Primary election**
- December 17, 2008: General Reservation Election Board certifies primary results
- December 18, 2008: General Reservation Election Board publishes primary results
- December 19, 2008: Deadline for request for recount
- December 23, 2008 (5 p.m.): Deadline for contest of primary election
- December 24, 2008 (Or December 22 or 23 if request for recount is filed before deadline): Decision on request for recount and results of recount
- January 2, 2009: Decision on contest
- January 5, 2009: Deadline for appeal to Court of Election Appeals (If approved by Band)
- January 8, 2009: Record of contest to Court of Election Appeals (If approved by Band)
- January 12, 2009: Last day for hearing on appeal (If approved by Band)
- January 22, 2009: Last day for decision on appeal (If approved by Band)
- January 23, 2009: Notice of general election; TEC provides ballots
- **February 24, 2009: General election**
- February 25, 2009: General Reservation Election Board certifies election results
- February 26, 2009: General Reservation Election Board publishes election results
- February 27, 2009: Deadline for request for recount
- March 3, 2009 (5:00 p.m.): Deadline for notice of contest
- March 4, 2009 (Or March 2 or 3 if allowed request for recount is filed before deadline): Decision on request for recount and results of recount
- March 6, 2009: Candidate assumes office unless election contest is not completed
- March 10, 2009: Decision on contest
- March 16, 2009: Deadline for appeal to Court of Election Appeals (If approved by Band)
- March 17, 2009: Record of contest forwarded to Court of Election Appeals (If approved by Band)
- March 23, 2009: Last day for hearing on appeal (hearing within seven days notice of appeal) (If approved by Band)
- Ten days from hearing: Deadline for decision of the Court of Election Appeals
- Day following decision of appeal: Winning candidate prevailing on appeal takes office

Chief Executive Special Election Approaching

Primary set for December 16

Mille Lacs Band members will go to the polls on **Tuesday, December 16**, to narrow the field of candidates running for Chief Executive.

The candidates are:

- Marge Anderson
- Michael Robert Aubid
- Clifford K. Churchill
- Kirstie Lee Davis Deyhle
- Lisa Michelle Jackson

- Mushkoob
- Larry M. Nickaboine
- Pamela Elaine Pawaush
- Wallace St. John Sr.

Unless one of these candidates receives more than 50% of the votes in the primary election – which is enough to win outright – the general election will be held on February 24. The new Chief Executive will complete the remainder of the four-year term that ends on June 30, 2012.

Primary Election Day Polling Places

Polling Places – Open from 8 a.m.-8 p.m.

- District I Community Center
- East Lake Community Center
- Isle Chiminising Community Center
- Lake Lena Community Center
- All Nations Indian Church – 1513 E. 24rd Street, Minneapolis

Election Board Members

General Election

- Roberta Fox, Judge
- Amy LaDue, Clerk
- Kenneth Mitchell, Teller
- Judy Rosengren, Alternate 1

East Lake Precinct

- Agnes Chief, Judge
- Maia Smith, Clerk
- Tom Benjamin Sr., Teller
- Rory Bruneau, Alternate 1

Isle Precinct

- Rose Noonday, Judge
- Virginia Sam, Clerk
- Loris White, Teller

- Jack Sam, Alternate 1
- Shelley Boyd, Alternate 2

Lake Lena Precinct

- Joel O'Brien, Judge
- Russell Thomas, Clerk
- Shannon Thomas, Teller
- Rodney Matrious, Alternate 1

Urban Precinct

- Barb Benjamin-Robertson, Judge
- Jamie Edwards, Clerk
- Patricia Clark, Teller
- Darlene Sam, Alternate 1

Absentee Ballot Request Form

Mille Lacs Band of Ojibwe • Primary Election • December 16, 2008

I am requesting an absentee ballot for the December 16, 2008, primary election.

My full name, which I am enrolled under, is:

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

District which I will vote from:

- District I-Nay Ah Shing District II-East Lake/Isle District III-Lake Lena Urban Area

Signed _____

Please send your absentee ballot to 43408 Oodena Drive, MN 56359 • Phone 320/532-7792 • Fax 320/532-7506

For Office Use Only

In person: _____

Date voted: _____

By mail: _____

Request received: _____

Phone: _____

Letter: _____

Fax: _____

Request form sent: _____

Request form received: _____

Ballot sent: _____

Ballot received: _____

The Perils of Childhood Obesity

By Toya Stewart

It is estimated that one in three children in the U.S. are overweight. But what's more troubling is that American Indian children have higher rates of obesity than any other group or race combined.

It is a serious problem that is as prevalent in the Mille Lacs Band as it is anywhere else, says Sam Moose, Commissioner of Health and Human Services.

A few weeks ago Sam told his colleagues on the Healthy Child Initiative committee that the life expectancy for today's young people could potentially be shorter than it is for their parents due to complications of obesity, improper nutrition and lack of exercise.

"There's could be drop in life expectancy for kids, if the risk factor associate with current screen are left unresolved" he said. "The Indian Health Service says it's 70.9 years, which is about seven years behind the national average."

According to Mary Story, a researcher at the University of Minnesota, obesity has become a major health problem in American Indians within the past few generations due to high-fat, high-calorie foods and the rapid change from active to sedentary lifestyles.

It's a shocking realization that parents and caregivers should take to heart because the toll of being an overweight child who grows into an overweight adult is staggeringly destructive to one's health.

As the number of overweight children increases, so do the odds of a lifetime of health issues, say health experts. There's also evidence that seventy percent of obese teens are obese as adults, and that leads to a lifetime of health problems.

Almost every major organ is at risk. Youngsters are suffering from high cholesterol, high blood pressure, breathing problems, and painful joint conditions such as arthritis and other ailments.

The incidence of type 2 diabetes is soaring in all populations, but it's even higher among American Indians, according to University of Minnesota researchers. They added that American Indians are also almost twice as likely to die from diabetes as non-Hispanic whites.

In the Mille Lacs Band there are four known cases of type 2 diabetes in children as young as 10 and 11 years old, said Sue

Swanson, a certified diabetes nurse educator and Diabetic Program Coordinator.

"The benchmark for type 2 diabetes was 40 years old, that's when we would see it set in," Sue said. "Type 2 was unheard of in children, but not anymore. We see early onset diabetes or pre-diabetes, which means it's on its way."

To help combat the problem, Mille Lacs public health workers, medical experts, educators and administrators and others have teamed up to find viable solutions that can work through the Healthy Child Initiative committee.

Deborah Foye, nutrition services coordinator for both Mille Lacs schools said the campuses follow the United States Department of Agriculture's guidelines for the nutrition program.

"We can only have a certain amount of saturated fats and calories in our menus," Deborah said. "We don't fry anymore except for frybread. Everything else is baked."

Deborah added that the schools have eliminated vending machines on campuses, have reduced the amount of sugar used in baked goods, serve skim milk in pudding, and use a combination of ground beef and turkey.

She also provides nutrition education programs in the schools, tries to teach children with diabetes how to manage their intake of carbohydrates, and encourages teachers to offer classroom parties and rewards that aren't food-based.

In the spring, Deborah will be working with the Band's DNR department to grow a garden and have students help with the planting and care of it. It's a way to teach them about where their fruits and vegetables come from and how to eat healthy.

The schools are encouraging students to get active and stay active as a way to help them lead healthier lives. This month the kids will have their body mass index taken to help them and their families understand more about their health.

"We encourage children to have less than two hours of screen time per day and not to have TV's in their bedroom, so they will be more active," said Sue. "We'd also like to see more community-organized activities for them and healthier food choices by parents."

"Parents can set good examples for their children to follow."

Healthy Holiday Eating Tips

By Toya Stewart

Food often takes center stage during the holiday season. Family celebrations frequently include favorite foods and elaborate culinary masterpieces that make everyone want to go back for second or third helpings of the delicious dish.

However, experts warn against over-indulgence and urge eaters to practice healthy habits during the festive holiday season. Here are a few tips to remember:

- Don't skip meals, because you'll end up hungrier and will eat more than you intended.
- Eat slowly and savor every bite. Stop when you are full.
- Don't waste calories on foods you don't like. Choose the foods you really want, and keep the portions small.
- Choose smaller portions of foods so you can sample several food items.
- Fill up on fruits and veggies and other healthy snacks.
- Drink lots of water, and cut back on high calorie beverages.
- Don't diet during the holidays. You could end up feeling deprived and could end up overeating. Focus on weight management instead.

- Eat a light snack before going to holiday gatherings.

- Enjoy your time with your family and friends and make them the center of attention, not the food.

The typical holiday meal including turkey, mashed potatoes, sweet potatoes, stuffing, gravy, green bean casserole, cranberry sauce, buttered rolls, and pumpkin pie has about 3000 calories.

Six oz. of turkey with light and dark meat and untrimmed has about 350 calories. Choose turkey over ham. It has less fat and sodium.

Here is how the rest of the meal breaks down:

- 1 cup of stuffing – 340 calories
- 3/4 cups of turkey gravy – 375 calories
- 1 cup of mashed potatoes – 240 calories
- 3/4 cups of candied yams – 365 calories
- 1 cup of green bean casserole – 180 calories
- 1/2 cup of cranberry sauce – 210 calories
- 1 slice of pumpkin pie with whipped cream – 500 calories

What is a 5210 Head?



This is the face of a healthy warrior

5 – servings of fruits or vegetables per day

2 – no more than two hours of "screen time" (TV, video games, recreational computer use) per day

1 – at least one hour per day of moderate to strenuous aerobic activity

0 – No sugar sweetened beverages.

Successful Band Entrepreneur Joe Hendren Shares Experience



Kelly Sam

By Toya Stewart

Five years ago Band member Joe Hendren got what most entrepreneurs starting their own businesses hope for – a lucrative contract.

The contract helped Joe to meet one of his professional goals of owning and operating his own company, Black Dog Computer Services.

"I've known for years that I wanted to own my own company," said Joe, who started the business with a friend, whom he has since bought out to become the sole owner. "When you work for someone else, there's always a glass ceiling."

The name for his company came about because Joe and his former business partner each had black Labradors so they decided on the unique name to represent both of them.

Joe's company specializes in Web site development, database development, and suspicious activity reporting, including fraud and security breaches.

Throughout his 14-year career in the computer industry, Joe has been a programmer, a software developer, and worked in sales and offered customer-related support.

Since the launch five years ago, business has blossomed and

Joe has plans to continue to grow his company.

One of the projects that Joe will work on is assisting the Band in updating its Web site to make it more user-friendly. He's not as interested in making it pretty as he is in making it easier to use, and easy to update. Joe said he will use his technical skills to make it more manageable for Band members and others who visit the site.

"I look forward to doing this work with the Band," he said.

Joe would also like to branch into software product development, rather than just selling his services, to help grow his company.

Joe says there are many perks to being his own boss.

"It offers you freedom."

"And I like that it keeps you thinking," he said. "It's creative even though it's technical. You have to think creatively to solve problems."

Along with the perks come the challenges. One of the biggest challenges of being the sole proprietor is that "you have to do everything from marketing to accounting," Joe said.

Still it's well worth the effort, says Joe, who offers sage advice to anyone who is considering starting a business.

"Don't stop yourself. You will always run into roadblocks," he said. "There are always reasons not to do it, but don't make excuses, just do it."

Joe grew up in Minneapolis and graduated from Southwest High School. He attended the University of Minnesota as an economics major. Though he didn't earn his degree, he is determined to finish college so he can set an example for his two sons. He has been married to his wife, Caroline, for 11 years. The family resides in Lakeville.

Great American Smokeout: The Opportunity For Everyone to Act

By Sam Moose, Commissioner of Health and Human Services

When we hear about the Great American Smokeout each year (coming up this Nov. 20), we tend to think of it as a day targeted only toward smokers. The non-smokers of the world may use it as an opportunity to apply some extra quitting pressure to the smokers in their lives, but most who don't smoke don't pay much attention.

But we all have a stake in smoking cessation – as individuals and communities, smokers and non-smokers alike. The Great American Smokeout should motivate all of us to act.

Of the roughly 20% of Americans who smoke, more than 70% of them say they want to quit. Knowing that so many people want to put smoking behind them is very encouraging, and it tells us the effort to quit ourselves or help others quit is well worth the investment. If 70% of smokers would quit, this would improve the health and longevity of millions of people and save billions of dollars annually.

Let's first look at the issue from a tribal perspective. Tobacco (asema) is a very important part of our ceremonies and spirituality practices. Traditional forms of asema use may have little to no impact on the health of Band members. Our beliefs about asema do not need to change.

But we can build a fire and put asema into the flames, or use it in ways other than smoking, so that we can practice our traditional beliefs without suffering the negative health consequences of smoking. And smoking cessation programs can continue to target non-traditional forms of tobacco use, while respecting the role of asema in our spirituality.

From a health perspective, an estimated 23,160 Minnesotans will be diagnosed with cancer in 2008, and 9,100 Minnesotans will die from the disease. Tobacco use accounts for at least 30% of all cancer deaths and for nearly one in five deaths overall. Lung cancer – the leading cause of cancer deaths – is attributable

to smoking in more than 80% of all cases.

If you are a smoker wanting to stop, you should know that there are new, more effective smoking cessation treatments available to help increase your chances of quitting. Perhaps you have unsuccessfully tried patches, gum, or some other quitting method in the past. Do not let this discourage you. New medications such as Chantix have proven very successful, especially in combination with counseling. Talk to your doctor to help find the right approach for you.

From a monetary perspective, everyone has a lot to gain from smokers who quit. The U.S. Centers for Disease Control and Prevention (CDCP) estimate that smoking costs \$75.5 billion annually in direct health care expenses alone. These health care costs are spread to smokers and non-smokers alike. As patients and health insurance customers, we all pay. Employers also pay a high price, as the average smoker misses more workdays and has higher medical expenditures than non-smokers.

Again, this points to quitting and helping others quit as a wise investment. Unfortunately, some insurance plans do not cover smoking cessation methods. If your current plan does not cover smoking cessation medications and counseling, I urge you to talk to your employer. According to the CDCP, smoking cessation benefits pay for themselves in only three years.

No matter what we believe personally, there is so much to gain as a community from helping smokers quit and preventing young people from starting. We are saving lives. We are protecting children and non-smokers from the dangers of secondhand smoke. We are saving ourselves money.

If we all take action – from talking to our doctors about quitting to making sure our employers cover cessation methods – we are setting a healthier tone for the future.

All statistics are from the American Cancer Society unless otherwise noted.

Learn How to Better Manage Your Time

By Workforce Center Staff

Do you have trouble finding time for yourself? Are you stressed about managing a busy family schedule? The workforce center is offering a time management class to provide you with tips on balancing your time and priorities.

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

- December 9 – East Lake Education Modular (next to the community center)
- December 17 – Lake Lena Community Center
- December 22 – Mille Lacs Band Workforce Center

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

Legal Rights – Paternity

By East Central Legal Services

How is paternity established?

Paternity means who is legally the father of the child. If the parents are not married when the child is born, there is no legal father until paternity is established. There are 2 ways to establish paternity.

Recognition of Parentage (ROP)

Both parents sign a sworn statement that the man is the child's father. You can get the form at the hospital when the child is born or from your county's child support office. You can also call the Minnesota Department of Human Services at 651/296-2542.

An ROP is only valid when it is filed with the Department of Health. If the mother is not married to someone else, and the parents are at least 18 years old, this statement of paternity is final. An ROP can be done at any time.

An ROP can be used to set child support. It does not give the father any right to custody or to parenting time (visitation).

The mother or the man who signed the ROP can cancel (revoke) the ROP within 60 days. You have to do this in writing! Get the form you need from the Department of Health. File it with them to make it valid. After 60 days, you can only cancel the ROP by going to court.

Paternity Order from Court

Sometimes the court must decide paternity. The court will look at the evidence, including genetic tests and the past relationship between the mother and the possible father. You can ask for a genetic test but you do not HAVE to have one to establish paternity.

If the parents are married, the husband is automatically considered to be the father of the child. If the husband or wife wants to start a court case to deny paternity, then, in some cases, they must start it before the child turns three.

If you or someone you know would like more information regarding paternity, please call East Central Legal Services at our toll free number of: 800/622-7772. East Central Legal Services is also available to conduct community presentations on this and other topics.

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

September 2008 – NOT FINAL

	Approved Budget for FY 2008	Actual Expenditures through 9/30/08	% of Budget Expended
Administration (1)*	13,157,828	11,513,366	87.5%
Workforce*	10,555,687	5,197,843	49.2%
Judicial	1,085,086	939,150	86.6%
Law Enforcement*	3,707,433	3,372,547	91.0%
Education*	16,361,627	14,124,586	86.3%
Health and Human Services*	25,827,242	22,199,868	86.0%
Natural Resources*	4,974,662	4,631,681	93.1%
Community Development*	40,941,017	18,986,183	46.4%
Gaming Authority	4,441,857	4,135,274	93.1%
Bonus Distribution	38,185,553	35,519,477	93.0%
Total Expenditures	\$159,237,992	\$120,619,975	75.7%

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 2007 fiscal year.

Circle of Health Update

By Circle of Health Staff

Although we indicate our grace period in all of our articles, recently we have received many phone calls in regards to reimbursements. It is important that we stress, if you have not received a reimbursement or denial by six weeks, please call the office immediately. No information will be released as to when any claim/reimbursement has been sent to the Office of Management & Budget; as they can not speed up the process or release any checks from their office. Lastly, this program is not an emergency program which means we will not allow any claim to be put ahead of anybody else's. Once the request is received, it is processed by date.

Non-eligible family members

Since the May 1, 2008, policy change that Circle of Health would not be paying co-pay or deductibles for non-Band member spouses or non-first line descendant children, our office is not responsible to inform your provider that we will not be making payment on those claims. It is the Band member's responsibility to pay those co-

pays for non-eligible family members at the time of service, to avoid any possibility that these patient responsibilities are forgotten and end up at collections.

Electronic billing

The Circle of Health office has recently been informed that some providers are becoming paperless, which means their billing offices will be billing only electronically. Please research and if applicable you must prepare to make co-pays or deductibles up front. Afterwards you will need to send a copy of your explanation of benefits (or specific documentation from the provider indicating that what you paid is a co-pay or deductible) accompanying an actual receipt from the office for reimbursement. Your explanation of benefits will arrive to your home address approximately 30 days after your visit.

Circle of Health is currently not set up for electronic payment, which does not allow us to receive any billing electronically.

Medicare award letter

Medicare recipients will soon receive their 2009 Medicare

Award letter at the end of November or December. Even though the Medicare premium amount will not be increasing, our office will still need a copy of the new letter.

There are several other departments that require this letter, so please make extra copies and keep your original. Get our copy to us by the end of December to ensure that your reimbursement will be processed. This will be done the second week of January 2009.

Privacy acts

The Circle of Health office cannot release any information to any other department due to privacy acts in place. If you have a Circle of Health updated Consent to Release of Information (dated within one year of the present date) and you call our office, we will be happy to forward this information as you request. If we receive another department's completed release of information form, we will accept and honor the request, unless previously contacted by the Band member to hold all requests pending Band member notification.

Tribal Noteboard

Happy November birthday to:

Brandi Jo Wagner, on November 9 with love from Elias, Baby Tank, John, mom, Brandon, Ron, Roland, Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Bev, Rog, Juni, Roy, and Jillian • **Roy Garbow**, on November 12 with love from Auntie Tammy, Brandon, Brandi Jo, Elias, Tank, John, mom, dad, Juni, Jillian, Ron, Gladys, Roland, Collin, Desi, Lydell, McKayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, and Roxanne • **Ron Smith**, on November 1 with love from Tammy, Brandon, Brandi Jo, Elias, Tank, John, Lenore and family, Gladys, Roland, Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Bev, Rog, Juni, Roy, Jillian, and Spooks • **Lydell Boyd**, on November 27 with love from Auntie Tammy, Brandon, Brandi Jo, Elias, Tank, John, Lenore, Bill, Tyson, Eva, Jon, mom, dad, Kayla, Tayaunna, Gramma Gladys, Papa Ron, Roland, Collin, Camille, Lance, Terrell, Tierra, Ladarius, Candy, Clay, Buddha, Aubrey, Roxanne, Bev, Rog, Juni, Roy, and Jillian • **Matt Smith**, on November 3 with love from dad, Auntie Tammy, Brandon, Brandi Jo, Elias, Tank, and John • **C-Bass**, on November 19 with love from mom, Dylan, Malley, Dilley, Leroy, Dylan Sr., Keith and Chelsey • **Mallory Sam**, on November 23 with love from mom, Dylan, C-Bass, Dilley, Leroy, Dylan Sr., Keith and Chelsey • **Shaun Trevor Jackson**, 6, on November 26 with love from mom, dad, George, Troy, Isaiah, Grampa George, grandma, Tam, Missy, Nick, Destiny, Mike, Alexis, Corey, B-Rose, Britti, Erica, Bear, Romey, Jason, Brookey, Wall, Sharon, Rave, Gramma Rosie, Papa Melvin, Mase, Keegan, and Dee Dee • **Big Man**, from your family in Onamia • **Karen Jones**, from George, Tara, Shaun, Geo, Troy and Isaiah • **Junior**, on November 21 with

love from mom and Boy • **Leonard Sam**, on November 11 with love from Tracy, Kelly, Rachel, Taya, Noah, Deek, Jen, Wesley, and Barbara Jo • **Jayson Sam**, 18, on November 25 from Tiffany, Kali and Norm • **Thomas White**, 9, on November 25 from TJ, Kali, and Norman • **Josie Sam**, 10, on November 12 from TJ, Kali and Norman • **Michelle Mitchell**, 30, on November 12 from TJ, Norman, and Kali • **Larry Wade**, on November 10 with love from Adrienne, Jessica, Tehya, Archie, Levi, Mussette, Cass, TJ, and the rest of the tribe • **Lenore**, on November 1 with love from Bill, Tyson, Eva, Jon, Clara, Emma, Gladys, Ron, Roland, Collin, Desi, Lydell, Kayla, Tayaunna, Camille, Lance, Terrell, Tierra, LaDarius, Candy, Clay, Buddha, Aubrey, Roxanne, Bev, Rog, Juni, Roy, and Jillian • **Emma**, on November 15 with love from dad, mom, Clara, Tyson, Eva and Jon • **Robert**, on November 27 from Lenore, Bill, Tyson, Eva, Jon, Evan, Beth and Susan • **Jamie Jackson**, on November 15 with love from Falon, Curtis, Riley, Blake, Elijah, Arianna, Kwe, Monica, Cam, Lisa, Mick and Jewel • **Michael Fairbanks III**, 21, from dad • **Serenitie Rose Morin**, 3, on November 8 from mom, dad and family • **Stone**, 6, on November 2 with love from mom, grandma, DeaLayna, Derek Jr., Frances, Mary, Mase Sr., Selena, Mase Jr., Dane, Shawsha, Soul Son, Rachel, Joe, Moobutts, Marissa, Donni, Joey, Sheila, Greg, Jim, Jeannette, Jack, and Bruce • **Joey**, 4, on November 2 with love from mom, dad, Moobutts, Marissa, Donni, Sheila, Greg, Gramma Vera, DeaLayna, Derek Jr., Stone, Franny, Mary, Mase Sr., Dante, Mase Jr., Shawsha, Soul, Selena, Jim, Jeannette, and Bruce • **Frances Rose**, 3, on November 30 with love from mom, Gramma, DeaLayna, Stone, JuneBugg, Mary, Mase Sr., Selana, Dante, Mase Jr., Shawsha, Soul Son, Jim, Jeannette, Rachel, Joe, Moobutts, Donni, Rissa, Sheila, Joey, Greg, and Bruce • **Daddy**, 50, from Josef and Madeline • **Precious**, 10, on November 19

from Ashley, Anessa, Alyssa, and Cheryl • **Thomas Jones**, 31, on November 22 with love from your family • **Lori Benjamin**, on November 1 from Debbie, Carmelena, Mataeo, Sean, Brandon and Jessica • **Sophie LaDue**, 2, on November 5 with love from Auntie Debbie, Jessica, Sean, Amber, Carmelena, Mataeo, and Brandon • **Lauren Smith**, on November 19 from Auntie Debbie, Jessica, Sean, Amber, Carmelena, Mataeo, and Brandon • **LaShelle Boyd**, on November 24 from Auntie Debbie, Jessica, Sean, Amber, Carmelena, Mataeo, and Brandon • **Arielle Baulieu**, on November 12 from mom, Craig, Tony, CJ, Jordy, TJ, Shante, Papa Doug, Nai Nai, and Rachel • **Riahanna Smith**, 2, on November 5 with love from mom, dad, Derek, and Brooklynn • **mom**, 26, on November 14 with love from Derek Jr., Brooklynn, and Riahanna • **Raining Rose**, 1, on November 9 from dad, mom, aunts, uncles, grandparents, and great-grandparents.

Happy November birthday to Mille Lacs Band Elders!

Floyd Ballinger
Clifford Benjamin
Irene Benjamin
Mildred Benjamin
Barb Benjamin-Robertson
Charles Boyd
George Boyd Jr.
Alice Carter
Richard Dakota
Michael Dorr
Melvin Eagle
Eileen Johnson
George LaFave
Darlene Meyer
Rose Noonday
Elizabeth Peterson
Ralph Pewaush
David Sam
Leonard Sam
Mary Shedd
Maria Spears
David Staples
Beatrice Taylor
Joyce Trudell
Lawrence Wade II

Linda Wade
Jennie Weyaus
Natalie Weyaus
Patricia Xerikos

Birth announcements

Congratulations to Mary Boyd and Thomas Friend on the birth of their baby boy **Thomas Chadwick Friend Jr.** Thomas was born on October 17, he weighed 6 lbs., 6 oz. and was 19 inches long.

Michael Fairbanks would like to announce the birth of his son **Sunny M. Fairbanks** on May 4, 2008. Sunny was 8 lbs., 4 oz.

Congratulations to Marilyn Jones on the birth of her baby girl **Erykah Carmen Jones**. Erykah was born on September 26, she weighed 10 lbs., 3 oz., and was 21 inches long. *Congratulations from the Hicks family.*

Anniversaries

Happy 32nd anniversary to Tarz with love from Irene.

Happy first anniversary to **Michael Fairbanks and his wife** on December 14, 2008.

Happy 11th anniversary to **Billy Joe and Carrie**.

Wedding announcement



Virginia Tossey and Greg Mann were married on October 18. Virginia is a head cook at the District III ALU and Greg is the Community Health Representative at the Lake Lena clinic. Their wedding was held in Danbury, Wisc.

Eighth Annual Man March Draws More than 140 Participants



Photo courtesy of Women's Project

Commissioner of Health & Human Services Sam Moose (left) and community member Michael Kalk (right) led the march carrying the Women's Project banner on October 23.

By Women's Project Staff

The Women's Project's annual "Man March for Family Peace" doubled in attendance this year, with 141 people participating. The march – held to recognize Domestic Violence Awareness Month – began at the Mille Lacs Band government center at 5:30 p.m. on October 23. Commissioner Sam Moose and community member Michael Kalk led the march carrying the Women's Project banner.

After the march, participants gathered at the District I Community Center to enjoy a feast and listen to guest speakers. Ole Nickaboine opened the meeting with a prayer. Marianne Washburn, Women's Project Administrator, thanked everyone for their support and introduced Women's Project Coordinator Cindy Olin, who spoke about domestic violence. Frank Jewell from the Minnesota Men's Action

Network Alliance to Prevent Sexual and Domestic Violence was the guest speaker. Cinnamon Quale, the new Sexual Assault Advocate for the Women's Project, introduced the new Sexual Assault Advocate Program, and she shared some shocking statistics on the percentage of sexual assaults among Native women.

A meal was prepared and served by some of the Women's Project staff, and door prize drawings were held. There was a poster contest for youth in the Community Recreation and Sports Program. The posters had a theme of non-violence and were judged by the Mille Lacs Band Tribal Police. Five first-place certificates in each age category were awarded to the winners and consolation prizes were given to all participants who did not place. It was a very tough job for the judges because all of the posters were very creative.

New Medical Director is Familiar Face



Rick Anderson (Aiy be Nizhooi Way we Daang)

Dr. Mark Bostrom, who has served the Mille Lacs Band's clinics for nearly four years, is the new Medical Director for the Ne-la-Shing, Aazhoomog, and District II clinics.

This is a liaison role designed to help ensure effective communication between the medical staff and administration.

Dr. Bostrom also oversees the labs, leads the Band's diabetes program, and sees patients of all ages. His specialty is internal medicine, but he also works to integrate natural and herbal medicines into his work whenever appropriate.

A physician for the past 14 years, Dr. Bostrom began his career at Abbott Northwestern in the Twin Cities and then moved to Central Lakes Medical Clinic in Crosby, Minn. He came to work for the Band in order to pursue something that he is passionate about – helping underserved populations.

Dr. Bostrom is originally from Tacoma, Wash. His wife is a native of Thief River Falls, Minn. The Bostroms currently live in Deerwood.

Facing My Fear of the Unknown

Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, is sharing his personal experiences in a series of articles in News From Indian Country. Below is an excerpt from Arne's 10th article:

Recently I had an EGD. What is that? It's a surgical procedure where a camera on a brightly lit tube about the diameter of your little finger was inserted through my mouth, down my esophagus, into my stomach, then into the first part of my intestine.

Why would I let anyone do that to me? Because I have a fairly common condition called GERD, which stands for gastroesophageal reflux disease. This is like heartburn, only chronic and worse. It's caused by stomach acid moving into and irritating the esophagus. The things that make GERD worse are caffeine, smoking, alcohol, age, obesity, and eating big meals before lying down. Symptoms include any of the following: the sensation that something is rising up in your throat, voice changes, chronic heartburn, a sour taste in your mouth in the morning, and sometimes a chronic cough. Sometimes it can be hard to distinguish it from heart-related pain.

The esophagus is not meant to be exposed to stomach acid on a chronic basis, and over time the tissue in the irritated area can change and become precancerous or cancerous. The precancerous finding is called Barrett's esophagus, and needs to be monitored closely if it's found. Cancer of the esophagus is bad and can spread to surrounding lymph nodes, or to the liver and lungs. This is difficult to treat, and needs some combination of surgery, chemotherapy and radiation. Unfortunately, these things don't often cure esophageal cancer, but merely slow it down. As usual, prevention is the key.

I was not at all looking forward to the EGD. Even though I knew what the test was like and have been present for them with patients, I was more than a little afraid of the anesthesia, of the procedure itself, and of what Dr. Vopat might find. I had to fast for the test, and had to skip my morning coffee. I spent a long time putting tobacco out before we left for the hospital.

After I registered, the nurse in the surgical area went through my list of medicines and my medical history. She checked my vital

signs and started an IV. Then they gave me a plastic block to put between my teeth so the scope could go in. The anesthetist told me he was going to give me a medicine to put me out and told me what to expect. As he predicted, my hand felt cold where the medicine went into my vein, and the top of my head felt warm. The next thing I knew, it was 10 minutes later and I was back in the pre-op area with my wife.

Dr. Vopat came in and told us that things really looked pretty good. There were some irritated areas, but nothing that looked like Barrett's esophagus or cancer.

This procedure that I had been dreading for several years turned out to be nothing at all to be afraid of. Everyone at the Cloquet Memorial Hospital was very professional, caring and reassuring. I really feel much better knowing I don't have anything to worry about right now, and I feel somewhat foolish for putting off this simple procedure for so long. I watched my grandmother suffer for years with this problem, and remember her constantly drinking antacids right out of the bottle. She would have given anything to take the medicines available today.

I don't smoke and have not drank in over 10 years. I need to maintain my recent weight loss. I have cut back on caffeine, but still have one cup of coffee in the morning. I can continue the medicines I take right now and need to raise up the head of the bed by four to six inches to keep stomach acid from going into my esophagus when I'm sleeping. There is a surgical procedure that can be done if these things don't work, but I want to avoid that.

I sometimes get frustrated when patients avoid screening tests, but I've been guilty of that myself. I understand the fear of the unknown, but sticking your head in the sand and avoiding diagnoses won't make them go away, and waiting can make a small problem much worse. But we all know that.

Doing this makes one less problem my family doesn't have to suffer through because I avoided screening. That makes me a better father and a better husband. Someday, I'll be a better grandfather. I can live with that.

To view Arne's entire article, visit www.indiancountrynews.com and click on the food and health section.

Calendar of Events

November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						15
*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com	If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at 255 E. Kellogg Blvd. Suite 102 St. Paul, MN 55101		District III Community Meeting Grand Casino Hinckley Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-1424			
16	17	District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477	18	District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/532-7422	19	20
	District II Economic Summit See page 3 for details			District II Community Meeting East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311		21
				Thanksgiving Feast GCML 5 p.m.		Soul Asylum* GCH 8 p.m.
23	District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	24	25	26	27	28
					All offices closed for Mii Gwetch Day	29
30						

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Onamia Indian Education Parent Committee Meeting Rolf Olsen Center 12 p.m. Contact: David Sam, 320/532-4901	1	2	3	4	5
						Urban Area Christmas Party American Indian Center 11 a.m.-3 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424
7	AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925	8	9	10	11	12
Aaron Neville* GCH 6 p.m.	Pine Grove Leadership Academy Meeting 5:30 p.m. Aazhoomog School Contact: School Receptionist, 320/384-7598					Tillis Family Christmas* GCML 5:30 p.m. & 8:30 p.m.
14	15	16	District III Christmas Party Grand Casino Hinckley Ballroom 5:30 p.m. Contact: Monica Benjamin, 320/384-1424	17	18	19
		Primary Election See pages 4-5 for details				20
						Terry Fator* GCH 8 p.m.

What Is Your Favorite Cultural Activity?

Kimberly Sam



"Powwows (traditional and ceremonial). I love to dance and have a great time meeting others both old and new."

Jamie Edwards



"Taking my daughter to powwows and dancing with her."

Sheldon Boyd



"Making maple syrup. The conversation and sitting by the fire is good."

Christopher Boyd



"Picking sage with family and spending time with loved ones searching for it."

A.J. Nickaboine



"Wild rice gathering and processing."

Heather Benjamin



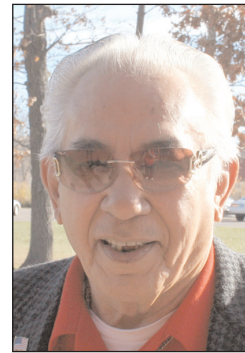
"I like wild ricing because it's fun, and I give it out to the community."

LeAnn Benjamin



"Attending all the ceremonial dances, because you never know who you are going to meet."

Charles Roach (Ga Da Ge Gwah Nad)



"Attending powwows."

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

Band Member Interview with Litefoot

Following is an interview by Band member Jeremy Schaaf with Litefoot following his concert for the youth on the Mille Lacs Reservation.

Jeremy: With his 11th album *Relentless Pursuit* set for release November 11, 2008, I would like to thank our guest Litefoot for joining us for this interview as well as his performance held at Grand Casino Mille Lacs. Mii gwetch, good to have you with us.

Litefoot: Thank you and it is great being here at Grand Casino Mille Lacs. People will only be able to get the album when it comes out at www.litefoot.com – just want the people to know that.

Jeremy: Now Litefoot, in addition to delivering the substance that is your lyrical content, throughout your travels in Indian Country you bring lessons on survival to each of our great nations in your production.

Do you believe with greatness there comes great responsibilities and that to represent the voice of a people is privilege?

Litefoot: I have always known that with this journey there was an immense amount of responsibility. It gets very overwhelming at times, but that is when I remind myself that the Creator only puts on us what we can bear. Sometimes it feels like too much, but that is when I know I am being caused to grow and to push harder. I have never been elected to represent the people, but I look at what I do as a reflection on the people and have always strived to carry my load as a Native person and to give 150% in all that I do. I try to push the envelope and broaden people's awareness of who we are as Native people so that hopefully our future generations have a better life. But, definitely it is a great honor that people would view me like that, and it is

very humbling so I work harder. That type of honor is a gift from the Creator and it has much responsibility.

Jeremy: Should there be one truth that stays with the audience well after the conclusion of a Litefoot show, if you would elaborate, what might it be?

Litefoot: To pray and to understand. That is what will fix us as Indian people and it is what will heal all races of people. We have to pray in all the ways that prayer can be manifested. We have to continually come closer to the Creator and to always remember we must know our place and to always look to the Creator for guidance to achieve our path on this earth. All things that we are here to do, achieve, learn and overcome are possible through the Creator. Prayer feeds our spirits and without it, our spirits die, which is the biggest problem the world, as well as Indian County, has right now.

Jeremy: In the perceivable future, what more can we expect from Litefoot?

Litefoot: I'm continuing the "Reach the Rez Tour" at reservations across North America. I am very focused on music as well as our Native style clothing brand. But spreading the message that I have spoken of – that will always be at the essence of everything I do.

Jeremy: I'd like to thank you for your time joining us today and may success follow *Relentless Pursuit*.

Litefoot: Blessings and thank you. My time at Mille Lacs was beautiful, and I will ride off of the love and support that I received from the people here for a long, long time after I leave here. Prayers and strength. People can reach me at www.litefoot.com and also e-mail me at www.myspace.com/litefoot. I will write back.

Calling All Trick-or-Treaters



Rick Anderson (Ay be Nizhoo Way we Daang)

The urban area Halloween party included a costume contest, games such as "Pin the Tail on the Witch," door prizes, and other fun festivities for all ages.



Rick Anderson (Ay be Nizhoo Way we Daang)

The urban area Halloween party had a great turnout this year. Nearly 140 urban Band members and their families attended the event at the All Nations Church on Thursday, October 30.