

OJIBWE INAAJIMOWIN

October 2009

"The story as it's told."

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Work Underway on New Homes in District III



(Left to right) Mille Lacs Band Elder Skip Churchill, Secretary/Treasurer Herb Weyaus, Chief Executive Marge Anderson, District III Representative Harry Davis, Lead Project Coordinator Ryan Jendro, and Planner Mike Moilanen celebrate a new construction project that will bring 18 single-family homes to District III of the Mille Lacs Reservation.

Eighteen single-family homes are being built in District III, with completion expected in 2010. Chief Executive Marge Anderson, District III Representative Harry Davis, and other Mille Lacs Band officials led a ceremonial groundbreaking for the houses on September 23.

The Ojibwe blessing and groundbreaking were held in Zhingwaak Oodena (meaning "pine town" in English), a development east of Grand Casino Hinckley. Zhingwaak Oodena is also the location of one of the Band's Elder assisted living facilities and three four-plexes.

"Band members have told us that more homes are needed close to the jobs at the casino and in the region around Hinckley," Harry said. "We are glad to be able to offer these homes for Band members."

Marge indicated that the demand for homes on the

reservation remains high, and said, "The Mille Lacs Band will continue to build homes like these as long as there are Band members who need them."

"During the tough economic times that Minnesota has faced, construction in many places has come to an abrupt halt," Marge said. "But here today we see activity that will get new lives started."

The groundbreaking ceremony included a traditional Ojibwe blessing led by District III Elder Skip Churchill and a feast to celebrate the occasion.

Construction of the development's three- and four-bedroom homes, as well as the streets and other infrastructure, are being funded by the tribal government. The Band has built more than 200 homes and renovated many more since opening Grand Casino Mille Lacs and Grand Casino Hinckley in 1991 and 1992.

Band Prepares for H1N1

By Toya Stewart Downey

As the medical community gears up for an influenza season that could reach pandemic proportions, so to is the Mille Lacs Band of Ojibwe.

From the clinics to the medical practitioners to the Tribal Emergency Response Committee (TERC), preparations are underway to make sure that Band members are educated about the H1N1 virus and the implications it could have on the community.

"Right now, education and awareness is important," said Dr. Salina Rizvi, the Band's health services director. "And as soon as the H1N1 vaccine becomes available, it's important that Band members get vaccinated."

It's expected that the H1N1 vaccine will be available for general distribution by the end of October or early November. Right now, its arrival date is "very fluid," said Salina.

The seasonal flu vaccine is currently available, and medical professionals are encouraging people to get both vaccinations.

The groups that are at the greatest risk with the H1N1 strain are young children, pregnant women and older adults, according to medical experts.

Since April there have been seven H1N1-related deaths in the state – four of which occurred within the last month.

For most people, H1N1 isn't severe, but it can be more serious for people with underlying health conditions, according to Dr. Sanne Magnan, the state's health commissioner. Most of those who recently died had underlying health conditions.

As of October 2, there were 324 people hospitalized with confirmed cases of H1N1.

"Getting the vaccine could help save people from bigger health problems," said Salina. "We want to educate people about the possible health problems and the worst-case scenario."

To help expedite the process of getting vaccinated, the Band's medical providers will set up quick-service, walk-in clinics so people can go in when they're available. No appointments will be needed.

Because the vaccines are portioned by county populations, officials are asking Band members to get vaccinated in their home districts rather than traveling to get it. Those without medical insurance are still able to get vaccinated as the costs are covered by the state.

People who have regular or scheduled medical appointments will be offered the option of getting vaccinated during their visits.

Last month, members of TERC met to discuss the steps the group could take to help prepare for a worst-case scenario of a widespread outbreak of influenza. TERC is responsible for addressing major disaster emergency situations on the reservation.

"We will exhaust every resource we have, and we want to let Band members know that we will do everything we can to keep them safe and healthy," said Monte Fronk, the Band's emergency management coordinator.



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Community Teams Up To Construct Long-Sought Gardens



Rick Anderson

Students and community members plant one of the 10 gardens that will provide vegetables for a farmers market. The workers included (from left to right), Daniel Thomas, Zac Naniot, Rick Hill, Dwight Reed, Chief Executive Marge Anderson, Bugs Haskin, Marquis Fisher, Jacob Hardy, and Jericho Sayles. Not pictured are Irene Hill and Pete Braith.

For the past two years, Band Elders have been interested in planting gardens to grow vegetables for a farmers market. Until recently, the Elders have been unable to find someone willing to spearhead the project.

With help from students from the We Rejuvenate Our Community program (We ROC) at Nay Ah Shing, they began construction on 10 raised gardens. In addition to the gardens, the group also built two standing fire pits, another request from the Elders.

Band members were surprised at how quickly the project was completed. "I knew Bugs would get our gardens done, but I wasn't expecting them to get done until next summer," said Elder Darlene Savage.

Bugs is thankful for help from the community. Bruce Palomaki, Mike Moilanen, Jody Benson,

Mike Taylor, Wendell Leecy, and Gus Nickaboine were just a few that helped obtain dirt, firewood, gloves and other items the crew needed to complete the project.

At the end of the two-day project, the Elders and construction crew lit the inaugural fire in the pits and roasted hot dogs and marshmallows.

The project was very rewarding, according to Bugs. "When the Elders had tears in their eyes and smiles on their faces thanking us the night we had both fires going, all the slivers, aches, pains and sore joints were worth it," she said.

Students in the Nay Ah Shing We ROC program who assisted with the project were Brandon Anthony, Heather Benjamin, Marquita Eagle, Amber Benjamin, Sage Boyd Davidson, Brenda Mitchell, Allison Mitchell, and Jodi Nickaboine.

Pine Grove Leadership Academy Activities



Photo courtesy of Pine Grove Leadership Academy staff

David Matrious (left) was at the Pine Grove Leadership Academy for the open house held on September 21. David told the students (K to eighth-grade) the history of the Aazhoomog community. The model curriculum program serves to guide the charter school instructional programming with innovative approaches to teaching students. The program is designed around academies that use the Ojibwe seasonal cycle, environmental science theme to drive a curriculum rich in culture, but the academy's main objective is academic excellence. Community members and Elders came to the event in support of the school. Pine Grove Leadership has established an Elder council to use and locate teachings of the Aazhoomog community.



Photo courtesy of Pine Grove Leadership Academy staff

Mille Lacs Band Elder Leonard Moose (right) at the Pine Grove Leadership Academy is building a wigwam. The wigwams will be used for two weeks as outdoor classrooms while construction is being finished at the school. Joseph Sutherland and Lindsey Lucas also helped build the wigwams.

All-District Co-Ed Softball Tournament Held in District III



Photo courtesy of CRS

The Community Recreation and Sports (CRS) program hosted an all-district adult co-ed softball tournament on Saturday, September 19 in Lake Lena. Four teams participated and the District III team won. CRS program staff would like to thank the community teams for participating. District III Representative Harry Davis was at the event cheering on the home team.

Royalty at Onamia High School Homecoming Include Mille Lacs Band Members



Photo courtesy of Onamia High School

Homecoming royalty were crowned on Monday, October 5, at Onamia High School. Pictured above is Onamia homecoming queen Naomi Weyaus and king Christian Lawrence, junior prince Ryan Jones and princess Jennifer Gingery, and sophomore princess Leah Peterson and prince Ben Sam. Naomi Weyaus and Ben Sam are Mille Lacs Band members.

Dennis Olson – An Advocate For Education



Dennis Olson

By Toya Stewart Downey

Even as a child Dennis Olson knew that education was important. "I was indoctrinated early with the idea of attaining higher education," said Dennis. "I had a certain drive instilled in me."

Now the Commissioner of Education has two master's degrees and is considering the possibility of pursuing another degree. He completed his thesis for his master of education this past summer.

But, Dennis is quick to admit pursuing a college degree isn't easy even when it's something a person is committed to doing. When he started as a freshman at the University of Minnesota Twin Cities campus Dennis planned to major in chemical engineering. "I struggled there," said Dennis, a member of the Fond du Lac Band.

To help balance the rigorous engineering coursework, Dennis enrolled in an American Indian studies class and said he "felt comfortable." He changed his major to sociology, communication, and American Indian studies and graduated in 2002 with a bachelor of arts degree.

From there, Dennis moved to the University of Minnesota Duluth campus and began working on a master of liberal studies degree. He focused on federal Indian policy and its affect on today's youth. He graduated in 2005.

During his college career, Dennis worked for the University of Minnesota's Institute on Community Integration as a project coordinator and grant writer. He also worked with American Indian high school students teaching them how to transition from school to real life. It was that work that helped Dennis develop his first thesis, "American Indian Youth

Entrepreneurship." It also reinforced Dennis' desire to be involved with young people and their education.

After college, Dennis returned home and coordinated a small business entrepreneurship program for youth that was run by the Fond du Lac Tribal Community College.

Before long, Dennis learned about the commissioner's job and applied. He was hired in May. In his role, Dennis oversees the early education program, the schools, the higher education department, and community recreational sports. "Basically, I oversee day-to-day administration of all things education," he said. "Along with my colleagues, we're making sure that all services for Band members and youth are met."

Dennis said he is grateful for the opportunity to serve the community and to work with the Band's youth. One of Dennis' primary goals is to ensure that language and culture remain at the forefront of what's happening in the schools. "If students speak the language and understand the culture and then go out and pursue higher education, they can return to the community and take advantage of countless opportunities," he said.

"The Mille Lacs community can benefit in many ways by having educated Band members. Right now, there is a big need to educate and develop tomorrow's leaders and allow youth the opportunity to ultimately determine their own future," he said.

"We're seeing first speakers and Elders pass everyday and there's a part of our history and culture being lost."

That's why Dennis plans to encourage as many people as possible to pursue higher education. In his role as commissioner, Dennis said he's hoping to spread the message that, "education can never be taken away from your life. The more education you have the more opportunities you have," he said. "There's more room for you to grow...it's endless."

Dennis is married to Shauna Coons, an enrolled member of the Lac Courte Oreilles Band of Ojibwe. Shauna is an attorney in the Solicitor General's office. The couple have been married five years and are expecting their first child in March.

Meet the *Inaajimowin* Team



Toya Stewart Downey

Mille Lacs Band member and accomplished journalist Toya Stewart Downey has been writing stories for the *Ojibwe Inaajimowin* since May 2008. As of September, she is a full-time editor/writer for the Mille Lacs Band, with duties including reporting and writing articles for the paper, covering some community meetings, and working on special writing projects for the Department of Government Affairs.

Before joining the *Inaajimowin* staff, Toya worked for 14 years at several daily newspapers, including the *Star Tribune*, *Argus Leader* in Sioux Falls, SD; *Times-Leader* in Wilkes-Barre, PA; *Kansas City Star*; and the *Fort Worth Star-Telegram* and *Dallas Morning News* in Texas.

Toya moved home to the Twin Cities in 2006 to attend graduate school at the University of Minnesota, where she worked part-time in the School of Public Health as an administrative fellow on the communications team and wrote for several university publications. She has since earned a master's degree in health journalism.



Kelly Sam

Mille Lacs Band member Kelly Sam has been editor of the *Inaajimowin* since 2004. As editor, Kelly is Band members' primary contact to submit community calendar and tribal noteboard messages, and for information about the newspaper.

"I've worked on the Band newspaper for several years, which has allowed me to learn about all aspects of it, from story gathering to writing to design to printing," Kelly said. "I enjoy keeping in close touch with Band members as the editor, and I welcome story ideas."

Kelly has worked for Goff & Howard, Inc., the Band's public relations firm in St. Paul, for nearly 10 years. She helps coordinate large projects (such as updates to the Band's Web site), designs and produces a wide variety of materials (including her work on the Band's newspaper), and covers special events to conduct interviews, gather information, and take photos.

Ojibwemowin

October is binaakwii giizis, or falling leaves moon

People sometimes ask why the Ojibwe names for months don't always exactly match up with the activities described for those months. For example, the Ojibwe call July miini-giizis or blueberry moon, when in fact the blueberries don't ripen until the end of July or even August.

The answer is that the Ojibwe way of tracking time is to follow the cycles of the new moon, not the present Western calendar. That's why the Ojibwe would say blueberries

are ready for harvest during a particular moon rather than on a particular date.

The same is true for harvesting wild rice. The Ojibwe have always believed that the time for harvesting wild rice depends on weather conditions of the previous season, and even the previous years. By following the new moon rather than the calendar, the Ojibwe harvest wild rice at the right time. This protects the rice and ensures it will be healthy for generations to come.

Band Member Spotlight: Red Circle Agency



Photo courtesy of Chad Germann

Chad Germann

By **Toya Stewart Downey**

A successful advertising campaign is one that captures the audience's attention; a great campaign creates an emotional connection between the product and its consumers, thereby fostering buyer loyalty. That's exactly what the "What's Your Grand Casino Story," campaign did. It was used to promote the Band's gaming businesses for nearly six years.

In the promotion that ran on-air and in print, customers were asked to share an account of their Grand Casino story, from winning enough money to buy a small dog, to buying dinner for friends, to staging the perfect marriage proposal. Getting to see real people's stories in the ads made it interesting and memorable to viewers.

The man behind the marketing campaign is Chad Germann, a Band member and president/CEO of the Red Circle Agency – a Minneapolis-based marketing and media firm whose niche is helping tribes promote their casinos.

"We're not a typical ad agency," Chad said. "We're a mix of casino marketing people and people from ad agencies. We're creative people who know what good advertising looks like."

It's that mix of people, along with their talent and experience, that has helped Chad and his agency make its mark in the advertising world. "I always saw this gaming thing getting bigger and bigger out of the corner of my eye," Chad said. "I saw opportunities at the casinos."

That's because as the gaming industry grew, Chad had an insider's view. While attending college, Chad interned for the Grand Casinos' marketing department. It was there where he saw the industry begin to boom.

After receiving his Bachelor of Science degree in literature and creative writing from St. Cloud State University in 1996, Chad went to the University of North Florida to attend graduate school. At that time he was planning a career in education, but with a young family to support he decided to return home and seek a job with the Band.

In the beginning, Chad worked in Grand Casino Hinckley's human resources department managing the casino's incentive programs. He then worked as an executive assistant for the Grand Casino Hinckley general manager. From there, Chad got a job as an advertising manager, and then jumped to advertising director for Grand Casino Hinckley. He also did an internship at Goff & Howard, the Band's public relations firm.

In 2000, Chad was encouraged by his mentors to start his own advertising agency. He took their advice and founded Red Circle that same year. He worked out of a small office in Plymouth along with two employees. "I always knew there was overflow work from Grand Casinos and the tribe, so that's what I went after."

Chad is quick to admit that his first efforts were less than stellar, but he's learned from his mistakes and used them as stepping stones. "The What's Your Grand Casino Story campaign has been our calling card," he said. "We have won awards for it."

At its high point just a few short years ago, the agency had a staff of 30 and managed marketing accounts for 20 casinos. But the economy took a toll on the business and the company had to downsize.

The economic downturn also impacted another marketing firm founded by Chad a few years ago – the Howl Fire Agency, which seeks business from fortune 1000 businesses.

Still, Chad is confident that his business will rebound as the economy improves. In recent weeks the agency has been sought after because of its reputation for helping casinos become more efficient and effective. Plus, Chad said, there's currently a need in the casino industry and that makes Red Circle a desired resource.

Moccasin Telegraph

Traditions I learned from my grandparents



By **Janet Gahbow, Mille Lacs
Band Elder**

The following article appeared in the January 28, 2009, issue of the Mille Lacs Messenger. It is being reprinted with their permission.

I was born in Cloquet and grew up in Minneapolis. We lived with my maternal grandparents, Florence and Tony Moose, who were very cultural people. They attended the big drum ceremonies. It was fun to watch them dance during the ceremonies, but sometimes the dances went all night long.

My grandma Florence's stepfather was a medicine man, so she knew about some traditional medicines. If we got hurt playing games in the summertime, she picked grapevine from the woods and boiled it. She made us soak our ankle, knee, or whatever part was hurt in the grapevine. It always worked.

My grandparents used to take us to powwows in the summer, and we traveled to Wisconsin, North Dakota, and Canada. I did the jingle dance and wore the jingle dress made by my grandma. We used to dance at the old trading post in the summertime too. We danced all day long and took donations from museum visitors. We split up all the money between the dancers and then bought all the candy we could with our nickels and dimes at the trading post.

During ricing season, my grandparents took us to East Lake and Mille Lacs. They harvested the wild rice and we laid it out to dry before it was parched. To parch rice, we put it in a big black kettle over the fire. We had to turn the rice

and parch it so the hull would come off the rice. Then it had to be thrashed to remove the hulls. My grandma put the rice in a birch bark basket and winnowed it to clean the rice.

My grandma always made bread to go with the wild rice. She made what she called "gourmet rice," which consisted of hamburger, onion, wild rice, and tomatoes. She showed me how to make fry bread and her Indian biscuits too. I like to cook, but I never wanted to cook duck.

Duck hunting season was right after ricing season, and my grandpa hunted ducks for us to eat. We had to help clean them by plucking off the feathers, putting the ducks over the fire, and pulling off the remaining feathers. It was an awful process, and it smelled terrible. But the ducks tasted good.

Bullheads are the same way – they taste good, but are ugly. Our family went bullhead fishing, which you have to do at dusk. It was really fun, and we all had a good time. I ate the bullhead meat if it was cleaned off for me, but I didn't like the look of a whole fish on my plate.

My grandma Batiste Sam, on my dad's side, was really good at crafts. She showed me how to do beadwork. There are different kinds, but she mostly did embroidery beadwork, in which she put the design on a cloth and sewed on the beads. She also made traditional Ojibwe moccasins.

My grandparents always had a good work ethic. They taught me that you can't expect things to be given to you. If you sit around and wait for someone to give it to you, you might be sitting around for the rest of your life.

I have learned many lessons and traditions from my grandparents that I still practice today. I like to make the old traditional dishes that my grandma Florence used to cook. I also try and do beadwork, although I can't see the different colors anymore. But it's just like riding a bike – you never forget how to do it.

Create a Career Development Plan

By Corporate Commission staff

Do you have a career development plan yet? If the answer is no, then this article is for you.

The Corporate Commission has a unique opportunity for all Mille Lacs Band members through its Band Member Development program. Whether or not you are hoping to work in the gaming industry, there are classes that can help you develop goals to help you reach your ideal career. These classes are specifically offered to Band members at no cost.

Steven Sam began his career as a line cook at Plums, the snack bar at Grand Casino Mille Lacs. Although Steven enjoyed the job, he knew right away that he didn't want to cook for the rest of his life.

Steven was an excellent employee, according to his manager, Theresa Novotny. "He's the type of person you always want to work for you – someone who is dedicated to his job and has fun along the way," she said.

After some convincing from his supervisor, Steven signed up for a Band Member Development class called Steps to Economic and Personal Success (STEPS), which is offered exclusively to Mille Lacs Band members. Offered by The Pacific Institute and Lou Tice, the class provides you with a guide to self-sufficiency. It also teaches you skills to improve your opinion of yourself, increase your confidence in yourself, and augment your ability to use critical thinking to create a new, successful life. During the course, you will take self-assessments and gather data about yourself and your surroundings to create a concrete plan for your future.

While attending STEPs, Steven began working on his career development plan. "Steven was able to identify his opportunities, set goals, and work toward

them," said Jenny Buchholz, Steven's STEPs instructor and food and beverage manager at Grand Casino Mille Lacs. "I give him a lot of credit for following through with this program – he is proof that you can be successful."

Steven is now employed through the Mille Lacs Band's halfway house as a chemical dependency counselor aid. "Steven didn't need a class to figure out he was a supportive and compassionate individual," Theresa said. "This program just helped him look outside of the box to the potential that is his future."

According to Steven, his career development plan allowed him to focus on pursuing a career and becoming a better person overall. "The nice thing is that your career development plan is a continually working document," Steven said. "Once you've met your goals, you set new ones and keep going."

Having a clearly defined plan directly contributes to your success, said Deron Dunkley, Commissioner of Corporate Affairs. "Investing in our Band members is important to our Band because it allows us to nurture future leaders and continue to fulfill our commitment to their success," he said. "As Mille Lacs Band members, we have a responsibility to maintain and improve our skill set so that we can continue to become successful."

Of course, you'll have to do some work too. The STEPs course is just part of the process that will enable you to set a career development plan. You will need to focus on clear and ambitious goals, set directions and priorities, and clarify expectations – both professionally and personally.

If you are interested in learning more about the free classes offered to Band members, contact Nicole Wilberg at 320/532-8871.

First-Time Homebuyer Class Available to Band Members

The Minnesota Chippewa Tribe (MCT) Finance Corporation is offering a first-time homebuyers education class on Saturday, October 24. The class will be held from 8:30 a.m.-4:30 p.m. at the MCT building.

This class is a requirement of the MCT Finance Corporation for qualified buyers.

Please call Cindy Beaulieu at 218/335-8582, ext. 150 or cbeaulieu@mnchippewatribe.org to reserve your spot in this class.

Board Addresses Housing Issues



Rick Anderson

Mille Lacs Band Housing Board members (left to right) are Elder Delores Haglund, Chief Executive Office Representative Nancy Wood, John Mojica, Vice Chair Jenny Gahbow, Chairperson Jen Aubid, and Secretary Patricia O'Brien. Not pictured is board member Maxine Sam.

By Toya Stewart Downey

Whether it's approving home loans, helping a renter find a place to live or helping a homeowner fix a problem around the house, the Housing Advisory Board is making strides to address Band members' housing issues.

The board wants to remind Band members that the board's role is to act as an advocate for everyone. "People know about us when they need us, but it's important for all Band members to know that we're here for everyone," said Jen Aubid, chairperson of the board.

The seven-member committee has representatives from each district and includes two at-large members and an Elder. Each member is appointed for a four-year term.

The primary responsibility of the board is to address housing and rental concerns. It also approves loans for homebuyers and provides recommendations to Jennifer Waltman, Commissioner of Community Development.

"Every district has its own [housing] issues, but overall Band members just want to be heard, and they want a response," Jen added.

Additionally, the board reviews policies and offers amendments to current rules, said John Mojica, an at-large member. "We seek community input for policies, and we set guidelines for providing services," he said.

The most recent policy changes the board recommended were to the Elder policy and the renter-occupancy policy, according to John.

"We can influence the direction of housing by strategic planning," he added. "For example, do we want to

see the Band build more Elder homes? Rental units? We can make recommendations based on community input."

While there is no way to quantify the advisory board's success rate, there are victories on behalf of Band members, according to board members.

"People purchasing homes, that's a success," said Jen. "When people purchase homes, they are so happy and that makes us happy."

The board is planning to tour abandoned homes in District I and District III soon to get an inventory of what conditions the homes are in and what might be available in the future.

They will also look at rental units and transitional housing units, so that everyone on the board is familiar with housing options that are available, Jen said.

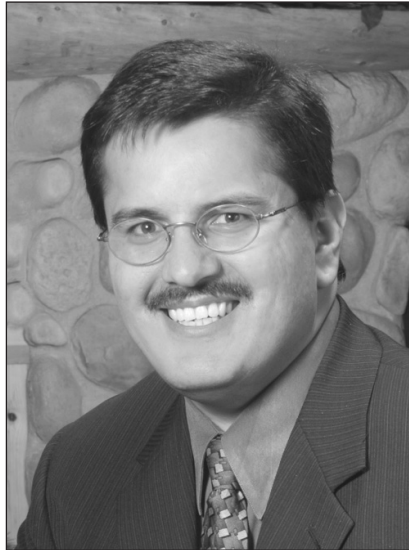
"We have vacant housing and we have waiting lists, so we need to find out more about these abandoned houses," John said. "Some need renovation, some have been condemned, and some have just been abandoned."

The Housing Advisory Board meets twice a month in all of the districts. Each meeting begins at 1 p.m., and all are open to the public. The board encourages Band members to attend.

The meeting schedule for the remainder of 2009 is as follows:

- Wednesday, Oct. 21 – Minneapolis
- Wednesday, Nov. 4 – East Lake
- Wednesday, Nov. 18 – Mille Lacs
- Wednesday, Dec. 2 – Isle
- Wednesday, Dec. 16 – Hinckley

Contributing to The Economic Vitality of The Band and Region



Mel Towle

By Toya Stewart Downey

As general manager of Grand Casino Hinckley, Mel Towle spends much of his time analyzing operations to determine ways to enhance the casino's position of being the entertainment destination of choice for more Guests. He oversees the day-to-day operations of the entire property, which includes the casino, hotels, RV park, restaurants, golf course, spa, and entertainment facilities.

Sometimes he's also like a ship captain, navigating through rough waters, he said.

"The biggest challenge is when business is down. It's getting through what we're going through right now – the economic slowdown," said Mel, a Band member who grew up in District III.

Still, the rewards outweigh the challenges, said Mel. "No two days are ever the same, and there's always something new and different."

Mel has served in various leadership positions with the Corporate Commission and Grand Casino Hinckley, first serving as a member of the board of directors, then in his first full-time position with the company as corporate chief financial officer. He has served as Grand Casino Hinckley's general manager for five and a half years. Mel also serves as a member of the board of directors for Woodlands National Bank and has recently been appointed to the board of directors of the Minnesota Chamber of Commerce.

Mel's first job out of college was in the accounting field working as a finance officer in the Band's Office of Management and Budget after he graduated cum laude from the University of Minnesota-

Duluth in 1994 with a bachelor's degree in business administration. He majored in finance and minored in accounting and American Indian studies.

Before returning to work for the Band in 2002, Mel worked as a senior financial analyst for Deluxe Corporation and as an auditor for one of the world's largest accounting firms, KPMG. He also served in the United States Army, third Air Traffic Control battalion, 58th Aviation Regiment stationed in Wiesbaden, Germany.

"I left the Twin Cities because I wanted to come back and work for the Band," he said. "I liked the mission – to better the life of tribal members and achieve tribal economic self-sufficiency."

"I also like providing a quality entertainment experience for our Guests, a great place to work for our Associates, and funding for the much-needed programs and services offered by the Band," he said. "That is the draw for me. There is a difference in knowing your success is moving the Band and the community to a better place."

Mel said he credits his dad, Eldon Towle, for helping him develop an interest in business. His father established his own business after having worked for another company for many years. While Mel worked for him, he found himself more interested in the managerial and people aspects of the business than the hands-on part of the job.

"I remember tagging along with him when he went to meet with his accountant, the general contractor, or the owner, and that impacted me," he said. "I always like numbers and being around people, it felt natural to me."

Mel encourages individuals of all ages to pursue higher education, maintain a strong work ethic, and be genuinely kind, respectful and professional especially in tough situations. These are some of the many attributes he was encouraged to value and demonstrate by his parents, grandparents, and many others who have guided him through the years.

"I'm here, and I'm able to be a part of something that is important to me, which is contributing to the economic vitality of the Band and our region," Mel said.

If the Weather Outside is Frightful, is Your Vehicle Ready?

By Corporate Commission staff

Even though old man winter is technically two months away, we still need to prepare our vehicles for icy roads, snow drifts, and overall poor driving conditions. Taking the time to prepare your vehicle for winter before the first freeze will save you a lot of trouble – and Grand Auto & RV Care is here to help!

To start, here are a few important tips when readying your vehicle for winter:

Check your battery

This is an ideal time of year to make sure your battery's posts and connections are corrosion-free and that your battery has enough cold cranking amps to start your car in frigid Minnesota temperatures. Cold temperatures can cut the life of your battery in half, largely because more power is needed to start your car when it is cold outside. If your battery is more than three years old, bring your vehicle to Grand Auto and have a certified mechanic test its ability to hold a charge.

Check your fluids

If you didn't change your anti-freeze last year, you'll want to do it now. Your vehicle's antifreeze is an especially important fluid in the winter because it keeps the engine, radiator and hoses from

freezing. It also prevents engine corrosion.

Get the right kind of oil change

Are you approaching the time for a 30,000-mile service check for your vehicle? If so, don't procrastinate! Among other things, the service should include an oil change, and the oil used should have the right viscosity, or thickness, for your vehicle at this time of year. Oil tends to thicken as it gets colder, and if it's too thick it won't do the best job of keeping your engine lubricated.

Not only will Grand Auto & RV Care prep you for winter, but it is also offering a special deal. When you call to book a regular tune-up, you'll receive \$20 off in the month of October. You'll also receive \$10 off any fluid flush and a FREE oil change with any service totaling \$150 or more.

Plus, Grand Auto and RV Care is helping ease repair expenses by offering a 10% discount to Grand Casino Associates, Grand Reward's Players Club members, and Mille Lacs Band members and employees.

To schedule your appointment please call 320/384-4822. Grand Auto & RV Care is open Monday through Friday from 7:30 a.m.-6 p.m. (open at 7:30 a.m. for early drop-off only) and Saturdays from 8 a.m.-2 p.m.

Chief Executive Meets with Presidential Staff on Tribal Sovereignty and Consultation

Two of President Obama's key campaign commitments to Indian Country were that he would meet with tribal leaders annually basis that his administration would respect the government-to-government relationship between the U.S. and tribes. On August 31, the White House Domestic Policy Council met with tribal leaders including Chief Executive Marge Anderson to discuss the consultation process and gather information that will help prepare President Obama to address tribal needs and issues.

"The Mille Lacs Band is not a grantee. It is not a customer. It is not a client. It is a governmental partner with the United States," Marge told Senior Policy Advisor for Native American Affairs Kimberly Teehee, who led the meeting. "I look forward to working with President Obama

and his team as we set a new course and give practical expression to better ideas for Indian Country."

In her written statement, Marge added, "Today the challenge is to ensure that the United States government upholds the terms of its treaties and agreements with the Mille Lacs Band. To do that, all dealings between federal officials must respect the Mille Lacs Band's sovereignty – our right to govern our people and our lands our way... An authentic consultation policy must mandate federal deeds that are consistent with federal obligations and tribal sovereignty."

Tribal leaders expect the August 31 meeting to be the start of ongoing dialog between President Obama and the tribes regarding mutual interests.

My Father's Suicide and Its Effects on Me

Following is an excerpt of an article written by Mille Lacs Band member Dr. Arne Vainio for News From Indian Country.

I assume it was a bright, sunny day when my father committed suicide. It was midsummer 1963. It's a time of year when the sky is clear, the birds are singing, the cicadas are buzzing, and families are out having picnics. But not ours.

My mother and father owned a failing bar business called, of all things, "The Good Luck Tavern." The business wasn't doing well, and my father was not a good businessman. He gave credit to anyone, even if they couldn't pay.

My mom was pregnant with my older sister when she met my father. When he committed suicide, he had me, my two younger brothers, and my mom was pregnant with another sister. Lots of pressure, lots of obligations.

I was about two months shy of my fifth birthday when my father shot himself. I remember even then blaming myself for his death.

I started drinking when I was about 14 years old, and when I drank, I always thought of my father. Drinking did seem to ease some of the pain, and it was one of the few times when my mind could tolerate thinking about him. I cried often when I drank, but no one wanted to talk about it, and most redirected the conversation or avoided me at those times. I thought hard about suicide myself when I was 17 or 18, and even had a plan for a spectacular and fiery death in my 1971 Plymouth Roadrunner. At the time I thought I would have been glorified in my high school annual and always remembered by my classmates. It seemed a better option than the misery I was going through.

I never talked to my mother about it, as I didn't want to reopen her wounds and add more to mine. It wasn't until my fourth year of medical school that I was finally able to ask my mother about it. This did reopen wounds for both of us, and it was a very hard conversation. She told me the bar was deep in debt and my father had turned to drinking heavily and was taking "tranquilizers." He had already threatened suicide a few times, and when he walked through the bar that day with the intent of killing himself, one of the women at the bar told him "you goddamn Finlanders don't have

the guts to shoot yourselves." That was the last sentence he heard. He walked out of the bar and into a field across the road and shot himself.

It was our conversation that finally allowed me to go to my father's grave. In all those tortured years, I could never bring myself to go there. I knew his grave was on a corner in the cemetery and I drove slowly until I finally found it. For some reason, I wasn't expecting to see my own name on the sunken tombstone, and it hit me hard. I got out of the car, knelt by his grave in the rain and wept for a very long time.

Suicide leaves wreckage in its wake. It always lingers, it shatters families and it forever changes those left behind. My mother told me the last words she heard haunted that woman for the rest of her life. But that woman didn't cause my father's suicide and neither did I. There was a darkness in him that was fueled by alcohol and "tranquilizers."

There are some things in us that we are unable to tell others or we can't articulate well. Many of these are things that society doesn't want to hear. Without being able to talk about things, there is a snowball effect. Escape therapies are gambling, alcohol, drugs, shopping, and other addictions. In the U.S. there are 80 suicide deaths a day and 10-20 attempts for every death. Suicide is the third leading cause of death for adolescents and young adults after motor vehicle accidents and homicide. Native Americans have one of the highest suicide rates in the U.S.

What can we do? We need to listen to each other. If it seems someone is suicidal, talking about suicide won't put the idea into his or her head. It's already there. Talking with them, being a support, and getting them in to see a medical professional is essential. If you or someone you care about is thinking of suicide, the National Suicide Prevention Lifeline is 800/273-TALK (8255). This number is answered 24/7, is confidential, and can connect you with resources in your area in addition to handling an ongoing crisis.

Can we prevent every suicide? Probably not. But I know preventing my father's would have made all the difference in the world for me.

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

Helping Preserve the Ojibwe Language



Syngen Kanassatega

For the past year, Mille Lacs Band member Syngen Kanassatega has been learning the Ojibwe language from Larry Smallwood, Ojibwe Language and Culture Center director, and by conversing with his grandfather, a fluent speaker. While he learned a few Ojibwe words and phrases growing up, Syngen recently took the initiative to learn the language as a young adult, after moving back to the reservation in 2008, after college. Today, with a new job in the Band's Education Department, Syngen is improving his own Ojibwe language skills while helping the Band enhance its language programs.

In July, Syngen was appointed as the Band's Ojibwe language and public policy analyst. In this newly created position, Syngen works under Department of Education Commissioner Dennis Olson to find ways to improve the retention of the Ojibwe language and culture in the Band's schools. Syngen, who previously worked in the Chief Executive's office, was already working on Ojibwe language preservation efforts when this new job became available. One of the reasons he was drawn to this position was his experiences at the big drum ceremonies, in

which he is among a handful of people from Generation Y who participate.

"Our language is a vital part of the big drum and other ceremonies," said Syngen. "In order to keep these ceremonies going in the future, we need to make sure our younger generations know our language so that they are capable of performing these traditions."

One of the first projects Syngen is working on in his new role is developing a uniform curriculum for Nay Ah Shing's Ojibwe Language and Culture Program. Another project Syngen aims to help develop is a master-apprentice program in which fluent Ojibwe speakers mentor young learners. The program would require the pair to spend at least 20 hours a week speaking only Ojibwe. This would enhance the classroom learning of the young speaker, so that he or she can practice speaking Ojibwe outside of a school setting.

In the future, Syngen also hopes to help the Department of Education create an immersion program at Nay Ah Shing. This would allow Band youth to learn all subjects in Ojibwe – from math to art to physical education classes – so that they continually practice speaking the language. The program would likely start at the Head Start level and develop as the students go through their K-12 school years. While the program would likely take many years of planning, Syngen is dedicated to helping youth learn more about the Ojibwe language and culture so that they can ensure the Band's traditions are passed down to future generations.

Syngen sums up his philosophy best with the saying: "If we lose our language, we lose our culture. And if we lose our culture, we lose our identity."

Upcoming Elections

Even though 2009 is not a major election year for state or federal positions, there are still crucial elections for local government officials on Tuesday, November 3.

Both Minneapolis and St. Paul are holding mayoral elections. The front-runners in St. Paul's mayoral primary election on September 15 were incumbent DFLer Chris Coleman and Republican Eva Ng.

Because Minneapolis is introducing a new voting system in the 2009 general election, the city did not hold a primary

election. Instead of choosing one candidate, voters will rank all the candidates. Incumbent DFLer R.T. Rybak and Republican John Kolstad are the front-runners in the election, and there are several other third-party and independent candidates.

Additionally, City Council seats are up for election in both cities.

For more information about the 2009 elections and candidates running for office, visit the Minnesota Secretary of State Web site, <http://www.sos.state.mn.us>.

Mille Lacs Band Workforce Center Updates

Classroom and computer lab hours

District I

- Monday through Friday, 8 a.m.-5 p.m. Closed from noon-1 p.m.
- Wednesday, 5-8 p.m.

District II

- Tuesdays, 9:30 a.m.-3:30 p.m.

District III

- Wednesday, 10 a.m.-3 p.m.
All hours are subject to change.

Workforce Center opportunities

GED test preparation, resume and cover letter writing assistance, and typing skills assistance are available during classroom hours. Computer Skills 101 is available by appointment.

Upcoming classes

Essentials of Resume and Cover Letter Writing: Selling Yourself When Writing a Resume and Cover Letter

- October 27 – 1-3 p.m., District II workforce modular
- October 28 – 1-3 p.m., District III workforce GED classroom
- October 29 – 1-3 p.m., District I workforce GED classroom

Introduction of Computer Skills for the Workplace: Using Word, Excel and Internet in the Workplace

- November 10 – 1-3 p.m., District II workforce modular
- November 19 – 1-3 p.m., District I workforce GED classroom
- November 25 – 1-3 p.m., District III workforce GED classroom

Mille Lacs Band Of Ojibwe Tribal Government Monthly Financial Report

August 2009

	Approved Budget for FY 2009	Actual Expenditures through 8/31/09	% of Budget Expended
Administration (1)*	13,355,300	9,550,634	71.5%
Workforce*	11,676,744	5,116,637	43.8%
Judicial	1,093,149	838,439	76.7%
Law Enforcement*	3,477,344	2,795,407	80.4%
Education*	15,633,085	12,510,976	80.0%
Health and Human Services*	25,722,870	20,842,635	81.0%
Natural Resources*	5,460,796	4,456,794	81.6%
Community Development*	37,686,448	14,907,522	39.6%
Gaming Authority	4,641,974	3,726,475	80.3%
Per Capita Payments	37,512,496	32,782,812	87.4%
Economic Stimulus	2,800,000	2,780,000	99.3%
Total Expenditures	\$159,060,206	\$110,308,331	69.4%

Financial notes:

- Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.
- The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- 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.
- Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission from the tribal government.

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

Small Business Development Program Updates

By Small Business Development Program staff

Retail space available

The Small Business Development Program (SBDP) is looking for a Band member entrepreneur interested in locating a business in Grand Casino Hinckley. The market has shown that gaming Guests are interested in the following products:

- Collectibles (coins, stamps, sport cards)
- Sports items
- Antiques/fine art
- Gourmet cooking
- Candy
- Toys/children items
- Crafts/sewing
- Books

Perhaps you have another product idea. If you are interested in these entrepreneurial endeavors, please contact Sharon James at 320/532-8817 for more information.

Loan funds available

The Minnesota Department of Employment & Economic Development (DEED), which administers the State Indian Business Loan (SIBL) program, recently announced that \$149,000 in loan funds are available to Mille Lacs Band members.

Funded through a portion of the mineral severance tax and loan repayments, the program account is divided among each Minnesota reservation.

Loan interest rates range from two to 10 percent, depending on the use of the funds.

The loan can fund up to 75 percent of the total project costs while equity or collateral must make up at least five percent of the costs.

SBDP is available to assist you in determining if you qualify for the loan program and help you draft the business plan needed. Please contact either John Gunstad at 320/532-8812 or Sharon James at 320/532-8817 for more information.

Fall 2009 Ceremonial Dance Schedule

- October 16-17**
Mille Lacs
Linda & Joyce
- October 23-24**
Mille Lacs
Joe & Reginald
- October 30-31**
Lake Lena
Skip & Dave
- November 6-7**
Mille Lacs
Raining & Ole
- November 13-14**
Lake Lena
Lee & Amik
- November 20-21**
Mille Lacs
Melvin & Perry
- November 27-28**
East Lake
Tim & Tom

Tribal Noteboard

Happy October birthday to:

Son Son, 11, on October 7 with love from mom, Marco, Ashleigh, Corina, and Bunny • **Corey**, 9, on October 15 with love from mom, Marco, Ashleigh, Corina, and Bunny • **Grandma Bunny**, on October 31 from Michelle, Marco, Ashleigh, Corina, Austin, and Corey • **Amo Mitchell**, 21, on October 13 from all the Mitchells • **Fred Gabby Sam**, on October 14 from all the Mitchells • **Freddy Mitchell**, 9, on October 25 from Grandma Bea and all the Mitchells • **Kathy and Zachary**, on October 26 with love from your family and friends • **Blade Bastedo**, 4, on October 1 from mom, Auntie Chick, Mick, Max, Uncle O-Guy, Papa Doug, Phil, Nadine, Charlotte, Phil Jr., Whitney and the rest of the family • **Vincent Beaulieu**, on October 11 from mom and family • **Falon Sam**, on October 15 with love from Auntie Marsha and family • **Kiki Sam**, on October 17 with love from Grandpa Gabbi, Auntie Marsha, Mickie, and Maxine • **Fred Sam**, on October 13 from your family • **Starry Silva**, on October 11 from your family • **Marsha Sam**, on October 1 from Mickey, Phil, Nards, Barlett, Pinero, Whitney, Nick, Leo and the rest of your family • **Jeremy Smith**, 33, on October 10 from TJ and Kali • **Elmer Dean Nayquonabe**, 32, on October 25 from TJ and Kali • **Daityn**, 9, on October 25 with love from mom and family • **Junior**, 6, on October 23 with love from mom and family • **Eric**, on October 25 with love from mom, dad, Braelyn, Peyton, Wesley, Karen, Gramma AA, Auntie Val, Mariah, Baby Kevin, Randi, Rachel, Aiva, mark, Tracy, Jacob, Jamie, Shelby, Jarvis, Nicole, Jameson, Cordell, Chris Jr., Chris, mom, Gram, Sharon, Ravin, and Wally • **Michael Ross Benjamin**, on October 1 from mom, Brandi, Brit, Nick, Corey, Alexis, Diamond, Isik, Sincere, Danielle and OJ • **Cyliss LaFave**, 4, on October 8 from Grandpa Sonny and Grandma Diane • **Amelia**

Benjamin, 6, on October 13 from Grandpa Sonny and Grandma Diane • **ValaReya Leecy**, 19, on October 25 from Grandpa Sonny and Grandma Diane.

Happy October birthday to Mille Lacs Band Elders!

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

Thank you

We would like to thank everyone who attended and helped with **Adeline (Angie) Pawaush's** services. The flowers, plants, and cards were greatly appreciated. She will be surely missed. *From the family and friends of Angie Pawaush.*

Congratulations

Congratulations to **Brandon and Amanda Anderson** on their wedding on September 2. *With love from mom, Sandy.*

Birth announcement

Congratulations to Danielle Lee Boyd and Michael Rodd Benjamin on the birth of their new baby boy. **Sincere Duane Boyd Benjamin** was welcomed home by his brothers O.J. and Izik, sisters Alexis and Diamond, Grandma Desiree Benjamin, Grandma Barbara White LeQuince, Grandpa Daniel Boyd and Darren Kegg, and Auntie Shelly and the rest of the family.

In memory

Remembering "Tuggo" – It will be six years on October 13 since you went with the Great Spirit. Time passes so quickly it seems like you were here yesterday enjoying our morning coffee and our family gatherings. We still think of you every day and miss you very much. We love and talk about you every day and the silly things you said to us and crazy things you did. You are gone but will never be forgotten. *Love your family, Bea, your children, grandchildren, and great-grandchildren.*

Bernice L. Crown, 79, of Minneapolis was born on April 23, 1930 and passed away on August 31, 2009 at Methodist Hospital. Bernice requested cremation and no service was held. She will be greatly missed by her family and friends.

Obituaries

Editor's note: Beginning this month, the Ojibwe Inaajimowin will include obituaries. Thank you to the Office of Management and Budget for providing this information.

Jesse Clark

Born – June 6, 1925
Died – September 2, 2009
Resided in Minneapolis, MN

Gary Dwayne Sam

Born – August 13, 1970
Died – September 8, 2009
Resided in Minneapolis, MN

Fred Smith

Born – December 25, 1926
Died – September 11, 2009
Resided in Onamia, MN

Kenneth Roy Taylor Sr.

Born – August 1, 1954
Died – September 22, 2009
Resided in McGregor, MN

Francis Joseph Premo

Born – August 12, 1926
Died – September 25, 2009
Resided in Vancouver, WA

Place your announcements here

If you would like to announce your birthday or other events in the Band newspaper, please contact Kelly Sam.

Phone 651/292-8062
Fax 651/292-8091
kellys@goffhoward.com
Goff & Howard, Inc.
255 East Kellogg Blvd.
Suite 102
St. Paul, MN 55101

Please provide news tips and other information by the 25th of the previous month.

Parmesan - Dijon Chicken

This recipe makes 6 servings.

Ingredients

- 3/4 cup dry bread crumbs
- 1/4 cup grated parmesan cheese
- 1/4 cup canola oil
- 2 tablespoons dijon mustard
- 6 boneless, skinless chicken breasts

Directions

- Heat oven at 375 degrees. Grease bottom and sides of rectangular pan, 13 x 9 x 2 inches, with shortening.
- Mix bread crumbs and cheese in large resealable plastic storage bag. Mix oil and mustard in shallow dish. Dip chicken into oil mixture, then shake in bag to coat with crumb mixture. Place in pan.
- Bake uncovered 20-25 minutes, turning once, until chicken is no longer pink.

Sedation Dentistry Coming To Ne-la-Shing Clinic



Photo courtesy of the Chief Executive Office

Dr. Atif Rizvi, assisted by hygienist Erika Olson, sedates Band member Marlin Sam before a dental treatment.

Beginning in November, Ne-la-Shing dental patients will have the option to receive treatment while under conscious sedation.

"We don't want Band members who have anxiety about seeing a dentist to avoid dental care," said Dr. Salina Rizvi, health director at the Ne-la-Shing Clinic. "Conscious sedation helps patients relax and get the treatment they need."

The sedation technique is a combination of oral and IV treatment that puts patients in a relaxed state of consciousness. It is typically reserved for use in surgical procedures such as extractions, but can also be used during crown or filling appointments if necessary.

Following the procedure, sedated patients stay in a recovery area until they are fully conscious, and they must have a designated driver to take them home. Sedation dentistry at Ne-la-Shing is available to adults only; candidates must be healthy or have medical issues that are under control.

Dr. Atif Rizvi, the Ne-la-Shing dentist who will administer the sedation, says that offering this treatment will help keep more patients local. "Patients who would have been referred to other facilities for oral surgery before can now typically have the work done right at Ne-la-Shing," he said.

Ne-la-Shing Clinic will be one of only a few facilities in the region to offer sedation dentistry.

Circle of Health Update

By Circle of Health staff

Providers and insurance move to electronic billing

As of July 15, 2009, many providers were required to bill their claims electronically. Since Circle of Health is not an insurance provider, we did not fall under this mandate. However, in the future, we plan to move toward this change.

Fairview facilities change billing process

Prior to July 15, 2009, Fairview offices would bill Circle of Health with the required health billing form and a copy of your explanation of benefits. Currently, we only receive the billing form, and we need two forms of documentation to pay. We

would like Band members who use Fairview facilities to send us a copy of your explanation of benefits that Fairview sends you.

If there are any other providers that no longer bill Circle of Health directly, please let us know so we can try to remedy the situation.

Make sure you are presenting your current Circle of Health card at every visit.

Reimbursements

Please allow claims for reimbursement a two-to six-week grace period from the date of submission. If you still haven't received notifications after six weeks, contact your claims processor, David Boyd (A-L), Roberta Lemieux (M-Z), or Michele Palomaki, Director at 320/676-8214 or 800/491-6106.

Grand Friday Night Fights on November 13

By Jim Erickson, Department of Athletic Regulation executive director

The action starts at 7:30 p.m. Don't miss it!

Matt "The Predator" Vanda of St. Paul will box against Phil "The Drill" Williams of Minneapolis in Grand Casino Hinckley's next 10-round main event on Friday, November 13. The experienced Vanda has a record of 41-9 with 22 KOs; Williams' record is 11-1 with 10 KOs.

Wilton Hilario (11-0) will fight against Leon Bobo (18-3). Bobo will be traveling north from St. Louis, Missouri, to spar with the undefeated Hilario, a St. Louis Park resident.

Cerresso Fort, Don Tierney, and Brad Patraw are also scheduled to fight. The card has not been finalized, so stay tuned for further updates.

If you can't attend, the main and semi-main events will be televised live on Fox Sports Net, immediately following the Minnesota Wild hockey game on November 13.

Public Health Department Updates

By Public Health staff

Staff members attend epidemiology training

Ginger Weyaus, executive director of Health and Human Services, and Marlene Poukka, public health community health educator, recently attended an epidemiology training session hosted by the Great Lakes Tribal Epidemiology Center. Epidemiologists study factors that affect the health of populations, identifying risk factors for disease and determine optimal treatment plans.

At the class, Ginger and Marlene learned more about standardized measurements for assessing our community's health and preventing disease.

Smoking cessation classes offered

Are you struggling to quit smoking? We can help. Smoking cessation classes are provided at the public health building each Monday from 1:30 to 3 pm. The classes cover the following topics: smoking cessation aids, the benefits of quitting, obtaining support, identifying smoking triggers and stressors, and behavioral changes that might occur when quitting. If you are interested or want to learn more, call Marlene Poukka at 320/532-7812. Current smokers who remain smoke-free for a year will receive a \$50 gift card to the Grand Market grocery store.

Mille Lacs Indian Museum Event

Medallion and belt buckle workshop

Beaded medallions and belt buckles are common accessories in Ojibwe country. Learn beading techniques to help make your own creative beadwork and accessorize your wardrobe. This two-day workshop will be held on Saturday, **October 17**, from noon-4 p.m. and from 10 a.m.-2 p.m. on Sunday, **October 18**. The cost is \$50 for the public

and \$45 for Minnesota Historical Society members and Mille Lacs Band members. There is also a \$15 supply fee. Please call 320/532-3632 to register.

Hours of operation

Group tours can be scheduled by calling the museum at 320/532-3632. Outreach programming is also available.

Calendar of Events

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at kellys@goffhoward.com</i></p>	<p>*To Purchase Tickets</p> <p>Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com</p>			15	16	17	
<p>18</p> <p>Time to Talk Forum on Race GCML 4-7:30 p.m.</p> <p>Medallion & Belt Buckle Workshop* Mille Lacs Indian Museum 10 a.m.-2 p.m.</p>	19	<p>20</p> <p>District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-3477</p>	<p>21</p> <p>District III Community Meeting GCH 5:30 p.m. Contact: Monica Benjamin, 320/384-6240</p>	<p>22</p> <p>District II Community Meeting East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311</p>	23	<p>16</p> <p>Don Felder & Grand Funk Railroad* Grand Casino Hinckley 8 p.m.</p>	<p>17</p> <p>Medallion & Belt Buckle Workshop* Mille Lacs Indian Museum 12-4 p.m.</p>
25	<p>26</p> <p>District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423</p>	27	<p>28</p> <p>District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102</p> <p>9th Annual Man March Mille Lacs Band Government Center 5:30 p.m.</p>	<p>29</p> <p>Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424</p>	30	<p>31</p> <p>Litefoot Appearance District I Community Center 6:30 p.m.</p>	<p>Hairball* Grand Casino Hinckley 10 p.m.</p>

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	<p>3</p> <p>Election Day (See page 7 for more information.)</p>	4	<p>5</p> <p>Talking Circles The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p>	6	7
8	<p>9</p> <p>Pine Grove Leadership Academy Meeting 12:30 p.m. Contact: Rene Ann Goodrich, 320/384-7598</p> <p>AMVETS Meeting GCML, 6 p.m. Contact: Ken Weyaus, 320/309-6925</p>	10	<p>11</p> <p>All offices closed for Warrior's Day</p>	12	<p>13</p> <p>Friday Night Fights* Grand Casino Hinckley 7:30 p.m.</p>	14
15	16	17	18	<p>19</p> <p>Talking Circles The Brick House 5:30 p.m. Contact: KC Paulsen, 320/532-4046</p>	20	21

Why is Higher Education Important to You?

Joycelyn Shingobe



"Education opens more opportunities to explore career options."

Sheldon Boyd



"Survival skills. Plain and simple. The more skills you have, the easier it will be for you to survive."

Paschen Christensen



"Because higher education means more money and meeting new people as well as traveling the world."

Candace Shaugobay



"It's important to me because it's going to help me succeed in the world of work and career."

Beatrice Mitchell



"Because to get a really good job these days, you need a diploma to prove you know what you know. Plus it is fun

to look at your achievement and say, 'I did it.'"

Danielle Smith



"It's important, because I am currently attending school and doing homework right beside my kids and

it gives them that extra push to do better in school."

Jasmine Ballinger



"Higher education is important to help get a better job career and it helps support your family."

LeAnn Benjamin



"It helps us become better people overall. We end up growing intellectually in a more diverse way. And we gain knowledge

in today's changing world."

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

Updates from Community Meetings

District I

Sharon James, committee secretary, Cyrilla Bauer, committee treasurer, and Mary Jo Jennings, committee chair, spoke at the community meeting about the Traditional Powwow Committee.

The committee is recruiting Band members and employees to volunteer on the growing committee. Meetings begin in January and continue through September. The powwow is held annually in August.

Next, Donna Burr, emergency/energy assistance program coordinator, talked about the energy assistance programs available to eligible Band members.

Under the Minnesota State Energy Assistance Program, which provides grants to eligible Band families in Aitkin, Crow Wing, Mille Lacs, Morrison, and Pine counties, households may qualify for energy assistance, crises funds, furnace repair or replacement, and/or weatherization. Applications will be accepted on a rolling basis through May 31, 2010 or until funds are no longer available.

The Elder/Disabled Program assists Elders and disabled Band members who may require assistance paying for heat and electricity in their homes. To be eligible, Band members must be either at least 55 years old, qualify for the Social Security Disabled Award, or be the legal

guardian of an enrolled disabled child. Applicants must reapply each year.

For more information on either program, contact Donna at 320/532-7880. Staff members are available Monday through Friday from 8 a.m. to 5 p.m.

Karen Boyd spoke about the ninth annual Man March for family peace, which will occur Wednesday, October 28, 2009 at 5:30 p.m. The march starts at the Mille Lacs Band Tribal Government Center and ends at the District I Community Center.

Coordinated by the Mille Lacs Band of Ojibwe Women's Project, the march honors our ancestors and traditions and takes a stand against domestic violence in our homes.

Lisa Blahosky, RN, public health director for the Mille Lacs Band Public Health Department also spoke at the meeting. She introduced herself and gave some updates about the H1N1 preparations.

In the past few months, Lisa has been working closely with Monte Fronk, emergency management coordinator, Dr. Salina Rizvi, health services director, and the Tribal Emergency Response Committee (TERC) in preparation for the flu season, most importantly the H1N1.

Please see page 1 for more information about H1N1.

District II East Lake

The community meeting in East Lake was cancelled in September.

District II Isle

Donna Burr, emergency/energy assistance program coordinator, talked about the energy assistance programs available to eligible Band members. For more information, see the District I update.

District III

Laurie Volk, outreach specialist, spoke about the Kettle Kinship Youth Mentoring Adopt-A-Match Program, which helps youth become healthy, well-rounded adults by offering mentorship connections. The program is looking for volunteers in each district. Volunteers should have creative skills or talents they want to teach youth, such as guitar lessons, auto mechanics, or cultural activities (fishing, hunting, etc.).

For more information or if you are interested in volunteering, contact Laurie at 320/384-4624.

Next, David Matrious talked about the new renovations occurring at the Pine Grove Leadership Academy. He also mentioned that the school is currently looking for committed individuals to serve on the school board.

For more information, please contact David at 320/233-6169.

Urban Area

Quinten Osgood, lead recruiter for Twin Cities Rise spoke about the Train for Better Employment program. The sessions include training in the areas of office support and operations; classes in writing and math skills; empowerment training; and professional coaching. There is job placement help upon completion of the program.

Twin Cities Rise has offices in both Minneapolis and St. Paul.

Next, Charlie Lippert talked about the Department of Natural Resources' Mille Lacs Band Air Quality Program.

The program will focus on the Phillips community in Minneapolis because 14 percent of the Band members living in the Twin Cities live either in the neighborhood or within three miles of the neighborhood.

The long-term goal of the Air Quality Program is to educate Band members in the Phillips community about good air quality practices and to use these skills and partnerships to further implement sustainable air quality improvements on Band lands in Districts I, II and III, improving the health of Band members.

For more information about the project, please contact Charlie Lippert, air quality technician, at 320-532-4704 or Barb Benjamin-Robertson, urban programs manager, at 612/872-1424.