

OJIBWE INAAJIMOWIN

May 2011

"The story as it's told."

Volume 13 • Number 5

Thousands Rally for Indian Gaming at State Capitol



Secretary/Treasurer Curt Kalk spoke at the "Don't Gamble with Our Jobs" rally at the State Capitol.

Approximately 300 Grand Casinos Associates and Mille Lacs Band tribal government employees joined other Minnesota Indian gaming employees at the State Capitol on Tuesday, April 26, to rally for jobs. More than 3,000 people attended the "Don't Gamble with Our Jobs" rally, which was sponsored by the Minnesota Indian Gaming Association.

Mille Lacs Band Secretary/Treasurer Curt Kalk spoke at the rally about the quality jobs created by Indian gaming. "Minnesota wants to create and maintain outstate jobs. The racino proposal would be devastating to this goal," he said.

Beth Hanlon and Robbie Sawyer, longtime Grand Casinos Associates, told the crowd how Grand Casinos provide good jobs that would not be available without the success of the casinos.

"I have a great job; one that wasn't available 20 years ago," said Beth.

"We need our legislators to protect the jobs that make our communities strong," said Robbie.

Ernie Stevens, chairman for the National Indian Gaming Association, echoed Beth and Robbie's comments: "The benefits of Indian gaming extend beyond the reservation boundaries."

Several state legislators also showed their support for Indian gaming at the rally, including Senators Tom Bakk, Larry Pogemiller, John Howe, and Tony Lourey, and Representatives Lyle Koenen, Ryan Winkler, Tim Mahoney, and Roger Crawford.

"I will not vote for expanded gaming in Minnesota. I have seen the change that gaming

has brought to Indian Country," said Senator Bakk.

Several legislators said that they were against expanding gaming because it would compromise jobs in rural Minnesota. More than 40,000 people are currently employed by Indian gaming.

"Jobs are important to Minnesota. We shouldn't pass a proposal that would hurt more than 40,000 jobs," said Representative Mahoney.

Get involved

If you would like to express your support for the rally and Indian gaming, please contact your legislators to oppose gaming expansion proposals that threaten jobs in East Central Minnesota. Sample letters are available on the Mille Lacs Band's Action Center on the Band's website (www.millelacsband.com).



Indian gaming supporters displayed signs at the State Capitol during the "Don't Gamble with Our Jobs" rally. More than 3,000 people attended the rally.

Graduations & Celebrations

The school year is once again coming to a close, which means awards banquets and graduation ceremonies are just around the corner. Following is a listing of upcoming events:

- Friday, May 20 at 10 a.m. – Nay Ah Shing Royalty Powwow
- Thursday, May 26 at 10 a.m. – Fourth grade graduation at Nay Ah Shing Abinoojiiyag
- Thursday, May 26 at 10:30 a.m. – District II Early Education graduation
- Friday, May 27 at 10:30 a.m. – District I Early Education graduation
- Thursday, June 2 at 6 p.m. – Nay Ah Shing Upper School graduation
- Friday, June 17 at 10:30 a.m. – District III Early Education graduation

If you are graduating this year, please contact the scholarship office to make sure you are on its graduation list. For event locations or other information, please call the Nay Ah Shing Schools at 320/532-4695, or the Mille Lacs Band Scholarship Office at 866/916-5282.



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Brad Kalk Talks Natural Resources



Brad Kalk

By Toya Stewart Downey

The significance of his role as the Commissioner of the Band's Department of Natural Resources is ever present as Bradley Kalk weighs in on decisions that affect the community.

Brad, 49, who was sworn in as the DNR Commissioner in January, feels fortunate to be participating in the Band's strategic plan and helping make decisions that will impact future generations.

"You have to be able to look at the next 50 to 80 years and beyond when you're making decisions today," he said. "I believe that I have an opportunity to preserve our environment for my grandkids and for their grandkids."

It was a lesson Brad learned from his predecessors – his brother, Curt Kalk, and Don Wedll, who worked for the Band for more than three decades. Curt was the DNR Commissioner for nine years before he was elected as the Band's Secretary/Treasurer last summer. Brad said both men were also instrumental in developing the Band's Department of Natural Resources.

"Curt opened my eyes to the job, and I learned from watching and talking to him," he said. "Both Curt and Don helped lay the foundation and make it easier for me."

Brad said it's important that Indian people understand the environment's role in their lives and how it's sustained them for generations.

That's one of the reasons that Brad wants to make an effort to educate more Band members about what resources are available to them and how they can use them to help sustain their families while promoting the Ojibwe culture.

"I want people to ask themselves, 'What am I going to do with the resources? For

example, if I rice, do I have a processor lined up to process wild rice, or will I do it myself?'

"Or if they're netting and they collect 50 walleye, what will they do with the fish once they're caught? Or if they get a deer, when will it need to be processed? Is the air temperature right to hang it?'

"I want people to have a plan because I want people to understand the processes that go along with the resources," Brad said. "That way, we can protect the environment, we can continue to have those resources, and Band members can reap the benefits."

Brad admires the bravery and wisdom of the chiefs and leaders who signed the treaties more than 150 years ago in an effort to protect and preserve their land. "When they signed the treaties, they had to trust the treaty and what was written in it," he said.

As long as people don't understand the treaty rights, there will always be questions. Brad says he hopes to be able to provide answers both within the community as well as externally.

Two of the biggest misperceptions are that the Band's treaty rights "aren't fair," and that American Indians weren't promised that they could use the resources for sustenance, he added.

In recent years, more Band members and their families have relied on natural resources due to the poor economy as well as the desire to reconnect with their culture, Brad said.

"There's a stronger interest in culture, so one of my goals is to incorporate more language development into the DNR and use it with our activities," said Brad, adding that the department would like to work with the schools, since they're already teaching Ojibwe.

Brad's love of the environment and its resources came at an early age, thanks to his mother, Loretta Kalk, and his grandmother, Maude Kegg, who helped teach him the traditional ways.

He loves to fish, hunt, trap and net.

"Anything that has to do with the outdoors, I do it. I hunt every opportunity I get. I wish there were five of me in the fall so I could hunt more."

It's that passion that Brad is eager to share with others as

he helps find ways to make it easier for Band members to practice the cultural traditions each season.

One example he cited was the difficulty Band members were having getting permits in the outer districts. Too often they had to travel to Mille Lacs to obtain them, which proved to be problematic for many. Now they can get permits in their home districts.

"We have figured out the stumbling blocks and how to make it better," he said. "I'm just looking for a way to help make people's lives easier."

Brad, who has spent most of his life living and working in the Mille Lacs area, has owned a construction business as well as worked for the Band in a number of roles.

When Grand Casino Mille Lacs opened 20 years ago, he was among the first group of workers. He earned the honor of being the casino's first employee of the month. He was in the maintenance department for three years and progressed to assistant general manager and general manager of the casino. Brad also worked at Grand Casino Hinckley as a senior project manager and then returned to Mille Lacs to work at Eddy's Resort.

In addition, Brad worked for the Nay Ah Shing Schools in transportation and maintenance. When the Commissioner of Natural Resources job opened, Brad was working his second stint at the schools and decided to apply.

Brad said that serving as the DNR commissioner will allow him to share his expertise as well as his philosophy about the environment and its resources.

"You better be in tune with what you believe and what you're doing and how it affects the people, the community, and the limited resources with the unlimited want," Brad said.

Brad has served as a board member of the ML Wastewater Inc. and on the Band's housing board. He currently serves on the boards of Woodlands National Bank and Great Lakes Indian Fish and Wildlife Commission.

Brad has been married to his wife, Roxanne, for 25 years, and the couple has six adult children and 12 grandchildren.

Carolyn Shaw Reappointed



Carolyn Shaw

Mille Lacs Band member Carolyn Shaw was sworn in as Commissioner of Administration in early April. Previously, Carolyn served as Assistant Commissioner of Administration for two years.

In her role as Commissioner, Carolyn will manage the day-to-day operations of the tribal government, including administering grants and contracts and overseeing personnel issues and lobbying activities as directed by the Chief Executive.

Carolyn joined the Mille Lacs Band in 2001. She first served as an executive assistant to the Commissioner of Corporate Affairs and then as an associate director in the Band Member Development Department, providing Band members with resources to gain employment and develop their careers.

Before working for the Band, Carolyn served four years in the U.S. Army. Carolyn received an associate of arts degree from Central Lakes College and is working on a bachelor's degree in business through the College of St. Scholastica.

Youth Civic Camp

The Native Vote Alliance of Minnesota is hosting the 2nd Annual Youth Civic Camp on July 24-30 at the Mille Lacs Band Ojibwe Language Camp in Rutledge.

The camp is recommended for youth 13-16 years old.

For more information, contact Elizabeth Scott, Mille Lacs Band local community coordinator at 320-384-4661.

Grant Allows School Garden to Grow

By *Toya Stewart Downey*

For the past three years, students at the Nay Ah Shing Lower School have been cultivating their collective green thumbs while learning about the benefits of gardening and healthy eating.

Since 2009, kindergarten through fourth-grade students have gained hands-on gardening experience, and learned how to incorporate fruits and vegetables into their diets from healthy food they've produced.

They have also served as ambassadors to their families by sharing the virtues of preparing low-cost nutritious foods.

Now, thanks to a \$500 grant, the students in the school's Gardening for Life program will get to expand both their efforts and their learning. The Welch's 2011 Harvest Grant was given to two schools in each state. Five winners received \$1,000 each, and the 95 others were each awarded a \$500 package that includes garden tools, seeds, and educational materials.

"I need every penny for the garden that I can get, so I apply for every gardening-related grant that I hear about," said Deborah Foye, nutrition services coordinator for the Nay Ah Shing Schools. "I had too many rejection letters from last year's grant applications, so this was a nice morale booster."

Deborah got help writing the grant application from Dana Raines from the Onanegozie Resource Conservation and Development Council.

"In the grant application, Dana and I wrote that we would use the money to create a garden environment that would encourage physical activity as well as nutrition education opportunities," Deborah said.

"We discussed building a grape arbor, sunflower house, and a cucumber tunnel that the kids could run and crawl through. We also explained how we would integrate the topics of nutrition and sustainable agriculture into our curriculum."

Deborah hopes that construction on the projects she has planned will begin this spring or summer. She has also applied for another \$1,000 grant that would enable the students to expand the gardens.

The first year, the garden was one 20' by 20' raised bed for vegetables. At the beginning of

the 2009-2010 school year, the Department of Natural Resources added another 20' by 20' raised bed for fruit plants.

"We have planted several blueberry, black raspberry, red raspberry, rhubarb, and strawberry plants in about half of the bed," Deborah said.

Students start plants from seed in their classrooms and transplant them in the gardens when the weather permits. Then gardening activities are incorporated into the curriculum throughout the year in science, language, and the arts. The daycare students help weed and maintain the gardens throughout the summer, and help pick the vegetables when they are ripe.

A few of the students in Ray Jackson's third-grade class who have participated in the gardening activities have nothing but praise for the experiences they've cultivated.

Angel Bellcourt said it was "cool because we get to pick stuff!"

Her classmate Carmelena Mitchell added, "We were able to water the garden with a sprinkler, and that was fun."

Another student, June Nadeau, said she enjoyed spending recess in the garden, while another peer, Gini Buckanaga, thought the seedlings were cool.

The Nutrition Services Program uses the produce in taste-testing sessions with the students, explaining the health benefits from each food. Last year, the school added a Three Sisters' Garden to the vegetable garden and incorporated the traditional Ojibwe method of planting.

The goal of Gardening for Life is to introduce youth to gardening, so that they will become informed consumers who engage in the practices of lifelong exercise, gardening activities, and healthy eating.

"Our experience and research show that people who reported planting a garden, picking fruits and vegetables, or playing in a garden as children are more likely to show an interest in gardening as they age," said Deborah. "They are also more likely to include a wider variety of fruits and vegetables in their diets."

Simply put, "Children enjoy eating the foods they grow," she added.

Central Lakes College

Band members complete nursing assistant class



Photo courtesy of Central Lakes College

Five Band members completed a nursing assistant course at Central Lakes College. The graduates were (front row from left to right) Darian Kegg, Maria Powell, (back row from left to right) Sara Rice, Rose Wind, and Naomi Jourdain.

Five Mille Lacs Band members recently finished a three-month nursing assistant course offered by Central Lakes College at the Mille Lacs Health System.

The three-credit course provided the opportunities for immediate employment and career advancement in nursing and other health care industry areas.

"This is an opportunity to encourage American Indian students to see themselves working in the health care profession and providing health services to our Tribal members," said Mary Sam, director of diversity and student affairs for Central Lakes College.

The students also have the opportunity to participate in a home health aide course beginning in June.

Celebration of Nations



Photo courtesy of Central Lakes College

Thomas White and Darrius Barnes danced as the Nay Ah Shing Drum Group sang under the direction of Jack Kingbird during the Celebration of Nations at Central Lakes College.

Several Mille Lacs Band members and Nay Ah Shing School students participated in the second annual Celebration of Nations at Central Lakes College in early April.

The Nay Ah Shing Drum Group performed and several other Band members danced at the event.

The event, which approximately 500 people attended, celebrated diversity and included traditional performances in the Asian, German, African, American Indian, Scandinavian, Indonesian, and Latin American cultures.

Free Hearing Evaluations

To schedule an appointment for **Friday, May 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.

MLB Princess Corrin Locke Planning for Future



Photo courtesy of Corrin Locke

Corrin Locke

By Toya Stewart Downey

When she first decided to run for Mille Lacs Band Princess, Corrin Locke had no idea that it would take years to realize her goal. But that's exactly what happened.

It took four tries before Corrin, a senior at Hinckley-Finlayson High School, earned the title at the 2010 Mille Lacs band Traditional Powwow.

"I knew it was something to be proud of and something that would make my family proud, so I kept running until I won," said Corrin, 18. "It took a lot of time, but it was an honor."

Now as the powwow season kicks into high gear, Corrin is eagerly looking forward to representing the Band when she dances at each of the upcoming events.

One of the challenges over the past year has been finding time to attend powwows due to her busy work and school schedule.

"I'm always so excited about dancing," said Corrin, a Jingle Dress Dancer. "And I like to represent the Band as a positive role model."

One of the ways becoming Mille Lacs Band Princess has helped Corrin is that it's given her confidence as a public speaker. "I was really shy," she said, "but I've learned how to talk to people."

That's because in order to run, she had to learn Ojibwe for her speech, sell raffle tickets, interact with Elders and community members, as well as participate in community service. One of her cultural projects was to learn how to make kinnikinnick and another was to pick plums for Elders.

Pursuing the title was hard work, and she admits that the

first time she ran she was unprepared. Corrin credits one of her mentors, Clara Jackson, who works at the Immersion Grounds, for helping her get more prepared to run in the subsequent years. Clara also made each of Corrin's dresses.

Since she moved to Hinckley from Walker, Minnesota, four years ago, Corrin has made a strong effort to get to know more about the community and its people – particularly the youth.

"I met a lot of people through the Band's Boys and Girls Club when I worked there for two years and helped take care of the kids," said Corrin, who also worked at Carole's Grand Salon at Grand Casino Hinckley for two years. Both jobs were through the Band's Summer Youth Employment Program.

"It was really helpful to get a job and experience through the Band's youth program. It taught me a lot."

For the past year, Corrin has worked at Grand Buffet at Grand Casino Hinckley.

In spite of her hectic schedule, Corrin has managed to make the "A" honor roll for the past two quarters at school. In fact, she's been on the honor roll throughout high school.

After she graduates, Corrin plans to enlist in the Air Force or attend college. Eventually, she'd like a career in law enforcement. "There are so many options that it's hard to decide, but I know I will make a good choice with whatever I decide to do," she said.

Staying on track at school, getting involved in the community, and finding ways to live a positive lifestyle are all things that she shares with her peers and youth that she interacts with.

"I talk to kids and teens and tell them there are better things in life and to try to stay out of trouble," she said. "I tell them to be responsible and to go to school to get their education. I tell them that they can still have fun to an extent, but that they need to make good choices. As a Princess, it's one of my responsibilities to be a good role model."

University of Minnesota-Duluth Offers Tribal Administration and Governance Master's Program

With the help of Mille Lacs Band Chief Executive Marge Anderson and other Midwest tribal leaders, the University of Minnesota-Duluth has developed a first-of-its-kind Master of Tribal Administration and Governance (MTAG) degree program.

The program seeks to train future American Indian tribal leaders and managers through coursework in the principles of sovereignty, ethics, law, management, budgets and leadership. Tribal language and cultural elements will also be weaved into coursework throughout the program.

Tadd Johnson, who served the Band as a special counsel on government affairs for many years, developed the program as the head of the American Indian Studies Department at UMD.

Collaboration with tribes

In preparation for the program, UMD officials conducted extensive consultation sessions with tribal administrators, elected officials, and organizations in Minnesota and throughout the Midwest to make sure the program's curriculum reflects the growing responsibilities of tribal administrators.

"The Mille Lacs Band and other tribes have experienced significant growth in economic development, administration, and self-sufficiency," said Chief Executive Marge Anderson. "We need schools that will provide the training and development

students need to effectively serve their people and build careers in tribal government. The UMD program provides that."

UMD will continue to work with tribal governments on an ongoing basis to improve the program.

"UMD believes in the future of Indian tribes, and we hope this program will help develop tribal leaders who will use the best practices for governance on reservations," said Tadd.

Open houses

The two-year master's degree program will begin in late August 2011 and will feature weekly online meetings and face-to-face weekend meetings at the UMD campus every three weeks. The curriculum and schedule will allow students to continue working while pursuing their degree.

UMD is hosting open houses for the MTAG program on May 13 and June 3. The open houses will be held from 3-6 p.m. at 116 Cina Hall on the UMD campus.

Applications can be submitted online at www.umdmtag.org. Click on the "Apply Yourself" button. You will need to submit an application form, an unofficial undergraduate transcript, two letters of recommendation, and a personal statement (300 words maximum). Applications will be accepted until June 15.

More information about the Master of Tribal Administration and Governance program is available at www.umdmtag.org.

Mille Lacs Band Behavioral Health Department Honored



Photo courtesy of Amanda Nickaboine

The Mille Lacs Band Behavioral Health Department went to visit the White Earth Oshki Manidoo "New Spirit" Center in April. The MLB Behavioral Health department received a plaque entitled "Working together to help our youth."

Energy Drinks – A Quick Pick-Me-Up Or Dangerous Health Hazard?

By Toya Stewart Downey

A mother's story

Call it a mother's instinct that led Nadine Wade to look at the list of ingredients in the high-energy beverage that her grandchild was drinking. She was shocked by what she saw.

"I read the can, and I just about flipped out," Nadine said. "I knew my grandkid was acting goofy, and once I read the can I knew why."

In that particular drink, alcohol was listed as one of the top ingredients – 12 percent to be exact.

That's more than the low-alcohol brew known as "near-beer," or "three-two" beer, Nadine said.

Nadine, who is raising six grandchildren along with her husband, Larry Wade, jumped into action.

"I went over to the store and told the salesclerk not to sell any of the high-energy drinks to my kids," said Nadine, referring to both those that contain alcohol and those that do not.

Then, because she knew the beverages were loaded with sugar and caffeine, she forbade her grandchildren from drinking any of the high-energy beverages at all. She also instructed her relatives not to purchase them for the kids. Finally, she banned her relatives from sharing any drinks or even bringing them into her home.

Discussing the risks

Last month Nadine's message was reinforced by Mike Kettner, a chemical dependency counselor in District III, who discussed the health risks and marketing of high-energy drinks – both those that contain alcohol and those that don't – at the Sobriety Feast in District I.

Most of Mike's presentation focused on prevention awareness so that parents and youth could better understand the marketing trends as well as the health risks that are associated with the non-alcoholic energy beverages. Mike has discussed the hazards of high-energy drinks at three recent Sobriety Feasts.

"It's about prevention, and we need to get information out there so people know what's in these drinks and what they do to a person's body," he said.

"It was an eye-opener for me."

The most common ingredient in the drinks is caffeine. On average, it is equal to up to five 8-ounce cups of instant coffee, according to a nutrition study by the Mayo Clinic. The study linked caffeine use to immediate rises in blood pressure, stiffening of arteries, and faster and harder heartbeats.

Intended for athletes

Though current marketing campaigns specifically target young people, the beverages were first aimed at athletes who wanted high-performance outcomes.

Though, Mike said, "it's not suggested that people use these products prior to exercise or athletic events."

Marketers began touting the drinks as containing healthy, natural ingredients such as ginseng, guarana, and ginkgo biloba. They called them nutritional drinks, which led to a rapid explosion in the number of brands, drinks and flavors developed over the last decade.

"It started with Red Bull," said Mike. "And since then you can find them everywhere."

Sugar and caffeine

"Besides having loads of caffeine, they have lots of sugar – mostly high-fructose corn sugar," Mike said. "On average, they have 27 grams of sugar in an 8-ounce can."

"Imagine opening 27 packets of sugar and drinking it, that's what's in those drinks. And that, plus the caffeine, is what makes you think you have energy," Mike said.

Caffeine can disrupt sleep patterns and falsely stimulate the reward and reinforcement system of the brain.

Studies have shown that because adolescent brains are still developing, they can be more vulnerable to the negative effects of the beverages.

A number of scientists are concerned about the beverages' health impacts. The Mayo Clinic study noted that there have been five documented cases of seizures that were associated with the beverages and four documented cases of caffeine-associated death.

The study's authors also caution about the unknown

potential long-term effects of the beverages that could include cardiovascular disease, insulin resistance, and diabetes.

Youth consumption

Youth consumption of these beverages is increasing rapidly, and teens are more likely to use the drinks than adults. Increasingly the beverages are targeting youth with hip, cool and trendy campaigns and merchandise.

Recently, a main character on the popular Nickelodeon show, Big Time Rush, told his cast mates that he needed "19 high-energy drinks" in order to be able to complete a series of homework assignments. It's a line that may go unnoticed by the general population, but for teens watching that show, it might resonate in a way that makes them want to emulate the cool character they watch.

Monica Haglund, a Rule 25 assessor/counselor for the Band's Behavioral Health Department, has firsthand experience.

"My 11-year-old great nephew wanted to have a shirt and hooded sweatshirt with the Monster logo on it," said Monica, referring to the name of one of the high-energy beverages. "Some of the clothing and hats are geared to kids as young as toddlers."

Monica said she has noticed that the advertising targets youth, "and the younger ones see the older ones drinking it, and they want to be just like them."

"Rockstar is another big one that targets young kids," she said.

Monica won't purchase energy drinks for the youth in her life. They all know she won't buy it, but they still ask her to.

"I tell them they already have enough natural energy, but they still want it and ask for it, and they may get it from other family members that drink it."

Mike said he hopes that his message about the potential hazards of energy drinks resonates with the community. He wants people to be informed consumers.

"People have to decide if it's for them," he said. "I'm just presenting the information and the facts."

Child Support Services Program to Open in June

By Amy Doyle, director of Tribal Child Support Enforcement

The child support services program will start on June 1. The program will help Band members determine paternity; establish, modify and enforce child support orders; and process income withholdings from employers, and per capita payments.

Cases involving Band members will not be transferred from the county or the state automatically. Band members must apply for services through an application.

Representatives from the program will attend community meetings in all districts to introduce the program and address Band members questions and concerns. Applications for services will be available at the community meetings, which will be held on the following dates:

- May 11 (District III)
- May 25 (District IIa)
- May 26 (District II)
- June 8 (District I)
- June 23 (urban area)

The program offices will be located in the lower level of the Government Center across the hall from the archive office.

For questions regarding the child support services program, please contact the office at 320-532-7755 on Mondays-Fridays from 8 a.m.-5 p.m.

Hands-Only CPR Training

Twelve Mille Lacs Band employees have completed the American Heart Association's hands-only CPR instructor training. They will begin training other Band members and employees in hands-only CPR in all districts and the urban area.

"There is no mouth-to-mouth resuscitation involved in this technique," said Monte Fronk, emergency management coordinator for the Band. "Anyone can do chest compressions, which is all that is required for hands-only CPR."

When a person isn't breathing, calling 911 and starting chest compressions within the first three minutes are the most important things that a bystander can do to help, Monte said. Hands-only CPR makes meeting these goals much easier for the average person.

Please watch the *Inaajimowin* for information on classes in your area. To watch a one-minute video on hands-only CPR, visit <http://handsonlycpr.org>.

TERC Members Learn About Cyber Threats

By Toya Stewart Downey

In April, millions of credit card holders learned that their names and e-mail addresses were accessed without authorization due to a huge security breach at the Texas-based marketing company, Epsilon. It's been called one of the largest breaches in history and hits home for at least two of the state's largest businesses – Target and Best Buy.

While people's names and e-mail addresses aren't critical pieces of information, the impact on people's security could be great if they reply to e-mails from the hackers, who might attempt to defraud customers through spam or phishing attacks, or by taking control of their computers.

Though the news of the breach made headlines, attempts to hack into networks or personal accounts or to shut down systems throughout the world are far more common than people may realize. It happens every minute of each day, Raymond Morris, executive director of the Federal Executive Board of Minnesota, told members of the Tribal Emergency Response Committee (TERC) at a cyber security tabletop exercise conducted on March 30.

"Cyber threats are one of our most critical threats in the country," he said. "It's a worldwide threat that can exploit us and bring us to our knees."

This is why the Band government, schools and departments need to be vigilant in their efforts to protect databases, information and archives, he told the members of TERC.

"It's happened on the federal level, and it's going to get a lot worse before it gets better," said Raymond, citing breaches at NASA, in Louisiana state government, and at Georgia Tech the same day as the TERC meeting.

Some Band employees were part of an attempted hacking scheme in April, when they received an e-mail from someone seeking information and threatening that their Mille Lacs Band e-mail accounts would be deactivated if they didn't comply. Band employees were alerted to the scheme by Clayton Benjamin, a technology specialist, who warned them not to provide any information.

According to analysts, the impact of the breach at Epsilon may not be realized until years from now, as it is likely that fraudsters might wait a while before attempting to connect with the people whose names and e-mails were compromised, due to the worldwide publicity the security breach has attracted.

On average, 100 million computers are compromised at any given time. The greatest national threats come from hackers in China and Russia, as well as from al Qaeda members, who are believed to be more interested in shutting down the United States government than stealing money.

That doesn't mean a security breach won't impact individuals or that people who are "off the electronic grid" are safe from fraudulent schemes. Even they can be targeted in the virtual world. Raymond said his advice pertains to all individuals, whether they use computers personally, professionally, or both.

"The Internet is not secure, and it's not resilient," Raymond said. "The best thing for the Mille Lacs Band to do is to make sure security is tight."

He suggested that data be updated on all computers, firewalls should be as strong as possible, and employees should be trained in cyber security measures. Antivirus protection should be on all computers and should be run daily or as often as possible.

Raymond also advised that the Band be extra diligent in protecting its historical records and its vital records of employees, customers, clients, and Band members.

Both Health and Human Services Commissioner Don Eubanks and Education Commissioner Dennis Olson shared ways their departments are protecting Band members' records. Dennis said that the Department of Education and the Nay Ah Shing Schools take cyber threats seriously and have recently added further security measures to their systems to help protect students and staff.

"We are examining the possibility of moving the school staff e-mail system to a completely web-based mail system. If our server were to ever become compromised, we would still have the ability to operate at full capacity," Dennis said.

He added that many of the departments are required to retain records for a certain number of years, and many Band departments are looking to create an electronic backup of necessary data in case of fire or water damage.

"We must all realize that although data stored electronically can be a good alternative to hard copy records, it must also be protected," Dennis said.

Don said the Health and Human Services Department's conversion to electronic health records makes it more compliant with the Health Insurance Portability and Accountability Act of 1996 (HIPPA) and helps protect confidential client information.

According to Sheldon Boyd, who provides information technology (IT) support to the Department of Health and Human Services – including helping to oversee the conversion to electronic records – the Indian Health Service has a "closed system" administered via the Federal Network Operations Support Center. The system has a high level of security for its connection between the Band's server system and the Indian Health Service in Bemidji.

"Individuals wishing to access our system remotely (including our own employees) must have 'tokens' issued to them," said Sheldon.

"This token is a physical device the size of a small garage door opener and must be activated by pressing the button while someone is attempting to log in to our system from any outside location," he explained. This device generates an encrypted signal and an access and verification code, which allows individuals to get into the Band's system from the outside.

Additional cyber security steps are taken at the federal level.

"I receive reports of cyber attacks every day that affect government entities at the local, state, and federal levels," said Monte Fronk, the Band's emergency manager with the Dept. of Public Safety. "I felt it was important to provide this valuable free training to the TERC members, especially while we are updating our Hazard Mitigation Plan, which needs to recognize cyber security issues."

Circle of Health Update

By Circle of Health staff

Dental coverage plans

Because most dental plans run from January 1-December 31, it is important that you call your provider before you schedule any dental work to find out exactly what is covered and where you are with your maximum benefits.

Dental plans are a type of coverage, not a type of insurance. Once you reach the maximum amount covered by a plan, any additional work will not be paid for by the plan. Any costs incurred would not be considered a co-pay or deductible and would not be paid by Circle of Health.

Minnesota Care

If you are still receiving premium notices from Minnesota Care, please contact your case worker as soon as possible. Last fall, the state enacted a new health provision that exempts American Indians from Minnesota Care premiums.

As soon as the state receives proof of your enrollment in a Minnesota tribe, you will no longer receive premium notices. Additionally, the state is refunding premium payments back to July 2009. These reimbursements need to be returned to Circle of Health. We are working with the county to identify any Band members who have not taken these steps.

In a few months, Band members will begin to receive yearly update forms from the state. Even though you are exempt from premiums, you must continue to update your information to stay enrolled in Minnesota Care.

Benefit coordinator location change

Dawn Chosa has moved the location of her Wednesday office hours from the District I Assisted Living Unit to the conference room at the Public Health Building, which is located behind the Department of Natural Resources building. Dawn will continue to be available from 10 a.m-1 p.m. This change is scheduled through May.

Dawn will also be available in the other districts on dates that will be determined in the near future. Please contact the Circle of Health for these dates.

Contact information

Please allow a two- to six-week grace period for reimbursement claims from the date of submission. If you have any questions, please call 320-676-8214 or 800-491-6106.

Public Health Update

By Public Health Department staff

Childbirth education classes

The Public Health Department is holding a free childbirth education series. The course, which includes six classes, will help expecting parents understand the normal birthing process, medical interventions associated with birth, comfort measures, breastfeeding basics, postpartum care, and newborn care and safety.

Classes will be held at the community center in each district from 6-7:30 p.m.

- District I: Tuesdays, May 31; June 7, 14, 21, and 28; and July 5
- District II: Thursdays, June 2, 9, 16, 23, and 30; and July 7
- District III: Wednesdays, June 1, 8, 15, 22, and 29; and July 6

Participants who attend all six classes will receive a free car seat. Childcare is provided during the classes.

To register for the class, contact Allison Harr at 320-532-7511.

Community Health Fair recap

More than 160 Band members attended the Community Health Fair in March. Mii gwech to the Health Fair Committee for its hard work.

Thank you to the following people and programs that participated in the Community Health Fair:

- 25 programs with booths that helped community members learn about important health topics, screenings, nutrition, and assistance programs
- Programs and agencies that donated door prizes
- SHIP, Smoking Cessation, Second Hand Smoke, and Family Services programs for the healthy, nutritious lunch
- Anti-tobacco program for donating 250 t-shirts and bags that featured the winning artwork from the Gego Zagaswaaken art contest
- District II Representative Marvin Bruneau and Carmen Greene for loaning tables for the fair, Rob Thompson who transported the tables, and the maintenance staff and the Department of Natural

Resources Fire Crew for helping set up tables and chairs.

Spring cleaning tips

Spring is here, which often means spring cleanup time. Cleaning can be a healthy and invigorating activity, but using toxic chemicals to spruce up your house and yard can damage the health and wellbeing of your family and pets.

A common misconception is that any product sold in the grocery or hardware store is safe to use; however, there are many dangerous products on the market.

It is our responsibility as consumers to read labels and inform ourselves about the dangers and appropriate use of each one. Look for key words like "poison," "danger," "warning" or "caution."

When possible, use cleaning products that are plant-based, bio-degradable, and non-toxic. They tend to include citrus, vegetable, and pine oils.

Aerosol sprays also present a health risk because the mist that is produced is very fine and is easily inhaled. It would be better to use a pump spray container.

You can also create your own cleaning products from ordinary household ingredients. These homemade cleaners work just as well as commercial products, cost less, and are more environmentally friendly. Try some of these:

- Toilet bowl cleaner: Mix one cup borax with 1/2 cup white vinegar; let the mixture settle for several hours or overnight before using.
- Tub and tile cleaner: Mix 1/4 cup baking soda with 1/2 cup white vinegar. Use with a soft cloth.
- Vinegar spray: Put 5% vinegar in a spray bottle with water. This mixture kills 99% of bacteria and 82% of mold.
- Floor cleaner: Combine 1/8 cup liquid soap, 1/2 cup white vinegar or lemon juice, 1/2 cup herbal tea, and three gallons of warm water. Swirl until sudsy and wash the floor. Then rinse the floor with one cup vinegar in three gallons of cool water.
- Furniture polish: Mix 1/2 teaspoon olive oil with 1/4 cup vinegar or lemon juice in a glass jar. Dab soft rag into solution and wipe wood surfaces.

Names and Faces

Mike Kafka



Mike Kafka, a longtime Isle resident, is the Mille Lacs Band's new executive director of the Department of Labor. The department is in the process of broadening its mission beyond being a workforce center and TANF program, and Mike's set of experiences in education, mental health, substance abuse, and corrections are a good match for completing the transition.

"We will serve more people with more types of barriers that have kept them out of the labor force," he said. "We will provide more

educational programming and personal development assistance, with the ultimate goal of helping people overcome barriers so that they can succeed in the workforce."

Joycelyn Shingobe, who had served as interim director of the Department of Labor, will be the director of training and development.

Mike's first career was in teaching in the Isle school system. Since then he has been executive director for the Five County Work Education Council, administrative director for the Five County Mental Health Center, and most recently director of Central Minnesota Community Corrections. He also served three terms on the Isle School Board.

Mike and his wife, the postmaster in Wahkon, raised two sons in Isle. He is a University of Minnesota graduate, with a bachelor's degree in education and a master's degree in business administration/decisions science.

Bea Mitchell



Band member Bea Mitchell (second from the right) performs in Central Lakes College's Children's Theater production of *Tiny Town*.

Band member Bea Mitchell performed in Central Lakes College's Children's Theater production of *Tiny Town* in April. Bea played one of *Tiny Town*'s deceitful villagers.

The Children's Theater is also performing the play for more than 1,200 students during 10 performances in April and May.

Loosely based on the story, *Stone Soup*, *Tiny Town* was written by Central Lakes College professor, Dennis Lamberson.

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.

May is American Indian Month

The United States has officially celebrated the heritage and culture of American Indians for nearly a century.

In 1915, the annual congress of the American Indian Association approved an official American Indian Day. In 1916, New York became the first state to officially declare the second Saturday in May as American Indian Day.

Several states and the federal government also recognize November as National American Indian Heritage Month.

Regardless of which month you celebrate American Indian Month, it is a time to recognize the intertribal cultures and educate the public about the heritage, history, art and traditions of American Indians.

Chief Executive Youth Golf Tournament

The Chief Executive Office is hosting its annual golf tournament to raise funds for Band youth. The tournament will be held on Saturday, May 21, at Grand National Golf Course in Hinckley. The event starts at 8:45 a.m. and is a three-person scramble. The team must consist of at least two youth age 17 and under.

Registration for each team is \$300 (by May 13) or \$375 for onsite registration.

A hole sponsorship is \$500. The sponsorships are used for educational camps, scholarships and youth activities.

Please contact Kim Kegg or Nancy Wood at 320-532-7486 for any questions or to receive registration forms.



My grandmother's crafts

By Viola Hendren, Mille Lacs Band Elder

The following article appeared in the June 18, 2003, issue of the Mille Lacs Messenger. It is being reprinted with the Messenger's permission.

I remember going out with my grandmother when she would harvest her birch bark and her wiigob, which is the thread used to stitch birch bark when making baskets and crafts. She would always take two or three of us kids with her. She was a little woman, so if she wanted some birch bark that was higher up, the

kids would climb up the tree and cut the bark and start peeling it. I don't remember if I did that myself, but maybe I did, because I was a tomboy. We would also find the tree that gives the thread, the wiigob, and we would get long strips of that.

When she had finished gathering what she needed, we would carry it home for her. She had a government house, but in the corner of the lot she built a little wigwam, and that was her real home. That was where she sat all day long with her dog and did her crafts. She made birch bark baskets and souvenir birch bark canoes. She did beadwork as well. She did all different crafts. We didn't bother her when she was busy with her crafts, and I think that was a very enjoyable time for her.

When birch bark is first peeled off the tree, I remember it as being very pliant and easy to work with. I don't know if there was an aging or curing process. But I do remember that when my grandmother would go out to get birch bark, she would get large quantities, so there were always rolls of birch bark in her wigwam.

And when summertime came, she would put a stand out by the

highway – old 169 – and she would put her crafts out there, and tourists would stop and buy them. Sometimes us kids were allowed to make little baskets and little canoes, and if they were good enough, they would be hung out there for sale, and we would get our two cents or nickel. That was a big deal for us to sell something.

I know my grandmother made an awful lot of crafts not only for commercial use, but also for her own use. I can remember the birch bark maple sugar baskets, which had the little sugar cakes stored in them. The baskets were a special shape, kind of like a ginger jar, and they had a cover.

Those sugar cakes were our special treat if we did a chore. That was our candy. Some of them had little designs on them, like maple leaves or cones or seashells. And some people just made their sugar cakes in regular muffin pans. My grandmother made her own sugar, and sugar cakes and her own maple syrup, too.

I remember a lot about my grandmother and the crafts she did, and I wish I could go back to those times.

Moccasin Telegraph

Tribal Noteboard

Happy May birthday to:

Cheryl Jones, 28, on May 15 from your niece and sister • **Jasmine Smith**, 12, on May 27 with love from mom, Jim, Jeanette, Tyrese, Ethan, and Charles Shingobe Sr • **Sunshine Shingobe**, 6, on May 20 with love from dad, auntie, Jasmine, Jeanette, Tyrese, Ethan, and Papa Chuck • **Dawn Shingobe**, on May 13 with love from Jasmine, Tyrese, Jeanette, Ethan, Sunshine, Elvis, Sam, Dan, Hunter, Amber, Charles III, and Jim • **Lesley Davis**, 39, on May 11 from Lenore, Kateri, Kelsey, Courtney, Louise, Frances, Mitzie, Keith, and everyone on Henry Davis Drive • **Jaagaab**, on May 29 from Riley, Krysta, Keith, Elaine Silva, Kateri, Lil Ricki, Justin, Laila, Cheyaunna, Frances, Ricki, and everyone on Henry Davis Drive • **Shannon Davis**, on May 28 from everyone on Henry Davis Drive • **Randy Sam**, on May 4 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo and Nick • **Leoniece**, on May 11 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo and Nick • **Johnathan Boyd**, 5, on May 3 with love from grandma and grandpa • **Shayele Jackson**, on May 10 from mom, Tony, Izannia, Quentin, Geraldine, grandma, grandpa, Destiny, Shakarah, and your uncles • **Izannia**, on May 7 from mom, Tony, Shayalee, Quentin, Geraldine, grandma, grandpa, Destiny, Shakarah, and your uncles • **Kelly Bunde Mitchell**, on May 23 from Sami, Sonny, Jayden, and Jordan • **Brenda Bee**, on May 4 from Sami • **Sam Moose**, with love from your family • **Jillian**, 21, on May 15 from dad, mom, Juni, Roy and Ahnung • **Jessica**, on May 17 from the Garbows • **Vicki Smith**, on May 19 from the Garbows and Smiths • **Molly**, May 16 from Sami, Chi, Bono, Kelly, Jayden and Jordan • **David Leigh Thomas**, 9, on May 25 with love from G'Ma Sami, Chilah, Sonny, Kelly, Jayden and Jordan • **Kimmy Big Bear**, with love from all the girls, and Auntie Sami • **Joshua and Jordan**, 17, on May 25 with love from Heather, Daniel, Thomas Virnig, and Aunt Judy • **Robyn Virgin**, 16, on May 20 from mom, Heather, Daniel and Thomas • **Jeff Matrious**, on May 3 with love from your wife • **Phil Sr.**, on May 23 with love from Mickey, Nadine, Charlotte, Corey, Whitney, Max, PJ, Leo, Nick, Rachel, Waylon, Val, Pia, Lil Kevin, Karen, Grandma AA,

Jake, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Val Harrington**, on May 27 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Rachel, Waylon, and the rest of your family • **Jarvis**, on May 5 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Rae, Waylon, Sharon, Wally, Ravin, Melody, mom, Karen, Grandma AA, Shelby, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Shelby** on May 9 with love from Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, mom, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Doll**, on May 12 from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, mom, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Taylor Paige**, on May 19 from Rachel, Waylon, Mickey, Phil, Nadine, Charlotte, Corey, Whitney, Max, PJ, Sharon, Wally, Ravin, Melody, mom, dad, brother, Karen, Grandma AA, Jarvis, Max Dean, Mariah, Val, Lil Kevin, Nicole, Chris, Jameson, Cordell, Lil Chris, Jake, Jamie, Aiva, Marky, Brad, Rae, Bradley Eric, Kristy, Peyton, Braelyn, Eric, Wesley, Bruce, Jada, Jayla, Lili, Jay, Kate, Peep, Adam Parker, and DeBrenna • **Mary Sam**, on May 15 from Rachel and Waylon • **Jasper Jax**, on May 15 with love from Rae and Waylon • **Uncle Dale Balls**, on May 10 from Rachel and Waylon • **Jazzy**, on May 1 from Rae and Waylon • **Leo**, on May 11 from Rae, Waylon, Heather, Daniel, Thomas, and daddy • **Joe Bastedo**, on May 25 from Rachel and Waylon • **Valerie Boyd**, 27, on May 19 with love from Jeremy, mom, dad, and the girls • **Princess**, 22, on May 18

with love from mom, dad, Valerie, and the girls • **Thomas**, 3, on May 25 with love from mommy and Daniel • **Grandma Bev**, on May 1 with love from Wally, Sharon, Ravin, Melody, Tammy, Missy, Brittany, Brandi, Corey, Nick, Def, Erika, Barrett, Romeo, Jason, Brook, Little Bear, Tara, George, Shawn, Geo, Trooks, Isiaiah, Tiny, Jazz, and Mike • **Papa**, on May 19 with love from Melody Ra-Quel • **Mariah**, 15, on May 31 from Grandma Kim, mom, dad, brother, Elias, Dede, papa, Agnes, Karen, Tracy, Shelby, Max Dean, Jarvis, Jacob, Sharon, Wally, Melodie, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Marky, Rave, Brad, Bruce, Jada, Jay, Lil Jay, Kate, Peep, Adam Parker, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, Wesley, Phil, Mickey, Nade, Char, PJ, Whit, Nae, Falon, Sherry, Gabbi, Shawn, Marissa S, Marissa R, Samantha, and DeBrenna • **Marky**, 3, on May 12 from mom, dad, Agnes, Karen, Tracy, Shelby, Jarvis, Sharon, Wally, Melodie, Val, Mariah, Baby Kevin, Chris, Nicole, Jameson, Cordell, Baby Chris, Jayla, Lileah, Aiva, Max Dean, Rave, Brad, Bruce, Jay, Kate, Peep, Adam Parker, Basil, Randi, Rachel, Bradley Eric, Kristy, Braelyn, Peyton, Eric, and Wesley • **Elias**, on May 17 with love from Valerie • **Dad**, on May 17 with love from Dede • **Baby Sis**, on May 12 from your brothers and sisters.

Happy May birthday to Mille Lacs Band Elders!

Rebecca Agua
Merlin Anderson
Alvina Aubele
Elisse Aune
Brenda Beaulieu
Beverly Benjamin
Maurice Boyd
Denise Chamblin
Anthony Davis
James Davis Jr.
Virginia Davis
Dale Day
Edna Day
Winona Evens
Lorraine Farah
Sharlene Fisher
Dale Garbow
Geraldine Germann
Harry Granger
Gertrude Hanson
Robert Heinze
Allen Hemming
Harold Hill
Patricia Jackson
Molly Judkins
Clarabell Kruse

Cynthia Lester
Vera Mager
Dominic Mayotte
Janelle Meehl
James Mitchell
Pauline Mitchell
William Mitchell
Ardith Morrow
Lorraine Nickaboine
Donald Olson
Betty Quaderer
Patricia Regguinti
Geraldine Shingobe
Beverly Sutton
John Sutton
Victoria Verkennes
Herbert Weyaus
Sarita White
Larry Wind

Thank you

We would like to thank everyone for their support and help with the passing of our loving brother, uncle, friend, Peter Allen Garbow. This shows how our community pulls together when times get tough and shows the love and support to all in time of need. A special thanks to Pat Cruz and Terry Benjamin. Thank you from the family of *Peter Allen Garbow (Uncle Bunny)*.

Congratulations

Congratulations to **Samantha Sam and Kyla Sam** for their academic achievements! Samantha graduated from the University of Iowa with a B.A. in Cinema. Kyla will graduate from South Tama High School in May with plans to attend the University of Iowa in the fall to study physical therapy. Samantha and Kyla are the daughters of Ernie Sam Sr. and Kelly Sam. We are very proud of you, *with love from dad, mom, sis, brothers, nieces and nephews.*

Congratulations to **Connie DeMarsh** for graduating from Augsburg College with honors and making the dean's list. We are very proud of you, *with love from mom, Joey, Joe, and the rest of your family.*

In memory

Jesse James Kegg –
November 23, 1922-April 27, 2006

If roses grow in heaven, Great Spirit pick a bunch for us and place them in our daddy's arm. Tell him there from us, tell him we love him and when he turns to smile, place a kiss upon his cheek and hold him for awhile.

(Continued to page 10)



Upcoming Mille Lacs Indian Museum Events

Kids craft workshop

Children will learn how to weave a "God's Eye" to take home. The decorative designs are used on ceremonial shields of American Indian tribes of the southwestern United States. Please allow an hour to make the ring. This project is recommended for children eight years or older.

The workshop costs \$4 per kit and will be held on Saturday, May 7, from 11 a.m.-4 p.m.

Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket in this two-

day workshop. This class will be held on Saturday, May 14, from noon-4 p.m. and Sunday, May 15, from 10 a.m.-2 p.m.

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

A light lunch and refreshments will be provided. A minimum of five participants are required to host the workshop. Registration is required by May 11. Please call 320-532-3632 for more information.

Nay Ah Shing Documentary Explores Violence, Drugs, and Alcohol on Reservation



Several Nay Ah Shing students helped create a documentary titled "Non-removable." A link to the video is available on the education page of the Band's website (www.millelacsband.com).

The young people in Mille Lacs are in a battle for survival, say several Nay Ah Shing students who produced a documentary that explores the problems of violence and drug and alcohol abuse on the reservation. The video was produced in the wake of the deaths of four peers last year.

The documentary is titled "Non-removable," which is a term that Band members adopted for themselves in the late 1800s. At that time, many Band members were moved by government forces to White Earth, but some, who called themselves the non-removables, stayed behind.

The video features interviews with both students and Elders. While Elders spoke of the historical threats to their culture and existence, the students talked about the current threats on the reservation, especially drugs, alcohol and violence.

"We call ourselves the non-removables. But are we? It's a phrase we embrace, but in recent years we have begun to see our younger generations slip away. Drugs, alcohol, and violence are putting our entire community at risk," said one student who was interviewed.

They encouraged parents and other adults to be good role

models for young Band members instead.

Both the Elders and the students interviewed pointed to the Ojibwe culture as part of the solution.

"The answers are right here with us – in our history, ceremonies and traditions. This is what makes us strong as a people, it's what defines us as Anishinaabe," said one student who was interviewed.

The video is a part of a project sponsored by the Bureau of Indian Education. It will be combined into one documentary with videos from 20 other Native American schools.

The documentary was written and directed by Nay Ah Shing students Brandon Anthony, Jordan Bellcourt, Kelsey Benjamin, Harmonie Boyd, Natalie Bueno, Charisse Cash, Kayla Cash, Marquita Eagle, Ronald Hardheart, Sage Hardhart, Isabel Sanchez, Brandon Wade, and Tehya Wade.

The students interviewed Elders Marge Anderson, Panji Gahbow, Sharon Raisch, Bonita Nayquonabe, and Joe Nayquonabe. The project was coordinated by Dave Berger, Mary Simon, Kristine Sorensen, and Victoria Stein.

20th Annual Grand Celebration Powwow

The 20th Annual Grand Celebration Powwow will be held at Grand Casino Hinckley on June 17-19. The powwow is one of the largest in the area and all Band members are invited and encouraged to attend.

Grand entry times are:

- 7 p.m. on June 17
- 1 and 7 p.m. on June 18
- 1 p.m. on June 19

Attendees are asked to bring their own chairs and drums to the powwow. Campgrounds are available during the event.

Tribal Noteboard

(Continued from page 9)

We miss you and love you very much. *From mama, Bevy, Benji, Maria, Darrin, Chris, Bobby, Dennis, Rose, Marty, Sandy, Richard, Dolly, Conrad, and your grandkids and great-grandkids.*

In memory of Peter Garbow

Every minute we shared, every conversation we bared, every argument we got through, now I can't imagine life without you. Unexpressed words I could never fit into one sentence how much you mean to me. You are my world and I can't imagine my life without you. The strength I need to go on, the courage I need to be strong left when you left. I want to hold on because I can't imagine life without you. But I know I have to do it because I can't keep holding you down. It's time for you to happy, I'll let you go so you can fly home. *With love from Carla Littlewolf.*

Obituaries

Peter Garbow

Born – 8-17-1967
Died – 3-18-2011
Lived in Onamia, MN

Laura (Weyaus) Hill

Born – 3-25-2011
Died – 3-25-2011
Lived in Minneapolis, MN

Ole Nickaboine Sr.

Born – 5-5-1932
Died – 4-7-2011
Lived in Onamia, MN

Evelyn Murphy

Born – 3-13-2011
Died – 4-11-2011
Lived in Onamia, MN

Sandra Ann Smith

Born – 3-4-1947
Died – 4-14-2011
Lived in Onamia, MN

Gloria Jean Anderson

Born – 1-25-1944
Died – 4-18-2011
Lived in Minneapolis, MN

Powwow Volunteers Needed

The Mille Lacs Band Traditional Powwow Committee invites Band members to join the committee. All Band members and Band employees are eligible to serve on the committee.

We are looking for individuals who would like to help welcome and show our guests a fun and safe time at the August powwow.

The next meeting will be held on Tuesday, May 10, at 12 p.m. at the District I ALU.

Past powwow princesses

If you are a current or past Mille Lacs powwow princess, please contact Toya Stewart Downey at 612-205-8727.

Calendar of Events

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Onamia Indian Education Meeting Rolf Olson Center Noon, Contact: David Sam, 320-532-4901	4 Narcotics Anonymous District I Community Center 6-7 p.m. Every Wednesday	5 Talking Circles District I Community Center 5:30 p.m. Contact: KC Paulsen, 320-532-4046	6	7 Kids Crafts Mille Lacs Indian Museum 11 a.m.-3 p.m. Sawyer Brown* Grand Casino Mille Lacs 4 & 7 p.m.
8	9 Pine Grove Leadership Academy Meeting 5 p.m. Contact: Melanie Benjamin, 320-384-7598 AMVETS Meeting Grand Casino Mille Lacs, 6 p.m. Contact: Ken Weyaus, 320-309-6925	10	11 District I Community Meeting District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423 District III Community Meeting Lake Lena Community Center 5:30 p.m. Contact: Katie Draper, 320-384-6240	12	13 All government offices closed at noon	14 Sweetgrass Basket Workshop Mille Lacs Indian Museum 12-4 p.m. American Indian Day
15 Sweetgrass Basket Workshop Mille Lacs Indian Museum 10 a.m.-2 p.m.	16	17 District II Leadership Academy School Board Meeting 4 p.m. Contact: Raina Killspotted, 218-768-2345	18	19 All District Elder Meeting Hinckley Assisted Living Unit 11 a.m. Contact: Denise Sargent, 320-532-7854 Urban Area Community Meeting All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson, 612-872-1424	20 Nay Ah Shing Royalty Powwow 10 a.m. Grand Friday Night Fights* Grand Casino Hinckley 7:30 p.m.	21
22	23	24	25 District IIA Community Meeting Chiminising Community Center 5:30 p.m. Contact: Lesley Sam, 320-676-1102	26 District II Community Meeting East Lake Community Center 5:30 p.m., Contact: Jenny Waugh, 218-768-3311	27 District I Early Education Graduation 10:30 a.m. All government offices closed at noon	28
29	30 All government offices closed for Memorial Day	31	June 1	2 Nay Ah Shing 4th Grade Graduation 10 a.m. District II Early Education Graduation 10:30 a.m. Nay Ah Shing Graduation 6 p.m.	3	4
5	6	7	8	9	*To Purchase Tickets Visit a Grand Casino box office, call TicketMaster at 800-745-3000, or visit www.ticketmaster.com	<i>If you would like an event included in the community calendar, please contact Kelly Sam at 651-292-8062 or write to Kelly at kelly@goffpublic.com</i>

“Why Are Our Treaty Rights Important?”

Mahlon Barnes



“It’s a reminder about where we came from and what’s ours.”

Rodney Boyd, Sr.



“It’s important for our children to learn about our rights and our culture.”

Daphne Barnes



“To secure our future for our children.”

Bella Nayquonabe



“It’s pretty important and I want to know everything about it.”

Joe Nayquonabe, Sr.



“Those rights were negotiated by our chiefs for our way of life, and we should always honor that for them.”

Shelly Day



“They are important so we can practice our traditional ways of feeding our families without fear of being arrested. My

Aunt Shirley told me a story about my grandfather, Fred Day Sr., getting arrested many years ago (sometime in the 1940’s) when he was pulling his net off Mille Lacs Lake.”

Curt Kalk



“Our treaty with the U.S. in 1837 clearly demonstrates that there was and has been a recognition of a government to government relationship.

The resources that tribes use are essential to our traditions and culture. The U.S. must have had some understanding that we first had access to these resources. And, that it would take agreements like our treaties, to clear the way and form the United States.”

Natalie Weyaus



“A long time ago our leadership signed a treaty with the U.S. ceding land to be used by the families who live in our area today. What was very wise

of our leaders was the ability to foresee the need for our people to live off the land and to never lose the right to hunt, fish, and gather. If you don’t know how to hunt, fish, or gather there is someone who will teach you these skills. I believe we are born with the knowledge to hunt, fish, and gather but need to discover it.”

Photos by Toya Stewart Downey

Early Education Updates

By Early Education Staff

Programs offered at new Bugg Hill location

Mille Lacs Early Education has a wonderful new program on Bugg Hill called Bugg Start. It’s a center-based option for children 0-3 years who were initially signed up for our home-based option. The children transitioned extremely well from the home to school setting.

Jeanie Burkhead is the lead teacher and Jenny Biniek is the teacher assistant in classroom I. Sarah Cosgrove is the lead teacher and Pam Chichila is the teacher assistant in Classroom II.

The program is funded through the ARRA (American Reinvestment and Recovery Act).

Focus on reading

Mille Lacs Band Early Education, which has been an Americorp/Minnesota Reading Corps (MRC) site since the 2007-08 school year, has again been selected for the 2011-12 school year.

MRC works to ensure that all Minnesota children are successful readers by the end of the third grade. Currently, one

in every five Minnesota third-graders does not read at grade level.

Two professionals will work in two Mille Lacs Band Early Education classrooms to prepare the children to learn to read upon entering kindergarten.

If you have any questions contact Mary Fletcher at 320-532-2201.



Photo courtesy of Early Education staff

Knute Peterson reads to Early Education students through the DEAR (Drop Everything and Read) program on April 13.

Parent and teacher mentors available

ARRA also funded a teacher mentor and parent mentor. Cindi Cooley is the parent mentor, and Ryan Gress is the teacher mentor.

The parent mentor is here for caregivers of children in Districts I, II and III. If you have any questions, please call Cindi at 320-532-4588 or 320-630-2619 (cell). She can help answer questions related to topics such as:

- Health
- Early learning
- Purchasing a home
- Orders of protection or harassment orders
- Addictions
- Saving money or opening a savings or checking account
- Paperwork

The teacher mentor is here to support the teaching staff in Districts I, II and III.

Some of Ryan’s responsibilities are:

- Provide developmentally appropriate modeling and ongoing feedback to the teaching staff
- Use reflective supervision to improve the quality of early childhood education
- Observe teaching staff and meet with them to help create new strategies for success in the classroom
- Staff development

Ryan can be reached at 320-532-4690.

Creativity with coffee filters

During the Week of the Young Child (April 11-15), Mille Lacs Band Early Education students enjoyed many activities, including a project with coffee filters. Each classroom could make anything it wanted with the coffee filters, except snowflakes. The projects were judged on April 14. A winner was chosen from both Early Head Start and Head Start. The Waabooz classroom created the winning project.



Photo courtesy of Early Education staff

The Makwa classroom shows off its creative coffee filter dress.