

# OJIBWE INAAJIMOWIN

January 2012

"The story as it's told."

Volume 14 • Number 1

## You're Invited to the 2012 State of the Band Address



Photo from Band news archives

Last year, more than 1,000 Band members, tribal government employees, state dignitaries, and tribal leaders attended the State of the Band Address. Students from Nay Ah Shing School sang the National Anthem.

The 28th annual Mille Lacs Band State of the Band Address will be held on Tuesday, January 10, at 10 a.m. at the Grand Casino Mille Lacs Events & Convention Center. All Band members are invited to attend.

This year's address will feature special performances by the Little Otter Singers, Nay Ah Shing middle schoolers, and Bela Nayquonabe and Megan Saboo, who will sing the National Anthem.

Band statute authorizes the Chief Executive to "present to the Band Assembly an annual State of the Band Address on the second Tuesday of January of each calendar year" [4MLBSA 6(i)]. Although they are not required to do so by law, the Secretary/Treasurer, Chief Justice, and Commissioner

of Administration may also speak at the State of the Band event.

Art Gahbow gave the first State of the Band Address in 1983. The Mille Lacs Band was the first tribe in Minnesota to provide a formal update in this way; other tribes have since followed suit.

"In our lifetimes, we had seen the federal government terminate tribes, so Band leaders decided that the Band needed to start acting more like the government that it really was," said Chief Executive Marge Anderson. "The State of the Band Address was one way for the Band to do that, as was the separation of powers government, which was adopted around the same time."

## New Majority Leader Supports Gaming Expansion

By Jamie Edwards, director of government affairs

In the middle of the Governor's push to find a Vikings stadium funding source, Senate Majority Leader Amy Koch resigned in controversy and the chair of the Minnesota Republican Party resigned amid the party's financial woes, leaving tribes to assess how these political changes could affect talks about gaming expansion as a possible funding source.

On December 27, racino bill author Dave Senjem became the new Senate Majority Leader. He supports racinos at Canterbury Park and Running Aces, with some of the profits going toward a new stadium. As one of the state's three most powerful politicians – along with Governor Dayton and House Speaker Zellers – he will lead the decision-making on which Senate committees hear a bill, and can put a bill on the fast track or prevent it from being heard.

The next state Republican Party chairperson is expected to be named as the *Inaajimowin* is being printed. While this person won't directly impact the fate of today's gaming expansion proposals as much as Majority Leader Senjem, the opinions of the incoming chair could affect the Republican platform on gaming expansion in general. Currently the GOP platform opposes expansion.

Shortly before the shakeups

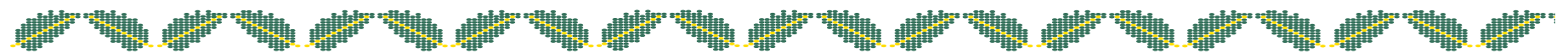
in the Senate and the Republican Party, the Minnesota Senate held two public informational hearings about a proposed Vikings stadium, including how that stadium might be funded. Some have supported gaming expansion as a possible way to finance the state's portion of the \$1.1 billion stadium.

Grand Casino Hinckley General Manager Mel Towle and Pine County Commissioner Stephen Hallan testified on behalf of the Mille Lacs Band at the hearing on December 6.

"It has been rewarding to see so many people from my hometown in jobs that they enjoy and that allow them to provide for themselves and their families," Mel told legislators. "It's difficult to understand why state leaders would intentionally put these quality jobs and opportunities in jeopardy."

"We recognize that Grand Casino Hinckley plays a vital role in our economy and tourism, and contributes significantly to local infrastructure and charitable causes," Commissioner Hallan stated. "On behalf of Pine County, I respectfully urge your committees and the Minnesota Legislature to reject gaming expansion. The people and economy of Pine County rely on Grand Casino Hinckley to play a major role in our continued prosperity."

(Continued on page 2)



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## UMD Master's Program Attracts Eight From Mille Lacs

When the Master of Tribal Administration and Governance (MTAG) degree program started at the University of Minnesota Duluth (UMD) last fall, eight of the 25 students came from Mille Lacs – more than anywhere else.

"We have an outstanding group from the Mille Lacs Band," said Tadd Johnson, who heads the American Indian Studies Department at UMD and developed the MTAG program. Prior to that, Tadd served the Band as special counsel on government affairs for many years. "People from Mille Lacs tend to be among the forerunners when it comes to long-term tribal planning, effective self-governance, and good investments in businesses and the community."

The Mille Lacs students are a mix of Band members, tribal government employees, and Corporate Commission/Grand Casino employees. They include Shelly Day, Becky Houle, Gail Kulick, Sam Moose, Joe Nayquonabe, Peter Nayquonabe, Carolyn Shaw, and Crystal Weckert.

"The first semester has already provided information that helps me understand why things are the way they are in regard to federal Indian policy," said Carolyn Shaw, the Band's Commissioner of Administration. "Learning about the important aspects of tribal sovereignty will help me

as a leader, because what I learn can be applied directly to any role serving tribal government."

"The concepts and principles that are part of MTAG are not everyday things that we are able to focus on as business professionals for the casinos, but they are very important. Learning about tribal sovereignty, Indian law, ethics, and tribal management is something that I could not obtain without a program like MTAG," said Joe Nayquonabe, Corporate Director of Marketing.

The students primarily take classes online, but they meet on campus every third weekend. According to Tadd, the program could become even more Internet-based to better accommodate the schedules of working adult students nationwide.

The first group of MTAG students will receive their master's degrees in the spring of 2013.

### Next round of applicants

Tadd is seeking the next round of MTAG students who will begin the program together in the fall of 2012. If you are considering tribal leadership or management in your future or if you want to enhance your capabilities in your current role, visit [www.umdmtag.org](http://www.umdmtag.org) for more information.

## Majority Leader

(Continued from page 1)

The gaming expansion options being discussed include a state-owned casino at Block E in Minneapolis, slot machines at the state's race tracks, and electronic pull tabs at bars. The White Earth Band has proposed to build and manage a casino in Arden Hills, while a group from the Iron Range wants permission to add gambling to a race track.

Any kind of gaming expansion would have a drastic effect on Grand Casino Mille Lacs, Grand Casino Hinckley, the Mille Lacs Band of Ojibwe, and many of the people and businesses that work with us.

No formal proposal for a new Vikings stadium has been

introduced yet, but it is expected to be a highly discussed topic during the 2012 legislative session, which convenes on January 24.

The Band supports the Vikings, but we will work hard to defeat any gaming expansion that would hurt the Mille Lacs Band and Grand Casinos. Gaming expansion would kill jobs in rural communities, which would be difficult – if not impossible – to replace.

## Names and Faces



Photos courtesy of Shane Hamilton

### Band Member to Study Abroad in Seven European Cities

Shane Hamilton, Band member and junior at the University of Wisconsin River Falls (UWRF), will travel with 37 other UWRF students to seven European cities over the course of a semester.

The group of students will travel to London, Paris, Brussels, Berlin, Prague, Verona and Vienna. Unlike other study abroad programs where students select one city to live in, Shane and the others will spend one to two weeks in each city during the semester-long program.

Professors from UWRF will accompany the students and teach courses in a sequence designed to incorporate specific European landmarks and cultures. While abroad, Shane will study European politics, international relations, contemporary European cultures and societies, and urban geography. Each of the courses will count toward his political science degree.

Although Shane has spent time outside the United States, this will be his first time in Europe.

"It's hard to decide what part of the program I am most excited about, but I am really looking forward to my international relations class, which will be taught in Paris and Brussels," said Shane.

Part of the program requires the students to make their own lodging accommodations. At the end of the program, students will also have two weeks of free time to travel wherever they want using their rail pass.

"Since I have spent time outside the country, I'm not nervous about the traveling part, just the food because I am a picky eater," said Shane.



Photos courtesy of Jerry Johnson

### Band member deploys to Kuwait

Mille Lacs Band member Robert Moose is one of the 2,400 soldiers from the Minnesota Army National Guard's Bloomington-based 1st Brigade Combat Team, 34th Infantry Division who have been deployed to Kuwait.

This group of soldiers marks the second largest state deployment since World War II. The soldiers have been assigned to support Operation New Dawn, the U.S. drawdown phase of Operation Iraqi Freedom.

Robert graduated from Lakeview Christian Academy in Duluth and completed his basic training at Fort Benning, Georgia, in 2010. Robert underwent specialized training for this deployment at Fort McCoy, Wisconsin.



Photos courtesy of Mary Jo Jennings

### Band member named student of the month

Band member Marty Jennings received student of the month from Hoover Elementary in November. Marty is in fourth grade. Congratulations!

# 2012 Election Calendar

Provided by the Minnesota Chippewa Tribe

- January 4: Last day for sitting RTC member to give notice of resignation to file for other RTC office.
- January 13: Last day for sitting RTC member to give notice of resignation to file for vacated RTC seat.
- January 18: Notify MCT on choice of appellate forum.
- January 18: Selection of Election Court of Appeals Judge.
- January 20: Election Announcement.
- January 23: Opening of period for filing for office.
- February 3: Close of filing period.
- February 17: Deadline for Notice of Certifications to TEC.
- February 20: Challenge certification or non-certification to MCT or 48 hours from receipt of notice of certification.
- February 22: Decision of certification or non-certification or within 48 hours of appeal.
- February 27: Deadline for appointment of Election Boards.
- February 27: Deadline for appointment of Election Contest Judge.
- February 28: TEC provides ballots for Primary Election.
- February 28: Notice of Primary.
- April 3: Primary Election.
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- April 10: 4:30 p.m. - Deadline for Contest of Primary Election.
- April 11: (Results, if allowed or 9th or 10th if earlier request). Decision on Request for Recount and Results of Recount.
- April 20: Deadline for Decision on Contest.
- April 23: Deadline for Appeal to Court of Election Appeals.
- April 26: Record of Contest to Court of Election Appeals.
- April 30: Last Day for Hearing on Appeal.
- May 10: Last Day for Decision on Appeal.
- May 11: Notice of Regular Election. TEC provides ballots.
- June 12: General Election.
- June 13: General Reservation Election Board certifies results of Election.
- June 14: General Reservation Election Board publishes Election results.
- June 15: Deadline for Request for Recount.
- June 19: 4:30 p.m. - Deadline for Notice of Contest.
- June 20 (or 18th or 19th if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.
- June 29, (or ten days from Notice of Contest, whichever is sooner): Deadline for Decision on Contest.
- July 3: Deadline for appeal to Court of Election Appeals.
- July 6: Record of contest forwarded to Court of Election Appeals.
- July 10: Last Day for Hearing on Appeal (hearing within seven days notice of appeal).
- July 17: Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.
- Ten days from Hearing on Appeal: Deadline for decision of the Court of Elections Appeal.
- Day following Decision of Appeal: Winning candidate prevailing on appeal takes office.

# Per Capita Payment Changes

By John Gerdener, Commissioner of Finance

There have been several recent changes made to Band statutes that will impact future per capita payments.

Outside parties aside from child support and the IRS will not be able to take funds directly from per capita checks. However, this does not exclude Band-related debt, or debt owed to a fellow Band member. Court orders that were put in place prior to this enactment will still be honored until paid in full.

Voluntary withholding can only be made for a debt owed to the Band and its entities, a political subdivision, or an outside vendor that provides heating, fuel or electricity to the Band member's residence. Band members will be charged a one-time \$10 setup fee and a \$5 monthly processing fee for each future voluntary withholding.

Upon picking up your next check in January, you will be asked to sign your name and put your thumb print next to your signature. This change is intended to make the per capita payments more secure for everyone.

Band members are encouraged to utilize direct deposit for their checks or have their checks mailed first class to their residence. The Band is also looking into providing an automatically loaded debit card arranged for those Band members who don't sign up for direct deposit. If the Band pursues this option, the change would not go into effect until the end of next year.

If you have questions about the new policies contact John Gerdener, Commissioner of Finance, at 320-532-7475 or Kathy Heyer, per capita accountant, at 320-532-7472.

# Powwow Committee to Elect New Members and Officers

The Mille Lacs Band of Ojibwe's traditional powwow committee is hosting its opening session this month to seat new committee members and elect new officers. The date, time and location will be posted at the Government Center and each of the district community centers once the details have been finalized.

The powwow committee is currently seeking Band members and employees who are

interested in serving on this committee. All committee members serve on a volunteer basis and commit to attending committee meetings and performing specific powwow tasks throughout the year.

If you are interested in becoming a committee member or officer or would like more information about the committee, contact Molly Judkins at 320-532-7828.

# Congressman Kildee Retiring



Chief Executive Marge Anderson recently met with Congressman Dale Kildee (D-Michigan), who is retiring from the U.S. House of Representatives. Congressman Kildee is a founder and long-time co-chair of the Native American Caucus in the House, and has been a good friend to tribes including the Mille Lacs Band. Marge congratulated the Congressman on his retirement and thanked him for his support of the Band.

Photo courtesy of Molly Judkins

## Remembering My Inspiration to Become a Doctor

*Mille Lacs Band member Dr. Arne Vainio, who works on the Fond du Lac Reservation, shares his personal experiences in a series of articles in News From Indian Country.*

Below is an excerpt from Arne's article:

There are maybe two handfuls of people I can credit for helping me become a doctor. Walt Boorsma is one of them. I first met him when I was about 18 and unemployed. He was desperately looking for someone to do manual labor on a construction job for a few weeks, and he found me in a bar.

I showed up for work the next morning, and he put me to work digging in a ditch with a shovel. By the end of my first week, he showed me how to operate a bulldozer and the week after that I was operating a backhoe.

I ended up working for him for years and was the foreman and superintendent for his construction company. He trusted my judgment and was not afraid to tell me so. We had one especially good year, and he gave me the choice of a week in Jamaica with his family or \$1,500 as a Christmas bonus. At the time I was trying to build a house for my mother and reluctantly had to choose the money. He knew I had never been anywhere and gave me the money and the trip.

After a few years, I wanted to be closer to home to start working on my mother's house, and we parted ways. I rarely had a chance to talk with him until it was time to apply for medical school, and I needed letters of recommendation for my interviews. These usually come from college professors and people with medical backgrounds, but it was important to me to have Walt write one of my letters. He told me he was proud to write the letter and that he was sure I could reach my goal.

As I pursued my medical school education, Walt and I saw each other briefly. Then his son Tom committed suicide. At the funeral service, Walt spoke in front of the congregation, but mostly he talked to Tom's casket. He was deeply hurt by Tom's death and was eloquently blaming himself in front of everyone.

This broke my heart. My father committed suicide more than 45 years ago, and I had put the blame for his death on myself for much of that time.

I responded by speaking to Walt in front of everyone and telling him how I blamed myself for my father's suicide, but I didn't make him do it. No one could possibly know what Tom was thinking. My father knew. No one was responsible for Tom's death. Only Tom.

I thanked Walt in front of everyone for taking a chance on me. He saw something in me when I was 18 that few other people could see and he allowed it to grow. I would not be a doctor if it wasn't for Walt, and I wanted him and everyone else to know that. He did all the things fathers should do. He did these things for me and he did them for Tom. Walt stood up and we held each other in front of everyone. "Thank you," he whispered.

Two years ago I found out Walt had cancer. It was uncertain what type it was, but it had spread from his back into his lungs. I was able to talk to him by phone a few times. He was still as sharp as ever and did not feel sorry for himself.

Then his cancer spread to his brain. He underwent a series of radiation treatments to try to shrink the tumor, and he remained hopeful. He was weak from the chemotherapy and radiation treatments, and he fell while trying to get up from the table. He fractured his tailbone and couldn't be at home any more.

His decline was rapid and relentless. He was moved to a nursing home, and his son let me know I should see him since he was confused and hadn't eaten in six days.

I went to the nursing home and was looking for him in the dining hall. I couldn't see him and the nurse told me, "You're standing right next to him." I didn't recognize him. He was swollen from his treatments, and his silver hair and beard were gone. The always present twinkle in his eyes and his outstretched hand weren't there either.

I knelt down next to him and said, "Walt, it's Arne. I wanted to thank you for everything you've done for me. I wouldn't be a doctor if it wasn't for you. My life is better because you were in it."

But he didn't recognize me. "I think you've got the wrong guy," he said.

He died five days later. Maybe he can recognize me now.

## Diabetes Program Announcements

*By Johanna Larson, diabetes program coordinator*

### Decrease your blood sugar in 2012

Did you know that a combination of diet and exercise can provide the greatest decrease in blood sugar? In fact, with diet and exercise you can lower your HgbA1c (blood sugar) level by up to 3%, which is more than most medicines alone can provide.

The Mille Lacs Band diabetes program encourages Band members to start the new year by visiting the dietitians' and fitness professionals' offices in each district and attending the program's health and wellness events.

The diabetes program staff wishes all Band members a healthy 2012!

### January healthy heart event

To learn more about lowering blood sugar levels, attend January's healthy heart class, which will show the DVD "Walking Down Your Blood Sugars." The class is scheduled for Tuesday, January 24, at the District III Community Center and Tuesday, January 31, at the District I Community Center – both at noon.

### Diabetes group education classes resume

The diabetes program staff is partnering with Grand Casino Mille Lacs to host diabetes education classes for all community members and Associates. These classes are

encouraged for anyone who is newly diagnosed with diabetes or pre-diabetes, has not had diabetes education before, or needs a refresher on anything diabetes-related.

Diabetes education classes will be offered throughout the year. This month classes will be held from 1-3 p.m. on the second and fourth Fridays (January 13 and 27) in the teamwork room at Grand Casino Mille Lacs.

If you have questions or are interested in attending but are unable to make the first meeting on January 13, contact Johanna Larson at 320-532-7790.

### Monthly family meal nights

The diabetes program will host monthly family meal nights beginning in January. These nights are for families who are interested in learning tips on preparing healthy meals and would like to get the whole family involved in the dinner-making process.

Family meal nights will offer fun physical activities for children while parents and Elders have an opportunity to ask the diabetes program staff health-related questions. Each family, including children, will cook a meal and everyone will eat together as a group.

The first family meal night is scheduled for Thursday, January 26, at 5:30 p.m. at the District I Community Center. For more information contact Johanna Larson at 320-532-7790.

## Warriors Weight Loss Challenge Winners

Eighty people participated in the Warriors Weight Loss Challenge during October, November and December. The three-month challenge was sponsored by Warriors Fight Promotions, which is owned by Mille Lacs Band member Bobby Anderson.

A \$500 prize was awarded to each of the three people who lost the highest percentage of weight during the challenge. The winners were:

- Wayne Johnson from Cambridge, who lost 51 pounds or 18.68%;
- Tracy Johnson from Cambridge, who lost 37 pounds or 17.70%; and
- Brian Anderson from Minneapolis, who lost 43 pounds or 17.13%.

Congratulations to all of the people who entered the challenge. We encourage everyone to keep working and training for a healthier life.

## Mille Lacs Early Education Hosts Holiday Party



Railei Schaaf visits with Santa.



Leeland Smith visits with Santa.

By Tammy Wickstrom, early education director

On December 16, District I Mille Lacs Early Education had its annual holiday family event. Parents were invited for breakfast. This was followed by a program put on by the Head Start children, who sang and acted out a holiday alphabet story.

After the program Santa came to visit all of the children. All enrolled children received a present, two books, and a treat bag. Children were able to have their picture taken with Santa and tell him their wish list.

Mille Lacs Early Education would like to say mii gwech to Dennis Olson, Sandra Blake, Curt Kalk, Marvin Bruneau, and Diane Gibbs for donating money to ensure Early Education students in all three districts received a present this year. Santa's visit is one of the most fun and exciting days for the children.

Photos courtesy of Tammy Wickstrom

## Department of Labor Announcements

By Deb Campbell, Department of Labor lead instructor

### GED exam offered at Mille Lacs Band Tribal College

The Mille Lacs Band's Department of Labor is offering GED exams at the Mille Lacs Band Tribal College on January 20 and 27, April 13 and 20, and August 10 and 17 between 10:30 a.m. and 4 p.m.

The GED exam is a series of tests in five subject areas. A new edition of the GED exam is scheduled to be released in January 2014. Test takers will need to pass all five subject area tests before 2014, otherwise test takers will be required to retake the entire GED exam in the new format. This also applies to anyone who has taken the 2002 version of the GED exam. The new version of the GED exam will be computer-based, but web-based, and will include more essays than the current GED exam version.

The series of tests costs \$60 per person. If you are retaking individual tests, each test costs \$12. If an agency is funding your GED exam, the series of tests costs \$100, and each individual test costs \$20.

If you are interested in taking the exam at the Tribal College, you must register with Melissa Lupinek, chief examiner, at 320-223-3826 or 763-689-6230.

### GED scholarships and preparation classes

Mille Lacs Band members and first generation descendants may be eligible to use educational enrichment funds for test fees. Educational enrichment funds are available once per fiscal year. To be eligible, you must be age 18 or older.

Application forms are available on the education section of the Mille Lacs Band's website ([www.millelacsband.com](http://www.millelacsband.com)).

For more information or to determine if you qualify for this scholarship, contact the Tribal College Scholarship Office at 320-532-3702.

Mille Lacs Band members, first generation descendants, and other federally recognized tribal members could also be eligible for the Department of

Labor's GED preparation program, which covers the cost of exam fees for those who are eligible.

In the program, participants begin by taking the pretest, which identifies subject areas that need to be studied prior to taking the GED exam.

The GED preparation course for the math portion of the exam will be held at the Mille Lacs Department of Labor classroom at the government center on the first three Wednesdays in January (the 4th, 11th, and 18th) from 5-7 p.m. Topics that will be covered include test taking strategies, how to use formulas, how to use a calculator, and commonly missed questions on the math portion of the GED exam. A practice test will also be issued.

Band members interested in registering for the preparation course should bring their tribal identification, social security card, proof of their last six months of income, and complete the GED exam application on the first night of class.

For more information or to enroll in the GED program, contact Deb Campbell at 320-532-4741 or 800-922-4457.

### Department of Labor classroom hours

The Department of Labor offers classroom hours in each district for Band members who would like assistance with resume and cover letter writing, online job searches, computer skills, and GED exam preparation. Following are the weekly classroom hours in each district:

#### District I Department of Labor classroom

- Mondays, Thursdays, and Fridays from 9 a.m.-5 p.m.
- Tuesdays from 1-5 p.m.
- Wednesdays from 9 a.m.-8 p.m.

#### District II East Lake modular

- Thursdays from 10 a.m.-3 p.m.

#### District IIa Chiminising Center

- Tuesdays from 1-4:30 p.m.

#### District III Lake Lena Community Center

- Wednesdays from 10 a.m.-3 p.m.

### Commercial driver's license

On January 18 there will be an orientation at the District I Community Center from 10 a.m.-2 p.m. for anyone interested in obtaining a commercial driver's license.

More information will be available about upcoming trainings and job opportunities for commercial drivers at the following informational meetings scheduled for each district during the first week of January.

- District I Community Center: Tuesday, January 3, from 2-3 p.m.
- District II Community Center: Thursday, January 5, from 1-2 p.m.
- District IIa Community Center: Thursday, January 5, from 9-10 a.m.
- District III Community Center: Wednesday, January 4, from 11 a.m.-12 p.m.
- Hinckley Corporate Commission building: Wednesday, January 4, from 2-3 p.m.

Band members who are interested in becoming commercial drivers must complete a brief screening and are encouraged to attend one of the informational meetings prior to the orientation. To complete the screening or find out more about obtaining a commercial driver's license, contact Loretta Hansen at 320-532-7867 or Brenda Beaulieu at 320-532-4771.

## Free Hearing Evaluations

To schedule an appointment for **Friday, January 13**, at Ne-la-Shing Clinic, call 320-532-4163. Walk-ins are welcome. We will do our best to serve you.

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

# Public Health Department Updates

## Gego Zagaswaaken (Don't Smoke) program announcements

By Carol Hernandez, Gego Zagaswaaken outreach coordinator, and Roberta Ladd, health educator



Photos courtesy of Roberta Ladd

Carol Hernandez and Roberta Ladd handed out educational materials about smoking cessation during the Mille Lacs Band's "Great American Smoke Out" event in November.

In November, 39 Band members attended the "Great American Smoke Out" event sponsored by the Gego Zagaswaaken program. Gego Zagaswaaken program staff provided educational materials on secondhand smoke and how to quit smoking, smoking cessation advice, and door prizes for event attendees.

Gego Zagaswaaken staff would like to remind Band members to step outside to smoke, even though it may be cold. Doing so will help protect others from the dangers of secondhand smoke.

A recent study by the Mayo Clinic shows that the incidence of heart attacks and sudden cardiac deaths was cut in half among Minnesota residents in Olmsted County after a smoke-free ordinance took effect. More information on this study is available online at [www.mayoclinic.org/news2011](http://www.mayoclinic.org/news2011).

The smoking cessation program encourages all Band members who currently use commercial tobacco to consider making a resolution for a smoke-free lifestyle in 2012.

Band members who are making a resolution to quit commercial tobacco use can contact Roberta Ladd, health educator for the Band's smoking cessation program, at 320-532-7812 or Carol Hernandez, Gego Zagaswaaken outreach coordinator, at 320-532-7760 for information or support on how to stay commercial tobacco free. Roberta and Carol can also provide educational sessions on

the health risks of commercial tobacco and the dangers of secondhand smoke at work sites.

Lastly, watch your community newsletters for the dates of the 2012 community educational sessions, which will feature the program's new video along with hands-on demonstrations on how to make kinnikinnick.

## Winter emergency kits

By Allison Harr, all-districts MCH coordinator

To prepare for a winter storm, the Federal Emergency Management Agency (FEMA) and the Mille Lacs Band public health emergency preparedness coordinators recommend creating an emergency kit for vehicles and homes.

The recommended supplies for a basic winter safety kit include a three-day water supply (about three gallons per person), three-day supply of non-perishable food, can opener, battery-powered radio, flashlight, extra batteries for each, first aid kit, whistle to signal for help, moist towelettes, snow removal equipment, and warm clothing and bedding.

The kits should be customized to meet specific needs, such as medications, infant formula and diapers.

Also, in the event of a power outage, it is important to have alternative sources for heat in your home, such as a fireplace or wood-burning stove.

During long periods of lost power and extreme cold, text "shelter" and your zip code to 43362 (4FEMA) to find the nearest shelter in your area.

For more information about winter emergency preparedness plans and kits, visit the National Weather Service website at [www.nws.noaa.gov](http://www.nws.noaa.gov).

## Cold weather health concerns

By Donna Hormillosa, District III RN

Certain health issues can be aggravated by cold weather such as arthritis, asthma, heart disease, osteoporosis, carbon monoxide poisoning and frostbite.

Arthritis is a condition that causes joint swelling. Cold weather can further aggravate the joints affected by arthritis by causing inflammation in the tissues surrounding the joints, increasing pressure on the joints. Also, extra weight gained during

winter months can add more stress to joints. Dressing warmly, heating clothes in the dryer, and exercising on a regular basis can help those who suffer from arthritis.

Those affected by asthma should also take extra precautions during the cold weather months. A breath of cold air can trigger bronchospasms, a spasmodic contraction of the bronchial tubes in the lungs. Using a scarf or face mask to warm the air before it hits the lungs can help prevent these spasms.

Heart disease is another health condition that is often made worse by cold weather. Prolonged exposure to cold temperatures makes the body naturally contract its muscles in the arms and legs, which reroutes some of the blood to the vital organs. This can raise blood pressure and put stress on the heart, even without physical exertion. Dressing warmly will help prevent some of these problems.

Those affected by osteoporosis, a condition where bones have lost mass, should move with caution when encountering slippery surfaces to prevent falls that could fracture or break bones.

During winter months, the risk of carbon monoxide poisoning increases when heating sources, such as furnaces, are not properly vented. Symptoms include headache, nausea and confusion. People and pets exposed to the odorless and colorless gas should get fresh air as soon as possible and seek medical treatment.

Frostbite is a common injury that occurs when areas of the body are exposed to extreme temperatures for extended periods of time. The early stages of frostbite can cause burning, numbness, tingling, itching, or cold sensations in the affected areas. Eventually, there will be a decrease in blood pressure and sensation that can lead to a loss of feeling in the affected area. Swelling, blood-filled blisters, or skin discoloration may appear. The affected area should be reheated slowly by using warm (not hot) water. Rubbing or massaging frostbitten areas may cause tissue damage.

The public health department encourages Band members to stay safe and healthy while enjoying winter activities.

## Are You Going To Take the Plunge?

Provided by Grand Casinos

This year, the first-ever Mille Lacs Polar Bear Plunge, sponsored by Grand Casino Mille Lacs, will take place on March 10 at Eddy's Lake Mille Lacs Resort. The Polar Bear Plunge is a unique opportunity for individuals, organizations and businesses to support Special Olympics athletes by jumping into frigid Minnesota waters.

The concept is simple: Participants raise a minimum of \$75 and take a dip in the lake. But the Polar Bear Plunge is also the kind of fun and exciting event that you really have to experience to understand.

So grab a friend, coworker, or family member – or do it alone and you'll have bragging rights for years to come. Not just anyone can say they jumped into a Minnesota lake in the dead of winter, right?

To register, visit [www.plungemn.org](http://www.plungemn.org). Select "Register," choose the Mille Lacs Plunge location, and follow the instructions from there. The Polar Bear Plunge is presented by Minnesota law enforcement as part of the year-round Law Enforcement Torch Run® events to benefit Special Olympics.

## Waiting List Open for District III Early Education Program

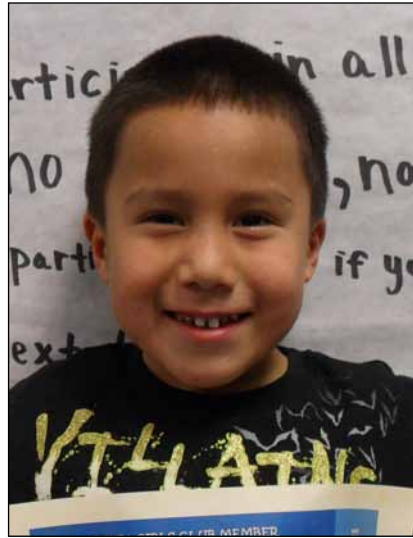
By Cindi Cooley, early education parent mentor coach

The Mille Lacs Band early education program in District III wants to add children who are between 0-5 years old to the waiting list for its Early Head Start and Head Start programs.

When spots become available in either program, children who are on the waiting list will be selected to fill the space. Both programs focus on social/emotional development, kindergarten readiness, Ojibwe culture, arts and crafts, and other fun activities.

If you are interested in signing up a child for the waiting list, contact Cindi Cooley or Becky Johnson at 320-532-4588 or 320-532-4690, ext. 2275, or fill out the waiting list application at the District III early education building.

## Boys & Girls Club Honors Two Members of the Month



Photos courtesy of Justin Beaulieu

Band members **Destiny Mitchell** (left) and **Mataeo Mitchell** (right) were named Boys & Girls Club co-members of the month in December. They are both students at Nay Ah Shing School.

The Mille Lacs Band Boys & Girls Club honored Band members Destiny and Mataeo Mitchell as the club's December members of the month.

Destiny is a fourth-grader and Mataeo is a first-grader. Both attend Nay Ah Shing School.

To be chosen for this honor, participants must consistently

have a positive attitude and willingness to learn and try new things. Additionally, club members must show certain characteristics of leadership and attributes of a good role model.

Congratulations, Destiny and Mataeo!

## Tribal Child Support Department Updates

By **Amy Doyle**, director of tribal child support

The Mille Lacs Band child support program encourages all unwed parents to request a paternity test before signing a Minnesota Recognition of Parentage (ROP) form, even if they believe the child is biologically theirs. Requesting a paternity test ensures all parties are legally protected and assists with the enrollment process for the Mille Lacs Band of the child.

When there is no ROP signed or paternity test taken, a court

hearing will be scheduled to order the presumed father to take a test. If the alleged father fails to appear in court on the date he is required to, the court case will be considered a default and it is subject to adjudication, which means the alleged father could be named the lawful father by tribal court.

If the court names the father by default the Mille Lacs Band's enrollment office does not accept adjudicated fathers as a legal parent when considering a child's Band enrollment status.

## Heating, Water, and Home-Related Maintenance Problems

If you live in a Mille Lacs Band Housing-maintained home, call for housing maintenance service in your district. During regular business hours, please call our customer service representative at 800-709-6445, ext. 7799. If you live in a home not maintained by the Mille Lacs Band and need assistance after hours with utilities or heating, please call 866-822-8538. Press 1, 2 or 3 for your respective district.

## Food Distribution Program Adopts MyPlate Guidelines



be picked up from the warehouse from 9 a.m.-noon and 12:30-3:30 p.m. Monday through Friday.

Applications and food orders can be submitted from 8 a.m.-noon and 1-5 p.m. Monday through Friday.

Tailgate deliveries are available for Elders, the handicapped, and homebound at the following locations and times:

- East Lake Assisted Living Unit: Third Tuesday of the month from 11 a.m.-1 p.m.
- Chiminising Community Center: Third Tuesday of the month from 2-4 p.m.
- Aazhoomog Community Center: Third Wednesday of the month from 11 a.m.-1 p.m.
- Hinckley Assisted Living Unit: Third Thursday of the month from 11 a.m.-1 p.m.

Contact the Food Distribution Program at 320-532-7510 for special closing times due to inventory management, holidays, and severe weather.

### Food sampling

The food distribution and nutrition education programs are hosting a food sampling event at the District I Community Center on Thursday, January 12, from 11 a.m.-1 p.m. Band members will have the opportunity to sample bean soup and cornbread made from products available through the program, learn about other foods available through the program, and share recipes.

Similar events will be scheduled in each district. Watch for postings throughout the community.

### Online resources

There are several online resources available to empower Americans to make healthier food choices.

- [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- [www.ChooseMyPlate.gov/SuperTracker](http://www.ChooseMyPlate.gov/SuperTracker)
- [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov)
- [www.LetsMove.gov](http://www.LetsMove.gov)

Additional information about the Food Distribution Program is available on the Mille Lacs Band website ([www.millelacsband.com](http://www.millelacsband.com)).

By **Emergency Services Department staff**

Move aside food pyramid; the federal government has established new food guidelines – MyPlate – to prompt Americans to think about building a healthy plate for each meal. The Band's Food Distribution Program is a part of the MyPlate initiative.

The MyPlate plan encourages Americans to fill half their plate with fruits and vegetables, eat whole grains as at least half of their daily grain intake, switch to fat-free or low-fat milk, and choose foods with lower amounts of sodium. The plan also recommends drinking water instead of sugary drinks and avoiding oversized portions.

The Band's Food Distribution Program is available to qualified households located in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Sherburne counties, excluding those in Brainerd. At least one member of the household must be a member of a federally recognized tribe.

### Application process

Applications for the program can be faxed, mailed or e-mailed to interested households and are available at several locations, including:

- Food Distribution Warehouse (Phone: 320-532-7510; Fax: 320-532-3725)
- Emergency Services Office (Phone: 320-532-7880; Fax: 320-532-7546)
- Government Center
- District community centers
- District Assisted Living Units

### Hours

The Food Distribution Warehouse is located at 16745 Shaw Bosh Kung Drive in Onamia, which is near the powwow grounds. Food can

## Representative Gibbs Attends American Indian Women Leadership Training

District III Representative Diane Gibbs participated in the first-ever Go Run training for American Indian women in November. A total of 32 women, representing more than 12 tribal nations from across the Midwest, attended the training session at the Deep Portage Learning Center in Hackensack.

The women learned about effectively campaigning for elected office, building networks of supporters, and voicing their opinions on issues. The goal of the training was to develop ways to support more American Indian women who are running for public office, working on campaigns, and advancing their leadership in the public sector.

"It is critical that we have strong Native women who help lead our communities," said Diane. "This training session helped give me a new perspective on how we can help develop future female leaders in our communities."

Go Run was facilitated by the White House Project, a national nonpartisan, nonprofit organization that seeks to advance female leadership in all communities. Community member Elizabeth Scott helped lead the training session.

"American Indian women are ready to lead in their communities, whether it's on tribal land or on local, county and statewide levels," Elizabeth said. "When American Indian women have the specific tools and resources they need, they will be able to influence effective changes in public policy and elected offices in their communities."

## Oral History Interviews

Donald Graves, Mille Lacs Band archivist, is looking for Band members to interview. If you are interested, please contact Donald at 320-532-7535 or 320-630-7752. His office is open from 8 a.m.-5 p.m. at the Mille Lacs Government Center.

## Protecting the Band's Assets Against Shoplifters

### *Provided by the Corporate Commission*

Shoplifting may seem like a victimless crime to the one performing it, but the ramifications of it are more far reaching than one might realize.

Not only does a retail theft at Corporate Commission-owned businesses affect the Mille Lacs Band, it also affects the customers and employees. The Corporate Commission receives less revenue, which means the Band receives less revenue as the Corporate Commission's owner. To compensate for this loss, the Corporate Commission must increase the price of goods, negatively affecting the community.

If the losses from thefts continue, the Corporate Commission may have to reduce costs by deferring pay raises for employees and/or reducing hours. These reactions to compensate for the revenue loss directly affect the economic health of the community.

According to the national security company J.R. Roberts Security Strategies, an average family of four will spend more than \$440 this year in higher prices because of inventory theft.

Shoplifting can also affect a store's profit margin. Take for example a store that has a 10% profit margin. If someone steals a \$2 item, the store will have to sell \$20 in merchandise to make up for that loss. Grocery stores often have profit margins of around 1%. So, if someone steals a pack of steaks worth \$7, a store would have to sell goods worth \$700 to recover the loss. Or, if one can of Campbell's soup is shoplifted, the store must sell at least 10 cans to make up for the theft. Driving off from a gas station without paying is also theft. If someone drives off after pumping 15 gallons of gas, the store has to sell more than 400 gallons of gas just to break even.

Shoplifting is not worth it. The Corporate Commission takes this offense very seriously due to the impact upon the community. Shoplifters, including minors, will be prosecuted and will suffer severe consequences, including jeopardizing future job prospects.

### **Be part of the solution**

Shoplifting prevention is a critical factor in keeping a business viable. Please help protect the community.

Here are some simple tips to curb shoplifters:

- Report any suspicious incidents to store management; tips will remain anonymous
- Spread the word that shoplifting is not tolerated
- Teach family members to resist and prevent shoplifting

Be a part of the solution to prevent shoplifting at stores and businesses in your community.

# Tribal Noteboard

## Happy January birthday:

**Janet**, on January 1 with love from Tracy, Jenny, Wesley, Onee, Rachel, June, Taya, Noah, Kelly, Jay and Kellen • **Tracy**, on January 14 with love from Deek, Jen, Wes, Onee, Rachel, June, Taya, Noah, Kelly, Jay and Kellen • **Paul Jourdain "Ed,"** on January 9 with love from Auntie Mary, Jerome, Brent, Taryn, Brenda, Rome, Lucas, Jon, Timmy, Veronica, Michelle, Cam, Camryn, Cordell, Casey, Aunt Nan, Larry, Fran, Jage, Trista, Brandy, and the rest of your family • **Brent Bedausky**, on January 17 with love from Gramma Mary, dad, Taryn, Brenda, Rome, Lucas, Jon, Michelle, Cam, Camryn, Cordell, Casey, Tim, Veronica, Ed, Nan, Larry, Nya, Fran, Jage, Trista, Brandy and the rest of your family • **Anderson**, 15, on January 4 from mom, dad, Cordell, Chris Jr., Gram K, Gram AA, Sharon, Ravin, Melodie, Wally, Tracy, Shelby, Max Dean, Aidan, Jarvis, Jacob, Jamie, Ava, Markie, Emery, Val, Mariah, Baby Kevin, Brad, Rae, Waylon, Grandma Sandy, Rochelle, and Phoenix • **Jamie**, on January 19 with love from Aiva, Mark, Emery, Jake, Tracy, Val, Pie, Kevin Jr., Shelby, Max Dean, Aidan, Jarvis, Karen, Gram AA, Sharon, Wally, Ravin, Melodie, Nicole, Chris Sr., Jameson, Cordell, Chris Jr., Brad, Rae, and Waylon • **Sam**, on January 23 with love from Chey, Ron, Shay Shay, mom, Nate, Meech, Baby J, and Lala • **Meech**, on January 4 with love from Chey, Ron, Shay Shay, Auntie Tara, Sam, Nate, Baby J, and Lala • **Destiny**, on January 23 with love from Chey, Ron, and Shay Shay • **Gladys Benjamin**, on January 10 from Tina, Dawn, Eric, Cheyenna, Antoinette, Darren Jr., and Brianna • **Jeremy Harrington**, on January 22 from Carrie, J.D., Zachary, Jerry and Kira • **Robert**, on January 27 with love from Leland, Mom and kids • **Louise**, on January 27 with love from Leland Sam • **DeaLayna Rose Boyd**, 11, on January 9 with love from mom, Stone, Derek Jr., Frances, grandma, Rae, Joe, Simone, Selena, Mary, Jim, Doni, Bruce, Jack, Mase Jr., Shawsha, Sheila, Joey, Dante, Soul, Day Day, and Jeannette • **Derek Shinogbe Jr.**, 8, on January 1 with love from mom, DeaLayna, Stone, Frances, grandma, Selena, Mary, Rae, Jim, Jack, Bruce, Simone, Doni, Joey, Day Day, Mase Jr.,

Shawsha, Sheila, Soul, Jeannette, and Dante • **Rachel**, on January 14 with love from Danielle, Joe, mom, Simone, Doni, Joey, Sheila, Mary, Selena, Dante, Mase Jr., DeaLayna, Stone, Derek Jr., Frances, Shawsha, Soul, Day Day, Jim, Bruce, Jack, and Jeannette • **Joe**, on January 10 with love from Rachel, Simone, Doni, Joey, Sheila, and the rest of the family • **Lia Rae**, 11, on January 24 with love from mom, dad, Larissa and Corbin • **Jaeden Skye**, on January 17 with love from Jereck, Raenelle, and your cousins • **Shane James Boyd**, 24, on January 15 with love from mom, dad, Courtney, Connor, Dan, Kelsie, and the rest of your family • **Rodney Boyd Sr.**, on January 15 with love from Louise, Shane, Courtney, Connor, Dan, Kelsie, and the rest of the family • **Louise Davis**, on January 27 with love from Rod, Shane, Courtney, Dan, Kelsie, and the rest of your family • **Bobby Dee**, on January 27 with love from Louise, Rod, Shane, Courtney, Connor, Dan, Kelsie, and the rest of your family • **Rueben Rodriquez**, on January 14 from Louise, Rod, Shane, Courtney, Connor and Kelsie • **Elyssa Rodriquez**, on January 29 from Louise, Rod, Shane, Courtney, Connor and Kelsie • **D. Thomas**, 27, on January 31 from mom, Son, Chilah, Jayden, Jordan and Kimmy • **Little Will Sayers III**, 12, on January 25 with love from Grandma Sami, dad, Chilah, Debo, Jamin, Dayana, David, Drystin, Jayden, and Jordan • **Arthur Benjamin**, on January 13 with love from Janet, Rose, Kris Anne, and Dee • **Day Dayz**, on January 8 from Auntie Kim, Uncle Drew, Auntie Carla, Gramma Molly and Papa Scott • **Buddy**, on January 17 from Auntie Kim, Uncle Drew, Auntie Carla, Gramma Molly and Papa Scott • **Tara Yvonne Benjamin**, on January 21 with love from George, Shaun, Geo, Troy, Isaiah, Stephen, and Jasmine Jackson • **Rachel Boyd** from Tara B • **Lydia Smith**, from Tara B. • **Booz**, on January 7 with love from Meany, Elle, Jaxin, Tommy Lee, Chaddy, Lance, Gabby, Tina, Eric, Dulce, and the rest of your family • **Tommy Lee**, on January 27 with love from mom, dad, Elle, Jaxin, Gabby, Chaddy, Lance, grandma, and the rest of your family • **Elle Nevaeh**, on January 29 with love from mom, dad, Jaxin, Gabby, Tommy Lee, Chaddy, Lance, Bear, and the

rest of your family • **Ahnaka Sam**, on January 30 with love from Auntie Meany and family.

## Happy January birthday to Mille Lacs Band Elders!

Mary Bellonger  
Art Benjamin  
Gladys Benjamin  
Daniel Boyd  
Edith Bush  
Patricia Clark  
Ronald Crown  
Eugene Davis  
Lorna Davis  
Bonnie Dorr  
John Dowell  
Dora Duran  
Isabel Eubanks  
Janet Gahbow  
Ella Garbow  
Evelyn Granger  
Rose Holmquist  
Katherine Jackson  
Charles Johnson  
Grover Johnson  
Patty Johnson  
Richard Kegg  
David Kost  
Lucille Kuntz  
Priscilla Lowman  
Gloria Lowrie  
David Matrious  
Thomas McKenney  
Temperance McLain  
Michael Merrill  
Mushkooub  
Barbara Nelson  
Cora Nelson  
Rosalie Noonday  
Dorothy Olson  
Donna Pardun  
Shelley Pindegayosh  
Patricia Potter  
Dora Sam  
Joycelyn Shingobe  
Bonnie Shingobe-Neeland  
Larry Smallwood  
Joseph Staples  
Kathleen Vanheel  
Walter Weyaus Sr.  
Nancy Wood

## Birth announcement

Congratulations to Christine Benjamin on the birth of her daughter **Cheyenna Rayne Stone**. Cheyenna was born on October 30. She weighed 7 lbs., 1 oz., and was 20 in. long. She is welcomed home by Eric Stone, Antoinette, Darren Jr., Brianna, Aunt Dawn, Grandmother Gladys Benjamin, and Grandfather Don Stone.

## Correction

Happy belated birthday to **Jordan Anderson**, 17, on December 8 with love from mom, Shyla, Destanie, Gramma Gina, Uncle Dal, Dilly Bar, Buddy, Elvis, Gramma Nazz, Papa, dad, Gram Dee, Auntie Nay, Uncle Tony, Dannybooi, and your little bros.

## In memory

In memory of my beloved son **Ledger Dwayne Skinaway**, who passed January 13, 2011.

My dear precious baby boy, although it's been a year, it still feels like a dream. You're always in our hearts and we think about you every day my darling angel. We love you so much, *from mom, Elle Nevaeh, Jaxin, Tommy Lee, Chaddy, Lance, Gabriella, and all of your family.*

## Thank you

I would like to thank my sisters Dana and Jaylene for all your love and support during the loss of my son Ledger and also to my mother Loris White. I could have never made it through this difficult year without you. I love you so much, *from Meany, Chaddy, Lance, Gabby, Elle Nevaeh, Jaxin, and Tommy Lee.*

H.O.W.L. (Helping Others With Life) wishes to thank the Salvation Army in Port Angeles for their continued donations and support. In less than a month, H.O.W.L. raised \$1,800, through H.O.W.L. Thrift Shop sales, to help those in need. H.O.W.L. also wishes to thank our local residents and our friends from the Lower Elwha Tribe for their donations. Mii gwech. H.O.W.L. staff and volunteers wish to thank Mille Lacs Band member and co-founder, Kenny Towle, for his continued hard work and passion for the programs and services he helped create.

## Obituaries

### August James Barten

Born - May 29, 1992  
Died - November 23, 2011  
Lived in Little Falls, MN

### Mary Dolores Forsman (Eunice Wind)

Born - December 25, 1932  
Died - December 9, 2011  
Lived in Duluth, MN



## Moccasin Telegraph



### Our tradition of watching purple martins

By Kelly Applegate, Mille Lacs Band member

Purple Martins are beautiful songbirds and the largest member of the swallow family. They also have a special relationship to our native ancestry. Way back when, Native Americans would put poles up and hang large gourds on them. They would put holes in the gourds, and the martins would come nest in them. The martin colonies were a source of entertainment – they served as a primitive television. Tribal members would sit under the gourds and watch martins fly in and out, eat insects, and do their crazy aerial antics. The martins also kept the raccoons and hawks away from drying meats and hides, and they would ward off animals trying to steal food. And the martins served as an alarm clock, because they would start singing as the sun came up.

European settlers saw the Native Americans attracting these beautiful birds with gourds, so the settlers decided to build multi-compartment wooden bird houses. Now, the Purple Martin is the only bird species east of the Rocky Mountains that is dependent upon human beings to put up their houses. If everyone in the United States took their Purple Martin houses down, the martins would eventually become extinct because they would have no place to nest.

The martins travel thousands of miles from Brazil to North America to nest and raise their babies. They start arriving in Minnesota about the second week of April and stay until early August, and they return faithfully to the same sites every

year. That means when you put up a new house, it will attract martins that just hatched the year before and are looking to start new colonies on their own.

My interest in Purple Martins started when I was probably 10 years old. Me and my dad built a bird house, but not knowing very much about Purple Martins at the time, we built it with the holes too small. It was in the wrong location, too, by trees, which was not the place to put it because the martins prefer an open area. And we painted it green and yellow, but the martins prefer to have the majority of their house painted white. One day a martin showed up anyway and tried to get into the house. I was all excited and finally got to see what they really looked like, because I had only seen pictures of them before. I did a little more research and took the house down, made bigger holes, painted it white, and put it in an open area. The next year, I had my first resident martin.

The tradition of using gourds for martin homes has sort of died out. It's a trend that has been forgotten mainly because there aren't that many martins around anymore – the population has decreased a lot since the early 1950s. I'll talk with Band Elders, and they say, "Oh yeah, the martins, they nest in a group and eat insects." But they always say we haven't been able to get them for years.

So I put up a modern gourd rack system specially designed for Purple Martins behind one of the Mille Lacs Band's Assisted Living Units for Elders. I felt it would likely attract martins, plus culturally, the gourd-shaped martin houses are what we started with. Watching Purple Martins is a tradition that has been forgotten, and hopefully this gourd rack will bring it back. It will be nice for families who are visiting Elders at the assisted living unit to look out and see the gourd rack. The Elders will tell them that about two or three hundred years ago, that's what our people did – hang the gourds up so the martins were around and provided a source of entertainment for us.

## Upcoming Mille Lacs Indian Museum Events

### Ojibwe mitten workshop

Learn techniques of leather working in this two-day class. Participants will make a pair of Ojibwe-style mittens to take home. This class will be held on Saturday, January 28, from noon-4 p.m. and Sunday, January 29, from 10 a.m.-2 p.m.

The workshop costs \$60 for the general public or \$55 for Minnesota Historical Society members and Mille Lacs Band members, plus an additional \$15 supply fee.

Registration is required by January 25. Please call 320-532-3632 for more information.

### Kids craft workshop

Listen to museum staff read storybooks, enjoy light snacks, and learn how to decorate an Ojibwe-style shoulder bag. This project is recommended for children eight years or older.

The workshop costs \$7 per kit and will be held on Saturday, January 21, from noon-4 p.m.

## Ojibwe Language Program Adopts New Teaching Method

Nay Ah Shing's Ojibwe Language and Culture Program recently adopted a new Ojibwe teaching method known as the Accelerated Second Language Acquisition (ASLA) method.

ASLA is a picture-based teaching method that is most effective in an immersion environment. Teachers show students pictures of an object or action and then say the Ojibwe word or phrase that describes the photo. Students repeat the Ojibwe word to the teacher. This repetition helps the students retain the new information.

"The Ojibwe language is descriptive and oral, so hearing words and seeing pictures repeatedly helps students better learn the language," said Ruth Garbow, who teaches Ojibwe to fifth-, sixth- and seventh-graders.

Melissa Boyd, ojibwe language apprentice, was trained in the ASLA method by Dr. Stephen Greymorning, a native studies professor at the University of Montana who developed the teaching method.

"Writing is a European way of learning. If you translate spoken Ojibwe into written English, you lose a lot of the meaning," Melissa said. "We want to treat our language as if it's alive and not dissect it."

If students can't remember or mispronounces an Ojibwe word, the teachers do not correct the students. Instead they will ask another student who they know will get the answer right to identify the picture that corresponds with the Ojibwe word. This way the other students will see and hear the

correction and will not fall into the habit of looking to the teacher for reinforcement.

Teachers have already seen positive results in the classroom.

"It's really rewarding to hear and watch these students go from learning one Ojibwe word to saying a complete sentence in Ojibwe, just from looking at a picture," said Loretta Kalk, who teaches Ojibwe to high schoolers.

"We are excited about the success we've seen already through the ASLA method. Our students are picking up the language more quickly, and we believe they will be able to retain it better as well," said Cheryl Minnema, director of the Ojibwe Language and Culture Program.

When surveyed for this article, Nay Ah Shing students overwhelmingly agreed that it was important to learn Ojibwe.

"To carry on our language, we need to learn the language and pass it down to the next generation," said Penny Kegg, a senior at Nay Ah Shing.

Maria Ramos Smith, a fourth-grade student at Nay Ah Shing, thinks it's important to learn Ojibwe so that she can better understand traditional ceremonies. "When I go to the powwow grounds, I know what they are saying," she said.

The Ojibwe Language and Culture Program teachers are currently focusing on teaching students to speak Ojibwe. Once students have developed a strong vocabulary, teachers will start incorporating reading and writing into the curriculum.

# Calendar of Events

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	All government offices closed for New Years Day					
8	9	10	11	12	13	14
	Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs 6 p.m. Contact: Diane Nickaboine 320-532-7439	28th Annual State of the Band Address Grand Casino Mille Lacs 10 a.m.	District I Community Meeting District I Community Center 5:30 p.m. Contact: Rachel Peirce 320-532-7423		Diabetes Education Class GCML 1-3 p.m. (See page 4)	
15	16	17	18	19	20	21
	All government offices closed for Civil Rights Day	District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted 218-768-2345	District III Community Meeting Lake Lena Community Center 6 p.m. Contact: Katie Draper 320-384-6240	All-District Elder Meeting Mille Lacs ALU 11 a.m. Contact: Denise Sargent 320-532-7854		Kids Crafts Mille Lacs Indian Museum 11 a.m.-4 p.m.
22	23	24	25	26	27	28
	2012 Elections: Opening period for filing for office (See page 3)	Healthy Heart Class Lake Lena Community Center noon (See page 4)	District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam 320-676-1102	District II Community Meeting East Lake Community Center 5 p.m. Contact: Jenny Waugh 218-768-3311 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424	Diabetes Education Class GCML 1-3 p.m. (See page 4)	Ojibwe Mitten Workshop Mille Lacs Indian Museum noon-4 p.m.
29	30	31	February 1	2	3	4
Ojibwe Mitten Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.		Healthy Heart Class District I Community Center noon (See page 4)			2012 Elections: Close of filing period (See page 3)	Kids Crafts Mille Lacs Indian Museum 11 a.m.-4 p.m.
					America's Favorite Dancers* Grand Casino Mille Lacs 8 p.m. each night	
5	6	7	8	9	<p><b>*To Purchase Tickets</b></p> <p>Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit <a href="http://www.ticketmaster.com">www.ticketmaster.com</a></p> <p>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at <a href="mailto:kelly@goffpublic.com">kelly@goffpublic.com</a></p>	

# What Are Your Goals For 2012?

## Adrienne Benjamin



"My goal for 2012 is to be the best person that I can be. To be a good mother, friend, and community member. To get more involved in cultural activities and learn more Ojibwe language."

## Pete Nayquonabe



"My goals for 2012 are to continue working on my master's degree from UMD and enjoy as much family time with my wife Kristi and daughters Kayla and Avery."

## Sharon Sam



"I want to stay positive and healthy and spend more time with family and friends. I'm also looking forward to riding my new motorcycle up to Mille Lacs in the spring of 2012."

## Mary Jo Jennings



"My goal is to read more books. I am currently reading The Horse and His Boy by C.S. Lewis."

## Priscilla Greenleaf



"My goal is to live a healthy lifestyle."

## Ben Sam



"My goals for 2012 are to begin classes at St. Scholastica in the fall, attend the state wrestling tournament as a participant, and play baseball at college."

## The Newspaper of the Mille Lacs Band OJIBWE INAAJIMOWIN

"The story as it's told."

Kelly Sam, Editor  
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 Fax 651-292-8091  
 kelly@goffpublic.com  
 255 East Kellogg Blvd., Suite 102  
 St. Paul, MN 55101  
 Please provide news tips and other information by the 15th of the previous month.

## Urban Area Holiday Party



Photos courtesy of Barb Benjamin-Robertson

Jayden and Jordan Sayers visited with Santa during the Urban Area Christmas Party on December 10.



Hundreds of community members attended the Urban Area Christmas Party. Employees from the tribal government and Corporate Commission helped serve the guests.

## District III Holiday Party



Photos courtesy of Katie Draper

More than 250 Band members attended the District III Christmas Party, including three generations of the St. John family pictured above.



District III Representative Diane Gibbs presented Band member David Matrious (center) with a certificate of appreciation for his community service at the District III Christmas Party. Pictured with David are his sisters Alvina Aubele (left) and Carole Higgins (right).