

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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THE MOCCASIN GAME RESPECTFUL TRICKERY

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MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Happy Holidays to all and Happy New Year! As I write this column and look back on 2013, I am thinking of all that I am grateful for during this holiday season. My beautiful grandchildren, my son and his wife, my mother, and of course my many other family members, friends and Elders in our community. When times are tough, it is our family, our traditions and our community that sustain us.

I am also thinking about Band members whose families are struggling during this season; struggling with loss, poverty, addiction or violence. In the midst of holiday pageants, presents, good food and New Year celebrations, we should also remember to look after those in our community who would benefit from a kind word or deed. Compassion is a core value in our Anishinabe culture, and people who are in need of the most compassion can find this time of year to be especially difficult. What are we to do about those who need our help?

Mille Lacs Band members have descended from a long line of powerful leaders who devoted their lives to protecting the Band. With the passing of Nelson Mandela in December, I couldn't help but compare Mandela's lifelong dedication to ending oppression and poverty for all people world-wide with the historical struggles faced by Native people, even today.

Nelson Mandela was someone who made a tremendous impact on the world; he was an anti-apartheid revolutionary activist, a prisoner for 27 years, and then emerged from prison when apartheid was ended to serve as a peacemaker, a politician, and a philanthropist who always preached forgiveness for and reconciliation with those who persecuted him.

The late Nelson Mandela said: "Like slavery and apartheid, poverty is not natural. It is man-made, and it can be overcome..."

Sometimes it falls on a generation to be great. You can be that generation." As this New Year begins, this is my hope for the next generation of Band members. Perhaps our children will be the generation called upon to be "great." Our generation will do the best we can and history will be our judge, and our children are our greatest hope.

Despite the freezing temperatures and snow, December flew by. At the end of the month, I attended meetings in Washington D.C. with the Department of Interior to discuss our application under the Tribal Law and Order

Act, which would authorize our prosecutors to impose federal sentences in federal prisons for those who commit the most violent crimes against our people. This initiative is intended to make our neighborhoods and community safer.

I spoke at the Tribal Nations Housing and Tax Incentives conference in St. Paul. The Band's most challenging housing issue right now is that Mille Lacs County is appealing our application to place land into trust status, which is delaying the construction of about 300 units of desperately needed new housing. The conference was sponsored by the Minnesota Housing Finance Agency, and I was proud that our own Crowne Plaza hotel was select-

ed for this conference. The two hotels are proving to be successful and popular locations for Indian conferences in Minnesota.

At last year's State of the Band, I announced an initiative to create a Law Enforcement Committee. This committee is interested in exploring best practices for law enforcement and community safety, and members are particularly interested in ensuring we have Band members trained as officers to protect and serve our communities. They are also looking at more of a community-based policing approach. As Chief Executive, I was excited to attend their meeting this month; it made me think



On November 12, Melanie attended for the 2013 White House Tribal Nations Conference.

about how grateful I am for the many Band members who are willing to commit their time and energy to public service.

Another meeting that I'm hoping will bring about benefits for the Band was with ClearWay, an organization in Minnesota that awards grants for smoking-cessation programs. The Band just finished up a five-year smoking-cessation grant, and it is very possible that we might be awarded another five-year grant in the near future. This is an important initiative that we hope to continue to safeguard the health of all Band Members.

One last comment: An important tribal leader passed away in 2013. I would be remiss in my duties as Chief Executive if I did not mention that Marge Anderson had a great impact on the Band, Minnesota and the United States. She was beloved by many and she made a great impact on tribal, state and federal policy. If you are a young Band member, you should look at the life of Marge Anderson and consider living your life as she did. She will be missed, and her life made a difference.

She believed in the Mille Lacs Band of Ojibwe.

I wish you all a peaceful New Year. Miigwech.

Melanie Benjamin



THE MOCCASIN GAME: RESPECTFUL TRICKERY

MILLE LACS MEN CARRY ON THE SPIRITED GAME'S TRADITION

Deborah Locke Staff Writer Tiffany Bolk Photographer

Larry Wade knows that generations ago, the Ojibwe men in his family gathered in a winter wigwam and played the up-tempo Moccasin Game to pass the time.

Drum songs provided a steady backdrop as the hider artfully hid the objects under the moccasins. A player on the opposing team then selected the moccasin with the marked "bullet" or in today's use, marble. With fanfare he used a stick to strike the moccasin with the marked piece. Sometimes it rolled out, sometimes not.

Sound simple? Guess again. The complex, competitive game includes three-man teams who determine who hides, who guesses, and who plays the drum as a distraction to the opposing team. At Mille Lacs, the first team that wins five games is the winner, but the rules are flexible.

One thing has remained steady through the years: the Moccasin Game always brings out high spirits and encourages camaraderie. One Tuesday night in December, Larry's team joined other teams at the Mille Lacs Band Halfway House, where the games have been held since the 1970s.

"We had a lot of fun — an exceptional lot of fun," Larry said. "We lost all three games, probably because there was a new guy and we were showing off for him."

A successful moccasin player learns to trust his partners, but knows they may be distracted when you need them. No grudges are held. The game teaches you not to argue and to respect the game and its players — no matter how tense things get, Larry said. Players learn to have disagreements without getting angry.

That's what the "old guys" wanted to pass down: sportsmanship, flexible rules, and most importantly, fun.

Larry's introduction to the game occurred when he was a little boy living on the White Earth Reservation. In the late 1940s,



the men gathered at night to play. He was sent to bed before he learned much.

Around 1974, Larry visited a Canadian Ojibwe community and saw an exhibition game during a powwow. He recorded the songs from the game, but was told to stop.

Finally, in 1976, while Larry was living in Minneapolis, he heard that the game was played at the MLB Halfway House on Thursday nights. He and others drove up north to play the game, which had caught on again at the Leech Lake, Red Lake and White Earth reservations.

The revival of the game spread through the Twin Cities in the 70s. Eighteen teams with 54 players met at the American Indian Center on Franklin Avenue in Minneapolis. Three or four games would take place at the same time; back then men were happy to learn the complicated rules and master the game.

Mastering the game meant keeping an eagle eye on the "hider" who slipped the marbles under a square of cloth, which is used today instead of a moccasin.

The hider is careful with his

dad, Larry Sr., went through a bad spell as a hider so he asked his wife to watch the game and observe his behavior. The two of them resolved the mystery of why everyone immediately guessed where Larry Sr. hid the object.

Women do not play the Moccasin Game, but can play the Ojibwe "Hand Game" which is also a game of hide and seek with small objects. This winter Larry will teach the Moccasin Game at the Boys & Girls Club meetings in Mille Lacs on Wednesdays. The boys will learn the Moccasin Game; both boys and girls will learn the Hand Game.

For some, learning the Moccasin Game helped save their lives. Freddy, a Band member from the streets of Minneapolis, was asked to join the men at the Minneapolis American Indian Center. Freddy always knew where Larry hid the marked marble, even when Larry randomly hid it without knowing the location himself. That went on for a month or so, and then Freddy lost his touch.

He gained a friendship with Larry, however, that lasted the rest of his life. The men became Moccasin Game partners and played in tournaments all over Minnesota and Canada.

"He became like a brother," Larry said. "He had a good life

after he sobered up, and even got his own car and a house." Larry said that the Moccasin Game helped save Freddy's life.

Larry would like the game to return to its glory days of past generations, when his elders gathered at night and the drums played and the thump of sticks struck the floor.

One thing that remained steady through the years: the Moccasin Game always brings out high spirits and camaraderie.

hand and eye movements to avoid giving away the location of the marked object. He's mindful about shifting his body and keeps a classic poker face. For a while, Larry's

For men who want to learn, the door is open. Games start at 6 p.m. on Tuesdays at the MLB Halfway House located on Attage Road behind Grand Casino. Expect a hot cup of coffee and a lot of laughter.



Baxter Man's Grandfather Awarded Congressional Gold Medal

Sarah Nelson Katzenberger Brainerd Dispatch Writer



Members of Congress presented medals to award recipients, their families, and tribal leaders in Washington D.C.



Freedom Porter with Congressman Rick Nolan

Freedom Porter doesn't have a lot of memories of his grandfather, Lex. He died when Porter was just a kid.

Porter, 34, said his last memory of his grandfather, an active member of the Fon du Lac band of Ojibwe was at a powwow on the Mille Lacs reservation. "It meant a lot to my dad that my last memory of Lex was of him at a powwow and I hung onto that my entire life up until recently," Porter recalled.

It was recently that Porter found out his grandfather would be awarded with a Congressional Gold Medal for his service with the military during World War II. Porter said his family was surprised to hear of the award, but more so because his grandfather never mentioned to anyone that he served as a code talker during his time in the service. Lex took his secret to his grave.

"He told us he was a simple radio man," Porter recalled. "Which was true — he just never told us he was a code talker."

Code talkers, like Lex, transmitted codes in 33 different tribal dialects during both World Wars in an effort to keep enemy intelligence from deciphering the secret tactical information transmitted. The program remained classified until 1968. However, many code talkers like Lex Porter never broke the vow of silence they took upon entering the program.

Porter, of Baxter, said he grew up hearing stories about code talkers but never had any idea his grandfather played such a key role among the group of Native Americans who risked their lives during the war.

"It took a while for it to set in — what he did during the war,"

he said. "He had a remarkable talent that made him so special."

Porter learned there would be a ceremony in Washington D.C. to recognize World War II code talkers and their families. "I really wanted to go," Porter said. Being a full-time student at Central Lakes College, Porter said he was concerned the finances would stand in the way of him attending the ceremony.

Porter said he was contacted by the office of Chief Executive Melanie Benjamin of the Mille Lacs Band of Ojibwe. Benjamin wanted to help. Porter said the band paid for him and his sister, Allison Porter's entire trip.

"I wouldn't have been able to go if they didn't help," Porter recalled. "I'm really grateful for that."

Porter said he had been to Washington D.C. previously, "but never for something like this." While he tried to take in the importance of this trip, he said it wasn't until he was sitting in Emancipation Hall and House Speaker John Boehner teared up that Porter really felt the significance of his grandfather's service.



"That's when it finally clicked," he recalled. "My eyes watered. My throat tightened — that's when I really felt the pride."

Porter said the Vice Chairman of the Joint Chiefs of Staff, Admiral James Winnefeld credited Native American code talkers with the Allies' successful outcome of the war. "Hearing so many call my grandpa 'hero' was amazing," Porter said. "To me he was just Grandpa."

Porter said the delivery of the actual medal many not take place for several more months, but there are plans to present the medals to the Fond du Lac tribe. Descendants will receive a silver medal and have the option to purchase bronze medals for their children.

Porter said he's not sure what this grandfather would think of receiving the honor.

"Those old men who were still alive at the ceremony had so much humility," he said. "They did not want to be called 'hero.' I imagine my grandpa would have been the same way."

Porter pointed out that during World War II, Native Americans were not yet considered American citizens and he remembers his grandfather talking about why he served knowing he may never receive any recognition for his service.

"This is home," he said. "Someone had to defend freedom. He just wanted to help."

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2014 State of the Band Address

Tuesday, January 14
Grand Casino Mille Lacs — Convention Center

Schedule:

- **8 a.m.** Mille Lacs Band departments will have booths set up in the foyer of the convention center with informational handouts and freebies.
- **9:30 a.m.** Seating starts
- **10 a.m.** State of the Band address begins



Preparing Kids for a Bright Future

Band now offers more after-school programs and computer curriculum

Deborah Locke Staff Writer **Tiffany Bolk** Photographer

In the winter of 2013, two new programs started at the Mille Lacs Band. The goal of the initiative is to encourage young people to stay in school, graduate, and learn job skills along the way.

An innovative online curriculum, started in November, allows students at Nay Ah Shing School in District I to complete many of their high school courses from behind a computer. The program currently serves about 7 students. It is designed for young people who are considered drop-out students. The program is designed to put kids on track towards a high school diploma, and even post-secondary education.

The program attempts to prepare students for the working world by helping them obtain on-the-job training opportunities. The online program also serves another 13 students with credit recovery and enrichment courses.

Nay Ah Shing School also provides after school tutoring and enrichment programs for all children in grades K-12.

The Boys & Girls Club also provides after school activities, including a tutoring "power hour."

In addition, an employment-training program places kids in entry-level jobs if their grades are acceptable. Finally, ongoing participation in the Band's popular Boys & Girls club helps youth develop leadership skills and take part in after-school activities.

The purpose of these programs is pretty straight forward, said Mary Simon, principal of the Nay Ah Shing School. Kids must have positive things to do that will help them be successful throughout their lives. The idea is to help them develop not only job skills, but a joy for learning that lasts a lifetime.

As many as sixty students are involved in District III be-

tween the Boys & Girls Club, the youth job training program and culture classes, said Lawrence Staples, who heads up the job training program for the Band's Department of Labor. He said that part of the growing popularity for these programs is due to the way everyone works together toward the common goal of helping youth succeed. Elders help the youth, as well as staff from every department in District 3.

Once kids learn the job skills, they grow more confident, he added. If students stay in school with passing grades, they are eligible for job training. The students in this program range from age 15 to 20.

The youth are also encouraged to participate in the Ojibwe culture and history classes. Band member Dave Matrious, profiled in our December issue, leads an Ojibwe language class, for example.

The students have also learned beginning beadwork. Students can learn interview skills and how to put together a resume. Lawrence works with the principal at Hinckley High School to encourage the Mille Lacs students enrolled there to get involved with school activities.

For some students at Nay Ah Shing School, however, a standard school environment doesn't work. That is why the new computerized curriculum was adopted, featuring the same standards set by the state education department. Students can do assignments at school, home, or both. Ultimately they have to pass the same standardized tests as all Minnesota students in order to graduate.



An innovative online curriculum allows students to complete many of their high school courses from behind a computer.

"Regimentation does not fit all Native students," said Mary. The students now enrolled in the computer classes attend school for three hours each day. Job training is also available. "We will find them a job so they have something they can put on a resume," Mary added.

The multi-faceted approach — after school activities through the Boys & Girls Club and individualized computer instruction — are each designed to assist students who may be from challenged home environments. The adults on staff offer assistance and stability. The kids, most of whom are very comfortable using computers, learn at their own pace, develop new skills, and have exposure to their own Ojibwe history and culture.

For more information on the "Edmentum" online high school curriculum, call 320-630-2441.

Mille Lacs Band Smoking Cessation Program

Mille Lacs Band Public Health Department

Many people will make a New Year's Resolution to quit smoking in 2014. Enrolling in a cessation program can be an important factor — one that increases your odds of success!

The MLB Public Health Department offers a smoking cessation program to community members in all four districts. It provides a support system that assists individuals interested in quitting smoking.

The program consists of discussing each individual's history with smoking, then identifying triggers, creating action plans, setting goals, and finally follow-up sessions. Each journey is unique, as is the method that works best for each individual.

Those interested in prescription medications are directed to their medical providers to determine the best pharmaceutical option. This happens to be one of the most successful methods when used with a support system. Other methods are cold turkey and tapering. Replacing smoking related habits and routines with new ones that do not involve smoking is essential in the process.



Success Stories

Dorinda Garbow, MLB Elder: Dorinda has been smoke-free since October 18, 2013. She is very honest when sharing her feelings about her journey. She states, "It's

hard. Being at the casino is very hard." She loves bingo and at our recent follow up session we discussed how important planning ahead will be for her upcoming trip. When asked, what her plan is she answers, "Lots of gum, mints and Nat." Her sister, Natalie Weyaus has been a solid support person to her and instrumental in her quitting smoking. Dorinda's method to quitting was a 6 week tapering plan, with a set quit date. She enrolled in the MLB Cessation program, a week before her official quit date to gain additional support and resources.

Laureen (Jennifer) Nickaboine, MLB member and employee: Jennifer enrolled in the smoking ces-



sation program and decided to quit cold turkey on September 25, 2013. Having been a smoker for 12 years of her life, quitting has come with challenges, but it's something that she's wanted very much. Some of her top reasons for quitting were for her own health and to be a role model to her grandson and children.

For questions and enrollment information, contact Megan Cummings 320-532-7776, ext. 2413.

Dangers of Secondhand Smoke

Roberta Ladd Outreach Coordinator

Children and others are involuntarily being exposed to secondhand smoke at home, in vehicles and even when walking through front entrances of Mille Lacs Band Tribal buildings.

Most buildings have cigarette disposals just outside the entrances. People are meant to dispose of commercial tobacco before entering the buildings, but some mistake these locations for designated smoking areas.

Inhaling even the smallest amount of commercial tobacco can damage your DNA. These chemicals can lead to cancer. Commercial tobacco also weakens your ability to fight cancer. Damage from secondhand smoke can be immediate, such as light-headedness, headache or sore throat. The chemicals in commercial tobacco reach your lungs as soon as you inhale and then get carried through your blood vessels to every organ in your body. These chemicals can be damaging to the blood vessels.

If you currently smoke, consider contacting your medical provider or the MLB Smoking Cessation program for assistance in quitting. For the sake of your loved ones, friends and the community, please help eliminate secondhand smoke.

From St. Croix to Southeast Asia and Back

Deborah Locke Staff Writer Tiffany Bolk Photographer

As a boy, he helped cut pulpwood in the St. Croix area with his dad, mother and brothers. It was hard, bone-chilling work in the winter and barely supported the 11-member family.

As an U.S. Marine, he fought in the jungles of Vietnam for one tour, and still chokes up when remembering his buddies who did not make it back alive.

Today, Mille Lacs Band member Samuel Garbow, Jr. — better known as Sammy — is a retired carpenter. He lives with his wife Georgia in Coon Rapids, a Twin City suburb. They have two grown sons, Samuel K and Greg K.

While growing up, Sammy's sons had far more comforts than their dad, who was cold a lot of the time in the one room tar-papered cabin. The family depended on commodities, including that infamous five-pound block of government-processed cheese distributed monthly.

They had no electricity or running water in the small cabin in the woods near Lake Lena. Each day with their father, the Garbow children walked one and a half miles from home to a bus stop located at the home of Scotty and Grace Matrious. The Markville school was about eight miles from Scotty's.

What Sammy's sons missed, however, was a close relationship with a grandparent.

"When I think back on it, it was a sad part of life but also a great part," Sammy said at the Mille Lacs Band Urban office on Franklin Ave. in Minneapolis.

"The great part was being with my grandparents, polling Grandma in the canoe for ricing, and picking blueberries and blackberries."

Sammy was the grandson of Bill and Maggie Austin and Joe and Julia Garbow. His parents were Samuel Bradford Garbow and Dorothy Austin Garbow.

He was born on August 24, 1947 in Grantsburg, Wisconsin, which had the closest hospital to where he and his eight siblings grew up. Summer "vacations" meant cutting pulp with his dad and brothers, Joe and Dale. Sammy peeled the bark after his dad cut the trees into eight-foot lengths. On Saturdays, the boss visited the work site to count the "sticks" which numbered as many as 800 or 900.

Sammy's dad showed him how to work hard, and he taught him how to hunt. "He said to be sure you know what you are shooting at, because once you pull that trigger, you can't bring the bullet back," Sammy said. A generation later, he told the same lessons to his sons.

At the age of 16 Sammy dropped out of high school and moved to St. Paul to care for his auntie's children. One day in 1965, he and his aunt were in downtown St. Paul and passed a recruiting office for the Marines. After his dad gave his approval since Sammy was 17, he signed up for a four-year tour. After basic training, it was off to Vietnam.

But first Sammy's father, a World War II veteran, helped host a drum ceremony for his son's safety. Samuel Bradford

Garbow was a warrior member on the drum kept by Scotty Matrious.

"They asked the Creator to watch over me in battle," Sammy said. "I believe it's what kept me alive. There were incidents where if I had been a little over there instead right here, I would have been shot. The Creator watched over me. I put out tobacco every morning; I still do."

During the interview, Sammy choked up some when recalling fallen heroes like his friend Larry Sutton, who was killed in action.

One night, Sammy was on Hill No. 22 in Da Nang in a fox-hole with a soldier from Wisconsin doing guard duty. Sammy was sitting on a sand bag when

"They asked the Creator to watch over me in battle. I believe it's what kept me alive. There were incidents where if I had been a little over there instead of right here, I would have been shot. The Creator watched over me." — Sammy Garbow, Jr.

ELDER STORIES

he heard a piercing scream, and assumed that the kid from Wisconsin had been stabbed. "I almost turned and shot, and then saw that Ebert had a nightmare."

Private Ebert from Wisconsin was in a pagoda with other Marines when the North Vietnamese attacked. He could not get over what he experienced and eventually shot his toe off so he could be discharged. Ebert returned home to Wisconsin. He died from cancer about a year ago, which may have been related to the use of the known as defoliant Agent Orange.

Sammy said he went through a period of adjustment when returning to the United States. A car backfired and he would hit the ground for cover.

He was stationed on the East Coast for his remaining military term and met his wife at a party in Washington, D.C. She was from Hawaii and worked as a clerk for the FBI. They have been married since 1968. In addition to their sons, they now have daughters-in-law and five grandchildren. They lived in Hawaii for five years — where Sammy received his carpenter training.

They returned to Minnesota in 1974. Sammy got a job with Honeywell as a carpenter in 1977, the same year they bought their Coon Rapids home. He remained in the job for 30 years.

Looking back on his life so far, Sammy said there have been a few turning points. Quitting school and leaving his parent's

home. (He later got his GED.) Joining the U.S. Marine Corps. Getting married.

He said that he wants his son to have a good life.

"I tell them to treat people the way you would want to be treated," he said. Be sure your decisions are wise ones, because you have children to raise and they need you.

As for Sammy, a tradition came full circle, you could say. About five years ago, drum keeper Dave Matrious — son of Scotty — asked Sammy to serve in a warrior position on his drum. Scotty's old drum.

Sammy took over his dad's place. Somewhere beyond this earth, on the other side, Samuel Bradford Garbow is very pleased with the arrangement.

Are you an Elder or do you know an Elder who has a story to tell?

Send your name, contact information, and a brief description of the Elder you would like to feature to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.



A Little Background on Traditional Health

Herb Sam Mille Lacs Band Traditional Healer

This pamphlet was prepared for Native American Indians who may have a limited amount of knowledge of our beautiful culture and tradition. I have tried to make it simple for anyone who may want to truly understand it. This pamphlet is my attempt to give you as Indian people an understanding of traditional healing and traditional health.

All tribes of North America or Turtle Island have very close parallels in healing practices; but always remember there are variations from tribe to tribe. If consulting other tribes, please always be respectful of how other tribes practice their healing practices.

In this pamphlet I will explain to you (as I understand it) how to approach a traditional healer. When you have made a



Herb Sam teaches Band members about traditional healing.

decision and have chosen a certain healer, always prepare to go to him or her for your request.

Contacting the healer

Many people do not make that proper connections — they use the phone and try to explain to the healer their needs; they expect the healer to help them over the phone. Speaking for myself, I only accept phone calls to schedule an appointment. I can only continue to do as I was taught; tobacco must be brought to me in a proper manner.

When the healer is chosen and a request has been made for an appointment, you can come to the healer and explain why you need his or her services. Your concern may be physical or mental. Whatever your needs are, ask the healer if he or she can help you. At this point the healer will tell you if he or she can help you with the reason of your visit.

Tobacco offering

If the healer says, "I can help you," then you take a pinch of tobacco from your tobacco bag and present it to him or her in their hand. If the healer says he or she can't help you, then

you still put tobacco in his or her hand for the time they gave you.

Some healers would rather accept Indian tobacco (Kinnikinnick), which you get from the red willow bush. It is always a good idea to check

which type of tobacco you healer prefers. This is the approach that is taken in consulting a traditional healer.

When your scheduled time has come, bring a gift, along with tobacco. It may be a blanket, shirt, socks, or monetary compensation if you are able, as a traditional healer also has to live. Present your gifts before he or she does the ceremony so that he or she may inform the spirit healers of the gifts that you have brought.

Dreams and names

In seeking help there are many requests that are brought to me. These include requesting dream interpretations and naming a child or maybe yourself. Never feel ashamed to ask for a name as an adult. This is a very good thing to do because it will help your journey in life. Dream interpretations vary, but the traditional healer will help you. In some cases, the traditional healer may request that you bring a bowl of food for the ceremonies. If you would like some additional explanation regarding the "whys" of some of these ceremonies, please feel comfortable to ask the healer. I have not met one healer yet that would not be willing to help in understanding traditional healing.

Plant medicine

When the healer has completed his or her ceremony for healing, they may advise you that in order for you to feel better, you need

to use a certain plant. The healer will explain how this will or should be done. The healer or the healer's helper will give you the plant that has been prescribed and they will instruct you how to prepare it.

If you have any questions, be sure to ask the healer, as some plants can be dangerous if they are not prepared properly.

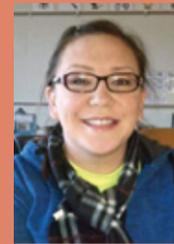
To have a good result in healing:

- Please understand the healer's directions before you leave.
- Believing and respect are the winning ingredients that will heal you.
- Always show great belief and great respect to the healer and the plant family that has helped you.
- Always have good thoughts of the healer and the plant family that has helped you.

I hope this information will help you understand the proper procedures when seeking a traditional healer. If you need to request additional information, please feel free to contact me through this clinic, I am on their referral list.

Gidinwewininaan

Baabitaw Boyd Gaa-ozhibii'ang



Beginning this month Baabitaw Boyd will write a column for the Inaajimowin that is created specifically for those who are studying and those who desire to learn Ojibwe. This month she writes about why she's

covering this topic and how this column came to be.

Indinawemaaganidog!

Niwenda-minwendam da-wiindamoonagog "Mii iw aangwaamasidog abajichigaadeg gidinwewininaan omaa babaamaajimoozina'iganing!"

Noomaya go nigii-iibii'amawaa a'aw naagaanzid imaa "inaajimowin"-ing gii-wiindamawag misawendamaan da-ozhibii'igaadeg iw ojbwemowin omaa mazina'iganing. Mii dash gaa-izhi-gagwejimag a'aw "Indaa-objbwewibii'ige ina omaa inaaajimowin endaso-giizis?" Nigii-wiindamawaa oada-wenda-minwendaanaawaa da-waabandamowaad Ojibwe-ozhibii'igan omaa ingiw netaa-objbwemojig biinish gaye beminizha'angig wii-kagwe-gikendamodwaad iw ojbwemowin. Mii iw gaa-izhi-nakwetang, da-objbwewibii'igeayaan omaa. Mii dash gaa-inendamaan "Aaniin iw keyaa ge-izhi-moonendamowaad ezhi-apiitendaagwak iw gidinwewininaan wiikaa wabandansigwaa da-ozhibii'igaadeg imaa egindamang?" Noongom dash giga-waabandaamin gidinwewininaan omaa endaso-giizis.

Noomaya go inendaagwak 2003 wapii gii-maajitaayaan wii-kagwe-gikendamaan iw ojbwemowin. Gaawiin-go mashi nichigikendanziiin i'iw ojbwemowin. Ningagwe-ozhibii'aaan iw Ojbwemowin endaso-giizhig. Daga naa weweni zhawenimishig wanibii'igeshaan miinawaa dash waniwebinigeshaan omaa ozhibii'igeayaan. Mii eta go wii-waabanda'inagog iw gidinwewininaan weweni dash da-ni-gagwe-gikendameg gaye giinawaa. Maano maa da-waabandameg iw ojbwemowin.

Begish iw minowaanagwendameg da-waabandameg iw Ojbwemowin ozhibii'igaadeg omaa dibishkoo-igo ezhi-minowaanagwendamaan bagidinigooyaan da-objbwewibii'igeayaan omaa. Begish dash naadamaagoyeg da-aangwaamitooyeg da-biminizha'ameg eshkam da-ni-gikendameg gaa-izhi-miinigoowiziyang da-inweyang anishinaabewiyang.

Interested in submitting to the Inaajimowin?

Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612.

The February issue deadline is January 15.

Winter Weather Increases Risk for Falling Down

Jacqueline Jensen RN

With winter weather upon us the likelihood of slipping and falling becomes a bigger possibility, particularly for elders. Approximately 20-30 percent of people who fall will suffer moderate to severe



Schedule an eye exam yearly to reduce the risk of falling down.

injuries, which can make it difficult to remain independent. Statistics show that one out of every three adults over age 65 falls each year.

These falls can cost medical insurers billions of dollars and can cause people many problems. Injuries can include head trauma, fractures, lacerations and even death. Falling down is a public health concern and largely preventable.

Ways to Reduce the Risk

1. Get regular exercise, which increases leg strength and improves balance. Walking is a simple, inexpensive option that helps increase leg strength and improves balance.
2. Review your medications with your doctors or pharmacist. Prescription and over the counter medications can have side effects of dizziness and drowsiness.
3. Schedule an eye exam yearly. This will help to maximize vision.
4. Widen the walkways in homes.
5. Clean up the clutter and remove throw rugs in homes.
6. Calcium with Vitamin D can make bones stronger, reducing the risk of fractures.

Cardio Kickboxing Classes

Get in shape this winter by joining one of our FREE kickboxing classes this January.

Mondays and Thursdays:

6 p.m., East Lake ALU

Tuesdays and Fridays:

6 p.m., Tobies Mill Building in Hinckley (Warriors old fitness center)

For more information email warriorsfp@yahoo.com or call 320-385-0262.



DISTRICT 3

Restoring Namachers Lake

Deborah Locke Staff Writer Tiffany Bolk Photographer



The restoration of the 100-acre lake has been a top Mille Lacs Band priority since 2012.

If you take a long look at Namachers Lake, located about seven miles northeast of Hinckley in District III, you'll see that something is out of whack. Beaver huts dominate the shallow shoreline; culverts transporting water are plugged. What you can't see is the lake's lowered oxygen level and its decreased fish population.

A change is coming. The restoration of the 100-acre lake has been a top Mille Lacs Band priority since 2012, said Brad Kalk, Executive Director for the Department of Natural Resources. Last winter oxygen was pumped into the lake through windmill power, which should increase the survivability of the fish population.

The culverts are being repaired now and will allow water to enter the lake. Additional repairs to the berm will also help to raise the water level. The boat landing has been repaired, and a dock will be installed next spring.

Winter is the least effective time for surface aeration because ice prohibits the natural oxygen flow needed by the fish. By mid-December two windmills on the west side of the lake were pumping oxygen into the water. The wind-powered generators work even when the wind is down to two miles per hour; no electricity is needed to run the equipment.

It is believed the lake was created artificially in the 1960s by the Minnesota DNR and stocked with fish. Initially it was about 15 feet deep. It's now about 10 or 11 feet deep, Brad said.

The lake became — and still is — a popular family destination, over time supplying a lot of pan fish and walleye. But the walleye numbers are way down now. The long winter that extended well into April of this year created stress for the fish that remain.

"We want a sustainable fishery," Brad said.

On a November late afternoon, Band DNR employees Kelly Applegate and Tony Lau pointed to the eroding soil that plugged culverts that should convey "roaring" levels of water

from streams when they work properly.

Instead, the pipes are barely visible or covered with dirt. Beavers caused a lot of the damage, Kelly said. Their dams create varying elevation levels throughout the area. Also, the long winter that extended well into April of this year created stress for the remaining fish.

The culverts are being repaired now, which will allow water to enter the lake. Additional repairs to the berm will also help to raise the water level. The boat landing has been repaired, and a dock will be installed next spring.

The restorative work at the lake should be completed in 2014, Brad said. It is possible the DNR will restock fish by the end of the project.



Mille Lacs Band DNR employees survey the damage around Namachers Lake.

Band Joins Pollution Study in Minneapolis Neighborhood

Deborah Locke Staff Writer Tiffany Bolk Photographer

The Mille Lacs Band, state Pollution Control Agency and state Department of Health are conducting a study of air pollution in the Phillips neighborhood of Minneapolis to learn more about pollution that may contribute to respiratory illness among Band members.

Charles Lippert, an air quality technician with the Band Department of Natural Resources and Environment, is conducting the study for the Band.

Each year Band members move to and from the Minneapolis Phillips neighborhood near Franklin and Cedar Avenues where almost 20,000 people live, majority being a racial minority, of which about 2,500 people are American Indians. About 550 Band members live in Phillips now, Charlie said. Often people return to the reservation with bronchitis or asthma after living in the Phillips neighborhood. The \$200,000 study should help explain why respiratory health declines in the urban neighborhood, and it will include recommendations on how to improve it.

Air is a huge global equalizer, Charlie said. Whereas humans may not share the same water source for survival, they do share the air.

"Air connects all of us," Charlie said. "Air makes global and local one and the same."

For example, the air at the Mille Lacs districts may look clean. But pollution knows no boundaries, moving continually and in all directions. The study will examine air content in Phillips in two ways: through 26 passive monitors that look like narrow 18-inch stove pipes, and through two active pollutant monitors that look like silver mail boxes. The stovepipe-style monitors are scattered through the neighborhood, and the active monitors are at the Hans

Christian Anderson School and near the intersection of Interstate 94 and Highway 55.

The testing so far shows that the vast majority of the air pollution at Phillips is from freeway vehicle combustion, especially diesel exhaust.

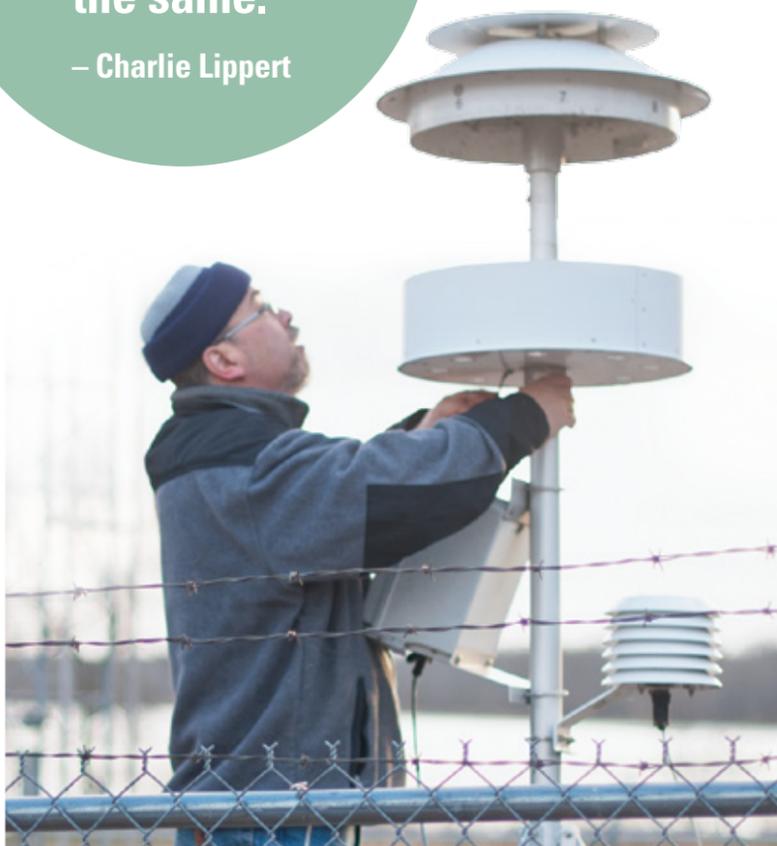
When the study ends in 2016, the state Pollution Control Agency will analyze the data with a tool called a "SHINY." The SHINY has a vast capacity for modeling weather patterns and linking pollution paths along those weather patterns. Once weather streams are identified, it will be possible to identify pollution sources from a certain period. Six state Pollution Control Agency staff members are working on the study, as are

four state Department of Health employees.

Charlie is no stranger to air monitoring. He ran a study from 2002 to 2009 that measured pollution at District One. Agricultural sprays, dust, forest fires — they all blow through Minnesota and could contain industrial pollution from St. Louis, Chicago or Gary, Indiana, among other locations. Charlie did particle monitoring at District 1 to learn the content of an ultra fine dust that appeared. Has he ever noted any unexplained dust in the air? Yes. A sampling of pollution at District 1

"Air connects all of us. Air makes *global* and *local* one and the same."

— Charlie Lippert



showed that in July 2007, pollution in the air at Mille Lacs Lake arrived from a prairie fire in Kansas. Enough low concentrations of soot traveled northeast to make the Minnesota sunset look redder. It also made offices dustier, and some employees had itchy eyes for a few days. Still, if you breathed the air, you would have assumed it was pristine, Charlie said.

The Phillips neighborhood air is of special concern to the Band, of course, but the state has an interest too. Phillips is designated as a "environmental justice community" and has the highest density of urban American Indians in the U.S. The environmental justice community was established by the Minnesota Legislature in accordance with federal Environmental Protection Agency guidelines. The designation was designed to ensure that no one group in Minnesota is disproportionately exposed to environmental pollution, including air pollution.

Weight Loss — #1 New Year's Resolution

Carol Hernandez Compliance Officer

Year after year weight loss tops the list of New Year's resolutions. Gym memberships increase, exercise equipment is purchased and healthier foods land in the grocery cart. Eventually the gym is less crowded, the exercise equipment gathers dust in a corner and the grocery cart has fewer fruits and vegetables. The list of reasons not to exercise and eat healthy seems to get longer and longer as each



Set a realistic goal. Make sure your goal is achievable and sustainable.

day passes — the weather is nasty, the gym is too costly, there isn't enough time, you are too tired after work to exercise, or fruits and veggies are out of season. So what happens to all that motivation to lose weight? And how can you stay on track with keeping your resolution?

Here are a few basic tips to help you be successful.

- 1. Be specific about your goal.** Saying that you want to lose weight is too general. Set a specific goal, like you want to lose 10 or 20 pounds.
- 2. Set a realistic goal.** Make sure your goal is achievable and sustainable. For most people it would be unrealistic to set a goal to lose 20 pounds in a month.
- 3. Establish a plan to reach your goal.** State what you are going to do and how often. For example you may plan on doing 30 minutes of exercise four or five times a week. You may plan on eating smaller portions.
- 4. Set a time frame to reach your goal.** Set a time frame in which you can monitor progress, one that is not too far into the future. You may start with a small goal of losing five pounds in 30 days. It helps to see progress and then build from there. Know that you will have good days and bad days. Just don't quit. Get back on track and keep working at your goal.

A website supported by the National Institutes of Health notes "the key to successful weight loss is making changes in your eating and physical activity habits that you can keep up for the rest of your life." Even if you don't need to lose weight, it's a good idea to follow healthy eating and exercise habits to keep you healthy throughout your lifetime.

TRIBAL NOTEBOARD

Happy January Birthday to Mille Lacs Band Elders!

Debra Lou Bellamy
Mary Anne Bellonger
Art Benjamin
Gladys Marie Benjamin
Daniel Duane Boyd, Sr.
Edith Ruth Bush
Patricia Jean Clark
Ronald James Crown
Eugene Leonard Davis
Lorna Jean Day
Bonnie Jean Dorr
John Charles Dowell
Dora Ann Duran
Brian Allen Eagle
Isabel Eubanks
Janet Lee Gahbow
Ella Reine Garbow
Evelyn M. Granger
Rose Marie Holmquist
Katherine Ann Jackson
Charles Ted Johnson
Grover Joseph Johnson
Patty Jo Johnson

Marty Kegg
Richard Duane Kegg
David Henry Kost
Lucille Kuntz
Priscilla Joann Lowman
Gloria Jean Lowrie
David George Matrious
Thomas Tecumseh McKenney
Temperance Yvonne McLain
Michael Samuel Merrill, Jr.
Mushkooub
Cora Lucille Nelson
Rosalie Ann Noonday
Dorothy Marie Olson
Donna Jean Pardun
Steven Lee Pawaush
Shelley Ann Pindegayosh
Patricia Marie Potter
Dora Ann Sam
Elaine Bernadette Sam
Henry Sam, Jr.
Joycelyn Marie Shingobe
Bonnie Shingobe-Neeland
Larry Marion Smallwood
Joseph Alex Staples
Kathleen Marie Vanheel

Walter James Weyaus, Sr.
James Edwin Wind, Jr.
Nancy Lee Wood

Happy January Birthdays:

Happy Birthday **Jimmy** on 1/4, love Mom, Dad, Cordell, Buddy, Gram K, Auntie Val, Pie, Kev, Uncle Brad, Brad, Brae, Peyton, Eric, Bryn, Wes, Jay, Peeps, Guy, Bruce, Jayla, Lilz, Randi, Rachel, Waylon, Tracy, Jake, Jarvis, Shelby, Max, Aidan, Sharon, Ravin, and Melodie. • Happy Birthday **Dan** on 1/12 from Joanne, Danni jo, Elliott, and the Blazer. • Happy Birthday **Adam Parker** on 1/15, love Mom, Dad, Sister, Gram Kim, Kyle, Papa Brad, Auntie Val, Pie, Kev, Uncle Brad, Brad, Brae, Peyton, Eric, Bryn, Wes, Bruce, Jayla, Lilz, Randi, Rachel, and Waylon. • Happy Birthday **Brandon Wiedewitsch** on 1/15 with love from Mom, Brandi, Elias,

TANK, Alizaya, Rico, Chantel, and Jazmin. • Happy Birthday **Jaeden King** on 1/17 from your We'-eh Joanne. • Happy Birthday **Anthony Passarelli** on 1/18, love Mom and your brothers and sisters. • Happy 7th Birthday **Arielle Pendegayosh** on 1/20 with love from Mom, Dad, Antavia, Auntie Renee, Uncle Steve, Gramma Jane, and Grandpa Bruce. • Happy Birthday **Mckayla Boyd** on 1/21 with love from Auntie Tammy, Brandon, Chantel, Jazmin, Brandi, Elias, TANK, Alizaya, and Rico. • Happy Birthday **Worm** on 1/22, love your Harrington Family. • Happy Birthday **Lia Rae** on 1/24 from Grandma Joanne, Dan, and the Weyaus/Boyd family. • Happy 8th Birthday **Brooklyn Dorr-Charwood** on 1/27. Lots of love from Mom, Dad, big bro & baby bro, and Archie!

Other Announcements:

Happy Anniversary to my sister and brother in-law, **Beverly and Roger Garbow**, with love from Tam, Brandon, Chantel, Jazmin, Brandi, Elias, TANK, Alizaya, and Rico.

Submit Birthday Announcements

Send name, birthday and a brief message that is **20 WORDS OR LESS** to Andy McPartland at andy@redcircleagency.com or call **612-372-4612**.

The deadline for the February issue is January 15.

Mille Lacs Indian Museum January Events

Kids Crafts: Story Book Time and Shoulder Bag

Saturday, January 4 from Noon–3 p.m.

Fee: \$7 per kit (museum admission not included)

Come by the Mille Lacs Indian Museum from 12 p.m.–1 p.m. and listen to museum staff read storybooks while we serve a light snack and refreshments. Then from 1 p.m.–3 p.m. kids will be able to decorate a shoulder bag. The Ojibwe Shoulder Bag activity provides a hands-on introduction to the arts and culture of the Ojibwe, a woodland people of the Great Lakes region. Please allow an hour to make the craft. This project is recommended for children ages five and up. For more information call the museum at 320-532-3632 or send an e-mail to millelacs@mnhs.org

Ojibwe Mitten Workshop

Saturday, January 25 from 10 a.m.–4 p.m. and **Sunday, January 26 from 10 a.m.–2 p.m.**

Fee: \$65 for public/\$60 for MN Historical Society members; additional supply fee of \$15

Reservations: required by January 22, call 320-532-3632

Learn techniques for working with leather at this two-day workshop and create a pair of Ojibwe style mittens to take home. Discounted hotel rooms are available for workshop participants on Saturday night at Grand Casino Mille Lacs. A light lunch and refreshments will be provided both days. A minimum of five participants required to host workshop. Children under 18 must be accompanied by an adult. Please call the museum for reservations or more information at 320-532-3632 or send an e-mail to millelacs@mnhs.org



The People of the Big Lake Broadcast Schedule

The traditions of the Mille Lacs Band of Ojibwe, shown in historic film footage and today, demonstrates the importance of family, relationships and cultural continuity among this Band from central Minnesota.

Check out the documentary on The MN Channel, tpt MN Channel 2.2.

Wednesday, January 1: 11 p.m.

Saturday, January 11, 2014: 3 a.m., 9 a.m., 3 p.m., 9 p.m.

For more information on upcoming broadcasts and quick access to viewing this programs online, visit: tpt.org/?a=programs#22577

JANUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 The People of the Big Lake Documentary Airs 11 p.m. tpt MN Channel 2.2	2	3	4 Kids Crafts: Story Book Time & Shoulder Bag Noon–3 p.m. Mille Lacs Indian Museum
5	6	7 Walking Strong Exercise Program 11:30 a.m. District I Community Center	8 Urban Area Snowmobile Safety Class 6:30 p.m.–8:30 p.m. MCT Building	9 Walking Strong Exercise Program 11:30 a.m. District I Community Center	10 Urban Area Snowmobile Safety Class 6:30 p.m.–8:30 p.m. MCT Building	11 The People of the Big Lake Documentary Airs 3 a.m., 9 a.m., 3 p.m., and 9 p.m. tpt MN Channel 2.2
12	13	14 Walking Strong Exercise Program 11:30 a.m. District I Community Center	15 District III Community Meeting 6 p.m. Aazhoomog Community Center Contact Jenelle for more information: 320-384-6240	16 All District Elder Meeting 11:30 a.m. Mille Lacs ALU District I Lunch provided & Bingo afterwards Walking Strong Exercise Program 11:30 a.m. District I Community Center	17	18
19	20 District II Sobriety Feast 5 p.m. East Lake Community Center	21 Walking Strong Exercise Program 11:30 a.m. District I Community Center	22	23 Walking Strong Exercise Program 11:30 a.m. District I Community Center District II Community Meeting 5 p.m. East Lake Community Center	24 District II Snowmobile Safety Class 6 p.m.–9 p.m. East Lake Community Center Call 320-630-2472 for more information	25 Ojibwe Mitten Workshop 10 a.m.–4 p.m. Mille Lacs Indian Museum District II Snowmobile Safety Class 9 a.m.–12 p.m. East Lake Community Center Call 320-630-2472 for more information
26 Ojibwe Mitten Workshop 10 a.m.–4 p.m. Mille Lacs Indian Museum	27	28 Walking Strong Exercise Program 11:30 a.m. District I Community Center	29	30 Walking Strong Exercise Program 11:30 a.m. District I Community Center Urban Area Community Meeting 5:30 p.m.–7 p.m. All Nations Indian Church	31	

Child Support Program

Contact the Child Support office to find out how to transfer your county case over to the tribal program.

Monday–Friday: 8 a.m.–5 p.m.
Phone: 320-532-7555

Reminders:

- As we move to a New Year, Child Support reminds clients to update addresses and phone numbers with our office.
- Annual statements for 2013 will be mailed starting in January.
- Payers who are not paying their full monthly obligation amounts are adding to their arrears debt each month. If the case is with the county, it is being assessed additional interest and collection fees on top of the arrears debt adding up. Contact our office to find out what you can do about your case.
- If your case is a county case, the tribal child support office registers an order with the tribal court to garnish wage or per capita payments and will forward payments to the state/tribe where your case is. Our office will refer you to the county with any questions pertaining to your case; we are only collecting for the county/state where your case is currently open.
- Child Support payments garnished from per capita and being paid direct are not available until the second Thursday of the month at noon.
- Upcoming in 2014: debit cards for Child Support. Watch for notices in the mail this spring.
- Have you had your cases reviewed in the past two years? Have there been significant changes that could warrant a change in the support order? Contact our office to discuss reviewing your case for possible modification.
- When a child has changed to another parent or guardian it is the responsibility of the clients to update the Child Support office to get the support to the guardian of the child. It is in the best interest of the child to notify our office as soon as a change occurs so we can assist with the process of changing the custodial parent, whether the change is permanent or temporary.
- If you are a guardian for a child, you are entitled to support from both parents to help with the many expenses involved with caring for the child. Contact our office for information.

Free Hearing Evaluations

Evaluations take place on the second Friday of each month at Ne-la-Shing Clinic. Call 320-532-4163 to schedule an appointment. Walk-ins are welcome — we will do our best to serve you. Ask us about the \$1,000 in hearing aid benefits you can receive from the Circle of Health.

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

Using Illegal Drugs During Pregnancy

Kathy Beaulieu-Sanders RN

If you are pregnant, it is important that you watch what you put into your body. If you take drugs, your baby is also taking drugs. Street drugs expose you and your baby to serious problems. Many of them can cause premature labor, bleeding, birth defects and an increased risk that your baby may die of sudden infant death or sudden unexpected death.

Marijuana

Common slang names include pot, grass, reefer and weed.

When used during pregnancy, marijuana crosses the placenta to the baby. Marijuana is similar in effect to cigarette smoke in that the toxins in marijuana decrease the supply of oxygen that the baby needs to grow.

Smoking marijuana while pregnant decreases the supply of oxygen to the baby by increasing the amount of carbon monoxide and carbon dioxide in the blood. Marijuana intake while pregnant can increase the mother's risk for miscarriage, or cause her baby to have low birth weight or be born prematurely. Additionally, the baby may experience developmental delays as well as behavioral and learning problems.

Cocaine

Common slang names include toot, bump, C, crack, coke, snow, flake and candy

If a pregnant woman uses cocaine during her pregnancy she will pass it through her placenta into her baby's circulation. Babies eliminate cocaine more slowly than adults, so the drug stays in the baby's body much longer than in the mother's.

Using cocaine during pregnancy can increase the mother's risk for miscarriage and may cause placental abruption, a serious condition in which the placenta partially or completely separates from the uterus before the baby is born. Placental abruption can cause severe bleeding, pre-term birth and fetal death. If a woman uses cocaine throughout her entire pregnancy, her baby may be born with a smaller head and be growth restricted. If the baby is exposed to cocaine later in pregnancy, the baby may suffer from withdrawal symptoms following birth that include tremors, sleeplessness, feeding difficulties and muscle spasm. Some experts contend that babies who are exposed to cocaine will exhibit learning difficulties as they get older.

Heroin

Common slang names include junk, smack, horse and H-stuff.

Heroin is another illicit street drug that crosses the placenta to the baby. Heroin is a very addictive drug that causes the baby to become addicted if the mother uses it regularly during pregnancy. Heroin affects the baby by causing premature birth, low birth weight, low blood sugar, breathing difficulties, and in some cases death. Babies that are exposed to heroin can suffer from withdrawal symptoms that include convulsions, diarrhea, sleep abnormalities, joint stiffness and irritability.

Methamphetamine

Common slang names include speed, meth, glass, crank, and crystal.

When taken during pregnancy, this drug causes both the mother's and baby's heart rate to increase. Methamphetamine's effects on the baby are similar to those mentioned above for cocaine. Methamphetamine decreases the supply of oxygen for the baby, contributing to low birth weight. Methamphetamine is another drug that increase the woman's likelihood to have a premature birth, a possible miscarriage, and placental abruption. Mothers who use methamphetamine during pregnancy will give birth to babies that exhibit signs and symptoms of withdrawal that include sleeplessness, muscle spasms, feeding difficulties and tremors. Children born addicted to methamphetamine have demonstrated learning difficulties that can increase as they get older.

If you take drugs it does not make you a bad person. Finding the courage and strength to stop using illicit substances could be the best gift you ever give your child. Do not be afraid to ask for help. Please feel free to contact MLB's Public Health registered nurses Kathy Beaulieu-Sanders at 320-532-7511 or Kari DiGiovanni at 320-532-7457.

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millelacsband.com



Heating, Water, and Maintenance Problems?

During normal business hours, tenants in Band rentals and Elders living within the service area should call 800-709-6445, ext. 7433, for work orders.

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

Wildfire Safety

Winter is a good time to think about and prepare for wildfire safety. To learn more about winter fire safety and burning permits, visit: millelacsband.com/district_news/preparing-wildfire-safety/