

# OJIBWE INAAJIMOWIN

September 2012

"The story as it's told."

Volume 14 • Number 9

## WEWIN Celebrates American Indian Women Leaders



Congresswoman Betty McCollum (center) received a WEWIN blanket from the organization's founders, including Mille Lacs Band Chief Executive Melanie Benjamin (left).

Nearly 300 women celebrated the successes of American Indian women, discussed critical issues in the community, and attended personal and professional development seminars at the eighth-annual Women Empowering Women for Indian Nations (WEWIN) conference at Mystic Lake Casino & Hotel on August 20-23.

Approximately 180 people from the Mille Lacs community attended WEWIN, including Band members and employees. Many of these people received help from the higher education department's educational enrichment program to put toward registration costs. The Tribal Employment Rights Office (TERO) helped participants pay for hotel and meal costs.

"WEWIN is a great opportunity for us to learn from each other, draw upon our traditions and cultural values, and support one another as we try to create a better future for our children," said Mille Lacs Band Chief Executive Melanie Benjamin, who is a founding

board member of WEWIN and currently serves as the treasurer.

The WEWIN conference officially opened with Band members Lana Oswaldson, Carolyn Shaw, Lisa Jackson, and Diane Nickaboine presenting the colors.

Band member Sarah Oquist, led a workshop session about how women can be more effective leaders by coaching themselves to make decisions that are right for them.

Later in the conference, Band member Melissa Boyd, who teaches the early education department's Ojibwe immersion class, taught a class on language revitalization. Melissa has been instrumental in creating Ojibwe curriculum for the Band's Nay Ah Shing Schools using the picture-based Accelerated Second Language Acquisition (ASLA) method.

Congresswoman Betty McCollum was a keynote speaker during the WEWIN conference. "Women are great leaders," she said. "If we want change, we need to get out

there and take charge, instead of just sitting back and letting it happen."

McCollum is sponsoring the Stand Against Violence and Empower (SAVE) Native Women Act, legislation that would give tribal courts the tools to prosecute non-tribal members who commit violent crimes against Native American women on reservations. In the middle of her speech, she asked each participant to call their members of Congress to encourage them to vote for the bill.

### Arlene Weous honored

Band member Arlene Weous, who has worked for the Mille Lacs Band for more than 35 years, was one of five women honored with a Lifetime Achievement Award at the WEWIN conference. Arlene is one of the founders of the Mille Lacs Community Healing Project, a grassroots initiative formed by community members following a series of tragedies,

including the untimely death of her son William Nickaboine.

"Leadership comes in all aspects of our lives. Arlene's dedication is tremendous and the people who are a part of the Community Healing Project are making our community better," said Melanie, as she introduced Arlene for the award. "You don't have to be an elected official to be a leader in your community. Arlene is a great example of that."

The Community Healing Project holds weekly gatherings to discuss how they, their families, and their neighbors can fight alcohol, drugs and violence on the reservation and make the Mille Lacs community safer.

"We have a sense of tradition, and we serve the community as best as we can," said Arlene, as she accepted the award. "We need to give our children and grandchildren a safe community, and that's what the Community Healing Project is trying to do."



Mille Lacs Band member Arlene Weous was honored with a Lifetime Achievement Award at the WEWIN conference. She founded the Mille Lacs Community Healing Project, a grassroots initiative which works to fight alcohol, drugs and violence on the reservation. Arlene is pictured with her family.



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## Golf Tournament Raises Money for Scholarships



Photo courtesy of Darla Roache

**At the Bradley Roache, Sr. Memorial Golf Tournament on Sunday, July 29, the event raised more than \$6,500 for the scholarship fund, which will be awarded to individuals pursuing degrees in law enforcement and criminal justice.**

This summer many Roache family get-togethers were committee meetings, as a group of family and friends worked together to start the Bradley Roache, Sr. Memorial Golf Tournament and the Bradley Roache, Sr. Memorial Scholarship Fund to honor the late Brad Roache, Sr.

Eighty-four golfers participated in the tournament on Sunday, July 29. The event raised more than \$6,500 for the scholarship fund, which will be awarded to individuals pursuing degrees in law enforcement and criminal justice.

Brad's daughters, Darla Roache and Krista Klug, appreciate the generous contributions and support they

received from the participants, Grand Casino Mille Lacs, the Mille Lacs Band of Ojibwe, the Corporate Commission, and the Minneapolis Police Federation.

Sarah Barten, a committee member, commended Darla and Krista on their ability to turn their grief into something positive.

"This scholarship fund will benefit so many people," Sarah said. "They are making a difference so that other people can have the same positive experience that their dad had with his education."

To learn more about the scholarships offered or sign up for future events, e-mail [brmemorialgolf@hotmail.com](mailto:brmemorialgolf@hotmail.com).

## Boys & Girls Club Members of the Month

By Justin Beaulieu, Boys & Girls Club director

Congratulations to Maria Ramos-Smith, LeSandra Peacock, and Marlana Staples for being named the District I and III Mille Lacs Band Boys & Girls Club members of the month in August.

To be chosen for this award, participants must consistently have a positive attitude and willingness to learn and try new things. Additionally, they must show certain leadership characteristics and the attributes of a good role model.



several clubs including the reading, nature, photo, and cooking clubs, and has excellent behavior.

### Maria Ramos-Smith



Maria, a fifth-grader at Nay Ah Shing School, was chosen as the District I member of the month. She enjoys coming to Boys & Girls Club because she loves being a leader for the younger kids.

### LySandra Peacock

LySandra, a first-grader at Hinckley Elementary, had perfect attendance at the District III Boys & Girls Club in August. She participates in

### Marlana Staples



Marlana, a seventh-grader at East Central High School, had the best attendance in her group and earned the most stars in the District III Boys & Girls Club's rewards program, which merits stars for participation and performance. She is always smiling, willing to try new things, and helps without being asked.

## Boys & Girls Club Attends Vikings Fan Appreciation Day



Photo courtesy of Edward Sabian

**The District Ila Boys & Girls Club attended the Vikings Fan Appreciation Day in Mankato last month. The club members are pictured with Vikings legend Chuck Foreman. At the event, the Band youth played in the Vikings kid zone and received autographs from current players, including Toby Gerhat, Jasper Brinkley, Christian Ballard, and Chris DeGear.**

## District I Boys & Girls Club Hours

As of August 21, the District I Boys & Girls Club hours for the 2012-2013 school year are:

- K-12th grade: Mondays from 1:30-6 p.m.
- K-4th grade: Tuesday-Friday from 3-5:15 p.m.
- 5th-12th grade: Tuesday-Friday from 5:30-8 p.m.

The Mille Lacs Band Boys & Girls Club is renewing applications for the 2012-2013. Participants are encouraged to return theirs as soon as possible. For more information, call 320-532-7518.



# New Early Education Building Welcomes Students



Photo courtesy of Travis Lund

The new early education building in District I (pictured above) welcomed students for the first time on Tuesday, August 28. The Head Start and Early Head Start programs are scheduled to start after Labor Day.

The Mille Lacs Band's new District I Early Education Building welcomed smiling little faces for the first time on August 28. Programs are fully enrolled with 172 children – 63 more than what the Band's previous facilities could accommodate.

"I'm really excited to have more space for the kids," said Early Education Director Tammy Wickstrom. "Not only do we have more square footage; the facility is also designed specifically for young children – their size, their needs, and the programs we provide them."

Child care services began in the building on August 28, a family open house was held on August 29, and classes will start on September 4. A community open house is planned for September 28.

## Classrooms

The building has 17 classrooms:

- 11 rooms for kids ages 6 weeks through 3 years
- 4 rooms for kids ages 3-5 years
- 1 Ojibwe immersion room for 3- to 5-year-olds
- 1 child care room for school-age children

## 3- to 5-year-olds

Math and literacy are core program components in the rooms for children ages 3-5. The Band received a "Numbers Work!" grant from the Saint Paul Foundation to help boost math skills at the early education level over the next year. This is in addition to an AmeriCorps literacy grant to help develop the five essential pre-reading skills of rhyming, letter naming, letter sounds, picture naming, and alliteration. These rooms also have an Ojibwe language curriculum.

## School-age child care

Onamia Public School operates Tuesday-Friday, which creates a need for before- and after-school care for many local children. To meet those needs, the District I Early Education Building offers a room specifically for kindergarten and young elementary students. In addition, the room doubles as a play therapy room during school hours on Tuesday-Friday. Behavioral health staff members lead the activities for children who have play therapy needs.

## Ojibwe immersion

Ojibwe immersion is a new opportunity for enrolled 3- to 5-year-olds in District I. Ojibwe is the only language spoken in this room, which is staffed by at least one Elder and two teachers at a time. The room is open for enrolled children from 8 a.m.-3 p.m., Monday-Thursday. Each Friday from noon-1 p.m., parents of the children in the program must attend language training of their own in the room.

"The parents want their young kids to learn Ojibwe," Tammy said. "This is a commitment for parents too, because kids learning the language also need exposure at home. That's why parents have to commit one hour a week to Ojibwe language training at the Early Education Building, in addition to three hours of volunteer time per month."

## Other amenities

Some of the other offerings that parents can expect in the new Early Education Building include:

- Family-style meals served in each classroom
- A gym
- A nurse's office
- A cultural circle (similar to the one at Nay Ah Shing Lower School), which will hold monthly powwows and pipe ceremonies as well as other cultural activities
- Three playgrounds (one for each age group: below age 3, 3- to 5-year-olds, and school-age children)

## Districts II and III

Wickstrom says that District II has 32 children enrolled in early education programs (just one short of capacity) and District III is fully enrolled with 25 children.

The programs and offerings vary by district; please check with your local program staff to learn what is available and the length of the waiting list.

## Early education contacts

For more information or to be placed on the waiting list, contact Gaylene Spolarich at 320-532-4690, ext. 2210.

## Community Open House

- District I Early Education Building
- Friday, September 28
- Noon to 5 p.m.
- Tours and refreshments provided

# Looking for Employment?

By Sarah Barten, public relations specialist at Grand Casinos

There are opportunities for Mille Lacs Band members to seek employment at Grand Casino Mille Lacs, Grand Casino Hinckley, and the Corporate Commission's non-gaming operations.

The MLB Marathon Convenience Store, Subway, Grand Market, and Grand Makwa are hiring. Contact Nicole Hyatt at 320-532-8844 to apply today.

If you are interested in receiving weekly job postings via e-mail, please e-mail your contact information to [bandmemberjobs@cmmlb.com](mailto:bandmemberjobs@cmmlb.com).

## New hires

The following Band members were recently hired in July and August:

- Christina Martin, Snack bar line cook at Grand Casino Hinckley
- Ivana Benjamin, table games dealer at Grand Casino Mille Lacs
- Isabelle Sam, table games dealer at Grand Casino Mille Lacs
- Vivian Sam, table games dealer at Grand Casino Mille Lacs
- Caryn Mitchell, hotel room attendant at Grand Casino Mille Lacs
- Lona Sam, table games dealer at Grand Casino Mille Lacs
- Natasha Sam, beverage server at Grand Casino Mille Lacs
- Matthew Mitchell, Sr., valet attendant at Grand Casino Mille Lacs
- Cassandra Garbow, Grand Rewards representative at Grand Casino Mille Lacs
- Michelle Pawaush, slot service verifier at Grand Casino Mille Lacs
- Ashley Nickaboine, hotel room attendant at Grand Casino Mille Lacs
- James Kalk at Grand Makwa Cinema
- Charisse Elizabeth-Joy Cash at MLB Marathon
- Candice Skinaway at Lake Lena Marathon

## Promotions

- Corrin Locke was promoted for the second time in two months from buffet cashier to buffet supervisor at Grand Casino Hinckley. This experience makes Corrin very versatile as a supervisor. Her experience is much appreciated and welcomed.

- Andrea Nayquonabe was promoted from bingo to accounts payable as a learning opportunity. She brings more than three years of casino experience and ten-key experience to the department. The finance team will be mentoring her into this new field.

## For more information

For more information on open positions, please contact the following HR Representatives:

- Grand Casino Mille Lacs, Deb Matthews at 800-626-5825, ext. 8325
- Grand Casino Hinckley, Bonnie Matrious at 800-472-6321, ext. 4929
- Corporate Commission/ Non-Gaming Businesses, Nicole Hyatt at 320-532-8844



## Who Does What in an Emergency?

The Mille Lacs Band has experienced two natural disasters in the last two years related to the weather, and a federal disaster declaration was issued in both cases. Although these were unforeseeable events, the Band has an established emergency operations plan that can be activated at any time for any crisis – ranging from last year’s storm in Lake Lena to this summer’s flooding in East Lake to other emergencies we haven’t yet encountered.

When these unpredictable events happen, the emergency operations plan helps guide key Band officials – including the Tribal Emergency Response Committee (TERC) – through the many processes that happen all at once. This month we will tell you about the TERC’s role. The responsibilities of other officials and departments during an emergency will be discussed in future editions of the *Ojibwe Inaajimowin*.

### The TERC’s role

The Band’s TERC is made up of 24 members, including commissioners, department heads, public safety officers, a public information officer, and other emergency personnel. This group has met regularly since its formation in 2000, when the Band became one of the first two tribes in Minnesota to receive federal grants to create an emergency management program, which includes the creation of the TERC.

When an incident occurs on the reservation, a Band department or a local, county, regional, or federal official on the scene informs Emergency Management Coordinator Monte Fronk of the situation. Monte then informs Director of Public Safety Sid Lucas and seeks direction on which TERC members and others within the Band should be notified. Once notified, the commissioners are empowered to fully or partially activate the TERC (depending

on the size of the incident) and direct resources and staff to the right places.

At this point, the TERC manages the incident. Each affected commissioner assigns duties and resources within his/her department. Monte, as a TERC member, provides assistance as directed and helps identify Band resources to address the various needs that arise, from medical assistance to water to transportation. He also coordinates with local, county, regional and federal response agencies assisting with the incident.

The TERC remains activated for as long as necessary and assists as needed even after the crisis subsides. For instance, after the flooding receded in District II this summer, it worked (and continues to work) with FEMA because of the federal disaster declaration issued for the area.

### Training

TERC members undergo regular training to ensure that they are ready to handle a wide variety of man-made or natural disaster situations. For instance, in addition to weather emergencies, the TERC was prepared in 2009 for a potential outbreak of the H1N1 novel flu virus. The TERC was in constant contact with the Minnesota Department of Health; State Homeland Security Emergency Management; Indian Health Service; Mille Lacs, Aitkin and Pine county health officials; and others to stay updated on the situation and prepared for next steps on the reservation.

The Band’s emergency management department and the TERC will continue to work with other governments and agencies throughout the region to participate in full-scale exercises that simulate real-life crises. These trainings also help the Band and neighboring communities coordinate on planning, so that when an emergency happens, they are ready to collaborate.

## Carolyn Shaw, Katie Draper Join Government Affairs Team

Mille Lacs Band members Carolyn Shaw and Katie Draper have joined the Band’s government affairs team. Both have many years of experience in tribal government positions and are excited about this new phase in their careers.

### Carolyn Shaw



“I’ve been interested in government affairs for a long time,” said Carolyn, who served the Band as Commissioner of Administration from March 2011 through August 2012. “Helping the Band build relationships with local governments and other partners is very important to the Band’s progress and the region’s growth.”

Carolyn has become even more interested in this type of work since starting work on her master’s degree in tribal administration and governance at the University of Minnesota Duluth. She will graduate next May.

In the Band’s government affairs department, Carolyn is the area relations/special projects coordinator. She will primarily focus on nurturing the Band’s relationships with local governments and agencies.

Carolyn began working for the Band government in 2001, first serving as an executive assistant to the Commissioner of Corporate Affairs and then as an associate director in the Band Member Development Department, providing Band members with resources to gain employment and develop their careers. She was appointed Assistant Commissioner of Administration in 2009, and less than two years later she advanced to Commissioner.

Carolyn has a bachelor’s degree in management from the College of St. Scholastica, earned an associate’s degree from Central Lakes College, and served four years in the U.S. Army.

### Katie Draper



As the Band’s local government affairs coordinator for the Pine County area, Katie will help build on and maintain Band relationships around District III.

“I look forward to helping educate local residents about the Band, its accomplishments, and how the Band’s sovereignty can benefit the entire region,” Katie said. “I also want to clear up misperceptions about the Band so that we can all move forward toward a better future.”

Most recently Katie was the administrative assistant for District III Representative Diane Gibbs – a position she held since October 2010. Previously she worked as a financial services officer for the Affinity Plus Credit Union for seven years. She has also worked in the Band’s Emergency Services Department and at Fairview Homecare and Hospice for three years.

Katie is working on a bachelor’s degree in environmental science. She is also an outdoorswoman; her passions include farming, gardening, hunting and fishing.

Carolyn and Katie join Jamie Edwards, director of government relations, and Nadine Wade, administrative assistant, on the Band’s government affairs team.

## Free Hearing Evaluations

To schedule an appointment for **Friday, September 14**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

Hearmore Hearing has offices in Saint Paul and Osseo. To schedule an appointment Monday through Friday, call the Saint Paul office at 651-771-4019 or the Osseo office at 763-391-7433.



# Mille Lacs Band Government 101

This is the second article of the new series in the *Inaajimowin* called "Mille Lacs Band Government 101."

## The role of the Office of Management and Budget in the Legislative Branch

The Office of Management and Budget (OMB) is operated by the legislative branch of the Mille Lacs Band's government. As discussed last month in this column, the legislative branch is charged with the government's fiscal responsibilities and is statutorily referred to as the Band Assembly. According to Title 3 of the Mille Lacs Band Statutes, the Secretary-Treasurer is the leader of the Band Assembly. The Secretary-Treasurer exercises his/her financial duties under the title "Secretary of Treasury." When the Secretary-Treasurer exercises his/her legislative duties, he/she operates under the title "Speaker of the Assembly." See 3 MLBSA § 1.

In the Secretary-Treasurer's role as "Secretary of Treasury," he or she is statutorily authorized with certain powers and duties in administering the financial affairs of Band government. The duties include (1) managing all fiscal operations, planning, and budgeting of the Band; (2) nominating a Commissioner of Finance in conjunction with the Chief Executive; and (3) coordinating with the Commissioner of Finance for the Office of Management and Budget (OMB) to ensure that financial planning and operations are consistent. See 3 MLBSA § 7(a), (h) and (j).

As authorized in Title 22 of the Mille Lacs Band Statutes, the Commissioner of Finance is the chief administrative officer of the Office of Management and Budget pursuant to the directives of the Band Assembly. See 22 MLBSA § 104(a). He or she has general supervisory authority over the administration of Title 22

(Taxation) and the office of OMB.

Some of the ways that OMB serves the government are:

- After the biannual budget is approved by the Band Assembly for the Band government, OMB assists by ensuring that all budgetary approvals are in place before releasing any funds to any program or vendor;
- OMB administers all payroll for Band government employees including the Nay Ah Shing School, Ne-la-Shing Clinic, Circle of Health, the Gaming Regulatory Authority, Department of Athletic Regulation, as well as board members;
- Maintaining a tracking system for the Band's physical assets (e.g. vehicles, office furniture, computer equipment, copiers, or anything that is purchased with Band funds and has value); and
- Issuing requests for bids for the Band's liability insurance on all government buildings and equipment, as well as workman's compensation.

In addition, the OMB serves Band members by:

- Distributing per capita payments;
- Administering the Band's loan programs; and
- Administering the minor trust accounts.

As a point of comparison, OMB's services are restricted to financial administrative assistance to the Band government and to Band members, whereas the executive branch programs provide various services to Band members (e.g., education, housing, health and human services, and public safety).

## Have a question?

If you have a question about the Band government, please send it to *Inaajimowin* Editor Kelly Sam at [kelly@goffpublic.com](mailto:kelly@goffpublic.com) for consideration in an upcoming edition of the paper.

# Circle of Health Updates

By Circle of Health staff

## Change in Brokers National dental and vision plans

Circle of Health has recently been notified that Brokers National has been purchased by Ameritas. Mille Lacs Band members' vision and dental coverage will remain the same, as will the provider network. There will not be a new waiting period for this change.

Beginning September 1, Brokers National insurance cards will no longer be accepted by your provider. Ameritas will send packets to Band members that include benefit information and insurance cards. To avoid any inconveniences, make sure your current address is up to date with Circle of Health. Any information packets returned to Ameritas will be forwarded to Circle of Health. Our office will resend the packets once your address is updated.

The Ameritas dental customer service number is 800-487-5553, and its vision customer service number is 800-877-7195.

## Full-time student verification

With the school year beginning, it is time for first-line Band descendants who are over the age of 18 to submit verification of their full-time student status. To verify full-time student status, Circle of Health will need a class schedule or registration form that indicates the person's full-time status. Insurance claims cannot be processed without

this verification. Depending on the institution, Circle of Health needs this verification prior to the start of each semester or quarter. If you have questions, please call our office at 320-676-8214.

## Mille Lacs Tribal Community enrollment

The next Mille Lacs Tribal Community open enrollment date is October 1, 2012. At this time, enrollment is limited to Band members living in Minnesota who have private insurance (not through an employer) or are on a COBRA plan. Circle of Health will contact these Band members who have previously received letters and are not yet enrolled.

If you are currently uninsured, please contact your claims processor listed below for assistance in obtaining insurance.

- A-L: Roberta Lemieux, 320-676-8214, ext. 256
- M-Z: Tammy Smith, 320-676-8214, ext. 255

## Circle of Health survey

Thank you to everyone who participated in our recent survey. We received more than 400 responses. Highlights of the results will be published in the next issue of the *Inaajimowin*; however all individual results will remain confidential.

Congratulations to Phillip Brennan of Sauk Rapids who won the drawing for a \$200 Walmart gift card!

# Tribal Child Support Payment Processing

By Amy Doyle, director of tribal child support

The pass-through process for child support payment distribution can be confusing and time-consuming, but the State of Minnesota requires it for all child support cases that receive state benefits.

Any time Mille Lacs Band child support clients receive a state-issued benefit such as food support, medical assistance, or child care (even if they are on tribal TANF), the State of Minnesota requires that all child support payments undergo a pass-through before being paid to clients.

A pass-through means that the Mille Lacs Band child support office must first send child support payments to the Minnesota child support payment center for processing. Once they are processed, the payments are sent back to the tribal support office electronically to be distributed to the client.

Tribal TANF clients who receive a cash-only benefit don't have to wait for their money to go through state processing. They are paid directly by tribal child support enforcement and don't receive any state support.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."



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Please provide information by the 15th of the previous month.



## Department of Natural Resources to Offer Firearms Safety Course

By Mike Taylor, chief conservation officer

The Mille Lacs Band Department of Natural Resources (DNR) is offering a three-day, 12-hour firearms safety course this month in District III and the urban area. The District III course will be held September 11-13, from 6-9 p.m. in the Grand Casino Hinckley Convention Center. The urban area course will be held September 17, 19, and 21 from 6-9 p.m. at the Minnesota Chippewa Tribe Building in Minneapolis.

The course, which costs \$7.50, is open to the public and participants must be 12 years old by December 31, 2012. Firearms used during the course will be provided by the DNR.

Students must attend all 12 hours to meet the course requirements. After the course is completed there will be a final exam and qualify shoot held on Saturday, September 15, from 10 a.m.-1 p.m. for the District III course and Saturday, September 22, from 9 a.m.-1 p.m. for the urban area course.

The firearm safety course is mandatory to obtain a hunting license for individuals born after December 31, 1979.

For more information or to register, contact the DNR at 320-532-7439, the Mille Lacs Band Urban Office at 612-872-1424, or Jared Rosati, conservation officer, at 320-532-7439.

## Heating, Water, and Home-Related Maintenance Problems

Normal business hours: Tenants in Band rentals and private Elders living within the service area should call 800-709-6445, ext. 7433 for work orders.

After business hours: Tenants with maintenance emergencies should call 866-822-8538 and press 1, 2 or 3 for their respective district.

## Band member studies in Europe



Mille Lacs Band member Shane Hamilton, a senior majoring in political science at the University of Wisconsin River Falls (UWRF), studied in Europe this past spring semester.

As part of his school's "traveling classroom" program, Shane spent time learning with 37 other UWRF students in cities including London, Paris, Brussels, Berlin, Prague, Verona and Vienna.

Some of Shane's favorite highlights were swimming in Loch Ness in the Scottish Highlands, seeing Big Ben tower in London, going to the top of the Eiffel Tower in Paris on Valentine's Day, attending a techno concert in Amsterdam, touring the Berlin Wall in Germany, visiting historic churches in Prague, snowboarding in the Alps in Berchtesgaden, sampling German food in Munich, eating Italian food in Verona, and meeting interesting people in Vienna. Shane's favorite city was Berchtesgaden, because he was able to snowboard in the German Alps and experience the city's strong German culture. His favorite site was the Eiffel Tower in Paris.

Even though Shane was able to take in each city's sites, a lot of the touring was part his course work. Shane earned credits in European politics, international relations, contemporary European cultures and societies, and urban geography, which will all count toward his political science degree. His favorite course he took abroad was international relations, because he learned firsthand about other countries' laws, regulations and policies.

"Studying abroad impacted my political science studies in so many ways," said Shane. "It was more beneficial to be there and see firsthand how each country operated its government instead of reading about it in textbooks."

## Names and Faces

Despite all of the fun he had, Shane said he experienced periods of being homesick and missed sleeping in his own bed. He was fortunate to use Skype to communicate with his family.

Prior to leaving for Europe, Shane was worried about trying foreign foods because he is a picky eater. Even though he indulged in the comfort of McDonalds and Subway restaurants while abroad, he tried many different German dishes, and especially liked the sausages and potatoes. He did not care for the fish and chips he had in Scotland. Shane said his adjustment coming home was easy.

"After traveling nonstop for months, I was surprised at how quickly I adjusted back to everyday life when I returned home," Shane said. "It almost felt like I never left."

## Band member attends National Gang Crime Research Center (NGCRC) training conference



Mille Lacs Band member Katherine Kalk recently attended a three-day NGCRC gang training seminar in Chicago. Katherine is a senior at St. Cloud State University and will graduate next spring with a bachelor's degree in criminal justice and a minor in psychology.

Katherine first heard about the training seminar from St. Cloud State's criminal justice department. Although she's not sure which path she would like to take after earning her degree, Katherine knew that becoming certified in dealing with gang corrections would help her with future job pursuits.

With the help of her sponsor, District I Representative Sandra Blake, Katherine was able to attend the conference in Chicago with more than 200 students, police officers, and other criminal justice professionals from around the country. At the conference

Katherine attended presentations about gangs and drug wars taking place on the Mexican and Canadian borders, gang prostitution, opiates, and gang member interviewing and intelligence gathering strategies.

Katherine received three certificates for completing conference programming in interrogation skills, gangs and drugs, and basic gang corrections. Next spring Katherine will complete a criminal justice internship, and after graduation, she plans to get her master's degree in criminal justice and complete her bachelor's degree in psychology at St. Cloud State.

## Band descendants part of Hinckley royalty



Band member descendants Cassidy Dunkley (right) and Natalie Peel (left) were crowned royalty at the Hinckley Corn and Clover Carnival in July. Cassidy was crowned Miss Hinckley and Natalie was second runner-up.

## Band youth places first in Nay Ah Shing triathlon



Marquis Fisher (center) took first place in the Nay Ah Shing triathlon in August. This is his fifth time coming in first place during the triathlon. Marquis is pictured with Bugs and Brett Haskin.



# Public Health Department Updates

## National Childhood Obesity Awareness Month

By Kari DiGiovanni, RN

September is National Childhood Obesity Awareness Month. As kids go back to school, it is an important time to practice healthy eating and exercise habits. More than 23 million children and teenagers between the ages of two and 19 are obese or overweight, which public health and medical experts consider an epidemic. Obesity puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease, and stroke – conditions that usually only occur in adults.

The Mille Lacs Band Public Health Department suggests practicing the following healthy habits to help decrease the risk of childhood obesity.

- Limit television time for kids to no more than one to two hours of quality programming per day.
- Provide plenty of fruits and vegetables; limit foods high in fat, sugar and sodium; and prepare healthy family meals.
- Serve your family water or milk instead of sugar drinks.
- Make sure your child gets the recommended 60 minutes of physical activity daily.

For more information contact Kari DiGiovanni, WIC coordinator, at 320-532-7457 or Allison Harr, MCH coordinator, at 320-532-7511. Also, for more information about childhood obesity, visit [www.healthierkidsbrighterfutures.org](http://www.healthierkidsbrighterfutures.org) or [www.cdc.gov/obesity/childhood](http://www.cdc.gov/obesity/childhood).

## Healthy Aging Month

By Jackie Jensen, RN

September is National Healthy Aging Month. The Mille Lacs Band Public Health Department would like to thank all of our caregivers who work to keep Elders, handicapped people, and children safe and comfortable.

Here are a few tips to help caregivers who assist family, friends, and loved ones in need.

- Build a support system by asking family and friends for emotional and moral support.
- Ask for help from home health care, adult daycare, or visiting nurse services when you need it.
- Take breaks each day to eat a healthy meal, exercise, and take a short nap.
- See your own doctors on a regular basis to make sure you are doing well and properly managing the stresses of caregiving.

## Colon cancer

By Linda Moses, Circle of Life Plus coordinator

The American Cancer Society is making progress in early detection and treatment of colon cancer. As a result, colon cancer death rates for men and women have declined in the past two decades.

The Mille Lacs Band Circle of Life Plus encourages Mille Lacs Band members age 50 or older to get tested for colon cancer, even if you have no family history of the disease.

Colon cancer is one of the only two cancers – the other being cervical cancer – that can be prevented through screening

and is highly treatable if found in its early stages.

For more information about colon cancer, contact Linda Moses at 320-532-7776.

## Prescription drug abuse

By Kimberly Willis, prevention/performance improvement manager

Prescription drug addiction can happen when you least expect it. An accident, injury, surgery, or sleep disorder may require prescription medication, which can put patients at risk for developing an addiction.

Prescription drug addiction begins when the person continues to take the prescription for an extended period of time. This can result in increased dosage amounts to achieve the same effect.

Many people who abuse prescription drugs do not know that pain killers and sleeping pills can have a backlash effect. When abused, prescription medication can amplify the problem instead of make it better.

As the body becomes conditioned to the substance, normal brain and nervous system processes can fail and your body may begin to lose its natural ability to fight pain or allow sleep.

Chronic pain is another issue that can lead to prescription drug addiction. Pain management is critical because without proper physical therapy options, dependency and tolerance of prescription medication increases.

The biggest barrier to prescription drug abuse is supply.

One doctor's prescription is rarely enough to meet an addict's growing tolerance of the medication. Therefore prescription drug abusers often resort to what is known as "doctor shopping," which means they will go from one doctor to the next complaining about pain symptoms with the objective of getting additional prescriptions.

When combined, prescribed medications can be deadly. Opiates, sleeping pills, and anti-anxiety pills all suppress the nervous system. Taking them together can result in breath cessation. In recent years, several celebrities (including Heath Ledger and Michael Jackson) have died due to these deadly combinations of prescription drugs. Overdose has become one of the most common causes of emergency room visits. Doctors have become more aware of this pill-seeking behavior, so many prescription drug abusers have turned to illegal drugs to get their fix.

Part of the problem is the myth that still exists about prescription drugs being safe. Even if a drug has been approved by the Federal Drug Administration for medical treatment, you should still use it with caution.

If you or someone you know is abusing prescription medication, contact the Mille Lacs Band's prevention program for additional resources to help fight addiction at 320-532-7775.

# Department of Labor Updates

By Paul Janowiec, director of training and development at the department of labor

## Introduction to Microsoft Word and Excel

This month the department of labor is offering two free one-day training seminars on Microsoft Office programs. The trainings are designed to help participants learn the basics of word processing and spreadsheet-based computer programs necessary to function on "day one" in an office or school environment.

The Microsoft Word training seminar will be held Wednesday, September 19, and the Microsoft Excel training seminar will be held Wednesday, September 26. Both trainings will be held from

10 a.m.-3 p.m. in the District II East Lake modular.

The prerequisite for Microsoft Excel training is Microsoft Word training. Class sizes are limited to 15, so register in advance by contacting Paul Janowiec at 320-532-4706 or [paul.janowiec@millelacsband.com](mailto:paul.janowiec@millelacsband.com).

## Department of labor classroom hours

The department of labor is offering extended classroom hours in each district for Band members who would like assistance with resumes, cover letters, online job searches, computer skills, TABE (Test of Adult Basic Education) testing, and GED exam preparation.

The following are the weekly classroom hours in each district:

### District I department of labor classroom

- Mondays, Thursdays and Fridays from 9 a.m.-4:30 p.m.
- Tuesdays from 1-4:30 p.m.
- Wednesdays from 9 a.m.-8 p.m.

### District II East Lake modular

- Mondays and Thursdays from 9 a.m.-4:30 p.m.

### District IIA Chiminising Center

- Tuesdays from 1:30-4:30 p.m.

### District III Aazhoomog Lake Lena Community Center

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

In addition to offering classroom hours, the department of labor provides ongoing support to training and development program participants in each district. For additional assistance, contact the representative in your district.

- District I: Deb Campbell or Adrian Wade at 320-532-7811
- Districts II and IIA: Jen Shereck at 218-768-2428 or 320-676-1102
- District III: Jen Shereck or Deb Campbell at 320-384-6240

Also, to receive 'fast track' assistance with GED exam preparation, contact Deb Campbell at 320-532-7811.

## Few Words Were Needed

*Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.*

It's been a year since I've been in an environment with so many fluent speakers. Families were visiting and the sound of laughter was constant. Kids were swimming and swinging on the playground swings, and there was a steady game of cribbage being played at one of the tables by the fire. More than 700 people came to the Fond du Lac Ojibwe Language Camp this June.

Ivy had been there for a full day and had already made new friends. She introduced me to Ted Atatise and his wife Loretta Ottertail. They are both fluent Ojibwe speakers and Ted and I became friends as soon as Ivy introduced us. Loretta's mother is Elizabeth "Betty" Bluebird and she was one of the elders who spoke in Ojibwe before our meals.

I played a game of cribbage against Betty at the picnic table. She and her partner were ahead of us the entire time. In the end both teams were at the last hole on the board. Betty and her teammate won by a single point. It's the closest game I've ever played and I'm already looking for a rematch next year.

I could tell by her quick laughter and the lines on her face that she's seen some hard times, and was happy to be with her family and so many people who look for her guidance.

At the camp, Jim Northrup was making birch bark baskets and teaching others how to do the craft. It was two days before I was able to talk to him because he was busy with demonstrations and interviews. Jim's wife Pat Northrup is the backbone of the camp and has been busy working on it for many months.

The waganogans were set up as shelters for activities and demonstrations. Theresa Morrison was teaching beading to students the entire weekend. Vicki Ellis showed people how to make dream catchers; Charlie Nahagahnuh taught people to make their own ricing knockers; Steve Perry taught people to make corn husk dolls; Randy Gresczyk demonstrated how to make drum sticks; Dawn LaPrairie taught the youth to play board games in Ojibwe; and Sarah Agaton Howes demonstrated how to make moccasins.

## Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

	July 2012		
	Approved budget for FY 2012	Actual expenditures through 7/31/12	% of budget expended
Administration (1)*	\$13,343,943	\$8,488,508	63.2%
Workforce*	\$16,509,138	\$4,296,895	26.0%
Judicial	\$1,195,327	\$613,494	51.3%
Law enforcement*	\$5,505,806	\$3,504,740	63.7%
Education*	\$20,300,319	\$14,127,579	69.6%
Health and human services*	\$22,520,238	\$13,943,043	61.9%
Circle of Health Insurance	\$8,206,226	\$8,013,571	97.7%
Natural resources*	\$6,321,520	\$3,702,533	58.6%
Community development*	\$44,430,342	\$18,080,189	40.7%
Gaming authority	\$5,006,548	\$3,869,985	77.3%
Bonus distribution	\$49,772,424	\$39,694,635	79.8%
Economic stimulus	\$3,000,000	\$2,953,000	98.4%
<b>Total expenditures</b>	<b>\$196,202,829</b>	<b>\$121,288,172</b>	<b>61.8%</b>

### Financial notes:

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

\* These departments include continuing appropriations from FY2011.

I liked watching the moccasin game. It turns out this is a very complicated game with lots of rules and opportunities for teaching moments. Leonard Moose, a fluent Ojibwe Elder, played a hand drum and sang as the game was played. Ted Atatise was one of the players who taught the youth how to play. As Leonard sang, Ted was laughing and dancing in place as he hid the stones from the boys across from him. It was almost hypnotic watching him and he was able to divert their attention and trick them almost every time.

The language camp always makes me think of my mother. She was fluent in Ojibwe and would have loved being here. She would have been one of the respected Elders laughing and sitting with Betty. My mother had a very hard life and the lines in her face were the same ones I see in other Elders. She taught me to always give a gift of cloth, asemaa and metal when I asked someone for something important.

To honor her, I always carry a Leatherman Micra pocket tool with me. This is not a cheap pocket tool, but is a stainless steel tool that I use every single

day. It has a scissors, a knife, tweezers, screwdrivers and multiple other tools. I always give the one I currently carry to someone I admire and respect and have given away over fifty of them.

At one point I was sitting at the picnic table with four other people and I realized that every one of them has a pocket tool I have given them over the years.

I was standing in the meal line with Ted on the second night when I gave him my pocket tool. He turned it over in his hand and opened all the blades and tools before he smiled and put it in his pocket. Few words were exchanged and few were needed to understand the meaning.

On the final day, there was a talking circle and everyone was able to say whatever they wanted. There were many there who rarely get this opportunity. Being with a group of people who mutually respect and support each other is getting to be a rare thing in this busy world we live in. Hearing how this experience changes people really brings that point home.

After the talking circle, a drum group of young men sang an honor song and then a traveling

song. With the honor song, Rick Gresczyk gave cloth to the fluent speakers and thanked them for sharing their knowledge with us.

As the traveling song was playing, everyone danced in a circle around the drum and the fire. As I was dancing I sensed someone next to me. It was my son Jacob who rarely dances. As a young teenager, he wants to be with his friends more than his parents, and doesn't always look forward to the same things Ivy and I do.

But here he was, dancing next to me as the drum group sang. It felt right. I want him to succeed, but I want him to do that with satisfaction and respect for others. I want him to know I support him and respect him. As we danced, I reached in to my pocket and held my hand over his. He looked puzzled and held his hand out. I placed my pocket tool firmly into his hand and I could tell that he was taken totally by surprise. He smiled and nodded at me and I nodded back at him. We both looked ahead as we danced next to each other.

Few words were exchanged and few were needed to understand the meaning.



# Tribal Noteboard

## Happy September birthday:

**Wesley Gahbow**, on September 13 with love from Kelly, Jay, Kellen, Auntie Peanut, Rachel, June, Taya, Noah, Mom, Onee, and Deek • **Georgia**, on September 6 from your family • **Age B**, from Kelly and Kellen • **Jade Elizabeth**, 13, on September 5 from Mom, Jason, and the rest of your family • **Charlotte Harrington**, on September 9 from Rachel, Waylon, Boo, Mean Mug, Mom, Dad, Carter, Nadine, PJ, Whitney, Cameron, Papa Doug, and Chick • **Nadine Harrington**, on September 28 from Rachel, Waylon, Boo, Mean Mug, Mom, Dad, Carter, Charlotte, PJ, Whitney, Cameron, Papa Doug, and Chick • **Tracy Harrington**, on September 29 from Agnes, Karen, Shel, Jarv, Penny, Jake, Max, Aidan, Aiva, Marky, Emery, Sharon, Rave, Melodie, Val, Mariah, Baby Kev, Rachel, Waylon, Boo, Mickey, Phil, Nade, Char, and Baby Cory • **Erykah Jones**, 4, on September 26 from Mom, Auntie, Grandma, sisters, brother and cousins • **Richard Jones**, on September 8 from your family in Minneapolis • **Selena Marie**, 14, on September 10 from Auntie Danielle, DeaLayna, Stone, Derek Jr., Frances, Grandma, Mom, Dante, Mase, Day Day, Soul, Rae, Joe, Jim, Bruce, Jack, Simone, Doni, Joey, Sheila, Shawsha, and Nettie • **Soul Son**, 5, on September 15 with love from Auntie Danielle, DeaLayna, Stone, Derek Jr., Frances, Grandma, Mom, Selena, Dante, Mase, Shawsha, Day Day, Rae, Joe, Bruce, Jim, Jack, Simone, Doni, Joey, Sheila, and Nettie • **Natchez Taye Ballinger**, 13, on September 1 with love from Mom, Scott, Markiss, Damian, Taeren, Phoenix, Kenis and Navarra • **Navarra Finesse Larsen**, 1, on September 3 with love from Mom, Dad, Markiss, Damian, Natchez, Taeren, Phoenix, and Kenis • **Markiss Allen Smith**, 17, on September 14 with love from Mom, Scott, Damian, Natchez, Taeran, Phoenix, Kenis and Navarra • **Phoenix Lize Ballinger**, 10, on September 20 with love from Mom, Scott, Markiss, Damian, Natchez, Taeren, Kenis and Navarra • **Aunt Shirley**, with love from Tina, Kim, Jordan, Theresa and Max • **Arne Vainio**, on September 9 with love from Ivy

and Jacob • **Collin Smith**, on September 24 with love from Mom, Dad, Roland, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Desi, Lydell, McKayla, Tayaunna, Clayton, Candy, Clayton Jr., Aubrey, Roxann, Danica, Roger, Bev, Juni, Roy, and Jillian • **Roger Gahbow**, on September 5 from Bev, Juni, Roy, Jill, Ron, Gladys, Collin, Roland, Roland Jr., Camille, Lance, Terrell, Tierra, LaDarius, Desi, Lydell, McKayla, Tayaunna, Clayton, Candy, Clayton Jr., Aubrey, Roxann, and Danica • **Tyson Sam**, on September 14 from Aunt Gladys and family • **Jon Sam**, on September 5 from Aunt Gladys and family • **Lynnae Potter**, on September 13 from Aunt Gladys and family • **Chrissy Ballinger**, on September 11 from Mickie, Phil, Nadine, Char, Carter, Myrah, Loyn, Whitney, PJ, Cameron, Papa Doug, Chick, Dad, Lance, Heather, Tyler, Daniel, and Thomas Virnig • **DJ Ballinger Jr.**, on September 28 from Mickey, Phil, Nadine, Char, Carter, Myrah, Loyn, Whitney, PJ, Cameron, Papa Doug, Chick, Dad, Lance, Heather, Daniel, Thomas, and Tyler Virnig • **Tony Pike**, on September 3 with love from Mom, kids and Ramona • **Maia Satterlund**, on September 5 from Steve, Nessa, Momma Gogi, Sooze, Vince, Molly, Jess, Corey, Sam, Judy, Mama Connie, Jim, Smokey, Tucker, Kitten, and Precious • **Nessa Liz**, on September 18 from Dad, Maia, Gramma Gogi, Tucker, Smokey, Auntie Sooze, Vince, Molly, Jess, Gram, Grandpa, and Precious • **Jerome Bedausky**, on September 5 with love from Mom, Dad, Brent, Taryn, Brenda, Rome, Lucas, Chell, Camryn, Casey, Cordell, Camron, Tim, Miss Veronica, Jeremy, Ed, Aunt Nancy, Larry, Fran, Paris, Trista, and the rest of the family • **Taryn Bedausky**, on September 18 with love from Grandma Mary, Dad, Brent, Auntie Brenda, Lucas, Rome, Chell, Camryn, Casey, Cordell, Cam, Tim, Veronica, Jeremy, Ed, Fran, Paris, Trista, Auntie Nancy, Larry, and the rest of the family • **Spring and Kiowa Staples**, 26, on September 26 from your sisters and Mom • **Michael Glienke III**, on September 3 from Mom and family • **Chris Weyaus**, on September 14 from Mom and Dad • **Toddy Lee**, 16, on September 17 with love from Mom and brother • **Destanie**

**Anderson**, on September 3 with love from Mom, Jordan, Shyla, Grandma Gina, Uncle Dal, Dilly Bar, Grandma Nazz, Papa, Bud, and Bella.

## Happy September birthday to Mille Lacs Band Elders!

Joe Anderson Jr.  
Cynthia Benjamin  
Joyce Benjamin  
Viola Buck  
Rose Bugg  
Joseph Crown Jr.  
Roger Dorr  
Shirley Evans  
Violet Ewert  
Lorena Gahbow  
Joseph Garbow  
Mary Garbow  
Roger Garbow  
Lisa Griffin  
Carol Hernandez  
Bernida Humetewa  
Donna Iverson  
Kathleen Johnson  
Beverly Jones  
Rueben Merrill  
James Mitchell  
Carol Mojica  
Jacqueline Moltaji  
Elmer Nayquonabe  
Joseph Nayquonabe  
Alan Premo  
Carol Sam  
Darlene Sam  
Karen Sam  
Lloyd Shabaiash  
Janice StandingCloud  
Charles Sutton  
Marty Thomas  
Russell Thomas  
Joanne Weyaus  
Leonard Weyaus  
Richard Weyaus  
Bonita White  
Donald Williams  
Dale Wind  
Michael Wind

## Congratulations

Congratulation to **Albert Jr. and Barbara Churchill** for celebrating their 50th anniversary on August 18 from your family.

Congratulations to **Danni Jo Harkness** for passing her GED with love from Mom and Dad.

## Birth announcement

Congratulations to Travis White and Tiffany White on the birth of their baby boy **Travis**

**Kevin Dewayne White II** who was born on July 20. Travis Jr. weighed 7 lbs., 6 oz.

## In memory

In memory of **John Pike**. I miss you so much and I will love you forever. Your baby, Jackie Pike.

## In Search of My Birth Family

By *Penelope*

My name is Penelope and I was born on April 6, 1963. For 49 years I have looked at native people and always wondered if we might be related. I can no longer ignore my desire to find my family and return to my native heritage.

I was born six-eight weeks premature at St. Mary's Hospital in Minneapolis, where I was placed for adoption with Catholic Charities. The following is all of the information I have obtained over years of searching for answers.

My mother, a full-blooded Ojibwe American Indian, was born in 1944 in Cloquet, Minnesota. She was 19 at the time of my birth and the oldest of four children. I am told I have one older brother and as many as four younger brothers. My birth mom lived with her parents in Minneapolis at the time of my birth. My grandfather was born in Onamia around 1920, and I don't know the birth details of my grandmother. I do know that she was an artistic woman, which must be where I get my love for painting.

I am a Christian counselor and artist. I have two daughters and nine grandchildren between the ages of six months and 11 years old. Anyone who has more information about my family can contact me at 763-390-0867 or zayasnana@hotmail.com.





## Old-Style Cooking



By *Beatrice Taylor, Mille Lacs Band Elder*

Sometimes I get hungry for the old-style Indian cooking. That kind of cooking means making do from scratch.

For example, maybe you have a little piece of meat, and you can't fry it or bake it because there won't be enough for everyone. So you cut it up in little pieces and put it in a kettle of water with onion and salt. If you have a little bacon or pork, you throw that in there, too. Or hamburger, rabbit, partridge – whatever. Then you peel potatoes and dice them and put them in. If you don't have macaroni, you can make little homemade noodles. You can make homemade dumplings, too.

You put this all together and let it cook to make soup. And that's the best soup there is – it beats any other soup. I tell you, the kids are scraping the bottom of the kettle when we make it!

I taught my kids to cook. The boys cook just as well as the girls. In fact, my son Edward took first prize one time in a cooking contest when we had a little powwow at our community center. We had a cook-off to see who could make the best fry bread, and Edward won.

Fry bread is a very popular Indian food. And it's easy to make. You just use flour, water, salt, sugar, and baking powder. Some people use yeast, too, when they make a big amount.

When you make fry bread, you beat an egg a little bit and throw it in with the other ingredients. Then you kneed it all together. Then you get your fat heating in a pan. When it's hot enough, you just break off the bread dough in little pieces and put it in the hot fat. It's French-fried bread. Everyone likes it!

Some people make fry bread well, others don't make it so well, but we all like it. We all eat it.

And I like the bread when we cook by the fire, too. My mother-in-law taught me that. When you're out camping by the campfire, you rake some of the coals up. Then you grease your skillet a little bit, put some dough in it, and set it on those coals until you figure it's pretty well cooked on the bottom. Then you prop the skillet up on its side, and that cooks the bread. And you get that little bit of smoke taste in there. Oh, that is delicious. That is the good life, eating bread by the campfire.

## Band Youth Learn to Harvest Wild Rice

Last month the Boys & Girls Club partnered with the Minisnawong Leadership Academy in District II to learn about the traditional process of ricing. The East Lake ricing committee provided an interactive experience for Band youth to learn the traditional ricing process and why it is so important to the Ojibwe people.

### Steps to process wild rice

To gather rice in the traditional manner, two people go out in a canoe. One person, called the poler, uses a long pole to push the canoe forward. The other person uses heavy sticks (called knockers) to sweep the wild rice stalks over the canoe and knock the rice grains into the bottom of the boat. When they get off the lake, they sack it up and take it home, where they dry it to prepare it for parching.

To parch rice by hand, the person doing the parching needs a fire and a kettle, stirring the rice constantly. Depending on how hot the fire is, each batch of rice takes about 20 minutes to parch. After the parching, the men dig a pit in the ground about one and a half feet deep and fill it with wild rice kernels. They then stand in the pit and move their feet up and down to separate the husks from the kernels. Because this can easily break the kernels, they lean on two poles to take away some of the force. It takes about 30 to 45 minutes to finish one pit. The final step is giving the rice to the women for winnowing. The women put the rice in a birch bark tray and gently toss it in the air. The wind catches the husks and blows them away, and the rice kernels fall back into the tray.



*Band Elder Marie Gudim demonstrates how to parch wild rice.*

Kelly Sam



*Two youth jigging the rice.*

Kelly Sam

## Mille Lacs Indian Museum Events

### Kids craft workshop

Kids can enjoy light snacks and learn how to make corn husk dolls to take home. This project is recommended for children 10 years or older.

The workshop costs \$6 and will be held on Saturday, September 1, from 11 a.m.-3 p.m.

### Wild rice processing

Watch museum staff process wild rice including how to dry, parch, thresh and winnow the rice. Visitors will be able to see the entire process and presentations will be offered every hour.

This event will be held every Saturday during the month of September from noon to 3 p.m.

The workshops costs \$8 for adults, \$7 for seniors and college

students, \$6 for children ages 6-17, and free for children age 5 and under and Minnesota Historical Society members.

### Porcupine quill jewelry workshop

Learn techniques working with porcupine quills in this two-day workshop. This class will be held from noon-4 p.m. on Saturday, September 29, and from 10 a.m.-2 p.m. on Sunday, September 30.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus a \$15 supply fee.

Participants are encouraged to register by September 26.

Please call 320-532-3632 for more information.

Kelly Sam



# Calendar of Events

**September 2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*To Purchase Tickets</b></p> <p>Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a></p>	<p>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or e-mail Kelly at <a href="mailto:kelly@goffpublic.com">kelly@goffpublic.com</a></p>					<p style="text-align: right;">1</p> <p><b>Kids Crafts</b> Mille Lacs Indian Museum 11 a.m.-3 p.m.</p> <p><b>Wild Rice Processing</b> Mille Lacs Indian Museum 12-3 p.m.</p>
2	3	4	5	6	7	8
	<p>All government offices closed for Labor Day</p>	<p>Nay Ah Shing School first day of school</p>			<p><b>Chris Young*</b> Grand Casino Mille Lacs 8 p.m.</p>	<p><b>Wild Rice Processing</b> Mille Lacs Indian Museum 12-3 p.m.</p>
9	10	11	12	13	14	15
	<p><b>AMVETS Meeting</b> Grand Casino Mille Lacs 6 p.m. Contact: Allen Weyaus 320-630-2988</p>		<p><b>District I Community Meeting</b> District I Community Center 5:30 p.m. Contact: Billie Jo Sarcia 320-532-7423</p>		<p><b>Smokey Robinson*</b> Grand Casino Hinckley 8 p.m.</p>	<p><b>Wild Rice Processing</b> Mille Lacs Indian Museum 12-3 p.m.</p>
DNR Firearms Training (See page 6)						
16	17	18	19	20	21	22
		<p><b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Raina Killspotted 218-768-2345</p>	<p><b>District III Community Meeting</b> Lake Lena Community Center 5:30 p.m. Contact: Christine Costello 320-384-6240</p>	<p><b>All-Elder Meeting</b> East Lake Assisted Living Unit 11:30 a.m. Contact: Denise Sargent 320-532-7854</p>		<p><b>Wild Rice Processing</b> Mille Lacs Indian Museum 12-3 p.m.</p>
23	24	25	26	27	28	29
			<p><b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102</p>	<p><b>District II Community Meeting</b> East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311</p> <p><b>Urban Area Community Meeting</b> All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424</p>	<p><b>District I Early Education Community Open House</b> (See page 3)</p>	<p><b>Dwight Yoakam*</b> Grand Casino Hinckley 7 p.m.</p> <p><b>Pocupine Quill Jewelry Workshop</b> Mille Lacs Indian Museum Noon-4 p.m.</p>
30	October 1	2	3	4	5	6
<p><b>Pocupine Quill Jewelry Workshop</b> Mille Lacs Indian Museum 10 a.m.-2 p.m.</p>						



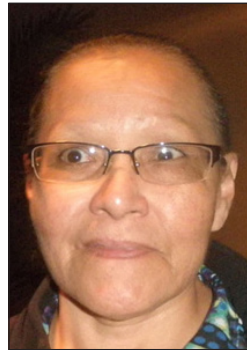
# "What Qualities Make Women Strong Leaders?"

**Amanda Nickaboine**



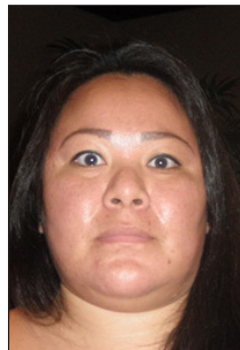
"Acceptance, empathy, understanding and the ability to listen."

**Mary Bedausky**



"Compassion and family beliefs."

**Brenda Best**



"The ability to believe in yourself and the choices you make and the ability to make sacrifices for yourself and others."

**Wanetta Thompson**



"Compassion and empathy. Women understand people's feelings better than others and we are natural caretakers."

Photos by Kelly Sam

## 2012 Mille Lacs Band Powwow Photos



The AMVETS Post 53 and Ladies Auxiliary members participated in the powwow parade on Saturday, August 18.



The color guard opens the 46th annual Mille Lacs Band Traditional Powwow, which was held on August 17-19.



Hundreds of American Indians dance in a grand entry at the Mille Lacs Band Traditional Powwow.



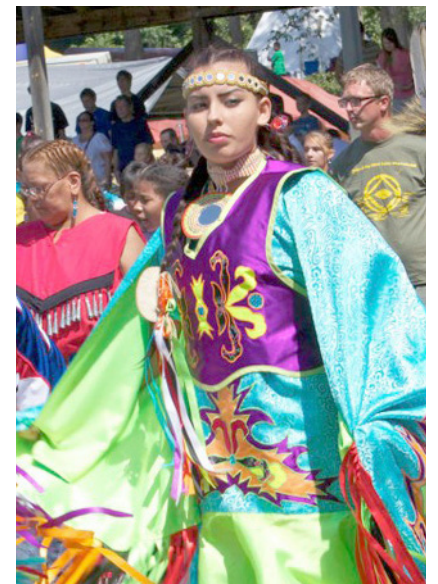
Larry Amik Smallwood (left) and Peter Gahbow (right) were the emcees at the Mille Lacs Band Traditional Powwow.



Mille Lacs Band Princess Noel Kegg (left) and Ain Dah Yung Princess Trina Fasthorse (right) during the Mille Lacs Band Traditional Powwow.



Mille Lacs Band member Jenn Fronk showed off her regalia at the powwow.



Shaniah Leslie danced fancy shawl at the powwow.

Photos courtesy of Ivy Vainio