

# OJIBWE INAAJIMOWIN

April 2011

*"The story as it's told."*

Volume 13 • Number 4

## Grand Casino Mille Lacs Celebrates Twenty Years



*Grand Casino Mille Lacs opened in a tin building in 1991.*

The year was 1988. The Mille Lacs Reservation was a place of overwhelming poverty. After generations of going without what most Americans would consider the basics, hope was a hard thing to hold onto.

"We were barely making payroll, and we didn't have a school. We taught students wherever there was room," said Chief Executive Marge Anderson, who was Secretary/Treasurer at the time.

Yes, there was pride in our language, culture and traditions. Yes, we looked out for one another and cared for our family members and Elders. But there was a yearning for more.

Other economic development attempts had come and gone. We needed something big.

On October 17, 1988, Congress passed the Indian Gaming Regulatory Act. That was the big opportunity we had been waiting for. While

there were no guarantees, gaming offered the possibility of a more prosperous future.

The late Art Gahbow, who was Mille Lacs Band Chairman at the time, led the tribal government in negotiating gaming compacts with the State of Minnesota. Governor Rudy Perpich signed the Band's gaming compacts in 1989.

"Governor Rudy Perpich chose to approve the Indian gaming compacts in order to create jobs and boost the economy in greater Minnesota," said Jamie Edwards, state government affairs coordinator for the Mille Lacs Band. "He saw the tremendous need for economic development on tribal lands and wanted to do the right thing."

### Building the dream

Now it was time to make gaming a reality on the Mille Lacs Reservation.

"When the Indian Gaming Regulatory Act was passed, we

couldn't find a bank that would help us build a casino," Marge recalled. "Local banks nixed the idea. But then this firm (later known as Grand Casinos, Inc.) offered to help."

The partnership with Grand Casinos, Inc. not only gave the Band funding to build its casinos, it also provided gaming expertise until the Band could nurture its own experts. The Band signed a seven-year deal with Grand Casinos, Inc., which gave the Band a successful start in gaming, and the Band assumed full ownership and operational oversight over both of its casinos in 1998.

### Opening the doors

Built around the Band's bingo hall, Grand Casino Mille Lacs opened on April 4, 1991. Grand Casino was a hit from day one, with hundreds of people lining up to play the 200 machines that had been installed.

"We had a handful of employees, and we were in a tin building," Marge said. "We had customers coming in and getting mad because they couldn't find a machine. We decided to expand right then."

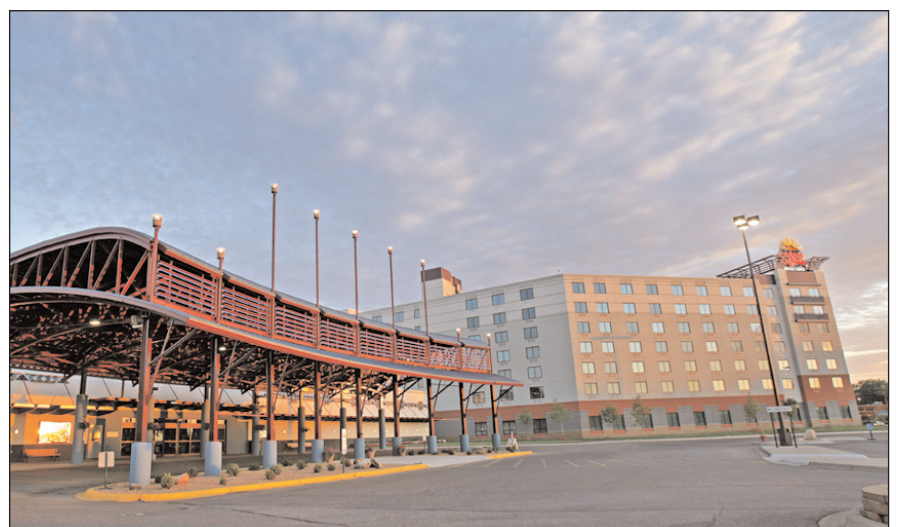
Molly Judkins, who today is Marge's executive assistant, was a phone operator at Grand Casino Mille Lacs when it opened.

"When the casino first started, there were no other businesses around. I would have never imagined it as big as it is now," said Molly, adding that five of her six children have worked at Grand Casinos over the past two decades.

"We had a blackjack tent outside," Molly said, "and when it rained it was cold and wet, but people still came and played. Also, we didn't have a paved parking lot, so people would get stuck."

Marge and Molly have bittersweet memories of the

**(Continued to page 2)**



*Today Grand Casino Mille Lacs includes a hotel, four restaurants, an Events & Convention Center, a coffee shop, candy store, and Grand Ventures for Kids.*



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# Grand Casino Mille Lacs Celebrates Twenty Years

(Continued from page 1)

casino’s early days. One of the earliest joys was seeing the trucks come to collect the casino’s first earnings. But sadly, the joy was overshadowed by the death of Art Gahbow. He passed away unexpectedly shortly after the casino opened.

“He had been our leader for almost 20 years, and he had led the way in getting everything built,” Marge said. “But Art got to see us take our first steps along a better path. I’m proud that Art got to see this dream come true.”

The casino shut its doors for 24 hours as the community mourned Art’s death – the only time in the casino’s history that it has been closed.

## New opportunities

Band member Kelly Kegg, a charter associate at Grand Casino Mille Lacs, was attracted by the employment opportunities that were in short supply before the casino opened.

“Time has passed so quickly. I was 21 years old when I started,” Kelly said. He has been a security manager for the past eight years.

Another charter associate, Band member Joe Mojica, is vice president of slots. His Grand Casino career started at age 22.

“It was a lot of fun working here and watching all the changes that came along,” Joe said, specifically pointing to the hotel expansion that was completed in 1997, making the casino an even bigger destination.

“People always came here because of the lake, but more people began coming because of the casino,” said Joe. “There’s a lot of good that’s come from the casino.”

Grand Casino Mille Lacs General Manager Ronda Weizenegger echoes that sentiment. “This casino opened up opportunities that never existed here before. Jobs are something we don’t take for granted in this area, because they aren’t easily replaced. This made the casino a very personal achievement for the Band and Band members like me,” Ronda said.

## Meaningful progress

Grand Casino Mille Lacs provided the Band with desperately needed revenue, said Marge, remembering how excited she felt when the first check arrived.

“I took that check and held onto it, because we had to figure out what we should do with it. We didn’t have enough money to do everything we wanted to do,” Marge said.

Within months of opening Grand Casino Mille Lacs, the Band became the first tribe in the nation to issue community improvement bonds backed by casino revenues. These bonds funded reservation construction projects. The first facilities to be completed were a new water treatment plant and the Hinckley powwow grounds in 1992, as well as the Ne-la-Shing Clinic, Nay Ah Shing School, District I water tower, and District I ceremonial building in 1993.

As casino revenues continued to grow – both from Grand Casino Mille Lacs and from Grand Casino Hinckley, which opened in 1992 – the Band was able to repay the loan and continue to pursue opportunities that would continue to impact the community in a positive way.

The casinos themselves grew too. Both starting as basic casino facilities, they grew into entertainment destinations, complete with hotels, convention spaces, concert facilities, multiple restaurants, and many other amenities surrounding the casinos. Woodlands Steakhouse and the Events & Convention Center opened at Grand Casino Mille Lacs in 1998.

All of this growth has allowed the Band to continue to chip away at the decades of poverty that Band members have endured.

“We made a decision early on that we would use gaming revenues to provide jobs, invest in economic development and community infrastructure, provide programs and services to Band members, and reach other long-overdue goals,” Marge said. “Art’s top priority was education. When I became Chief Executive after Art died, I made sure that it remained a



Toya Stewart Downey

**Band members Kelly Kegg (left) and Joe Mojica (right) have worked for Grand Casino Mille Lacs since opening day.**

top priority. Without the casinos, we wouldn’t have our schools.”

Before the casinos, many Band members were forced to rely on the state and federal governments for programs and services that their families needed. “Because of casino revenues, our people have better lives and more opportunities. I never want to see our situation revert to how it used to be,” Marge said.

## The future of Grand Casinos

For much of the first 20 years of Indian gaming in Minnesota, the progress at Mille Lacs and on other reservations has been accompanied by threats to expand gaming in the state.

“Every time we have something good that’s helping us, people want to take it away. That has been our history,” Marge said.

This legislative session brings the biggest threats to date, due to the state’s large budget deficit. Some state leaders would like to solve part of the problem by expanding gaming beyond its current boundaries and using the revenues to fill in the state’s gaps. Some new gaming proposals have already been introduced in the Legislature, and more will likely follow in the coming weeks.

“Some legislators aren’t recognizing that expanding gaming will only transfer the benefits of gaming from rural areas in Minnesota to the Twin Cities metro area,” said Angela Heikes, Commissioner of Corporate Affairs for the Mille Lacs Band. “Grand Casinos would have fewer guests and lower revenues. This would

translate into fewer jobs, fewer people with health insurance, and less business with area vendors. These types of losses in rural Minnesota would offset the gaming revenues being projected by some legislators. In fact, this would further burden the state’s already-stretched resources.”

Band members, employees, and friends are urged to help the Band by making their voices heard at the Capitol over the next couple of months. For more information on getting involved, visit [www.millelacsband.com](http://www.millelacsband.com) and choose “Action Center” from the menu on the left side of the screen, or call Jamie Edwards at 612-850-2124.

“In the first 20 years, we’ve helped people find jobs, access health care, drink cleaner water, and live in quality homes,” Marge said. “We want to be in a position to continue the work that we’ve started over the next 20 years.”

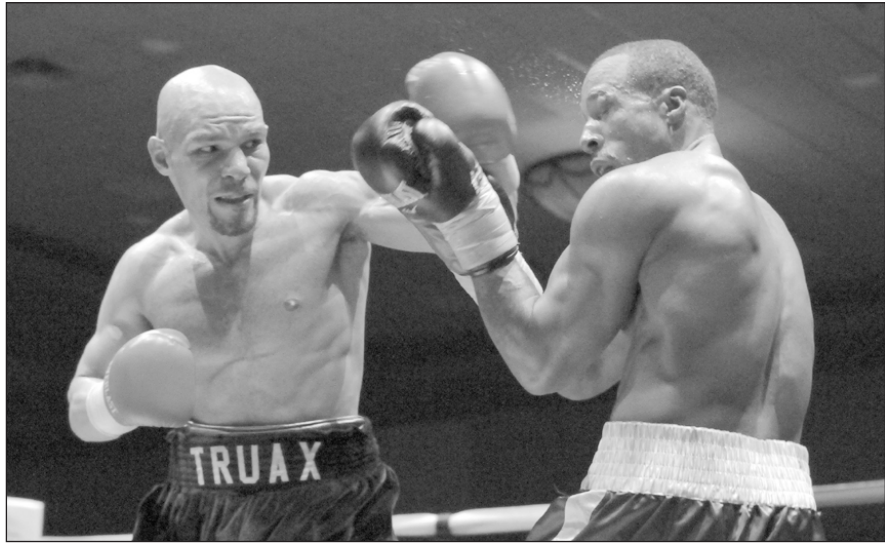
## Editor’s note

If you have stories about how Grand Casino Mille Lacs has changed your life in a positive way, or if you have memories of the past 20 years that you’d like to share, contact Kelly Sam at [kelly@goffpublic.com](mailto:kelly@goffpublic.com)

Toya Stewart Downey contributed to the writing and reporting of this article.



## Local Boxers Excite Fans at Grand Casino Hinckley



**"Golden" Caleb Truax and Phil "The Drill" Williams were the main fight at the professional boxing match at Grand Casino Hinckley in February. The 10-round rematch ended with Truax winning a majority decision.**

**By Jim Erickson, Mille Lacs Band Boxing Commission executive director**

The much-awaited rematch between Phil "The Drill" Williams (11-4-1, 10 KOs) of Minneapolis and "Golden" Caleb Truax (17-0-1, 10 KOs) of Osseo brought out the fans of professional boxing to Grand Casino Hinckley in February. But the bout between Hinckley's own Tim Taggart Jr. (2-2-2, 2 KOs) and Charles Meier (4-2-1, 2 KOs) of Saint Paul supplied the most excitement.

The evening of professional boxing started with a heavyweight bout between Serhiy Karpenko of Big Bear, California, and Zak Jensen of Hopkins, Minnesota. Jensen, an experienced mixed martial arts fighter, who competed on Spike TV's *The Ultimate Fighter*, stood toe-to-toe with Karpenko, a former Upper Midwest Golden Gloves champion. Karpenko withstood Jensen's big shots and timed a perfect overhand right that spelled the beginning of the end for Jensen. Jensen was knocked down two more times, and although he was up and ready to punch away, referee Mark Nelson waived the fight off at 1:31 of round 1.

Former amateur superstars Jamal James (4-0, 4 KOs) of Minneapolis and Tony Lee (3-0, 1 KO) of Saint Paul improved their skills in the professional ranks with wins over opponents Justin Danforth and Alexander Tousignant of Milwaukee.

Power-puncher Ismail Muwendo (8-0, 6 KOs) of Minneapolis went the distance

with counter-punching Rob Diezel (5-3, 2 KOs) of Seattle, Washington. Although Muwendo shook Diezel in the second round with a hard right to the jaw, the slick Washington boxer showed that he came to fight and extended Muwendo until the final bell of the sixth round. Muwendo came away with a unanimous decision.

The main event, a 10-round rematch between Phil Williams and Caleb Truax, ended with Truax winning a majority decision. It took a few rounds for the two super-middleweights to get warmed up, but later rounds produced more action as Williams fired away from outside, and Truax muscled his way inside and used a consistent body attack to sew up the victory.

Although it wasn't the main event, the fight between Tim Taggart Jr. and Charles Meier was the fight of the night. Taggart started the six-round battle with a lot of movement and seemed to frustrate Meier. Meier had trouble landing a clean punch on the elusive Taggart. Finally, in rounds three and four, the match started to go in Meier's favor, but he was unable to sustain an attack. Taggart finished the fight by winning the fifth and sixth rounds, cutting Meier above the eye. As the final bell rang at the end of the fight, the two warriors were given a standing ovation by the crowd, with more applause to follow when Taggart was announced as the unanimous winner.

## Names and Faces

### Carley Justine Emery



Photo courtesy of Robert Liebgott

Sixteen-year-old Carley Justine Emery, a junior guard on the Siren High School basketball team in Wisconsin, leads the state in scoring. She started playing on the high school's varsity team as a freshman, and has since broken all of the girls and boys basketball records at the high school. Carley has received several awards for her basketball achievements, including All-Conference Honorable Mention (2007), All-Conference (2008-2010), All-State (2009-2010), and West Lakeland Conference Most Valuable Player (2010). Carley surpassed 2,000 career points in March, making her one of 12 girls in Wisconsin to have reached this milestone.

Carley also excels academically, having been named to the National Honor Society since 2009. She is the daughter of Band member Michelle Emery and James Emery.

### Dirty Moccasin Crew



Photo courtesy of Jesse Kelly

The Dirty Moccasin Crew, which is made up of Mille Lacs Band members Ryan O'Brien, Gordy Davis, Shorty Buff, and Jon Buchanan, as well as Caleb Edmond and DJ Pseudonym, performed their second show at Froggy's Bar in Pine City in March. The Dirty Moccasin Crew's debut album, *Tuesday Night*, is available on the band's website, [www.thedirtymocassincrew.com](http://www.thedirtymocassincrew.com).

### Eric Omdahl

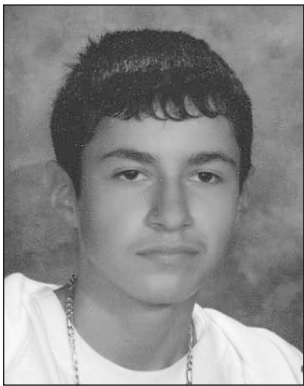


Photo courtesy of Shelly Sam

Eric Omdahl, a ninth-grader at Onamia High School, was recently named a national honor student from the U.S. Achievement Academy. Onamia High School staff nominated him for the award, which is given to only 400 students nationwide. Eric is the son of Richard Omdahl and Shelly Sam.

## Chimney Swift Conservation Project Seeks Volunteers

The Chimney Swift Conservation Project is recruiting people to help restore the habitat of chimney swift birds in Minneapolis. The organization will be building a chimney swift tower and kiosk at the Minneapolis American Indian Center from Monday, April 18, to Saturday, April 23.

The number of chimney swift birds in the area is declining significantly because masonry chimneys, which they use for roosting and nesting, are being destroyed or capped. Chimney swifts primarily eat flying insects, which helps reduce the number of biting insects in the area.

"This project is a great way for Band members to connect

with the natural world, which can be a challenge in an urban setting," said Kelly Applegate, Mille Lacs Band wildlife biologist and fisheries technician.

"This is a wildlife conservation project that the community can be proud of," said Barb Benjamin-Robertson, urban program administrator.

The Chimney Swift Conservation Project has partnered with Audubon Minnesota and the Mille Lacs Band to try to save the habitat of chimney swifts.

If you are interested in volunteering, call Barb at 612-872-1424.



## Anishinabe OIC Trains and Serves Band Members



photo courtesy of Kim Sam

**Band members Candace Sam, Lewis Pacheco Jr., and Lewis Pacheco Sr. have completed the first level of the carpentry training program sponsored by the Anishinabe Occupational Industrialization Center (OIC).**

**By Toya Stewart Downey**

For more than 25 years, the Anishinabe Opportunity Industrialization Center (AOIC) has provided training and services to hundreds of Band members in the Mille Lacs area.

“Our mission is to help those in underprivileged populations with job skill development,” said KC Paulson, executive director of the Anishinabe Opportunity Industrialization Center. “Since we began working in the Mille Lacs area in 1986, we’ve been focused on helping Band members.”

The AOIC is part of a nationwide program, the Opportunity Industrialization Center, which the Department of Employment and Economic Development (DEED) developed in 1971 to help strengthen the job skills of those in underprivileged populations. The program is primarily funded through DEED and through grant dollars. The AOIC reports to the state organization.

For several years, the AOIC was housed in a trailer next to the Mille Lacs Band Government Center. It moved to the Crozier Building in Onamia about 18 months ago. The clientele is primarily comprised of Band members.

The AOIC’s board of directors is made up of Band members, Elders, and Band employees who help the AOIC set goals and offer direction on programming that could benefit the community. The board meets monthly at the government center.

### Carpentry classes

Currently the AOIC is offering classes in basic carpentry skills. Those classes meet each Monday and Wednesday for about four hours starting at 5:30 p.m. Anyone who is at least 16 years old is welcome to join.

“We’re teaching basic elementary carpentry skills during the 10-week classes,” KC said. “When participants have completed 100 hours of training, then they can move to the next level.”

Six Band members are currently enrolled in the carpentry classes. The goal is to expand to a 600-hour course so that participants will become more skilled and able to move into an apprenticeship program.

“The basic skills we’re teaching are required in plumbing and electrician jobs,” said KC. “There’s a strong emphasis on green carpentry, and we’re focusing on that since more employers are moving toward green.”

Through the carpentry program, participants are also working on their math and reading skills. Once they complete the program, they receive a certificate that specifies the skills they’ve obtained.

### Meeting goals

Some of the participants come to the AOIC through referral from the justice system; others come on their own accord.

“Anyone who comes through our doors and completes our programs should be able to enter a job situation with stability,” said KC. “The AOIC

helps those who are re-entering the community, and it can help restore them with the community.”

To help clients meet their goals, the AOIC works with their family members as well as with Band Elders. The AOIC also works with a client’s supervisor on an as-needed basis. The AOIC makes regular reports to the court system, when necessary.

“We are giving those involved with us a high level of personal attention,” KC said. “We don’t dismiss anyone or leave anyone out.”

### Talking circles

In recent years, the AOIC has added another element to its programming by offering talking circles. A circle is associated with the carpentry program, and two others are offered at the Nay Ah Shing Schools.

“We offer a counseling circle which is focused on helping students stay in school, and we’ve been doing that for about two years,” KC said. “The grief circle, which began in the fall, provides a place for students to talk about their grief and issues around that topic.”

The grief circle is held weekly. The counseling circle is held every other week. The AOIC has a contract with the schools for the two circles that are held there.

The circle that’s held in the District I Community Center is for adults and has been offered since 1996. It meets at 5:30 p.m. on the first and third Thursday of each month.

“We want people to stop by and see what’s offered,” said KC. “We would like to encourage Band members, particularly Elders, to come over and provide support to participants.”

For more information about the AOIC, call KC or Kimberly Sam, program director, at 320-532-4046.

## Legislators Introduce Racino Bill

Two Republican lawmakers recently introduced a bill to allow slot machines at the state’s two horse tracks (Canterbury Park in the south metro and Running Aces in the north metro). This is the sixth time a racino proposal has been brought to the Legislature in the past decade.

Most of the profits from the racinos would be placed in a special revenue fund intended to create jobs and help businesses. The Department of Employment and Economic Development would use the fund to provide grants and loans to new or existing businesses.

Although champions of the racinos believe that they will help create jobs in Minnesota, racinos will actually just transfer jobs from the rural areas to the Twin Cities. The state’s gaming market is mature, so rather than attract new gamers, expanding gaming would take existing gamers away from tribal casinos.

Running Aces is not fully supportive of the bill because it is concerned that it favors Canterbury Park. The two horse tracks also disagree about how the proposed racinos should be regulated. Canterbury Park wants the Minnesota Lottery to regulate the proposed racinos, while Running Aces wants the Minnesota Racing Commission to be the regulatory agency.

Governor Mark Dayton has said that he would consider gambling proposals that benefit education and other state needs. He has said that he is not interested in expanding gaming for private interests. Although Dayton has publicly supported a state-owned casino at the Mall of America or in downtown Minneapolis, no such proposals have been introduced.

Gaming expansion would have a drastic effect on Grand Casino Mille Lacs, Grand Casino Hinckley, the Mille Lacs Band of Ojibwe, and many of the people and businesses that work with them.

### Get involved

As the state considers gaming expansion, the Band is uniting with its members, employees, vendors, neighbors and friends to help protect our region’s economy.

You can join the coalition at the Mille Lacs Band Action Center on the Band’s website ([www.millelacsband.com](http://www.millelacsband.com)). Once you sign up, you will receive updates on the status of gaming expansion discussions in the Minnesota Legislature and might be asked to voice your opinions to your legislators.



## Mobile Veterans Center Visits Grand Casinos in April

**By Sarah Barten, Grand Casinos public relations specialist**

Grand Casino Mille Lacs and Grand Casino Hinckley will host the Department of Veteran Affairs, Readjustment Counseling Service, and the Mobile Veterans Center (MVC) at each casino in April.

The MVC will be parked outside of each casino from 9:30 a.m.-2 p.m. on the following dates:

- Grand Casino Hinckley: Thursday, April 7, and Thursday, April 21
- Grand Casino Mille Lacs: Thursday, April 14, and Thursday, April 28

The 39-foot vehicle is one of 50 vehicles nationwide that deliver veterans' services to underserved locations. Services include individual, group, marital, family and bereavement counseling;

medical referrals; assistance in applying for veteran's benefits; employment counseling, guidance and referral; alcohol and drug assessments; information about and referrals to community resources; trauma counseling and referral; outreach; and community education.

Family members of combat veterans are also eligible for vet center readjustment counseling services for military-related issues.

Appointments are available. Walk-ins are also welcome and will be served on a first-come, first-served basis.

For more information regarding the Mobile Veterans Center, please contact Neil Krenz or Steven Arndt at the Brooklyn Park Veterans Center at 763-503-2220 or 612-387-8904.

## Spring Community Cleanup Dates

**By Brian Scheinost, director of public works**

The weather is getting warmer, which means that it's time for our spring community cleanups. The cleanup events in each district will be held on the dates designated below from 9 a.m.-4 p.m. on Saturday and Sunday and 8:30 a.m.-4:30 p.m. on Monday-Friday. Roll-offs will be located in areas that can be monitored.

Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call Public Works at 320-532-7433 by Friday, April 15, to be placed on the list for a pickup. People receiving curbside pickup must have their piles at the end of their driveways.

### District I

The District I community cleanup will take place Saturday, April 23, through Friday, April 29. All roll-off dumpsters will be located at the Mille Lacs Band Transfer Station.

### District II: East Lake, McGregor, Minnewawa, Sandy Lake, and Isle

The District II community cleanup will take place Saturday, May 7, through Friday, May 13. Roll-offs will be placed at the East Lake maintenance facility and Isle Chiminising Community Center.

### District III: Lake Lena and Hinckley

The District III community cleanup will take place Saturday, April 30, through Friday, May 6. Roll-offs will be placed at the earthworks building located on Highway 48 two miles east of Grand Casino Hinckley, and at the maintenance building across from the Lake Lena Community Center.

Please contact Public Works at 320-532-7433 if you have any questions about the 2011 spring cleanup.

## Program Encourages Energy-Efficient Light Bulbs

**By Scott Hanson, Mille Lacs Band Department of Natural Resources environmental program manager**

The Mille Lacs Band Natural Resources and Housing departments are starting a program that promotes the use and recycling of compact fluorescent light (CFL) bulbs. CFLs use less energy than incandescent light bulbs.

As a part of the "CFL Replace and Recycle" pilot project, Band members are encouraged to replace incandescent lights with CFLs in Band-owned rental properties in all districts.

CFLs can also be recycled at all three community centers, all three housing warehouse facilities, and the DNR building.

The "CFL Replace and Recycle" pilot project

complements existing eco-friendly measures being implemented by the Housing Department. The project also enhances the Mille Lacs Band DNR's efforts to promote the recycling and appropriate disposal of CFLs.

We hope that this partnership between the Housing Department and DNR will ultimately lead to more opportunities to positively impact the community, the economy, and the environment.

If you have any questions about the "CFL Replace and Recycle" pilot project, please contact Scott Hansen at 320-532-7445 or Richard Hill at 320-532-7415.

## Free Hearing Evaluations

To schedule an appointment for **Friday, April 8**, 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 St. Paul and Osseo. To schedule an appointment Monday through Friday, call the St. Paul office at 651-771-4019 or the Osseo office at 763-391-7433.

## Vainio Family Continues Sugarbush Tradition



**Band member Arne Vainio, MD samples the sap from Jim and Pat Northrup's sugarbush in Sawyer, Minnesota.**



**Jim Northrup teaches Band member Jacob Vainio how to add sap to the cast iron kettle. After the boiling of sap was done, Jim and Pat had a feast to give thanks for another good year of sugarbushing.**



# Medical Transport Service Helps Elders and Homebound



**Mary Sam, District I community health representative in front of one of the transportation vehicles.**

### By Toya Stewart Downey

Anyone who has ever been without a vehicle or access to public transportation knows how challenging it can be to get around. Daily tasks such as buying groceries, visiting a bank, or going to a child's school can be challenging enough, but consider adding other important business such as trying to get to a doctor's appointment due to illness.

One of those burdens has been lifted for Band members who live in all these districts, thanks to the Band's Department of Public Health. In January alone, the department's medical transportation team drove approximately 11,409 miles and served 115 Band members.

For more than six years, the Public Health Department's medical transport service has helped hundreds of people get to their doctor, dental and other medical appointments – and it's all been done without charging the passengers.

"The medical transportation service was designed to help service the homebound and those who don't have other means of transportation," said Lisa Blahosky, director of public health. "It's a supportive service we provide to help our community."

The service is available from 8 a.m. to 5 p.m., Monday through Friday, though some exceptions are made if a person has to be at an appointment earlier or later in the day. There are four transport vehicles in District I, one in District II, and two in District III. Service isn't available to Band members who live in the Twin Cities.

There are regular drivers who operate the transportation service. Other staff within the Public Health Department aren't allowed to drive clients to appointments.

### Who is eligible?

"Those who need rides to medical appointments don't need to be public health clients, but they do need to be homebound, Elders, or have no other means of transportation, including having their own vehicle or family member to transport them. It was never meant to be a taxi service, but a way to support those without access to transportation," Lisa said.

In the past, people with transportation have called for rides because they didn't have gas money or they didn't want to drive very far with their own vehicles.

Those reasons for relying on the medical transportation service aren't valid, and they take away resources from those who rely on the services, Lisa said.

### Policies

One of the policies is that those who receive medical service must have their provider sign a form that shows they've been seen. Also, if a person routinely schedules rides, but fails to cancel them and are no-shows, their privileges are revoked.

Another recent change is that the program no longer provides gas vouchers. Also, those passengers who have children requiring car seats or booster seats must provide them in order for the child get a ride. The transportation services doesn't offer them.

### Appointments

To schedule appointments, Band members should call their community health representatives:

- District I – Mary Sam, 320-532-7815
- District II – Eileen Farrah, 218-768-2389
- District III – Donna or Francine, 320-384-0149

The appointments tend to fill up quickly, so those who need rides should call two to three days in advance.

"Usually, it's just one person we're transporting at a time, but sometimes we ask people to schedule their appointments around the same times if we have to drive greater distances," Lisa said.

For example, those who need rides to St. Cloud or the Twin Cities might be asked to get appointments within the same time frame to help save on gas and resources. Band members won't be asked to change their appointments unless the transportation service is booked and can't accommodate them.

"We're not saying no because we don't want to help, it's because we can't accommodate them," added Lisa.

In addition, Lisa added that transportation out of the service area is available if public health receives a referral from a local provider. Transportation appointments out of the area should be made no later than 1 p.m. to allow for travel time.

Other responsibilities of those being transported:

- Clients must be ready at the specified time and place of pickup.
- Clients who are intoxicated or under the influence of an illegal substance cannot be transported.
- Individuals under 18 years old must be accompanied by a parent, guardian, or specified family member.
- Physical, verbal or threatening behavior will not be tolerated.
- A car seat must be provided.

# Circle of Health Update

*By Circle of Health staff*

### Private coverage

In the event that you have attained coverage from an employer or any other source, it is important to immediately contact your claims processor and inform him or her of the effective date.

Private coverage plans paid on your behalf are expensive, and in most cases our office is unable to retrieve any premiums made back to the new coverage effective date. The result is that two plans were paid on your behalf, so if a submission is made to reimburse premiums, it will be denied.

### Annual updates/Circle of Health cards

We have received many updates this year, and the names of those we received by February 15 were entered into our drawing for a \$50 and \$25 gift card. Our forms have been updated, and we now can receive your forms by fax or e-mail.

If you need new Circle of Health cards, please send us completed forms and copies of the front and back of your insurance cards. There is an area to indicate that you need new cards halfway down the enrollment form. If you have already sent in your enrollment form and would like new cards, please call your claims processor.

As always, please show your Circle of Health program card at every visit. If you get a diagnostic test, you will need to wait until you receive the statement, call the 800 number on the statement, and provide your Circle of Health information. It is not the responsibility of the original provider or physician to ensure that this information is provided to the outside source if x-rays, MRIs, or any other scans are referred.

### Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please contact David Boyd (A-L), Roberta Lemieux (M-Z), or Michele Palomaki, director of Circle of Health, at 320-676-8214 or 800-491-6106.



## Vandalism’s High Cost and Consequences

**By Toya Stewart Downey**

It was move-in day. The appliances had been installed, the paint was dry, and the workers had finished the last-minute details earlier in the week.

But before releasing the keys to the new tenants, the Housing Department workers needed to conduct one final walk-through.

Upon opening the door, they discovered that the house had been vandalized. Paint was thrown everywhere.

“It was a HUD home. We had a family that had been on the list for a long time, and they were anxious to move in,” said Band Housing Director Arlene Weous. “So when we discovered the damages, we had to repaint everything and replace the carpet.”

This wasn’t just a random case of vandalism. It was one of many incidents that have occurred during the last year, according to the Housing Department.

“The problem has gotten worse in the past nine months,” said Arlene. “District III has become a high vandalism area. We’ve had five properties vandalized in that area.”

“Appliances are disappearing, windows have been busted, graffiti has been written on the walls, and we just don’t know why this is happening,” she added.

So far, no one has been caught, and no one has been charged with the crimes. Yet the consequences are great. Not only does it cost the Band more money and take the workers more time to make

repairs – it also means that families are displaced.

“It takes two weeks to order supplies, clean up, and redo the work,” Arlene said. This is in addition to the time it takes away from other projects that the department is responsible for, as well as the budgets for those other projects.

Besides affecting the families who are set to move into the properties, it affects the pride and the morale of the workers, Arlene said. “We all ask ourselves, ‘Why would people do this?’”

In one instance in District I, the Housing Department staff had just extensively rehabbed a home. It was one of the first projects the Tribal Renovation Team had done. The same day they were going to turn the keys over to the family, they discovered vandalism. Paint was thrown on the floors and appliances, the windows were broken, and graffiti was everywhere.

“It took us one week to clean up,” said Arlene. “And what ends up happening is that it has a domino effect on the community, because we can’t move people into houses.”

“Vandalism doesn’t just affect the property, it affects everyone – the families who are moving in, the workers who have spent time fixing the homes and getting them ready for Band members, and the community – because it costs our government money,” she said.

Anyone with any information regarding the vandalism incidents is asked to call tribal police at 320-532-3430 to file a report.

## My Ojibwe and Finnish Heritage

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

My Ojibwe grandmother was dying. Years of alcohol had done irreparable damage to her liver, and now her kidneys were failing. My grandfather and my mother were there with her. I felt uncomfortable visiting with her, as she had never really been very nice to me and had never missed an opportunity to tell me that I was useless.

Still, I wanted her approval. Just days earlier I had decided to quit my job at the Virginia Fire Department and go back to college to chase a new dream of becoming a doctor. I hadn’t told any of my family about this; I told my mother and grandfather about it at my grandmother’s bedside. My mother knew this meant I wouldn’t be able to help her make house payments anymore, but she told me she was proud of me and that we would find a way to make ends meet.

I bent over my sleeping grandmother and spoke directly into her ear. “Grandma, I’m going to quit my job and finish college. I want to be a doctor and I’m going to apply to medical school.”

She was quiet for a long time; I wasn’t sure she heard me. Finally, she opened her eyes, looked at me, and motioned me to come closer. I leaned over her to hear what she had to say. She took a slow breath and said, “You act like you’re white.”

In spite of the way she had always treated me, this really hurt and took me completely by surprise. That was more than 20 years ago, and I still remember it like it was yesterday.

My grandparents on my father’s side emigrated from Finland in 1902 and 1908. I remember being a little kid and being in my grandparents’ house. My Grandma Vainio had a wood-burning cook stove going every day of the year, and she was always baking bread. We were her only grandchildren. She loved us all, and she was one of the most wonderful people I have ever known. With my father’s suicide when I was four years old and my Finnish grandparents dying when I was young, I lost my connection to my Finnish side.

Being Indian isn’t easy for a kid. Not being fully Indian is even worse. I wasn’t Finnish, and I wasn’t Indian. Half-breed.

Finndian. Every time I had to change schools or jobs, this would be an unspoken issue. Sometimes it actually was spoken; those interactions hardly ever went well.

With my mother being traditional Ojibwe, most of my Finnish heritage took a back seat, and I really didn’t think about it that much. By the time I applied to medical school, I applied as an Ojibwe student. I identified myself as a Native American physician right from the start, and I’m proud of that fact.

It wasn’t me who awakened my Finnish side. My wife, Ivy, took an interest in genealogy after our son was born. She traced my Ojibwe heritage back to boarding school times, but she also traced my Finnish side back to the 1700s.

This summer, FinnFest 2008 was in Duluth, Minnesota, with more than 10,000 people attending. There is a strong Finnish/Ojibwe connection, as many of the early Finnish immigrants married Ojibwe people; their values were surprisingly similar. At the opening ceremonies, Fond du Lac Tribal Chair Karen Diver spoke of embracing both sides of your heritage and being a whole person. I’ve never heard anyone say that so well.

My Grandfather Vainio was born in Jaala, Finland in 1878, and the rest of his family was born in Iitti, Finland. Journalist Silja Talvi was raised in Finland, and her family still has a cabin in Iitti. We went to her talk and met her afterward. Immediately there was a strong connection between us, and we’ve been e-mailing each other ever since.

I was quoted in an article in a newspaper in Helsinki, Finland, which was read by Finnish journalist Rauli Virtanen. He called me and flew to Minnesota to explore the Finnish/Ojibwe connection for Finnish television. We spent two days together; he was constantly filming and looking for historical records and photographs. This started as an interview, but we parted as friends.

I’m proud to be an Ojibwe physician. But maybe my Ojibwe grandmother was right. Maybe I do act like I’m white. That’s my Finnish side. I’m glad it’s there.

To view Arne’s entire article, visit [www.indiancountrynews.com](http://www.indiancountrynews.com) and click on the food and health section.

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

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.



## Simple Tips for Clean Indoor Air

*By Housing Department staff*

Maintaining clean air in your house is crucial to your family's health. Here are some easy ways you can keep the air in your house clean.

### Furnaces

Furnace filters remove everything from large pieces of dust to microscopic mold spores and pollen from the air. Furnace filters should be changed every 20 to 60 days, depending on the amount of dust in the air. The furnace intake and exhaust should also be checked every three months to ensure that the ports are free of debris that may be obstructing them.

### Dryer exhaust

Dryer exhausts, which are located outside of homes, need to be cleaned on a monthly basis and dryer exhaust ducts should be cleaned every 6-12 months. Lint buildup will not only prevent your clothes from drying properly, but it may make the exhaust too hot and catch the trapped lint on fire.

### Bathroom exhaust

In addition to removing moisture from the air, bathroom exhaust fans collect the dust that is in the air. This decreases the amount of moisture the fans remove from the bathroom air. Clean bathroom exhaust covers at least once every three months, and have the exhaust duct cleaned every 1-3 years.

### Range hood exhaust

Range hood exhausts, which remove excess steam and combustion gasses from your kitchen, have a metallic grease screen that needs to be cleaned on a monthly basis. Due to some kitchen configurations, range hoods may recirculate the air into the house through a charcoal filter. This filter should be changed every 3-6 months.

### ERV/HRV

Some homes are equipped with heat exchangers, either energy recovery ventilation (ERV) or heat recovery ventilation (HRV). Typically these units have a sponge pre-filter and a filter core that need to be cleaned periodically. The sponge pre-filter should be removed, washed, and placed back in the heat exchanger monthly. Filter cores vary by design, so check with the manufacturer's instructions. ERV and HRV intake and exhaust ports also should be cleaned of debris every three months.

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

February 2011

	Approved budget for FY 2011	Actual expenditures through 2/28/11	% of budget expended
Administration (1)*	18,287,958	5,469,373	29.9%
Workforce*	13,955,407	1,755,675	12.6%
Judicial	672,419	249,266	37.1%
Law enforcement*	5,219,198	1,546,604	29.6%
Education*	15,936,467	6,040,722	37.9%
Health and human services*	26,511,433	10,238,261	38.6%
Natural resources*	4,846,061	1,683,827	34.7%
Community development*	40,733,048	5,765,820	14.2%
Gaming authority	4,844,746	1,785,329	36.9%
Bonus distribution	22,391,762	19,951,593	89.1%
Economic stimulus	2,910,000	2,908,000	99.9%
Total expenditures	\$156,308,499	\$57,394,470	36.7%

### Financial notes:

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

*\* These departments include continuing appropriations from the 2010 fiscal year.*

## Mille Lacs Band Officials Visit With Senator Franken



Photo courtesy of Elizabeth Scott

Band member Carla Big Bear, Chief Executive Marge Anderson, Local Community Coordinator Elizabeth Scott, and Deputy Assistant Nancy Wood visit with Senator Al Franken during a recent trip to Washington, D.C., for the National Congress of American Indians (NCAI) conference.

## Thinking About Quitting Smoking?

Do you need help quitting smoking or staying tobacco-free? Call the Gego Zagaswaaken (Don't Smoke) Program. We provide support and education for people trying to stop smoking. We help you set goals and develop coping strategies. For more information, contact Roberta Ladd at 320-532-7812 or visit us at the Public Health Building.

## Wisdom Steps Conference

Wisdom Steps is now accepting nominations for the Alan Allery Award. Local award winners will be invited to the 11th Annual Wisdom Steps Conference on June 14-16 at the Shooting Star Casino & Events Center.

We are seeking community members who are active in health initiatives and practice good preventive health. Community members or organizations can send their nominations to:

Mary Snobl  
1794 County Road 9  
Tracy, MN 56175  
marysnobl@LLWB.coop  
507-629-4734

Shauna FourStar, MCT/MIAAA  
PO Box 217  
Cass Lake, MN 56633  
sjenkins@mnchippewatribe.org  
888-231-7886



# Tribal Noteboard

## Happy April birthday to:

**Eddie Jr.** on April 23, with love from Deloris and Cheveyo • **Bear and Brandon** on April 1, with love from Mama Bear • **Trina** on April 9, with love from Auntie Barb and the rest of your family • **Lindsey Sam** on April 20, with love from Auntie Barb • **Chaddy Skinaway** on April 20, from Gabby Rose, Barb, Grandma, Dana, Dave, Tanya, Junior, BayBay, Prince, Trinity, Jay, Matty, Rainy, Val, Lil Niss, Wayz, Aniyah, Double, Herb, Elle Nevaeh, Jaxin, Tommy Lee, Dad, Grandma Tisha, Lance, Josh, Jim, Owen, B-Dub, Diamond, Silas, OJ, “Big Hip,” Tina, Dulce, Jose, APB, Paul Bunny, and the rest of your family • **Ticc-Dog**, on April 15, from your boo, Joanna, Lynne, Pops, Picc, Liz, Leroy, Mallory, Bear, and Dillon Jr. • **Bear** on April 1 from your sister, Ticc, and Fronco • **Eva** on April 4, from Mom, Tyson, Jon, Tiffany, Evan, Susan, Colleen, Maggie Sue, Papa Lenny, Dad, Evelyn, Maccoonz, Evan, and Jazmyn • **Amy LaDue** on April 2, from Lenore, Tyson, Tiffany, Eva and Jon • **Teri** on April 15, from Lenore, Tyson, Tiffany, Eva and Jon • **Kelsey**, 17 on April 8, from Mom, Rylie, Cyrus, Ryan, Lenore, Tyson, Tiffany, Eva, Jon, and the rest of your family • **Juice** on April 14, from Dayaunna, Morgan, Tanya, Charles and Chandler • **Rodney**, 49, with love from Judy, Valerie, Samantha and Sarah • **Jean** on April 1, with love from Niss and family • **Aiva**, 4 on April 26, with love from Mom, Dad, Mark, Emery, DeBreanna, Grandma Tracy, Shelby, Jarvis, Max Bean, Sharon, Wally, Raven, Melodie, Grandma Agnes, Papa Jim, Abby, Jake, Mike, Carla, Kenny, Karen, Heather, Amber, Jayla, lileah, Valerie, Mariah, Baby Kev, Nicole, Chris, Buddy, Cordell, Jameson, Mickey, Phillip, Nadene, Charlotte, PJ, Whitney, and Blake • **Aliyah Jade** on April 7, from Mom, Papa Toby, Boosh, and Cheyenne • **Hayden Lynnae** on April 20, from Grandma Judy, Boosh, and Cheyenne • **George Jackson Jr.**, 30 on April 10, from your family in Minneapolis • **Don B** on April 4, from Waylon and Rachel • **Cilla B** on April 28, from Waylon and Rachel • **Alicia Barnes** on April 28, with love from Nancy Gahbow • **Erin Joy Cash**, with love from Nancy, Kyla, Albert and Dakota • **Albert**, with love from Mom, Kyla Lynn, and Dakota • **Luther**, from your family • **Kasey Lynn**, with love from Nancy, Bundy, Kyla and Dakota • **Nelly Bean**, from your family • **Corky**, with love from Goats, Ky-Ky, Bundy, and Co • **Dad** on April 5 from Vannie and George • **Uncle Ed** on April 23 with love from Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Uncle Johnny** on April 6 with Love from Vannie,

George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Aunt Jackie**, from Vannie, George, Reuben, Cedric, Cedar, Caiarah, and Cyliss • **Grampa**, with love from Reuben, Cedric, Cedar, Caiarah, and Cyliss.

## Happy April birthday to Mille Lacs Band Elders!

Marge Anderson  
Dorothy Aubid  
Terry Beaulieu  
Donivon Boyd  
Russell Boyd  
Wayne Boyd  
Peggy Bush  
Sharon Chavarria  
Vincent Cody  
Nancy Foster  
Reginald Garbow  
Barbara Grey Bull  
Duane Haaf  
Gwendolyn Hanold  
Arleen Hunt  
Darryl Jackson  
Elsie Karsjens  
Evelyn Kegg  
Raymond Kegg  
Rayna Mattinas  
Ada Merrill  
Louis Merrill  
Bonita Nayquonabe  
Russell Nayquonabe  
Gloria Nickaboine  
Sherry Nielson  
Donald Oswaldson  
Jeannette Oswaldson  
Lorraine Sam  
Darlene Savage  
Gloria Songetay  
Gail Tyson  
Leonard Wind

## Thank you

I would like to thank my family and friends who were there for me during the loss of my baby son, **Ledger Dwayne Skinaway**. A special thank you to my sister Dana for everything you did. I couldn’t have made it without you. Thanks to my mom for all your love and support; no words can ever express my feelings during this hard time. *With love from Meany, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Lance and Gabrielle.*

I can’t begin to thank you all for the generosity and support from people who donated food, money, plants and flowers during the recent hospitalization and death of my daughter **Cari Lynn Mitchell**. You all will be remembered for the support, the kind words, and everything you did for us. In times like this you find the people who really care.

You treat people right and you get it back. She will be greatly missed by me and my family. *From Bea Mitchell and family.*

## In memory

In memory of **Deanna Marie Anderson** – June 22, 1993-April 24, 2010

Hey, my girl, still hard to believe it has been a year. We miss you so much, always laughing and joking around and having so much fun. You lived life to the fullest, we miss your smile and the sound of your laughter. Although you’re in a better place, we think of you every day. And until we meet again, Native Angel, the memories are forever in our hearts. With love from *Day, Herb, Chaddy, Tonya, Tina, and your family in Isle.*

In memory of **Valerie Ann Skinaway “Auntie Cookie”** – July 14, 1948-April 24, 2003

My dear sweet auntie, not a day goes by that I don’t think of you. I miss your beautiful smile and laughter. Thinking of all the good times we had always brings a smile to my face and tears to my eyes. You’re the best and we miss you very much. Words can’t express how much we love you. Always in our hearts, *from Meany Girl and family.*

**Arthur Wesley Gahbow** – April 26, 1935-April 11, 1991

Daddy, it has been a long 20 years, and you are still missed every day. I wish you were here to be with us, to see what you did for us and the Mille Lacs Band. I want to say thank you. Love and miss you, *from Janet, Peter, Harold, Tami, Nancy, Tommy, Erik, Alena, Sheena, Rayna, Jared, Judy, and the rest of the family.*

## Obituaries

### Emma Mason

Born – 10-22-1925  
Died – 2-21-2011  
Lived in McGregor, MN  
**Patrick Wayne Losh**  
Born – 5-15-1958  
Died – 2-23-2011  
Lived in McGregor, MN  
**Jeremee Jon Kraskey**  
Born – 6-23-1978  
Died – 2-26-2011  
Lived in Walker, MN  
**Cari Lynn Mitchell**  
Born – 4-2-1971  
Died – 3-13-2011  
Lived in Onamia, MN

# Recipes of the Month

*Recipes are provided by Chris Kegg, Mille Lacs Band nutrition education assistant*

## Cornbread or Corn muffins

### Ingredients

- 3/4 cup cornmeal
- 1 1/4 cup skim milk
- 1 egg, slightly beaten
- 3 TBSP oil or melted margarine
- 1 cup flour
- 1 TBSP baking powder
- 1/2 tsp salt
- 1/4 cup sugar

### Directions

1. In a medium bowl, mix together the cornmeal, milk, egg, and oil or margarine.
2. In a large bowl, mix together the flour, baking powder, salt, and sugar.
3. Add the cornmeal mixture to the flour mixture. Stir until combined. Pour into 8-inch square pan or muffin tin. Use a nonstick pan, or grease your pan slightly.
4. Bake at 400 degree oven for 20 minutes (15 minutes for muffins), or until slightly browned.

## Corn chowder

### Ingredients

- 1 cup chopped onion
- 1 TBSP butter
- 2 cups peeled, diced potatoes
- 1 green pepper, chopped
- 2 cans cream-style or whole kernel corn
- 3 cups milk

### Directions

1. In a 3-quart saucepan, saute onion in butter over medium heat for five minutes or until golden brown.
2. Add potatoes and green pepper.
3. Cook and stir for three minutes.
4. Add corn and milk.
5. Bring to a boil.
6. Reduce heat and simmer 15 minutes, or until potatoes are tender, stirring occasionally.





## Ojibwe Culture and Traditions



### Upcoming Mille Lacs Indian Museum Events

#### Kids craft workshop

Children can learn a basic stringing technique while they bead a ring to take home. Please allow an hour to make the ring. This project is recommended for children ages 8 and up.

The workshop costs \$3 per kit. This workshop will be held on Saturday, April 9, from 11 a.m.-3 p.m.

#### Beading 101 workshop

Learn basic beading styles and techniques in this two-day workshop. Necklaces and bracelets are examples of items

that can be created. This class will be held on Saturday, April 16, from noon-4 p.m. and Sunday, April 17, from 10 a.m.-2 p.m.

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

A light lunch and refreshments will be provided. A minimum of five participants are required to host the workshop. Registration is required by April 13. Please call 320-532-3632 for more information.

### Dancing and Diabetes

#### Part four of a traditional health series by Mille Lacs Band Elder Herb Sam

The drum has been called the heartbeat of Mother Earth, and dancing is a way of experiencing that heartbeat. Dancing can help you feel the connections with your ancestors. It also helps you feel connected with your children, grandchildren and others at the powwow. It is for them you are managing your diabetes. Some have found dancing lowers their stress and helps control their blood sugar long after the dance. To get the most from your dancing, consider the following:

- If your dancing is quite strenuous, and you are taking diabetic medications such as insulin or oral drugs that stimulate insulin production, you may need to add some carbohydrates to your diet to avoid low blood sugar levels.
- The low blood sugar effect may be delayed several hours;

test and eat after dancing.

- Very strenuous exercise can dehydrate you, resulting in elevated blood sugar. Try to get your blood sugar under control before dancing.
- If your blood sugar is below 100, eat a snack to increase it before dancing.
- Regardless of your blood sugar, drink plenty of water. Regalia can get very hot. Drink extra water to avoid dehydration and high blood sugar levels.
- Have someone at the dance who is aware of your diabetes. Wear a medical alert ID, and carry a fast-acting source of sugar.
- Make sure your shoes are comfortable. Wear moccasins with hard soles or insoles along with thick socks. Check your feet after dancing.
- Talk with others who have diabetes and dance. Don't stop dancing just because you have diabetes; it may be just the medicine you need.

#### The Newspaper of the Mille Lacs Band

#### OJIBWE INAAJIMOWIN

*"The story as it's told."*



Kelly Sam, Editor

Phone 651-292-8062 Fax 651-292-8091

kelly@goffpublic.com

Goff Public

255 East Kellogg Blvd., Suite 102

St. Paul, MN 55101

Please provide news tips and other information by the 15th of the previous month.

### Moccasin Telegraph



#### The jingle dress as dreamed

**By Larry "Amik" Smallwood, Mille Lacs Band Elder**

*The following article appeared in the June 4, 2003, issue of the Mille Lacs Messenger. It is being reprinted with the Messenger's permission.*

If you've ever been to an Indian powwow, you've probably noticed the dancers' regalia – the beautiful and colorful clothing, jewelry, headdresses and moccasins they wear. One of the most well-known kinds of powwow regalia is the women's jingle dress, and the story is that this kind of dress was first seen here in Minnesota at Mille Lacs.

The story I was told about the jingle dress came from one of our Elders, who said that about 100 years ago, there was a man living in Mille Lacs whose daughter was ill.

The Mille Lacs people were getting ready for one of our big drum ceremonies, and before the ceremony, the man began having a recurring dream. In his dream, four women were wearing dresses decorated in a way he had never seen before. One dress was black, one was blue, one was red, and one was either yellow or green. All of the dresses were adorned with small, round pieces of metal that had been rolled up at one end so they looked sort of like little cones. In the man's dream, the women were dancing in these dresses.

The man told his wife about the dream, and together they made the four dresses. Then he showed his wife how to dance in the dress, and she showed the four women he had dreamed about.

When it came time for the drum ceremony, the man and his wife brought their little girl. They sat at the ceremony, and the girl laid on the floor because she was so sick.

After the ceremony was over, the man got up and told the people about his dream. Then he brought out the four women and said they were going to dance in the style he had dreamed about. The drum started, the people began to sing, and the women danced.

And the little girl perked up. She lifted her head and watched the women dance. As the evening went on, pretty soon she was sitting up and watching. And before the night was over, the little girl was so moved by those jingles, she was following the women and dancing around.

If you've ever seen a jingle dress, you can imagine why. Jingle dress dancers carry themselves in a very ladylike manner, both in and out of the dance circle. Their dance steps cause the metal cones to chime together like tiny bells. Some people have said the sound is like rain falling on a tin roof.

The jingles were originally made from the lids of snuff cans people had collected. Nowadays, you can order the lids from the snuff companies. And the dresses, which were once all solid colors, are sometimes multicolored. Also, the dance can be fancier, whereas originally the women just danced in a forward, side-to-side motion. These changes are because the jingle dress has traveled, and there are many variations of the dress as well as the story.

In fact, another story goes that a woman in Canada had the same dream as the man at Mille Lacs at about the same time.

Most people associate the jingle dress with Mille Lacs, though. And because of the story of the little girl, some people adopted the jingle dress as a healing dress.



Calendar of Events						
April 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*To Purchase Tickets</b>  Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a>	<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 <a href="mailto:kelly@goffpublic.com">kelly@goffpublic.com</a></i>		<b>Narcotics Anonymous</b> District I Community Center 6-7 p.m. Every Wednesday		1	2
3	4	5	6	7	8	9
	<b>Happy 20th Anniversary, Grand Casino Mille Lacs!</b>			<b>Talking Circles</b> District I Community Center 5:30 p.m., Contact: KC Paulsen, 320-532-4046	<b>The Platters, Coasters and Marvelettes*</b> Grand Casino Mille Lacs 8 p.m.	<b>Kids Crafts</b> Mille Lacs Indian Museum 11 a.m.-3 p.m.  <b>The Guess Who with Chuck Negron*</b> Grand Casino Mille Lacs 8 p.m.
10	11	12	13	14	15	16
	<b>Pine Grove Leadership Academy Meeting</b> 5 p.m. Contact: Amiliya Zago, 320-384-7598 <b>AMVETS Meeting</b> Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320-309-6925		<b>District I Community Meeting</b> District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423			<b>Beading 101 Workshop</b> Mille Lacs Indian Museum 12-4 p.m.  <b>George Jones*</b> Grand Casino Hinckley 7 p.m.
17	18	19	20	21	22	23
<b>Beading 101 Workshop</b> Mille Lacs Indian Museum 10 a.m.-2 p.m.		<b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Raina Killspotted, 218-768-2345	<b>District III Community Meeting</b> Grand Casino Hinckley 5:30 p.m. Contact: Katie Draper, 320-384-6240	<b>Talking Circles</b> District I Community Center 5:30 p.m., Contact: KC Paulsen, 320-532-4046	<b>All government offices closed for Art Gahbow Day</b>	
24	25	26	27	28	29	30
			<b>District IIA Community Meeting</b> Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320-676-1102	<b>Urban Area Community Meeting</b> All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612-872-1424 <b>District II Community Meeting</b> East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218-768-3311		
May 1	2	3	4	5	6	7
						<b>Sawyer Brown*</b> Grand Casino Mille Lacs 4 p.m. & 7 p.m.



## “What Does It Mean To Respect Elders?”

**Marge Anderson**



*“You have to earn respect. It needs to be reciprocal. I don’t tell people you have to respect me because I’m an Elder.”*

**Oleia St. John**



*“You should help them out, show them respect and honesty, and if they ask you to do something, you should do it with no questions asked.”*

**Patty Sam**



*“Treat them the way you want to be treated.”*

**Herb Sam**



*“People should respect everyone. That’s my feeling about it.”*

**Blake Alexander Ford**



*“What it means to respect your Elders is accepting that they are smarter than you, and they are trying to help you. You have to respect them by being nice and caring.”*

**Chelsea Benjamin**



*“You should listen to them when they’re speaking and no fooling around. You should serve them first. And you should put tobacco out for them.”*

**Wyatt Oswaldson**



*“You respect Elders because they have a lot of experiences in their past. They know a lot about our culture, and they’re important to us.”*

**Dave Matrious**



*To remember each and every Elder has lived through hard times and through good times. They can share their experiences with you. Know that the Elders preserved our values, culture and language for future generations, and you can learn from them.”*

*Photos by Toya Stewart Downey*

## Mille Lacs Band Celebrates Treaty of 1837

More than 600 Band members and community members attended the Treaty Rights Celebration on March 24 at Grand Casino Mille Lacs. The event celebrated the Treaty of 1837 and the Supreme Court victory that reaffirmed the Band’s treaty rights.

The event included lunch at the Grand Buffet, a scavenger hunt, video games, a coloring contest, the moccasin game, and karaoke.



**Band Elder Larry Wade teaches others how to play the moccasin game.**



**Faculty and students from the Pine Grove Leadership Academy traveled from District III to attend the Treaty Rights Celebration.**

The Mille Lacs Band DNR, Great Lakes Indian Fish and Wildlife Commission (GLIFWC), and other groups had interactive, educational booths at the event.

The event also included prize drawings for \$25, \$50 and \$100 gift cards to Mille Lacs Band businesses, fishing and camping equipment, wild rice, and nets.



**Carmelena and Mataeo Mitchell colored pictures for the coloring contest.**



**Band youth sang karaoke at the Treaty Rights Celebration.**

*Photos by Toya Stewart Downey*