

OJIBWE INAAJIMOWIN

THE
STORY
AS IT'S
TOLD

APRIL 2014 | VOLUME 16 | NUMBER 4

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PROMISE

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THROUGH DANCE

MESSAGE FROM THE CHIEF EXECUTIVE

MELANIE
BENJAMIN
CHIEF EXECUTIVE



“March Madness” truly seems like the best phrase I can think of for this past March, as it was a whirlwind month of getting business done for the Band. Last month, I announced that as a result of the investigation of our tribal law enforcement department, there would be a number of changes, including new interim leadership in the police department. I’m pleased to inform Band Members that we have appointed Jared Rosati as Interim Chief of Police. “Interim” means that Jared is temporarily leading the police department while we plan for a national search to hire a permanent Chief of Police. Jared has served as a Conservation Officer for the Band in District III for several years.

This past month, Elders had a chance to meet Interim Chief Rosati at one of four Elders Meetings I held, where he was introduced to those in attendance. Elders seemed pleased with the new direction and provided valuable feedback about their public safety concerns, which we are working to implement. We discussed the survey that was administered, and as a result of that survey one of the changes being made is the addition of a new Police Substation located in the Bugg Hill neighborhood. It is also one of my top priorities to hire a Commissioner of Public Safety, to whom the new Police Chief will report.

On March 21 the Band celebrated Treaty Day, marking the 15th anniversary of the U.S. Supreme Court’s upholding of the Treaty of 1837, which established that Mille Lacs Band members and members of other tribes who were signatory to the treaty can hunt, fish and gather on the ceded land under tribal regulations. We had a wonderful celebration with great food, music, door prizes, games and vendors at the Grand Casino Convention Center. Miigwetch to everyone who helped plan this wonderful annual event, and to our elders and advocates who worked so hard for many decades to achieve the Supreme Court victory in 1999.

In late March, I was humbled to accept on behalf of the Small Business Empowerment award at the American Indian Enterprise Development’s RES 2014 conference. A big shout out to Joe Nayquonabe, Jr. and his team for all of the hard work they have done to expand our national reputation in the

business world and get the Band such positive recognition. Our hotels in St. Paul continue to do well.

March also brought about trips to Washington D.C. to meet with Senator Al Franken and Congresswoman Betty McCollum, who is the co-chair of the House Native American caucus and a member of the House Appropriations Committee. I was invited to testify before that committee on April 8, and will be asking Congress to allow the Band to expand educational opportunities in District III as well as discussing how diabetes is impacting our community and the need for a regional dialysis unit.

On the topic of health, I encourage all of the teams in our weight loss challenge to keep up the good work — the home stretch is ahead, and I can’t wait to find out which team wins the challenge!

I want to close with one final note about “March Madness” in the context of basketball, which to me could have been called “Res Madness”! It was so incredibly wonderful to watch the Red Lake and Fond du Lac Ojibwe teams in the Men’s State Basketball Tournament. Several reporters who covered the story were struck by how Fond du Lac and Red Lake fans seemed one-and-the-same, and that Red Lake and Fond du Lac fans remained to cheer as hard for the other school’s Indian team as they cheered for their own home team.

This reminded me what is special about Anishinabe people and what others don’t always understand, which is the connection we have with one another and with other Native people across this Nation. Sometimes in life it is hard to find something to cheer for. When our youth succeed, we ALL succeed and we cheer hard! Congratulations to both teams, their families and their schools for making it to

the state tournament, and giving us all something to cheer for and be proud of!



On behalf of the Mille Lacs Band of Ojibwe, Melanie received the Small Business Empowerment award at the RES conference for the American Indian Enterprise Development in Las Vegas.

Building Community

Announcing the 2014 Spring community cleanup

Katie Draper Commissioner of Community Development

It’s that time of year again: join us for the Spring Community Cleanup!

We’re featuring a picnic from 12–2 pm on the first day of cleanup in each District. We’ll have burgers, brats, chips, soda, and water. Specifics listed below.

District I, Vineland: Thursday, April 24 – Friday, May 2. Hours of operation will be 8:30 a.m. to 4:30 p.m. All roll-off dumpsters will be located at the Mille Lacs Band Old Transfer Station site off of U.S. Hwy 169. Picnic from 12-2 pm on Thursday, April 24 at Community Center.

District II, East Lake, McGregor, Minnewawa, Sandy Lake and Isle: Friday, May 9 – Friday, May 17. Note: Roll-off locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. on Monday through Friday, and 9 a.m. to 4 p.m. on Saturday and Sunday. Roll-offs will be placed at the East Lake Maintenance facility for District II and Isle Community Center for District IIA. Picnic from 12-2 pm on Friday, May 9 at D-II and D-IIA Community Centers.

District III, Lake Lena and Hinckley: Friday, May 2 – Friday, May 10. Note: Roll-off

locations will be reduced to areas that can be monitored. Hours of operation will be 8:30 a.m. to 4:30 p.m. on Monday through Friday, and 9 a.m. to 4 p.m. on Saturday and Sunday. Roll-offs will be placed at the following locations: Four Plex on Evergreen Dr., Earthworks building located on Hwy 48, 2 miles east of Hinckley Casino, Maintenance building in Lake Lena across from Community Center and at the cul-de-sac at Wise Owl. Picnic on Friday, May 2 at D-III Community Center.

Mille Lacs Band Elders will receive free curbside pickup for their community cleanup items. Elders must call the Public Works office at 320-532-7448 by Friday, April 15 to be placed on the list for pickup. Anyone receiving curbside pickup must have their pile at the end of their driveway.

Please contact Public Works at 320-532-7448 if you have any questions or concerns about the 2014 spring cleanup! Thank you.

Mille Lacs Band of Ojibwe Appoints Susan Klapel as Commissioner of Natural Resources and Environment

The Mille Lacs Band of Ojibwe announced that Susan Klapel has been appointed as the new Commissioner of Natural Resources and Environment. Klapel's responsibilities cover a wide range of issues, including overseeing tribal conservation efforts and managing the Band's hunting, fishing and harvesting activities.

As Commissioner, Klapel will oversee the staff of the Department of Natural Resources and Environment, including Mille Lacs Band conservation officers and tribal biologists. She will also work collaboratively with the State of Minnesota DNR and the Great Lakes Indian Fish and Wildlife Commission (GLIFWC).

Previously, Klapel has served as an investigator for the Mille Lacs Band Gaming Regulatory Authority as well as a police officer and conservation officer with the Mille Lacs Band. She is also a member of the Woodlands Bank Board of Directors.



Chief Justice Rayna Churchill swears in Susan Klapel as the new Mille Lacs Band Commissioner of Natural Resources and Environment.

Wanted: Mille Lacs Band Youth Powwow Dancers

Be a contestant at the 48th Annual Mille Lacs Band Traditional Powwow Royalty Contest, held August 15–17, 2014



Do you love to dance at powwows? Would you like to represent your community at other powwows for a year? Would you like to be a role model for other youth?

If yes, you could be a great candidate to run for Royalty. Candidates should be:

- 6-18 years of age
- A Mille Lacs Band member, or direct descendant of a Mille Lacs Band member

There are two categories:

- Jr. Brave & Jr. Princess: 6-12 years of age
- Sr. Brave & Sr. Princess: 13-18 years of age

Deadline to sign up is August 1, 2014, but we recommend

that you sign up early so you have plenty of time to complete your required tasks for your points.

Please come join us this Saturday, April 12th at 3 p.m. at the District I Community Center for a potluck style luncheon. We will have information and all the paperwork you need to sign up.

For more information and application packets please contact Chasity Gahbow at 320-532-4742, email: Chasity.Gahbow@millelacsband.com or Shawna Sam at 320-532-7577, email: Shawna.Sam@millelacsband.com



Celebrating 1837 Treaty Rights

Department of Natural Resources hosts annual event to educate community

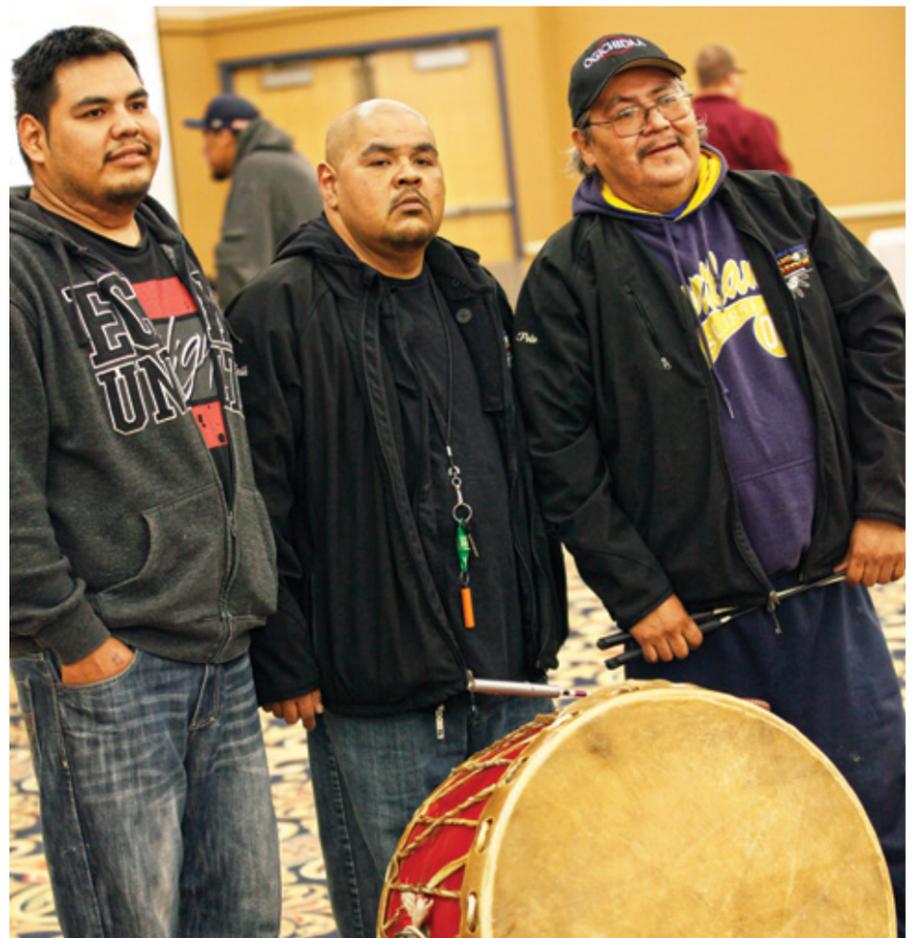
Toya Stewart Downey Staff Writer **Bob Pearl** Photographer

The annual celebration of the Band's treaty rights held at Grand Casino Mille Lacs was attended by hundreds of Band and community members last month.

The event, sponsored by the Department of Natural Resources, is held each year to commemorate the 1999 decision by the U.S. Supreme Court to uphold the right of the Mille Lacs and other Bands of Ojibwe to hunt, fish and gather wild rice according to each tribe's rules, rather than those of the state.

The decision is based on an 1837 treaty in which the Bands gave 11 million acres to the United States in return for those rights.

"We celebrate this every year to educate Band members, the community and others about our treaty rights," said Rachel Shaugobay, office manager for the DNR.





Gaawiin Inga-Maajaa'aasiin A'aw Anishinaabe Jayaagizond I Will No Longer Bury Anishinaabe That Are Cremated

Lee Staples Gaa-anishinaabemod Obizaan Chato Gonzalez Gaa-anishinaabebii'ang Ombishkebines

Mii dash o'ow noongom waa-ni-dazhindamaan, eshkam ninoondawaa a'aw Anishinaabe a'aw-sa ani-dazhindang i'iw misawendang-sa da-jaagizond azhigwa eni-ishkwaa-ayaad. Ishke mii a'aw wayaabishkiiwed ezhi-wiindang i'iw cremation.

What I want to talk about today is that more and more I hear Anishinaabe express their desire to be cremated upon death.

Ishke ogotaanaawaa imaa anaamakamig wii-nanaa'inagaazowaad naa biinish gaye inow manidoosan ogosaawaan da-amogowaad imaa megwaa imaa anaamakamig ayaawaad biinish gaye imaa da-ni-wenjisewaad, mii o'ow wenji-misawendamowaad da-jaagizondwaa.

They are afraid to be buried underground and also afraid of the bugs that will eat them while they are underground. They also view it as being less expensive to be cremated. These are reasons why people want to be cremated.

Ishke dash omaa niwii-wiindamaage iko ani-maajaa'iweyaan gaawiin indizhaasiin iwidi jibayakiing. Mii-go imaa gii-ni-giizhiitaayaan imaa ezhi-anoonigooyaan i'iw akeyaa da-ni-izhichigeyaan. Mii o'ow gii-ni-maajaa'imag inow ojichaagwan a'aw gaa-ishkwaa-ayaad. Mii iwidi azhigwa ani-bima'adoonid i'iw miikinens gaa-miinigoowiziyang anishinaabewiyang ge-ni-izhaayang gegoo eni-izhiwebiziyang.

I want to talk about when I do funerals. When I complete the ceremony I do not go to the cemetery for a reason. I have completed what I have been asked to do. After I have completed the ceremony, the spirit of that individual leaves and is on his way down that path that we as Anishinaabe take when something happens to us.

Ishke dash iwidi azhigwa ani-ningwa'igaazod a'aw Anishinaabe, mii eta-go owiiyaw imaa anaamakamig eyaamagadinig. Gaawiin imaa ayaasiwan inow ojichaagwan. Mii iwidi ani-bima'adoonid inow ojichaagwan i'iw miikanens. Gaawiin a'aw Anishinaabe odaa-gotanziin imaa manidoosan da-amogod. Ishke gaawiin imaa ayaasiin, mii iwidi inow ojichaagwan gii-ni-maajaanid gii-ni-maada'adoonid i'iw miikinens gaa-miinigoowizid a'aw Anishinaabe da-bimi-ayaad biinish iwidi da-ni-dagoshimoonod ayaawaad gidinawemaaganinaanig.

When Anishinaabe is buried it is only their physical body that is underground. Their Spirit is no longer there. Their Spirit is traveling down that path. Anishinaabe should also not be afraid of the bugs that will eat them. Since in actuality they are not there. Their spirit has left and is going down that path that we were given as Anishinaabe to follow until that point we arrive where our relatives are.

Ishke niwaabandaan moozhag imaa ani-dazhinjigaadeg imaa mazinaatesijiganing aana-wiikobinind a'aw bemaadizid o'ow akeyaa da-ni-jaagizond azhigwa gegoo izhiwebizid. Ishke dash omaa niwii-ayaangwaamimaag ingiw niiji-anishinaabemag o'ow-sa gegoo da-ni-izhichigesigwaa i'iw akeyaa. Gego da-debwetawaasiwaanaan a'aw wayaabishkiiwed. Ishke gaawiin gidaa-aaniwendanziimin i'iw akeyaa gaa-izhi-doodaagooyang ishkweyang Anishinaabe gegoo gii-ni-izhiwebizid. Mii-go ge-ni-ayaangwaamitooyangiban gego gidaa-wii-wanishkwebidoosiimin gaa-izhi-gikinoo'amaagoowiziyang. Mii dash i'iw weweni-go iwidi da-ni-dagoshimoonoyang eni-izhaawaad ingiw gidinawemaaganinaanig.

I have seen advertisements on TV promoting cremation. I strongly encourage Anishinaabe not to be cremated. We should not believe the white man. We should not view the way that we have been given as being inadequate and to continue what are ancestors have always done. We should not disturb the teachings we have been given, which assures us that we will go where our relatives go when they leave this world.

Ishke nigotaan niin da-wanishkwebidooyaambaan i'iw akeyaa gaa-izhi-gikinoo'amaagoowiziyang anishinaabewiyang da-nanaa'inagaazoyaambaan omaa akiing. Ishke a'aw Manidoo ayaa omaa akiing. Naanaawayi'ii imaa nanaamadabiwan inow Manidoon apane ani-asemaakawaad a'aw Anishinaabe. Ishke dash mii inow Manidoon gaye ani-mino-doodawaad imaa ani-achigaazod imaa anaamakamig azhigwa gegoo eni-izhiwebizid a'aw Anishinaabe.

I am afraid to disturb the way we have been taught as Anishinaabe to be buried in the earth. See, there is a Manidoo there in the earth. He sits in the center of the earth and is the one that Anishinaabe frequently offers their tobacco to. Anishinaabe is being respectful to this Manidoo by being placed in the ground when something happens to him/her.

Mii dash omaa wii-ni-wiindamaageyaan, gaawiin geyaabi niwii-maajaa'aasiin a'aw Anishinaabe gayat gaa-chaagizond maagizhaa gaye waa-chaagizond azhigwa omaa ani-giizhiitaang maajaa'iweng. Mii imaa ani-jaagizond awiya mii imaa ani-wiindamawangwaa ingiw Manidoog ani-aaniwendamang gaa-izhi-gikinoo'amaagoowiziyang da-ni-izhichigeyang. Gaawiin niin niwanishkwebidoosiin i'iw gaa-izhi-gikinoo'amaagoowiziyang.

This is where I am letting it be known that I am no longer going to do funerals where a cremation is involved, whether the body is cremated prior to the funeral or will be cremated after the funeral. When we cremate our Anishinaabe relatives we are telling the Manidoog what they originally taught us is insufficient. I will not disturb our teachings.

Isolating Smoking

Megan Cummings Health Educator

A big step in the direction of quitting smoking is to begin to isolate your smoking.

When you smoke a cigarette, make that the one and only thing that you are doing at that time.

Do not talk on your phone, drink coffee, watch TV, do crosswords, walk your dog, socialize with others, etc.

By isolating this action when you smoke you will begin to create a disconnect between the pleasure you get from smoking and the pleasure you are getting from the other activities.

Example: You've just had a fight with a loved one and you go outside with a friend to blow off some steam and have a cigarette. Most credit the cigarette/smoking with helping them relax and de-stress.

Is it really? Or is it that you removed yourself from the atmosphere, took a few deep breaths and vented to a friend?

Smoking cessation services are provided by our Public Health Department and cover all districts.

For more program information call 320-532-7776, ext. 2413.

Coin by Coin. Brick by Brick.

Nay Ah Shing students raise money to build a school in Karagwe, Tanzania

Greg Rutter Gifted & Talented Education Coordinator



Fifth grade students at Nay Ah Shing Abinoojiyag School have challenged the entire student body and staff to make a difference.

Fifth grade students at Nay Ah Shing Abinoojiyag School have embraced their first Global Service Project to help build a new school in Karagwe, Tanzania, KARUCO, one brick at a time. With a school comes clean water, increased income, and improved health. KARUCO is the Karagwe University College; programs and curriculum developed at KARUCO build upon and tie directly to secondary education in Karagwe, and are designed to enhance knowledge and skills in life-giving, practical areas based on local needs.

Nay Ah Shing students started their own group called "We Make Change" after being inspired by a visit to the school

from an outreach speaker from the Free The Children organization. They have challenged the entire student body and staff to purchase bricks for KARUCO. "Coin by coin, brick by brick, help build a school" is their slogan. The bricks are \$20 each and the goal is to purchase 20 bricks. The group's enthusiasm is catchy as many younger students are asking how they can get involved and other classrooms are brainstorming ways to raise money to help KARUCO and Educate Tanzania.

Fourth grade students will be planning a Walk For Water event in the spring where students will collect pledges for Educate Tanzania to help in the effort to build KARUCO. A Walk for Water, here in the land of 10,000 lakes, will raise awareness and understanding of the need for clean water in Karagwe and how girls in Tanzania must carry heavy containers of water to their homes. This event is planned for May of this year.

Contact Gregg Rutter, GRutter@nas.k12.mn.us or Bambi O'Hern, BOHern@nas.k12.mn.us

American Indian Leadership Scholarship

Minnesota Department of Education

The Ethel Curry American Indian Leadership Scholarship is accepting applications until May 31 for post secondary education — 2014-2015.

The Minnesota Academic Excellence Foundation (MAEF) in partnership with the Minnesota Department of Education (MDE) is pleased to announce that the Ethel Curry American Indian Leadership Scholarship program is seeking applications for the 2014-2015 academic year. These awards are quite competitive; therefore, we have set a FIRM deadline of May 31, 2014 for completed applications to be postmarked.

To be eligible for priority consideration, an applicant must meet the following requirements:

- An enrolled member of a Federally recognized tribe;
- Attending an accredited college or university in the State of Minnesota;
- Pursuing an undergraduate or graduate degree;
- Possess a minimum Grade Point Average (GPA) of 2.0 for undergraduate applicants and 3.0 for graduate applicants.

Ethel Curry was born in Hixton, Wis. in 1888. She graduated from the University of Minnesota in 1914 with a B.A. in Mathematics and Biology. After graduation, Ms. Curry was accepted to two medical schools, but due to health considerations, did not attend either. She instead worked for the Mayo Clinic for nearly 40 years as a surgical secretary.

According to her niece, Jeanne Angel, Ms. Curry lived simply and frugally, without television or telephone. She was a lifelong scholar with a lively, inquiring mind and an independent spirit. Her tremendous wealth was attained through investments in Minnesota Mining and Manufacturing (3M). Ms. Curry was a warm and sociable person, with compassion for American Indian people. Ethel Curry died in 1995 at the age of 107.

The Minnesota Academic Excellence Foundation (MAEF) is a non-profit organization that promotes academic excellence in Minnesota public and nonpublic schools and communities through public-private partnerships.

A list of required documents necessary for consideration appears on the Ethel Curry Scholarship Application form which may be found on the MDE website: education.state.mn.us/MDE/StuSuc/IndianEd/index.html or contact



These awards are quite competitive so a firm deadline of May 31, 2014 has been set.

LaDonna Mustin at ladonna.mustin@state.mm.us or call 651-582-8832.

Essential Careers Program

Mille Lacs Band Education Division

Purpose

The purpose of the Essential Careers Program is to identify members of the Mille Lacs Band of Ojibwe to fill identified critical areas of tribal operations. The program is designed to strengthen tribal government through higher education by placing Mille Lacs Band of Ojibwe members on a “fast track” to obtain professional degrees deemed critical for the growth of the Band.

The professions listed below have been identified as areas of critical need for the Mille Lacs Band of Ojibwe. The following list is not conclusive, and will be reviewed by the Mille Lacs Band of Ojibwe Administration every two years.

- Education: Early education, K – 12 teachers, Ojibwe language teachers
- Healthcare Providers: Medical doctors, Registered Nurses (RN), Licensed Practical Nurse (LPN)
- Legal: Lawyer, Paralegal
- Information Technology
- Certified Public Accountants
- Law Enforcement Officers, DNR Conservation Officers

Criteria

- Student must be an enrolled Mille Lacs Band of Ojibwe member.
- Student must be accepted at or currently attending an accredited post-secondary institution.
- Must be enrolled as a full-time student.
- Must be a resident of the state of Minnesota.
- Submit a two-page essay on the topic of “Why I should be considered for the Mille Lacs Band of Ojibwe Essential Careers Program.” The essay should include education goal, area of study, and a commitment to be employed by the Mille Lacs Band of Ojibwe.
- Submit three letters of recommendation.

- Complete and submit required Mille Lacs Band of Ojibwe Scholarship Program documents.

Essential Careers Program Guidelines

The candidate will enter into an agreement with the Mille Lacs Band of Ojibwe to participate in the Essential Careers Program with the following stipulations:

- Candidate must adhere to degree program plan, and complete degree program within a reasonable time.
- Candidate must maintain satisfactory academic progress of a 2.0 or higher grade point average (GPA).
- Candidate must continue with original approved program of study.
- Submit a class schedule, transcript, and grades on a semester or quarter basis to the Mille Lacs Band of Ojibwe Higher Education Office.
- Candidate must inform the Higher Education Office of any changes regarding class schedule and student status.
- A signed contract must be on file, with the student agreeing to be employed by the Mille Lacs Band of Ojibwe for three years upon completion of a degree in their area of study.
- Must adhere to the Mille Lacs Band of Ojibwe Scholarship Program guidelines.

Award Year

The award year for the Essential Careers Program is a nine and a half month (42 weeks) period coinciding with the academic year beginning September 1 and ending mid-June.

Stipend

The Essential Careers Program will provide a stipend for a maximum of four (4) Mille Lacs Band of Ojibwe members per

award year. Each candidate will receive a weekly stipend of \$450, which is an hourly wage of \$15 for 30 hours per weekly pay period. Each candidate will be required to submit a weekly timesheet to the Higher Education Office. It should be noted that candidates will not qualify for annual leave, sick leave and/or benefits through the Mille Lacs Band of Ojibwe.

The maximum award period for each candidate will be two (2) years. Preference may be given to students who will be entering their junior and/or senior year at an accredited institution.

Selection Committee

Applications for the Essential Careers Program will be reviewed by a Selection Committee consisting of five members. The Selection Committee will consist of the Director of Higher Education, Anishinaabe College Board of Regents Member, an elder, and two (2) alternate members. Selection Committee members will be approved by the Commissioner of Education.

Selected candidates for the Essential Careers Program will be notified by a formal acceptance letter.

Application Deadline

Students interested in participating in the Essential Careers Program must submit all required documents no later than August 1st. This deadline date will provide ample time for the Selection Committee to select candidates prior to the start of the academic year.

*NOTE: Elected and appointed Mille Lacs Band of Ojibwe officials do **NOT** qualify for the Essential Careers Program while in term.*

National Junior Honor Society Induction Ceremony



Pictured (L-R): Robert Anderson, Adam Benjamin, Giniw Buckanaga, Yarisa Boswell, and Shakoka Smith. Not pictured: Ashlynn Eagle.

Congratulations to all of our National Junior Honor Society inductees!

The induction ceremony was held on Thursday, March 6 at 5:30 p.m. in the high school circle at Nay Ah Shing High School.

The graduation ceremony will be held on Thursday, May 29 at 6 p.m. in the Nay Ah Shing High School gym. All are welcome to attend!

Mille Lacs Band History Exhibit Schedule

Below is the schedule for the exhibit of five interconnected banners that showcase the history and impact of the Mille Lacs Band of Ojibwe.

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

For more information on the museum exhibit visit: millelacsband.com/district_news/exhibit-mlb-history-impact-takes-road

Neiland B. Lund Scholarship at the University of Minnesota



The submission deadline for the Neiland B. Lund Scholarship is Friday, July 25.

The University of Minnesota American Indian Studies Department, in association with the English Department and the School of Journalism, is pleased to announce a scholarship opportunity for an undergraduate American Indian female student, enrolled in a federally recognized tribe and in the College of Liberal Arts, who has successfully completed 60 credit hours with a background and interest in literature, writing, and/or journalism.

Applications for the Neiland B. Lund Scholarship need to be submitted to the Department of American Indian Studies, Room 19 Scott Hall.

The deadline for submission is Friday, July 25.

Refer any questions to Jean O'Brien, Chair of the Department of American Indian Studies, at 612-626-5330 or email obrie002@umn.edu

Head and Neck Cancer Awareness Month

Linda Moses Circle of Life Plus Coordinator

Cancers that are known collectively as head and neck cancers usually begin in the squamous cells that line the moist, mucosal surfaces inside the head and neck (for example, inside the mouth, the nose, and throat). These squamous cell cancers are often referred to as squamous cell carcinomas of the head and neck. Head and neck cancers can also begin in the salivary glands, but salivary gland cancers are relatively uncommon. Salivary glands contain many different types of cells that can become cancerous, so there are many different types of salivary gland cancer.

Cancers of the head and neck are further categorized by the area of the head or neck in which they begin. For instance, oral cavity includes the lips, the front two-thirds of the tongue, the gums, the lining inside the cheeks and lips, and bottom of the mouth. The pharynx (throat), the larynx (also called the voice box), and paranasal sinuses are also included.

Key Points

- Most head and neck cancers begin in the squamous cells that line the moist surfaces inside the head and neck.
- Tobacco use, alcohol use, and human papillomavirus infection are important risk factors for head and neck cancers
- Typical symptoms of head and neck cancers include a lump or sore (for example, in the mouth) that does not heal, a sore throat that does not go away, difficulty swallowing, and a change or hoarseness in the voice.
- Rehabilitation and regular follow-up care are important parts of treatment for patients with head and neck cancers.

The People of the Big Lake Broadcast



The People of the Big Lake documents the traditions of the Mille Lacs Band of Ojibwe, shown in historic film footage and today, and demonstrate the importance of family, relationships and cultural continuity among Band members.

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

- Saturday, April 5: 3 a.m., 9 a.m., 3 p.m., and 9 p.m.

For more information on upcoming broadcasts and quick access to viewing this program online, visit:

tpt.org/?a=programs#22577

Healthy Heart Program

Mille Lacs Band Department of Health

Introduction to Healthy Heart Program

The Indian Health Service (IHS) began the Special Diabetes Program for Indians (SDPI) Diabetes Prevention and Healthy Heart Demonstration Projects in 2004, in response to an increase of diabetes in American Indian/Alaska Native communities. The Healthy Heart Program addressed this issue by developing a program that focused on preventative measures and steps to reduce the progression of diabetes. The major health risk linked to the progression of uncontrolled diabetes is heart disease. However, with a combination of healthy lifestyle changes and routine medical check-ups, an individual can reduce their risk of developing heart disease!

The Healthy Heart Program encouraging participants to follow these preventative steps to decrease their risk of heart disease: lose weight through increased physical activity (60 minutes/day), develop healthy eating habits, smoking cessation, and receiving individualized lifestyle coaching by nutrition experts and medical providers.

Mille Lacs Band of Ojibwe Healthy Heart Program

For the past eight years, the Mille Lacs Band of Ojibwe Diabetes Program has been offering the Healthy Heart Initiative to an estimated 48 community members — only 19 percent of all diabetes patients who receive medical care through tribal clin-

ics. However, since the program was implemented in 2006, participants have experienced significant positive health outcomes when compared to diabetes patients not enrolled in the program! Healthy Heart Program participants have been shown to have better control over blood sugar levels, use less tobacco, receive regular medical check-ups, learn more about how to improve their health, and receive regular support for making important changes in food choices and physical activity! The comparison of Healthy Heart Participants vs. Diabetes Patients not enrolled in the program is found below.

How can I Participate in the Program?

To determine the best way to coordinate Healthy Heart Program participation with your current medical provider and/or learn more about eligibility guidelines, please contact the Diabetes Program at 320-532-7790. Incentives are provided to all participants for joining the program, attending presentations and receiving quarterly medical check-ups!

	Diabetes Group (244)	Healthy Heart Group (48)
A1C Less than 7 (Desirable)	32%	44%
Tobacco Users	66%	35%
Dental Exams	39%	83%
Diet Instruction by Nutrition Expert	16%	83%
Total Cholesterol Tested	31%	42%
Urine Protein Tested	52%	90%

Comparison of Healthy Heart vs. Diabetes Patients not in Healthy Heart Program in 2013

National Child Abuse Prevention Month

Kara DiGiovanni RN

The Federal Child Abuse Prevention and Treatment Act defines abuse as: "Any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents an imminent risk of serious harm."

Statistics have shown that rates of child abuse are higher among Native American communities.

One of the best ways to fight against and prevent child abuse is to keep your family strong. When you are stressed, sometimes it takes a little extra help to get through the day. Following are six protective factors or strengths and resources that families draw on when life gets difficult.

- 1. Nurturing and attachment** (Our family shows how much we love each other). Take a few minutes at the end of each day to connect with your children with a hug, a smile, and a few minutes of listening or talking.
- 2. Knowledge of parenting and child development** (Parenting is part natural and part learned, we are always learning new things about raising children and



Making social connections by attending community meetings is just one of six resources that families can draw on when life gets difficult.

what they can do at different ages). Ask parenting questions to your doctor, children's teachers, family and friends. Observe what your child can and cannot do and share with others who care about your child. Ask about parenting resources in your community.

- 3. Parental resilience** (I have courage during stress and the ability to bounce back from challenges). Take quiet time to reenergize. Do some physical exercise. Share your feelings with someone you trust. Surround yourself with people who support you.
- 4. Social Connections** (I have friends, family, and neighbors who help out and provide emotional support). Participate in community activities such as Pow wows, parenting classes, health fairs, community meetings.
- 5. Concrete support for parents** (Our family can meet day to day needs, but I know where to find help if I need it). Make a list of people or places to call for support. Dial "2-1-1" to find out about organizations that support families in your area.
- 6. Social and emotional competence of children** (My children know they are loved, feel they belong, and are able to get along with others). Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of mealtimes, routines, naps, and bedtime. Talk with your children about how important feelings are. Teach and encourage age appropriate ways to solve problems.

For more information please call the Public Health Office at 320-532-7457 or visit childwelfare.gov/preventing/preventionmonth

Chiminising Niigaan Youth Wrestling

Shawn Willis

Interim Chiminising Niigaan Youth and Community Coordinator



Back row (L-R): Derek Smith, Ameilio Merrill, and Noah Sablan. Front row (L-R): Elias Wagner and TANK Wagner.

Congratulations to the Chiminising Niigaan Youth wrestlers who participated in our winter season, which wrapped up on March 22. We're very proud of the hard work that these young men put into the season. Here are the results of the Albany Jaycees State Youth Wrestling Tournament:

1st place: TANK Wagner

3rd place: Ameilio Merrill and Elias Wagner

4th place: Dereck Smith

Family Weight Loss Challenge

We are seeking those of you who are participating in the Family Weight Loss Challenge to share your story. Each month we will write about your efforts as your family undergoes its weight-loss transformation. We will ask you to share healthy recipes you have tried, exercise plans for your family and changes you'll be making as you join others in the quest to lose weight. Those who are interested please contact Andy McPartland at 612-372-4612 or andy@redcircleagency.com

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 May issue deadline is April 21.

Gidinwewininaan

Baabiitaw Boyd Gaa-ozhibii'ang



This month Baabiitaw Boyd writes about the Miskwaanakwad immersion classroom name.

Ishke imaa gii-inaakonigeyaang

waa-ni-izhichigeyaang wii-gikinoo'amawindwaa ingiw abinoojiinyag da-objwemowaad. Ginwenzh imaa nigii-gagwaadigizimin aana-wii-mikamaang iw ge-izhi-anishinaabewiinjigaadeg imaa waa-tazhi-gikinoo'amaagoziwaad ingiw abinoojiinyag. Megwaa dash imaa ani-nandawaabandamaan i'iw ge-izhinikaadeg imaa wii-gikinoo'amaageyaang. Mii imaa gii-ni-naanaagadawendamaan gaa-ni-izhichigeng wayeshkad gii-maajitaayaan ani-gagwejikendamaan i'iw Objwemowin.

Ishke dash nigii-niivomin, Ombishkebines, Biidaanakwadookwe, Miskwaadakwadookweban ninoshenyiban, naa gaye niin. Mii a'aw nigii-naazikawaanaan a'aw Chi-obizaan. Nigii-paa-wiijiwaanaan maajaa'iwed a'aw akiwenzii. Nigii-paa-wiidookawaanaan. Mii dash gomaapii gaa-izhi-ikidod a'aw Chi-obizaan, "Booch da-wii-gikendameg i'iw gaagiigidowin ayaabajichigaadeg maajaa'iwed awiya. Ishke booch da-wii-gikendameg, gaawiin awiya daa-ayaasiin giniigaaniimiwaang ge-nitaa-maajaa'iwepan ani-biminizha'anziweg da-gagwe-gikendameg i'iw gaagiigidowin gaa-achigaadeg omaa a'aw Anishinaabe ge-ni-aabajitood maajaa'iwed."

Ishke dash nigii-miinigonaaan a'aw Chi-obizaan omaa ozhibii'gaadeg ikidowinan ayaabajichigaadeg omaa maajaa'iweng. Miinawaa apane igo nigii-paa-wiijiwaanaan gii-o-bizindamaang weweni eni-ikidod maajaa'iwed. Ishke gaawiin wenipanasinon wenjida i'iwapii ani-maajitaayaang wii-gikendamaang i'iw Objwemowin. Wawaaj igo gaawiin ingii-gikendanziiin da-gwayakosidooyaang iniw ikidowinan. Nigii-mamaazhi-giizhwemin igo nawaj. Mii imaa wenjida gii-gikendamaang izhi-bangii ezhi-gikendamaang i'iw akeyaa gaa-miinigoowizid a'aw Anishinaabe ge-ni-izhi-bimaadizid. Azhigwa dash gaa-niizho-biboonagak ani-naadamaadiyaang wii-gikendamaang i'iw gaagiigidowin, mii dash owapii nigii-wani'anaan ninoshenyiban a'aw Miskwaanakwadookweban. Ishke dash a'aw Miskwaanakwadookweban geget ogii-ni-biminizha'aan wii-gikendang i'iw Objwemowin. Nigii-waabamaa naa-go gaye nigii-noondawaa ezhi-gagwaadagizid wii-gikendang gidinwewininaan. Ishke dash a'aw Miskwaanakwadookweban gaawiin ogii-aanishendanziiin mii-go booch enigok igo wii-piminizha'ang wii-gikendang i'iw Objwemowin.

Mii dash imaa wenjikaamagak i'iw Miskwaanakwad izhi-wiinjigaadeg omaa gikinoo'amaageyaang. Mii dash i'iw gaa-onji-onaabandamaan i'iw ezhi-wiinjigaadeg. Mii imaa enendamaan apegish gakina omaa gekinoo'amaagozjig miinawaa-go gakina a'aw Anishinaabe enigok ani-biminizha'ang da-gikendang i'iw gidinwewininaan dibishkoo-go a'aw ninoshenyiban Miskwaanakwadookweban gaa-izhi-ayaagwaamitood wii-gikendang da-anishinaabemod.



DISTRICT 3

Saving Each Other's Lives

Wellbriety principles help brother and sister sober up and change

Deborah Locke Staff Writer

On April 10, 2005, Band member Kevin Sutton was arrested for drunk driving in Sandstone, Minnesota. It was his eighth DWI charge; his seventh charge occurred three days earlier. On the same day in Eau Claire, Wisconsin, Vicki Burton, Kevin's sister, was arrested for drunk driving.

Vicki served a six-month jail sentence and then went into a treatment center for chemical dependency for six months. Because of his numerous DWI charges, Kevin went to prison in Lino Lakes for three years. Vicki stayed sober during Kevin's prison term. Following his release, the brother and sister challenged each other to a life of sobriety, and met weekly with chemical dependency counselor Monica Haglund at the Aazhoomog Clinic.

Then they started holding their own "Wellbriety" meetings at Vicki's home. Vicki is a good cook, and word of the meetings and the excellent follow-up meal spread.

Wellbriety is a version of Alcoholics Anonymous that is tailored to Native people. It means to be sober and well, and to find your way to a good life through the old Native teachings.

"I was tired of being sick and tired of the whole thing," Vicki said about her chemical dependency. "The Eau Claire program was good — we learned parenting skills and everyday skills. While at Eau Claire I met a couple of people who killed someone because of drinking. I did not want that life any more. I wanted stability, and for a while my brother was my only support."

Sibling support

The support role worked both ways. Vicki said she knew her brother needed her as a role model and that is what kept her going. Kevin was Vicki's incentive to stay sober; Vicki was Kevin's incentive to stay sober. The ability to lean on a family member is a long-standing tradition among the Ojibwe, said chemical dependency counselor Monica Haglund. When Monica and Kevin met about five years ago, they talked about the way community can act as a healer, harkening back to centuries-old American Indian traditions of community strength.

The Wellbriety website states this: "Wellbriety teaches that we must find sobriety from addictions to alcohol and other drugs and recover from the harmful effects of drugs and alcohol on individuals, families and whole communities. The 'Well' part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing everyday."

Those attending the Wellbriety meetings often refer to two books of meditations and stories for inspiration.

"Wellbriety opened my eyes and made me see a little brighter," Kevin said. "I read the meditations every day. Some days they make no sense and then a month later, they make sense."

Kevin was one of six people who faithfully attended the meetings at Vicki's home and eventually won back driver licenses. (The state Dept. of Motor Vehicles requires proof of attendance at support meetings for some people charged with DWIs.) There were other victories: once she reached sobriety, Vicki went back for her GED.

Learning new options

Kevin and Vicki said their lives as sober people changed in every way. The support for each other's sobriety, combined with some practical skills learned in prison and the Wellbriety meetings -- all showed the way to a better way to live. Kevin was pretty emphatic about never wanting to return to prison for any

reason. But while he was there, he decided to take seriously the lessons taught at the cognitive skills program. He learned to think of the results he really wanted from his actions.

"I would talk to myself and ask 'what do you want' and what I wanted was sobriety. The Creator will take care of you. You've got to be honest with the Creator because you ain't ever fooling him. Being honest with the Creator means being honest with yourself. The Creator will provide you with what you need. Every day I pray for sobriety. I pray for people who are drinking so they can see what I see."

What he now sees grew from small and big changes all stemming from discipline and support from Vicki and the community. During Kevin's drinking years, income was sketchy. Today he makes a good wage doing construction work, a goal he envisioned while sobering up. He remembers working outside on his snowmobile one winter day years ago. He didn't have a garage, and he could not figure out what was wrong with the machine.

"I got mad and threw my tools down and I prayed and asked, 'Do you want me to get drunk? Help me down here! I'm weak.'" Immediately after that prayer, Kevin discovered that he only needed to replace a bolt to fix the snowmobile. Today he laughs at the memory.

"When you begin to live with sobriety, your mind will play tricks on you," he said. "You need to talk to yourself and ask what do you want and what will happen after you do what you want. In treatment, we learned to look at all consequences and ask what is it you want most of all? For me, it was sobriety."

Granted, life will continue to serve up challenges, but once he was sober, Kevin was better equipped to work through them. The answer was never at the bottom of a beer can, he said. The beer created its own problem. Kevin still hangs out with friends who get drunk in bars. Now, however, he acts as their designated driver. And he has a new garage, where he can work on projects without interference from a blizzard or rainstorm.

The Wellbriety meetings are no longer held at Vicki's home, but weekly meetings are held in Hinckley and Lake Lena, Monica said. Everyone sits in a circle and shares whatever is in their heart and on their mind. The discussion could start with a reading from the Wellbriety meditation book, or it could start with a general topic like respect and hope.

When just one person sobers up, he or she can have a great influence on others, Monica said. A lot depends on attitude. She thinks that Kevin, for example, is open minded and positive.

"He knew he wanted to make changes," she said. "It was a very proud moment when he got his driver's license back, and when Vicki got her GED and driver's license. Vicki is good people to open her home for meetings and cook every week. That is giving back to a community. Some of the people who used to go to Vicki's come back to me and ask — is Vicki still cooking?"

Mille Lacs Band member Bobby Anderson chairs the Wellbriety group meetings at the Aazhoomog Clinic. The Lake Lena meeting is held Tuesdays at noon at the Clinic. The Hinckley meeting is held every Wednesday at 6 p.m. at the Hinckley Corporate Building located behind Toby's Restaurant. Wellbriety meetings will be introduced at Districts I and II late in the spring.

To learn more about the Wellbriety group and their guiding principles, visit: whitebison.org/white-bison



URBAN AREA

Discovering Culture Through Dance

Teenage Band member learns as she teaches others

Toya Stewart Downey Staff Writer **Ivy Vainio** Photographer

Trina Fasthorse has been dancing since she can remember. It seems to her that she started dancing as soon as she learned to walk.

The 16-year-old Band member said she picked up the fancy shawl and jingle dress dance steps “by watching other girls dance, especially the girls who were close to my age.

“I stayed close to the powwow circle and learned how to dance by watching,” said Trina, a junior at Harding High School in St. Paul.

These days she is still watching, learning and continuing to develop her dance skills — and she is teaching others to do the same. Each Wednesday evening she goes to the American Indian Center in Minneapolis and teaches dance to anyone who shows up. She also teaches dance through the Danforth School in Minneapolis.

“I like teaching people how to dance because it gives them opportunities to get in touch with the culture,” she said. “It keeps people in action, keeps their bodies moving, so it’s also healthy for them.”

The desire to dance was two-fold, says Trina. She wanted to do it for herself, but also for her family.

“No one in my family had danced before and I wanted to be the one to break the ice,” said Trina, who dances in two or three powwows each month. One of those is the monthly powwow held by the American Indian Education program for Saint Paul Public Schools.

Though powwows help her practice her steps, she also practices at home, “and anywhere I can, any chance I get. I practice by myself and even without music.

“I practice because I think I can do a lot better and I like to push myself in my dancing,” she said. “I think there’s more room for improvement.”

Trina was given her first dress when she was six. These days Trina’s mom, Pauline Sam, makes her regalia but Trina also helps. She does beadwork and has made her own jewelry, hair-ties, leggings and moccasins.

She is also doing all she can to learn the traditional Ojibwe culture. She takes Ojibwe language classes at her high school, sits at language tables and sings back up behind the drum.

Besides teaching dance, Trina works as a peer educator at the Ain Dah Yung Center — which means “our home” in Ojibwe. It is a center for American Indian youth and families.

“I take kids to powwows and ceremonies and we do other hands-on cultural activities,” she said. “We do anything we can to keep the culture alive.”

Trina competes in quiz bowls held at reservations around the state. She’s been participating since she was in fourth



Trina Fasthorse dancing at a Mille Lacs Traditional Powwow

grade. The next one will be held in May at Fond du Lac.

She is planning to run for the Mille Lacs Band Senior Princess in the Band’s royalty contest this year. She has run previously for MLB royalty and other contests and has been named royalty six times. When she was in the fifth grade she was named a junior princess.

Trina said her goal is to serve as a role model for other children and other youth, because “I want to be someone the next generation looks up to.”

“I grew up seeing people going down the wrong roads and doing things like drinking or joining gangs and I knew that wasn’t the life for me,” she said. “I want to show young people that they have other opportunities and choices.”

After she graduates from high school, Trina wants to attend Haskell Indian Nations University and major in social work.

“I want to be that one person that Native American students can talk to,” said Trina, explaining her desire to have a career as a social worker. “I want to help them be OK and know that they are not alone.”

Until then, Trina wants to stay on her current path so that she can hone her own skills and help others.

“When I’m dancing I feel the importance of it. I feel like I’m helping myself and other people,” she said. “I never knew that I could accomplish all of this until I started doing it and that’s what I want people to know.

“If I can do it, anyone can do it,” she said. “I want to encourage people to follow their dreams.”

“I like teaching people how to dance because it gives them opportunities to get in touch with the culture.”

— Trina Fasthorse

Ceremonial Dance Dates

Friday, April 11–Saturday, April 12
Niib & Mushkoub at East Lake

Friday, April 11–Sunday, April 13
Jim & Louis at LCO

Friday, April 18–Saturday, April 19
Dale & Vince at East Lake

Friday, April 26–Saturday, April 26
Ralph & Andy at Mille Lacs

Friday, May 2–Saturday, May 3
Dave & Skip at Lake Lena
Elmer & AJ at Mille Lacs

Friday, May 9–Saturday, May 10
Lee & Larry at Lake Lena

Friday, May 16–Saturday, May 17
Joe & George at Mille Lacs

Friday, May 23–Saturday, May 24
Lynda & Joyce at Mille Lacs

Friday, June 6–Saturday, June 7
Melvin & Perry at Mille Lacs

Your Decisions Matter

National healthcare decisions day

Tammy Moreland

Performance Improvement Manager

National Healthcare Decisions Day is on April 16, 2014. The annual observance exists to inspire, educate and empower people about the importance of advance care planning in health care, and to take action to start the conversation. Having a discussion is easier than most people think, but many of us need a little reminder to do so.

Advance care planning begins with a conversation. All adults regardless of age can benefit from thinking about and discussing what their own health care choices would be in the event of a serious health crisis. Unless these preferences are documented, a health care team or the patient’s family may not know what to do. The first step is to start from a place of curiosity — a reflective space where we can explore our values, hopes and fears with those whom we love and trust. In deepening our understanding of one another, we lay the foundation for truly informed medical decision making.

On this National Healthcare Decisions Day, it is important to encourage everyone to begin this important conversation with their families and, once decisions are made, to take the next step in filling out an advance directive.

Steps to consider: Think about personal preferences. What medical treatments are important or preferred? What is meaningful to you? Determine a surrogate decision maker. In the event you can’t speak for yourself, who can you trust to honor and make medical decisions? Have the conversation with a surrogate decision maker. Share these decisions with others such as a doctor, family members and close friends.

Document health care decisions with an advance directive. Give copies to a surrogate decision maker and a doctor. Review the advance directive regularly.

A Ballroom Full of Promise

Hand drum contestants compete in Hinckley on March 8

Deborah Locke Staff Writer Tiffany Bolk Photographer



In a darkened ballroom at the Grand Casino Hinckley more than 250 spectators gathered on March 8, 2014 for the annual hand drum contest. Native people of every age were represented in the audience to hear the youth competition followed by the adult competition after a dinner break.

As the hour grew late the crowd grew in numbers and dancers took to the floor, which was exactly what Co-Master of Ceremonies Larry Smallwood asked for early in the evening.

"Let's see if we can get some people out and bust a move!" he said from a table on the stage with co-emcee Larry Yazzie seated nearby.

They did bust a move that night, to the sound of talented performers from Leech Lake, Wisconsin's Lac Courte Oreilles, Fond du Lac, Wisconsin Dells, Mille Lacs, Red Lake, the Twin Cities, and more.

All of the hand drummers in the adult category won because there were four prizes and four groups entered. In first place was Agidamoo (Twin Cities); second place, Twin Cities Crew (Twin Cities); third place, Red Creek (Red Lake); and fourth place, War Thunder (Hinckley).

The first place youth hand drummer was Aandeg Schlender. In second place was Sedrick Hindsley, followed by Bruce

LaRose, third place; and Algin Goodsky, fourth place. A total of 15 to 20 young performers participated in the contest.

As the drum groups assembled outside the ballroom, Larry Smallwood addressed the crowd with ways to "bring good medicine to the circle." No alcohol was allowed, all singers would take turns leading, two songs would be performed, words needed to be clearly pronounced, and if anyone in the audience brought sage, he asked that they please bring it up to the front to smudge the drums.

Following a prayer and sage cleansing ceremony, the drumming began with 11 men around a table in the middle of the room. As they sang, a few women and young children circled the table of drummers, stepping rhythmically.

One by one the youth groups were called up, some appearing to be related to each other and standing from shortest to tallest. Others stepped up to the microphone alone and started to sing and pound their drums. If they were nervous, you couldn't tell.

As usual for an Ojibwe gathering, audience members went about their own business, tending to babies and keeping an eye on the younger children who raced around. Many watched keenly as the drummers played, their eyes and ears missing nothing. Water bottles were distributed in some groups, some shared snacks.

Larry Yazzie has acted as a judge for Mille Lacs drum contests, and has acted as a Master of Ceremonies at Iowa powwows and contests as well as at the Gathering of Nations in Albuquerque, New Mexico. He is a member of the Meskwaki nation in Iowa. Both he and Larry Smallwood have good voices for this kind of event, the kind that grab your attention or sooth or amuse.



Hand Drum Contest Winners

ADULTS	Score	Team Name
1 st Place	3680	Agidamoo
2 nd Place	3525	Twin Cities Crew
3 rd Place	3400	Red Creek
4 th Place	3065	War Thunder
YOUTH	Score	Individual
1 st Place	1310	Aandeg Schlender
2 nd Place	1280	Sedrick Hindsley
3 rd Place	1255	Bryce LaRose
4 th Place	1245	Algin Goodsky

Larry Yazzie noted the way the crowd grew in size for the second half of the contest, which lasted until 11:30 p.m.

"It's the quality of the singing that brings them, the talent, the joy and laughter that make people happy and bring healing," he said. "People tend to come out at night. They want to meet each other and dance. Families reunite in a safe environment to hear the top singers from the region."

He said there was a lot of talent in the room that March evening, and lots of potential from the young drummers. Cell phones were held aloft throughout the competition as audience members recorded what they saw and heard.

I Just Got Back from Atlanta

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



I just got back from Atlanta, Georgia. As a board certified family practice physician I need to recertify for my boards this year. The exam covers all of medicine and no one knows for sure what will be on it. I am a member of the American Academy of Family Physicians and they

offer an intensive course to prepare for the exam.

The course was serious business and the lectures cover the high points of hypertension, strokes, bleeding disorders, endocrinology, musculoskeletal, hyperlipidemia, maternity care, pediatrics, newborn issues, acute coronary syndromes and everything else we see. Family practice covers the entire field of medicine and we refer out to specialists for specific diseases if they need procedures or a higher level of specialized care.

My flight left early in the morning and I was in Atlanta the day before the course began. I knew I wouldn't have time once lectures started so I took a train, then a bus to the Ebenezer Baptist Church where Martin Luther King, Jr. was the preacher. There is a historic center there run by the U.S. National Park Service with a monument and other things for tourists, but I did not come here to be a tourist. From the moment my hand touched the door handle, I wanted to stand where Martin Luther King, Jr. stood and I wanted to walk the streets he walked.

I opened the door and a woman behind a small counter invited me in. I climbed a short flight of stairs and stepped in to the church. Stained glass windows lined both sides and the light streamed in to the congregation area. I was alone and recorded gospel music and sermons by Dr. King played over the speakers. It didn't take much imagination to see him standing at the pulpit and I remembered the brutal images of the police turning fire hoses on black people and of a little black girl walking into a public school with U.S. Marshalls on both sides to protect her from being assaulted. I thought about four innocent girls dying in a church bombing in Birmingham in 1963. I thought about their families and their overwhelming grief and I couldn't stop myself from crying.

Five middle-aged women came in together, but they sat far apart from each other. I didn't want them to see me crying, but I heard them weeping, too. We sat in the church, alone and together and none of us said anything.

I decided not to go back to the bus stop, but to walk a mile

or so through blighted neighborhoods to the train station. Certainly Dr. King would have walked these streets and alleys. Graffiti, broken bottles, a syringe and other signs of poverty were everywhere. I was clearly out of place here and as I walked several groups of people stopped talking and simply watched me walk past. I did not feel threatened, but I did not feel welcome, either.

A woman came up and asked me for money.

I grew up looking for pennies on the ground and a heads up penny was good luck if you gave it away. I was thinking about a friend of mine and I wanted to find one for her in this neighborhood and send it to her. I didn't find it.

The next morning the boards review sessions started right to the minute at 8:00 and after every two sessions there was a sixty second break to stand and stretch. After every four sessions there was a fifteen minute break, but this was also the question and answer period and I didn't want to miss any of it. Those breaks in reality were less than five minutes long. The lunch break was an hour, but with the question and answer period turned out to be about forty minutes and lunch had to be fast.

The sessions were very well organized and the doctors presenting the material covered it quickly. They were stopped if they went over thirty minutes and the next presenter was ready to start as soon as one stopped talking. I cannot believe how much information there is in four years of medical school and three years of residency and we were covering it all in three and a half days.

By 5:30 I was exhausted and totally overwhelmed with the information presented.

I went online and found a soul food restaurant about a mile from my hotel and I walked there for dinner. On the way back it was dark and the neighborhood was run down. There were four men standing on a street corner and I crossed to the other side of the street so I wouldn't have to walk through them. An old man with no teeth stepped out of the bushes and asked me for money. He told me he had AIDS and was living in a homeless shelter. I walked past an abandoned church that had a chain link fence around it. There was a man smoking a cigarette on the steps and he asked me for money.

I was almost to my hotel and a man was kneeling on the sidewalk pulling a trumpet out of its case. I was well past him

and was about to cross the street when he started to play.

Jazz? Blues?

I don't know, but it was beautiful and haunting and sad and there was no way I could not go back to him. We looked into each other's eyes and he played just for me. His trumpet was dented and tarnished and the green velvet in the case was worn through in places. The notes went past me and into the darkness behind me and I could hear them echo off the buildings down the street. He came to a slow passage and he closed his eyes as he played. I don't know if the song was his or if it was passed down to him, but I could hear strains of Africa in his music and he played from generations of lost and taken dreams. I was close enough to hear the clicking of his fingers on the keys. One of them seemed to stick a little, but he was used to it and played through.

The last notes were fading into the night when he opened his eyes. They were glistening and moist and he nodded at me. I bent down and put money in the trumpet case. I told him he had a gift and that his music was beautiful. We shook hands and his was dry and callused when I held it.

As I turned around I saw something on the sidewalk. I bent down and picked up a heads up penny. It was only a few years old but had definitely seen better days. I put it in my pocket and started walking. The trumpet started to play as I crossed the street and the echoes followed me for a couple of blocks, then the sounds of the city swallowed them.

The review course went fast and each day was as intense as the one before. I have a 752 page syllabus of the slides presented and each page has six slides. I have notes scribbled on every single one of them.

This trip was a pilgrimage. The review course was everything I hoped for and is only a part of the studying I need to do. To stand where one of the greatest men in my lifetime stood and to walk the streets he walked will stay with me forever.

I gave money to everyone who asked. The opportunity to give money to a homeless man with a trumpet was an education in itself.

He gave me much, much more than I gave him.

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.

Traditional Medicine and Diabetes

Anishinaabe mashkiki

Herb Sam Mille Lacs Band Traditional Healer



Traditional medicine is an important way to connect with yourself, your spirituality, your tribe.

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

Western medicine has a number of pills and injections that can help a person with diabetes get enough

insulin and/or use it properly. Unfortunately, there is no pill or injection that can permanently "fix" a person with diabetes so they will have enough insulin and/or use it properly regardless of his or her lifestyle.

However, changing what you eat, how you eat, your level

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

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

Some suggestions:

- Traditional medicine may be able to reduce or eliminate the need to take other medicines for your diabetes but don't rely on just your feelings; check your blood sugar or HbA1c.
- Talk to your healthcare provider before changing your western medicine treatment plan. They can be very supportive. Western medicine believes in the numbers

from your blood test (plasma glucose and HbA1c) and they support many traditional treatments even if they don't understand how the treatments work, as long as the treatments result in the correct numbers.

- If the medication upsets your stomach and you cannot eat for quite a while, try to drink liquids with sugar to take the place of the food you usually eat. If you vomit and/or have diarrhea for more than six hours, call your healthcare provider or go to a clinic.

Traditional medications can be very helpful in healing wounds.

Traditional medicine is an important way to connect with yourself, your spirituality, your tribe, and your heritage. Talk with others who have diabetes and use traditional medicine. Do not stop using traditional medicine just because you have diabetes; it may be just the medicine you need.

TRIBAL NOTEBOARD

Happy April Birthday to Mille Lacs Band Elders!

Dorothy Ann Aubid
Terry Louis Beaulieu
Jerry Jonas Benjamin
Donivon Leroy Boyd
Russell Edward Boyd
Wayne Theodore Boyd
Sharon Lee Chavarría
Raymond Charles Daly
Wesley Dorr, Jr.
Nancy Mae Foster
Duane Wallace Haaf
Gwendolyn Marie Hanold
Douglas Happy
Arleen Joy Hunt
Darryl Vernon Jackson
Evelyn Kegg
Raymond Kegg
Victoria Jean Kroschel
Bruce Marvin LaFave
Glenda Marie Landon-Rosado
Rayna Joyce Mattinas
Ada Mae Merrill
Louis Kevin Merrill
Bonita Louise Nayquonabe
Russell Daniel Nayquonabe
Gloria Jean Nickaboine
Sherry Marie Nielsen
Donald Eugene Oswaldson
Jeannette Oswaldson
Ricky Harold Pardun
Solita Efigenia Reum
Lorraine Diane Sam
Darlene Rae Savage
Ruth Anne Schaaf
George Augustus Sharlow, Jr.

Perry Don Skinaway
Debra Ann Smith
Marvin Lee Staples
Gail Marie Tyson
Duane Lee Wind
Leonard Myron Wind

Happy April Birthdays:

Happy Birthday **Jean** on 4/1 from Rachel and Waylon. • Happy Birthday grand adorable **Aunt Dorothy A.** on 4/1. We love you! From Marlys & Anthony, Richard, Rachel, Kelia, Railei, Candi, and Cyrell B. • Happy Birthday **Mandy** on 4/4 from Rachel and Waylon. • Happy Birthday **Don** on 4/4 from Waylon and Rachel. • Happy 7th Birthday **Elias Wagner** on 4/4 with love from Mommy, TANK, Alizaya, Rico, Grant, Gramma, Uncle Brandon, Chantel, Jazmin, and Baby W. • Happy 2nd Birthday **LoLo** (Lorena Jule Gahbow) on 4/8! Terrible Two's! Love Daddy, Mommy, Gamma TT, PaPa Les, Uncle, Jr., SySy, Benny, Joshy, Caddy, Freddie, Baby Tammy, Buzz and Jerron! We love you lots Baby Girl!! • Happy Birthday **Kevin Stobb** on 4/8 with love from Auntie Tammy, Brandon, Chantel, Jazmin, Baby W., Brandi, Elias, TANK, Alizaya, and Rico. • Happy Birthday

Erin Cash on 4/10 from your family! • Happy Birthday **Albert Gahbow** on 4/11 from your family! • Happy Birthday **Lisa** on 4/12 from Rachel and Waylon. • Happy Birthday **Alysia** on 4/12 from Mom. • Happy Birthday **Nate** on 4/13 from Rachel and Waylon. • Happy Birthday **Diamond** on 4/14 from Rachel and Waylon. • Happy Birthday **Jucie** on 4/14 with love from your sis Tammy, Brandon, Chantel, Jazmin, Baby W., Brandi, Elias, TANK, Alizaya, and Rico. • Happy Birthday **Deb Smith** on 4/15 with love from your sis Tammy, Brandon, Chantel, Jazmin, Baby W., Brandi, Elias, TANK, Alizay, and Rico. • Happy Birthday **Kelia A.** on 4/20 from Mom, Railei, Jeremy, Uncle Rich, Aunt Candi, Bro Cyrell, adorable girl that Gramma Maryls B., and Grandpa Anthony B. Loves! • Happy Birthday **Babe**, my one and only Bull on 4/21. Love you forever, Mrs. B. • Happy Birthday **Jan** on 4/22 from Muge and Dust. • Happy Birthday **Mom** on 4/22 from Kel and Kinney. • Happy Birthday **Luther Sam** on 4/23 from your family! • Happy Birthday **Tara Robertson** on 4/23 from family and Dashdeedle! XOXO! • Happy Birthday **Jada** on 4/24

from Rachel and Waylon. • Happy Birthday **Kasey McCabe** on 4/24 from your family! • Happy Birthday **Dusty** on 4/25 from Jake, Kinney, Jan, and Muge. • Happy Birthday **Aiva** on 4/26 from Daddy, Rachel, Waylon, Karen, Tracy, Shelby and boys, Valerie, Mariah, Kev, Brad and kids, Bruce, and girls, Jay and kids, Randi, Brad Sr., Sharon, Rave, Melodie, Nicole and boys, Mickey and Family. • Happy Birthday **Aiva Lee** on 4/26, love Dad, Marky, Emery, DeBreanna, Gram CC, Gram, Karen, Uncle Brad, Val, Mariah, Kevin, Rachel, Waylon, Shelby, Max, Aidan, Jarvis, Brad, Anne, Braelyn, Payton, Eric, Wes, Brynley, Jay, Missy, Guy, Bruce, Jayla, Lileah, Randi, Nicole, Chris, Jimmy, Cordell, and Chris, Jr. • Happy 7th Birthday **Aiva Voust** on 4/26 with love from Daddy, Mark, Emery, DeBrenna, Grandma Tracy, Grandma Karen, Shelby, Jarvis, Max, Aidan, Mariah, Sharon, Wallace, Ravin, Melodie, Papa Bear, Rachel, and Uncle Waylon. • Happy Birthday **Seth Benjamin** on 4/26 from Mom, Grandma, Myles, and the Benjamin family. • Happy Birthday **Squish** on 4/28 from Waylon and Rachel. • Happy Birthday **Priscilla** on 4/28 from Mom. • Happy Birthday

Lynelle Brooks on 4/29 from your family! • Happy Birthday **Erik Gahbow** on 4/30 from your family! • Happy Birthday **Dalylah Benjamin** on 4/30 from Mom, Grandma, Myles, and the Benjamin family.

Other Announcements:

Congratulations to **Roy Garbow** and **Emily Eagle** on the birth of their daughter, **Lillian Marie**, on 2/26. She was born at 7:58 a.m., was 20 inches long, and weighed 7 pounds, 15 ounces. Welcome home from Grandma and Grandpa Garbow and your older brothers Alex and Nickolas. • In Loving Memory of **Myron Vernon Garbow**, 5/12/43-4/9/99. We Love and miss you every day. Love Raenelle, Wanetta, Marvin, and Grandkids.

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 May issue is April 21.*

Mille Lacs Indian Museum April Events

Sweetgrass Basket Workshop

Saturday, April 19 from Noon–4 p.m. and Sunday, April 20 from 10 a.m.–2 p.m.

Fee: \$60/\$55 for MNHS members, plus a \$15 supply fee

Reservations: required three days prior to workshop, call 320-532-3632

Learn the art of making a coil sweetgrass basket in this two-day workshop. Sweetgrass is a fragrant sacred herb used in ceremonies and artwork by the Ojibwe. Refreshments and a light lunch provided on both days. A minimum of 5 participants is required. Children under age 18 must be accompanied by an adult. Discount hotel rooms are available at Grand Casino Mille Lacs on Saturday night for all workshop participants.

Museum Contact Information

43411 Oodena Drive

Onamia, MN 56359

Phone: 320-532-3632

Hours: 11 a.m.–4 p.m., Wednesday through Saturday

For more information visit the museum website:

sites.mnhs.org/historic-sites/mille-lacs-indian-museum



APRIL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9 District I Community Meeting 5:30 p.m. District I Community Center	10	11 Friend 2 Friend Food Distribution 11 a.m. District I Community Center Senior Taco Sale Noon District I Community Center Ceremonial Dance: Niib & Mushkoub East Lake Jim & Louis LCO	12 Royalty Dinner 3 p.m. District I Community Center See page 10 for information Ceremonial Dance: Niib & Mushkoub East Lake Jim & Louis LCO
13 Ceremonial Dance: Jim & Louis LCO	14 District II Sobriety Feast 5 p.m. East Lake Community Center	15	16 District II-A Chiminising Bingo 6 p.m. Chiminising Community Center District III Community Meeting 5:30 p.m. Grand Casino Hinckley	17 District II Community Meeting 5 p.m. East Lake Community Center	18 Ceremonial Dance: Dale & Vince East Lake	19 Sweetgrass Basket Workshop Noon–4 p.m. Mille Lacs Indian Museum. See page 14 for information. Ceremonial Dance: Dale & Vince East Lake
20 Sweetgrass Basket Workshop 10 a.m.–2 p.m. Mille Lacs Indian Museum. See page 14 for information.	21	22	23	24 Community Clean-up BBQ District I Community Center District II-A Community Meeting 5:30 p.m. Chiminising Community Center Urban Area Community Meeting 5:30 p.m. All Nations Indian Church	25 WEWIN Fundraiser District I Community Center Ceremonial Dance: Ralph & Andy Mille Lacs	26 Ceremonial Dance: Ralph & Andy Mille Lacs
27	28	29 Healthy Heart 10:30 a.m. District I Community Center District I Sobriety Feast 5 p.m. District I Community Center	30			

Behavioral Health

Big changes have taken place in Behavioral Health in regards to scheduling client appointments. We are now electronic and have one centralized scheduler for all of our providers: Sara Keil, 320-532-7868, sara.keil@millelacsband.com.

As a reminder, all clients have to be registered at Ne la Shing Clinic in order to be scheduled with a provider.

Spring Fire Prevention Tips

Boozhoo, is it hot yet? If there is a wildfire, things can get hot very fast! As you read this I am sure you are asking yourself, "What can I do to help keep my community safe?" There are plenty of things to do to make your home and yard more wildfire-ready. Taking a few minutes out of your day can really make big improvements. Not only to improve your home's ability to withstand a fire, but your yard would look nice too. Here are a few tips to keep in mind:

1. Keep your grass between 3 and 5 inches long. Longer grass can spread fire quickly and short grass would die, making your yard brown and unhealthy.
2. Debris like garbage, firewood and toys in the yard and near the house also increases the fire risk.
3. Keep the underside of your deck blocked off and free from debris. A single ash or ember can ignite under your deck creating a very big problem for you and your neighbors.

I hope you enjoy your spring and remember...only you can prevent wildfires!

Any questions or concerns that you may have please contact: Bradley Eric Harrington at 320-515-0824 or your local DNR

or Fire Department. In case of an emergency please call 911. Miigwech Bizindawiyeg.

Alcohol Awareness

Donna Hormillosa RN

Alcohol abuse can cause legal, financial, and social/relational problems. Like many other addictions, it can accurately be described as a vicious and downward cycle of loss of hope and even death. The facts can be disheartening. According to a U.S. Civil Rights Commission report, American Indians' alcoholism rate is 600 times higher than the national average.

Let's look at the impact that alcohol abuse can have on children. The U.S. Surgeon General has stated that there is no safe level of alcohol consumption for pregnant women. Unfortunately, many women experience unplanned pregnancies. Some women who may be unaware of the pregnancy continue drinking during the first few months. Also, women who are addicted cannot stop drinking without help during pregnancy.

All of these situations may result in a baby being born with Fetal Alcohol Syndrome.

Children born with fetal alcohol damage have trouble with memory and difficulty understanding cause and effect relationships. They develop learning, behavior, and health problems and utilize special education services twice as often as the national average.

Having a loved one who is an alcoholic or who abuses alcohol can seriously impact a child's life. The breakdowns in communication, altered personality, financial and legal troubles or the abusive behavior that often accompany bouts of drinking can cause stress and chaos.

Acknowledging and understanding this disease is an important first step. If alcohol is having a negative impact on your life or your child's life, find the courage to reach out for help.

To schedule an appointment with an MLBO Chemical Dependency Counselor or Mental Health Therapist please contact Sara at 320-532-7868.

In memory of Gloria "Babe" Songetay "Giiwitaawisekwe"

Carol Hernandez Compliance Officer



The Dept. of Public Health staff would like to offer our deepest sympathy to the family of Gloria Songetay who traveled to the spirit world on February 23, 2014. Gloria worked for the Dept. of Public Health until her retirement in the spring of 2011. She jokingly called herself the

"tobacco cop" because she worked on the Gego Zagaswaaken (Don't Smoke) grant.

Gloria had quit smoking about 12 years ago but ended up dying from lung cancer. It is not known if her smoking history and/or the continued exposure to second hand smoke finally took its toll. In her final two years she continued to spread her message for people to quit smoking and reduce their exposure to second hand smoke. On my last visit to her I told her I would continue to spread her message. While she was unable to answer she looked at me and nodded her head "yes".

Rest in peace dear friend and coworker and know that your message will be delivered throughout the MLB districts as our tobacco education and policy work continues!

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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.

MILLE LACS BAND OF OJIBWE
43408 Oodena Drive
Onamia, MN 56359

millelacsband.com

