

The Mille Lacs Band of Ojibwe (MLB)
August/Sept 2016 Urban Update

Urban Office

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Urban Site Manager

Urban Office Hours

Monday-Friday, 8:00 a.m. - 5:00 p.m.

- Al Olson, Special Projects/Relations Coordinator
Phone: 612-746-4819
- MLB Department of Labor Urban
Phone: 612-746-4800 Fax: 612-870-3631
- Urban ICWA Office-Social Workers:
Mary Jorgenson at x4826 & Marilyn Phelps at x4827
- Band Member Legal Aid meets by appt. in urban area
Phone: 320-532-7798 or toll free 800-709-6445

Next 2 Per Cap Distribution days: Sept 1, Oct 6
8am - 4:30pm ***Must have proper Identification***

Circle of Health staff at Urban office Sept 1, Oct 6, 11am-2pm. Call for appt or stop by. Bring your questions, health insurance info & medical bills.

MLB Offices Closing August 19 at Noon & August 22 for ML Day; Sept 2 at Noon & Sept 5 for Labor Day

Mille Lacs Traditional Powwow August 19-21. Come & enjoy!
See the renovated Powwow Grounds.

URBAN UPDATE! ***Urban Community Meetings: August 18 & Sept 29, 2016***

URBAN OFFICE: Current job postings/job fairs, information & applications for Band services including: emergency services, home loans, housing, scholarship, enrollment, discretionary & personal loans, Tribal ID's, DNR Licenses, Notary Services; Band & local news, events, powwows, resources, support services & referrals in the community | **■ Traditional Healer Herb Sam** is available in the urban area on Fridays, call 612-799-2698 to schedule a time to meet, or stop by the Powwow Grounds 10am-12N | **■ MN State Fair Tickets:** Deadline to sign up is by 12N Thursday, August 18 to win 2 tickets to The Great Minnesota Get Together Aug 25-Sept 5! Drawings by lottery, 2 tickets per adult Band member | **■ Four Sisters Farmers Market:** Every Friday 3-6pm, July 8-Sept 23, at Pow Wow Grounds Parking lot, 1414 E. Franklin Av S., 612-235-4971 | **■ DIW Food Shelf:** Monday 2-7, Tuesday-Thursday 9:30-2:30. DIW, 1671 Summit Av. St. Paul, 651-646-8805 | **■ Workshop for Offenders/Former Offenders:** A great workshop for people needing a little extra help getting back in to the workforce, Friday August 26, 9am-1:30pm. N. Mpls Workforce Center 1200 Plymouth Ave N | **■ Eye Screenings at IHB:** Reduce your risk of vision problems, 612-721-9800 to set up an appt 8:30-5pm or call Toni 612-721-9881 | **■ Mobile Mammogram Day at NACC:** August 17, screen, educate & earn screening incentives, Sarah Morris 612-843-5924, 1213 E Franklin Av | **■ KWESTRONG Indigenous Women's Wellness** invite you to the **5th Annual Triathlon (CANOE, BIKE, RUN)** Sunday August 21 at Bde/Mde Maka Ska Lake in Mpls! 100+ women/children registered representing tribes from the U.S. & Canada. All welcome to join & CHEER these women on to the finish line! Register at <http://kwestrong.org/register> or to volunteer, 612-305-8575 or kwestrong@gmail.com

URBAN UPDATE

Volume 18, Issue 8
August 11, 2016



Urban Community Meeting: Thursday, August 18, 2016

The next Urban Community meeting is at 5:30 p.m. on August 18, 2016 at All Nations Indian Church, 1515 E. 23rd St., Mpls., MN 55404. *Please note our meeting is a week earlier than usual.* We will share with you the local news, events and happenings in the community. On the Agenda: Deanna StandingCloud, Family Engagement Coordinator,

Minneapolis Public Schools Indian Education.

On the menu: Pizza from *Pizza Luce*, mixed salad, seasonal fruit, ice cream bars, cookies, water and tea.

We wrap up the evening with fun door prizes including a Grand Casino overnight stay!

Elder News

Please join us for an Elder Luncheon Meeting and Bingo on Friday, August 12, 2016 from 11:30 a.m. to 2:00 p.m. at All Nations Church. Rachel Von Ruden, LSW, Senior Outreach Specialist, will do a short presentation on the Metropolitan Area

Agency on Aging. There will be a contest for best finger food (hors d'ouvres) so prepare your fanciest appetizers! Lunch will be served and Bingo after the meeting. A great time to socialize, catch up on news, and YOU could be a big winner!



Introduction to Beading

Please join us for a Beading Class on Monday, August 29, 2016 at the Minnesota Chipewewa Tribe Building, 1308 E. Franklin (use back entrance) from at 5:30 p.m.—7:30 p.m. Materials will be provided! Light snacks will

be provided. Instructor Doreen Day will also talk about Ribbon Shirt making—which could be a future class in September, if there are enough folks signed up. Please call the office and let us know if you are interested.

Interesting Information.....

■ You are invited to **Fee-free days during National Park Service centennial (100th Birthday) celebration** with special events across the country! Free admission to all 412 national parks during August 25-28. Also free admission September 24 (National Public Lands Day) and November 11 (Veterans Day). FMI: <https://nps.gov/planyourvisit/passes.htm> or #FindYourPark (<http://findyourpark.com/>)

■ **K-12 Education Credit and Subtraction:** This will help families pay for their child's educational expenses. If you have a child in kindergarten through 12th grade, you may be eligible to increase your refund or lower the tax you owe. Keep your receipts and save money when you file

taxes! Common expenses that qualify: paper, pencils, notebooks, rulers, calculators, musical instruments for day-time classes, extracurricular academic or fine arts classes, transportation fees for school-time field trips, after school educational programs, tutoring, or academic summer camps, computer hardware/software, private school tuition, etc. **K-12 Subtraction:** There is no income limit to qualify for the education subtraction. Taxpayers can subtract up to \$1625 in education expenses for each child in kindergarten through 6th grade, and \$2500 for each child in 7th-12th grade. **K-12 Credit:** To claim the credit, the household income must be less than \$37,500 for 1 or 2 children. For each additional child, the income increases \$2000. For example, there are 4 qualifying children, the maximum income is \$43,500. FMI: go to the MN Department of Revenue's website.