

OJIBWE INAAJIMOWIN

October 2010

"The story as it's told."

Volume 12 • Number 10

Nay Ah Shing Students Compete in Triathlon



Photo courtesy of Bugs Haskin

Marquis Fisher, last year's champion, took home the first place trophy again this year.

By Bugs Haskin, Nay Ah Shing activities director

Nine students from Nay Ah Shing competed in the fourth annual triathlon on Wednesday, September 8. The triathlon consisted of three events: a 100-yard swim, 12-mile bike ride, and 1.5-mile run. Students who participated include Sage Boyd, Marquis Fisher, Tommy White, Jason Boyd, Shaina White, Jennie Mitchell, Amanda Eagle, Daja Barnes, and Dove Boyd.

Marquis, last year's champion, took home the first place trophy again. He was the only returning triathlete, beating his time by 11 minutes and finishing the course in 1 hour 15 minutes and 16 seconds.

Shaina placed second with a time of 1 hour 23 minutes and 40 seconds, and Amanda placed third with a time of 1 hour 25 minutes and 31 seconds.

All athletes received a medal for competing and will enjoy

an evening at ValleyScare. Fisher also received a plaque for being a returning athlete. This is his third time competing in the triathlon.

Several other Band members and employees participated in the event. Chief Executive Marge Anderson followed the group in her vehicle encouraging them.

Jim Ingle, Mille Lacs Band fitness coordinator, rode his bike with the group, and

Amanda Nickaboine used the race as an opportunity to train for the Twin Cities Marathon that she will be running in October.

Coaches Pete Braith and Bugs Haskin would like to thank Tribal Police Officers Rob Wall and Josh Kimball for leading the racers along the route and following them in their squad cars to ensure their safety, Investigator Russ Jude for working the turnaround point handing out refreshments, Chief Conservation Officer Mike Taylor for marking the swimming part of the competition with his boat, DNR Officer Jared Rosati for timing the athletes, and the rest of the support staff: Sara Clemons, Rene Athman, Sandi Jellum, and Tara Aricha. And a special thank you to Investigator Mike Dieter and Chief Executive Marge Anderson for assisting when one of the athletes was injured.



Photo courtesy of Bugs Haskin

Students from Nay Ah Shing competed in a triathlon on Wednesday, September 8. Chief Executive Marge Anderson was on hand to cheer on the competitors as they swam, rode bikes, and ran during the course of the event.

District I Candidate Forum

The Mille Lacs Band, Native Vote Alliance of Minnesota (NVAM), and the Mille Lacs Academy are hosting a candidate forum and community dinner at the District I Community Center on Wednesday, October 20. The forum will give Band members the opportunity to ask questions and learn more about candidates. The community dinner will begin at 5 p.m., and the forum will begin at 6 p.m.

Invited candidates

District 16A State Representative

- Sondra Erickson (Republican)
- Gail Kulick Jackson (DFL, incumbent)

District 16 State Senator

- David Brown (Republican)
- Lisa Fobbe (DFL, incumbent)

All candidates have confirmed that they will attend the forum.

For more information, contact Mille Lacs Band Local Community Organizer Elizabeth Scott at 320/384-4661.



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Prayers and Medicine Helped Save Band Elder's Life



Photo courtesy of the Wade family

Band member Larry Wade

By Toya Stewart Downey and Monte Fronk

On the second day of the Band's annual Powwow, Band Elder Larry Wade told his wife Nadine that he wasn't going to attend the afternoon celebration because he wanted to stay home and rest.

He had worked the night shift at the Band's halfway house and arrived home early that Saturday morning in August.

Later that morning, Larry, 64, changed his mind and decided to attend.

Today, Larry, his wife, family, friends and the community are thankful he was there.

That's because while Larry was dancing to an inter-tribal song he suffered from cardiac arrest. His heart completely stopped.

But thanks to the quick assistance of several emergency responders, Larry survived even when it looked like he might not make it, said his wife.

"Only one in 20 cardiopulmonary resuscitation patients survive without an automatic external defibrillator (AED) and CPR interventions within six minutes," said Monte Fronk, the Band's Department of Public Safety emergency manager and national registered EMT. "So the spirits were with us that day."

According to Monte, who was enjoying the powwow with his family after working on Friday, the master of ceremonies called for emergency medical assistance immediately after Larry collapsed. Several emergency responders rushed to the arena, including Stephanie Grady, a physician's assistant at the Aazhoomog Clinic.

"We were getting ready to leave when I heard the MC call the EMTs," said Stephanie, who was at the powwow as a spectator with her daughter and granddaughters. "I looked at my daughter and said, 'I think I better go.'"

Stephanie had recently attended an advanced cardiac life

support class and now thinks that training, along with her many years as a medical provider, helped during the emergency.

"I've been in medicine since I was 16, and I've never seen CPR work," said Stephanie, who got emotional while recalling the event. "I was just in the right place at the right time."

Stephanie, who doesn't know Larry, said she was able to assess the situation, ask pertinent health questions, and offer medical direction to other responders.

"I felt proud to be a provider for the Mille Lacs Band and proud to be there," said Stephanie, who has been employed by the Band for 10 years.

Like others, Stephanie prayed for Larry and says she believes, there was some really strong medicine there, and that's why he made it.

"We were supposed to be there for that man," said Stephanie referring to the emergency responders.

Three tribal police officers, who are also certified first responders, were also on the scene with their medical bags and Automatic External Defibrillator (AED).

The officers, Brent Prueser, Robert Wall, and Michael Radar performed CPR and used the AED in their efforts to help revive Larry. They also administered oxygen and monitored his vital signs. The AED provided four shocks to help restore an appropriate heart rhythm and pulse, Monte said.

"The Mille Lacs Health Care system ER doctors commented later that the training of the reservation responders and AED saved Larry's life," said Monte, adding that AEDs are in all government facilities on the reservation and portable devices are in tribal police vehicles.

After leaving the powwow grounds, Larry was taken to Onamia Hospital where he was stabilized before being airlifted to St. Cloud Hospital. He was hospitalized for 17 days and had a triple bypass on Aug. 31 after the swelling in his head went down and his diabetes was under control.

"When he fell, he hit his head really hard so he had swelling in his brain," Nadine said. "But since he's been home, he's doing great. He's started cardiac therapy three times a week."

"He didn't realize until this happened how many prayers went out for him and helped him through this," she said. "He was touched."

"All the support we have received from the community

brings tears to my eyes," Nadine added. "We don't know how to thank everyone for all they've done, from the prayers to the sweats that have been held to the donations we've received."

"If it weren't for the donations, I wouldn't have been able to commute between the hospital and our home – we have five grandkids that live with us – so we had a lot of help with gas money and food during this time," she said.

Nadine said the couple, who has been married for 32 years and together for 36, is thankful that the Powwow Committee had emergency responders on standby and were able to help keep her husband alive.

"I join the countless others who are grateful for the quick action of our volunteers and law enforcement officers," said Freedom Porter, director of community support services and co-chair of the traditional Powwow Committee.

"When our Spiritual Advisor Kenneth Weyaus, Sr. called for the Jingle Dress song, knowing it was one of ceremonial drums, it is hard to describe how that felt," said Freedom. "I don't mind admitting I got a little teary-eyed. Not because I was scared or worried, but I and so many others felt the power of that moment and you just knew Larry was going to be alright."

Freedom also said that Officer Prueser, who was on the Powwow Committee for about five years, used his knowledge to help lead the quick action of the responders.

Freedom also credits the expertise of Beth Hanlon, a volunteer dispatcher, who knew how to clear radio traffic to help get the roads closed and the ambulance in quicker.

"There were many heroes that day, and I am honored to have witnessed firsthand the swift action by so many," Freedom added.

The Wades believe that besides the quick medical response, the prayers from the community helped save Larry's life. "I would have never stayed home that day because I was taking my grandchildren," said Nadine. "If Larry had stayed home he would have died because no one would have been there with him."

"After it happened, the jingle dress dancers came out and danced," Nadine said. "We believe his healing and prayers came from that dance."

Date Changing for District I Community Meetings

Starting this month, District I community meetings will be held the third Wednesday of the month unless otherwise noted. The October meeting will start at 5:30 p.m. on October 13 at the District I Community Center.

Dates and times will be posted on the Band's website at www.millelacsband.com, and meeting recaps will be provided in the *Ojibwe Inaajimowin*.

Healthy Heart Class

The Healthy Heart Program is hosting its next class at the District I Community Center on Tuesday, October 26 from noon-1 p.m. Participants will have the opportunity to taste and compare different foods during a taste testing activity.

For more information, contact Cyndy Travers at 320/532-7840.

Adoptive Families Needed

Mille Lacs Band Family Services is recruiting Mille Lacs Band members who are interested in becoming adoptive parents. It is our belief that Mille Lacs Band children have a right to live and grow among our people who fully understand them. To protect our children's roots is to protect their rights.

In order to keep our children within the tribe, we are seeking adoptive parents for several young children awaiting homes. We also want to identify adoptive homes for when future needs arise.

If you are interested in adopting a Mille Lacs Band child, please contact Valerie Eli, foster care coordinator, at 320/532-7820 or 800/709-6445, ext. 7820.

Weatherization Program Saves Energy and Money

By Toya Stewart Downey

As the temperatures drop and the cold sets in, many folks think that as long as they keep their doors and windows shut, they're keeping old man winter out. But, the tricky old guy has lots of ways to get into homes including through gaps under doors, improper insulating, and cracks in building materials.

That's why it's important for Band members to get their homes inspected to ensure that the money they're spending to heat their homes isn't going out the door, said Lee Thompson, an energy auditor for the Band.

"We've heard from Band members who [had their homes weatherized and] have decreased their energy costs by up to a third," Lee said.

Program qualifications

The good news is that those who qualified for the state's energy assistance program may also be eligible for the Band's weatherization program. The Band oversees the program in Districts I, II, and III. The urban area has other providers that are available to service them.

Elders and Band members who own their homes, as well as those in the Band's housing program, are eligible to apply for the weatherization program that is federally funded through grant dollars.

Other Band members may also qualify for the weatherization program, but they need to fill out the energy assistance application to see if they meet the federal guidelines, said Patricia Charlson, the Band's energy and emergency services coordinator.

"We get a database from the state that tells us who qualifies for weatherization," she said. "The list goes to Lee and they begin scheduling energy audits to see what's needed and then the projects begin."

Those who have the highest levels of fuel and energy consumption are priority, along with Elders, and people who have children in their homes.

On average and based on individual needs, about \$6,500 is spent on the homes that are weatherized. There is also \$1,000 in general repair money and \$1,000 in health and safety money that is allotted per home. The work is scheduled to be completed within 90 days.

Types of repairs

Some of the weatherization and repairs that are common include sealing air sources, repairing windows and doors, adding insulation, and making general repairs to the roof and foundation.

Adding new fans in a bathroom to reduce humidity, range vents in a kitchen, and smoke alarms and carbon monoxide detectors are also on the list. So is replacing or repairing furnaces and water heaters, Lee said.

"We have conservation measures, and we make sure a house can breathe," Lee said. "We want to lower our carbon footprint."

Armando Oliverrez, an audit supervisor, said the work done through the weatherization program should last about 10 years or longer, so it's in the best interest of Band members to seek this service because even if a home needs minor updates, "you're going to save money no matter what."

Homeowners can help

Residents also have to be proactive and take measures to conserve energy and save money by taking steps such as turning off lights and water when they're not needed, he added.

"Do what you can do to help us, so we can serve more Band members," Armando said.

One of the ways the team helps Band members learn about their homes and how to conserve energy is by offering a free consultation when they audit a home. The audits take about five hours, but residents only need to be present for about one hour for the initial consultation.

"The best way Band members can help us is by keeping their appointments or by rescheduling if they can't make it," Armando said. "If we have to drive to Districts II or III and someone isn't home, then we can't do any audits that day simply based on travel time."

Band recognized for efforts, awarded federal funds

This year the Band was one of a handful of entities that received federal dollars through the American Recovery and Reinvestment Act (ARRA) to

expand its weatherization services. The Band received an additional \$350,000 through a State Performance Fund award and was the only tribe in the country awarded this funding.

Through the grant there is funding available to weatherize about 85 homes. In the past, before federal funding was available, there was only enough money to weatherize and repair about eight homes annually, Patricia said.

The Band holds the honor of being the top Native American weatherization program in the country.

"We're the sixth highest-rated program in the state and the fourth in the country in terms of productivity in our weatherization program," said Freedom Porter, director of community support services.

The weatherization program was previously part of the state's energy program, but in June 2008, the Band began offering its own program.

"The amazing work done during the 2009 fiscal year is what got the team's performance recognized," Freedom said.

The program is funded by the ARRA money through 2012 so the Band is seeking ways to continue to offer the program after the federal dollars are gone, Freedom said.

Collaboration strengthens program

One of the strengths of the program is the collaboration between the Community Development and Health and Human Services departments.

Combined, the two departments have the resources to get the job done while servicing more Band members, said Richard Hill, a maintenance coordinator who serves as a bridge between the two groups.

"The main goal is to be completely self-sufficient as a weatherization agency," said Guy Davis, an apprentice in the weatherization program. "It's a great service to Band members, and it also provides jobs to Band members."

Band members interested in pursuing this opportunity should contact the Mille Lacs Band Energy and Emergency Assistance program at 320-532-7880 to receive a State Energy Assistance application to determine eligibility.

Urban Office Moves to New Location

The Mille Lacs Band Urban Office moved to a new location at 1404 Franklin Avenue in Minneapolis in August.

Programs located in the office include TANF, Family Services, ICWA Social Services, and Legal Aid.

The Urban Office is housed in the building previously known as the American Indian Community Development Building. The building signage will be updated soon.

The Urban Office will host a grand opening celebration in October. Check the Mille Lacs Band website (www.millelacsband.com) for more information.

The Newspaper of the Mille Lacs Band

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"The story as it's told."



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

Community Group Offers Support and Healing After Recent Tragedies



Toya Stewart Downey

Members of the Community Healing Project discuss ways to end violence in the community. The grassroots initiative meets weekly.

By Toya Stewart Downey

It's long been said that parents should never have to bury their child.

Tragically, the families of four young Band members have recently shared in this unwanted experience after their loved ones passed away.

Now they, along with some in the community, are looking for ways to heal.

That's where the Community Healing Project comes in. It's a grassroots initiative that was created in the wake of the needless and shocking deaths that shook the community.

"It began with frustration and stress with the most recent death of William Nickaboine, along with the gang violence, and multiple gun shots in the area," said Rachel Shaugobay, one of the group's organizers.

"Most of us were angry, sad, outraged and felt that our families' safety was a big issue. We put together a meeting so that we as a people could help each other," said Rachel. "We support each other to bring families, neighbors and friends closer together to find ways to help stop the violence in our community," she said. "We want to bring back the safety everyone once felt."

The group began meeting weekly in mid-August. It holds potluck gatherings at 6 p.m. on Thursdays at the Nay Ah Shing Upper School. Everyone is invited to bring food, share ideas, and offer support. Children are welcome to attend.

Each week about 25 to 40 people gather to share their feelings and find ways to unite the community. They don't care about job titles, work backgrounds, or status as long as the participants share in the goal of healing the community.

"The meetings have been successful so far because we are getting input from youth and asking them how they want us,

as a community, to acknowledge and build a trustworthy relationship," said Rachel. "A lot of Band members have dedicated themselves to ending the violence and abuse that most of our youth witness every day."

William's mom, Arlene Weous, has been an active participant in the group even while she mourns the loss of her youngest son who would have turned 20 this month.

If she had her way, her baby boy would still be here and would spend Sundays with her like he used to. Instead, she grieves, and through the Community Healing Project is looking for ways to ensure that no other mother will have to lose her son to violence.

"I never got the opportunity to give my son one last hug or smile or the chance to say I love you...time is so fleeting," said Arlene. "The old saying that you never know what you will miss until it's gone is so true."

"Because of the loss that I have incurred, I think that we need to give our children and grandchildren a hug, a smile, or a pat on the back for a job well done," she continued. "It is so easy to put off a simple request such as a grandchild/child who wants to be read to. Simple things that are taken for granted that you would do another time."

"Do we really give that child the attention or affection they need on a daily basis? Do we make them feel important and special?" Arlene asked. "These are questions that we as a community should be asking of ourselves. How can we make a difference to the youth of this community?"

Part of that difference comes from the community – the parents, caregivers, and extended family – who need to take ownership of their children's futures, said Rose Holmquist, one of the organizers. "We've come together for kids and parents," she said.

O'madwe (Chris Kegg), a founder of the group, said she wants youth to participate in fun, healthy projects to nurture their hearts and minds, instead of joining gangs. "It was hard to see my uncle when I lost my little cousin Sherrilyn this year. I wanted to help start up the group so that our kids and grandkids can have a safe place to grow up without violence. We need to go back to where we can visit each other without fear."

Carmen Behnkic, another organizer, said youth need to see that there are people who care, and that there are better options than drinking, doing drugs, or joining gangs. "This summer our family had a devastating loss when my nephew Will was murdered," she said. "This type of loss is different than when I lost my mom last November because of the way it happened."

"He was missing for quite awhile and when he was finally found...no family should have to face that," said Carmen. "Before Will, there were three more youth who died because of alcohol or drugs. I believe our rez is lost, and it is time we find people who care enough to do something for ourselves."

"Our Government can't fix this, so it is up to us, as community members, to help ourselves," she said. "I really want so much for this to be what is needed to turn things around. One person can't do it but maybe a healthy group of caring Mille Lacs Band members can."

Rachel agrees and said, "We didn't feel that it was fair to drop our many concerns and complaints off to our elected officials and ask them to fix it. We believe we all need to work together as Mille Lacs Band members to support and help one another."

So far, besides the weekly gatherings, the group has had one successful fundraiser and is planning more in an effort to raise money for cultural activities, youth outings, and family gatherings.

The next fundraiser is a spaghetti dinner that will be held from 11 a.m. to 1 p.m. on Thursday, October 7, at the District I Community Center.

The group has also set up a bank account at Woodlands National Bank to accept donations.

"We want people to know that we are here, we will not live in fear, and we're not going away," Rachel said. "We are going to take back our communities and make them safe for our children again."

Are You Prepared for an Emergency?

By Monte Fronk, Emergency Management Coordinator

The Federal Emergency Management Agency (FEMA) is reminding families to prepare for emergencies during which responders may be unable to get to your homes for many hours. FEMA has produced a list of basic supplies to keep on hand, as well as wallet-sized cards to help you easily access information about your family members in the event that you are separated during an emergency.

You can access and print the supply list and emergency cards through a link on the Mille Lacs Band's website at www.millelacsband.com. Look under "Important Dates/News" for "Are You Prepared for an Emergency?"

Several Public Health Offices Relocate

By Public Health Department Staff

District II office

The District II Public Health Office has moved to the District II Community Center. The office's phone numbers will remain the same.

Transportation: Eileen Farah and Julie Skinaway (218/768-2389)

Homecare: Allison Harr, RN, and Renee Bayerle, HHA (218/768-3287)

Fax number: 218/768-2379

Women, Infants and Children (WIC) offices

The District III WIC office has moved to the Corporate Commission building in Hinckley. This office will be open on the second and fourth Wednesdays of each month from 9:30 a.m.-3:30 p.m. with a lunch break from 12-1 p.m. The phone number for the District III office is 320/280-7271.

The District II WIC office has moved to the District II Community Center. This office will be open on the first Thursday of each month from 10 a.m.-3 p.m. The phone number for the District II office is 218/768-3287.

On days when there is not a WIC program, please contact Joanne Boyd with any WIC questions at 320/532-7821.

Trip to Finland for Film Showing Connects Band Member to Heritage



Photo courtesy of the Vainio family

Arne Vainio and his second cousin, Raili Sorainen, proudly hold up the Helsingin Sanomat newspaper article which featured a story on Arne and his film "Walking into the Unknown."

By Toya Stewart Downey

When Band member Dr. Arne Vainio first set out to make the documentary, "Walking into the Unknown," it wasn't for public accolades or to win awards. Yet, the film has indeed been recognized throughout this country and beyond.

In August, the Vainio family traveled to Finland to screen the Emmy-nominated film, which traces Arne's intimate journey through the health care system, all while learning about his own health and the risks he faces as a middle-aged American Indian man.

The film was shown four times at three different venues in different cities. It was also written about in the country's largest newspaper, which has one million subscribers.

"This was an amazing trip for our family," said Arne, whose father's family hails from Finland. "The big part of the trip was about the film, but the other thing is that we found family there."

While in the country, the Vainios never stayed in hotels, but with family members they'd never met, including some who didn't speak English.

They also experienced random acts of kindness from strangers during their travels.

"During our 10 days there we connected with the people and the country," said Arne. "This trip was a huge part of my [personal] journey and part of that journey was connecting with my Finnish ancestors."

Arne, whose grandparents emigrated from Finland, said he felt like his grandparents went back through him. "They left in ships and never returned...they left there as oppressed people and came here as oppressed people because of the way they were treated. A lot of times they thought and felt like Ojibwe."

Arne said his connection to his Finnish heritage died when he

was 21 and after his grandmother passed. "Unless I ran into someone who knew my dad, I didn't really embrace that side, even though I embraced my Ojibwe heritage all of my life," he said.

Throughout his lifetime, Arne has come to believe that people should celebrate their heritage and embrace the similar traits within cultures. "People need to look at all sides," he said.

Besides meeting family and sharing their film, another important event happened while the Vainios were abroad. Arne and his wife, Ivy, renewed their wedding vows in front of their son and Finnish family.

"We wanted to do it on Finnish soil," said Arne, who has been married for 13 years. "We also wanted to do it so Jacob could be a part of it."

Jacob, 12, a talented musician, surprised his parents by composing a song for them, which he played on the piano during what turned out to be a short, impromptu ceremony.

"We wanted it to be simple and brief, but it kind of got out of hand," Arne said. "It snowballed into a big church thing and we ended up meeting with the church's Vicar to discuss the wedding plans."

During the conversation Arne said, "I told him that I loved Ivy more than ever and I'd do it all again in a heartbeat. Ivy said the same thing so the Vicar renewed our vows right there."

Dr. Vainio says he and his family will go back to Finland again. "We're all changed, we're different and we are all better for having taken this trip."

The documentary, "Walking into the Unknown" is receiving more recognition nationally beginning this fall. It will be shown on public television during October and November – check local listings for show times. It will run periodically over the next four years.

Election Day: Tuesday, November 2

Election Day – Tuesday, November 2 – is approaching quickly. This is a critical election year, with several issues of great importance at stake. These issues will be decided by the people we elect to public office.

This year, Minnesotans will elect a new governor and other state constitutional officers. Voters will also cast ballots for officials in the U.S. House of Representatives, the Minnesota Senate and House of Representatives, and county boards. Some will also elect school board members.

Voting districts

To find your voting district, visit <http://pollfinder.sos.state.mn.us>. To find the candidates for state and federal offices that will be on your ballot, visit <http://candidates.sos.state.mn.us>.

Spalding Township

Spalding Township has no polling place, so voters should consider voting absentee. If you aren't registered to vote, you will not receive a ballot. To register to vote, visit www.sos.state.mn.us. Voters in this township can also vote at the Aitkin County Courthouse on Election Day (November 2).

If you have any questions about registering to vote or absentee voting, contact Elizabeth Scott at 320/384-4661 or elizabeth.scott@millelacsband.com.

Absentee voting

For those of you who cannot get to the polls on November 2,

you can still vote. By law, you can vote by absentee ballot if you are:

- Away from home on Election Day
- Ill or disabled
- An election judge serving in a precinct other than your own
- Unable to go to the polling place due to a religious observance or belief

The simplest way to vote absentee is to do so in person at your county auditor's office or city or township clerk's office prior to Election Day. To find contact information for your county auditor, visit <https://minnesota.overseasvote.foundation.org/overseas/eod.htm>

Rides to the polls

The Mille Lacs Band is providing Band members with complimentary rides to the polls from all three reservation districts and in the urban area. If you need a ride, please call Mille Lacs Band Local Community Coordinator Elizabeth Scott at 320/384-4661.

Additional information

The Minnesota Secretary of State website (www.sos.state.mn.us) has several resources for voters. Visit the website for information on voting districts, general elections, absentee voting, voter registration, and more.

If you have any questions about the election, contact Elizabeth at 320/384-4661 or elizabeth.scott@millelacsband.com.

Men's Health Fair Draws a Crowd



Toya Stewart Downey

The annual Men's Health Fair was held on September 1, 2010 at the District I Community Center. This year's event was focused on positive Native American role modeling and how to be healthy Native American men. Attendance this year increased over the previous year. Mii gwech to the Men's Health Fair Committee members for putting this event together and helping bring increased awareness of these issues to the community.

A Conversation with Community Development Commissioner Sam Moose



Sam Moose

By Toya Stewart Downey

If there's one message that Sam Moose, Commissioner of Community Development, wants Band members to know it is that there is a system in place that is designed to offer equity and protect their individual rights.

That is why he has spent the last several months studying and researching the Band's policies and procedures so that he can help educate the community, while enforcing the rules that govern his department.

"We have to follow rules so we don't infringe on the rights of others," he said. "There is a perception that rules are waived for some in the community, but that is not true."

"If that happened, we would be stepping on the dreams and hopes of others," he said.

Instead, the Community Development Department is continuing to address past issues that have caused the misperceptions that some hold

to be true, while helping the department evolve so it can continue to service as many Band members as possible.

"Housing is my number one priority," said Sam. "We have hundreds of families who are in need of housing and are looking for an opportunity to be renters. We want to serve them, but we also want to push towards home ownership."

While lobbying for home ownership is certain to take time, the department is addressing other crucial needs such as ensuring that the Band's property is well maintained and available for future clients.

For example, the department has started putting pressure on renters to make sure they are meeting the expectations of their leases, such as paying rent on time, taking care of the property, and not causing undo damages or partaking in criminal activities.

"If they violate their lease, then eviction is possible," explained Sam.

Though it sounds harsh, the department is charged with protecting the Band's investments in the property it owns.

"Assets that are not managed need to be protected through enforcing policies," he said.

Part of the problem, he acknowledges, is that in the past the department didn't follow through on its own policies.

He cites the transitional housing program as one

example. The program was created for Band members who needed temporary housing because they were homeless, moving back to the Reservation, or were minors who needed somewhere to stay while they sought housing options.

Those in the program were supposed to follow criteria to help them become self-sufficient including looking for work, enrolling in school, seeking treatment for chemical dependency, and seeking other programs that could assist them as they transition into permanent housing.

"It wasn't followed through," Sam explained. "Transitional trailers became rental units."

When policies in that program – or any other – are not followed, it has a ripple effect on the community at large.

That's why it's important that the department's policies are governed and there is follow through in the procedures. "We need the support of the staff and the community to be successful in our efforts," said Sam.

To help the cause, the department has adopted a transparent way of doing business. Months ago, lists were posted for its housing, rental and renovation programs. The staff is diligently documenting every action they take, along with their communication with clients.

They are beginning to use an electronic data management system that can be instantly updated and will allow authorized users total access to client files. The new system will also allow them to be audited at a moment's notice, which means the record-keeping must be prompt and precise.

"These are the things we're doing in an effort to continue to improve our operations," said Sam. There's more staff training and an interest in continuing to improve the oversight of the department.

Even more important, Sam is interested in protecting the culture and traditional ways. "As we set up our villages, our community, we have to keep the traditional and cultural fabric of society," he explained. "When we're identifying our resources and looking at developing our community, we have to remember how our community accesses those resources such as midewin grounds."

"In villages, families live in clusters. Is that part of the housing policies? The presence of family clusters can be key to helping preserve our culture," he said.

"As we build green, are there park sites we can use for hunting and gathering? These are the things this department should think about," he said.

Band Employee Qualifies for National Senior Games



Jim Ingle

Mille Lacs Band Fitness Coordinator Jim Ingle qualified this summer for the 2011 National Senior Games. He placed in the top three for the 100-meter and 200-meter

dashes, earning him a place at the National Senior Games in Houston in July.

Jim first learned about the senior games in the 1980s. Three years ago, Jim, who is now 61, reached his 30-year dream of participating in the Minnesota Senior Games and hasn't stopped since.

In 2009 Jim qualified for the National Senior Games and placed third in the 4x100 relay race.

Jim trains year-round for the National Senior Games, which occur every two years, and the Minnesota Senior Games, which occur annually in Alexandria.

"The games are a great way to stay active, especially as you get older," he said.

All Minnesotans over the age of 50 are invited to participate in the Minnesota Senior Games. There are no qualifying events for the state games, which include archery, badminton, basketball, bowling, cycling, golf, horseshoes, race walk, racquetball, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, triathlon, and volleyball.

Jim has enjoyed participating in the games so much that he wants to start training Elders. "If you want to participate in the games, I will help you train specifically for the activities you enjoy most."

Twin Cities to host National Senior Games

The National Senior Games Association recently announced that the Twin Cities will host the 2015 Summer National Senior Games. Jim is a board member for the Minnesota Senior Games.

The 16-day event is one of the largest recurring multi-sport events in the United States and the largest multi-sport event in the world for seniors. More than 13,500 athletes over the age of 50 compete in 20 different sports within separate age divisions.

To learn more about the senior games and how to train for them, contact Jim at 320/532-7547.

Band Members Offered Same-Day Walk-In Employment Services at Grand Casinos

Submitted by Grand Casino staff

Grand Casino Mille Lacs and Grand Casino Hinckley offer same-day walk-in employment services to Band members. This means that if you are a Band member seeking employment, you can walk in, fill out an application, obtain a gaming license from the Gaming Regulatory Authority, interview with a human resources representative, and potentially be offered a job – right on the spot. This is a unique service exclusive only to Band members.

Grand Casino Mille Lacs and Grand Casino Hinckley offer competitive compensation, a fun work environment, and great benefits, including flexible scheduling, comprehensive health and dental coverage, and a 401(K) match up to 5%. Other benefits include:

- Paid time off
- Holiday pay
- Optional benefits, such as short-term and long-term disability
- Education programs
- Wellness programs
- Employee assistance programs
- Life insurance
- Prepaid legal services

For more information on the open positions or to update your application, please contact the following human resources representatives:

Corporate Commission

Lisa Murphy at 800/626-5825, ext. 8841

Grand Casino Mille Lacs

Stacey Sanchez at 800/626-5825, ext. 8320

Grand Casino Hinckley

Michelle Emery at 800/472-6321, ext. 4929

Fall 2010 Ceremonial Dance Dates

Merlin & Mick	Mille Lacs	October 1-2
Ralph & Andy	Mille Lacs	October 8-9
Lynda & Joyce	Mille Lacs	October 15-16
Niib & Mushkooub	East Lake	October 15-16
Dave & Skip	Lake Lena	October 22-23
Lee & Larry	Lake Lena	October 29-30
Ole & Elmer	Mille Lacs	November 5-6
Tim & Tom	East Lake	November 12-13
Joe & Reginald	Mille Lacs	November 19-20
Melvin & Perry	Mille Lacs	December 3-4

Four Band Youth to Hunt at Father Hennepin State Park

Four Mille Lacs Band youth have been selected to participate in two Youth Deer Hunts hosted by the Mille Lacs Band Department of Natural Resources at Father Hennepin State Park this fall.

Kelly James Kegg Jr. and James Clayton Kalk will hunt on October 30-31 and Ross Alexander Beaulieu and Chaz Pendegayosh will hunt on December 4-5. The four youth were selected in a drawing on September 17.

Each youth will be accompanied by a mentor. The mentors, who will assist the youth, will not be armed and will not be allowed to shoot the deer.

The Band members will attend an orientation session at the state park prior to the hunts and will be allowed to scout their hunting zone at that time.

Each hunter has a valid Mille Lacs Band big game license and has successfully completed a firearms safety course.

East Lake Convenience Store Receives Perfect Rating



Photo courtesy of John P. Weiers

Front row L to R: Jackie McRae, director small business franchise operations; Mary Reynolds, cashier; Paulie Boyland, assistant manager; Amanda Bruneau, cashier. Second row L to R: Amber Bruneau, lead cashier; Tina Fiester, cashier; and Megan Maki, cashier. Back row L to R: Lawrence Boyd, assistant manager; and Michael Garrow, Commissioner of Corporate Affairs. Not pictured: Crystal Jirava

Submitted by Grand Casino Staff

The East Lake Convenience Store was recently rated 100% for customer service, cleanliness, and brand maintenance during a Mystery Shop evaluation. The store is located in District II on State Highway 65.

Mystery Shop is an independent service that evaluates a variety of customer experiences to determine which areas are performing well and which areas need improvement.

The East Lake Convenience Store was recognized for having warm and friendly greetings, knowledgeable sales Associates, fast and friendly service, and a sincere closing comment at the end of the transaction.

“I am pleased that the commitment and dedication of the customer service team at the East Lake Convenience Store has been recognized by a perfect score,” said Michael Garrow, Commissioner of Corporate Affairs. “Every

Associate has been working hard to continuously improve the station environment and focus on the needs of our customers.”

The Associates are uniquely invested in the store’s continued success since a majority of Associates have been with the East Lake Convenience Store since it opened in 2000.

The Associates are what makes the experience at the East Lake Convenience Store. Jackie McRae, Mary Reynolds, Paulie Boyland, Amanda Bruneau, Tina Fiester, Megan Maki, Amber Bruneau, Crystal Jirava, and Lawrence Boyd were all recognized for their hard work and dedication. They received a free catered lunch from Subway, a certificate of appreciation, and a “Shining Star” lapel pin to place on their uniforms. The East Lake Convenience Store will also be listed in *Advantage*, a publication for Marathon Petroleum Companies.

Free Hearing Evaluations

To schedule an appointment for **Friday, October 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.

Band Members Place First in Men’s Golf League



Photo courtesy of the Davis family

Band members Harry Davis and his son Weylin Davis, 27, won first place in the Grand National Golf Course Men’s League. According to Harry, this is the first time that Band members have won the league. Weylin is the CRS coordinator in DIII. Harry is the former DIII Representative.

Congratulations, Harry and Weylin.

Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

	August 2010		
	Approved budget for FY 2010	Actual expenditures through 8/31/10	% of budget expended
Administration (1)*	14,748,956	10,999,711	74.6%
Workforce*	12,346,562	5,022,019	40.7%
Judicial	707,962	586,983	82.9%
Law enforcement*	4,562,799	3,277,148	71.8%
Education*	18,826,828	14,079,232	74.8%
Health and human services*	29,592,699	21,524,368	72.7%
Natural resources*	5,609,908	4,412,919	78.7%
Community development*	38,082,067	16,618,460	43.6%
Gaming authority	4,827,653	4,131,985	85.6%
Per capita payments	38,556,178	33,537,616	87.0%
Economic stimulus	2,900,000	2,763,983	95.3%
Total expenditures	\$170,761,613	\$116,954,423	68.5%

Financial notes:

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

* These departments include continuing appropriations from the 2009 fiscal year.

Circle of Health Updates

By Circle of Health Staff

MinnesotaCare

Changes to MinnesotaCare plans so that enrolled tribal members will no longer be charged a premium amount are expected to be finalized by November 1, 2010.

Please be informed that with this new information, premium payments will only be made for one quarter (October-December 2010). It is important that you send any premium letters you receive to our office. Remember it is your responsibility to get these to our office.

MinnesotaCare will also be refunding the monthly premium amounts to enrolled tribal members back to June 2009. No process has been defined yet, so you may receive a mass mailing letter that you must respond to within a required time. Please watch for any letters from MinnesotaCare.

If you are refunded the premium money, please forward the check to the Circle of Health office because the funds will go directly back into the Circle of Health budget. Circle of Health intends on working with the county to assist in any way we can. If you cash a reimbursement check, it will jeopardize any

payments that will be made on your behalf in the future.

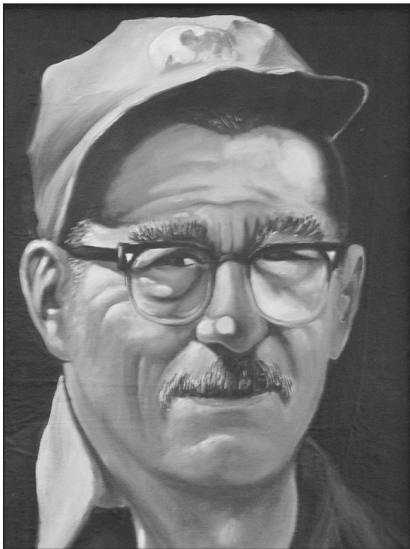
Premium payment

Because it was the end of the fiscal year, Circle of Health processed quarterly premium payments the third week of September. Any Band member who has a private policy should verify that you have already forwarded premium payment letters, notices, or coupons to the Circle of Health office. If you haven’t forwarded these letters to us, we only have until the end of October to pay the premium if they honor the 30 day grace period.

Do not assume that we have received a copy from the insurance company; this will end up as non-payment on your behalf – resulting in the termination of your health coverage. It is the Band member’s responsibility to ensure that payment information is received by our office.

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) or Roberta Lemieux (M-Z), or Michelle Palomaki, director of Circle of Health, at 320/676-8214 or 800/491-6106.

Edge Center Gallery Features Steve Premo’s Work



Steve Premo’s oil painting of his father, titled “Dad,” explores the displacement his dad experienced after returning from World War II. “It paints a larger picture of the contempt and prejudice the majority culture had and still has for natives,” Steve said.

Mille Lacs Band member Steve Premo’s artwork will be displayed this month in an exhibit at the Edge Center Gallery in Bigfork, Minnesota. The exhibit, which features Native American artists, is titled, “This is Displacement: Native Artists Consider the Relationship Between Land and Identity.”

Steve is one of 39 Native American artists from tribes throughout the United States

being displayed in the exhibit, which features two- and three-dimensional art, short films, recorded sound art, and written pieces.

“Even as we stand now on native traditional grounds, we have to struggle to maintain our hold on the place we’ve lived for hundreds of years. ‘Displacement’ is, to me, a reminder of how we need to be ever vigilant in guarding against those agencies who would still today, try to deny our existence,” Steve said.

The Edge Center Gallery will host an opening reception on Friday, October 8, from 5-7 p.m. The gallery is open Thursdays, Fridays and Saturdays from 1-4 p.m. Steve’s exhibit will run through October 30.

After the Edge Center, the exhibit will travel to four venues in Minneapolis: Northrop Theater, The Quarter Gallery at the University of Minnesota, Plymouth Congregation Church, and All My Relations Art Gallery.

“This is Displacement” has also exhibited in Anchorage, Alaska, and Tulsa, Oklahoma, and will be exhibited in Houston, Texas.

Happy October birthday to:

Gabby Sam, 76, on October 11 from Debbie, Jade, Bea, and the rest of your family • **Little Bea**, 22, on October 13 from Debbie, Mataeo, Carmelena, Jade, and Grandma Bea • **Sonya Casteneda**, on October 17 with love from Carmelena, Mataeo, Luciana, Kiera, and Royce • **James**, 1, on October 22 from Debbie, Mataeo, Carmelena, and Great Grandma Bea • **Jon Jr.**, 3, on October 23 from Debbie, Mataeo, Carmelena, and Great Grandma Bea • **Jenise**, 5, on October 29 from Debbie, Mataeo, Carmelena, and Great Grandma Bea • **Fred**, 10, on October 25 from Debbie, Mataeo, Carmelena, Great Grandma Bea, and Jade • **Temperance Staples**, 20, on October 8 with love from mom, Richard and Joe Dirt • **Mervel**, on October 25 with love from the Bad Guy, and the rest of your family • **Cyliss**, 5, on October 8 with love from mommy, daddy, Reuben, Cedric, Cedar, Caiarah, grandma and grandpa • **ValaReya**, 20, on October 25 with love from Vannie, George, Cedric, Cedar, Caiarah, Cyliss, grandma and grandpa • **Breanna**, 19, on October 22 with love from Vannie, George, Reuben, Cedric, Cedar, Caiarah, Cyliss, and the rest of your family • **Brandi Nikole Hill**, 21, on October 25 with love from mom • **Merle Skinaway Sr.**, on October 30 with love from your daughter Jewell • **Nancy Zeleznik**, on October 30 with love from Larry, Mary, Jerome, Brenda, Roland III, Brent, Taryn, Dawn, Carmen, all the grandchildren, and the rest of the famly • **Mary Bedausky**, on October 17 with love from Jerome, Nikki, Brent, Taryn, Brenda, Lucas, Roland III, and the rest of your family and friends • **Roberta Ladd**, on October 20 from Mary, Brenda, and Jerome • **Dawne Stewart**, with love from Toya, Tawnya, Brittany, and Jessica • **Terrell Sam**, 11, on October 17 with love from mom, Lance, Tierra, LaDarius, Roland Jr., Gramma Gladys, Papa Ronnie, Collin, Roland, Desi, Lydell, McKayla, Tayaunna, Candy, Clay, Clay Jr., Aubrey, Roxanne, Danica, Auntie Bev, Uncle Rog, Juni, Roy, and Jill • **Evan Potter**, on October 3 from Auntie Gladys and family • **Ruthy Spook Sam**, on October 28 from the GH and

Tribal Noteboard

Turkey • **Darcie**, 30, from Toddy Lee, Eldayshun, Carla, Kim, Andrew, Bug and family, Ma, Pa, Pat and family, and Georgia and family • **Amelia Benjamin**, on October 25 from grandma and grandpa.

Happy October birthday to Mille Lacs Band Elders!

- Richard Boyd
- Vivian Bruce
- Archie Cash
- Albert Churchill Jr.
- Ervin Crown
- James Dowell
- Joycelyn Drumbeater
- Jack Dunkley
- Byron Garbow
- John Garbow
- Nancy Gisch
- Helena Graikowski
- Lucy Hansen
- Marene Hedstrom
- Delores Hegland
- William Hemming
- Charles Houle Jr.
- Herman Keg
- Doreen Knutson
- Joan Littlewolf
- Emma Mason
- Marcella Maurice
- Betty Mondeng
- Brenda Moose
- Evelyn Murphy
- Aurelius Nickaboine
- Bernice Pewaush
- Charlie Roach
- Dorothy Sam
- Fred Sam Jr.
- James Schroeder
- Merle Skinaway
- Beverly Smith
- Charlene Smith
- Gloria St. John
- Montgomery Staples
- Jay Star
- Darlene Warren
- Nancy Zeleznik

In memory

Remembering “Tuggo”
It will be seven years on October 13 that you went with the Great Spirit. Time passes so quickly it seems like you were here yesterday enjoying our morning coffee and our family gatherings. We still think of you every day and miss you very much. We love and talk about you everyday and think of the silly things you said to us and the crazy things you did. You are gone but will never be forgotten. *From your loving*

family – Bea, your children, grandchildren, and great grandchildren.

It has been seven years that you have been gone. The pain is a little easier now. I can finally talk about you without the knot in my chest. I will love you forever daddy. I still think about what you would be doing if you were still here with the famly and smile because you would be inventing some little gadgets to help mom or heading to your favorite place – the bingo hall. I love you **James “Tuggo” Mitchell** now and forever. *From one of your daughters Debbie.*

Congratulations

Congratulations to **Brian M. Dorr**, son of Wes and Carmen Dorr, who received his Master of Business Administration degree from the College of St. Scholastica on July 30. It takes hard work and dedication to earn a master’s degree, you should be proud of your accomplishment. *With love from dad, mom, Angela and Maria.*

Thank you

The family of William Nickaboine would like to thank each and every one of you who had helped in the search for Willie. A big thank you goes out to Auntie Rose, Midge and others who organized the search for my son, our brother, nephew, cousin. Thank you to all individuals and businesses who donated food and water for the search. A special thank you goes out to the MLB Conservation Officers. I was amazed at the tremendous amount of community support of time and effort that had been committed to the search. We can not express the pride and commitment from our community and co workers that was shown for the concern for Willie.

We would also like to say a big thank to all who donated their food, time, and energy for his wake and funeral.

From Arlene, Jo, Jon and family members.

Obituaries

Wanda Marie Shaugobay
Born – 3-20-1965
Died – 9-5-2010
Resided in St. Paul
Julie Elizabeth Weyaus
Born – 7-6-1980
Died – 9-7-2010
Resided in Minneapolis

Unexpected Job Pairs Band Member with Urban Elders



Toya Stewart Downey

Jackie Redearth
Mille Lacs Band member Jackie Redearth needed a job. After five years of working as a Mystic Lake Casino mail courier, she became unemployed this past spring, took a couple of weeks off for rest and relaxation, and was about to start searching for a new job.

“Jobs are few and far between in this economy,” Jackie said. “I didn’t know what I would do.”

But her job search was a short one, thanks to an incidental trip to the Mille Lacs Band Urban Office. Barb Benjamin-Robertson, urban program administrator, asked if Jackie knew anyone looking for a job. Inter-Tribal Elder Services, a local social services agency for Indian Elders, was looking for a full-time receptionist. The Mille Lacs Band’s Day Labor Pool program was funding the position.

Jackie applied and was soon hired and working with Elders. Since June, Jackie has been filing, answering phones, fulfilling other office duties, leading Wisdom Steps walks with Elders, and leading a sewing group.

“I’m so glad to have this job,” said Jackie, a mother of four grown children and a resident of West St. Paul for nearly 10 years.

Inter-Tribal Elder Services directly serves Elders of all tribes and also refers Elders to other programs. It focuses on helping them stay independent through nutrition and exercise programs, and addresses issues such as traditional tobacco use and prevention of falls.

“We are very grateful to Mille Lacs for the opportunity to have Jackie on our staff,” said Norby Blake, executive director of Inter-Tribal Elder Services.

For more information about Inter-Tribal Elder Services, call Norby at 612/724-6499.



Ojibwe Culture and Traditions



Upcoming Events at the Mille Lacs Indian Museum

Beaded medallion workshop

Learn how to make a beaded medallion and accessorize your wardrobe in this two-day workshop. The classes will be held at the Mille Lacs Indian Museum on October 9 from noon-4 p.m. and October 10 from 10 a.m.-2 p.m.

The workshop costs \$50 for the general public and \$45 for Minnesota Historical Society members and Mille Lacs Band members. There is an additional \$15 supply fee.

Registration is required by October 6. A minimum of five participants is required for the workshop. Please call 320/532-3632 for more information.

God's eye

Kids can learn how to weave a God's Eye to take home on October 16 from 11 a.m.-3 p.m.

The cost is \$4 per kit and includes materials and an instructional handout. This project is recommended for children ages 8 and older.

Corn husk doll

On October 30 from 11 a.m.-3 p.m., kids can learn how to create a corn husk doll.

The cost is \$6 per kit and includes materials and an instructional handout. This project is recommended for children ages 10 and older.

Please allow an hour to make each craft.

Traditional Medicine and Diabetes

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

Diabetes is when your blood has too much sugar (glucose) for a long time. This is caused by not having enough insulin or not using it effectively.

Western medicine has a number of pills and injections that can help a person with diabetes get enough insulin and/or use it properly. Unfortunately there is no pill or injection that can permanently "fix" a person with diabetes so they will have enough insulin and/or use it properly regardless of their lifestyle.

However changing what you eat, how you eat, your level of activity, and your stress (in other words, your lifestyle) can make a big difference in your diabetes. Sometimes you can even eliminate the need for pills or injections. Traditional medicine can be very helpful for you if you want to change your lifestyle in order to control your diabetes.

Sometimes traditional medicine can really help your diabetes by changing how your body handles sugar. However it is highly unlikely that the medicine will permanently "fix" your diabetes if you don't change your lifestyle.

Some suggestions

- Traditional medicine may be able to reduce or eliminate the need to take other medicines

for your diabetes, but don't rely on just your feelings; check your blood sugar or HbA1c.

- Talk to your health care provider before changing your western medicine treatment plan. They can be very supportive. Western medicine believes in the numbers from your blood test (plasma glucose and HbA1c) and they support many traditional treatments even if they don't understand how the treatments work, as long as the treatments result in the correct numbers.
- If you are given medicine from a medicine man/woman who is visiting, find out how to contact him/her if you need more.
- If the medication upsets your stomach and you cannot eat for quite a while, try to drink liquids with sugar to take the place of the food you usually eat. If you vomit and/or have diarrhea for more than six hours, call your health care provider or go to a clinic.
- Traditional medications can be very helpful in healing wounds.
- Traditional medicine is an important way to connect with yourself, your spirituality, your tribe, and your heritage. Talk with others who have diabetes and use traditional medicine. Do not stop using traditional medicine just because you have diabetes; it may be just the medicine you need.

Moccasin Telegraph



Kenny Weyaus

Fall ricing

By Kenny Weyaus, Mille Lacs Band Elder

The following article appeared in the October 23, 2002, issue of the Mille Lacs Messenger. It is being reprinted with the Messenger's permission.

Ricing is a very important seasonal activity for the Ojibwe, because wild rice was traditionally the main source of food for our people.

Wild ricing begins in August and runs through October – about three months. In the fall, the rice is not on the big lakes – it's on the shallow lakes with the muddy bottoms. So people would move from the large lakes, where they had been in the summer, to the smaller lakes.

First they would send certain people out to the lakes to see which ones were best that year for ricing. Wild rice depends on Mother Nature. It does not grow on the same lake each year – there may be too much or too little water. So the Ojibwe wouldn't go to the same place each year.

They would find a good lake where they could stay all season, and they would set up camp there. They wouldn't let the people go out and start ricing until the rice was ripe and ready.

Back in those days, each person had a section on the lake. They would tie their section off and kind of make boundaries, and they wouldn't go in another section.

They would go out in canoes. One person would move the canoe forward by pushing off the lake bottom with a long pole, and the other would use two shorter sticks to knock the rice into the canoe.

When they got enough rice to fill up their canoe, they came back in and started processing the wild rice right away. First they would dry out the rice. After it was dry, they would start parching it over heat. They would parch it in big metal kettles to get all the moisture out.

Wild rice has got a kernel and a husk around it. You also parch the rice so the husk will come off.

After the parching, they dig a pit in the ground. This is the men's job. They dig the pit about one and a half feet deep and fill it with wild rice kernels.

Then they stand in the pit and move their feet up and down to get the husks off of the kernels. However, this can easily break the kernels. So you have two poles to lean on. You have to know how much weight to put on the kernels without breaking them. It takes about 30 to 45 minutes to do one pit.

Then, after that is finished, the men give the rice to the women to winnow it. The women put the rice in a winnowing tray and gently toss it in the air. The wind catches the husks and blows them away, and the kernels fall back into the tray.

This whole process for one canoe load of rice takes maybe three to four days. Once one load of rice is finished, you go back out again. By that time, the plants that had been knocked down the last time are standing up again.

Once ricing season was over, the people would go back out to untie their boundary markers. They would shake those markers into their canoes and get more rice that way.

The Ojibwe gathered enough wild rice to last year-round, because it was their main food source. They would figure out what they needed for the winter, and the rest they would take out to the spring sugarbush camp and store in the ground. That supply would be enough to last them from the spring through the next fall.

Ricing is something Mille Lacs Band members still do today. It is one of our most important traditions.

Calendar of Events						
October 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800/745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651/292-8062 or write to Kelly at kellys@goffhoward.com</i>			Community Healing Project Nay Ah Shing Upper School 6 p.m. Every Thursday of the month (See page 4 for more information)	1	2
3	4 Pine Grove Leadership Academy Meeting 5 p.m. Contact: Amiliya Zago, 320/384-7598	5	6 District I Community Meeting District I Community Center 5:30 p.m. Contact: Judy Virnig, 320/532-7423	7 Talking Circles District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	8	9 Beaded Medallion Workshop Mille Lacs Indian Museum 12-4 p.m.
10 Beaded Medallion Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.	11 AMVETS Meeting Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320/309-6925 All government offices closed for American Indian Day	12	13 Elder Advisory Committee Meeting District I ALU, 6 p.m. Ojibwe Language Group Meeting District I ALU 7 p.m.	14	15	16 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m. The Boys in Concert* Grand Casino Hinckley 6 p.m.
17	18	19 District II Leadership Academy School Board Meeting 4 p.m. Contact: Dawn Aubid, 218/768-2345	20 Candidate Forum District I Community Center 5 p.m. District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320/676-1102	21 Talking Circles District I Community Center 5:30 p.m. Contact: KC Paulsen, 320/532-4046	22	23
24	25	26 Healthy Heart Class District I Community Center Noon Contact: Cyndy Travers, 320/532-7840	27 District III Community Meeting Lake Lena Community Center 5:30 p.m. Contact: Gloria St. John, 320/384-6240	28 District II Community Meeting East Lake Community Center 5:30 p.m. Contact: Jenny Waugh, 218/768-3311 Urban Area Community Meeting All Nations Indian Church, 5:30 p.m. Contact: Barb Benjamin-Robertson, 612/872-1424	29	30 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m.
31	Nov. 1	2 Onamia Indian Education Meeting Rolf Olson Center Noon Contact: David Sam, 320/532-4901 Election Day (See page 5 for more information)	3	4	5	6 Darius Rucker* Grand Casino Hinckley 8 p.m.

“What Changes Have You Made to Have a Healthier Lifestyle?”

Sami Thomas



“I just found out I am pre-diabetic so I drink tea without sugar and don’t eat as many sweets.”

Camille Smith



“I try to eat smaller portions, and I drink a lot of water.”

Chilah Brown



“I try to eat more veggies, and I don’t eat fast foods.”

Kevin Rathman



“A lot of walking and exercise. And I eat healthier.”

Lloyd Keoke



“I quit smoking.”

Darryl Kalk



“I control my portions, no sugar drinks, I eat more vegetables and a lot of salads.”

Nolan Nayquonabe



“I’ve quit using drugs. It’s been two years since I stopped. My kids make a difference in my life every day.”

Amanda Nickaboine-Meyer



“I try to work out more. In October, I will participate in the Twin Cities 10-mile run and I did a half-marathon in May.”

Photos by Toya Stewart Downey

Election Word Find

I B M Y V O I C E M A T T E R S G J N K
N N V R L T S R E H C T A W L L O P O P
D O D S W A L B T A R C O M E D V R I O
E L L I B Y T I L I T U P L K N O E T L
P C R Y A O U R F U T U R E B N T C C L
E S S D H N A T I V E V O T E R E I E V
N N U E L E C T I O N J U D G E M N T O
D O I G F D I I O T C E L E S S R C O T
E I D X W E V O T E W E A N I I E T R E
N T E L J R I G M I T B O R G R F C P R
T N V S G E C E G O Z I E H E B D A N E
S E L U R T D W V R T E T G B T I U O N
I V O S E S U I U C T T N E O S O C I G
E N V N E I T Y E N O E L S T V T U T A
G O N E N G Y L U V L I V H H C O S C G
N C I S P E E L O L E O G B A I H R E E
A H T N A R O T A V T I K C L I P O L M
H K E O R V E H E E R H G E R T Y A E E
C E G C T A C G N A C I L B U P E R C N
F L E X Y O U R M U S C L E E P O H N T

Believe
Challenger
Change
Civic Duty
Consensus
Conventions
Democrat
Get Involved
Elections
Election Judge
Election Protection

Flex Your Muscle
Go Vote
Green Party
Independent
Indian Citizenship Act
I Vote
Laws
My Voice Matters
Native Vote
Our Future
Photo ID

Poll Watchers
Precinct Caucus
Register
Republican
Right to Vote
Utility Bill
Volunteerism
Voter Engagement

National School Lunch Program

Under the National School Lunch and School Breakfast Programs for the 2010-2011 school year, Nay Ah Shing Schools will serve breakfast and lunch meals to all students at no charge.

For additional information please contact Deborah Foye, nutrition services coordinator, at 320/532-4690, ext 2213, or email at dfoye@nas.k12.mn.us.

First-Time Homebuyers Class Available

The Minnesota Chippewa Tribe (MCT) Finance Corporation is offering a first-time homebuyers education class on Saturday, October 23. The class will be held from 8:30 a.m.-4:30 p.m. at the MCT building in Cass Lake.

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

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