

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

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BEADING, WRITING, TEACHING

BAND MEMBER ARTIST
CHERYL MINNEMA

PAGE 4

RETURNING RICE
STANDS TO
LAKE OGECHIE

MAKING YOUR
HEALTH A
PRIORITY

FIRST STEPS
IN PROTECTING
SACRED SITES

ELDER STORIES:
FINDING PEACE
ON THE ROAD

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



Boozhoo! Aaniin! What a cold snowy winter we have had. Despite a few days when the government center has been closed, our work has been very busy for the Band. I was humbled to be a guest of Congressman Rick Nolan at the State of the Union address, an incredible experience. We have also been busy representing the Band at inter-tribal meetings, including a wonderful meeting with the Shakopee Mdewakanton Sioux Community leaders to discuss potential joint projects that would create employment opportunities for Band members and other American Indian people in the urban area. Another project I've been working on involves seeking additional higher education opportunities for Band Members, including more scholarship dollars for Indian people attending our state colleges and universities.

The most important news I have to report, however, involves community safety, and I will spend most of my column on this critical matter. **On February 24, 2014, I signed a law to permanently change the approach the Mille Lacs Band takes to law enforcement, with the goal of improving public safety across the reservation.** The law creates a new Commissioner of Public Safety and a restructuring of law enforcement as we knew it. Chi Miigwetch to the Band Assembly; at every stage, we worked in partnership to develop this law. Miigwetch as well to Band members for their help in developing this law. This law will result in significant changes in leadership and direction for law enforcement. Here is a brief overview of how this was accomplished.

On August 5, 2013, by Executive Order 166-13, I appointed attorneys Wallace G. Hilke and Mark D. Larsen as hearing officers pursuant to Band Statute 1142-MLC-3, §§ 12 and 13 to conduct hearings, interview witnesses, gather and review documents and provide recommendations to the Executive Branch to address concerns regarding the conduct and oversight of members of the Tribal Police Department (TPD). This report was to include summaries of information sourced in documents, interviews with Band members, public officials and TPD police officers, and was to contain the hearing officers' findings, observations and recommendations based upon that information.

The report of the hearing officers was completed at the end of December 2013. The hearing officers made several determinations and recommendations in their report. After numerous interviews with Band members and several document reviews, the two attorneys determined that: "... public safety on the Mille Lacs Reservation is in decline." They added that this decline is shown in "almost every conceivable area, from increased drug use, to substantial gang activity, to mutual distrust between the Tribal Police Department (TPD) on the one hand and the community and its leaders on the other, to the loss of a generation or more of youth, to a profound sense of insecurity and unease among Reservation residents."

They noted: "This decline cannot be stopped, much less reversed, by simply increasing the number of uniformed officers or more of the same approach to policing and public safety." The hearing officers concluded, among other things, that the reversal of this trend "will require a change in the establishment of an administrative structure which commits resources and talent to addressing public safety as a top priority of the Mille Lacs Band."

The two hearing officers made several recommendations in their report which I will summarize. First, the Band should create the position of Commissioner of Public Safety. They recommended that this new Commissioner should have pro-

tion. Further, this Commissioner should develop public safety recommendations to be approved by the Band Assembly.

Finally, the recommendation was that the Commissioner of Public Safety will develop and annually update the job description of the Chief of Police so that it aligns with public safety priorities and emphasizes law enforcement; public education; constructive encounters with the community — especially youth; community policing; crime prevention; increased foot patrols in residential areas; and collaboration with tribal elected officials.

Second, a Community Service officer will be assigned to the school to create collaborative relations with education personnel and increase school safety. This person would report to the Commissioner of Public Safety and the Chief of Police. Third, the Band should develop and enforce Indian preference hiring goals in the TPD. The Band should also consider a constable program to improve community policing. Fourth, the Band should develop a plan for comprehensive law enforcement in Districts II and III including better relations with county sheriffs. Fifth, the Band should reinstate and improve the Sentencing Circle and youth diversion programs. Sixth, the Band should engage Elders in public safety.

The report goes on to suggest that over the next five years the Band should consider expanding the size and authority of its tribal court to handle more non-violent crimes — especially those involving youth. Another five year recommendation is to charge the Commissioner of Public Safety with evaluating whether to form a citizen review board to receive and investigate complaints regarding TPD and to recommend discipline. Also, the report notes that the Band may want to consider retroceding Public Law 280 over the next five years. Finally, the report suggested a study over the next five years of the root causes of crime on the reservation.

Overall, I was pleased with this report. At least one recommendation is now signed into Band law — the establishment of a Commissioner of Public Safety. Now we must begin a national search for the best person we can find for this position. An interim Commissioner will be appointed in the near future to help the Band during the search.

It is said that the journey of a thousand miles begins with a single step. The government of the Mille Lacs Band has taken a very significant step to improve law enforcement on the reservation. I respectfully ask you, the people of the Band, join us on this journey. Let's improve public safety together. Miigwech!

Melanie Benjamin



"Sometimes you end up meeting the strangest people at the most unlikely places. I was walking around the press area in the Capitol tonight at President Obama's State of the Union Address in D.C. (I was invited by Congressman Rick Nolan) and look who I ran into: reality TV star Willie Robertson from 'Duck Dynasty.'" – Melanie Benjamin, from January's address.

fessional experience administering local police departments; background in interacting with American Indians; expertise in community policing and the ethical treatment of persons in the community; a willingness to be responsive to oversight by elected officials; a history of relating to health and human services personnel; the authority to hire and fire the Chief of Police and the Deputy Chief of Police; the ability to supervise the Chief of Police; the ability to listen to public concerns and encourage the public to voluntarily comply with the law; overall authority regarding hiring and firing of police personnel; and responsibility for training of TPD and their continuing educa-

Building Community

An update from the Office of Community Development

Katie Draper Commissioner of Corporate Development

When we hear of a “waiting list,” what is the first thing that comes to mind? Housing.

Currently, 408 Band members are on waiting lists for Band housing across all of our districts. Of these people, some may be single, disabled, elderly, or have a family. The number of people waiting to live in different sized homes is different for each district.

We have a total of 460 rental units, costing an average of \$160,000 each to build, across all of our districts. Of those, 114 are HUD (federal government funding) “low rent” homes. Of the 460 rental units, 35 are boarded up — roughly 7.6 percent of the Band’s housing stock.

A common question that we hear at the Community Development (Housing) office is, “Why are so many homes boarded up?” I hope to provide some answers.

When a tenant moves into a rental unit, they sign a Dwelling Lease. Some of the responsibilities that come with signing a Dwelling Lease and living in a Band rental include:

- **RENTAL PAYMENTS.** Various factors determine rent amounts including bedroom size, elder or disabled, and regular or low rent home. Rent can vary from \$0 to \$550 per month. We are working to ensure that ALL tenants pay their monthly rent. Unfortunately, living in Band housing isn’t free unless you live in a designated

Elder home.

- **UTILITIES.** Tenants agree to pay for their monthly utilities. If a tenant neglects to pay for their utilities, especially in the winter months, it causes damages to the home. An example of damages is broken water pipes — a costly repair that cannot be completed quickly. It’s an example why a home may be boarded up.
- **DAMAGES.** It is the responsibility of the tenant to care for the home as though they built it with their own two hands. Beyond normal wear and tear of the rental unit, the housing department will bill the tenant for damages. If a tenant moves out of their home and leaves excessive damages, the Band has to do the repairs. Again, this is a time-consuming process. An estimated cost to repair an excessively damaged home is \$60,000. That is a lot of money — another reason a home may be boarded up. Repairs to a rental unit may be completed by housing maintenance staff, renovation carpenters, or a general contractor.
- **OCCUPANCY OF THE RENTAL UNIT.** The family or



When the MLB provides funding to build a home, it costs an average \$160,000 to build a rental unit.

person living in the rental unit agrees to occupy the home and not rent it to other people. If the tenant abandons the home and is non-responsive to our efforts to communicate with him or her, we will board up the rental unit in an effort to protect their personal belongings as well as the housing department’s asset: the home.

Other reasons may lead to our homes being boarded up. But these are some examples to help our communities understand why it takes so long to get rental properties ready for the next tenant, or why they sit so long boarded up. Our maintenance staff, carpenters and contractors are all working hard to keep up with the demand for housing — and to shorten our long waiting lists.

Whereabouts Unknown Account Information

These Tribal Members/Descendants maintain ownership in trust land or have money on deposit at the Office of the Special Trustee for American Indians. We would like to locate these Tribal Members/Descendants to have them update their Individual Indian Money (IIM) account with a current address and telephone number. If your name appears on the list, please call the Office of Special Trustees at 218-751-4338 to update your account.

Annen, Carla
Beachamp, Gerald Marvin
Beaulieu, Marvin J.
Benjamin, Billy J.
Benjamin, Bruce
Benjamin, Stacey Allison
Benjamin, Timothy Adam
Berg, Melissa L.
Boyd, Charles A.
Boyd, Danielle
Boyd, Russell
Bradley, Rick C.
Bradley, Jr., David
Bugg, Rose Marie
Butcher, Ryan Allen
Cadotte, Annie Songetay
Carlson, Laurie Marie
Cash Holmquist, Rose
Clark Sam, Dorothy
Dahl Cash, Archie
Dakota, Ellen M.
Dakota, Richard T.
Daly, Raymond C.
Davis Jr., James D.
Dehyle, Jone L. N.
Dewolfe, Edward J.
Duggan, Lynd
Dunkley Jr., Donovan A.
Fahlrander, Marc A,
Frank Hurd Et Ux
Garbow, Dale
Garbow, Dorinda
Garbow, Marvin W.

Garbow, Ronald J.
Garbow Sr., Byron W.
Garcia, Celastina R.
Gomez, Fidel F.
Goodsky Jr., Harvey D.
Griswold, Elizabeth Ann
Griswold, Kimberly Ann
Griswold, Nancy Ann
Haglund, Cynthia L.
Hanson Jr., Earle G.
Hart Jr., Raymond J.
Herlofsky, Nancy P. Rand
Hill, James L.
Hill White, Sarita Inez
Huff, Marcus Christopher
Huff, Matthew Charles
Jackson, Dawn M.
Jackson, Timothy A.
Johnson, Kathleen J.
Jones, Richard A.
Kanassatega, August Drew S.
Kegg, Michael R.
Korich, Gail L.
Lafave, George V.
Lucas, Marlan Wayne
Lyons, Lynn
Martin, Ramona L.
Mcdonnell, Mary A. Rand
Mckenzie, Daniel
Merrill, Chester
Merrill, Kenneth
Meshigaud, Rose M.
Meyer, Shane

Mitchell, Kenneth W.
Mitchell, Letitian
Moltaji, Matthew O.
Nayqwonabe, Eunice
Nayquonabe, Victor D.
Nichols, Victoria
Nickaboine, Gloria J.
Nickaboine aka Cruz, Lorraine M.
Obrien, Owen V.
Pardun, Donna Jean Benjamin
Passarelli, Anthony J.
Pellerin, Eric
Premo, Alan R.
Premo, George W.
Premo, Steven E.
Rand, James Michael
Rand, John Delbert
Reynolds Jr., Richard J.
Roache, Jennifer L.
Romero, Steve
Romero, Steve J.
Rosengren, Arlene
Sam, Christopher E.
Sam, Darlene Boyd
Sam, Dustin K.
Sam, Elra J.
Sam, Robbin L.
Sam, Todd M.
Sam Johnson, Naomi D.
Sam Jr., Clarence
Sargent, Jon L.
Shoen Benjamin, Mary
Skinaway, Darlene

Skinaway Jr., Edward
Skinaway, Jeanette
Skinaway, Loris Marie
Skinaway Boyd, Darlene
Smith, Carrie L.
Stanley, Brandon L.
Stanley Jr., Marland D.
Stevens Boswell, Doris
Stewart, Dawne Marie
Stewart, Edward
Stewart, Toya Lynn
Sullivan, Dakota S.
Sutton, Bobbie
Sutton Beach, Shirley A.
Sutton III, Clinton W.
Thomas, Phillip A.
Thurstin, Matthew T.
Todd, Vanette L.
Tolley, Susan E. Rand
Vainio, Brandon Lynn
Vainio, Sherri Lee
Vainio, Jr., Arne
Wade, Irene B.
Wade Jr., Lawrence E.
Wadena, Diane
Wanless, Melanie
Weyaus, Vanessa Renee
Weyaus Sr., Walter J.
Wilson, Elizabeth A.
Yellowhammer, Patricia L.

Beading, Writing, Teaching

Band member artist Cheryl Minnema awarded grant for beadwork; publishing children's book

Toya Stewart Downey Staff Writer Chad Germann Photographer

Many community members know Cheryl Minnema for her extraordinary beadwork. They know that over the years she has meticulously crafted many beautiful beaded items such as vests, moccasins, and belts.

In a few short months another of Cheryl's artistic talents will be widely revealed when the children's book she wrote is published.

Set to come out in May, *Hungry Johnny* is based on Cheryl's childhood memories of her younger brother, John Benjamin. Sadly, John passed away in 2005 when he was just 27 years old. This book is dedicated to his life and memory.

In her book, the first of a planned "Johnny" series, the character is five years old and focused on the meal his grandmother is preparing for a community feast. He is also focused on his hungry tummy and the fact that he wants to eat as soon as possible.

"My grandma used to do a lot of cooking for dances and other events and John always had to wait until she was done," said Cheryl. "He always wanted to eat before she was done. My book is basically about learning to be patient."

Besides being a children's book written and illustrated by two Mille Lacs Band members, it also fills another important niche about the history of the Ojibwe culture. The book, which will be published by the Minnesota Historical Society, is illustrated by Wesley Ballinger.

Before writing the book, most of Cheryl's writing was in the form of poetry for adults. She is currently pursuing a Master of Fine Arts degree at Hamline University. Her program focus is writing for children and young adults.

Writing the book was just one of Cheryl's desires. She's grateful the opportunity presented itself through her writing program. She has another big project underway that is a dream come true for the lifelong artist.

Last year she was among a few individuals who were awarded an Arts Learning Grant from the Minnesota State Board. The grant, which typically goes to groups or organizations rather than individuals, offers funding for projects that help lifelong learners acquire knowledge and understanding of skills in the arts.

"It's a huge step for the grant to be awarded to an individual and it's a huge step for me, personally, because it makes me push myself harder," Cheryl said.

Thanks to the grant funding Cheryl will be able to devote the next several months to a beadwork project called Mino Bimaadiziwin (Good Life). She will make four beaded velvet bandolier bags (Gashkibidaagan) that have seasonal themes representing Minnesota's natural resources, including wild rice, maple sugar, berries, venison and walleye.

For more than two decades Cheryl has focused on the tradition of beading floral designs, a pattern that the Ojibwe became known for, dating back to the days when beads were first introduced through trade, according to Cheryl. But, she says, she has always admired the work of others who could bead objects that went beyond floral designs.

"I have seen beaded portraits in other people's work and I think they are all done so well. That's what I want to challenge myself to do through this project," she said. "I will do a buck, a walleye and a theme of wild-ricing along with floral designs."

Another aspect of the grant is that it will allow Cheryl to teach beadwork classes in Mille Lacs and in the Twin Cities. She will also do public beadwork demonstrations throughout the state and will share the progress she is making on the bandolier bags.

Finally, she will have the opportunity to teach two young women how to make bandolier bags through an apprenticeship program. The apprentices — a Band member and an Ojibwe



Cheryl Minnema proudly displays her current beading project.

from Sawyer — were selected based on their beadwork experience. The goal is that the apprentices will not only learn the skill, but will pass it on to others.

A bandolier bag is an intricately beaded shoulder bag with a wide strap. It has a pocket and decorative tabs or fringe along the bottom. The bags were originally worn at special occasions by medicine men or used to carry prized possessions. It was considered a special honor to wear a bandolier bag because of the time it took to create one. Today, because they are so time-consuming to make, they are crafted with a special purpose or a special person in mind.

It typically takes Cheryl two months to make the velvet bags if they aren't totally beaded, but have some designs on them. To make one that was totally beaded would take her about 1,400 hours, she said. Over the course of the grant she plans to make one of the four bags every two months, but it won't all happen at once.

"I thought I would work on one at a time and get it done, but now I'm working on all four of them," she said. "I have so many different ideas that come to me while I'm working so I couldn't just do one at a time."

Thanks to the grant funding and her family's support, Cheryl can now focus on her endeavors — her passion — fulltime without having to find other resources.

Beginning in childhood, Cheryl learned many aspects of the Ojibwe culture and traditional ways, including beading, from her mom Millie Benjamin and her grandmother Lucy Clark. She grew up on the reservation. Even though it was just over three decades ago, the traditions of the Mille Lacs Band were ingrained in her upbringing.

"I feel very fortunate that I can focus on my passion fulltime and that I can share it with others."

Cheryl is married and has two sons. More about her work and life can be found on her website, CherylMinnema.com



One of Cheryl's creations — a bandolier bag.

Diabetes Program Updates

New staff member and current diabetes team

The Mille Lacs Band of Ojibwe Diabetes Program would like to introduce a new member to the diabetes care team, Kelsay Peterson, hired to fill the Program Coordinator position. Kelsay is a registered dietitian with four years of community nutrition and public health experience, with a widespread practice of providing diabetes education in clinical and community settings. The previous Program Coordinator, Johanna Larson, has moved to part-time status as a clinical registered dietitian and continues to provide her expertise in nutrition education to the Mille Lacs Band of Ojibwe community.

Focus of the diabetes program

Currently, the Mille Lacs Band of Ojibwe Diabetes Program has eight healthcare providers dedicated to providing services to the community that support the program's mission: To provide culturally appropriate, client-centered, quality diabetes self-management education. The names of healthcare providers on the Diabetes Team are as follows:

- Dr. Bostrom, Medical Provider and Diabetes Program Director
- Kelsay Peterson, Registered Dietitian and Diabetes Program Coordinator
- Johanna Larson, Registered Dietitian
- Cyndy Travers, Registered Dietitian and Certified Diabetes Educator

- Melanie Garbow, Community Nutrition Educator
- Jim Ingle, Fitness Coordinator
- Bobby Anderson, Fitness Assistant District III
- Lee Lembke, Fitness Assistant District II-A

If you are looking to set up an appointment with one of the Diabetes Team healthcare providers or have any questions, please call Kelsay Peterson at 320-532-7790.

Outreach diabetes clinic schedule

The schedule of Diabetes Clinic days for each District clinic is as follows:

- Ne-la-Shing: Every Thursday
- Aazhoomog: Every 1st and 3rd Wednesday of the Month
- East Lake: Every 4th Wednesday of the Month

Diabetes school screenings

For over 17 years, the Diabetes Program has been motivated to prevent Type 2 diabetes in our youth mainly because American Indian youth have shown the highest number of Type 2 diabetes compared to all other ethnic groups. To help lower these numbers, the Diabetes Program has joined efforts with the Nay-Ah-Shing school district to provide yearly diabetes screenings to assess each child's risk. This past year's diabetes screening was completed on September 18-19, 2013, observing blood pressure readings, weight compared to height and any signs of Acanthosis Nigricans (darkening of the skin on the back of the neck, underarm or other skin folds). Parents and

guardians will be receiving a letter from the Diabetes Program by the end of February 2014, explaining if their child has any risk of Type 2 diabetes, and if so, the degree. We encourage parents and guardians to read the educational handout provided with the school screening letters, explaining how to help your child make healthy food choices, a great way to help prevent against Type 2 diabetes! If you have any questions about your child's health or would like to schedule an appointment, please call Kelsay Peterson at 320-532-7790.

Family meal nights

The Diabetes Program is happy to announce we will be hosting the Family Meal Night again starting in March! These nights are for anyone interested in learning some tips on cooking for your family, anyone with questions about their child/grandchild's diet or weight, and anyone interested in making a healthy meal with their family.

We will have a fun physical activity planned for the kids, while parents/grandparents have a chance to talk about questions or concerns. Then, we will cook a healthy meal together (kids help too!) and eat together as a group.

Our first Family Meal Night is scheduled for Thursday, March 27 at 5:30 p.m. at the D-I Community Center. Children are welcomed and encouraged!

Please call Kelsay Peterson 320-532-7790 with any questions.

Life Takes Some Interesting Turns

Arne Vainio, M.D. Family Practice Physician **Stephan Hoglund** Photographer



Last year I showed a segment from *Walking into the Unknown* to a prison system as part of a cultural awareness exercise for them. This was not for the inmates, but for the staff at the prison. What I had to say was well received, but it started me thinking about our prison inmates. Native Americans are a disproportionately higher percentage of the prison population than the percentage in the general population.

Are we somehow worse as a people? Of course not. I don't want to make excuses, but generations of displacement, termination policies, broken treaties, poverty and oppression have had effects. Being displaced to reservations brought an end to a life tied to the changing seasons and an end to many of our ceremonies. We had an entire generation taken away from their parents and placed in boarding schools.

Those children lost the opportunity to learn how to be parents in the traditional ways. Gone are the ceremonies for rites of passage. When do boys become men? When do girls become women? These used to be ceremonies with defined outcomes. The life of drugs and gangs seems glamorous to many of our children. WE need to be doing their initiations into the next phase of their lives.

I was lost when I was 12 years old and would have followed my uncle Lloyd into hell if he was going there. How many lost kids do we have now? How many prisoners do we have because they were in the wrong place at the wrong time? Again, I am not making excuses. I'm sure there are plenty of genuinely bad people in prison. I have gotten letters from prisoners before, but most were asking me for narcotics for pain or to somehow intervene in their sentence. These are things I could not help them with.

But a few weeks ago, I got a letter from a prison in Maryland.

Boozhoo, Dr. Vainio. I returned from Vietnam in 1974. In 1981 I was sentenced to life plus 25 years in prison and I've

been here ever since. I understand your wife, Ivy, produced a documentary called Walking into the Unknown in 2009. I would like to get a copy for our Native Men's group here. I am also interested in any books and newspaper articles, traditional language courses, or anything else you can send me. As I only make \$17.00 a month, I have no way of paying for these items.

He also enclosed 2 duck feathers and a snow goose feather in a separate envelope.

Ivy and I took this very seriously. We went into the woods and offered asemaa so we could gather the red willow she needed to make dream catcher hoops and for me to make kinnickinnick. Ivy made the dream catcher and carefully put one of the duck feathers into the web. I spent the evening slowly peeling the outer bark of the red willow so I could scrape the white inner bark for the kinnickinnick.

I signed a DVD of *Walking into the Unknown* to the prisoners and wrote this on the cover in permanent marker: Robert has asked me for a copy of this film for the Native Men's group. I give this willingly.

Why? Because you matter.

Some of you will be coming back home to our people. Some of you will never come back. Those who stay need to make sure they teach those who come back to us. You need to leave prison life in prison. Do not bring the way of life that got you into prison back home to our children. We are depending on you and trust you fully to do this. We NEED you to do this for us.

We also included a copy of Jim Northrup's book, *Walking the Rez Road*, that he had autographed to us. We put all the native newspapers we could find into the box. We get newspapers from the reservations that run my articles and sent as many of these as we could find.

Several weeks later a second letter came to us. It was nine pages long.

Boozhoo! I received the video, books and newspapers but

the most wonderful gift of all was the dream catcher miigwech a thousand times over. This is the first dream catcher I have ever had.

He loved the story about my dog Kevin and my story about Agnes made him cry. Jim Northrup's book and his poetry connected to him on a jarhead level. He also really liked Ricey Wild's column and was hoping I could let her know that.

And he sent paintings. Beautiful paintings first penciled in, then inked in for detail, then painted with acrylic paint. His canvas is sections cut from sheets. A turtle painting for Ivy, a wolf painting for me (and my dog, Kevin) and a Vietnam Veteran painting for Jim Northrup. And he sent an eagle painting for Ricey Wild (Ricey, email me). I can see into his heart and soul in every one of his paintings.

I was taught that when you ask someone for something you make an offering, and what better offering than the few cherished feathers I've managed to scavenge these last 31 years in prison? They were all I had to offer. Miigwech for your letter and all the gifts.

Why should I care about someone who's in prison for life? Because he does matter. We need every single one of us to keep our traditions alive. Rehabilitation comes in two forms. It can be done from the outside or it can be done from the inside. Only when it comes from the inside can it truly last.

And me? I think my path is going to include prisons. I have a feeling I'm destined to travel to Maryland some day. You and I will meet face to face, Robert. I believe your rehabilitation does come from the inside. We will shake hands and bridge the gap between us.

Why? Because you matter.

Miigwech for your letter and all the gifts.

Arne Vainio, M.D. (Mille Lacs Band of Ojibwe member) is a family practice physician on the Fond du Lac Ojibwe reservation in northern Minnesota.

Ojibwe Immersion Opportunity

Ojibwemotaadidaa Niibin 2014 Academy



Ojibwemotaadidaa Omaa Gidakiiminaang with Fond du Lac Tribal and Community College is pleased to announce the fourth annual Ojibwe Immersion Academy to be held June 22–July 12 at the Fond du Lac Tribal & Community College in Cloquet, MN.

The Ojibwe Immersion Academy is a rare opportunity for intermediate and advanced language learners to study one-on-one and in small groups with Ojibwe elders and faculty speakers for a three-week complete immersion experience.

For more information and application packet, please email ojibwemotaadidaa@gmail.com with the subject line, "Application Request".

All applications are due March 16, 2014.

Miigwech,

Ojibwemotaadidaa Staff

Minnesota Chippewa Tribe Finance Corporation First-Time Homebuyer Education Class

Saturday, April 5
8:30 a.m.–4:30 p.m.

The Minnesota Chippewa Tribe Building
15542 State 371 NW
Cass Lake, Minnesota

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

This is the **ONLY** class we will be offering this Spring, so please reserve your spot in this free class with Cyndi Cwikla at 218-335-8582, ext. 150 or ccwikla@mnchippewatribe.org

No childcare provided, please make other arrangements.

Returning Rice Stands to Lake Ogechie

Deborah Locke Staff Writer

Some Mille Lacs Band Elders remember when Lake Ogechie reigned as one of the best yielding wild rice lakes in the region. The lake, which is downstream from Mille Lacs Lake, stands a chance of returning to its former rice-producing glory thanks to the work of the Band and the state Department of Natural Resources (DNR).

The Buckmore Dam was installed in the early 1930s at the Ogechie outlet. It raised the lake water and resulted in conditions unfavorable for rice to grow. The dam was rebuilt even higher in the 1950s, further eroding plant and wildlife habitation.

Rice grows best in water that is about one to three feet deep, said Scott Hansen, Environmental Program Manager. He is hopeful dam reconstruction can start this spring. One remaining safety permit needs approval from the DNR before the bidding process can start. The work is projected to be finished by the end of this year, Scott said.

Following the reconstruction, engineers will place a water control structure made of large natural boulders at the mouth of the Rum River. The water control structure will allow fish to more easily swim back and forth. Now fish movement is impeded by the dam. The work plan came about after years of feasibility studies that started in 2005. The Band received Bureau of Indian Affairs Circle of Flight Program funding for the study, and signed a Memorandum of Understanding in 2010 with the state DNR. The MOU recognized that both the Band and state knew the project was a priority and that they would work together. A common commitment: keep the water level on Mille Lacs Lake the same.

"We have funded the project and the state DNR provided scientists who reviewed the data," Scott said. Archeological

reviews were required because of the cultural and archaeological sensitivity of the area, he said.

After the changes are in place, the rest of the work will be up to the lake. Band and state DNR staff will monitor the lake's water level frequently and will rely on the natural seed bank for the wild rice growth. If reseeding is necessary, the seed will come from nearby Onamia Lake.

Despite these efforts, the lake will ultimately choose its own course and may not return to its former glory as a place to harvest rice. Still, odds are good that new rice will grow, Scott said.

Wild rice plants aren't the only form of life that will benefit from these changes. Better rice could mean a better fish habitat for certain species like the Northern Pike, which prefer shallow water at times, Scott said. Fisheries would benefit due to better fish movement between Shakopee and Mille Lacs Lakes, providing better opportunities for fish to migrate into spawning and feeding areas without restrictions.

Eventually a return of the wild rice should mean a return of waterfowl, said Kelly Applegate, Wildlife Biologist and Fisheries Technician with the Band DNR. Better rice means that over 30 species of ducks, geese and swans would use the rice beds during parts of their life cycle, Kelly said. Wild rice is one of the most important foods to waterfowl because it matures during migration periods, providing food and cover. Both Scott and Kelly agreed that today's environmental assessment studies introduce a greater understanding of wildlife habitat. Steps taken this year will benefit the lake and its environment in countless ways.

Making Your Health a Priority

Megan Cummings Community Health Educator

When you get on a plane and the flight attendant goes through instructions for an emergency situation, what do they always direct you to do FIRST? Put on your oxygen mask! Only after you have done so do they say to help others. We need to look at our own health in this same fashion.



Improve your health by trying a new fitness class

We must take the time to take care of our own mind, body and souls... then we can proceed to help others.

Here is a list of suggested ways to improve your health. It's not a race; use the list as a guide and create your own journey to self-improvement.

Ways to improve your health

- Are you a smoker? If so, reach out to the MLB Cessation program and find out what our support services consist of. There are several options and methods available to assist in quitting smoking. Find one that may work for you. Call 320-532-7776, ext 2413.
- Preventative exams/screenings. Many insurance companies provide these services 1-2 times/year at no charge. Be proactive and schedule yours today!
- Aim to get the recommended 7-8 hours of sleep a day. This gives your mind and body time to recharge.

- Drink water to keep yourself hydrated. There are several variations to choose from; bottled, flavored, vitamin and tap water.
- Move more! Park further away, take the stairs, find a walking buddy, try a new fitness class, or spring clean your home.
- Find ways to de-stress. Work towards doing more of the things in life that bring you joy and spending less on the rest!
- Achieve and maintain a healthy weight. Start by setting a goal to lose 5% of your body weight, which has huge benefits! This improves breathing and mobility, helps you sleep better, lowers cholesterol levels, improves blood sugar levels, reduces many other health risk factors and boosts your emotional health!

Sleep

The amount of sleep we need varies from person to person and also changes with age. The National Institutes of Health suggests the following as guidelines: 10 hours/day for school age children, 9-10.5 hours/day for teens and 7-8 hours/day for adults.

Sleep is very important for the health and well being of adults and children. Sleep deprivation has been associated with negative social, emotional and physical outcomes such as poor concentration, impaired academic achievement, increased risk of obesity and depression to name a few.

Health and wellness have many components: physical, spiritual, social, environmental, financial, medical, and emotional. Finding a balance will lead you to your best self.

What to do while waiting for the ambulance

Rule Number One: Stay Calm

Deborah Locke Staff Writer

You slip on ice and twist your foot and manage to crawl back into the house. Now what?

Band members who live in the far corners of the reservation, or any rural resident in Minnesota, know that emergency services are a 911 phone call away. In some instances, it can take 15 to 30 minutes (or longer) before an ambulance and paramedics arrive. What do you do while you wait?

We asked that question of emergency medical technicians and the MLB Nursing Director.

Sacha Larson is the Director of Nursing for the Ne-la-Shing Clinic in District I. She said that once you return to the safety of your home after an injury, call 911 and follow the advice from the dispatch operator.

"They will stay on the phone," she said. "They will help you calm down."

It also helps to call a family member or neighbor to come to your home. Both of you should try to relax even though time seems to stand still while you wait.

"It doesn't help to panic: the number one rule is to remain calm and call 911 for what you should do next," Sacha said.

Most Band members live fairly close to emergency facilities, she said. "Trust your instincts. Go to urgent care if you know something is wrong."

Margaret Willis, Ambulance Manager and emergency medical technician (EMT), works for the Mille Lacs Health System located in Onamia. MLHS serves Band members in Mille Lacs County and parts of Crow Wing County.

Margaret has addressed groups on the topic of emergency preparedness and offers these suggestions:

- Take a first aid class. You will learn practical information that could help someone else and yourself.
- When you call 911, list as many symptoms of your illness or injury as possible. If you have called 911 and are alone at home, call a friend or relative to come over to your house and wait with you. Unlock your door. Ask your visitor to be sure the driveway is clear so the ambulance can park easily.
- Ask your visitor to move any furniture that could get in the way of the ambulance cot; the EMTs will need room to get close to the patient.
- Ask your visitor to put the pets, especially dogs, in a room and close the door. Animals can become very protective of their owners when strangers enter a house.

- Turn the television volume down. Distractions may make it hard for the workers to hear what you say. If children are present, try to keep them calm.
- Note when the pain or injury began. If anything changes — for example, you suddenly experience shortness of breath — call 911 again so they can notify the emergency workers of a status change while they are on their way.
- Think of your pertinent medical history: the EMTs will need to know. The summary of your medical history is important because you may be admitted to a hospital that does not have easy access to your medical records.
- Collect all the medications you take with the dosage written on a sheet of paper. (Prepare that now, well in advance of an emergency.) You will be asked about the last time you took your medicine.
- Ask your visitor to gather personal items like your glasses, false teeth or a hearing aid. If the affected person is a child, bring along a favorite toy or blanket. Stay calm; if you are calm the patient will be calm.
- Have a list of your allergies.
- You will be asked when you ate last and what you ate.
- Keep on hand a list of phone numbers of people to call in an emergency. After you arrive at the hospital and are stabilized, you may wish to call people and will need those numbers.

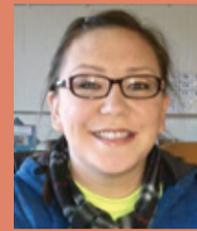
EMT Dake Olson works with Band members from the Lake Lena and Sandy Lake areas. He adds this:

- Make sure the EMT staff receive an accurate address when you first call 911, and that someone watches for the emergency vehicle to approach so they can go outside to meet it.
- People can prepare in advance for emergencies by having the blue E911 address sign at the end of their driveway.

As a recap, remember: stay calm whether you are the sick person or a visitor. Try to calm your environment by removing pets and noise sources. Gather a list of your medicines and some personal items. And know that time always seems to slow down during an emergency. When you're uncertain and upset, ten minutes can feel like ten hours.

Gidinwewininaan

Baabitaw Boyd Gaa-ozhibii'ang



This month Baabitaw Boyd writes about the mobilization that led to the immersion classroom development in the Wewinabi early education building.

Nigii-noondaan iw oshki-gikinoo'amaadii-wigamig ge-ozhichigaadeg omaa Neyaashing, onzaam agaasaamagad iw gete-gikinoo'amaadii-wigamig gaa-tazhi-gikinoo'amaagoziwaad ingiw weshki-maajitaajig. Gii-paataniinowag ingiw aabinoojiiyag gikinoo'amaagozisigwaa onzaam agaasamagad iw gikinoo'amaadii-wigamig. Mii dash gaa-izhi-wiindamawag a'aw naaganizid misawendamaan da-gikinoo'amaageyaan abijitooyaan ojbwemowin eta omaa Neyaashing omaa Wewinabi Weshki-maajitaajig Gikinoo'amaadii-wigamig"-ong. Mii iw oshki-gikinoo'amaadii-wigamig bedakideg besho imaa anishinaabe-mawanjii'idii-wigamigong. Mii dash gaa-izhi-nakwetawid. "eya!" "Geget o-wenda-minwendaanaawaa ingiw gookoomisinaanig omaa enokijig".

Ishke dash geget nigii-maajii-dazhikaan iw gakina waa-ikidoyaan wii-kikinoo'amaageyaan miinawaaa dash iw waa-kikinoo'amawagwaa ingiw abinoojiiyag. Geget ishwaaso-biboon gii-nanaamadabiyaan imaa weshki-maajitaajig gikinoo'amaadii-abiwining. Eshkam dash gii-nanaamadabiyaan gii-kikinoo'amaagoziyaan gwayak da-gikinoo'amawagwaa ingiw abinoojiiyag.

Ishke dash gaye nigii-o-wiidabimaag gekinoo'amaagejig iwidi "Waadookodaading Ojbwemowi-gikinoo'amaadii-wigamig"-ong. Mii dash gaa-izhi-moonendamaan ge-gashkitooyaambaan da-gikinoo'amaageyaan. Azhigwa gaa-noondawag a'aw Bebaamaashiikwe, bezhig a'aw gikinoo'amaagekwe widi gaa-nisidotawag gii-kikinoo'amawaad iniw abinoojiiyan widi "Waadookodaading". Gii-kiiwebizoyaan dash gii-wenda-zhoomingweniyaan inendamaan "Ahaw! Indaa-gikinoo'amaage sago gaye niin!"

Treaty Rights Celebration



Friday, March 21 from Noon–5 p.m.
Grand Casino Mille Lacs
Convention Center

Noon: Invocation and Honor Song
12:30 p.m.: Lunch

There will be vendor booths, door prizes, and games for both children and adults.

Band members in the urban area who want to ride the bus to Mille Lacs can call the urban office at 612-872-1424.

The bus will begin loading at 9:45 a.m. to depart to Mille Lacs and will load at 5 p.m. to return to the urban office.

This event is hosted by the Mille Lacs Band Department of Natural Resources and Environment.



Last year's Treaty Rights Celebration

Stop the Stigma Event

Friday, March 21
Forest Lake High School
Free public event

Join us in helping to raise awareness of mental health, depression, and suicide.

5:30 p.m. Resource Fair & Pizza
7:00 p.m. Kevin Breeel

Kevin Breeel is 20 years old and a nationally recognized writer, comedian, and activist for mental health. He is best known for his message on TED.com (website for ideas worth spreading), where he shares his confessions of depression and story of almost having taken his own life. He is on a national tour and this is the only event in Minnesota this year!

Mille Lacs Band History Exhibit Tours Region

Deborah Locke Staff Writer



Below is the schedule for the exhibit of five interconnected banners that showcase the history and impact of the Mille Lacs Band of Ojibwe. Through June, the exhibit will visit public libraries within the East Central Regional Library system.

The purpose of the banners is educational: the short lessons on government structure, economic development, history and more give non-Indian library users a quick introduction to the Band. The banners, at seven feet tall and nearly three feet across, also explain the sovereign government structure of the Band, and the economic benefits it brings to East Central Minnesota.

"We are excited to have another way to share the Band's history and culture with our neighbors," said Jamie Edwards, Mille Lacs Band Director of Government Affairs. "While the Band is an important regional employer and community partner, many of our neighbors still don't know that much about us. This exhibit seeks to change that."

After the exhibit completes its tour of East Central Minnesota libraries, plans are to move it into public schools next fall.

Tuesday, March 4–Tuesday, March 18

McGregor Public Library
Center Avenue/2nd Street
Contact: Penny Olson, 218-768-3305

Tuesday, March 18–Tuesday, April 1

Milaca Community Library
235 1st Street East
Contact: Lisa Wagner, 320-983-3677

Tuesday, April 1–Tuesday, April 15

Princeton Area Library
100 S. 4th Avenue
Contact: Robin Suhsen, 763-389-3753

Tuesday, April 15–Tuesday, April 29

Cambridge Public Library
244 South Birch Street
Contact: Nancy Dunbar, 763-689-7390, ext. 20

Tuesday, April 29–Tuesday, May 13

Wyoming Area Library
26855 Forest Boulevard
Contact: Rebecca Hostetler, 651-462-9001

Tuesday, May 13–Tuesday, May 27

Chisago Lakes Area Library
11754 302nd Street
Contact: Sarah Hawkins, 651-257-2817

Tuesday, May 27–Tuesday, June 10

North Branch Area Library
6355 379th Street
Contact: Sue Monroe, 651-674-8443

Oral History Project is First Step in Protecting Sacred Sites

Deborah Locke Staff Writer

As part of an ongoing project of the Mille Lacs Band, cultural and historical sites of importance to the Ojibwe and Dakota will be documented for the purpose of protecting them.

Interviews with Band Elders are being conducted to learn what the Elders heard from their parents and grandparents about places of importance. These places could include a ceremonial area, burial grounds, wild rice lakes and their camping areas, sugaring sites and villages.

Natalie Weyaus, the Band's Tribal Historic Preservation Officer, said the information will be recorded on maps that are available only to Band members. The project is funded by a grant from the National Parks Service.

Historian Bruce White is working on the Elder interviews in collaboration with Natalie and Caryn Day, Director of Tribal Operations.

The Dakota settled at Mille Lacs before the Ojibwe and never forgot the location of their sacred sites, Natalie said. Historically, when people discovered a place of interest such as a burial mound, Dakota, Lakota and Nakota Elders would be asked to visit the Mille Lacs Band to share their knowledge.

"We respect what they know," Natalie said. "They were here before we were and they know more places than we do."

So far seven Ojibwe Elders have been interviewed, said Bruce White. The information from the interviews will be combined with data from historical sources to create a more complete picture of the past. Bruce added that paying attention to cultural sites has to be never-ending because land use is always changing.

"The Band wants to be proactive and protect these sites," Bruce said. "Elders have memories of what their parents said. The Elders are the real experts. They know the meanings of things that documents can't tell you."

The "things" could be a series of very old trees planted a certain way, or an assembly of stones in the ground (a Dakota tradition), or pottery shards.

David Mather was an archeologist who worked on a contract basis for the Band in 1998. Today he is a staff member of the state Historical Preservation Office in St. Paul.

In the late 1990s, the District I community planned to build an Elder complex and selected a site. David excavated part of the area and found pottery and stone tools dating back more than five centuries. Further excavation revealed a number of skulls of large, older male bears, which strongly suggested the area was a Dakota ceremonial site.

David, along with Elders and members of the Minnesota Indian Affairs Council, consulted with members of the Dakota community and decided that since the skulls were very fragile, the excavation work would stop and the area would be preserved.

David recalled a conversation with Dakota Elder Joe Williams, who said that the bear skulls were put there for a reason and that reason still existed. They were there to protect something, Joe said. The Mille Lacs Elders agreed to watch over the site and protect it.

The respectful cooperation between the Mille Lacs Elders and the Dakota was a life-changing event, David said.

"It was amazing to see the consideration they had for each other," he said. He surveyed much of District I during his years with the Band, providing basic information on the earth's contents both above and below ground.

"But the interpretation of what we found was left to the Elders," he said. "They helped us find things we would have never found without them. Their knowledge enhanced what we did."

If you are a Mille Lacs Band Elder or know an Elder who has memories of places that were important to the Ojibwe, please consider doing an interview for the sacred places project. A stipend will be paid for your time. For more information, please call 320-532-7450.

National Native American HIV/AIDS Awareness Day March 20

Jackie Jensen RN

HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS. Unlike some other viruses, the human body cannot get rid of HIV. This means that once you have HIV, you have it for life.

In the United States, HIV is spread mainly by having sex with or sharing drug injection equipment with someone who is infected with HIV.

One in five people with HIV is unaware of their infection. This is why the Centers for Disease Control (CDC) recommends that everyone between the ages of 13 and 64 get tested at least once and that high-risk groups get tested more often.

HIV is preventable. Find out more about testing, condoms, safer sex, and how biomedical options can lower the risk for you and your partners.

HIV is spread by having un-protected sex (without a condom) — vaginal, oral and or anal. Having multiple sexual partners and rotating partners frequently increase the risk.

HIV is also spread by sharing needles, rinse water or other equipment used for injection of drugs. It can also be spread from mother to child during childbirth.

The risks of getting HIV during a blood transfusion now are limited as rigorous testing is done to prevent this.

Bodily fluids such as blood, semen, vaginal secretions and breast milk can all contain and transmit the virus.

HIV does not survive long outside the body; there are no reported cases of it being spread by shaking hands or spitting.

Decrease your risk factors

- Do not share needles or items used in the preparation or administration of drugs.
- Practice safe sex.
- Wear gloves when in contact with bodily fluids of another person. Wash your hands with hot soapy water often.

More information

If you have any questions or concerns please speak with your health care provider. Online information available at www.cdc.gov/HIV

To find an HIV testing site, text your zip code to KNOWIT (566948) and you will receive information about a testing site near you. These sites are confidential. You can also ask your health provider for a test.



ELDER STORIES

Finding Peace On the Road

Randy Clark recalls growing up in Minneapolis, the war year, tragedy, and the addictive qualities of a Harley Davidson motorcycle

Deborah Locke Staff Writer **Tiffany Bolk** Photographer

Talk with Randy Clark about his life and one subject makes his eyes shine and his speaking speed up, bringing both a kind of wistfulness and a quiet urgency to the man's demeanor.

The subject is his Harley motorcycle.

He's ridden more than 200,000 miles on different Harleys in 13 years, and you get the impression that's just his starting point.

On a drippy day in February Randy talked about what mattered during his 65 years on this earth.

He served his country in Vietnam, overcame a chemical addiction, and still fights the impulse to drink alcohol after 23 sober years. He buried a six-year-old son, the kind of nightmare you never get over, he said. He's proud of family, enjoys retirement, and hopes for an early spring so he can swoosh through the open air on his big bike.

Randy's story is the latest in a series of stories about Mille Lacs Band Elders. It takes courage to sit in a room and reflect on the past for a broad reading audience, and we are grateful for those who have helped with this project.

The early years

The story of Randy Clark officially began on July 21, 1948 when he was born in Knife Falls, Minnesota, near Cloquet. Randy's parents were Jim Clark and Jesse Boyd Clark; he has three sisters.

His cousin Lou Boyd was a constant companion during the growing up years. The kids played baseball and football and went to movies at the Cedar Theater. Randy's earliest memory was of his mother grabbing his arm and pulling him up into a streetcar on Cedar Avenue.

Was it hard to grow up Indian in Minneapolis?

"Yes, you felt it, others would put you aside," he said. "Some people made up their minds about people before they knew them. If they liked me, fine. If not, I went off somewhere else."

As an adult, Randy said he felt acceptance at work the Honeywell Corporation, later saying the years there with good people were the best years of his life.

Well before that era, however, he finished Phillips Junior High School and then graduated from South High School in Minneapolis. His dad built a modest home on Lake Mille Lacs on property owned by Jesse Clark, and summers meant good times.

"We were there every weekend," Randy said. "Dad would get off work and we'd jump in the car and go to the shack and go swimming. When we headed home, the three kids in the back seat fell asleep. We went up to Mille Lacs and back on a buck's worth of gas. Those are nice memories."

After high school Randy was drafted and left for Chu Lai, Vietnam, 100 miles south of the demilitarized zone. He remembered vividly what it was like to arrive in country with the U.S. Army and pass through small villages with one question in his mind: Where did they send me? He didn't see combat, but he saw plenty of rocket fire and remembers what it was like to be shot at.

Randy worked on helicopter generators and sometimes did guard duty at the helicopter landing zone. Vietnam offered little for entertainment during off-duty hours and it was there that Randy started drinking alcohol heavily. So did nearly everyone else, he said. Sometimes barbecues with steaks and

beer took place, but otherwise he spent his nights drinking at a club.

He was honorably discharged and returned to the United States where he tried to call home from Fort Lewis and let the family know he was on his way. No answer.

Randy got off the plane in Minneapolis and saw his sister. Then he saw his whole family. How did they know he was home, he wondered. Turned out that Randy's cousin was leaving for service the same day Randy returned from service, so the family converged en masse to send him off. At the same time, they welcomed Randy home.

The Honeywell Corporation welcomed him back to a job he had started nine months before being drafted. He worked at Honeywell for 37 years and eventually was promoted into the skilled trades as a millwright.

Unspeakable tragedy

Meanwhile Randy met Debbie from Bemidji and they married and had two sons, Jason and Brian. When he was six, Brian drowned in a river and it took a week to find his body. That week was "hell week," Randy said, his face darkening. That week was the hardest week of his life.

He still misses his boy. "I wish he was around so I could watch him grow up," he said.

Alcohol numbs pain before it creates its own problems. Randy said he was drunk through all of his 17 years of marriage. The couple divorced. At one point, Randy was charged with driving while intoxicated, and was ordered by a judge to go into treatment. While at the facility, a counselor told Randy that he didn't think he would ever quit alcohol.

That harsh pronouncement made Randy sit up straighter. He decided the counselor was dead wrong, and he decided he knew his strengths better than the counselor. He could quit, and he did quit, even though it meant pouring bottles of liquor down the sink.

Did it mean finding new friends, too?

"I still see the same friends from back then," he said. "They may get drunk and crazy and I sit back and watch."

After his divorce Randy moved to Coon Rapids with a girlfriend and the couple bought a home. After ten years she left and he bought out her share of the house. That's where he lives now, with his Harley in storage, and his golf clubs. He likes golf, and his handicap is 26. He laughed when he mentioned his handicap. He does better at target shooting and serves as a team captain with the Metro Gun Club.

It's that bike riding, however, that really seems to light a fire in his soul. Maybe Randy comes from a long line of Indian scouts, eager to set off to see what's on the other side of the hill, valley, mountain or plain. Maybe that's where his motorcycle wanderlust comes from as he gases up the Hog and heads west for another look at California Redwoods or the totem poles of the Northwest.

He said you find a peace on the open road, problems disappear, and you get a close look at the scenery while breathing deep the roadside smells. Oh sure, he's fallen with his bike, he said.

"If you're riding and you haven't been down, you haven't been riding," he said with a hint of gravity.

"If you're riding and you haven't been down, you haven't been riding."

— Randy Clark

Dementia: a Recap from Community Meetings

Mayo Clinic Source

Dementia isn't a specific disease, rather it describes a group of symptoms affecting thinking and social abilities severely enough to interfere with daily functioning.

Dementia may cause an individual to become confused and unable to remember people and their names.

Symptoms:

- Memory Loss
- Difficulty with communicating, complex tasks, planning, organizing, co-ordination and motor functions
- Problems with disorientation, such as getting lost
- Personality changes
- Inability to reason
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

If you or a loved one is experiencing problems with memory and/or these other symptoms, it is important to see your medical provider to determine the underlying cause.

Daylight Savings Time, March 9

Carol Hernandez Compliance Officer

Daylight Savings Time begins on March 9 this year.

It is best to set your clocks AHEAD one hour when you go to bed on Saturday night. If you change your clocks before you go to bed you won't run the risk of being an hour late for activities planned for Sunday.

Once you have adjusted to Daylight Savings Time you can look forward to spring!

The spring equinox is March 20. Hopefully the weather will get nicer and families can enjoy the longer hours of daylight!

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

The Inaajimowin is looking for Elder stories for upcoming issues.

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**.

TRIBAL NOTEBOARD

Happy March Birthday to Mille Lacs Band Elders!

Ramona Anne Applegate
Debra Rose Barge
Nancy Mae Bearheart
Cynthia Eileen Beaulieu
Marie Ann Bengtson
Larry Benjamin
Laurie Marie Benjamin
Randy Elmer Benjamin
Robert Patrick Benjamin
Patricia Lorayne Christofferson
Curtis Anthony Cody
Dean Russell Davis
James Joseph Dorr
Robert Allen Dorr
Bonnie Elaine Dumler
Mary Flores
Terry Duane Frye
Beverly Diane Garbow
Cheryl Darlene Garbow
Virginia Ann Goodman
Donald Anson Graves
Marie Jane Gudim
Kathleen June Hill
Leslie Roger Karsjens
Sandra Arlene Kegg
Jeffrey Jay Keller
Barbara Jane LaBlanc
Lorelei Lee LaFave
Mert Elaine Liebgott
Anita Ann Misquadace
Wanda Kay Misquadace

Pauline Moose
Victoria Marie Nichols
Larry Laine Oswaldson
Marie Esther Paschke
Marlene Ruth Poukka
George Wilbur Premo
Douglas Sam
Fred L. Sam
Kathryn Mary Sam
Francis Dean Schaaf
Susanna Lee Schaaf
Thomas William Schleeve
Russell Shabaiah
Edward Skinaway, Jr.
Merle Lee Skinaway, Jr.
David Smith, Jr.
Terrance Lee Smith
Gloria Ann Starkey
Sami Thomas
Robert Tibbetts, Jr.
Carol Ann Towle
Marlene Wakanabo
Barbara Marie White

Happy March Birthdays:

Happy Birthday **Tash** on 3/2 from Waylon and Rachel. • Happy Birthday **Papa Doug** on 3/7 from Rachel and Waylon. • Happy Birthday **Adrian, Sr.** on 3/8 from Adrianna, Adrian, Jr., Sissy, Andrei, Brevin, Rachel, Waylon, Mom, Nate, Marcus and Jess. • Happy 5th Birthday

Rileh Shomin on 3/8, love your dad Christopher Boswell, Elaine Silva, Gus, and Bluiies. • Happy Birthday **B-Boy** on 3/9 from your Weh eh Rachel and Waylon. • Happy 10th Birthday **Donny** on 3/10 with love from mom, dad, Simone, Sheila, Joey, Simon, Mary, Selena, Brynlee, Dante, Maysun, Shawsha, Soul, Dayday, grama Vera, DeaLayna, Stone, Derek, Frances, Zion, and Bruce. • Happy Birthday **Mookaa'am** on 3/11 from your family on Jah corner. • Happy 24th Birthday **Renae Marie** on 3/12 with love from Mom, Zachary, Jerry, Kira, Marchel, and Punkins. • Happy Birthday **Ma** on 3/12 from your children and grandchildren on Jah corner. • Happy Birthday **Lucille** on 3/14 from Poose, Daddy, Mommy, Tammy, Joyce, Adrian, Nate, Rachel, Waylon, Mandy, Kelly and Janie. • Happy Birthday **Marcus, Jr.** on 3/16 love Cici, Daddy, Mommy, Adrian, Nate, Rachel, Waylon, Tammy, Joyce, Mandy, Kelly and Janie. • Happy Birthday **Leprechaun-ens** on 3/17 from Maama, KG, Shkang, and your family on Jah corner. • Happy Birthday **Jayla** on 3/18 from

Daddy, Mommy, Lils, Papa, Rachel, Waylon, Val, Pie, Kev, Brad, Brae, Bryn, Eric, Wes, Payton, Jay, Taylor, Adam, Randi, Karen, Tracy, Shel, and Basil. • Happy 18th Birthday **Jayla** on 3/18 love Dad, Lileah, Papa Brad, Val, Pie, Kev, Brad, Braelyn, Peyton, Eric, Wes, Bryn, Jay, Taylor, Guy, Randi, Rachel, and Waylon. • Happy Birthday **Bruce** on 3/19 from Jayla, Lils, Dad, Rachel, Waylon, Val, Pie, Kev, Brad, Brae, Bryn, Eric, Wes, Payton, Jay, Taylor, Adam, Randi, Basil, Karen, Tracy and Shel. • Happy Birthday **Bruce** on 3/19 love your brothers and sissys. • Happy Birthday **CJ** on 3/20 from Daddy, Arielle, Tony, Jordan, Max Dean, Aidan, Rachel, and Waylon. • Happy 9th Birthday **CJ** on 3/20 love Mom, Dad, Jordan, and Michaela. • Happy Birthday **Marcus** on 3/21 from Jess, Cici, Poose, Mom, Adrian, Rachel, and Waylon. • Happy Birthday **Babe** on 3/23, I love you from Rachel. • Happy Birthday **Waylon** on 3/23 from Mom, Dad, Clayton, Christina, Stacy, Tehli, Cilla, Maris, Baby Q, Lisa, Kiley, Josie, and Laney. • Happy Birthday **Tawnya Stewart** on

3/24 with love, your family. • Happy 30th Birthday **Mary** on 3/28 with love from Selena, Dante, Maysun, Shawsha, Soul, Daymon, Brynlee, Rae, Donny, Simone, Sheila, Joey, Simon, mom, D.Rose, Stoney, Derek, Frankie, Zion, and Bruce. • A very Happy Birthday **Craig Hansen** on 3/30 from Mom, Dad & Animoosh!

Other Announcements:

Congratulations to Adriana on your new baby **Alayah Diamond Brown** born 2/23/14 from Papa Koje, Great Gram Marsha, Adrian Jr., Kaitlyn, Andrei, Brevin, RaySean, Rachel, Waylon, Nathan, Marcus & kids.

Obituaries:

Band Elder Sharon "Penny" Sutton was born on March 14, 1949, and passed away on February 23, 2014.

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 April issue is March 20.

Mille Lacs Indian Museum March Events

Appliqué Beading Workshop

Saturday, March 8 and Sunday, March 9

Time: Saturday, Noon–4 p.m. and Sunday, 10 a.m.–2 p.m.

Fee: \$60/\$55 for MNHS members; additional supply fee of \$15

Registration: required by Wednesday, March 5

With the assistance of an instructor, participants will learn the craft of appliqué beadwork through hands-on learning; the appliqué method is a method in which beads are applied directly to material or buckskin. This is an advanced type of beading used to create intricate designs on dance regalia, bags, mittens and moccasins. Discounted hotel rooms are available on Saturday night for workshop participants 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 age 18 must be accompanied by an adult. Please call the museum for more information at

320-532-3632 or send an e-mail to millelacs@mnhs.org.

Maple Sap Harvest

Saturday, March 22 (In case of bad weather, event will be rescheduled to Saturday, March 29)

Time: Noon–3 p.m.

Fee: \$8 adults, \$7 seniors and college students, \$6 children ages 6-17; free for children age 5 and under and MNHS members

Come join museum staff for this one-day demonstration and learn traditional and contemporary methods for harvesting/processing maple sap. Participants will observe the process of gathering maple sap, then boiling it into syrup/sugar. Samples of maple sugar will be available for tasting. Children under 18 must be accompanied by an adult. For more information please call the museum at 320-532-3632 or send an e-mail to millelacs@mnhs.org.

Colorectal Cancer Awareness Month

Linda Moses Coordinator of Circle of Life Plus

Of cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the nation. Colorectal cancer affects all racial and ethnic groups and is most often found in people age 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer — that's why it's so important to

get screened.

If ALL men and women age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Quit smoking
- Avoid secondhand smoke
- Get active and eat healthy

Ask your physician for more information on colorectal cancer.

MARCH CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8 Appliqué Beading Workshop 12 p.m.–4 p.m. Mille Lacs Indian Museum See page 14 for more information Hand Drum Contest 2 p.m. Grand Casino Hinckley Pre-register by calling 320-532-7486 or Onsite registration
9 Appliqué Beading Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum See page 14 for more information	10	11	12 District I Community Meeting 5:30 p.m. District I Community Center	13	14	15 Urban Area Elder Luncheon Meeting and Bingo 11 a.m.–2 p.m. All Nations Church
16	17	18	19 District III Community Meeting 5:30 p.m. Aazhoomog Community Center Chiminising Bingo 6 p.m. Chiminising Community Center	20 All District Elder Meeting 11:30 a.m. District II ALU (East Lake)	21 Treaty Rights Celebration Noon–5 p.m. Grand Casino Mille Lacs Events & Convention Center See page 11 for more information Stop the Stigma Event 5:30 p.m. Forest Lake High School See page 9 for more information	22 Maple Sap Harvest 12 p.m.–3 p.m. Mille Lacs Indian Museum See page 14 for more information
23	24	25 Healthy Heart 11 a.m. District I Community Center Sobriety Feast 5 p.m. District I Community Center	26 District II-A Community Meeting 5:30 p.m. Chiminising Community Center	27 District II Community Meeting 5 p.m. East Lake Community Center Sobriety Feast 5:30 p.m. Chiminising Community Center	28	29
30	31				Interested in submitting to the <i>Inaajimowin</i>? Send your submissions and birthday announcements to Andy McPartland at andy@redcircleagency.com or call 612-372-4612. <i>The April issue deadline is March 20.</i>	

Child Support Office

Request to update contact information: The Child Support office is requesting that all payees update their contact information with our office. Those who picked up February per capita garnishments were given update forms. Those who receive checks via the mail, please contact the office to update or return the contact update form, which will be mailed out with payments.

Payment statements: The payment statements for 2013 will be mailed in early March. For questions about your payment history contact Val Harrington at 320-532-7434.

New Software: The Child Support office is striving to improve our services to our clients and has adopted a new software system to help. The Model Tribal System was developed specifically for tribal Child Support programs and the functions are similar to what the counties use to manage their cases. The new software program will allow for quicker and more efficient case handling. The conversion to the new system is underway and will be completed by April 1. The Child Support office hopes for a smooth process but anticipates there could be a few minor issues. With that noted, the office staff would like to apologize in advance for any inconvenience the new system may cause while the system is switched.

Case Transfers: When a child support case is transferred to the MLB Child Support program from a county or different state, only the CHILD SUPPORT case comes to the program. The legal portion of the case, if the court order was established in a county or another state court, means that no changes can be made to that order in tribal court unless the entire legal case is moved with the child support case. To move the case to the tribal court, both parties must agree to have the legal case moved to tribal court. Then the county or state where the court order was established must agree to release the court case to MLB tribal court. Please contact our office with any questions on how to move your entire case to tribal court and the tribal child support program.

If a client wants to have a case transferred from MLB to another county, they must complete a new application for services with that county and close the file with the MLB Child Support Office. Unfortunately MLB Child Support program cannot transfer cases to the county for clients.

Update address: The Child Support Office must always have updated address information. Clients who move must contact the program to provide a new address as the office sends all payments and notifications to the address in the case file. Changing your address with one office doesn't ensure that

all other MLB programs/departments will get that update, so please be sure to share your current address information if it changes.

Incarceration and parental powers: When a primary custodial parent is going to be incarcerated for 60 days or longer the Child Support office requires a delegation of parental powers form to be completed and on file in our office listing the assigned guardian. Child Support checks will not be sent to correctional facilities.

Notary Services: The Child Support office has two notaries to assist with the completion of necessary program and court forms.

The Child Support office is located in the lower level of the MLB Government Center. The hours of operation are Monday through Friday from 8 a.m.–5 p.m. except on Mondays when the office is closed from 10 a.m.–11 a.m. The phone number to the office is 320-532-7755.

Preparing for Wildfire Season Mille Lacs Band DNR

Winter is almost over, making way for bright, sunny warm days of spring! That also means wildfire season comes with it. When March comes to a close and the snow starts to melt, it's time to think about caring for your yard. As the risk of fire rises with droughts and other causes, we must take extra precautions to protect our homes and communities in case of a wildfire. Be sure to care for any Elder's house that needs help. Here are some spring care tips you can do around your house:

- Rake pine needles, dry leaves and other debris that may have accumulated in your yard during the winter, within 30 feet of a home's foundation.
- Get out your measuring tape and see how close piles of wood are located to the home. If closer than 30 feet, they should be relocated to a distance at least 30 feet away from structures.
- Sweep porches and decks to clear them of leaves and pine needles. Also rake under decks and porches and around sheds and play structures.
- Mow grasses to a height of 3-4 inches.
- Use hand pruners and loppers to remove low-hanging tree branches up to a height of 4 feet from the ground.

Enjoy your spring and remember: Only you can prevent wildfires! Any questions or concerns that you may have, please contact:

Bradley Eric Harrington at 612-803-2969 or your local DNR or

Fire Department.

In case of an emergency please call 911.
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The Results Are In!

Carol Hernandez Compliance Officer

At the State of the Band we distributed a mini-brochure providing basic information about the community assessment Band members completed in April 2013. The next step is to have Tammy Moreland and Carol Hernandez present at the March community meetings in each district.

They will provide additional information and answer any questions that community members may have. Some have asked, "What now? What are we going to do with the results?" These are great questions and they will be addressed.

Please watch your District newsletter for the date and time of your March community meeting. Public Health will also be raffling off of MLB Business gift cards as door prizes for adults (age 18 and over).

We look forward to seeing you!

Public Health Department Staff Spotlight: Bryan Carlson



Bryan joined the Public Health team in June 2013. He went to school in Cambridge and spent about half his adult life in Minneapolis.

He prefers living up north over the chaos of the big city life. In his spare time he likes to be "lazy" in front of his computer and spend time with friends in the great outdoors.

Hobbies: photography, fishing, and gaming.

Favorite Foods: a good steak: ribeye or porterhouse smothered with sautéed onions and mushrooms.

Interesting Fact: he can't eat orange vegetables. He's not sure why, but jokes that it's possibly linked to some traumatic childhood experience!

Motto: "I don't have a life plan other than slowly figuring out what a life plan is, but I try to enjoy it as I go."

Thank you Bryan for all that you do!

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.

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.

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