

# OJIBWE INAAJIMOWIN

November 2011

"The story as it's told."

Volume 13 • Number 11

## Community Marches For Peace



Photo courtesy of Dana Skinaway Sam

**Band members joined forces at the March for Family Peace in October. The 11th annual march was hosted by the Band's Family Violence Prevention Program as a part of Domestic Violence Month.**

Approximately 200 people joined forces on October 13 to make a stand for peace. The March for Family Peace has been hosted annually by the Band's Family Violence Prevention Program since 2000. The March for Family Peace takes place in October as a part of Domestic Violence Awareness Month.

"We organize the march each year to bring the community together to support ending domestic violence," said Dana Skinaway Sam, sexual assault advocate for the Family Violence Prevention Program. "Hopefully by raising awareness of the issue, we can put an end to domestic violence in our community."

The Band has been providing assistance and resources to victims of domestic violence through various programs since 1992.

### Domestic violence facts

Domestic violence is a pattern of coercive behaviors used by one person to control another person. It is not about anger or a bad temper, it is about power and control over another person.

These behaviors may include:

- Physical or sexual violence
- Threats and intimidation
- Emotional abuse
- Social isolation
- Destruction of property
- Cruelty to pets
- Child abuse
- Financial control

Abuse is serious, terrifying, and sometimes deadly. It destroys families and damages everyone involved.

If you or someone you know is a victim of domestic violence, call 866-867-4006.

## Band Member Receives Civil Service Award



Photo courtesy of Paul Sam

**Band member Paul Sam received a Civil Service Award from the Minneapolis Fire Department in October.**

Mille Lacs Band member and Minneapolis firefighter Paul Sam received a Civil Service Award in October from the Minneapolis Fire Department for his heroic efforts in saving two motorcyclists' lives in July.

The accident, which happened in Elk River, involved a two-passenger motorcycle and a passenger vehicle. Paul, who was off duty, happened to

be driving in the area at the time of the collision and was the first person on the scene.

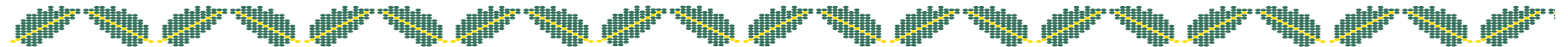
While other police and fire units were on their way to the scene, Paul tended to the two victims who were critically injured from the accident. In a matter of minutes, Paul performed patient assessments and assisted with airways, vitals and suction to restore the victims' pulse and breathing as well as control their bleeding.


"In spite of the chaos which can result from this sort of event, Sam remained calm, presented a strong command presence, and in general, provided constant care the entire time he was there," said Elk River Chief of Police Jeffrey Beahen. "I am confident that his actions were critical in saving the lives of both these two victims. He is commended for his prompt call to action and thanked for the exemplary skills used to assist these two critical patients."

## Do You Know Any Hardworking Volunteers?

Do you know an outstanding Band member who gives time to the community or a special cause and expects nothing in return? The Mille Lacs Band is looking for strong examples of volunteerism as part of a future project.


If you have a story to share, please contact Kelly Sam, *InaaJimowin* editor, at 651-292-8062 or Kelly@goffpublic.com. Be prepared to provide your name, the name of the person you recommend, an explanation of what that person did and when it happened, and who to contact for more information. Mii gwech!



 **MILLE LACS BAND OF OJIBWE**  
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## Nay Ah Shing Early Education School Events

### Monthly powwow



Photo courtesy of Tiffany Sam

The first monthly powwow was held at the Nay Ah Shing Lower School on September 22. The gwiiwizens (boy) students were encouraged to try their hand at drumming.

### Grandparents day



Photo courtesy of Cindy Cooley

Classrooms 3 and 4 had a grandparents party to celebrate Grandparents Day. Grandparents do so much for the children in this community. We had the children sing a song to the grandparents, and then we played shape bingo, gave away homemade prizes to the winners, and we had some snacks. Pictured are Russ and Deb Shabaiash, grandparents to Evelyn Weyaus.

### Read For the Record



Photo courtesy of Tiffany Sam

Nay Ah Shing Early Education took part in the Read For the Record Event on Thursday, October 6. Each Early Education facility participated in this national event joining more than two million voices nationwide by reading *Llama Llama Red Pajama* aloud to their classes. In this photo, Classroom C teacher Amy Maske reads aloud to her class.

## Gaming Expansion Could Fund Vikings Stadium

By Jamie Edwards, director of government affairs

As legislators gear up for the 2012 session, gaming expansion has emerged again as a hot topic at the Capitol.

Governor Mark Dayton announced his intention to develop a plan for a new Vikings stadium in mid-October. He met with legislators, Vikings owners, NFL officials, and Ramsey County Commissioners to discuss details of the \$1.1 billion plan and how the state will pay for its \$300 million share.

Gaming expansion has been introduced as a possible way to fund the stadium. Recently Dayton met with a developer who wants to build a casino at Block E in Minneapolis and racino advocates who want to allow slot machines at horse tracks.

Dayton is expected to release his plan the week of November 7 and hopes to hold a special session before Thanksgiving.

The Mille Lacs Band is watching this process closely

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

The Mille Lacs Band is the 40th largest employer in Minnesota, and American Indian tribes combined are the 7th largest employer in the state. Gaming expansion in the Twin Cities would kill jobs in rural communities, which would be difficult – if not impossible – to replace.

### Get involved

To show your support for Grand Casinos and Indian gaming, sign up for the Mille Lacs Band Action Center at [www.millelacsband.com](http://www.millelacsband.com). After you sign up, you will receive important updates about gaming expansion discussions and may be asked to voice your opinions to state legislators at key times.

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



Photo courtesy of Justin Beaulieu



Photo courtesy of Justin Beaulieu

Band members RaeAna Sam-Nickaboine and Darius Barnes were named Boys & Girls Club co-members of the month in October. RaeAna is a first-grader at Nay Ah Shing School and Darius is an eighth-grader at Onamia School.

The Mille Lacs Band Boys & Girls Club honored RaeAna Sam-Nickaboine and Darius Barnes as the club's October members of the month.

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.

RaeAna was selected for her good attendance and participation, polite manners, positive temperament, and

hard work during power hour. "I like the food, and I like the staff here. They are all very nice, and they help me with my homework," RaeAna said.

Darius was chosen for his leadership skills, good behavior, strong attendance, and participation in the National Congress of American Indians (NCAI) in addition to club activities. "What I like about the Boys & Girls Club is that Joe Montano teaches us culture, as in drum and dance," Darius said.

Congratulations, RaeAna and Darius!

# Winter Per Capita Check Distribution

Checks will be distributed to all eligible Mille Lacs Band members on December 1 at each Band member's home district. This distribution will include monthly, bi-monthly and tri-annual Band members only. Reminder: checks will be given only to the person whose name is listed on the check.

## Pick-up locations

Elders, handicapped and homebound persons living in District I, II, IIA, III and the Twin Cities urban area can pick up their per capita checks on December 1. The distribution sites include the District I Assisted Living Unit, the East Lake Community Center, the Isle Chiminising Community Center, the Lake Lena Community Center, and the Urban Office. Hours are 8 a.m.-4:30 p.m.

If you are an Elder or handicapped person, live in Districts I, II, IIA, III, or the Twin Cities, and are unable to travel to your distribution site, please call the contact person below to make arrangements for your check to be delivered to you on December 1.

- District I: Kathy Heyer, 320-532-7472 or Jana Sam, 320-532-7466
- District II: Renee Moore, 218-768-3311 or 877-768-3311
- District IIA: Carmen Green, 320-676-1102 or 877-676-1299
- District III: Michelle Peer, 320-384-6240 or 877-884-6240
- Urban Office: Barb Benjamin-Robertson, 612-872-1424

Your check pick-up site will be at the following centers, depending on where you live:

### Mille Lacs Government Center:

For Band members living in Aitkin, Brainerd, Garrison, Hillman, Milaca, Onamia, Pierz and Wahkon.

### East Lake Community Center:

For Band members living in McGregor.

### Isle Chiminising Community Center:

For Band members living in Isle.

### Lake Lena Community Center:

For Band members living in Askov, Braham, Brook Park,

Danbury, Finlayson, Grasston, Hayward, Hertel, Hinckley, Markville, Moose Lake, Mora, Pine City, Rush City, Rutledge, Sandstone, Siren, Sturgeon Lake, Webb Lake, Webster, and Willow River.

### Urban Office:

For Band members living in Andover, Anoka, Apply Valley, Arlington, Blaine, Bloomington, Brooklyn Center, Brooklyn Park, Burnsville, Champlin, Columbia Heights, Coon Rapids, Crystal, Eagan, Eden Prairie, Edina, Fridley, Golden Valley, Ham Lake, Hilltop, Hopkins, Inver Grove Heights, Lakeville, Lauderdale, Little Canada, Maple Grove, Maplewood, Minneapolis, Minnetonka, Mounds View, Newport, New Brighton, New Hope, Oakdale, Plymouth, Ramsey, Richfield, Robbinsdale, Roseville, Savage, Spring Lake Park, St. Anthony, South St. Paul, St. Louis Park, St. Paul, Wayzata, and Woodbury.

For all Band members who do not live in the towns/cities listed above, per capita checks will be at the Mille Lacs Government Center unless you make arrangements for pickup at one of the other districts. To make arrangements, call the contact people listed earlier under "Pick-up locations."

Deadline for changing your pick-up site is at noon on November 23. Any changes after this time will not be valid. Call Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466 to verify your change. There will be no exceptions.

## Checks by certified mail

Those who can't pick up their checks on December 1 will have their checks sent out by certified mail on December 2 to the address listed with the Tribal Enrollments Office. If you do not receive your check by December 21, contact Kathy Heyer at 320-532-7472 or Jana Sam at 320-532-7466.

## Address and name changes

If your address or name has changed since the last per capita, it is very important that you send in your information to the Enrollments Office. The deadline for address and name changes is

noon on November 23. There will be no exceptions.

All returned checks will be held at the government center and will not be sent out again until the Enrollments Office has received your updated address or name information.

## Other important information

- You must show a picture identification to receive your per capita check.
- Per capita checks will only be given to the enrolled Band member to whom the check is issued. There will be no exceptions.
- Per capita checks will be used to pay delinquent Band loans, discretionary loans, emergency services loans or Mille Lacs Band Court of Central Jurisdiction fines if they have not been paid. For loan status, call Pam Boyd at 320-532-7467. For court fines status, call Gilda Burr at 320-532-7401. For emergency services status, call Sharon James at 320-532-2552
- Per capita checks are taxable; therefore, all Band members who receive a per capita check should report it as income in the year received. You will receive a 1099-MISC form to remind you of how much income you should report on your tax return. Per capita checks should be reported as other income on a Form 1040 as other income is not subject to self employment tax. All future 2011 per capita checks will have federal income tax withheld as the amount of the per capita checks now exceeds the IRS required withholding limits for 2011.
- If you are receiving public assistance from the county, please contact your caseworker because the per capita may affect the amount you receive. If, based on discussions with your caseworker, you wish to decline receipt of your per capita check(s), please contact Kathy Heyer in the OMB Office at 320-532-7472 to get a per capita declination form.

# Diabetes Program Updates For November

*By diabetes program staff members*

November is Diabetes Awareness Month and the Mille Lacs Band diabetes program would like to highlight its newest team members and upcoming events.

The diabetes program recently welcomed four new staff members to its team. Naomi Jourdain was hired as the community diabetes representative; Melanie Garbow was appointed as the nutrition education assistant; Johanna Larson joined as the new program coordinator and dietitian; and Mikayla Schaaf filled the SHIP coordinator post.

In November, the diabetes support groups will resume in each district on the following dates at 1 p.m.:

- Isle Community Center: Wednesday, November 2
  - Hinckley Assisted Living Units: Thursday, November 10
  - East Lake Community Center: Monday, November 14
  - District I Community Center: Tuesday, November 29
- Community Diabetes Representative Naomi Jourdain will be at each support group session, which will feature a healthy lunch for attendees.

The healthy heart program is offering a taste-testing class led by Cyndy Travers on Tuesday, November 29, at noon in the District I Community Center. The class is open to the public and will feature samplings of many different foods.

If you are looking to stay fit through the holiday season, Bobby Anderson, fitness assistant in District III, is now leading exercise sessions in East Lake on Thursdays between 4-8 p.m. For more information on his schedule and activities, contact Bobby at 763-260-3038.

## Tribal Child Support Program Offers Cost-Effective Features

By Amy Doyle, Tribal Child Support Program director

The Tribal Child Support Program offers several cost-effective and flexible features for Band members, which aren't available through the county program.

The tribal program does not collect application, federal or income withholding fees. It also makes the child support process efficient by offering affordable onsite paternity tests, court availability within weeks of filing petitions, and court hearings in districts and by teleconference.

Additionally, the tribal program considers per capita payments as income which can be used for child support payments, and will not hold a driver's license for non-payment of child support. The tribal program also recognizes in-kind payments and can help negotiate with the state to lower or eliminate public assistance debt.

For more information about the tribal program, contact the Tribal Child Support Enforcement Program at 320-532-7755.

## Department of Labor Announcements

By Deb Campbell, department of labor lead instructor

The Mille Lacs Band Department of Labor, Training and Development Program would like to remind Band members about the services it offers and when they are available in each district.

The department of labor can provide resume and cover letter writing assistance as well as online job search help to Band members who are looking for employment. For more information about the services listed above, contact the department of labor at 320-532-4741 or 800-922-4457. Following are the department's 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., and 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.

### Free driver's education classes

The department of labor also offers adult driver's education classes, specialized training courses, and GED preparation classes.

In November and December, the department of labor is offering two sessions of free driver's education classes to adults 18 years old and older who need to take the written portion of the driver's test.

In November, the course will be held in the department of labor classroom in District I on November 9, 10, and 14 from 9 a.m.-noon. In December, the course will be held in East Lake's department of labor modular on December 6, 8, and 13 from noon-3 p.m.

The nine-hour course will cover the information needed to pass the written driver's test. The course is open to those who have never taken the written driver's test or those who are eligible to retake the written driver's test and apply for a driver's license. Class size is limited, and participants must meet program eligibility.

After completing the three-day, nine-hour course, the department of labor will provide transportation to the Driver's License Exam Center in your area to take the written exam. To pre-register and complete an application, visit the department of labor offices.

## Dr. Arne Vainio Shares Health Risks Associated with Smoking

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

Seattle was a great place to do my residency. I spent three years at the Seattle Indian Health Board and Providence Hospital and have many stories from there.

This is one of them.

Harold hardly ever came in to the clinic. I usually saw him when he was in the hospital for pneumonia. I had repeatedly tried to get him to quit smoking, but he never wanted to go to the classes or take the medicines. In the three years I'd been at the clinic, I had admitted Harold five or six times to the hospital for pneumonia (a bacterial infection in the lungs). His pneumonia was complicated by his smoking and resultant emphysema. Emphysema is a breakdown of the air sacs in the lungs, making it hard to get oxygen. It's a chronic condition with no cure. It's almost always caused by smoking, and preventing it is the only real solution.

In addition to this, he had lymphoma, which is a cancer of his lymph nodes (part of the immune system), about 10 years earlier. This had been treated with chemotherapy, but he never went back to make sure it was cured. But every time he got pneumonia, he became very worried about his lymphoma coming back. According to the pulmonologist (lung specialist) I referred him to, continuing to smoke put him at an extremely high risk of getting lung cancer.

About six months before I finished my residency, he was in the hospital again for pneumonia. This time his chest x-ray showed a worrisome area in his left lung. A CT scan showed this to likely be cancerous. A biopsy (tissue sample) was taken, and this was positive for lung cancer.

He started chemotherapy, but became very sick from it and was unable to finish. Subsequently, he was started on radiation treatment. Multiple treatments of radiation were targeted to the area of cancer. This caused scarring of his esophagus (swallowing tube) and he had a very hard time swallowing. He kept losing weight, but he continued to smoke.

I didn't see him again for several months as he refused to come in for clinic visits, although he did see the cancer specialists off and on. He was admitted to the hospital again, this time for back pain. X-rays showed that his cancer had spread to his spine, and a bone scan showed it spread to scattered areas of his spine and pelvis. His cancer was widely metastatic (spreading) and he went home with hospice care to spend his last days.

Lung cancer is the leading cause of cancer death in both men and women in the U.S. There are 175,000 new cases per year in the U.S. There are two major types – small cell and non-small cell lung cancer. About 80% of new cases are non-small cell and 50% are metastatic (spreading) by the time of diagnosis. This is the most common cancer worldwide – age 50 to 70 is the most common age, and smoking is involved in 87% of cases.

According to the American Indian Community Tobacco Project ([www.AICTP.umn.edu](http://www.AICTP.umn.edu)), three out of every five American Indian adults smoke, and nearly two out of every five American Indian deaths are due to cigarette smoking and breathing secondhand smoke. Teens whose family members smoke are three times more likely to smoke themselves.

Question: So what do we do about this?

Answer: Prevention!

Anyone seeing a pattern here? We need to keep our kids from smoking, and we need to continue to get current smokers to quit. This is a very difficult problem as nicotine changes receptors in the brain so they only work when nicotine is present. This is why smokers need to have their "fix" and why people can get so crabby when they try to quit. Using patches and gum help by giving a decreasing dose of nicotine over time. There are medicines to help with cravings – there is a new medicine out that blocks the nicotine receptors in the brain. Hypnosis and acupuncture are also helpful (with no side effects). All of these should be in combination with counseling. Quitting with a partner also helps.

To view Arne's entire article, visit [www.indiancountrynews.com](http://www.indiancountrynews.com) and click on the food and health section.

## Save The Date: 2012 State of The Band Address



All Band members are invited to the 28th Annual Mille Lacs Band of Ojibwe State of the Band Address on Tuesday, January 10, 2012. The event will be held at Grand Casino Mille Lacs Events & Convention Center and starts at 10 a.m.

## Mille Lacs Tribal College Spring Registration Dates

Registration for spring semester courses at the Mille Lacs Tribal College will be held from 11 a.m.-5 p.m. on Wednesday, December 14, and Tuesday, January 3, at the tribal college.

For more information about registration, contact the Mille Lacs Tribal College at 320-495-3702 or 866-916-5282.

Also, the college's computer lab is open six days a week for students to complete assignments. The lab's hours are Mondays and Thursdays from 11 a.m.-8 p.m., Tuesdays from noon-9 p.m., Wednesdays from 9 a.m.-noon, Fridays from 9 a.m.-5 p.m., and Sundays from 11 a.m.-8 p.m.

## Public Health Department Updates

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

By Carol Hernandez, Gego Zagaswaaken outreach coordinator

The 36th annual "Great American Smoke-Out" day is on Thursday, November 17. All Band members who are smokers are encouraged to stop smoking on that day. If you are interested in quitting smoking, contact Roberta Ladd at 320-532-7812 for cessation information.

In November, a community tobacco education session will be held in District I on Thursday, November 17. Light refreshments and door prizes will be offered. Look for more information and dates for upcoming sessions to be posted on flyers in the community.

Additionally, the Gego Zagaswaaken program is working on a new kinnikinnick project that will be featured at future community education sessions for all districts and the urban area. The project will include a hands-on demonstration on how to make kinnikinnick from red willow.

Lastly, congratulations to everyone who has quit smoking this month. Hang in there, it does get easier!

### Friend-to-Friend parties promote American Indian health

By Roberta Ladd, community health educator



Photo courtesy of Roberta Ladd

In September, the public health department hosted Friend-to-Friend parties in each district to raise awareness for American Indian health.

Staff from the public health department shared information about health risks faced by American Indians and what kinds of resources they can use to stay healthy.

Cancer was a topic that generated a lot of discussion as American Indians have higher

risks for developing certain types of cancer. Specifically, American Indians in Minnesota have the highest rate of colorectal cancer. American Indian women who drink between two and five alcoholic beverages per day are one and a half times more likely to develop breast cancer, and those who smoke commercial tobacco are two times more likely to get cervical cancer.

At the events, attendees received information about how to maintain a healthy diet and the environmental factors that can compromise health. Prevention tactics such as regular immunizations and screenings were also discussed.

### Educating your children about drugs and alcohol

By Kristy LeBlanc, prevention specialist manager

The Mille Lacs Band prevention program encourages parents to talk with their children about the dangers of drinking and drug use. Statistics show that children who learn about the risk of drugs at home are up to 50% less likely to use drugs than those who are not taught about the dangers. Those who begin drinking at a later age are less likely to develop a substance abuse disorder than those who begin before age 21.

Additionally, children who have alcohol-dependent parents are 50% more likely to develop their own substance abuse problems. Furthermore, people who abuse drugs are 14 times more likely to commit suicide, and those who misuse alcohol and receive treatment are still 10 times more likely to commit suicide.

These statistics are alarming, and as educators, parents, caregivers, and community members, we need to take action for our youth. Currently, only one-third of parents discuss the risks of abusing prescription medications with their children. Talk with your children and encourage prevention; it is the best treatment.

### How to stay healthy during cold and flu season

By Mary Mercado, District I and II RN

The most common time of year to catch a cold or the flu is between October and May. As we transition into fall and winter, it is important to be

aware of symptoms, remedies, and ways to fight each virus.

The most common time to catch an illness is when our immune systems are most vulnerable. Our immune systems defend against bacteria that can cause diseases and viruses. However, lack of sleep, poor diet, immobility, and stress can weaken immune systems, making people susceptible to more than 200 viruses that can cause a cold or the flu. Maintaining a healthy diet and using antibacterial cleansers and sanitizers in areas that are frequently occupied with people are two ways to boost our immune systems this winter.

Another option is to get a flu shot. Flu shots are recommended for people 50 years or older, those who live in nursing homes, and adults with chronic heart or lung conditions. Vaccinations are available at the Aazhoomog and Ne-la-Shing clinics. Before scheduling a vaccination, ask your physician if the flu vaccine is right for you.

Sometimes catching a cold or flu is unavoidable. Antiviral medications such as Relenza or Tamiflu are helpful if prescribed shortly after flu symptoms start.

If medication isn't easily accessible or preferred, other cold remedies can ease the symptoms. It is important to drink plenty of fluids to replace those that are lost every time you sneeze or blow your nose. Drinking warm liquids will transfer heat and moisture into the esophagus, which can help loosen up mucus and make it easier to cough and clear the throat.

It is also important to limit caffeine and alcohol intake during a cold. Both can prevent the healthy hydration that is necessary to recover.

Additionally, using a vaporizer, humidifier, or saline spray can provide comfort for your sinuses, which are sensitive to dry air. These home remedies can help alleviate some of the common cold symptoms, but they won't cure the virus.

This cold and flu season, contact your physician or the public health department if you have health concerns.

## Winter Heating Assistance Available

By Sharon James, Emergency Services Office

It won't be long before winter arrives. The Band's Emergency Services Office provides heating assistance for qualified Band members who need help keeping their families warm. Two programs are available: the Energy Assistance Program and the Weatherization Assistance Program.

The Energy Assistance Program (EAP) is a federally funded program that helps people earning less than 50% of the state median income obtain grant money to help pay their heating bills (and is paid directly to your utility vendor). The Band's Emergency Services Office is a service provider for EAP for households in Mille Lacs, Crow Wing, Aitkin, Pine, Kanabec, and Morrison counties. The Emergency Services Office will provide the contact information to Band members who live outside of the service area.

If you have received an EAP application, review it for accuracy. Make any corrections necessary, sign and date the application, and return it to our office.

The Weatherization Assistance Program provides cost-effective conservation measures to decrease energy costs for households (homeowners and renters) who meet the income guidelines for EAP.

For more information about each program or to fill out an application, visit the Mille Lacs Band's website ([www.millelacsband.com](http://www.millelacsband.com)), the Minnesota Department of Commerce's website ([www.energy.mn.gov](http://www.energy.mn.gov)), or contact the Emergency Services Office at 320-532-7880.

### Cold weather rule

Minnesota's cold weather rule, which runs from October 15 through April 15, protects residential utility customers from having their heat shut off during the cold winter months.

However, the cold weather rule is not automatic – you must take steps before it applies to you.

First, contact your utility company to set up a cold weather rule payment plan. If you earn less than 50% of the state median income, you are not required to pay more than 10% of your household monthly income toward heating.

If you earn more than 50% of the state median income, you can establish a mutually agreeable payment plan with the utility company. If you and the utility company cannot agree on a payment plan, you have 10 days to appeal to the Public Utilities Commission to help you establish a payment plan. Your service will stay on during this appeal process.

Once you have determined a payment plan, you need to stick to the plan to maintain the cold weather rule. If you are unable to make your scheduled payment, call your utility company immediately to set up a new payment plan, preferably before the payment is due. If you don't make a payment, your service may be shut off.

### Office hours

The Emergency Services Office has extended its hours on Monday, November 7, until 7 p.m. Emergency Assistance Program Staff will also be available at district community centers from 10 a.m.-2 p.m. on the following dates:

- East Lake: November 16, December 14, and January 18
- Isle: November 17, December 15, and January 19
- Lake Lena: November 23, December 21, and January 25

For more information on staying warm this winter, contact the Emergency Services Office at 320-532-7880, the Minnesota Energy Information Center at 800-657-3710, or visit [www.staywarm.mn.gov](http://www.staywarm.mn.gov).

## Student Video Receives International Exposure



In the award-winning video, "Non Removable," several band youth share their personal stories and how they are committed to help heal the community's pain caused by substance abuse.

The award-winning video "Non Removable," created by Nay Ah Shing students, was accepted into the 5th annual Native Spirit Festival in London, England.

The native-run festival, which took place October 12-21, is a non-commercial, non-competitive event designed to promote the voices and cultures of indigenous people through films and performances. "Non Removable" was shown at the University of

London's SOAS Lucas Lecture Theatre on October 16.

"Non-Removable" addresses drug and alcohol abuse as one of the most severe problems affecting families living on the Mille Lacs Reservation. In the film, several Band youth share their personal stories and how they are committed to help heal the community's pain caused by substance abuse. The film can be viewed on the Native C.H.A.T. YouTube channel.

## Band Members Participate in Minnesota Vikings Cheerleader Program



Photo courtesy of Deanna Moose

Band members Benaysay Moose and Bianca Moose are part of the Minnesota Vikings Cheerleading Program and had the chance to dance with the cheerleaders at the Viking's game in October. This is Benaysay's third year and Bianca's ninth year. Benaysay also tried out and made the competition sparkle squad for the vikings all star cheer team and both girls cheer competitive for Planet Spirit All Stars.

## Connect with the Mille Lacs Band

The Mille Lacs Band started Facebook, Twitter, and LinkedIn pages to help communicate with you better.

- Facebook: Mille Lacs Band of Ojibwe

"Like" us on Facebook by going to <http://www.facebook.com/pages/Mille-Lacs-Band-of-Ojibwe/146734525376084> and clicking "like."

- Twitter: [millelacsband](https://twitter.com/millelacsband)

Follow us on Twitter by going to [www.twitter.com/millelacsband](http://www.twitter.com/millelacsband) and clicking "follow."

- LinkedIn: Mille Lacs Band of Ojibwe

Connect with us on LinkedIn by going to [www.linkedin.com/company/mille-lacs-band-of-objibwe](http://www.linkedin.com/company/mille-lacs-band-of-objibwe) and clicking "follow company."

## 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.

## District III Holds Pumpkin Carving Contest



Photo courtesy of Katie Draper

More than 100 people attended the District III pumpkin carving contest on October 19. Twenty youth and 15 adults entered the contest. The winners are listed below.

### Youth winners (pictured above)

- 1st place: Reuben Staples-Gibbs

- 2nd place: Marcel Richey
- 3rd place: Eric Staples

### Adult winners

- 1st place: Katie Draper
- 2nd place: Kevin DeFoe Jr.
- 3rd place: Lionel Richey

The first place winners received \$75, the second place winners received \$50, and the third place winners received \$25.

## Mille Lacs Band is State's 40th Largest Employer

The *Minneapolis/Saint Paul Business Journal* recently announced its list of the top 50 employers in Minnesota. The Mille Lacs Band of Ojibwe ranked 40th, ahead of companies including Honeywell, Blue Cross Blue Shield, and TCF Financial Corporation.

The Mille Lacs Band's government and businesses, including Grand Casino Mille Lacs and Grand Casino Hinckley, employ 4,118 people. Through these businesses, the Band has helped increased the number of jobs available in surrounding communities. Since the casinos opened in 1991 and 1992, jobs have increased by 35% in Mille Lacs County and 72% in Pine County.

"These are steady, reliable jobs in trusted, successful businesses," said Mel Towle, general manager of Grand Casino Hinckley and acting senior vice president of gaming for the Corporate Commission. "Steady jobs with good benefits were once in short supply in the rural areas around the casinos."

That fact continues to be the reality in many parts of Minnesota. Only seven of the state's top 50 employers are located outside the Twin Cities metro area, and three of those seven are actually based outside of Minnesota.

Altogether, Minnesota's tribes are the state's seventh largest employer.

## Free Hearing Evaluations

To schedule an appointment for **Friday, November 11**, 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.

## Workers Make Progress on Early Education Building



Photo courtesy of Travis Lund



Photo courtesy of Travis Lund

Steady progress has been made on District I's new early education building since crews broke ground in July. The building's exterior and interior block walls are currently being installed. The project is scheduled to be complete in August 2012.

Upon completion, the early education building will accommodate approximately 200 students ages 0-5 years old in its 17 classrooms, gymnasium, and play areas.

The next phase of the construction project will include

setting structural steel columns, roof joists, and decking to enclose the building so it can be heated during the winter months. The building design incorporates cutting-edge green building techniques, including natural lighting and a geothermal heating and cooling system.

The project requires between 15-25 workers each day, nearly half of whom are Band members. Construction will continue throughout the winter months in order to meet the August deadline.

## Early Education Staff to Host Parent Cafes

*By Gaylene Spolarich, Mille Lacs early education family community specialist; Julie Kettner, Minnesota Child Care Resource & Referral regional coordinator; and Cindi Cooley, early learning parent mentor coach*

This month the early education department will host a series of Parent Cafes in each district for the parents and caregivers of Band children.

Parent Cafes are an opportunity for the parents and caregivers to share stories, express concerns, learn about child care resources, and offer feedback to the education staff to help the success of Band youth.

The Parent Cafes are scheduled at each district's early education building from 2-3:30 p.m. on the following days:

- District I: Wednesday, November 9
- District II: Tuesday, November 8
- District III: Thursday, November 10

Additionally, parents and caregivers will have an opportunity to order car seats at each district event. Child care will be provided by the early education staff, and refreshments will be available for attendees.

## Pine County Judicial Presentation

Pine County Probation Officer Tessa Nelson will present information to Band members on Thursday, November 10, about Pine County's judicial system, including information about bail evaluations. She will also be available to answer any questions Band members might have.

Tessa will present information at the following locations and times:

- Pine County Courthouse at 9 a.m.
- Aazhoomog Community Center at 2 p.m.
- Corporate Commission building in Hinckley at 6 p.m.

For more information about the presentation, contact Katie Draper at 320-384-6240.

## Broadband Survey Results Released

Mii gwech to everyone who responded to this summer's broadband survey. Below are some of the results from the survey:

- 277 Band households responded to the survey
- 49% of respondents indicated having broadband service available in their homes
- 70% of those who have broadband service available to them subscribe to it
- 85% of the respondents indicated that they would subscribe if broadband service was made available
- Band members with broadband service reported using it primarily for entertainment, banking and news
- Band members without broadband service indicated that if broadband was made available to them, they would use it primarily for news, health and entertainment

The Mille Lacs Band will now submit the information that has been gathered to the United States Department of Agriculture and apply for a grant to expand broadband service in the area. Broadband is high-speed Internet access that is always on and faster than traditional dial-up access.

## Mille Lacs Band of Ojibwe Tribal Government Monthly Financial Report

Preliminary September 2011

	Approved budget for FY 2011	Actual expenditures through 9/30/11	% of budget expended
Administration (1)*	13,486,931	11,991,346	88.9%
Workforce*	14,866,610	4,875,366	32.8%
Judicial	674,669	652,197	96.7%
Law enforcement*	5,335,989	4,855,309	91.0%
Education*	18,478,754	15,801,600	85.5%
Health and human services*	32,196,103	26,658,054	82.8%
Natural resources*	5,688,269	4,354,877	76.6%
Community development*	41,543,988	18,286,026	44.0%
Gaming authority	4,844,746	4,614,484	95.2%
Bonus distribution	46,974,846	46,959,376	100.0%
Economic stimulus	2,910,000	2,908,000	99.9%
<b>Total expenditures</b>	<b>\$187,000,905</b>	<b>\$141,956,635</b>	<b>75.9%</b>

### Financial notes:

- (1) Administration includes Chief Executive, administration, finance, Solicitor General, legislative, government affairs, and district operations.
- (2) The amounts above do not include casino operations. However, they do include government operations funded by casino distributions.
- (3) The Mille Lacs Band of Ojibwe has its financial statements audited every year by an independent public accounting firm. Audit reports from previous years are available for review at the government center.
- (4) Economic development appropriations have been excluded as of October 31, 1997. As of October 1, 1997, the Band has separate accounting functions for the Corporate Commission and the tribal government.

\* These departments include continuing appropriations from the 2010 fiscal year.

## Four-Time Defending Champions



The District III Boys & Girls Club hosted the all-district softball tournament at the Aazhoomog field in October. Boys & Girls Club staff and members participated. All four districts participated in the round robin tournament.



Members of the District IIA Boys & Girls Club compete in the all-district softball tournament.

## Nay Ah Shing School Committee to Sponsor Harvest Feast For Band Elders

By Karen Sam, parent involvement coordinator

The Nay Ah Shing School Parent Action Committee (PAC) is sponsoring a Harvest Feast for Band Elders to show appreciation for their continued education support.

The feast will be held at the Nay Ah Shing Upper School gymnasium on Saturday, November 5, from 4-7 p.m. The PAC will prepare a traditional fall meal of venison, wild rice, squash, fry bread, and dessert. Nay Ah Shing students will serve the Elder guests.

Transportation can be provided to Elders who request it. Contact Karen Sam at 320-532-4695, ext. 2160, for more information or to sign up.

# Tribal Noteboard

## Happy November birthday:

**Leonard Sam**, on November 11 with love from Tracy, Kelly, Kellen, Jay, Rachel, Ed, Taya, Noah, Jen, Deek, Jen and Wesley • **Tali**, on November 10 with love from Kelly, Jay and Kellen • **Arielle Lynn Shaw**, on November 12 from Mickey, Phil, Nadine, Charlotte, PJ, Whitney and Cameron • **Cameron Harrington**, on November 15 from Mickey, Phil, Nadine, Charlotte, PJ and Whitney • **Precious Williams**, 13, on November 19 from mom and Erykah • **Uncle Thomas**, 34, on November 22 from Sandy and Erykah • **Karen**, on November 25 from Sandy and Erykah • **Stone Shingobe**, 9, on November 2 with love from mom, DeaLayna, Derek Jr., Frances, grandma, Mary, Rae, Joe, Jim, Jack, Bruce, Simone, Selena, Dante, Doni, Joey, Mase, Sheila, Shawsha, Soul, Day Day, Nettie, and Simon • **Frances Rose Shingobe**, 6, on November 30 with love from Danielle, DeaLayna, Stone, Derek Jr., grandma, mom, Rae, Mary, Jim, Jack, Bruce, Joe, Selena, Simone, Doni, Joey, Dante, Sheila, Shawsha, Day Day, Soul, Mase, Nettie, and Simon • **Joe Edgington**, 8, on November 2 with love from mom, dad, Simone, Doni, Sheila, aunts, uncles, cousins and grandma • **Quentin Moose**, on November 14 from Tami, Zachary, Kira, Spud, Nell, Ava, Addi and Aidden • **Zachary Moose**, 13, on November 17 from dad, Tami, Jerry and Kira • **Thomas Jones (Fatface)**, on November 22 from the family • **Karen Jones**, on November 25 from the family • **RaiLei**, on November 4 from Rachel, Jeremy, Richard, Candace, Keilia, Cyrell, Gramma Marlys, and Anthony • **Natalie Weyaus**, on November 23 from Marlys • **Jolynn Jones**, on November 29 with love from Roland Sr. and Roland Jr. • **Eli Sam**, from dad, mom, sisters, brothers, papa, kokum, cousins, aunts and uncle • **Rayne**, from mom, brothers, sisters, papa, Kokum, uncle, aunts and cousins • **Robert**, on November 12 from your kids, mom, dad, sisters, brother, nephews and nieces • **Mylz Ballinger**, 4, on November 25 with love from Heather, Daniel and Thomas Virnig • **Jason**, on November 25 from Rachel and Waylon • **Josie**, on November 12 from Rachel

and Waylon • **Basil**, on November 5 from Rachel and Waylon • **ShayShay**, 3, with love from mom, dad, Papa, Nana, grandma, grandpa, Sam, Nate, Meech, Jason, Lala, Sar, Chelle, Luke, Jalen, Hunter and Elyse • **Lenore (mom/grandma)**, on November 1 from Tyson, Eva, Jon, dad, Evan, Colleen, Susan, Maggie Sue, and Faith Harmonie Kingbird-Sam • **Ron Smith**, on November 1 from Lenore, Tyson, Faith, Eva, Jeff and Jon • **Lydell Boyd**, on November 27 from Lenore, Tyson, Faith, Jeff and Jon • **Floyd Ballinger**, on November 11 with love from Rose, Shane, Sage, Jake and Lovey Dovey.

## Happy November birthday to Mille Lacs Band Elders!

Floyd Ballinger  
Carleen Benjamin  
Clifford Benjamin  
Irene Benjamin  
Barb Benjamin-Robertson  
Charles Boyd  
Alice Carter  
Mary Curfman  
Richard Dakota  
Michael Dorr  
Melvin Eagle  
Donald Eubanks  
Thomas Evans  
Terrance Feltmann  
Roger Granger  
Eileen Johnson  
Jo Ann Johnson  
George LaFave  
Sidney Lucas  
Darlene Meyer  
Mary Meyer  
Marie Nahorniak  
Rose Noonday  
Elizabeth Peterson  
Ralph Pawaush  
Dale Roy  
David Sam  
Leonard Sam  
Karen Sampson  
Mary Shedd  
Kenneth Shingobe  
Ronald Smith  
Marie Spears  
Nora St. John  
David Staples  
Beatrice Taylor  
Donald Thomas  
John Thomas  
Joyce Trudell  
Lawrence Wade II  
Linda Wade

Jennie Weyaus  
Natalie Weyaus  
Sylvia Wise  
Patricia Xerikos

## Congratulations

Congratulations to **Lisa Boyd** for receiving your diploma, we are proud of you, *with love from mom*.

Congratulations to **Alysia Boyd** for receiving your diploma, we are proud of you, *with love from dad, Mary, Christina, Donny, Stacy, Tehlisse, Clayton, Priscilla, Marissa, Josie, Tosh, Laney, Waylon and Rachel*.

## Anniversary

Happy 35th anniversary to **Clarence (Tarz) and Irene Boyd** on November 20 *with love from Judy, Rod, Valerie, Samantha, Sarah, and your great grandchildren*.

## Thank you

Our family would like to thank the Ladies Auxiliary Post 53, Amvets Post 53, Skip Churchill, and all the others who helped during the loss of our family member **Commander Ken Weyaus Sr.** We appreciate your kindness.

Thank you to all the community members for coming to the open house at the brick house on September 28. Special thanks to District I Representative Sandra Blake for donating the door prizes, Commissioner of Natural Resources Brad Kalk and staff for the tables, C.J. Holmes for volunteering her time, Patrick for grilling and cooking, Rosalie for her chili, and Donna for keeping the chemical dependency staff in order. We appreciate all your help *from Joe Nayquonabe Sr. and Ken Anderson*.

Mii gwech to everyone who donated to the **Maria Kegg** fundraiser that was held on October 6. Your contributions and support will continue to help her during this time while she fights this battle. She is continuing to do well in therapy and appreciates all the well wishes.

## In memory

Sadly missed beloved son, brother, father, grandfather, uncle and cousin **Kalen William Nickaboine (Ozzie)**.

Emi-mew-widung  
Be-bomwe-widung  
Veteran US Marine Corp  
August 20,1959-October 22, 2099

In memory of **Joe Bastedo**  
May 26, 1973-November 23, 2006

It's been five years since you passed, we remember the times we saw you last. Your crazy laugh and crooked smile, still is deeply missed. Our thoughts of you are still frequent, drowning in our eyes' mist. Too young too fast you left us all, each year's passing every fall. With this poem we hope to show you we miss and love you. Forever in our thoughts, *from Papa Doug, Rachel, Waylon, Mick, Phil, Oguay and kids, Randy, Kiki, B-boy, Nade, Char, Carter, Whit, PJ, Adrian and kids, Marcus and kids, Arielle and kids, Tony and kids, Jazz, Jayden, Lance and kids, Crissy, Myrah, Baby Joe, Blade, and Ardana*.

## Obituaries

**Jennifer Lynn Primero**  
Born – 3-22-1975  
Died – 9-14-2011  
Lived in El Paso, TX

**Chelsie Benjamin**  
Born – 1-16-1991  
Died – 9-17-2011  
Lived in Onamia, MN

**John Gregory Pike Jr.**  
Born – 4-6-1962  
Died – 9-20-2011  
Lived in Sandstone, MN

**Kenneth Weyaus Sr.**  
Born – 8-25-1941  
Died – 9-20-2011  
Lived in Onamia, MN

**Irvin Wayne Sutton**  
Born – 9-23-1937  
Died – 10-9-2011  
Lived in Onamia, MN

## Correction

Last month in the Q&A feature, "What are your academic goals for this school year," we misidentified Amber Taylor and Music Anoka. Amber said her goals are "to get As, have fun, and learn something new every day." Music said her goal is "to have a better attitude."



## Moccasin Telegraph



### Always moving, always camping

By Jim Clark, Mille Lacs Band Elder (1918-2008)

The Anishinaabe – what we Indian people call ourselves – were sometimes referred to as nomads, and for a good reason. Before the arrival of the Europeans, there was a lot of area for animals and people to live. Making a living was no problem for the Anishinaabe. They lived in one area until their sources of food, animals, wild plants, material for dwellings, and wood for heating was getting scarce. Then they would move to where these living sources were better.

When the European people arrived, the Anishinaabe had to find a way to make a living. That was to work for the white man. When the Anishinaabe found a job, they would move and camp closer to work. Very few Ojibwe Anishinaabe had horses. Lack of transportation was another reason they had to camp out.

Camping out for a whole season went something like this: first it was the sugar camp. When that was over, it was home for a little while to clean around the house and prepare for planting. Around that time, the ceremonies would

start, so they would move to the ceremonial site for a couple of weeks. Then it was pulpwood time. They would move to wood pulp camp and remain there until the blueberries ripened. During this time, the people would go check on their homes on weekends and maybe do some work on their gardens. Sometimes after blueberries were done, the people would move home and stay for a couple of weeks or until the rice was ripe. Then it was off to the ricing camp. After ricing, instead of going home, they looked for work helping the farmers harvest their crops. There they camped on the farmers' land. By the time crops were harvested, it was too cold to camp anymore, so at last they moved home to work on their gardens and for the kids to go to school.

During the winter, the men hunted. Sometimes they would carry a blanket and stay out in the woods all night. A blanket, a small pot for tea, and bread – it's nice by a big fire all night. No one does that anymore. Too bad!

Of course, the Anishinaabe spoke their own language during this time. Now we have a written language, too. To give you an idea of what our written language looks like, here is the first paragraph of this column again, this time in Ojibwe:

Eniwek isa apane  
gaapimigozidd a'aw  
Anishinaabe. Misa waago imaa  
beshu endaad gegu wii ano  
kaadang giishpin igo niizho gon  
wii tazhii kang waa ina no kiid  
miigo booch iwidi kawe gaa izhi  
gozid iwidi wii nibaad.  
Maagizhaa l'iw gii a'ya zig  
bemiwinigod mii apane gaa onji  
bimi gozid.

## Upcoming Mille Lacs Indian Museum Events

### Sweetgrass basket workshop

Learn the art of making a coil sweetgrass basket in this two-day workshop. Sweetgrass is a fragrant sacred herb used in ceremonies and artwork by the Ojibwe. This class will be held on Saturday, November 19, from noon-4 p.m. and Sunday, November 20, 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.

A light lunch and refreshments will be provided each day. A minimum of five

participants is required to host the workshop. Registration is required by November 16. Please call 320-532-3632 for more information.

### Kids crafts workshop

Listen to museum staff read storybooks, enjoy light snacks and learn how to make a corn husk doll to take home. Corn husk dolls are made out of the outer covering of an ear of corn. This project is recommended for children 10 years or older.

The workshop costs \$6 per kit and will be held on Saturday, December 3, from 11 a.m.-4 p.m.

## Snowshoes Helped Hunters and Trappers



In the deep of winter, traditional Ojibwe hunters strapped on snowshoes to maneuver through thick snow. Snowshoes, which were developed by American Indians in the Great Lakes region, allowed the hunters to move more easily in their efforts to feed their families.

Ojibwe hunters wore snowshoes while trapping or stalking prey with bows and arrows. Traditional snowshoes were made up of two basic parts: a hardwood frame and a netting made of hide, twine or sinew (animal tendon). Wide and strong, snowshoes distributed the hunter's weight across a larger surface, preventing him from sinking into the snow.

Ojibwe called the rounded type of snowshoe the "bear paw" because the contraption left a bear-like print in the snow (legend even stated that crafty bears wore similar devices for quicker movement through the snow). Other groups of American Indians referred to the snowshoes as "catfish" because of their shape.

Although the Great Lakes Indians had used the devices for centuries, European trappers and hunters had never seen snowshoes before meeting Indians. Most Europeans, new to the region, relied on horses for transportation, but the deep snow made this kind of travel nearly impossible. So after forging friendships with local Indians, the European trappers and hunters began using snowshoes, too.

Few people, Indian or non-Indian, continue to trap or hunt during the winter. But snowshoes are now known throughout the world and are widely used for sport and recreation.

The Newspaper of the Mille Lacs Band

OJIBWE INAAJIMOWIN

"The story as it's told."



Kelly Sam, Editor

Phone 651-292-8062 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.

# Calendar of Events

**November 2011**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<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 <b>Kelly Sam</b> at 651-292-8062 or write to Kelly at <a href="mailto:kelly@goffpublic.com">kelly@goffpublic.com</a></p>	1	2	3	4	5	
			<p><b>Narcotics Anonymous</b> District I Community Center 6-7 p.m. Every Wednesday</p>	<p><b>Talking Circles</b> District I Community Center 5:30 p.m. Contact: KC Paulsen 320-532-4046</p>		<p><b>Clay Walker and Craig Morgan*</b> Grand Casino Mille Lacs 6 p.m.</p> <p><b>Harvest Feast for Elders</b> (See page 8 for more details)</p>	
6	7	8	9	10	11	12	
			<p><b>District I Community Meeting</b> District I Community Center 5:30 p.m. Contact: Judith Ballinger 320-532-7423</p>	<p><b>Pine County Judicial Presentation</b> (See page 8 for more details)</p>	<p><b>All government offices closed for Warrior's Day</b></p>	<p><b>The Golden Voice*</b> Grand Casino Hinckley 8 p.m.</p>	
		<p><b>Parent Cafes</b> (See page 7 for more details)</p>					
13	14	15	16	17	18	19	
	<p><b>Pine Grove Leadership Academy Meeting</b> 5 p.m. Contact: Melanie Benjamin 320-384-7598</p> <p><b>AMVETS Meeting</b> Grand Casino Mille Lacs 6 p.m. Contact: Diane Nickaboine 320-532-7439</p>	<p><b>District II Leadership Academy School Board Meeting</b> 4 p.m. Contact: Raina Killspotted 218-768-2345</p>	<p><b>District III Thanksgiving Community Meeting</b> Grand Casino Hinckley 6 p.m. Contact: Katie Draper 320-384-6240</p>	<p><b>All-District Elder Meeting</b> Hinckley ALU 11 a.m. Contact: Denise Sargent 320-532-7854</p> <p><b>12th Annual Feast</b> (See page 12 for more details)</p>		<p><b>Sweetgrass Basket Workshop</b> Mille Lacs Indian Museum noon-4 p.m.</p>	
20	21	22	23	24	25	26	
<p><b>Sweetgrass Basket Workshop</b> Mille Lacs Indian Museum 10 a.m.-2 p.m.</p>		<p><b>Urban Area Community Meeting</b> All Nations Indian Church 5:30 p.m. Contact: Barb Benjamin-Robertson 612-872-1424</p>	<p><b>District II Community Meeting</b> East Lake Community Center 5:30 p.m. Contact: Jenny Waugh 218-768-3311</p>	<p><b>All government offices closed for Mii Gwech Day</b></p>			
27	28	29	30	Dec. 1	2	3	
						<p><b>Kids Crafts</b> Mille Lacs Indian Museum 11 a.m.-4 p.m.</p> <p><b>Sara Evans*</b> Grand Casino Hinckley 7 p.m.</p>	
4	5	6	7	8	9	10	
						<p><b>Birchbark Ornament Workshop</b> Mille Lacs Indian Museum noon-4 p.m.</p>	

# What Will You Be Most Thankful For This Thanksgiving?

For this month's Q&A we polled Mille Lacs Band Facebook fans about what they will be most thankful for this Thanksgiving. You can become a fan of the Mille Lacs Band on Facebook by visiting [www.facebook.com/millelacsband](http://www.facebook.com/millelacsband) and clicking "like."

**Chiefy Gibbs**



*"Thankful for family and all the food... we get to eat two times...lol."*

**Dawn Murphy**



*"I am thankful for my family, my health, and being able to follow my dreams."*

**Jasmine Fetters**



*"I'm thankful for my family and everything that makes me happy."*

**Denise Sargent**



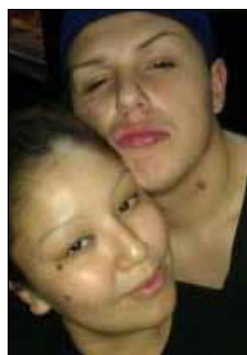
*"I'm thankful for when you think no one cares, family and friends come out of the woodwork."*

**Courtney Martins-Breth**



*"Family, health, and my new baby boy!"*

**Travis Wayne White**



*"My daughter, who was born July 9, 2011."*

**Kelly Sam**



*"I'm thankful to have a healthy family and great friends."*

**Yvonne Winiecki**



*"Thankful to be living a good life and enjoying the love of children and grandchildren. Seeing the continuity of your own family is such a blessing!"*



## The Corporate Commission of the Mille Lacs Band of Ojibwe Indians Invites You

12th Annual Feast for all Mille Lacs Band Members

Thursday, November 17, 2011

Doors open & seating starts at 5:15 p.m.

Invocation/welcome at 5:45 p.m.

Dinner at 6:00 p.m.

Entertainment at 7:00 p.m.

Grand Casino Mille Lacs Events & Convention Center Seating on a first come first served basis

**GREAT FOOD**  **DOOR PRIZES**  **ENTERTAINMENT**  **GOOD CONVERSATION**