

DeBahJiMon

A Publication of the Leech Lake Band of Ojibwe

V.XXIII N.17 - November 2003

**MCT Constitutional
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Leech Lake Housing Authority Begins "Leech Lake Homes II" Project.

For the second time, Leech Lake Housing Authority is building "stick-built" homes. Stick built is the term used for building homes from the ground up, utilizing the finest grade materials available.

Twenty new units will be built as part of the "Leech Lake Homes II" project, all in the Boy Lake area. The funding for this project was contingent upon the success of our "Leech Lake Homes I" project, which was the rehab of thirty low-income rental units located throughout the reservation. Leech Lake Homes I will be complete in November of this

year. Construction of the new homes started in August of this year and is scheduled for completion in March of 2004. The total estimated cost for

this project is \$2.45 million and is funded primarily by Raymond James Tax Credit Fund Inc. (the investment

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Duplex units under construction at Boy Lake.

Photo by Patsy Gordon

Lt. Gov./Commissioner Molnau Meets with Leech Lake Tribal Council

Upholding Governor Pawlenty's promise to send his commissioners around to all Minnesota Reservations to keep the government to government relationship active and to keep state officials updated and informed on Tribal issues, Lt. Gov./Commissioner Molnau met with the Leech Lake Tribal Council On October 9, 2003 at the Tribal head-quarters in Cass Lake. The Lieutenant Governor said "The government to government relationship working together, I think is a good thing."

Lt. Gov. Molnau and Linda Aitken, Tribal Liasion with the Government Relations Dept. of the Minnesota Department of Transporation met with the Tribal Council to discuss transportation issues as they pertain to the Leech Lake Reservation. Some areas in particular that were discussed was; allowing Tribal Roads Divisions to get involved in new projects, speed limits, installing a light at the Palace Junction for safety reasons, bike roadways, contracting with Tribes to plow roads, and the upcoming transporation conference that now is in the process of plans/agenda being finalized.



L to R: Chariman White, Rich Robinson, Lt. Gov. Molnau, Linda Aitken, Robert Busch, Arthur LaRose, Wesley Gjovik, Gerald White and Lyman Losh.

News Briefs

Bug-O-Nay-Ge-Shig School Earns Highest Status Level by OIEP.

Bug-O-Nay-Ge-Shig School has recently been notified by OIEP Director, Ed Parisian, that the school has been removed from the School Improvement (SI) status and advanced to the Adequate Yearly Progress (AYP) status for the 2002-2003 school year. To quote Mr. Parisian, "Congratulations! Your hard work has resulted in your school being successful under the No Child Left Behind Act (NCLB)." AYP is the highest status level designated for schools and is based on the improvement noted on the formal assessment from spring of 2003.

The school will continue to increase student reading, writing and math skills. Efforts to improve attendance and graduation rate will continue as well. Other areas of focus are greater parent involvement and inclusion of language and culture in all academic areas.

The school is very proud of their students' progress and the extra effort of their teachers and parents.

Tribal College Postpones Construction of New Facility

The Leech Lake Tribal College Board of Trustees held a Special Meeting on October 9, 2003. The purpose of this meeting was to discuss the start up date for construction of the Tribal College's new campus facility. The Board decided to postpone construction until april of 2004, with the bidding process to begin in February. although the decision was difficult, it was based upon the need to comply with and complete the grant requirements for the recently awarded HUD grant of \$400,000 prior to construction start up.

New Taste Section

The De-Bah-Ji-Mon has started a "TASTE" section. If you have any favorite recipes you would like to share, please send them in to 6530 Hwy. 2 NW, Cass Lake, MN or email them to lltpaper@paulbunyan.net.

Conclusions and Recommendations Finally Come for Contaminated Superfund Site

The St. Regis Paper Company Site operated a wood preserving plant just south of the Burlington Northern railroad tracks in the Fox Creek area near Cass Lake, Mn. The company ran its operations there from 1957 until 1985. Groundwater, surface water, sediment, and soil on and in the vicinity of the site have been contaminated as a result of the wood preserving process and waste disposal activities. Former and current residents of the site have long since complained about the ill effects this contamination has had on their health.

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PRSRSTSD
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PAID
Bemidji, MN
Permit No. 68

Country Singer Lynn Anderson Sings National Anthem at Leech Lake's Labor Day Pow-Wow

The Palace Casino Hotel hosted Lynn Anderson in concert during the Labor Day weekend festivities here on the Leech Lake Reservation. Not only did she provide two wonderful shows before a packed house, but her openness and friendly attitude appealed to the audience, making her a big hit to both young and older folks who were in the audience.



She is such a smooth performer, not only in her style of singing but making the crowd feel so comfortable. She had us laughing and made mention of one of the employees who assisted her as a host and shopping for her needs before she performed. The Palace Casino Hotel staff were all involved in making her stay enjoyable.

The goodness of her attitude showed the next day when she visited the pow-wow before Grand Entry. When she was asked to do the National Anthem after our flag song, with no hesitation, she gladly accepted and said, "May I?" She went on to say she sits on a National Committee for all Viet Nam Veterans. Leech Lake Chairman Peter White introduced his parents to her saying they were long time fans of hers. That was a very nice gesture!

Also a few weeks later she called one of the marketing employees home phone number and left a message to call her. So the next day from work another employee from Marketing called and chatted with her for about 20 minutes. She thanked the Palace Casino Hotel for contracting with her and said that the people who worked the show did an outstanding job in meeting her needs. We, in Marketing, told her it was an honor to have her come to our reservation to put on such a very relaxing and enjoyable performance.

After her performance, there was talk on the casino floor about what a good show they witnessed and that the Palace Casino Hotel has improved overall in their entertainment and hospitality. Thanks again, Lynn!

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corporation) and Leech Lake Housing Authority.

The initiation and successful progress is fully supported by the Housing Authority Board of Commissioners. Val Pacheco is the overall planner and Vern Lyons is the Construction Superintendent. In addition to Pacheco and Lyons, the Leech Lake Housing Authority Tax Credit Management Team consists of the following staff; Marlene Mitchell-Interim Executive Director, Gina Fairbanks-Finance Officer, Rose Reed-Compliance, Evie Brown-Compliance Supervisor, Kathy Cole-Collections Manager, Ron Hare-Tenant Advocate Supervisor, Josie Whitefeather-Administrative Assistant, Lorraine Stangel-Maintenance Supervisor, Chad Stangel-Field Coordinator, Wayne Smith-Construction Inspector, and Leroy Pemberton-Field Inspector. Ninety eight percent of the individuals involved in the administration and construction of the project are Leech Lake Band members. The Leech Lake Housing Authority has proven to Raymond James Tax Credit Funds with the last scattered site project

MN-012-025 and Leech Lake Homes I that they have the management capability in the areas of planning, administration, finance, construction and their development of a team concept approach.

With the completion of Leech Lake Homes II, the Housing Authority will advance another step with Leech Lake Homes III and construct another twenty-unit project using the same building model and estimated cost as the Boy Lake site. Leech Lake Homes III will be located near the Northern Lights Casino and Hotel with projected completion in December 2004.

Also in the planning stages is Leech Lake Homes IV, which will consist of thirty to thirty-three single family dwelling units located in the District III area.

Applications for occupancy are now being accepted for the Leech Lake Homes II project located in Boy Lake at the Leech Lake Housing Authority office in Cass Lake. Units will be available in accordance with Leech Lake Housing Authority waiting list.

FREELANCE WRITERS WANTED!

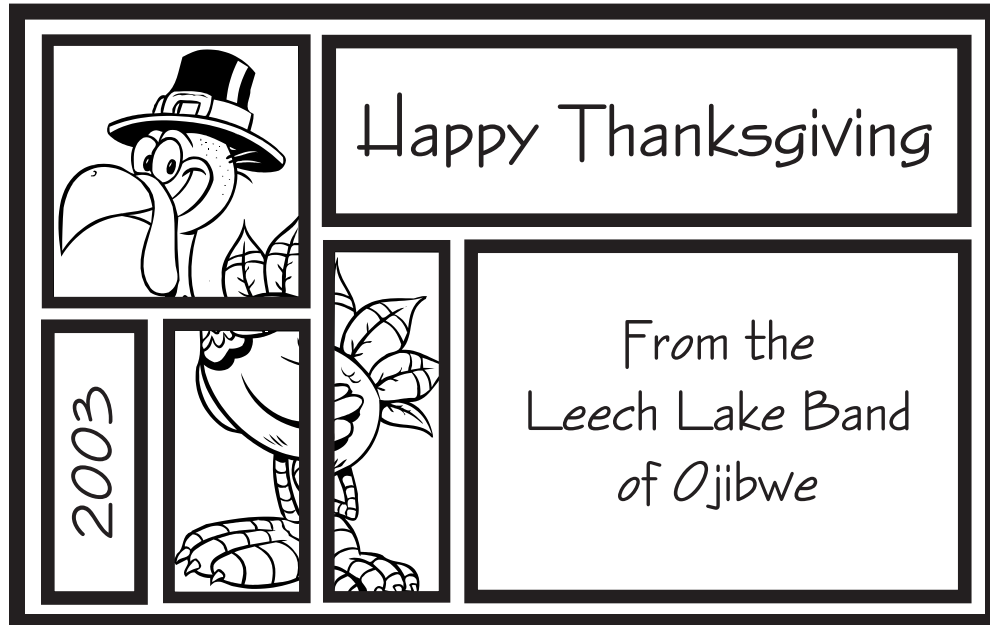
Do you have a flair for writing? The De-Bah-Ji-Mon is looking for a freelance writer(s) to write for the newspaper on a monthly/bi-monthly basis. It wouldn't call for a lot of your time, but if you are interested, please contact the newspaper office at 335-8225 for an interview or you can email us also at lltpaper@paulbunyan.net Freelance writer stipends are available.

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Phone (218)335-8225 • Fax (218)335-8309
December 2003 issue deadline for articles is November 15th.



2003 Leech Lake Annual Turkey Give-Away

Again this year, all Leech Lake Band member households living on the Leech Lake Reservation and surrounding area will be given a thanksgiving turkey and one pound of wild rice for their annual Thanksgiving Day dinner.

Most Band households will have their turkeys delivered to their homes by their Community Health Representative and helper. Days of delivery will be November 19, 20, and 21, 2003. If for some reason you do not get a turkey delivered you will be able to pick your turkey up on November 24 or 25, 2003 at the Food Distribution building in Cass Lake from 9:00 a.m. to 4:00 p.m. on those two days.

Band households that will not have their turkeys delivered will be

responsible for picking up their turkey at the Food Distribution building. The following is a list of Leech Lake Band member households that will not have turkeys delivered.

- Those that live immediately adjacent to the Leech Lake Reservation.
- Those living in the Midge Lake and Grace Lake areas and on Highway 2 west of Bingo Palace Drive.
- Those who live on the old Cass Lake Highway beyond Mission Corner going in the direction of Bemidji.
- Those living south of Cass Lake on the west side of Highway 371 up to Walker.
- Those living west of Pennington store up to the

Pike Hole Resort.

Cass Lake area residents that live in the following areas must also pick up at the Food Distribution building.

- South of the tracks up to the Nary Road. (Thompsonville turkeys will be delivered.)
- Cass Lake Square Town Houses.
- City limits of Cass Lake.
- Tract 33 and 34 up to Tom's Resort.
- Beaulieuville area on the old Cass Lake Highway up to Highway 149. (Those living along 149 will get their turkeys delivered.)

Questions can be directed to your local Community Health Representative or you may call the CHR office at 335-8215 Or 1-800-282-3389.

Superfund Site / Page 1

After many months and years of getting nowhere, their voices have finally been heard. Recently, the Environmental Protection Agency (EPA) has issued a public comment release on the case. The conclusions and recommendations for a public health action plan are as follows.

Conclusions:

- The site poses a public health hazard because there is unrestricted access to highly contaminated soils, and the site is surrounded by residential properties. There is evidence of human activities and incomplete ground cover in all the soil sample areas. Surficial soil contamination presents an ongoing health risk to adults and children who live near or pass through the site.
- Remediation activities were conducted during the mid-1980's, but post-remediation samples were never collected to confirm that remediation was complete.
- Although most of the residential samples were below the MDH Health Based Screening Value (50 ppt), the samples were composites. Therefore, surface soil dioxin concentrations in localized areas may be much higher.
- The North Storage, and South West Area dioxin concentrations

appear to be uniformly distributed in each area, and all but one sample from each area were above the Health Based Screening Value (50 ppt). Several samples were above the EPA action limit (1 ppb). Surface soils may have even higher dioxin concentrations.

- Wind deposition may be a significant factor for indoor dust contamination.
- Automobile traffic and mowing of grass can generate clouds of dust throughout the site. Nearly all the roads or driveways in residential or site properties are gravel.
- It is probable that site contamination is migrating off-site via wind and water erosion due to poor ground cover and sandy soils.
- There is evidence that portions of the site have been graded or backfilled with contaminated soils.
- Many residents have lived in the area for many years, and several worked at the site when it was in operation. Based on waste disposal practices of the facility, burning of waste materials in the Tee-Pee burners, fugitive air emissions from the operations, unrestricted access of children to the disposal ponds, and close proximity of homes to the facility, historical exposures could

have been significant.

Cultural and dietary practices of local residents may result in more intensive exposures to dioxins in soil, sediment, and food sources that would be predicted using standard exposure assumptions.

Recommendations and Public Health Action Plan:

- Minnesota Department of Health (MDH)/Agency for Toxic Substances and Disease Registry (ATSDR), and the Leech Lake Band of Ojibwe (LLBO) recommend that the site be fenced and warning sites be posted on the site (as recommended in MDH's 1993 and 1995 Site Review and Updates).
- MDH/ATSDR and LLBO recommend that the public not trespass on the St. Regis property.
- MDH/ATSDR and LLBO recommend that all residents south of the tracks avoid contact with soils in their yards. This recommendation was conveyed in a letter from ATSDR, MDH, and LLBO to residents south of the railroad tracks.
- MDH/ATSDR and LLBO recommend that the extent and magnitude of soil dioxins be comprehensively characterized in all the residential properties south of the tracks, and all areas associated with

NOTICE

Leech Lake Tribal offices will be closed on:

November 11th
for Veteran's Day

and on

November 27th and 28th

for the Thanksgiving holiday.

St. Regis manufacturing and disposal activities.

- MDH/ATSDR and LLBO recommend that residential properties north of the railroad tracks be sampled for surface soil dioxins.
- MDH/ATSDR and LLBO recommend that soils be remediated to the Soil Dioxin Health Based Screening Value (50 ppt). This is an MDH and not an ATSDR recommendation.

MDH/ATSDR and LLBO recommend that other pathways including groundwater, surface water, sediments, and fish be investigated further.

MDH, ATSDR and LLBO will continue to work with Region 5 EPA, and the City of Cass Lake in addressing community concerns, assisting site investigations, and mitigating exposures through community education. MDH/ATSDR and LLBO are available for reviewing any site sampling plans. A meeting will be scheduled in the near future to discuss and review these conclusions and recommendations in the near future. For more information please contact Shirley Nordrum at the Department of Natural Resources, 218-335-7400.

The National Economic Development & Law Center Child Care Industry Vital to State's Economic Infrastructure/Financial Future

Minnesota's \$962 million child care industry is essential to strengthening the state's business and economic future, according to a report prepared by the National Economic Development and Law Center (NEDLC), in partnership with the Minnesota Child Care Resource and Referral Network.

The report documents how the child care industry is integral to sustaining and growing the state's economy. Specifically, the child care industry:

- * enables businesses to recruit employees, reduce turnover and absenteeism, and increase productivity;
- * ensures a strong economy in the future; and
- * is a significant income-generating, job-creating industry in its own right.

"Nearly 700,000 Minnesota children from infants to age 12 need some form of care while their parents are working," says Ann McCully, Executive Director of the Minnesota Child Care Resource and Referral Network. "The child care industry gives parents high quality child care choices – thus allowing businesses to

recruit those parents as productive employees."

A 2003 labor force projection from the Minnesota Department of Employment and Economic Development indicates a labor force shortfall by the end of this decade. Attracting and keeping young professional families in the state, and increasing their productivity, is necessary to maintaining Minnesota's economic vitality. Quality, affordable, accessible child care enhances recruitment of young professional families, and reduces unscheduled absenteeism and employee turnover because of child care problems.

"As an IT company, we need to recruit and retain highly skilled people," says Molly Caron, General Manager, EMR Innovations. "Providing high quality child care on site is very important to our employees. Being able to walk downstairs and have a 20-minute lunch with your child changes your whole outlook on the day. The employee retainment value of providing this has been tremendous."

Additionally, child care in itself is a significant industry that contributes

to Minnesota's economy. The child care industry directly supports more than 28,000 full-time jobs. There are more workers employed in child care than there are elementary school teachers, or employees in legal services, business services, or the health insurance industry.

"Through our research, we found that Minnesota's gross receipts for their child care industry are 77 percent the size of the corn industry, for which the state ranks third nationwide in crop production," says Jen Wohl, Child Care Program Manager, National Economic Development and Law Center and co-author of the report. "Clearly, the child care industry benefits Minnesota's economy."

The report, "The Economic Impact of the Child Care Industry in Minnesota," recommends that all child care industry stakeholders – business, government and child care providers – recognize the impact that the child care industry has on the future of Minnesota's labor force and economic stability. These groups need to work together to more effectively plan for the state's financial growth by incorporating child care issues and needs into state and local economic development planning.

"The Tracy Economic Development Authority Board saw the need for high quality child care in our town, as part of a package we can offer to prospective employers looking to locate here," says Louise Noomen, Child Care Project Coordinator, Tracy, MN Economic Development Authority. "As we talk to new businesses, we're already promoting our child care center,

which will open August 2004."

While current needs of employers and businesses need to be addressed, future employment issues also need to be considered to ensure Minnesota has a strong economy in the long run. High quality child care can increase children's ability to become productive employees.

"Investment in human capital breeds economic success not only for those being educated, but also for the overall economy," says Rob Grunewald, Regional Economic Analyst, Federal Reserve Bank of Minneapolis. "The return on investment from early childhood development is extraordinary, resulting in better working public schools, more educated workers and less crime. To ensure the future success of Minnesota's economy, we must continue to provide a highly educated workforce."

A major purpose of this report is to help state leaders view the child care industry in a new way – as an industry first of all, and as an industry that plays an important role in our state's economy. Several upcoming efforts by other key stakeholders will build on this theme. The second purpose of this report is to begin discussions, and make recommendations for how Minnesota can move forward to ensure a stable child care industry that will, in turn, help ensure a stable and viable economic future for the state.

For more information, or to receive a copy of the full report, visit the Minnesota Child Care Resource and Referral Network's website at <http://www.mnchildcare.org/> or call 651-290-9704.

Native American Teachers Grant

The College of Education at the University of Oregon has just received a second grant from the Department of Education in Washington D.C. Ten (10) students are eligible for funding through the Native American Teachers Program for the 2004-2005 year.

Native American students who have already earned Bachelor's degree and interested in this teaching scholarship, may contact Az Carmen at the University of Oregon at 541-346-0681. Deadlines are in January and February of 2004 for both the teaching program and the scholarship program.

Microsoft and Boys & Girls Club of the Leech Lake Area Launches Club Tech

The Boys and Girls Club of the Leech Lake Area and the Microsoft Corporation are joining forces to bring technology access to the youth of Cass Lake. Technology has changed the way our children learn. It is so prominent in the everyday life of today's youth that technology skills will not only help them succeed, but those skills are necessary for children to become informed, productive adults. Microsoft is providing a critical service to the

members of our Club.

Members will use the Boys and Girls Club of Cass Lake Technology Center (furnished with top notch computer programs) to discover the world of technology from the most basic to the advanced. Programs will teach web page design, movie making, and music making.

Access to technology and computer-based skills will be essential for children growing up in the new century and are vital to America's social and economic standing. The U.S. Department

of Commerce estimates that sixty percent of today's jobs require technical skills. Yet today, less than one third of single-parent households have a computer.

The Boys and Girls Club has played an integral role in the Cass Lake Community for four years, providing daily programs and services to young people. Club Tech will be offered to students ages 13-18 on Tuesday and Thursday nights from 6:30 p.m. to 8:00 p.m. For more information, contact Rhonda at 335-4058.

MCT Housing Corporation Receives Grant To Design Business Loan Fund

The Minnesota Chippewa Tribal Housing Corporation received a grant from the U.S. Department of Treasury, CDFI Fund to design business loan products and increase its support for Indian owned businesses in Minnesota.

The combined effort of the Tribe's Housing Corporation and Native American Business Development Center resulted in the Corporation's certification as a CDFI. The CDFI is a specialized financial

institution that works in a market niche that has not been adequately served by traditional financial institutions. As a CDFI, the Housing Corporation is eligible to apply for matching funds to double the size of its business loan pool and serve more individuals.

The Minnesota Chippewa Tribal Housing Corporation was established in 1976 to develop affordable housing products for low and moderate-income American

Indian families. The Corporation offers a regular mortgage program, a moderate-income program and a rental development program. The Native American Business Development Center offers free management and technical assistance to existing and potential American Indians residing in Minnesota. For more information, contact Vern Barsness at 218-335-8583 or e-mail at mctvhb@paulbunyan.net.

Minnesota Chippewa Tribe Will Host Constitutional Forums

The Minnesota Chippewa Tribe hereby announces that a series of Constitutional Forums will be held on the six member reservations (Bois Forte, Fond du Lac, Grand Portage, Leech Lake, Mille Lacs, and White Earth) to provide Tribal members an opportunity to present both written and oral testimony in order to express their views on constitutional amendments, alternatives, revisions, or a new constitution. The Leech Lake forum was held on October 27, 2003 at Northern Lights Convention Center. The schedule for the Forums is as follows:

Reservation	Location	Date	Times
Bois Forte	Fortune Bay Resort & Casino	November 4, 2003	3:00 - 8:00 pm
Grand Portage	Grand Portage Lodge & Casino	November 5, 2000	3:00 - 8:00 pm
Mille Lacs	Grand Casino Mille Lacs Convention Center	November 13, 2003	10:00-6:00 pm
White Earth	Shooting Star Casino-Hotel Events Center	November 21, 2003	10:00-6:00 pm
Fond du Lac	Black Bear Casino & Hotel	November 24, 2003	10:00-6:00 pm

Any enrolled member of the Minnesota Chippewa Tribe who is at least 18 years of age is invited to provide testimony. Oral testimony may be given only at either a Tribal member's reservation of enrollment or reservation of residence.

Hearings will be conducted in a controlled and distinguished atmosphere.



The Leech Lake Department of Public Works, Well & Septic, are updating all applicant files.

We need current addresses & telephone numbers on file.

Please call:

Rita at (218) 335-3717

Potlatch

Interested in a career change? If you have applied for Potlatch positions on other occasions, please consider updating your application. Currently seeking qualified applicants for Call Board vacancies (entry level positions to both OSB and Lumbermill).

You are invited to visit Potlatch's website and consider employment opportunities with one of the best employers in the area. We offer competitive starting pay and benefits including 401(k), fully funded retirement, medical, dental, disability and life insurance plans. Applicants may review a detailed job description on the below listed internet address and are expected to submit applications for all openings to the same address:

<http://jobs.potlatchcorp.com>

You may seek technical assistance with the on-line computer application process through the MN WorkForce Center at 616 America Ave. NW, Bemidji, MN 56601.

On line applications for the Call Board positions will be accepted through December 31, 2003.

For more information call
218.759.8200

LEECH LAKE BAND OF OJIBWE EMPLOYEES:

This pool of on-call receptionists will respond to various RTC office programs on an as needed basis, during regular business hours when program staff is out of the office. It will be their responsibility to direct incoming telephone calls and maintain a pleasant and neat office environment.

ON-CALL HELP WANTED



If you are interested in using this service for your office or would like to learn how to get into the pool as an employee please call:

Human Resources @ 335-3698

BUSINESS

Shingobee on the Bay Marina Supports Shingobee Homeownership Program

By Deana McDaniel



L to R: Juan Lazo, Rich Robinson, Chairman White, Carrie Ruud, Ken Haskamp, Rusty Lilyquist, Jim Dowson, Steve Jackson, Steve Michel, Ken Bresley and Scott Bruns.

On October 8th, 2003 the Leech Lake Reservation broke ground on its fourth gaming business venture. Today was literally the breaking of "new" ground on the Leech Lake Reservation, when it comes to homeownership opportunities, for Band members.

The Shingobee on the Bay Marina project and the new Shingobee Homeownership program is a bold new approach to address the unmet housing needs and

homeownership opportunities for working Band members, while increasing the Band's ability to become self-sufficient. Owning your own home is no longer simply a dream. These dreams are quickly being built into realities, due to the leadership of the Tribal Council.

What makes the Shingobee Homeownership program so exciting is the fact it is the first of its kind in Indian country today. The Shingobee Homeownership program will directly

utilize a portion of Gaming revenue from the Shingobee on the Bay Marina to help facilitate the debt service of the home mortgages.

The Shingobee Homeownership program is a people-oriented program addressing the lack of homeownership opportunities for working Leech Lake Band members residing on the Reservation. House payments will be at a fixed amount, with a 0% interest rate (1% Administrative fee) for a 30 year

mortgage. Calculations predict the payments will be around \$250 - \$300 a month.

The mission and goal of the project is simple. We want to empower Leech Lake families. We want families to feel proud of where they live and strengthen our communities. This program will empower families for generations to come.

Cass County Federal Credit Union Coming Soon

By Deana McDaniel

Due to the hard work of Genny Lowry, Credit Union Manager, the oversight of the Leech Lake Business Corporation and the blessings of the Leech Lake Reservation Tribal Council, we are about to embark into a new business venture, and that is the "Cass County Federal Credit Union".

It has been a long process, but a process that will soon benefit all that choose to participate and become members. Some may wonder how will a Credit Union benefit me? Well, there are many ways a Credit Union can benefit you.

Credit unions offer lower interest rates on loans, while providing comparable interest rates on savings and checking accounts. There is no application fee when applying for a loan regardless of the loan amount, however there is a \$3.00 initial fee for membership to the Credit Union. Credit Unions provide credit and financial counseling to all members,

which we could all use sometime or another.

Credit Unions are owned and operated by the people who utilize its services. They are not-for-profit institutions; therefore they are able to provide quality services at less cost.

Credit Unions are a cooperative financial institution regulated by the National Credit Union Administration and deposits up to \$100,000 are insured by the National Credit Union Share Insurance Fund.

Since we began with the idea of opening a Credit Union, people have asked what about the Credit Union in the past? Have you considered why it failed and what you can do to prevent it in the future? And the answers are yes, we have. We have and continue to evaluate what and how we can make this Credit Union a success. We do not want or intend to set this program up to fail. Failure is not an option.

To ensure the success we have instituted tight non-negotiable internal controls and is regulated by the National Credit Union Administration. Annual audits will

be conducted as regulated as well to maintain compliance. It is our hope this will empower working families to rebuild or develop a lifetime of financial stability.

Che-Wa-Ka-E-Gon Complex

Mini-Mart / Gift Shop
Bait Shop Now Open

Open 7 days a week 7 a.m. to 10 p.m.

Greyhound Ticket Service
Gas, Food, Beer & Cigarettes
Phone (218) 335-8827

BUSINESS

6th Annual Northern Woodland Winterfest

By Delina White

Woodland Art Market will be held Saturday and Sunday, December 13 & 14, 2003, at the Northern Lights Casino & Event Center in Walker, MN. Register now for booth space. Doors will be open to the public both days.

This unique 2-day event is an opportunity for Anishinaabe Artists, Woodland Tribal Artists, and Woodland Artists to market their traditional and contemporary cultural arts. The Winterfest has outgrown the 40-booth capacity of the Palace Casino & Hotel, where it was previously held for the past 5 years, and is now expanding into the Northern Lights Casino in Walker, MN. The goals are to develop awareness and a greater appreciation for Woodland heritage artwork and products, to build recognition for quality materials, craftsmanship, and authenticity. This is an event that provides opportunities for everyone: a 2-day shopping spree for holiday shoppers, professional buyers can develop wholesale/retail relationships with Woodland Artisans, and art collectors can meet their favorite Woodland Artists such as the renowned Michael Boyd and Ernie Dunn, and view artist demonstrations in action. Performance and musical art will also be available. Feature

performers include: Joanne Shenandoah, Annie Humphrey, Silver Eagles Drum & Dance Group, Hope Lake Singers, live holiday music, and much more!

Advance registration is encouraged. After Thanksgiving the registration rate will increase, so please register early. For registration application contact Delina White, Cultural Arts & Tourism Director, Leech Lake Band of Ojibwe, at 218.335.4425, or write 6th Annual Northern Woodland Winterfest, 6280 Upper Cass Frontage Road NW, Cass Lake, MN 56633, or send requests via email to:

delina.white@charterinternet.net

Reduced hotel rates are also available, but you must reserve your room before December 8, 2003 to receive this reduced rate. For hotel reservations, please call 866.652.4683 or 218.335.3190, and be sure to mention "Winterfest 2003."

This is a free event to the public, although when you purchase Winterfest buttons for \$3 you will receive a free limited edition of "Indian Artist" magazine valued at \$6. Call the above listed number for button distribution location near you.

Leech Lake Opens Central Purchasing Department

By Roger Aitken

On October 9, 2003, at a Special meeting, the Reservation Tribal Council approved Resolution no. 10-10-03 that formally established a Central Purchasing Department (CPD) and a Policies and Procedures Manual.

The purpose of the CPD plan is to establish a uniform procurement practice within the entire Band organization. The Mission statement indicates (excerpts): "...the CPD is designed to ensure integrity, efficiency and accountability and to provide quality services in the Purchasing needs of the Band in a professional and timely manner."

The CPD Plan takes effect officially January 1, 2004. During the remaining months of 2003, the CPD will conduct a series of informational meetings with and for all key procurement personnel throughout the entire Leech Lake organization.

The primary goals of the Department are, but not limited to, the following:

- To increase the Band's overall buying power by purchasing goods, supplies in larger volumes and quantities, at a lower cost and more favorable terms & conditions to the Band.

- To improve the tracking, monitoring and identifying accurate value of property owned, thereby strengthening the Band's over all balance sheet.

- To increase the Band's financial savings through prudent purchasing practices & procedures annually.

The Tribal Council has unanimously endorsed the Central Purchasing plan and strongly urges all personnel who purchase for and on behalf of the Band to understand, support and participate in the new Central Purchasing Plan.

The plan is consistent with the Business Corporation and Band's initiatives designed to strengthen and improve the efficiency of the organization by creating cost effective and prudent purchasing practices.

The CPD offices are located within the Business Corporation complex in Cass Lake, MN and can be reached at 218.335.3667. The following is a list of current staff: Roger Aitken, Director; Joy Lawrence, Darold Madigan, Victoria Reich, Diane Sherman, Sandra Weber, Mark Goodwin and Jay Fisherman.

The CheWe Mini Mart's New Look



HELP WANTED

Bug-O-nay-Ge-Shig School in Bena, MN, is looking to fill the following positions:

- Life Skills Teacher
- Bus Monitor (2 positions)
- Assistant Drum Instructor
- Substitute Teacher

All positions are open until filled. All positions require pre-employment drug testing and State and Federal Background checks.

To apply, submit applications and/or resumes with three (3) references, credentials, transcripts and licensure certificate to:

ATTN: Personnel
15353 Silver Eagle Dr. NW
Bena, MN 56626
1.800.265.5576
employment@bugschool.bia.edu

"SAYING NO ISN'T A CRIME"

By Randi Jenkins

The emotions I feel everyday are so intense, they make me feel like crying I hide them so well, but I'm getting tired of lying.
I want my babies back, back home with me,
Not with family members, that's not how it's supposed to be.
Why did I let this drug have so much control?
I'm supposed to be strong, isn't that a mother's role?
I've been blinded by a high that's poisoning my mind,
A high that seemed so harmless,
I still remember the first time.
It gave me the energy to get my housework done, I've never felt this good before, and I was having fun.
Staying up all night and not feeling tired,
I could go for days, it felt good to be wired.
I've made excuses for myself, that I wasn't doing anything wrong,
I felt good and, hell, I've lost the weight I've tried to lose for so long.
I didn't realize my using was taking it's effect, I started not to care.
All my attention was devoted to my new friend, not my kids that wasnt being fair.
Spending my time scheming for my next high,
Lying, stealing, pawning anything that would help get me by.
I didn't want to face the truth, my home was falling apart,
But the truth came so quickly and I was left with a broken heart.
My kids were taken by family into their care, I was left feeling so alone.
An empty house, there was nobody there.
Where's that high at now? I thought it was my friend.
Now it seems as if this loneliness is always there,
I try to find happiness, but it seems I'm going nowhere.
My heart breaks when I think of how my kids must feel,
knowing the pain that I go through, will this heartache heal?
Getting high and staying high has become to be so much work,
It's not even fun anymore, everyone seems to go a lil' berserk.
It should be easy to quit, I should be able to move on,
I need to clear my head, this has gone on too long.
Toss teh foil, the straws and toss all the glass,
When things get too hard, I shouldn't be afraid to ask.
I need to remind myself that it'll get easier with time,
And I hope to realize that "SAYING NO" isn't really a crime.

Local Residents Complete Blandin Leadership Program Retreat

Twenty four (24) Bemidji area residents completed a five-day leadership retreat, the first segment of an intense eight-day training that comprises the Blandin Community Leadership Program (BCLP). This team will participate in two more workshops coming up in January and April.

Since 1995, BCLP has provided experiential leadership training for over 3,800 community leaders from more than 200 rural Minnesota communities. This is the third time the program has been offered in Bemidji. Participating teams, chosen by a local selection committee, are representative of the community's ethnic and cultural diversity, varying levels of involvement, occupations and life situations. Representing the Bemidji area at September's BCLP retreat were: Craig Boyer, Brent Colligan, Mary Connor, Stephanie Corradi, Sue Doeden, Erin Eddy, Nancy Erickson, Quentin Fairbanks, Colleen Falk, Jack Frost, Leslie Harper, Vicki Haugen, Carol Heimsoth, Ron Johnson, Robert Milne, Frank Moe, Karl Oestreich, Doug Peters, John Pugleasa, Pamela Roiger, Vicki Ross-Rhoades, Sandra Runnigen, Kelly Urbaneck and Michael Winkler.

The goal of the Blandin Community Leadership Program is to develop and train a broad base of local leaders to work collaboratively in their communities to anticipate change, manage conflict, build consensus and create a positive future. Topics covered during retreat sessions included: defining community problems and opportunities, communication, conflict management, community power, leadership skills, community analysis and goal setting.

"Rural people are passionate about where they live, and that's certainly the case here," said Jim Krile, Director of the Blandin Community Leadership Program. "The enthusiasm and hard work demonstrated by these participants is truly impressive."

BCLP training programs are supported entirely by the Grand Rapids based Blandin Foundation whose mission is to strengthen rural Minnesota communities. The program is made available free of charge to participants because of an \$88,000 Blandin Foundation expenditure which covers all costs for food, lodging and tuition at the retreat and workshops.



Row 1, left to right: Carol Heimsoth, Ron Johnson, Colleen Falk, Brent Colligan, Pamela Roiger, Stephanie Corradi, Jack Frost, Bill Mease (trainer), & Vicki Haugen. Row 2, left to right: Frank Moe, Sue Doeden, Robert Milne, Leslie Harper, Vicki Ross-Rhodes, Erin Eddy, Nancy Erickson, Sandra Runnigen, Julie Steiff (trainer), & Karl Oestreich. Back Row, left to right: Michael Winkler, John Pugleasa, Craig Boyer, Doug Peters, Quentin Fairbanks, Kelly Urbaneck, & Mary Connor.

One in Ten Minnesotans Now Threatened by Diabetes

A broad-based coalition of partners unveiled a new comprehensive statewide plan for addressing diabetes in Minnesota on Oct. 27, 2003. The Minnesota Diabetes Plan 2010 was unveiled along with new data showing that nearly 500,000, or one in 10 people in Minnesota either have diabetes or are at high risk of developing the disease.

The data also shows that:

--Diabetes is now the 6th leading cause of death in Minnesota.

--Mortality from diabetes is increasing faster than any other leading cause of death.

--Diabetes is the leading cause of adult blindness, end stage kidney disease and lower limb amputations.

--Diabetes costs Minnesota \$2 billion per year in medical costs, lost productivity and premature death.

--Overweight and obesity, major risk factors for diabetes, have increased 80 percent in the last decade among adult Minnesotans without diabetes.

These statistics, and others describing diabetes in Minnesota, are outlined in Diabetes in Minnesota, a new report prepared by the Minnesota Diabetes Program, Minnesota Department of Health.

"The human and economic costs of diabetes have been growing dramatically in Minnesota and across the country," said Minnesota Commissioner of Health Dianne Mandernach. "This comprehensive

plan, which includes strategies to improve both prevention and treatment of diabetes, could not have come at a better time. Although the problem is larger than ever, the good news is that diabetes and its complications can be prevented or delayed through healthy eating and being active," Mandernach said. To help raise awareness of this growing problem, Gov. Pawlenty proclaimed Oct. 27, 2003, as Diabetes Call to Action Day in Minnesota.

"More than 350 individuals representing people with diabetes, health care, public health, community organizations, policymakers and businesses contributed to the development of this innovative plan," said Minnesota Diabetes Steering Committee chair J. Michael Gonzalez-Campoy, MD, PhD. "As we take this plan to the streets, we'll be calling upon even more people to help us implement it. This plan is an opportunity for coordinated action to stem the tide of diabetes." The new plan takes over where the first plan for diabetes leaves off. The first plan was developed and implemented between 1990 and 2002.

The purpose of the new plan is to provide a vision and goals for dramatically reducing the impact of diabetes in Minnesota over the next decade. The plan addresses health promotion and diabetes prevention; health care delivery and professional issues; education and support systems for people with diabetes;

and financial, resource and data issues. The plan includes strategies for advocating for diabetes-related issues, eliminating diabetes health disparities, accessing health care, developing partnerships and evaluating progress.

"Our first plan was extremely effective and served as a model for other states," said Anne Nettles, RN, MSN, CDE, past chair of the Minnesota Diabetes Steering Committee. "We anticipate that our new plan, which is even more ambitious than the first, will also provide innovative examples for other states to follow."

The Minnesota Diabetes Plan 2010 is being dedicated in memory of Bruce Zimmerman, MD, an internationally known diabetes expert and endocrinologist at Mayo Clinic in Rochester, Minn., who passed away in 2001. Zimmerman served as a founding member of the Minnesota Diabetes Steering Committee from 1985 to 2001. He was a key contributor to the first Minnesota state diabetes plan, the Minnesota Plan to Prevent Disability from Diabetes for 2000. He also gave decades of service to the American Diabetes Association, working with over 30 communities and task forces and serving as ADA President in 1999 and 2000.

The new Diabetes in Minnesota report can be found on www.health.state.mn.us/diabetes.



Randy Beard performs at the Bug-O-Nay-Ge-Shig school.

Randy Beard A Great Success

On Thursday, Sept. 19th, the Bug O Nay Ge Shig School hosted a very talented guest. Randy Beard is a singer, songwriter, and author that has written music with talents such as Deborah Allen, Garland Craft and Fred Satterfield. He travels from school to school using his musical talent and love for learning to motivate students to read and write.

During his stay, Mr. Beard presented programs to all grade levels. Judging by the response of the students, he was an incredible hit. There was no need for any

comments; the students' faces said it all.

We are working to bring Mr. Beard back again. This will give students an opportunity to collect their best writings to present at this next program. Our first program showed the diverse talents of our students. We hope to be able to involve the whole community during the next visit. We would like everyone to be able to see the beautiful work that our children are capable of doing as well as the incredible opportunity that their writing can bring to them.

Leech Lake Diabetes Care Enhancement Program

The Leech Lake Diabetes Care Enhancement Program (LLDCEP) is a tribal program that works collaboratively with the Leech Lake Diabetes Program and the Diabetes Resource Center. Together the tribal programs and the Indian Health Service provide a wide range of services. The Diabetes Program is located at the corner of 2nd Street NW and Grant Utlej Avenue in Cass Lake. You can reach the program by telephone at 218-335-4521. You may also reach them through the Health Division at 118 2nd Street NW, Cass Lake, a half block east of the bank. You can reach the Health Division by telephone at 218-335-8215 or 1-800-282-3389.

The LLDCEP would like to welcome the public to several events. Most importantly, on November 22nd, there will be a pow-wow at the Bug-O-Nay-Ge-Shig School hosted by the LLDCEP, the School and the Bena Local Indian Council. Grand entrance will be at 1 and 7 p.m. There will be a diabetes walk at noon weather permitting. Special diabetes nutrition will provide a feast at 5 p.m. Watch for details to be posted.

On November 14th, there will be a diabetes open house at the Onigum Community Center in honor of National Diabetes Month and the first Onigum Diabetes Clinic. We will offer a cooking class at 1 p.m. Dr. Rudnick will be doing a foot care presentation at 3 p.m. Blood pressure and blood sugar screenings will be available. A drawing for door prizes will be offered to all who participate. Healthy snacks will also be served. Everyone is welcome to attend.

Check for cooking classes in your area. Call Ruby or Roxanne at LLDCEP 335-4511, Destiny or Shawn at 335-4500, or Elaine at the Ball Club Clinic 246-8394.

**YOUNG
WRITERS
WANTED**



If you are a Leech Lake Band Member who writes or have an interest in writing, the DeBahJiMon would like to publish your work. Creative writing, such as poetry and short stories, as well as non-fiction, such as news stories and feature articles are welcome. Send your work via e-mail to:

lltpaper@paulbunyan.net

or by post to:

DeBahJiMon Newspaper
6530 Hwy. 2 NW
Cass Lake, MN 56633

Elders Chair: Theresa Johnston Enjoys Four Seasons Living.

By Patsy Gordon

Her patio door was open inviting in the warm breeze from a beautiful fall day as I walked into her Four Seasons apartment. We sat down at her dining room table as she closed the cover on her "Detect-A-Word" magazine and said to me, "This is what I do to pass the time." I told her that I have always been a fan of crossword puzzles too.

Eighty six year old Theresa was born Theresa Wind on February 11, 1917 to Emma Bear and Levi Wind, Sr. Theresa and her parents and siblings lived in the Lake 13 area in her childhood years where she also started attending grade school in a one room school house there. The more elders I interview, the more I am finding out that most Indian elders of their age never spoke the English language until they started school. The same is true with Theresa. In her later grade school years, her family moved to Cass Lake where she attended school through the 10th grade. She finished her 11th year at Flandreau High School in South Dakota.

Theresa lost her husband of 60 years, Charles Johnston, on September 12, 2001, the morning after the unforgettable 9/11. Her mother, Emma Bear, passed away a couple of years prior to Charles passing at the age of 103 years old. Theresa says that losing these two people that were so dear to her has caused her a lot of loneliness. But she says her kids come and check up on her a lot but she says, "They're too bossy!" She made mention of the fact that they are always wanting to feed her. She will tell them, "I just ate and besides I'm too fat." She said they still want to feed her anyway. I told her, "Well, those are your kids, and that's just because they love you." She said, "Yes, I know." She had a crock pot of stew sitting on her countertop cooking that her daughter, Polly, had come and made for her that morning. She pointed out the tomato plant that sat out on her small patio that had given

in to the cold temperatures we've had lately. She proudly told me that "William brought that over here for me and I got 8 tomatoes off from it!" Although she misses her home of many years where she lived with her husband and raised her children, she enjoys the company of her friends at Four Seasons.

It sounded and looked like her children do a fine job of caring for her. Charles and Theresa had 7 kids, 1 boy and 6 girls. Theresa also has 18 grandchildren and 27 great grandchildren.

Ella Mae Dick and Theresa were best friends in school. She told me of a time about them getting expelled from school. The two friends were talking out loud to each other in Indian because they did not speak English yet and were disrupting the class. Their teacher disciplined them by sending them to the coat room for what we call now days a "time out". Theresa said all of the kids lunch boxes were lined up along the wall and so her and Ella Mae started digging in everybody's lunches. She said, "we never ate them, we just went through them." Because of that, the two girls

started digging in everybody's lunches. She said, "we never ate them, we just went through them." Because of that, the two girls

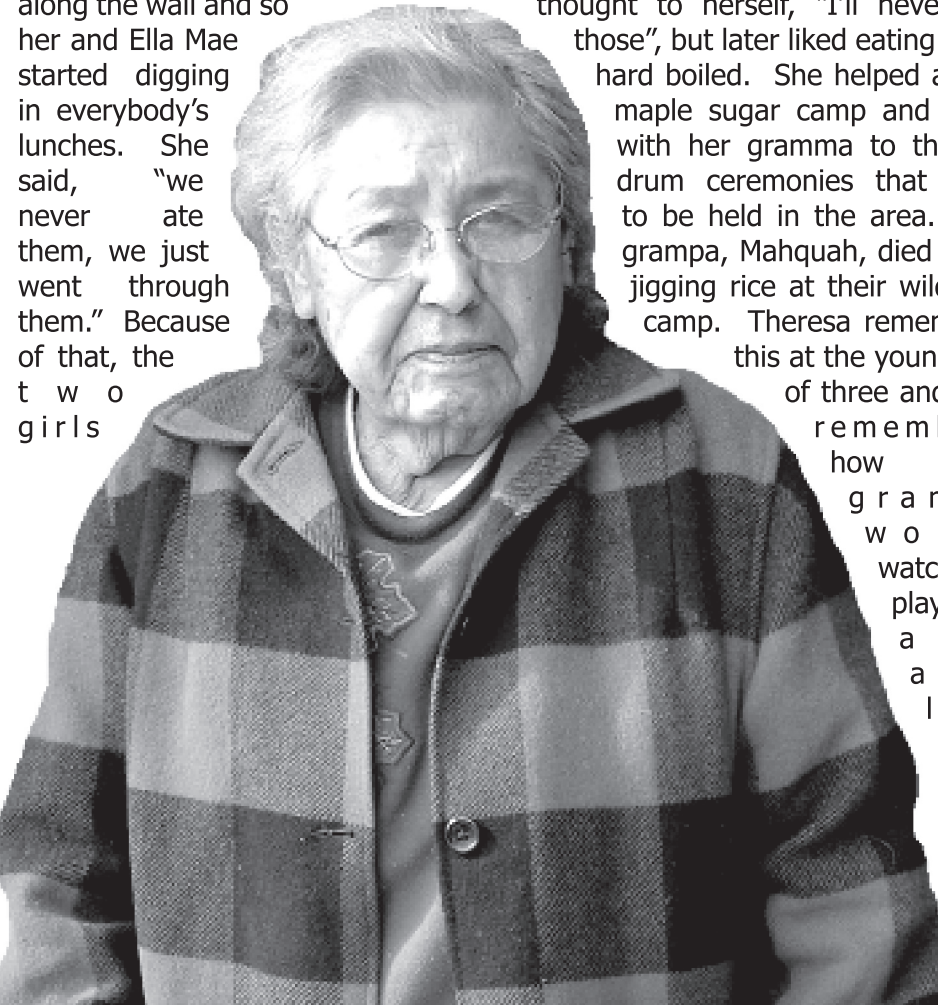


Photo by Patsy Gordon

were expelled. Sounds like a very minor incident compared to what our kids get expelled for now days, doesn't it?

Theresa said that she would always want to sit next to her brother and he didn't want her to. He would get mad at her and tell her, "You are too mischievous". He told their mother, "Mom, she's crazy!" Theresa said that her and her best friend, Ella Mae, were the "child brats" there. Theresa and Ella Mae made friends with a woman by the name of Mrs. Clark who lived out at Lake 13. She laughed as she said they would visit her a lot because she always fed them.

Theresa spent summers with her grandma, Kay Bay Way, and helped her gather native plants for medicine as her grandma was a midwife and healer in their small Lake Thirteen/Oak Point community. She wondered how her grandma could find turtle eggs just by poking in the sand on the lakeshore and thought to herself, "I'll never eat those", but later liked eating them hard boiled. She helped at the maple sugar camp and went with her grandma to the big drum ceremonies that used to be held in the area. Her grampa, Mahquah, died while jiggling rice at their wild rice camp. Theresa remembers this at the young age of three and also remembers how her grampa would watch her play with a smile and love in his eyes. She won a

remembers how her grampa would watch her play with a smile and love in his eyes. She won a

dance contest as a little girl and saved her money to show her mom when she got home. She continues to enjoy pow-wows and seeing all the many colors of the regalia, especially the ones she made. She said, "I like to see my beadwork dance by." She's known in our community for her beautiful beaded black velvet vests, purses, and baby moccasins. Because Theresa had 6 daughters who wore out dresses quickly, she would use all of the old dresses to make braided rugs from them and told me about how she bought what she called "braiding rags" at the rummage sales she would go to. She recalled how her and her mother would pick blueberries when she was a young girl also. They would can the berries and whenever they had blueberries at a meal, it was a real treat!

Theresa stayed at home until her youngest, who were twins, were in school. After the girls entered school Theresa went to work for the Community Action Program (CAP) as their Health Director and stayed there until she took another job as the Director of the Leech Lake Youth Lodge which she kept until she retired in 1979. She talked several times of her passion of wanting to get a nursing home for Indian elders started back then. She visited many elders in nursing homes during that time and said she wasn't happy with the conditions of the nursing homes she visited. She sadly said, "I didn't get anywhere with that."

Theresa's husband Charles always had a garden every summer where he planted potatoes and many different kinds of vegetables. Theresa said, "My husband would grow the garden and I would can the vegetables." She baked bread twice a week or whenever her husband wanted fry bread she would make it for him. I could tell she missed her husband by the way she spoke of him.

Elders Chair / Page 11

ELDERS SEARCH

The DeBahJiMon newspaper is seeking elders to feature in a column titled "Elders Chair". If you know an elder who would be interested in being interviewed or if you are an elder who would be kind enough to share your story, please call with the name(s) and contact information:

(218) 335-8225

You can also e-mail at:
lltpaper@paulbunyan.net

The DeBahJiMon would be more than happy to travel to meet the elder(s) for the interview.

Elders Chair / Page 10

Today, Theresa's favorite past time is doing crosswords, reading and going out to play Bingo. When I asked her what kind of books or magazines she liked to read she said, "Oh anything I can get my hands on, I never watch TV." The shuttle bus picks her at her apartment in the evening at least once and sometimes twice a week to take her to the Palace to play Bingo. Theresa says, "I like to play Bingo!"

Last week Theresa's daughter Linda took her out on a road trip to see the leaves turning to their beautiful bright colors. I could again tell how Theresa missed her husband when she recalled her many trips with him taking that same route to see the colors and how they always stopped in Federal Dam to eat lunch at a restaurant there.

Sitting behind me on a table was a pair of unfinished moccasins. I asked Theresa if she beaded. She said, "My mother told me that you have to wear moccasins when you leave this world." She was making her own moccasins in preparation for that time. Theresa had already made herself a pair but some lady wanted them and talked her out of them. Theresa said, "So now I'm making myself another pair." It brought back memories of my own mother being laid to rest in her moccasins too.

NATIONAL CONGRESS OF AMERICAN INDIANS

October 21, 2003

Dear Tribal Leader:

The National Congress of American Indians (NCAI) in conjunction with the Indian Health Service (IHS) has established November 19, 2003 as the first annual *National Native American Health and Fitness Day*. We would like to invite all tribal leaders and tribal communities to join us and *Just Move It* in an important event to mark this day.

This day will mark the kick-off of a year-long series of *Just Move It* events and programs to promote regular physical activity among all American Indian and Alaska Native people. On November 19, you are invited to join NCAI in Albuquerque, New Mexico, for a Wellness Walk with Tribal Leaders. This event gives tribal leaders the chance to "*walk the talk*" and demonstrate the importance of regular physical activity by taking part in a 1K or 3K walk. All participants in the Albuquerque walk will receive hats and socks as incentives, provided by NIKE, one of our corporate partners in this prevention initiative.

In addition to the kickoff event in Albuquerque, we would like to encourage tribal leaders to hold Wellness Walks or other events in their home communities on the same date. Posters and other promotional materials to help your community sponsor a local Wellness Walk on November 19 are available from the NCAI office at (202) 466-7767.

Tribal communities continue to experience growing health disparities, as our families are affected by increasing rates of diabetes, high blood pressure, and heart disease. Routine physical activity is one of the proven health promotion and disease prevention strategies that can reduce risk of these chronic diseases. Research has shown that as little as 30 minutes of physical activity 5 days a week can cut diabetes risk in half for high risk individuals. We hope the National Native American Health and Fitness Day can help to motivate many of our community members on their personal path towards wellness.

Building healthier lifestyles takes more than a one-time effort, and we will be sponsoring a variety of opportunities for community wellness programs and events over the next year. We encourage interested communities and individuals to sign up at the President's Challenge website (www.presidentschallenge.org) to set personal goals and track progress. At next year's 2004 NCAI Annual Conference in Ft. Lauderdale, Florida, NCAI, the IHS, and NIKE plan to host a special recognition for those that have achieved their community and personal goals.

So much of our cultural, social and economic well being is dependent on our individual and collective physical and behavioral health. We know that your endorsement as a tribal leader is absolutely critical to the success of this very important effort, and we urge you to provide your personal commitment to participate as well as to involve your community in this year-long campaign to promote healthy communities. If you have any questions, please contact Lillian Sparks in the NCAI office at (202) 466-7767 or via e-mail at Lillian_Sparks@ncai.org.

Sincerely,

Tex G. Hall



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Eliminating Health Disparities Initiative Grant

By Becky Hazeldine, MCH nurse

The Leech Lake Health Division's Maternal Child Health (MCH) program has re-applied for the Minnesota Department of Health (MDH) funded Eliminating Health Disparities Initiative (EHDI) grant through the Office of Minority Health. The area that Leech Lake was previously funded for was the infant mortality and health disparities among ethnic minorities grant. The MCH program at the Health Division currently offers home visits to pregnant and postpartum women, prenatal education at the Indian Hospital on Wednesdays, prenatal clinic at the Nest on Thursday afternoons and childbirth classes

at the Indian Hospital. The MCH nurses also work with the Teen Age Pregnancy Prevention (TAPP) program at the Bug-O-Nay-Ge-Shig school. The EHDI grant director is Mary Fredrickson. The MCH nurses are Susan Walline, Emily Bakken and Becky Hazeldine. Amanda Pederson is a certified nurse midwife for the program.

Doula services are also available for childbirth. A doula is a support person who is experienced in childbirth. This person does not take the place of a spouse or family member in the delivery room, but is there to assist the mother to be, and to help make her childbirth experience

Depressed During the Holidays?

By Patsy Gordon

You're not alone. The holidays, particularly Thanksgiving and Christmas are the two holidays when people get lonely and depressed the most, although depression can happen at any time. People become more vulnerable to it during the holidays every year.

My first advice to you would be – do not be ashamed! Do not be afraid to ask for help! Depression is nothing to be ashamed of. It can happen to anyone.

Those first couple of years after losing someone you dearly loved, whether it be by death,

divorce, break-ups, whatever, can be extremely difficult on a person. It's hard enough to begin with, but the holidays just seem to make it worse. After all, weren't the holidays made for people and families to be together?

Don't try to deal with this alone. There is help out there, all you need to do is reach out. In today's day and age, people know more about depression than ever before, because it seems like people are more prone to it now days than before. There are support groups, counselors, psychiatrists, psychologists, family, friends, hospital care, medication, and many many people who are willing to and want to help!

If you find yourself falling into a blue mood that just seems to keep getting worse, you have to do something about it now, or it can lead to clinical depression. This feeling of helplessness can do funny things to our bodies, even make us sick. There are new and better antidepressants on the market today with few minor side effects. The one thing bad about most antidepressants is that they take 3 to 4 weeks to kick in. Make sure that you take the medication under the watchful eye of a qualified health professional. After being on the medication for a month,

as comfortable and pleasant as possible. The MCH program currently has approximately six women who have been through the doula training, and are ready to attend childbirths. For Native American women, who are interested in becoming a doula, please contact Amanda Pederson for more information.

Two of the MCH nurses will be attending training in November to become lactation consultants. They will then be available in early December to help new moms learn how to successfully breastfeed their babies. They will be able to visit the new mom in the hospital after childbirth to ensure they get the best

start possible with breastfeeding. An MCH advocate was hired in October. This person will be available to transport women to their prenatal appointments, assist with educating prenatal women with life skills and baby care, and to generally assist the MCH nurses to provide quality care to the prenatal and postpartum mothers.

The EHDI grant re-application was submitted in September and award announcements will be made in November. For more information about the MCH program or services please contact the Health Division at 218-335-4500 or toll free at 800-282-3389.

you will begin to feel the change for the better. You will be able to smile and laugh again.

Panic attacks is another diagnosis that we are seeing more of today. The attacks themselves can lead a person to believe they are having a heart attack, they're going crazy, or even that they're going to die. A person having a panic attack truly believes these things! And if it truly is a panic attack that you're having, then of course, none of this is going to happen to you. The way to combat the attacks is mind control! Slow yourself down – take some deep breaths and tell yourself, "I'm going to be alright, I'm going to be alright!" However scary these attacks might be, you can control them! Remember, you control your mind, your mind does not control you! Here again, anti-depressants can also play a key role in getting you better.

Not only do the holidays tend to make us blue, the long winter months that Minnesotans are faced with can do it to. This is a disorder called "Seasonal Affect Disorder" (SAD). You've probably heard of it before, but it's appropriate, isn't it? This disorder is something a person can develop from lack of sunshine/daylight. Our days begin to get

shorter and our nights longer. SAD affects about 6 percent of the U.S. population.

Symptoms of depression and SAD can include: increased sadness, hopelessness, crying, or irritability; change in appetite; weight loss/gain; reduction in energy level and sex drive; change in sleep/wake patterns, (especially a tendency to oversleep); avoidance of social activities; decreased concentration and creativity; difficulty completing tasks. These are some symptoms a depressed person might experience.

Don't kid yourself, suicide can be a real risk! If you, or someone you care about, is struggling with thoughts of wanting to die, you must get immediate help by seeing your physician or a mental health provider as soon as possible. If you are in the midst of a crisis, don't hesitate to go to the emergency room of a nearby hospital!

The good news it can only get better, and it will! Don't wait until you've hit rock bottom, but even if you have, you can still be helped. Ask for help now. Many hospitals including the Cass Lake Hospital do have mental health units that can help you with your depression. Don't be afraid of the word mental health – it does not mean you are crazy!

Minnesota residents urged to get flu vaccine this fall

New nasal spray vaccine available for healthy people with low risk of flu complications

State health officials today called for Minnesotans to help fight an old killer - influenza - by getting vaccinated this fall.

"The mild flu seasons we've had the past two years, plus so much attention to new illnesses like SARS and West Nile virus, might make it easy to be complacent about influenza," said Minnesota Health Commissioner Dianne Mandernach, "but that would be a mistake."

Influenza claims an average of 36,000 lives annually in the United States. In Minnesota, hundreds of people, young and old, are hospitalized each year due to complications of influenza. Influenza is one of the leading causes of death for people 65 and older, but children under 2 also have high rates of hospitalization.

"It's unacceptable that so many people die and suffer as a result of influenza, when there is a simple protective measure," said Kris Ehresmann, chief of the Immunization, Tuberculosis and International Health section of the Minnesota Department of Health (MDH). "The best way to prevent influenza is to get vaccinated against flu every year."

It's especially important for Minnesota residents who are most at risk of complications from influenza to get their shots in October so they can develop full immunity from the vaccine before flu arrives here. Flu cases in Minnesota can peak as early as December, or as late as April. In general, "flu season" in Minnesota runs from November through May.

"We strongly recommend that people at highest risk of complications from influenza and their household contacts get their shots in October," she said.

Those at highest risk include: --Anyone 50 years of age or older.

--Residents of nursing homes and other long-term care facilities.

--Anyone over six months of age with a chronic condition

of the heart, circulatory system or respiratory system, including asthma.

--Anyone over 6 months of age who has been hospitalized or required ongoing medical attention during the past year for a chronic metabolic disorder (such as diabetes), kidney problems, a blood disorder, or immune system problems (such as HIV infection, or an immune system suppressed by medication, chemotherapy or radiation treatment).

--Children and teenagers who are receiving ongoing medical treatment with aspirin, which could place them at risk of developing Reye Syndrome if they get the flu.

--Women who are more than three months pregnant during flu season.

--All children 6-23 months of age, including those who are healthy.

Children under 6 months of age cannot receive the flu vaccine, so parents of babies younger than 6 months should vaccinate themselves and other children living in the house to keep the baby from catching the flu.

A nasal spray vaccine for influenza, made available for the first time this year, is an option for healthy people between 5 and 49 years, but it is not recommended for people in the high-risk groups, state health officials said.

Supplies of vaccine are plentiful this year, health officials noted. Two years ago, a variety of factors led to temporary shortages or delays in supplies of the vaccine, which may have kept many people from getting their shots.

Fortunately, influenza has been mild the past two years. "The potential for many more cases is there, especially if people do not get vaccinated," Ehresmann said. "We can't predict how severe the flu season will be this year, but there are some indications that this year's virus may produce a more serious

outbreak this year."

While Minnesota has the highest rate in the nation (77 percent) for vaccination among people age 65 and over, coverage for people in other age groups is considerably lower. Among Minnesotans age 50-64, the rate is 43.9 percent. Nationally, the estimated vaccination coverage among adults aged 18-64 years with high-risk conditions was 29 percent for the 2000-01 season, according to a study published in the Journal of the American Medical Association (JAMA).

"We can do better. We've got plenty of vaccine available; we've got a new nasal spray that offers a needle-free alternative for healthy people 5-49; and there are many drop-in and low-cost flu clinics around the state. So there are no excuses for not getting a flu vaccination this year," Ehresmann said.

Flu shots can be obtained through health care providers or one of the clinics held at retail locations such as grocery stores or drug stores around the state. Dates and locations of clinics can be found on the MDH influenza Web site.

Flu shots or vaccines have to be given annually. The vaccine is reformulated every year to protect against those strains of influenza that are most likely to be in circulation during the upcoming flu season. Those strains this year are an A New Caledonia-like virus, an A Panama-like virus and a B Hong Kong-like virus.

The symptoms of influenza, which tend to come on suddenly, can include a sore throat, coughing, fever, headache, muscle aches and fatigue. People who become severely ill with influenza-like symptoms should see a physician.

For more information on influenza and flu shots, visit the MDH Web site at: <http://www.health.state.mn.us/divs/idepc/diseases/flu/index.html>.

TASTE

Delicious Turkey Gravy

By Patsy Gordon

Now that Thanksgiving is just around the corner, I want to teach you how to make some good homemade turkey gravy. It is really tricky to make good gravy! Here's a helpful hint I learned just by watching my mother-in-law make the gravy for our thanksgiving dinner from the roasted turkey.

First, make sure you don't overcook the turkey. By cooking it just the right amount of time you will get lots of juice and drippings from it, and the turkey itself will not be dry either.

Remove the turkey from the roaster. Use the roaster to make your gravy. Tear off the skin and portions of the wings or legs (meat) and throw it back into the drippings and stir while simmering. Leave enough small pieces of meat in the gravy so you can see the meat while making the gravy, but remove the skin from the drippings before you add your thickening. Add one can of chicken broth, if so desired. Add enough water to make right amount of gravy.

To make your thickening, mix one half flour and one half cornstarch. in a separate bowl Add water to desired thickness (not too thin, not too thick) You will have to judge yourself as to the amount of flour and cornstarch as to how much gravy you're going to make (maybe about a half to ¾ cup each. Add to turkey drippings, stirring constantly while simmering until you have reached the desired thickness. You have made yourself some delicious turkey gravy. *Enjoy!*



Tribes move towards Wind Energy

Wind Energy may soon be coming to northern Minnesota reservations. The Department of Energy recently awarded a grant to study wind power and energy alternatives for the White Earth, Leech Lake and Grand Portage reservations. The project, known as Gaa Noodin-Oke Consortium, or the Windmakers' Consortium, is coordinated by the White Earth Land Recovery Project (WELRP) and the Intertribal Council on Utility Policy (ICOU). The tribes will look at both utility size wind turbines for the reservations, energy conservation and efficiency issues and other forms of alternative energy. As well, the tribal initiative is part of a national program to look at alternatives to fossil fuel consumption

and global climate change, while moving towards rural development strategies.

In addition to planning for large-scale wind projects, the group hopes to examine the household electricity use of residents in reservation communities throughout Northern Minnesota. During the October 6 meeting, the Consortium outlined a strategy for assessing the amount of electricity households consume, and for helping households conserve electricity. The plan includes simple conservation measures such as replacing incandescent with compact fluorescent light bulbs, as well as more serious measures like installing new, energy efficient appliances or even solar panels. The

Technical assistance providers also include Duluth based Institute for a Sustainable Future, and the Northeast Minnesota Sustainable Development Partnership

The group will coordinate studies of tribal wind resources, with the hope of matching high wind-potential with existing, large electricity loads. If the wind is strong enough and the electricity demand big enough, a large wind tower may be commercially advisable for the tribe. Already, on the Rosebud reservation in South Dakota, a 750kW wind tower helps run their Casino, with power exported to the grid. Similar opportunities may be available for White Earth and the other reservations. The

Consortium will work throughout this year to assess that potential. As well, the Consortium hopes to link tribal electrical providers with cities across the country who are seeking to diminish the carbon emissions associated with global warming, and voluntarily meet the commitments of the international agreement known as the KYOTO Accord on climate change.

The funding to carry out the year-long study comes from the United States Department of Energy. For tribal members who are interested in participating in the household studies, please contact Justin Dimmel at the White Earth Land Recovery Project (218.573.3448).

Are You Abused or At Risk For Abuse?

Reflecting Back on October – Domestic Violence Awareness Month

The following was taken from the [Domestic Violence Sourcebook](#) written by Dawn Bradley Berry.

Women who recognize several of these traits in their partners should take a careful look at the relationship and carefully consider getting out before it comes violent.

- Your partner has a history of growing up in a violent family, a setting where he learned that violence is normal behavior.
- He has a tendency to use force or violence to solve problems – as indicated by behavior such as a criminal record for violence, a quick temper or tendency to overreact to minor frustrations, fighting, destructive behavior when angry, cruelty to animals.
- He abuses alcohol or drugs.
- He has a poor opinion of himself, often masked by trying to act tough.
- He often exhibits jealousy, not only of other men, but also of friends and family members.
- He exhibits hyper masculine behavior – he feels he should make all the decisions, tell you what your role as a woman must be and his as a man must be. He has very traditional

ideas about appropriate roles and behaviors of men and women, and thinks women are second-class citizens. He expects you to follow his orders and advice and may become angry if you can't read his mind and anticipate what he wants.

- He emotionally abuses you or other women with name-calling, put-downs, humiliation, and attempts to create guilt. For example, if you once considered yourself a good cook, a competent worker, talent or smart, has this changed?
- He isolates you by telling you who you may see or talk to, controls what you do and where you go, even what you read. He keeps tabs on your every move, and wants you with him all the time. Have you stopped seeing friends or family or doing other activities when you choose?
- He intimidates you and makes you afraid through looks, anger, actions, a display of weapons, or gestures. He destroys your property or abuses your pets. He enjoys playing with lethal weapons, and threatens to use them against those he feels wronged him. You do what he wants you to do, and constantly work to keep him from getting angry.

Are you afraid of your partner?

- He portrays "Jekyll and Hyde" behavior. He goes through highs and lows, as though he is two different people, and he swings from extremely kind to extremely cruel. Do you spend a lot of time watching your partner's moods?
 - He uses coercion and threats. He tells you he will hurt you, leave you, or kill himself if you leave him. If you file charges against him he makes you drop them by threatening violence or suicide. Have you changed your life so you won't make him angry?
 - He treats you roughly, and physically forces you to do things you do not want to do.
 - He often denies his actions, minimizing or making light of his own abusive behavior, refusing to take your concerns seriously, and blaming you for his behavior.
 - He economically abuses you by preventing you from getting or keeping a job, controlling all the money in the household, making you ask for money, or concealing his income.
- Women in relationships where these behaviors regularly take place

are already abused, even if the physical violence has not started. These signs should be taken very seriously.

You can break free from an abusive relationship by getting information. Go to the library and find books about domestic violence such as [Gift of fear](#), [Survival Signals That Protect us From Violence](#) by Gavin De Becker, [When Love Goes Wrong: What to do when you can't do anything right](#) by Ann Jones and Susan Schechter, [Encouragements for the Emotionally Abused Woman](#), by Beverly Engel, [Lovers, Killers, Husbands and Wives](#), by Martin Blinder, [Abused No More. Recovery for Women from Abusive or Co-Dependent Relationships](#), by Robert Ackerman and Susan Pickering, [Loving Without Losing Yourself](#) by Connie Kreps, [The Burning Bed](#) by Faith McNulty, [Women Who Love Too Much](#), by Robin Norwood, and [Death and Violence on the Reservation. Homicide Family Violence, and Suicide in American Indian Populations](#) by Ronet Bachman.

Find and call domestic violence organizations and request information on what to do.

WORKING WITH A NATIVE AMERICAN GROUP

by Mitch Shields, NRG

Two recent NRG-supported pipeline projects within the bounds of the Leech Lake Indian Reservation (LLIR) in northern Minnesota employed a new approach to working with Native American groups and led to some valuable lessons learned. During the various phases of these projects, the project sponsor used a direct approach with the Leech Lake Band of Ojibwe (LLBO or Band) to obtain necessary approvals and to develop mitigation and restoration plans. The projects both had aggressive construction schedules, and due to their locations within the LLIR and on Bureau of Indian Affairs administered tracts, there was uncertainty regarding what role the Band could or would play in the project review and approvals, and how this could affect the project schedules. In the end, the work was completed ahead of schedule and the project sponsor received an award from the Band for their efforts.

The LLBO is a Federally recognized Sovereign Nation and consistently adopts a strong review and approval position regarding projects within their jurisdiction. Like any approving body, the Band has the potential to affect project costs and schedules. In the case of the LLBO, they have currently assumed the role of the State Historic Preservation Office (as a Tribal Historic Preservation Office or THPO) and they also regulate hunting and fishing and other activities within the reservation boundaries. In addition, the state of Minnesota has started to defer certain state-administered project approvals within reservation boundaries to the Federal government (i.e., NPDES permits), and the Federal government consults with the Band before making its regulatory approvals. In time, it is anticipated that other Bands such as the LLBO will increase their ability to regulate activities within reservation boundaries, and this would subsequently affect the review of activities planned in those areas.

Pipeline projects within reservation boundaries, or on tribal

or aboriginal lands, are becoming comparable to building a project across any other nation such as China or Mexico. This suggests that project sponsors must work diligently with these groups to determine what is important to them and make strong efforts to address those issues before building a pipeline. Federally recognized Sovereign Nations are actively enacting and passing new regulations as necessary to meet their needs and objectives, and as their ability to assume additional responsibilities increases. These programs have parallels to state and Federal permitting, review, and approval programs that would otherwise govern a project activity, but they are clearly different in that they are administered under the authority of a sovereign nation.

Historically, projects were built without giving much thought to consulting Native American Groups affected by the project. But this past approach has not always been without cost. For example, when asked, the LLBO shared many aspects of past projects that they disliked. In contrast, the approach with the Band on these two recent projects was direct and straightforward.

The Band clearly communicated that they do have unique issues and want to review projects and comment accordingly, and they appreciated being treated with the dignity and respect of a sovereign nation. Their concerns can be categorized into three major areas: **1)** be provided with detailed information to assess the project for impacts, **2)** have their concerns addressed, and **3)** be kept informed as the project proceeded.

Of particular note in these projects was that the Band is at odds with the Federal government over the definition of Traditional Cultural Properties (TCPs), a tribal component that must be evaluated under Federal law. The project sponsor learned about this subject by taking the time to meet directly with the Band and hear what they wanted to be included in a TCP assessment. This

helped set the stage for the project sponsor to address the identified issues directly with the Band and find mutually acceptable solutions.

The effort to address the Band's concerns required the project sponsor to do more than if they had only evaluated Federal regulatory requirements. For example, Blueberries and Sweetgrass are not Federally protected or endangered species, and large marketable timber is not typically a TCP in the view of the Federal government. But the Band felt these were important cultural resources and had strong feelings that these types of resources should be taken into consideration. The project sponsor was willing to work with the Band to address the identified issues. While not every issue was addressed to the complete satisfaction of the Band, it was possible to find a middle ground on the difficult issues. Did this approach by the project sponsor cost additional money? Yes. Did it set a precedent? Yes. Will these costs be worth the benefit? Clearly, that answer is also yes.

Communication was an important issue for the Band, which expressed concern over the potential for changes in the project scope to occur after their approvals have been given and mitigation was designed. The Band did not want to be kept out of the loop if something changed in the project schedule or scope that needed additional assessment. The project sponsor addressed this issue by developing a communication plan that identified points of contact both in the Band and for the company.

The immediate benefit to the project sponsor from all these efforts to understand tribal concerns, develop appropriate mitigation, and provide the Band with regular communication about the project progress was that the project was able to keep its aggressive schedule and the new facilities are now operating. Another approach may have also gotten to the same endpoint, but probably not on the same schedule and at potentially greater short- and long-term costs. There are significant

costs that can be associated with challenging tribal jurisdiction, and there are recent examples of projects that have suffered for not adequately addressing tribal concerns. These other projects have experienced increased costs due to schedule delays, associated meetings, and last-minute routing issues, among other things, and may also have generated bad feelings that could affect future project schedules. In this case, the project sponsor did the math. Faced with the probability of future dealings with the LLBO, they recognized the long-term value in having a good relationship with the Band. The benefits of these efforts by the project sponsor appear to have more than justified the costs.

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Professional Assistants Expo 2003 Draws Employees From Surrounding Reservations

Thirty professional assistants from the Leech Lake Band of Ojibwe and other surrounding reservations came together and joined in with each other to attend the three day "Professional Assistants Expo 2003" at the Northern Lights Hotel and Convention Center on October 28, 29, and 30th, in Walker, Mn. Dave Paquette, the Outsource Training

Coordinator from the Leech Lake Human Resources division was responsible for putting this training together. All but 2 of the 12 presenters were Leech Lake Band members.

Some of the topics included in the training were customer service, sexual harassment awareness, professional look in the workplace, drug awareness,

skin care and makeup, professional boundaries, electronic filing, fitness and telephone etiquette, amongst others.

Mari Robinson, Leech Lake Administrative Assistant said, "It was really fun!" Some of the attendees said, "We are already looking forward to the 2004 expo!"



Professional Assistants EXPO 2003 Participants.

Photo by Patsy Gordon



Local Alcoholics Anonymous/ Narcotics Anonymous and Alanon Meetings

MONDAY

5:00 PM - A.A. /N.A./ABO
Counselor/Caregiver - Closed
Safe Haven, North on Palace Drive,
1st house on the left
7:00 PM - Alanon Meeting
Safe Haven

TUESDAY

7:00 PM - N.A. (young people)
ALC/DRUGS ALL AGES WELCOME
Old Faith Mission Church, Cass Lake
7:00 PM - Chemical Dependency
Support Group
Old Faith Mission Church, Cass Lake
7:00 PM - A.A./N.A.
Ahnji-Be-Mah-Diz Center

WEDNESDAY

10:00 AM - Early Bird Meeting
Safe Haven
7:00 PM - A.A. Meeting
Winnie Dam Community Center
7:30 PM - A.A. Big Book Study
Safe Haven

FRIDAY

3:00 PM - Substance Abuse
Relapse Prevention Support Group
Old Faith Mission Church, Cass Lake
for more information call 760-4572
9:00 PM - A.A. Candle Light
Meeting
Safe Haven

SATURDAY

9:00 AM - Open A.A. Meeting
Onigum Community Center
6:00 PM - A.A./N.A.
Ahnji-Be-Mah-Dis Center

SUNDAY

6:00 PM - A.A. (12 X 12) Meeting
Safe Haven- North on Palace Drive
- 1st house on left. 335-0147
6:00-8:00 PM
Sobriety Feast every 3rd Thursday of
the month

All meetings are held on a weekly basis. For more information please contact 335-2219.

"Passed Into the Spirit World"

COREY CHASE

Corey Everett Chase, 20, of Coon Rapids died as the result of a car/train accident on September 27, 2003.

Corey is the son of Wally and Beth (Wiele) Chase. He is survived by his daughter, Taylor Waggoner; his parents, Wally and Beth Chase; his sister, Brianna; brother, Sam; grandparents, Walter and Nadine Chase and Donald and Barbara Wiele; many aunts, uncles, great aunts, great uncles, cousins and loving friends.

Mass of Christian burial was held on October 1 at the Epiphany Catholic Church in Coon Rapids. Internment was at the Lakeview Cemetery in Bena, Mn.

FRANCIS FOLSTROM

Paul Francis Folstrom, age 75, of Cass Lake, MN., died Wednesday, October 1, 2003 at S. Josephs Hospital in Park Rapids, MN.

Paul was born September 9, 1928 in White Earth, MN., the son of Alfred and Georganna Folstrom. He grew up and attended school in the Cass Lake area and later received a BA degree from Bemidji State University. On August 7, 1954 he married Marcy Ann Budreau and they made their home in Cass Lake where they raised their children and several foster children. Following Marcy Ann's death in 1995 he continued to live in Cass Lake until the present.

Paul was an avid outdoorsman, enjoying hunting, trapping, fishing, and just spending time in the woods. Paul was also an avid gardener, tending his own garden as well as the Cass Lake Community Garden for the past several years. He was always active in his community in visible and non-visible ways. Paul greatly enjoyed spending time with his many friends and especially his family.

He will truly be missed by one son, Alfred (KoKo) Folstrom of Cass Lake, MN, two daughters; Mary Folstrom (Ted Mullen) of Cass

Lake, MN, Paula Valiant (Ron) of Laporte, MN, five grandsons; Frank, David, Dominick, Francis, Kyle, two granddaughters; Mara, Misty, two great grandsons; Brandon, Daniel, four great granddaughters; Marissa, Marcy Kay, Teaira, Serayah, one sister, Laura Morris of Cass Lake, MN, and numerous nieces and nephews. He was preceded in death by his parents, his wife Marcy Ann, and two brothers; Edward Clark and Orlean Folstrom.

A Celebration of Life service was held on Saturday, October 4, 2003 at the Veterans Memorial Building in Cass Lake. Burial was at the Pine Grove Cemetery, Cass Lake. Thomas-Dennis Funeral Home of Cass Lake handled service arrangements.

MICHAEL DAVID GALE

Michael David Gale, 52 of Zumbrota, MN, died Monday, October 13, 2003 at the Season's Hospice in Rochester, MN. Traditional funeral services were held on Saturday, October 18, 2003 at Ryan's Village with Spiritual Leader Zachary Thompson officiating. Interment was at the Ryan's Village Cemetery under the direction of the Cease Family Funeral Home of Bemidji.

He was born Dec. 25, 1950 in Ryan's Village, MN, to Albert Gale and Helena Johnson. He was raised and educated in Bena where he attended elementary school and went to high school in Cass Lake. He joined the US Marine Corps after school. He was an avid wild rice harvester and also worked as a carpenter. He found carpentry work in Grand Forks and was working for the Leech Lake Housing Authority at the time of his death. Michael liked to ride motorcycle, hunt, fish, participate in ricing, but most of all, spend time with family and friends.

He is survived by his wife, Sirena Gale of Zumbrota, MN; daughters, Melissa Gale of Kasson, MN, and Vanessa Howard of Cass Lake, MN; step-sons, Lee Young, Kenny Young and Teddy Young all of Zumbrota, MN, Charles Madigan of Cass Lake, MN; step-daughters, Connie Madigan of Minneapolis, MN; brother Stuart Gale of Ryan's

Village, MN; sisters, Cynthia Gale and Sylvia Gale both of Cass Lake, MN; aunts, Clarice Rockboy of Ryan's Village, MN; and Rosetta Smith of Minneapolis, MN; and 4 Grandchildren. He was preceded in death by his parents and 4 brothers; Melvin Gale, Sterling Gale, Phillip Gale, and Clinton Gale. Activeasketbearers were Stuart Gale, John Huesers, Franklin "Doc" LaRose, Shannon White, Theodore Young, Ronald Brown, Joseph Jones, and Richard White. Honorary Casketbearers were Maynard Raisch, Curtis Pickett, Charles Lyons, Adrian W. White Sr., Clinton Bryan, Steven Richardson, Virgil Richardson, Timothy Goose, James Ryan, Ronald Day, and all other friends and relatives.

CALVIN EUGENE MONROE

Calvin Eugene Monroe, age 52, of Onigum, MN., died Wednesday, October 1, 2003 at his home in Onigum.

Calvin was born January 12, 1951 in Cass Lake, MN., the son of Earl and Isabelle (Aitken) Wright. He grew up and attended school in Walker. Following graduation from high school he attended Bemidji State University and Bemidji Technical School. Cal worked for the Leech Lake Reservation as a carpenter for many years. He loved to hunt and fish and was an avid guitar player. He taught many of his friends to play. Cal enjoyed cooking the fish he caught, and also liked to spend time in the summer going to garage sales with his brother Ed. Cal was a member of St. Johns Episcopal Church in Onigum.

He is survived by his wife Carol of Onigum, MN., his mother Isabelle Mary (Aitken) Monroe of Onigum, MN., eight brothers; Harold Monroe, Clyde Monroe, Edwin Monroe, Roger Monroe, Bill Pell, Tyrell Hunt, all of Onigum, MN., Ron Partridge of Minneapolis, MN., and Greg Wright of Cass Lake, MN., nine sisters; Bernice New of Minneapolis, MN., Evelyn Monroe, Darlene Monroe, Elaine Monroe of Onigum, MN., Pam Jacobs, Beverly Jacobs, Helen Jacobs, Debbie Wright, Darlene Wright, all of Cass Lake, MN., two very special step-

children; Lacie and Chaskae Roper of Onigum, MN., and numerous nieces, nephews, aunts, uncles and cousins.

He was preceded in death by his father, Earl Wright, and two sisters, Adeline Monroe and Tanya Monroe.

Funeral services will be held Monday, October 6, 2003 at 2:00 P.M. at St. Johns Episcopal Church in Onigum with Pastor George Whitebird officiating. Burial will be in St. Johns Episcopal Cemetery in Onigum. Thomas-Dennis Funeral Home of Walker is handling funeral arrangements.

GEORGE THOMAS TIOKASIN, JR.

George Thomas Tiokasin, Jr., 55, Cass Lake, Mn. died on October 3, 2003. He was born on Dec. 18, 1947 in Deer River, Mn.

He is survived by this three sons, Tommy, George and Louis Tiokasin; three daughters, Gina, Rae Lynn and Chelsea Tiokasin; six grandchildren, sisters, Laura and Anna Tiokasin; and brother, Virgil Tiokasin.

Preceding him in death were his mother, Rose Nason; father, George Tiokasin; grandparents, Marie and Moses Tiokasin and William and Dora Nason.

Services were held on October 9, 2003 at the Ball Club Community Center. Burial took place at the St. Joseph Cemetery in Ball Club, Mn. Funeral arrangements were handled by the Carroll Funeral Home in Deer River, Mn.

SEARCHING FOR RAE LYNN

The family of George Tiokasin is attempting to locate the whereabouts of his daughter Rae Lynn. Her last name could be Budreau, Graves, or Beaulieu. Anyone knowing Rae Lynn or her whereabouts is asked to contact Anna Sheffield at 218-246-8315 or by writing to her at 51170 County Road 118, Deer River, Mn 56636. It is very important that the family be able to get in touch with Rae Lynn.

Local Indian Council Meeting Schedules

All community Band members are encouraged and welcome to attend.

- Ball Club LIC – 1st Monday of every month – 7:00 p.m. – Ball Club Community Center
- S Lake LIC – 3rd Monday of every month – 7:00 p.m. – S Lake Community Center
- Deer River LIC – the last Monday of every month – 7:00 p.m. – Goodall Resource Center in Deer River
- Inger LIC – 2nd Monday of every month – 7:00 p.m. – Inger Community Center
- Winnie Dam LIC – 1st Thursday of every month – 7:00 p.m. – Winnie Dam Community Center
- Sugar Point LIC – 2nd Wednesday of every month – 7:00 p.m. – Sugar Point Community Center
- Bena LIC – 2nd Tuesday of every month – 7:00 p.m. – Bena Community Center
- Kego Lake/Smokey Point LIC – 1st Tuesday of every month – 6:00 p.m. – Kego Lake Community Center
- Cass Lake LIC – 2nd Monday of every month – 6:30 p.m. – Heritage Manor Lobby
- Cass River LIC – 1st Tuesday of every month – 7:00 p.m. – Cass River Community Center
- Oak Point LIC – 1st Monday of every month – 6:00 p.m. – Oak Point Community Center
- Onigum LIC – 1st Tuesday of every month – 6:30 p.m. – Onigum Community Center
- Mission LIC – 2nd Thursday of every month – 6:00 p.m. – Mission Community Center
- Sugar Bush/Ten Lake LIC – 2nd Monday of every month – 6:00

p.m. – Is announced at previous meeting

Leech Lake Tribal Council Meetings

**Quarterly Meeting
July 11, 2003, 10 a.m.
Paradise Room, Cass Lake, MN**

Invocation: Bill Bobolink
Chairman Peter White calls meeting to order at 10:02 a.m.
Roll Call: Arthur LaRose, Burton Wilson, Lyman Losh & Richard Robinson, Jr.
Motion by Arthur LaRose, second by Lyman Losh to approve the agenda as presented. Carried 4-0.
Old Business:
Motion by Arthur LaRose, second by Richard Robinson, Jr. to approve the Quarterly Minutes of April 4, 2003. Carried 4-0.
New Business:
Chairman's Report: Peter D. White.
Financial Report: Arthur LaRose.
Motion by Arthur LaRose, second Lyman Losh to approve the Financial Report. Carried 4-0.
Enrollments: Shirley VanDyck
Motion by Arthur LaRose, second by Richard Robinson, Jr. to approve Tribal Council Resolution No. 04-02 concerning Eligible Enrollments. Carried 4-0.
Motion by Richard Robinson Jr., second by Burton Wilson to approve Tribal Council Resolution No. 04-03 concerning Ineligibles. Carried 4-0.
Motion by Richard Robinson Jr., second by Arthur LaRose to approve Tribal Council Resolution No. 04-04 concerning Transfer - White Earth to Leech Lake. Carried 4-0.
Motion by Burton Wilson, second by Lyman Losh to approve Tribal Council Resolution No. 04-05 concerning Relinquishment - Leech Lake to White Earth. Carried 4-0.
Motion by Arthur LaRose, second by Richard Robinson, Jr. to approve Tribal Council Resolution No. 04-06 concerning Transfer - Leech Lake to Mille Lacs. Carried 4-0.
Motion by Burton Wilson, second by Richard Robinson, Jr. to approve Tribal Council Resolution No. 04-07 concerning Transfer - Red Lake to Leech Lake. Carried 4-0.
Introduction of new employees.
Division Director reports.
Motion by Richard Robinson, Jr., second by Burton Wilson to approve Division Director Reports. Carried 4-0.
Motion by Burton Wilson, second by Lyman Losh to accept Road Resolution addition to agenda. Carried 4-0.
Motion by Richard Robinson, Jr., second

by Burton Wilson to approve Tribal Council Resolution No. 04-08 concerning Cooperative Agreement between the Minnesota Department of Transportation and the Bureau of Indian Affairs, Acting for the Leech Lake Band of Ojibwe. Carried 4-0.
Motion by Richard Robinson, Jr., second by Arthur LaRose to adjourn. Carried 4-0.

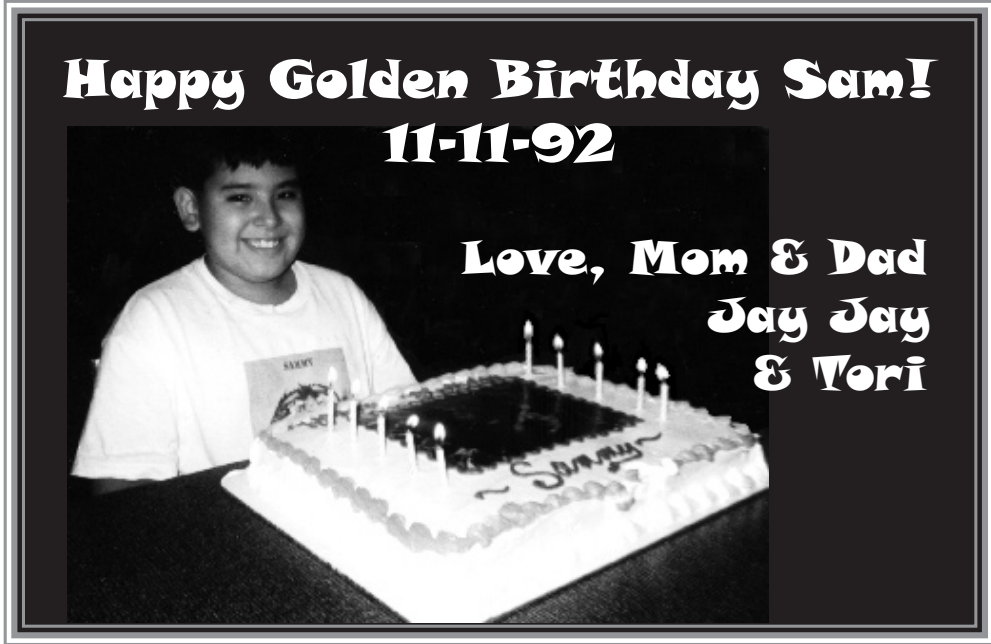
I DO HEREBY CERTIFY, that this is a true record of the Leech Lake Tribal Council, Quarterly Meeting, held on Friday, July 11, 2003, at Cass Lake, Minnesota.

Arthur LaRose, Secretary/Treasurer
Leech Lake Reservation

**Special Meeting
July 22, 2003
S. Lake Community Center, S. Lake, MN**

Peter D. White, Chairman calls meeting to order.
Roll Call: Arthur LaRose, Burton Wilson, Lyman Losh & Richard Robinson, Jr.
Motion by Richard Robinson, Jr., second by Lyman Losh to approve agenda. Carried 4-0
Old Business:
Motion by Arthur LaRose, second by Burton Wilson to table minutes of May 12, 2003 and May 14, 2003. Carried 4-0
Motion by Arthur LaRose, second by Richard Robinson, Jr. to approve the minutes of June 17, 2003; June 26, 2003 and July 1, 2003. Carried 4-0
New Business:
Motion by Lyman Losh, second by Arthur LaRose to table Tribal Council Resolution concerning BIA Office of Trust Fund Management. Carried 4-0
Motion by Richard Robinson, Jr., second by Burton Wilson to approve Tribal Council Resolution No. 04-09 concerning Criminal & Juvenile Defense Corporation as agent to provide services for period July 1, 2003 through June 30, 2004. Carried 4-0
Motion by Richard Robinson, Jr., second

by Arthur LaRose to approve Tribal Council Resolution No. 04-10 concerning establishing authority to refinance Gaming Enterprise Debt. Carried 4-0
Land Resolutions:
Motion by Arthur LaRose, second by Burton Wilson to approve the following land resolutions:
2004-01, Elizabeth Rogers, rescind Resolution No. LD96-102;
2004-02, Karen Rogers, home site lease, S. Lake area;
2004-03, Dennis Garbow, rescind Resolution No. LD2001-24;
2004-04, Adeline Myers, home site lease, Inger area;
2004-05, Detra Lyons, home site lease, Beaver Lake area;
2004-06 Daniel DeVault, home site lease, Beaver Lake area;
2004-07 Curtis Jackson, home site lease assignment, Ball Club area;
2004-08 John George White, home site lease, Boy Lake area;
2004-09 William Butcher, home site lease cancellation, Old Agency area;
2004-10 Lorraine Butcher, home site lease cancellation, Old Agency area;
2004-11 Sheila Lyons, rescind Resolution No. LD99-08;
2004-12 Carol A. Jones, home site lease, Buck Lake area;
2004-13 Michael Lemon, home site lease, Buck Lake area;
2004-14 Calvin R. Dick, home site lease, Buck Lake area;
2004-17 Carol Carlson, rescind Resolution No. LD2003-108;
2004-18 William Johnson, rescind Resolution No. LD96-114;
2004-19 Carol Carlson, home site lease, Buck Lake area;
2004-20 Anson Beaulieu, home site lease, Sugar Bush area;
2004-21 Anthony Dvorak, rescind Resolu-



tion No. LD2002-105;
2004-22 Brent Reyes, rescind Resolution No. LD2002-104;
2004-23 David Quincy, home site lease, Wilkinson Twp. area;
2004-24 Robert D. Goggeley, home site lease cancellation, S. Lake area;
2004-25 Cheryl A. Kangas, home site lease cancellation, S. Lake area;
2004-26 Cheryl A. Kangas, home site lease, N. Cass Lake area;
2004-27 Nadine Kent, rescind Resolution No. LD2003-124, Pine Point area;
2004-28 Nadine Kent, home site lease, Wilkinson, Twp. area;
2004-29 Marlena Cloud, home site lease, Pike Bay Twp. area;
2004-30 Louisa White, home site lease, Wilkinson, Twp. area;
2004-31 Jessica Harrison, home site lease, Wilkinson Twp. area;
2004-32 Milo Thoreson, home site lease, Wilkinson Twp. area;
2004-33 Gary Johnson, home site lease, Wilkinson Twp. area;
2004-34 Marilyn Johnson, home site lease, Wilkinson Twp. area;
2004-35 Lisa Hemachandra, home site lease, Wilkinson Twp. area;
2004-36 Bev Jacobs, home site lease, Cass Lake area;
2004-37 Tony Novak, home site lease, Cass Lake area;
2004-38 Darrell Ryan, home site lease, Mission area;
2004-39 Patrick Adams, rescind Resolution, Buck Lake area;
2004-40 Carol Rainy, new lease, Buck Lake area. Carried 4-0.
Motion by Richard Robinson, Jr., second by Lyman Losh to approve the following Land Resolutions:
2004-41 Ronald & Nancy Restemeyer, lake shore lease, Pug Hole area;
2004-42 Robert E. Bellefy, lake shore lease renewal, Sugar Point area;
2004-43 Roxanne Hudson, lake shore lease, Onigum area;
2004-44 Gerald P. O'Donnell, lake shore

lease renewal, Stony Point area;
2004-45 Raymond Staples, lake shore lease renewal, Stony Point area;
2004-46 Michael Johnson, new lease, Onigum area;
2004-47 Lease Modification (Helipad Site). Carried 4-0.
DRM:
Contract with Army Corps of Engineers. No action, informational.
Social Services:
Motion by Arthur LaRose, second by Burton Wilson to approve the following foster care licenses:
1. Evelyn Monroe; 2. Joe & Gladys Chase; 3. Rick & Arlene Haaland; 4. Tommi S. Wind; 5. Rosemary Losh; 6. Ann Cloud. Carried 4-0.
Motion by Lyman Losh, second by Burton Wilson to table purchase of St. Ann's Church, Bena, MN. Carried 4-0.
Motion by Richard Robinson, Jr., second by Burton Wilson to adjourn. Carried 4-0.
I DO HEREBY CERTIFY, that this is a true record of the Leech Lake Tribal Council, Special Meeting, held on July 22, 2003, a quorum being present, at S. Lake, Minnesota.

Arthur LaRose, Secretary Treasurer
Leech Lake Reservation
**Special Meeting
Tuesday, Sept. 2, 2003
Tribal Chambers, Cass Lake, MN**
Chairman Peter White calls meeting to order.
Roll Call: Arthur LaRose, Lyman Losh, Burton Wilson & Richard Robinson, Jr.
Motion by Richard Robinson, Jr. to approve the agenda with additions, second by Burton Wilson. Carried 4-0.
Old Business:
Motion by Richard Robinson, Jr. to approve the minutes of August 4, 2003, second by Arthur LaRose. Carried 4-0.
New Business:
Tribal council Resolutions:

Motion by Burton Wilson, second by Lyman Losh to approve Tribal Council Resolution No. 04-16 concerning State Head Start Grant. Carried 4-0.
Motion by Arthur LaRose, second by Burton Wilson to approve Tribal Council Resolution No. 04-17 concerning Maternal Alcohol Use & Prenatal Alcohol Exposure Prevention/ Intervention Initiative grant. Carried 4-0
Table Indian Health Service Small Ambulatory Program.
Motion by Lyman Losh, second by Arthur LaRose to approve Tribal Council Resolution No, 04-18 loan request from the State Indian Business Loan Fund for Dan C. White. Carried 4-0.
Table Healing through Tradition Program.
Motion by Richard Robinson, Jr., second by Arthur LaRose to approve Tribal Council Resolution No. 04-19 concerning Attorney Contract. Carried 4-0.
Motion by Burton Wilson, second by Lyman Losh to approve Tribal Council Resolution No. 04-20 appointing the Minnesota Chippewa Tribe as Administrator of the Indian Business Loan Program Account. Carried 4-0
Motion by Burton Wilson, second by Lyman Losh to approve Tribal Council Resolution No. 04-21 concerning Truancy Prevention Program. Carried 4-0.
Motion by Richard Robinson, Jr., second by Burton Wilson to approve Tribal Council Resolution No. 04-22 concerning Tobacco Free Communities. Carried 4-0.
Motion by Richard Robinson, Jr., second by Burton Wilson to approve Tribal Council Resolution No. 04-23 concerning US Fish & Wildlife Service Tribal Wildlife Grants Program and Landowner Incentive Program grant proposals. Carried 4-0.
Motion by Arthur LaRose, second by Lyman Losh to approve Tribal Council Resolution No. 04-24 rescinding Resolution No. 03-114 and 03-116. Carried 4-0.
Motion by Arthur LaRose, second by Richard Robinson, Jr. to approve Tribal Council Resolution No. 04-25 Temporary Spending Ordinance. Carried 4-0.
Motion by Richard Robinson, Jr., second by Lyman Losh to approve Tribal Council Resolution No. 04-26 concerning Elders Assistance. Carried 4-0.
Motion by Richard Robinson, Jr., second by Burton Wilson to approve Tribal Council Resolution No. 04-27 concerning purchase of new Forestry truck. Carried 4-0.
Land Resolutions: Polly Johnston
Motion by Lyman Losh, second by Burton Wilson to approve the following Land Resolutions:
Land Resolution No. LD2004-48 concerning LL Homes II, rescind Resolution No. LD2003-100, Boy River area;
Land Resolution No. LD 2004-49 concerning LL Homes II, new lease, Boy River area;
Land Resolution No. LD 2004-50 concerning LL Homes III, new lease, southwest Walker area.
Carried 4-0.

Motion by Burton Wilson, second by Richard Robinson, Jr. to approve the following Land Resolutions:
LD2004-51 Curtis Jackson, rescind Resolution No. LD2003-103, Deer River area;
LD2004-52 Betty Jane Whipple-McCormack, rescind Resolution No. LD90-22, Town Line Lake area;
LD2004-53 Allan Hiatt, rescind Resolution No. LD2003-107, Town Line Lake area;
LD2004-54 Allan Hiatt, new lease, Town Line Lake area;
LD2004-55 Rhonda White, new lease, Wilkinson area;
LD2004-56 Wayne Smith, new lease, South Cass Lake area;
LD2004-57 Mari Robinson, rescind Resolution No. LD2002-116, Big Lake area;
LD2004-58 Mari Robinson, new lease, West Big Lake area;
LD2004-59 Bernadette Robinson, new lease, West Big Lake area;
LD2004-60 Steve Cash, rescind Resolution No. LD98-171, Onigum area;
LD2004-61 Natasha M. Fox, new lease, Tribal Tract #33 area;
LD2004-62 Lawrence Starr, new lease, Tribal Tract #33 area;
LD2004-63 Renee Judkins, new lease, Cass Lake City area;
LD2004-64 Helen Headbird, rescind Resolution No. LD2000-68, South Cass Lake area. Carried 4-0
Angie Wade and Gloria Goggeley land leases tabled.
Motion by Richard Robinson, Jr., second by Arthur LaRose to approve the following lake shore leases:
LD2004-65 Rose James, lease renewal, Trader's Bay area;
LD2004-66 Wynette Rathbun, lease renewal, Trader's Bay area;
LD2004-67 David Jackson, new lease, Onigum-Templer Point area;
LD2004-68 Charles Nason, rescind Resolution No. LD200-86, Stony Point area;
LD2004-69 Raymond Smith, new lease, Stony Point area;
LD2004-70 Linda Moga, new lease, Stony Point area.
Carried 4-0.
DRM:
Motion by Burton Wilson, second by Richard Robinson, Jr. to approve Professional Services Contract: I.E.C.I.S. Group. Carried 4-0.
Social Services:
Motion by Lyman Losh, second by Arthur LaRose to approve Foster Care License for Marlene Mitchell. Carried 4-0.
Motion by Arthur LaRose, second by Lyman Losh to adjourn. Carried 4-0.
I DO HEREBY CERTIFY, that this is a true record of the Leech Lake Tribal Council, Special Meeting, held on September 2, 2003, Tribal Chambers, Cass Lake, Minnesota.

Arthur LaRose, Secretary/Treasurer
Leech Lake Reservation



LEECH LAKE BAND OF OJIBWE
Veteran's Day Powwow 2003



Saturday, November 8, 2003
Sunday, November 9, 2003

Old Cass Lake High School
Cass Lake, Minnesota

Grand Entry Saturday 1:00 p.m. and 7:00 p.m.
 Grand Entry Sunday at 1:00 p.m.

Supper will be provided both days around 5:00 p.m.

HOST DRUM: Timberland

Craft and food stands are available on a first come first
 serve basis and dependent on space availability.

Alcohol and drug free environment. Security provided.

Leech Lake **JOB**
SHARING
FAIR 2003

Public is welcome!

November 21st, 10 a.m. - 2 p.m.
Facility Center Gym, Cass Lake, MN



"The BEST Little Casino in Minnesota"

Just West of Deer River on Hwy 2
www.whiteoakcasino.com



WHITE OAK NOVEMBER
CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 WHITE OAK CASINO'S COFFEE CLUB <small>Monday mornings 6 am - Noon</small>						1
2 Sunday Spin 5pm-10pm	3 Coffee Club 6am-Noon Mystery Monday Noon to Midnight	4 Senior Fun Day 10am-6pm	5 White Oak Wednesday 6pm-10pm	6 49ers Day To Play 2pm-10pm	7 Trophy Time Registration	8 Trophy Time Registration
9 Trophy Time Drawings Noon-4pm Sunday Spin 5pm-10pm	10 Coffee Club 6am-Noon Mystery Monday Noon to Midnight	11 Senior Fun Day 10am-6pm Veteran's Day Register 8 am Drawings 12:30-10pm	12 White Oak Wednesday 6pm-10pm	13 49ers Day To Play 2pm-10pm	14	15
16 Sunday Spin 5pm-10pm	17 Coffee Club 6am-Noon Mystery Monday Noon to Midnight	18 Senior Fun Day 10am-6pm	19 White Oak Wednesday 6pm-10pm	20 49ers Day To Play 2pm-10pm \$500 Drawing	21	22
23 Sunday Spin 5pm-10pm	24 Coffee Club 6am-Noon Mystery Monday Noon to Midnight	25 Senior Fun Day 10am-6pm \$500 Drawing	26 White Oak Wednesday 6pm-10pm	27 49ers Day To Play 2pm-10pm \$500 Drawing Cash Cornucopia Drawings	28	29
30 Fall Fantasy Waikiki Giveaway						

Phone 800.653.2412

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Come join the Leech
 Lake Band of Ojibwe
 staff for a day of
 informational fun!

For more information,
 contact David Paquette
218-335-3771

