

OJIBWE INAAJIMOWIN

October 2007

"The story as it's told."

Volume 9 • Number 10

Hundreds Gather for Conference Addressing American Indian Issues and Human Rights Challenges in Minnesota



Chief Executive Melanie Benjamin spoke at the League of Minnesota Human Rights Commissions conference along with noted civil rights attorney Morris Dees from the Southern Poverty Law Center.

Human rights issues, the anti-Indian movement, treaty rights, and racism were among the topics discussed during the annual League of Minnesota Human Rights Commissions conference on September 29 at Grand Casino Mille Lacs. This was the first time the League had held a conference on an American Indian reservation.

Chief Executive Melanie Benjamin addressed the crowd of nearly 300 people. "This is a great day, because all of you here today are proof that Indian people of this state and this nation have friends and supporters. You are proof that we are not alone," Melanie said.

Keynote speaker Morris Dees, co-founder and Chief Trial Counsel of the Southern Poverty Law Center (a nonprofit civil rights organization that works to sue hate groups and educate people on tolerance), discussed discrimination and bias happening throughout the country. Morris, who has received numerous human rights awards for his work, said that human rights start close to home, in the community.

"I wish there was space in the back for about another 500 people, because the people I would like to see sitting there would be the people in this community who support the Citizens Equal Rights Alliance (CERA) and the other anti-Native American groups... they've caused pain and suffering in the Native American community," Morris said.

National leader on treaty rights speaks at conference

A celebrated activist of American Indian rights, Billy Frank Jr., spoke to the crowd about American Indians' role in the civil rights movement. Billy has been the Chairman of the Northwest Indian Fisheries Commission for 22 years and has been recognized nationally and internationally for his leadership and activism.

(Continued on page 2)

Law Enforcement Agreement to be Revoked in Mille Lacs County

The following article includes information from Chief Executive Melanie Benjamin's letter to Band members on October 4.

New law enforcement procedures being prepared for Band members in Districts I and IIA

On October 3, the Mille Lacs Band government notified the Mille Lacs County Sheriff that we intend to revoke the law enforcement agreement that has existed between the Band and Mille Lacs County since 1998. The law enforcement agreement is scheduled to come to an end on Friday, November 2.

The Mille Lacs Band government is committed to protecting tribal sovereignty and self-governance. When the County Attorney attacked the Band's sovereign rights under the law enforcement agreement, we negotiated in good faith with Mille Lacs County representatives to try to keep the existing agreement intact. At the end of these negotiations, Band representatives thought we had reached an understanding that could work for everyone. Unfortunately, when the Band received a counterproposal from Mille Lacs County, we realized that reaching an understanding was unlikely.

Band members' safety remains the top priority for the Band government. The Tribal Police Department will continue to serve Band members who live on the reservation in Mille Lacs County after the law enforcement agreement ends. Also, keep in mind that Mille Lacs County has an ongoing obligation under the Minnesota Constitution and U.S. Public Law 280 to provide law enforcement services to all of its residents, including Mille Lacs Band members.

Procedures for Band members in Mille Lacs County

Until November 2, law enforcement procedures in Mille Lacs County will remain the same. Please dial 911 for all emergencies just as you normally would, and tribal police will respond just like they always have.

After November 2, the Band will have a new dispatch system in place. Band members will receive a letter about that system and the procedures for reporting law enforcement and public safety concerns. However, even after November 2, if you dial 911 in Mille Lacs County, you will reach the County Sheriff's Office and will receive response.

(Continued on page 5)



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. 265

Human Rights Conference

(Continued from page 1)



Chairman of the Northwest Indian Fisheries Commission Billy Frank, Jr. and League of Minnesota Human Rights Commissions Evelyn Staus were among the speakers at the League's annual conference.

Melanie spoke about Billy's work in her speech and commended him for his leadership in preserving tribal fishing rights secured through treaties, specifically the federal court ruling in favor of Northwest Indian tribes in *U.S. v. Washington* (known as the Boldt decision).

"Billy Frank is the grandfather of modern-day American Indian Treaty rights... his persistence and passion are legendary," Melanie said.

Attendees learn about the anti-Indian movement

Travis McAdam, Director of the Montana Human Rights Network, spoke about the anti-Indian movement – a political movement that opposes self-determination of American Indians, such as opposition to tribal sovereignty and Indians' control of land and resources on reservations. He said that anti-Indian groups typically claim that their complaints are against tribal governments and the laws and regulations that govern tribes' relationships with other governments, and that they are not against American Indians as individuals. However, the Montana Human Rights Network's study of the movement has found that these groups often deny the existence of tribal governments and oppose them on all fronts. According to the organization's report, *Drumming Up Resentment: The Anti-Indian Movement in Montana*, "the anti-Indian movement is a systematic effort to deny legally established rights to a group of people who are identified on the basis of their shared culture, history, religion and tradition. This makes it racist by definition."

Travis also spoke about anti-Indian groups that operate under the guise of human rights organizations, often changing their names as their images are tarnished by their ties to racism. For example, the Montanans Opposing Discrimination (MOD) changed its name to All Citizens Equal (ACE) in the early 1980s and has evolved into the present-

day Citizens Equal Rights Alliance (CERA).

Others speakers address conference

Mary Sam, Mille Lacs Band Local Government and Community Relations Coordinator, spoke about the importance of community partnerships. She is the chair of the Mille Lacs Area Human Rights Commission, which is the first commission in the state to be chartered by multiple government entities, including a tribe. Although the commission faces opposition, it continues to work to fight injustice.

"We need to start talking and collaborating or this community and this region will fail," said Mary. "We are forever fighting against misinformation and ignorance. We are ready to stand up and address hate groups and hate activities. We have the courage to make history and the courage to talk about Indian issues. If we fail to talk about these issues, then our kids and our communities will suffer."

Minnesota State Senator Patricia Torres Ray, the first Latino state senator in Minnesota, encouraged people to be a voice for children and ensure they are all treated with the same human rights. She spoke about the disconnection between people of different races and the difficult work in facing this challenge.

Ralonda Mason, St. Cloud Legal Services attorney, and Irene Opsahl, Minneapolis Legal Aid Society attorney, gave a presentation on racial disparity in education and showed how American Indians had the lowest graduation rates in 2005-2006 compared to African American and white students. Both Ralonda and Irene spoke about the need to address the education gap.

Mille Lacs Band Special Counsel on Government Affairs Tadd Johnson and Long Range Planner Don Wedll also presented at the event.

Mille Lacs Early Education

By Tammy Wickstrom, Early Education Director

Mille Lacs Early Education (MLEE) is a combination of six programs: Federal Head Start, Minnesota State Head Start, Federal Early Head Start, Early Childhood Family Education (ECFE), Early Childhood Special Education (ECSE) provided through Onamia Public Schools, and child care. The programs all serve families and children ages newborn to five. They all focus on educating children and affecting children in positive ways. However, the needs and requirements for the six programs are very different.

Head Start programs serve children ages three to five years. The children are provided with a high-quality early childhood education experience during the day from September to May. The curriculum focuses on literacy skills, math, science, large motor skills, fine motor skills, health, Ojibwe culture, and social emotional development. Children enrolled in Head Start learn every day. Early Head Start focuses on the same learning areas, but adapts them to serve children ages newborn to three years.

Head Start and Early Head Start have a strong parent involvement. Both of these programs must follow Head Start Performance Standards. These are federal laws that regulate classroom space and equipment, staffing, curriculum, transportation, disability services, nutrition, and enrollment criteria. There are more than 1,500 Performance Standards. Failure to follow the Head Start Performance Standards will result in the program being out of compliance and can lead to a loss of funding.

Child care is provided before and after Head Start and Early Head Start. There is not enough space in the building to provide child care for families who need child care only. Because of limited child care space, the program must follow Performance Standards for recruitment and enrollment first. The program must prove that a minimum of 51% of the families served are low-income. For MLEE, 10% of its total enrollment must include children with disabilities. The program also has an enrollment preference for Mille Lacs Band members, descendants, and other Native Americans. Currently, only Mille Lacs Band members and descendants are enrolled. The majority of enrollment points are based on the following criteria:

- Children who are from low-income families
- Mille Lacs Band members
- Children with disabilities or children who are suspected of having disabilities

Another major requirement of the Performance Standards is training for staff and parents. There are 25 required trainings cited in the Performance Standards. All staff members working with Head Start and Early Head Start children need these trainings. The only way to ensure that staff is properly trained is to have training days. Because all staff must attend the trainings, all programs – including child care – must close for those days.

Mille Lacs Early Education's goal is to provide high-quality early childhood learning and cultural activities. For questions and information about the program, please contact me at 320/532-4690, ext. 2239.

Mille Lacs Band Elders and Toddlers Bond with Blankets



Mille Lacs Band Elders sewed 35 quilts for babies and toddlers to use at Mille Lacs Early Education. Elders from left to right: Susan Shingobe, Maggie Kegg, Elfreda Sam, Carol Nickaboine, and Agnes Pendagayosh. Children from left to right: Antavia Pendagayosh, Jonathan Boyd, Jenise Smith, Leland Sam, and Taylor Harrington.

Photo courtesy of Ryan Gress

Domestic Violence Awareness Month

Raising awareness to end domestic violence

By Robert Thompson,
Safety/Risk Manager

The National Coalition Against Domestic Violence created Domestic Violence Awareness Day in October 1981 to bring together advocates working to end violence against women and children. The first observance of Domestic Violence Awareness Month took place in 1987, and was endorsed by Congress in 1989.

Anyone can become a victim of domestic violence or intimate partner violence (IPV), but women are still more likely to experience IPV than men. People from all economic and cultural backgrounds can be subjected to domestic violence.

Children are often direct or indirect victims of domestic violence. Children can be impacted just by witnessing violence, especially since it usually takes place at home, where children should feel safe. If children have been exposed to domestic violence, it increases their chances that they will be involved in domestic violence in their adult relationships, either as an abuser or a victim. Abuse can seem "normal" to youth who witness it in their homes.

The Centers for Disease Control and Prevention's National Center for Injury Prevention estimates that nearly 5.3 million domestic violence incidents occur each year among women 18 years of age and older. This results in two million injuries and 1,300 deaths.

Although abuse tends to occur in private residences, its effects scar our society. As many as 74% of abused women who work are harassed by their abusers on the job. These victims are exposed to repeated threats, violence, intimidation, and emotional abuse, which greatly affects their abilities to perform their jobs. Domestic violence can also affect co-workers. The economic costs of domestic violence include hundreds of millions of dollars in increased costs of health care, absenteeism, lost productivity, and law enforcement.

All of us need to be aware of the effects of domestic violence. We need to be able to spot potential issues that may be happening to our co-workers, in order to offer assistance.

If you or anyone you know is suffering from domestic violence, please call the Band's Health and Human Services or Human Resources departments at 320/532-4181 or any Mille Lacs Band clinic. No one should have to live with this type of situation.

Join march against domestic violence on October 23

By The Mille Lacs Band
Women's Project

On Tuesday, October 23, the Mille Lacs Band Women's Project will hold its sixth annual Man March for Family Peace. Community members are encouraged to participate in this march to honor victims of domestic violence – not only those who have died, but also survivors and families who still face violence in their homes.

The Man March for Family Peace will begin at 5:30 p.m. at the Mille Lacs Band Government Center, and go to the District I Community Center, where participants will hear from guest speakers and enjoy a feast and door prizes. The event is part of the Band's recognition of National Domestic Violence Awareness Month.

For more information, please call Cindy Olin, Women's Project Coordinator, at 218/768-4412.

Did you know?

- American Indian women are raped at a rate more than double that of rapes reported by all other races.
- American Indian victims of intimate and family violence are more likely than victims of all other races to be injured and need hospital care.

U.S. Department of Justice, OJP,
Bureau of Justice Statistics

Legal action against domestic abuse and harassment

By East Central Legal Services

What is an Order for Protection?

An Order for Protection (OFP) is a court order. It orders an abuser not to hurt you. It can also tell the abuser to leave your home. It can order the abuser not to have contact with you. It can also order temporary custody, parenting

time (visitation), child support, spousal maintenance, and use of property. Violation of the order is a crime. An OFP is not a criminal case; it is a family court case.

Domestic abuse can include any or all of the following:

- Physical harm
- Fear of immediate physical harm
- Criminal sexual conduct
- Terrorist threats
- Interference with an emergency call

What is a Harassment Restraining Order?

A Harassment Restraining Order (HRO) is a court order. It provides protection from harassment similar to the OFP. It orders an abuser not to commit domestic abuse. It is not a criminal proceeding. It takes place in civil court, not family court.

Harassment means doing things or saying things that can threaten your safety, security or privacy. This includes domestic abuse listed above, but can also include:

- Repeatedly telephoning a person
- Following a person
- Slashing car tires
- Blackmailing
- Sending threatening letters or e-mails

If you need more information about domestic abuse or harassment, or if you know someone who is the victim of abuse, please call us toll-free at 800/622-7772.

East Central Legal Services is also available for walk-in appointments at the following sites:

- 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.)

Champions Named During Thrilling Kickboxing Event



Photo courtesy of Bobby Anderson

Band member Chuck Anderson won the Minnesota amateur light middleweight kickboxing championship on September 29 at Grand Casino Hinckley.

Exciting championship titles were claimed during the September 29 kickboxing event at Grand Casino Hinckley. Current U.S. Kickboxing Champion Heath "Heater" Fonnest beat opponent Stacey Gosden after 12 rounds of intense competition to win the International Kickboxing Federation (IKF) world super lightweight kickboxing championship.

"Fonnest kicked with speed and timing, scoring with punch combinations like a fighter on fire," said Bobby Anderson, Owner of Warrior's Fitness & Fight Promotions, which presented the kickboxing event.

Band member Chuck "The Bulldog" Anderson, son of Bobby Anderson, won the IKF junior amateur light middleweight Minnesota state title by a split decision against Scott Legus. Kickboxer Jon Lewis won a unanimous decision over Jordan Allan, winning the Mille Lacs Band Warrior's kickboxing championship title.

October mixed martial arts event cancelled

The mixed martial arts event that was planned for October 18 has been cancelled.

Look for more information about other upcoming boxing and kickboxing events in future editions of the *Inaajimowin*.

Ask Melanie

By Chief Executive Melanie Benjamin

Who has authority to speak on behalf of the Band?

The Mille Lacs Band often receives requests for its position on a variety of political, policy, programmatic and legal issues. With three separate branches of government, it is sometimes confusing for outsiders and even Band members to know who is authorized to speak for the Mille Lacs Band of Ojibwe Indians.

On all programmatic, policy, legislative, and political matters, the Chief Executive speaks for the Mille Lacs Band. The reason for this is that the Chief Executive is mandated by Band Statutes to conduct domestic and foreign policy on behalf of the Band and, as such, is solely authorized to speak on behalf of the Band. The Band Assembly members might speak on behalf of the Band, but because they act as a unit, individual District Representatives should not speak for the Band unless given authority by the Band Assembly and the Chief Executive on a case-by-case basis.

In 1984, an Executive Order was implemented which established "Letters of Credence" as the sole legal authority for persons other than the Chief Executive and Band Assembly members to be allowed to speak on matters

regarding the Mille Lacs Band's internal concerns or foreign policy. Today, our laws are clear on this. No appointed officers, or any other person, may represent that they speak on behalf of the Mille Lacs Band unless they first exhibit a Letter of Credence signed by the Chief Executive and witnessed by the Speaker of the Assembly. In addition to these signatures, Letters of Credence contain specific authorizing information over the embossed Seal of the Band.

Each of my Commissioners and the Solicitor General have a Letter of Credence that allows them to speak within their areas of expertise on my behalf when I am absent. Other Executive Branch staff members take their direction from my Commissioners or me, but they are not authorized to speak for the Mille Lacs Band of Ojibwe or me.

This system is a truly representative democracy and ensures that only those elected to office represent the will of the Non-removable Mille Lacs Band of Ojibwe Indians.

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:

- Hosted 5th annual family golf tournament at Fiddlestix Golf Course
- Convened two-day cabinet meeting in Hinckley
- Attended and spoke at Human Rights Conference at Grand Casino Mille Lacs
- Met with Band members on various issues
- Held Elder Advisory Board meeting
- Attended and spoke at Grand Casino Mille Lacs Associate Recognition Dinner
- Attended American Indian Law Resource Center Board Meeting in Hayward, WI
- Participated in tribal self-governance conference in Washington, D.C.
- Held compromise hearings with Band Assembly regarding 2007-2009 budgets
- Met with members of Congress in Washington, D.C. on Band issues
- Participated and delivered keynote address at the Minnesota Chippewa Tribe (MCT) housing conference in White Earth, MN
- Attended meeting of the MCT Housing Subcommittee
- Spoke at Minnesota Indian Youth Summit at Grand Casino Mille Lacs

Doctor Shares Stories of Struggles and Triumphs

Career journey

Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, is sharing his personal stories in *News From Indian Country* to help people better understand health care.

"My goal overall is to try to address issues in Native health in a format that's understandable and easy to read," said Arne.

Arne also stresses that his personal stories involve patients who have given permission to be mentioned in his articles. "In my first article, Sylvester LaDuke very much wanted his story told, and I had written permission from his family."

Below is an excerpt from Arne's second article:

My mother was traditional Ojibwe and raised seven kids by herself. She tried to make sure we understood the reasons she did certain things and to have respect for Elders and nature. My father committed suicide when I was four years old. Poverty and alcohol were a large part of my upbringing. My grandfather was taken from his family and put into a boarding school when he was young. Because of the way he was treated, he tried to prevent my mother from learning traditional ways, as he thought it would hurt her.

I went to high school in northern Minnesota and had very good friends there, but always had to endure racism as I grew up. My high school counselor actually told me I was not college material and was best suited for manual labor. Fortunately, Leonard Ojala took over as a counselor and brought me to the University of Minnesota-Duluth (UMD) to see the college. I signed up for the hardest courses I could (calculus, chemistry, physics) so I could show everyone at home how smart I was. Unfortunately, I didn't take any preparatory classes in high school and was put on academic probation within two quarters. I didn't pass a single class and dropped out.

I went to work and held multiple jobs. I was a bartender for years, worked in a sawmill,

worked in a body shop painting cars, was a heavy equipment operator, and was a foreman for a construction company. Someone I really liked died with witnesses present because no one knew how to do CPR. Subsequently, I took a first responder course and eventually became a firefighter and then a paramedic in Virginia, Minn. I loved the fire department and working with dedicated professionals. Mostly, I liked being in the ambulance. Paramedics, emergency medical technicians, and first responders save lives and make a difference.

At age 30, I went on to finish college at UMD. Conrad Firling, Ph.D., was my advisor and was the driving force getting me into the UMD School of Medicine. I did my three-year family practice residency at the Seattle Indian Health Board. Seattle is a huge city with lots of underserved (homeless, impoverished) people. I saw great things and tragic stories there.

I have wanted to work in Indian health care since I first started in medicine. I've been working at the Min No Aya Win (Ojibwemowin for "together we are well") clinic in Cloquet since September 1997. As an Ojibwe physician, this is exactly where I want to be.

This background information is important because I had a hard time getting to be a physician. Many others have helped me. The stumbling blocks I had are the same ones our people face now. Traditional Native philosophy is to share our blessings. Mine is my medical knowledge.

I want our people to understand what medicine can do for them. I want them to understand that much of their health care is their own responsibility. I want our children and grandchildren to go on to professional careers and lead us forward. I want us to be healthy in mind, body and spirit. I want us to do this together.

To view Arne's entire article, visit <http://indiancountrynews.net/> and click on the food and health section.

Public Health Update

Healthy Heart update

By Sue Swanson, Registered Nurse and Certified Diabetes Educator

The Healthy Heart Program held its scavenger hunt fun walk on September 22 at Kathio State Park. The weather was beautiful and sunny. The scavenger hunt took approximately one hour to complete. Those who participated in the walk received an incentive and were eligible for additional incentives. The next Healthy Heart activity will be held on October 30 at noon in the conference room at the Ne-la-Shing Clinic. A healthy lunch will be provided.

The Healthy Heart Program holds monthly classes which include cooking demonstrations, motivational speakers, and fun learning experiences for people who are trying to improve their lifestyle and make healthier food choices.

This program is designed to help reduce the risk of cardiovascular disease in people with diabetes. The goals of the program are to help people lose 7% body weight and increase their physical activity. To learn more about how you can participate in the program, please call Cyndy Edgerton, Registered Dietitian and Case Manager, at 320/532-4163, ext. 7840.

Eating the right amount of sodium

Sodium is important in your diet because it helps maintain a balance of fluids in your body. But getting too much sodium can cause your blood volume to increase and your heart to work harder to circulate blood. This results in high blood pressure, which can lead to other health problems such as heart disease, kidney disease, and cirrhosis. Patients with diabetes are often more sensitive to sodium, and as a result, have high blood pressure. These people need to

be especially careful about their sodium intakes.

Sodium in foods

Most people's sodium intake comes from three sources:

- Natural sources – such as milk, meat and vegetables
- Processed foods – including canned vegetables, lunch meats, and frozen foods
- Condiments high in sodium – examples include table salt, soy sauce, ketchup, and salad dressings

Tips for reducing sodium

It is important that you read food labels so that you can see how much sodium is in the food you eat. It is recommended that the average healthy adult has 1,500 to 2,400 milligrams of sodium a day.

The following tips will also help reduce your sodium intake:

- Buy foods that have reduced sodium
- Eat more fresh fruits and vegetables
- Eat fewer processed foods (fresh meat has less sodium than lunch meats, hot dogs, and bacon)
- Use herbs and spices to add flavor to food instead of salt

If you would like to learn more about reducing sodium in your diet, the Band's clinics have a Registered Dietitian and a Nutrition Education Assistant who can help people with nutrition plans and other dietary questions. Contact Cyndy Edgerton, Registered Dietitian, or Natasha Merrill, Nutrition Education Assistant, at 320/532-4163 for more information.

The Band's clinics also hold diabetes classes to help people with diabetes better manage their health. For more information, contact Sue Swanson at 320/532-4163.

New Grants Department Employee and Three New Grants Awarded

By Jake Oetting, Grants Writer

We are pleased to announce that Grant Writer Carrie Day Aspinwall has joined our department to help with the completion and submission of grant applications. Carrie has many years of fundraising and social programming experience. She will be a great asset to our Grants Department and to any department requesting grant writing services. Welcome aboard, Carrie!

Of course, Carrie isn't the only good thing to come into the Grants Department lately. We've also won a few more awards. Recent grant awards include a Tribal Courts Assistance Program (TCAP) grant from the Department of Justice, an Emergency Services Program (ESP) grant from the state, and a Tribal Governments grant from the Office of Violence Against Women.

The TCAP grant award will provide \$150,000 to the Band for needed updates to our tribal courts. Court Administrator Gilda Burr is serving as project director, and she identified the court's goals and helped gather the required information for the grant application. The award provides enough funds for Gilda to meet all of her goals, which include:

- purchasing a new court case management system
- purchasing and installing a new digital court recording system
- hiring a law clerk
- designing and printing educational brochures about the types of cases the tribal courts handle, court procedures, and other court-related topics

The \$70,000 ESP grant award was originally meant to help provide services at our new homeless shelter in District I. However, due to delays in completing the renovations needed to create the shelter, we have modified our request to allow us to keep the award but spend it on "hotel vouchers/room comps" and "damage deposits/first month's rental" assistance for homeless people.

The \$400,000 Tribal Governments grant award from the Office of Violence Against Women will help the Women's Project and Women's Shelter meet their goals as well. Their main goal is to add a sexual assault program to the programs they already offer. This grant award will pay for:

- salary and fringe benefits of a new Sexual Assault Advocate for three years
- three years of salary and fringe benefits for a new Program Administrator who will help oversee all the Women's Project and Women's Shelter programs and will pursue future funding
- necessary training and travel costs associated with the programs
- local mileage costs for the new Sexual Assault Advocate to work in all three districts

Upcoming grant opportunities are continuously being compiled and distributed to Commissioners. Band members can rest assured that the Grants Department is doing all it can to secure outside funds to support important Band programs and save valuable Band dollars.

Law Enforcement Agreement to be Revoked in Mille Lacs County

(Continued from page 1)

Procedures for Band members in Pine and Aitkin counties

For Pine or Aitkin county residents, you will experience no change in your law enforcement services. The Band has a law enforcement agreement in place in Pine County, and our long-term goal

is to develop an agreement with Aitkin County.

Watch your mail

The Band and its Tribal Police Department are developing the dispatch system that will begin in November. Remember to watch your mail for information about the new system and clear instructions on how to use it.

Events at the Mille Lacs Indian Museum

Roach headdress workshop

The roach is a headdress worn by male dancers as part of their powwow regalia and is traditionally made from deer hair and porcupine guard hairs. Participants will learn how these eye-catching adornments are constructed and take home their own made from synthetic materials. This two-day workshop will be on Saturday, October 20, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, October 21. The cost is \$50 for the public, \$45 for Minnesota Historical Society members, and

\$30 for Mille Lacs Band members. There is also a \$45 supply fee.

Applique beading workshop

With the assistance from Band Elder Margaret Hill, participants will learn the craft of applique beadwork. This two-day workshop will be on Saturday, November 3, from 12-4 p.m. and from 10 a.m.-2 p.m. on Sunday, November 4. 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.

Vote "Yes" for Kids

Invest in our children, schools and communities



By Mary Sam, Onamia Indian Education Parent Committee Member

This editorial reflects the author's opinions.

Onamia, Hinckley-Finlayson, Brainerd, Milaca, and Princeton schools – as well as many Twin Cities school districts – have referendums on the ballot this fall. With so many Mille Lacs Band students attending these schools, it's important for all of us to try and make a difference in the quality of their education. That's why I hope you will join me in voting "yes" to support school improvements on Election Day.

The student population in Onamia schools alone consists

of 30% American Indians. But whether our Band children live in or around Band communities or in the cities, they deserve to attend quality schools. Currently, they are suffering the consequences of state and federal funding cutbacks at a time when education mandates are increasing. Declining enrollments and poverty are also impacting our schools' ability to educate our children to the highest standards.

According to the Minnesota School Board Association, this year's referendums represent the second highest number of referendums held in Minnesota history.

I encourage Mille Lacs Band members and their families to go to the polls in support of these referendums. Vote "yes" to improve schools that many of our children, grandchildren, nieces and nephews are attending. Vote "yes" to make Minnesota schools and the American Indian children attending them successful. Vote "yes" to quality schools for the sake of property values and community vitality, because quality schools are indicators of a commitment to long-term investments in the community. Vote "yes" for all of our children!

Circle of Health Update

By Circle of Health Staff

Circle of Health office has moved

Circle of Health has completed its move to a new office. Our new phone number is 320/676-8214 and our new fax number is 320/676-8235. The 800/491-6106 number has remained the same.

The new address for reimbursements and claims is:
2605 Chiminising Drive
Isle, MN 56342

You will notice that the back of the Circle of Health card lists the Onamia address. New cards will be printed and issued as soon as possible. Please remember to let all providers know that we have moved and to call the 800 number provided on the back of your card for our new address and phone and fax numbers.

Update on proposed changes

The Circle of Health Board passed two of the proposed changes from the June 15, 2007, letter. They are both effective October 1, 2007. First, Circle of Health will pay for COBRA policies for a maximum of six months. Anyone who is new to a COBRA plan will need to acquire another plan by February 29, 2008. Secondly, Band members with private policies will be eligible for one year. Those of you with current policies will be contacted in the near future with guidelines or requirements that must be met for further consideration. Again, a final

determination has not been made for coverage of co-pays/deductibles for non-Band members. Your input is still welcome on this change. You can email your comments or concerns to michelep@millelacsojibwe.nsn.us.

Quarterly premiums

If any Band member has been receiving premium statements, please contact our office to make sure that we are receiving the same information. You may have requested that these statements be sent in duplicate to our office, but this may not be happening at all.

It is the procedure of Circle of Health to pay premiums on a quarterly basis – the office submits these requests two to three weeks prior to the new quarter. Unfortunately, if they don't get to our office until the last week of the month, your policy is at a greater risk of being cancelled. Circle of Health staff members have no influence (even as the payer), in requesting any policy to be reinstated.

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.

Recipe of the Month

Chickpea and Lentil Soup

Ingredients

- 2 tablespoons butter (or olive oil)
- 1 onion, chopped
- 2 celery ribs, chopped
- 1 cup chopped carrots
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 cup lentils
- 6 1/2 cups water
- 1 15-ounce can of tomatoes (diced or crushed)
- 1 15-ounce can of chickpeas (drained and rinsed)
- 1/3 cup chopped cilantro

Directions

1. Melt butter over moderately low heat in a large pot.
2. Add the onion, celery and carrots. Cook, stirring

occasionally, until the vegetables begin to soften (approximately ten minutes).

3. Stir in the ginger, cinnamon, salt, pepper and lentils.

4. Add the water and tomatoes. Bring to a boil.

5. Reduce heat and simmer, partially covered. Stir soup occasionally, until lentils are tender (approximately 25-30 minutes).

6. Add the chickpeas and simmer five minutes. Stir in cilantro.

Preparation time: 50 minutes

Nutrition information

Servings per recipe: 6
Nutrition amount per serving:
Calories: 264
Total fat: 5.3 g
Cholesterol: 10 mg
Sodium: 1,050 mg
Potassium: 726 mg
Total carbohydrates: 42.9 g
Protein: 13 g
Dietary fiber: 15.1 g

Vote on November 6

A reminder from the Chief Executive

I urge all Band members, no matter where you live, to get out and vote on Tuesday, November 6.

Local races often have more impact on our lives than even state and federal races. I encourage all Band members to educate yourselves about your local races and go to the polls on November 6.

In District I, for example, Band members have an

important opportunity to shape the future of the Onamia Schools, where 30% of the students are Anishinabe, and the schools are facing steep budget cuts. Read Mary Sam's article above to learn more.

When you exercise your right to vote, you honor our proud veterans who fought and died for our rights as American Indian citizens, so make sure you get to the polls on November 6.

Preparing for Emergencies

By Monte Fronk, Emergency Management Coordinator

We all know that emergencies can strike anywhere and at any time. However, how many of us are actually prepared for such situations? Do you know where to go at your place of business when you hear a tornado siren? Have you talked to your kids about where to meet in the event there is a fire in your home?

September was National Preparedness Month and a time to remind us about the importance of emergency preparedness. It was also a good reminder that we need to be prepared all year-round.

The Mille Lacs Band Department of Public Safety's Office of Emergency Management works to prepare for any type of emergency situation through the Tribal Emergency Response Committee (TERC). It also works with surrounding counties, and regional, state and federal agencies to coordinate preparedness efforts. Here are some helpful preparedness tips.

Make a family plan

A plan should include information about a meeting place in the event your family is separated, an out-of-town contact who can help communicate between separated family members, and a potential route for evacuating your home.

Assemble an emergency kit

Some items to include in a family emergency kit are:

- water
- non-perishable food
- flashlight
- first-aid kit
- battery-operated radio
- items that fulfill other specific family needs (pet food, medications, infant formula, etc.)

An emergency kit can also be assembled for places of business.

Get informed

Learn about the different types of emergencies and how you can better prepare for them. Some resources include:

- www.ready.gov
- www.codeready.org
- Mille Lacs Band Office of Emergency Management, 320/532-4181, ext. 2558

Mock crisis training held at Grand Casino Hinckley

On September 25, Grand Casino Hinckley, Pine Medical Center, Pine County Public Health, Pine County Homeland Security and Emergency Management, and the Pine County Sheriff's Department held an exercise to test Pine Medical Center's ability to treat and triage a surge of patients using its Hospital Incident Command System. Twenty-one volunteers participated in the simulation as people who had a food-borne "illness." Some volunteers were transported by van and some by ambulance to Pine Medical Center, so that the hospital was able to test its ability to handle a large volume of patients that they don't deal with on a day-to-day basis.

The exercise also tested communications between the various groups. Emergency Management was notified by the casino. Using the Band's Emergency Operations Plan, Emergency Management contacted specific TERC members to update them on the status of the "incident" and allow them to begin response efforts had this been a real-life situation. If an actual food-borne illness situation had occurred, TERC members would have worked to keep District III residents informed of the incident and where to go for diagnosis and treatment if they had been affected.

Exercises like this one are great ways that the Band and its businesses are working with local communities to better prepare for all types of emergencies.

Band Members Participate in Associate Leadership Program



Photo courtesy of Berni Johnson

Band Associates who participated in the STARS program and their supervisors included, from left to right: (front row) Richard Davis, Tony Sanford, Tara Benjamin, and Marianne Vadnais; (second row) Joe Nayquonabe, Joe Edgington, Donna Pardun, Cheryl Sweeney, Kari Eck, and Mary Jo Jennings; (third row) Mike Engel, Carol Shaw, Ann Oswaldson, Jackie McRae, Anthony Thomas, and Bill Buggert.

Throughout the summer, the Band Member Development Department held its Skills to Achieve Resourceful Supervisors (STARS) program for Band member Associates who are in a supervisory role or considering becoming supervisors.

Associates were selected to participate in the program based on recommendations from managers or other supervisors. They attended a series of classes on topics such as ethical leadership, mentoring, problem

solving, public speaking, and decision-making.

"The STARS program is a great resource to help Band members gain valuable leadership skills that will help them become more effective managers and supervisors," said Berni Johnson, Corporate Director of the Band Member Development Department.

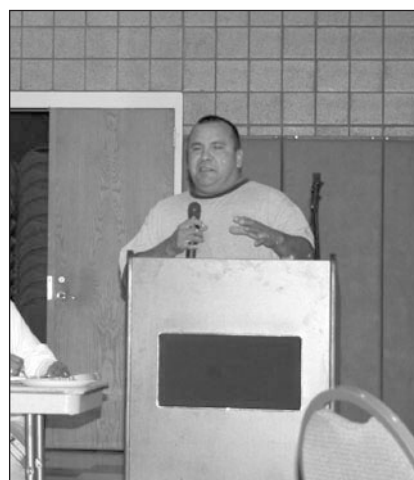
This was the second year that the Band Member Development Department has held its STARS program.

District I Community Meeting



Rick Anderson

District I Representative Alicia Skinaway (back right) looks on as a drum group plays an honor song on the new District I drum. From left to right: Pete Gahbow, Eric Gahbow, Les Gahbow, Jared Gahbow, and Desmond Gahbow.



Rick Anderson

Band member Vincent Merrill (right) expressed his concerns of recent violence in the community, and said he has noticed more people walking around neighborhoods and driving cars late at night. He said that the violence is due to an increased use of drugs and alcohol in the community. He would like to see more families getting together to take part in traditional activities such as wild rice harvesting.

Casino Shopping!
Grand Casino Hinckley

Carole's Grand Salon, Inc.

320-384-7737. Monday - Saturday, 8:30 a.m. to 5 p.m.

VELVET BEAN COFFEE SHOP
 Monday - Saturday 7:00 AM to 9:00 PM
 Sunday 8:00 AM to 7:00 PM

Two Eagles Art & Floral

Monday - Saturday, 8:30 a.m. to 6 p.m.
 Sunday, 9 a.m. to 4 p.m.

SKIN-O-VATIONS
 A unique Native American lighting experience!

Grand Casino Mille Lacs

NATIVE GROUNDS Coffee Shop

Wireless Hotspot!
 Sunday - Thursday, 7 a.m. to 9 p.m.
 Friday - Saturday, 7 a.m. to 10 p.m.

Walk-in's Welcome!
PERLA THE SALON ON GRAND
 Monday-Tuesday, 11am-7pm Wednesday-Closed
 Thursday-Saturday, 8am-8pm Sunday-Closed
 320.532.5030
 VISA & MasterCard accepted

The Candy Cupboard
 7 days a week 10 am - 10 pm

Unique Candy Selections

Support your fellow Band Members. Visit today!

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

May 2007

	Approved Budget for FY 2007	Actual Expenditures through 5/31/07	% of Budget Expended
Administration (1)*	14,081,954	6,876,489	48.8%
Workforce*	9,113,401	3,354,484	36.8%
Judicial	947,319	508,784	53.7%
Law Enforcement*	3,670,453	1,949,707	53.1%
Education*	15,991,390	10,166,485	63.6%
Health and Human Services*	21,971,594	13,516,081	61.5%
Natural Resources*	5,042,447	3,413,859	67.7%
Community Development*	45,140,124	17,193,960	38.1%
Gaming Authority	4,314,052	2,480,986	57.5%
Bonus Distribution	33,919,140	23,923,587	70.5%
Total Expenditures	\$154,191,874	\$83,384,422	54.1%

Financial Notes:

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

* These departments include continuing appropriations from the 2006 fiscal year.

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
 October 18, 8:30 a.m.
 Don Wedll and Curt Kalk
 Topic: Hunting

November 15, 8:30 a.m.
 Tadd Johnson
 Topic: Indian views of Thanksgiving

KBEK radio - 95.5 FM
 October 16, 7:30 a.m.
 Kenny Weyaus
 Topic: Coming home

November 20, 8:30 a.m.
 Natalie Weyaus
 Topic: Always learning

Free Hearing Evaluations

Ne-la-Shing Clinic

When: Friday, November 9
 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.

First-Time Homebuyer Education Class

Interested in buying a home? The Minnesota Chippewa Tribe (MCT) Finance Corporation is offering a class for first-time homebuyers on Saturday, October 27, from 8:30 a.m.-4:30 p.m. The MCT Finance Corporation requires buyers to take this class before they qualify for an MCT loan.

Please contact Cindy Beaulieu at 218/335-8583, ext. 150, or cbeaulieu@mnchippewatribe.org to reserve your spot in this class.

Tribal Noteboard

Happy October birthday to:

Kristie Davis, on October 13 from mom, Tristan, Winston, Sahen, Tina, Jordan, Destanie, and Shyla • **Lil Junior**, 4, on October 23 from mom, Daityn, Kamryn and Amare • **Daityn**, 7, on October 25 from mom, Kamryn, Amare and Junior • **Naomi Ann Bullchild**, on October 13 with love from Auntie, Donna and Big Joe • **Sooline Pewaush**, on October 16 with love from Donna and Big Joe • **Bernice Pewaush**, on October 26 with love from Donna and Big Joe • **Evan Potter**, on October 3 from Desi, Lydell, Kayla, Camille, Lance, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, Roxanne, Roland, Collin, Auntie Gladys, and Ron • **Terrell Sam**, 8, with love from Gramma Gladys, Papa Ron, Roland, Collin, Desi, Lydell, Kayla, Camille, Lance, Terrell, Tierra, LaDarius, Clay, Candy, Clayton Jr., Aubrey, Roxanne, dad, Letha, Miranda, Kaitlyn, Grandma Molly, Papa Scott, Georgia, Kayana, McKellen, Darcie, Todd, Eldayshun, Bugger, Mary Jane, Sherraine, Ale, Carla, Kim, Auntie Tammy, Brandon, Amy, Brandi Jo, John, and Elias • **Spook Sam**, on October 31 from the groundhog and turkey • **Darcie Big Bear**, 27, on October 12 with love from mom, Scott, Pat, Letha, Miranda, Kaitlyn, Georgia, Kayana, McKellen, Todd, Joel, Eldayshun, Bugger, Mary Jane, Sherraine, Ale, Carla, and Kim • **Corbin Weyaus**, on October 12 with love from mom, dad, and your sisters • **Carol Shaw**, on October 25 from Raenelle and family • **Aaron Beaulieu**, on October 27 with love from Auntie Raenelle and family • **Vincent Beaulieu**, on October 11 from Raenelle and family • **Laura Modglin**, on October 17 from Raenelle and family • **Deonna Day**, 8, on October 16 from mom, dad, Kakes and Early • **Armando Day**, on October 5 from Nichole, Deanna, Kakes and Early • **Danielle**, 4, on October 3 with love from your daddy Little Louie • **Jenise Rene Smith**, 2, on October 29 with love from mom, dad, Grandma Bunny, Don, Blacks, Toni, Teri, and the rest of the Weous family • **Jeremy Smith**, on October 10 from

Auntie Tammy, Brandon, Amy, Brandi Jo, John, and Elias • **Austin Nelson**, on October 27 with love from dad, Auntie Tammy, Brandon, Amy, Brandi Jo, John, and Elias • **Quincey Sam**, 3, on October 27 from mom, dad and Tre'von.

Happy October birthday to Mille Lacs Band Elders!

Franklin Boyd
 Vivian Bruce
 Archie Cash
 Albert Churchill Jr.
 Joycelyn Drumbeater
 Jack Dunkley
 Lillian Garbow
 Nancy Gisch
 Helena Graikowski
 Lucy Hansen
 Margaret Harwood
 Marene Hedstrom
 Delores Hegland
 William Hemming
 Dennis Hill
 Charles Houle
 Dennis Jackson
 Herman Keg
 Martin Kegg Jr.
 Doreen Knutson
 Joan Littlewolf
 Emma Manson
 Lawrence Matrious
 Marcella Maurice
 Betty Mondeng
 Brenda Moose
 Evelyn Murphy
 Aurelius Nickaboine
 Bernice Pewaush
 Melvin Pewaush
 Charlie Roach
 Dorothy Sam
 Fred Sam Jr.
 Sylvester Shingobe
 Merle Skinaway
 Beverly Smith
 Charlene Smith
 Gloria St. John
 Montgomery Staples
 Jay Star
 Darlene Warren
 Nancy Zeleznik

Good luck

Good luck to **Kristie Davis** on your next fight in Walker. We're proud of you. *With love from the Anderson family on Henry Davis Drive.*

Thank you

Scherwin and Christine Costello would like to thank all those who contributed to

the fundraiser benefit that was held on September 15.

Congratulations



Congratulations to **Daniel and Danielle Smith** who got married in Las Vegas, NV, on September 4, 2007.

Congratulations from the Roger Garbow family, Clayton Benjamin family, Camille Smith family, Ron Smith family, and all the other Smith families.

In memory

In loving memory of **Virginia Ann Davis**. It's been a year on October 10 since the great spirit called you home. Not a day goes by that you are not thought of, you are truly missed, especially your laugh, smile and great sense of humor. We miss you sis. *Sadly missed from the Anderson and Davis families, Gina and family, Mitzi and family, and Louise and family.*

• • •

In loving memory of **Genevieve Dorr**. It's been five years since you past mom, you haven't left our hearts and you are always on our minds. All of you that was left behind, we can't help to cry for you. You are our strength, courage, love, compassion, understanding and patience. You are forever missed. *With love from your son, Jim Dorr Sr.*

• • •

In loving memory of **John Boyd (Lobejko)** on his birthday October 23. He was the best son a mother could ask for. His spirit lives on through me.

Tips for Burning Fat

By **Jim Ingle, Fitness Coordinator**

Become involved in resistance training. This training is typically thought of as weight lifting, but it does not have to be. We can build muscle using our own body weight by doing sit-ups, push-ups, squats, and pull-ups. Resistance training can also be achieved by using resistance bands and medicine balls, training in water, and walking in sand or up hills. The more lean muscle tissue we have, the higher our metabolism is and the more calories we burn during and after a workout. Resistance training will actually burn calories up to 24 hours after a workout. Elders can experience great gains in muscle development through resistance training.

Do cardiovascular exercise. Remember, in order to burn fat, our bodies need oxygen. The faster our hearts beat, the more oxygen is pumped to our muscles and organs causing fat to burn. Intensity counts; walk or jog faster. Work up gradually, but be tired when you finish exercising.

Add more activity to your everyday life. Park your car further away from doors, so that you walk more. Take stairs instead of using an elevator. Do not meet for coffee, but meet for a walk.

Be mentally strong. I believe weight loss is mind over matter. Make a commitment to lose weight, set a goal, be persistent, and have patience. It takes time to get fit.

Let's get in shape! Come in to your local fitness center and let us help you achieve your fitness goals.

Lake Lena Dental Clinic

Lake Lena dental clinic now offers scheduled appointments from 10 a.m.-3 p.m. on October 12, November 2, 16, and 30. To schedule an appointment, please call 320/384-0419.

Cultural Column

History of Ojibwe clans

According to Ojibwe tradition, the Creator gave the Ojibwe Nations their clan system long ago when six human beings emerged from the sea to live among the Ojibwe. Throughout history, the Ojibwe People have used this system, and even today it remains an important way for them to organize themselves.

The beings from the sea, which are said to have established the original clans, were Bullhead (Wawaasisii), Crane (Ajejauk), Bear (Makwa), Little Moose (Moosoonce), Marten (Waabizhesi), and Thunderbird (Binesi). The Thunderbird clan no longer exists, but at least 20 offshoots of these original clans have been recorded. Among the Mille Lacs Band, eight clans have been identified: Bear, Marten, Bullhead, and Little Moose, as well as Lynx (Bizhiw), Wolf (Maiingan), Bald Eagle (Migizi), and Sturgeon (Name).

Clan identity is passed on through the father. While they may not be relatives, members of the same clan consider each other brothers and sisters, and they are expected to extend hospitality, food and lodging to each other.

While all clans are considered equal, each clan has distinctive characteristics based on its ancestors. For instance:

- The Bear clan is the largest clan. According to tradition, this clan descends from war chiefs and warriors who were known for their thick black hair which never whitened, even in old age.
- Fish clans, including Bullhead, Sturgeon and others, claim that their original ancestor was the first being to emerge from the sea. These clans descend from people known for long life and baldness in old age.
- Crane clan members descend from people whose loud and clear voices made them famous speakers.

Clans remain important today as an enduring part of the Ojibwe heritage and a way to keep track of blood lines. Members of the same clan often greet each other with "Aaniin, indodem" ("hello, my clan"), and people often request to have their clan symbols put on their grave markers to indicate clan lineage. Because clans generally extend beyond the various Ojibwe bands, they also help unite members of different bands as one nation.

Duluth City Council Approves Funding for Indian Housing Project

In late September, the Duluth City Council voted on whether to loan \$600,000 to the American Indian Community Housing Organization (AICHO) for a 29-unit affordable housing project located at the YWCA building in Duluth. The Duluth Indian community was stunned by the council's 5-4 vote against the project. In a second vote on October 9, the council reversed its decision in a 5-4 vote.

Beginning in 2006, the city earmarked approximately \$3 million in Fond-du-Luth Casino revenue for affordable housing. (The city and the Fond du Lac Band have a plan in place for sharing gaming revenues from Fond-du-Luth Casino.) City ordinance dictates that up to \$600,000 of that \$3 million is to be used as a loan for an Indian housing project endorsed by the Duluth Indian Affairs Commission. By law, the \$600,000 cannot be loaned out for any other purpose.

The downtown YWCA location was selected as the site of this project for several reasons. It is adjacent to the American Indian Center, and within walking distance of job training services, social services, medical services, and other supportive counseling. It is also adjacent to child care services that the YWCA has committed to provide. Since most people who need housing also lack transportation, the close proximity of services will be helpful.

"Nearly 40% of the American Indians in Duluth – many of whom are children – are under-housed or homeless," said Tadd Johnson, Special Counsel on Government Affairs for the Mille Lacs Band and a Duluth resident. "Building the Indian housing project represents an important step in addressing the homelessness problem in this community."

Moccasin Telegraph

How the drum helped me with my sobriety

By Joe Nayquonabe Sr., Mille Lacs Band member Elder

The following article appeared in the October 18, 2006, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

When I was 11 years old, I was put on my uncle's drum. My job as the "drum warmer" was to help set up the drum and take care of it. I was on my own to take care of this drum, but I asked a lot of questions. I would give people a chance to respect the drum. If they didn't, I would take it away and my uncle would announce that the dance was over.

I was very responsible and handled the drum well at that age. Later, I was put on another drum known as the thunderbird drum. At this drum I mostly watched the older men take care of the drum and they showed me things like which way the drum should sit and which way the sticks should face.

After my uncle passed away I became the head drum keeper of his drum. I was again on my own but had a lot of support from other people. They would help cook the food, help sing the songs, and answer any questions I might have about the drum.

Soon, I had my own troubles, though. I felt I wasn't happy. I was using alcohol and not paying much attention to the drum. I was doing what I needed to do to support my family, but I felt like something was missing. I did my best to stop drinking, but it was difficult.

After five years of struggling, I started talking to Elders at the ceremonial dances about the way I was feeling. The Elders said they noticed me at dances and that I was a model drum keeper. "You know how to do everything," they told me, "but you don't know why you are doing it." I thought about it. Today I am still searching for the reasons.

As I get older, I grow more knowledgeable. I still talk to people and I learn from them. I am able to see both sides now, and I know I am heading in the right direction. I also talk to a lot of Elders. They helped me grow as a person and make peace with myself.

I learned that we owe our grandparents and ancestors for everything they did for us. My grandparents are watching me, so I behave better. One day I will meet them and what will they say to me? We owe it to our ancestors to be good, and I'm always trying to improve myself.

Recently, I went to a ceremonial dance and the drum keepers asked me to say a prayer for the offerings and tobacco. I agreed, and I felt honored. On the way home from the dance, I talked to my sons about how things always come back around. Forty years ago, I was getting thrown out of dances, and now I was asked to speak at a dance. Since speaking at that dance, I feel respected and have been asked to sit on three other drums.

I've learned that there's always a reason why things happen. A while back I was looking for a namesake for my son. A white man's name kept coming to mind. I spoke with an Elder, and the Elder told me to choose this man even if he is not Indian because there was a reason his name came to me. So I picked this man to be my son's namesake. There was a reason the white man's name came to me, and there was a reason why I was picked to speak at the dance. It goes to show you that everything happens for a reason.

Sometimes it's tough living in this world, but we need to try. Go see someone you respect if you are in trouble – it's their duty to help you. With all the drum ceremonies, I am becoming a better person. I still get frustrated but I can deal with my frustrations. And I'm trying to help people, just like the drum helped me.

Calendar of Events

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
14	15	16	District III Meeting GCH Hotel Ballroom, 5:30 p.m. Contact: Monica Benjamin, 320/384-6240 East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	17	All District Elder Meeting 11:30 a.m. Contact: Nora Benjamin, 320/532-4181	18	19	20	<i>Commissioner on Call</i> Christine Costello, Commissioner of Administration 877/239-2444	
21	22	23	District IIA Meeting Chiminising Community Center 5:30 p.m. Contact: Marvin Bruneau, 218/768-3311 East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	24	District II Meeting East Lake Community Center 5:30 p.m. Contact: Mary Sue Bohanon, 218/768-3311 Urban Area Community Meeting/ Halloween Party All Nations Indian Church, 5:30 p.m. Contact: Pat or Barb, 612/872-1424	25	Nashville Legends* GCH 7:30 p.m.	26	27	<i>Commissioner on Call</i> Angella Roby, Commissioner of Finance 877/239-2444
28	District I Community Meeting District I Community Center 5:30 p.m. Contact: Becky Sam, 320/532-7423	29	30	31	East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772				<i>Commissioner on Call</i> Angella Roby, Commissioner of Finance 877/239-2444	

November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<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>	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.	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 612/989-5151, or visit www.ticketmaster.com		1	2	3	
4	5	Voting Day	East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	Randy Travis* GCML 6 p.m. & 8:30 p.m.		John Anderson and Keith Anderson* GCML 4 p.m. & 7 p.m. <i>Commissioner on Call</i> Rick Boyd, Director of Housing 877/239-2444	
<i>Commissioner on Call</i> Rick Boyd, Director of Housing 877/239-2444	AMVETS Meeting GCML 6 p.m. Ken Weyaus, 320/309-6925 Pine Grove Leadership Academy Meeting Onamia Indian Education Parent Committee Meeting Onamia School District Office Conference Room 12 p.m. All offices closed for Warrior's Day	6	7	8	9	10	
11	12	13	East Central Legal Services 12-4:30 p.m. Tamia Cramer, 800/622-7772	14	15	16	17
<i>Commissioner on Call</i> Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444				8th Annual Thanksgiving Feast GCML 5 p.m. (see page 12 for more information)		Rockin Roadhouse Tour* GCH 8 p.m. <i>Commissioner on Call</i> Pete Nayquonabe, Assistant Commissioner of Administration 877/239-2444	

What Do You Like Most About Fall?

Raina Killspotted



"What I like most about fall is watching the leaves change and harvesting rice."

Anthony Weyaus



"What I like most about fall is bringing out the hoodies and seeing the leaves change colors."

Jada Grap



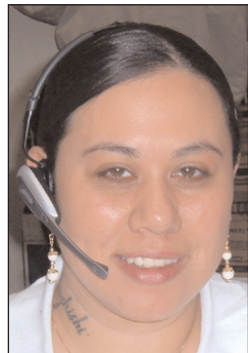
"What I like most about fall is the changing colors and cold weather."

Jake Boyd



"What I like most about fall is the cooler weather."

Jericho Sayles



"What I like most about fall are the pretty colors and the nice weather."

Kim Big Bear



"What I like most about fall is the crisp autumn air and the changing of colors on the leaves."

Darlene Day



"What I like most about fall is the changing of colors on the trees and the cool breeze at night."

Marvin Beaulieu



"What I like most about fall is the cooler air and also the bright colors on the trees."

Nicole Hyatt



"What I like most about fall is when the leaves change, it is really pretty."

Bradley Sam, Jr.



"What I like most about fall is when the leaves start to taper off and it's time for hunting season."

Susan Lieb



"What I like most about fall are the bright colors of the leaves."

Brandon Wade



"What I like most about fall are all the colors on the leaves and the fresh smell of fall. And the holidays are just around the corner."



Celebrate Thanksgiving With Us!

The Mille Lacs Band of Ojibwe Corporate Commission Invites You

8th Annual Thanksgiving Feast for all Mille Lacs Band members

Thursday, November 15, 2007

Seating starts at 5 p.m.

Welcome at 5:30 p.m.

Dinner at 6 p.m.

Entertainment at 7 p.m.

Grand Casino Mille Lacs Events & Convention Center

For planning purposes, we are asking all attendees 18 and over to R.S.V.P. by November 9 by calling 800/746-9805 or 320/532-8800. All attendees that R.S.V.P. by November 9 will be entered in a door prize raffle. Seating is on a first-come, first-served basis. No reserved seating.

Due to data privacy concerns, individual invitations were not sent.