

DeBahJiMon

A Publication of the Leech Lake Band of Ojibwe

Vol. XXI No. 6 December 2006

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Leech Lake Anishinaabe Drug & Alcohol Coalition Seek Ways to Reduce Area's Dependency on Chemicals.

By Patsy Gordon

Over 100 concerned community members gathered in the Bug-O-Nay-Ge-Shig School gymnasium to put their heads together to come up with ideas on how to try and reduce the use of drugs, alcohol, and violence on the Leech Lake Reservation. It was great to see so many children willing to attend and participate.

The Initiative Foundation provided the Leech Lake group with a grant to sponsor this event. The Foundation's mission is to "unlock the potential of the people of the community to build and sustain healthy communities".

Leech Lake elder and spiritual leader, Mike Smith, did the invocation with tobacco and the pipe. George Goggleye, Sr. opened the session by welcoming everyone. He spoke of his late father's teachings of how working to make a change will not be easy

work. His father told him "you must start with the young ones, and that everyone has to become involved, if you really want to make a change."

Korey Wahwasuck, Leech Lake Court Chief Judge, said, "This visioning session brings you together to dream and come up with ideas on how you would like to see things different and to make a difference in our families." She said the community must work

together to address the issues of substance abuse.

Dr. Pittman of the Cass Lake Hospital spoke of the pain she sees in individuals, day in and day out, how their relationship with chemicals has made so many start to depend on the drugs. She has seen the pain

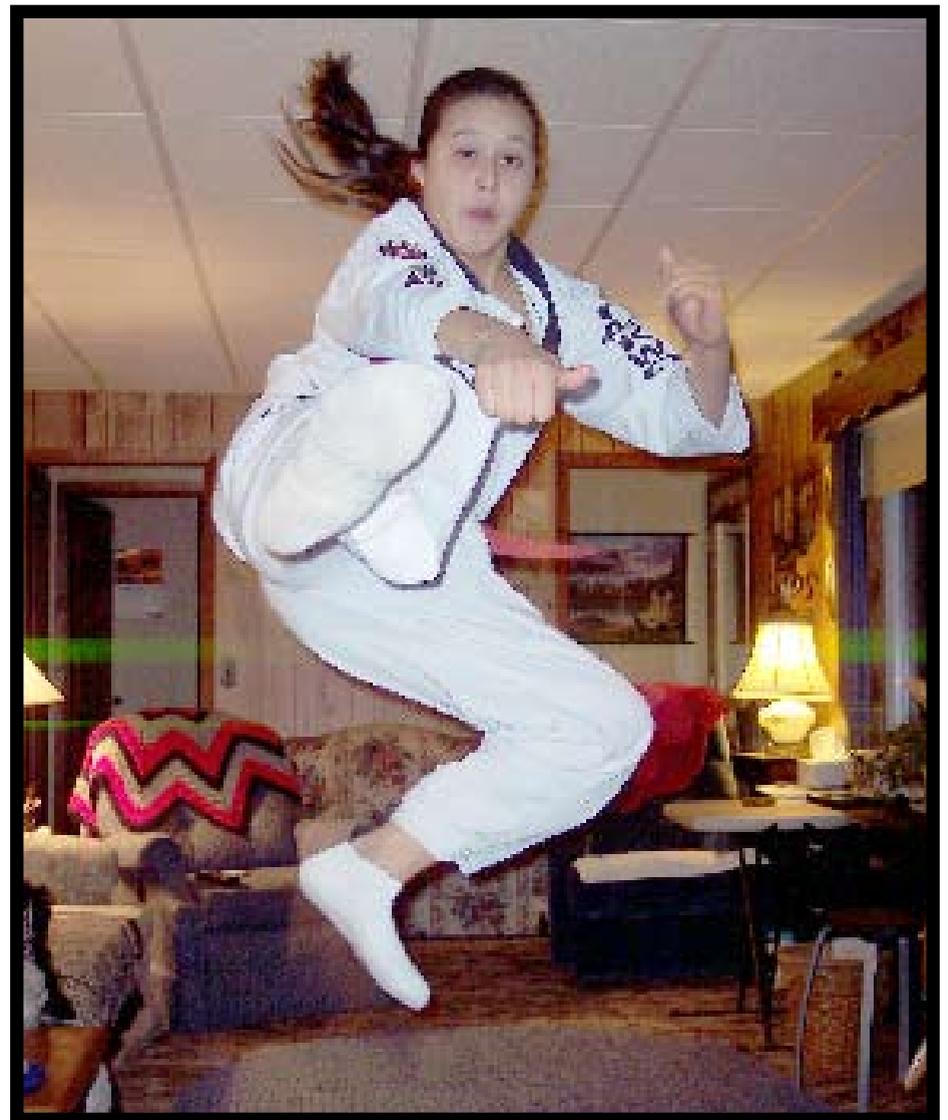
doubled when they sell their drugs to the children. The doctor's biggest pain is when she has to inform a parent, "I'm sorry, but your child did not make it out of ER." She went on to say that another pain is when 10 to 12 year old children are coming in to ER

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Former Tribal Council Member, Luke Wilson and Debbie Beaulieu work together as part of the Education/Prevention team.

Photo by Patsy Gordon



Leech Lake Band Member, Ashley Harrison, of Onigum, Mn. proudly displays her fancy foot work of Tae Kwan Do. Photo by Patsy Gordon

Fourteen-Year-Old World Champion in Tae Kwan Do Competition

By Patsy Gordon

me, and I'm glad I stuck with it because it teaches me more than just the sport, like respect and perseverance", said Ashley Harrison, 14, of Onigum, Mn.

Young Ashley, who has already earned 14 degrees of belts, and her mother, Marilyn Harrison, are proud of her, and rightly so, for making the

"I wanted to give up at the brown belt, but my Mom wouldn't let me. Tae Kwan Do - Continued on page 13



from the

Leech Lake Band of Ojibwe

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Obituaries

Jacqueline Dawn Fairbanks

Jacqueline Dawn Fairbanks, 39, of Walker, MN died on November 6, 2006 at her home.

She is survived by her children, Christopher J. Bedeau, Steven Harper, Douglas Fairbanks, Jr., Anthony Fairbanks, Eugene Fairbanks Olson, and Jocelynn Fairbanks; parents, Leona Bedeau, James Bedeau, Sr., Lois Olson and Miles Olson; sisters, Betty Moore, Angela Kappenman, Joan Kappenman, Cynthia Weyaus, Michelle Nickaboine, Maggie Bedeau, and Mary Bedeau; brothers, James Kappenman, Jr., and James Bedeau, Jr., aunts, Geneva Lawrence, Marlyce Bellanger, Florine Iverson, and Christine Johnson; many cousins, nephews and nieces.

Preceding her in death was her husband, Douglas Fairbanks, Sr.

Visitation began on November 7, 2006 at the Onigum Community Center and continued until the time of the funeral service on November 9, 2006, also at the Community Center. Rev. George Ross officiated and interment took place at the Old Agency Cemetery in Onigum. Arrangements were handled by the Thomas-Dennis Funeral Home of Walker, Mn.

Harold John Monroe

Harold John Monroe, 66, of Walker, MN passed away at North Country Regional Hospital in Bemidji, MN after a long battle with many health problems including three strokes in four months. Our Creator finally called him home. Harold truly

believed we are all put on this earth to serve a purpose, and he did it so well. He believed in helping his fellow man regardless of whom or what they were. The day prior to his leaving he was praying in Ojibwe for people to love and care for one another.

Harold loved to travel and followed the pow wow trail as a dancer until his health started failing, then as a vendor where he met and talked about numerous brothers and sisters. Through rain, sleet, or snow he attended many wake services for people who were grieving for a lost loved one. He loved the Ojibwe hymns and had a voice for them. He was a great leader in the community where he was born and raised. He loved Onigum. Harold and Faron started our Onigum pow wows. Harold was a great fan of Cass Lake and Red Lake basketball teams. He followed them wherever they played along with his sidekicks, Myron Ellis or Frank Reese.

He is survived by his mother, Isabelle Monroe; brothers, Clyde, Roger, and Edwin Monroe; sisters, Bernice New, Evelyn and Darlene Monroe, Elaine; one daughter, Betty Ann; 3 grandchildren; numerous nieces and nephews; and a very special friend, Jan Tanner.

Preceding him in death were one brother, Calvin Monroe; three sisters, Adeline, Norma, and Tonya Monroe; and father, John Monroe.

A wake started on November 19, 2006, and continued until the time of service on November 21, 2006 at the Onigum Community Center in Onigum. Interment was in the St. John's Episcopal Cemetery in Onigum. The Thomas Dennis Funeral Home of Walker handled funeral arrangements.

Don't Forget To Get Your Flu Shot!



In Memory of Wayne Reyes

Wayne,

Few knew that morning that our Creator was going to call your name.

In life we loved you dearly; in death we do the same.

It broke our hearts to lose you;

you did not go alone;

for part of us went with you

the day our Creator called you home.

You left us peaceful memories,

your love is still our guide,

and though we cannot see you,

you are always by our side.

Our family chain is broken

and nothing seems the same,

but as our Creator calls us one by one,

the chain will link again.

We would like to thank everyone for your love, support, food, cards and flowers during the loss of our beloved Wayne Reyes. Special thanks to Thomas-Dennis Funeral Home, Rev. George Ross, & the Ojibwe singers. Your kindness and thoughtfulness has been greatly appreciated.

Vi Reyes & family

Cass Lake Indian Hospital Receives Grant

The Cass Lake Hospital has received notice of a grant award from the Susan G. Komen Foundation, Brainerd Affiliate. The Brainerd S.G. Komen Foundation was established in 1999 to promote breast health programs. The local organization became fully incorporated as an Affiliate of the Susan G. Komen Breast Cancer Foundation, committed to a service area of Cass and Crow Wing Counties. The grant will provide resources for a new Patient Navigator program to begin January 1 2007.

"The overall goal of the Patient Navigator Program (PNP) is to develop effective interventions to reduce cancer health disparities by facilitating timely, continuous access to quality, standard cancer care" stated, Jenny Jenkins, CEO. "Patient Navigation for cancer care represents a new approach to providing individualized assistance to patients, survivors, and families".

Navigation spans the period from cancer-related abnormal findings through diagnostic tests to completion of cancer treatment. Patient Navigators are trained, culturally sensitive, health care workers who help individuals address patient-access barriers to quality, standard cancer care. This is the eighth grant received by the Hospital in the past 12 months in a continuing effort to secure additional resources to add or supplement health services at the hospital. The other grants will expand Pharmacy, Telemedicine, Women's Health and Dental services.

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Deadline for submission for January issue is December 15, 2006.

Permits Required for Using State Highway Right-of-Way

The Minnesota Department of Transportation (Mn/DOT) reminds citizens that state law requires a Mn/DOT permit before any ditch cleaning or grading work is allowed in the state highway right-of-way. A permit from the local watershed district or other agencies may also be required. In addition, improper cleaning or grading along or in ditches can cause safety problems and Mn/DOT reminds adjacent land owners of their responsibility to clean up when the permitted work nears completion. A Mn/DOT permit may also be required for other activities within the right-of-way such as outdoor advertising along the highway.

Earl Hill of Mn/DOT's Permit Office in Crookston stated that the highway rights-of-way are becoming cluttered with unauthorized non-permitted signs, which can be a distraction to drivers and can restrict a driver's line of vision. Hill said Mn/DOT maintenance crews will soon begin removing all remaining unauthorized signs and structures not allowed by permit from state highway ditches and shoulder areas before winter.

Highway right-of-way typically extends beyond the top of the back slope in rural areas. In urban areas, the right-of-way varies but is typically just beyond the sidewalk if present. Encroachment of highway right-of-way is considered a misdemeanor violation.

For information regarding roadway regulations, right-of-way boundaries, regulations for signs beyond the right-of-way, or where to find removed materials, please contact the Mn/DOT office in Bemidji at 218-755-2942 or in Crookston at 218-281-6051.

Work Zones.
Pay Attention
or pay the price.

Safety First
Buckle Up!

NOTICE:

Family of
Scott Kingbird,
please contact him
at:

Scott Kingbird , #395624
Stanley Correctional Institution
100 Corrections Drive
Stanley, WI 54768 - 6500

Traditional Resource Inventory Ends its Second Year & Awarded Gift Certificates to the Participants

By Gina Papasodora, Leech Lake Tribal Historic Preservation Officer

We offer our gratitude to the individuals that participated in our surveying of resource information that was conducted over the past year. These important areas were identified and documented as required by law on lands managed by the U.S. Forest Service and other lands that are utilized by band members for gathering of traditionally used resources.

To show our appreciation for those that participated, a drawing was held for participants - Gift Certificate Winners were awarded: 1st Place/\$200, 2nd Place/\$150, 3rd Place/\$125, 4th Place/\$100, 5th Place/\$75, 6th Place/\$50 - 15 individuals, 7th Place/\$25 - 25 individuals. Names are withheld due to confidential integrity.

Again we thank everyone that participated in the Traditional Resources Inventory and helped us to address one of the objectives in our Cultural Resources Protection Plan. We must continue to work together to protect the resources that make up the fundamental cultural identity of the Anishinabeg here on the Leech Lake Reservation.

'Twas the night before Christmas, he lived all alone,
in a one bedroom house made of plaster and stone.
I had come down the chimney with presents to give,
and to see just who in this home did live.
I looked all about, a strange sight I did see,
no tinsel, no presents, not even a tree.
No stocking by mantle, just boots filled with sand,
on the wall hung pictures of far distant lands.
With medals and badges, awards of all kinds,
a sober thought came through my mind.
For this house was different, it was dark and dreary,
I found the home of a soldier, once I could clearly see.
The soldier lay sleeping, silent, alone,
curled up on the floor in this one bedroom home.
The face was so gentle, the room in such disorder,
not how I pictured a United States soldier.
Was this the hero of whom I'd just read?
Curled up on a poncho, the floor for a bed?
I realized the families that I saw this night,
owed their lives to these soldiers who were willing to fight.
Soon round the world, the children would play,
and grownups would celebrate a bright Christmas day.
They all enjoyed freedom each month of the year,
because of the soldiers, like the one lying here.
I couldn't help but wonder how many lay alone,
on a cold Christmas Eve in a land far from home.
The very thought brought a tear to my eye,
I dropped to my knees and started to cry.
The soldier awakened and I heard a rough voice,
"Santa don't cry, this life is my choice;
I fight for freedom, I don't ask for more,
my life is my God, my Country, my Corps."
The soldier rolled over and drifted to sleep.
I couldn't control it, I continued to weep.
I kept watch for hours, so silent and still
and we both shivered from the cold night's chill.
I didn't want to leave on that cold, dark night,
this guardian of honor so willing to fight.
Then the soldier rolled over, with a voice soft and pure,
whispered, "Carry on Santa, it's Christmas day, all is secure."
One look at my watch, and I knew he was right.
"Merry Christmas my friend, and to all a good night."
-Anonymous-



Cass Lake:

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**Qualified customers
can receive monthly
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When it matters most, choose ACS.

Qualified low-income customers living on Tribal Land can save as much as \$25 on basic monthly telephone service via the Federal Lifeline Program. Subject to terms and conditions of FCC Link Up and Lifeline Program guidelines and FCC and Minnesota taxes and fees. Based on ACS service area. Some restrictions apply.

USDA Rural Development Funding Available for Home Ownership/Home Repair Loans

USDA Public Service Announcement

Rural Development, U.S. Department of Agriculture (USDA) can make the dream of owning a home come true. The agency has loan funds available for low and very low-income applicants to finance the purchase or construction of a home. No down payment is required and subsidy may be made available to reduce the amount of your house payment.

If you presently own your home and you're very low income, USDA, Rural Development also has a home repair loan program at a 1 percent interest rate.

USDA, Rural Development is the leading provider of rural housing loans in the United States. Since 2002, the agency has invested nearly \$530 million in helping low and very low-income families purchase or repair homes throughout Minnesota.

These loans are available in Aitkin, Cass, and Crow Wing Counties from the Baxter office.

Call the Baxter Rural Development Office at (218) 829-5965, ext. 4 to inquire on the eligibility requirements for these loans. Written inquiries should be sent to Rural Development, 7118 Clearwater Road, Baxter, MN 56425.

Further information is available on Rural Development programs at <http://www.rurdev.usda.gov/mn>.

Leech Lake Anishinabe Coalition

Continued from Page 1

with high BAC levels and their parents are nowhere to be found to come and get them and take care of them. "Everyone who sells meds, taking drugs, etc. are precious and valuable to someone." Dr. Pittman reiterated the previous speakers words when she said "Everyone needs to be involved to solve this pain!"

Karl Samp and Dan Frank from the Initiative Foundation facilitated the session. They split the participants up into three different groups, with each group having its own purpose. The groups were 1) Intervention/Enforcement 2) Care/Treatment 3) Education/Prevention. These groups worked together to come up with ideas for each of their particular assignments. The top three desired outcomes are results are listed below

Number one is to have a Cultural Awareness Center guided by Anishinabe knowledge.

Number two is to have alcohol and drug awareness in each community involving parents, youth, elders and role models.

Number three is zero tolerance for alcohol/drug-free workplace, housing and education.

The Leech Lake Anishinabe Coalition on Drugs and Alcohol will continue to meet and plan to get these outcomes implemented and into action.

Pictured below are some of the children that attended the Visioning Session.

How to Stay Married

A man and a woman had been married for more than 60 years. They had shared everything. They had kept no secrets from each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he

opened it, he found two crocheted dolls and a stack of money totaling \$95,000. He asked her about the contents.

"When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the doll, but what about all of this money? Where did it come from?"

"Oh, that?" she said. "That's the money I made from selling the dolls."



The Leech Lake Healthy Heart Project

You are probably aware that diabetes is a serious problem for the American Indian population. The incidence rate is 2 to 3 times greater among American Indians than the United States population in general. American Indians also experience higher rates of diabetes complications with cardiovascular disease (involving the heart and blood vessels) being the number one cause of death. The Healthy Heart Project, made possible through a successful grant application to the Department of Health and Human Services by the Leech Lake Health Division, hopes to have a significant impact on these statistics. The Healthy Heart Project works with people, who have diabetes, to reduce their heart disease risk factors. A risk factor is a condition that increases your chance of getting a disease. Case management, education, and positive lifestyle changes can reduce your risk factors for heart disease.

We welcome you to join our program! To enroll you must be American Indian and have been diagnosed with diabetes. You must also be 18 years or older and if female, not be pregnant. As a participant, you will need to complete a baseline questionnaire that tells us more about you and your knowledge of diabetes and heart disease. You will have a physical examination, by your health care provider, which includes baseline lab values, and an EKG. Your health care provider will give you medical clearance to join an exercise program. After you complete the questionnaire and consent forms, you will be enrolled in the program and receive an incentive. You will also be encouraged to have a family member complete a short questionnaire.

During your participation in the program, a case manager will work closely with you. You will meet once per month to review your goals and accomplishments. Your case manager will be working closely with your health care provider to ensure your plan of care, and to assist you as you make safe lifestyle changes. As a Healthy Heart program participant, you will be able to attend the five HONORING THE GIFT OF HEART HEALTH classes that

will be taught in several communities. As you progress in the program, you will earn more program incentives.

If you have questions or want to enroll, please contact us at 218-335-4500, and ask for the Healthy Heart Project.

Three Important Tests To Help Prevent Heart Disease

By Karey Lyon, RN, MSN, NP-C - Leech Lake Healthy Heart Project

Three important risk factors for heart disease are high blood pressure, high blood cholesterol, and diabetes. There are things you can do to prevent or control all of these risk factors and, therefore, reduce your chances of getting heart disease. How do you know if you have high blood pressure, high blood cholesterol, or diabetes? There are tests that you can have at a health fair or the clinic. Each test is different.

You have probably had a **blood pressure** test. Usually, this is done by a nurse or doctor putting a "blood pressure cuff" around your upper arm and filling it with air. As the air is released, your blood pressure is measured. Every time you go to the clinic you should get your blood pressure tested.

The test for **blood cholesterol** involves using a needle to take blood, usually from a vein on the inside of your arm. The blood is then sent to a laboratory where it is analyzed. The cholesterol test is more accurate if you do not eat for 9 to 12 hours before the blood is taken from your body. All adults (anyone 20 years old or older) should have their blood cholesterol checked at least every 5 years or as your medical provider recommends. Check it more often if you have high blood cholesterol levels.

The test for **diabetes**, uses a needle to draw blood usually before eating early in the morning. There are other ways to test for diabetes, but this approach is so simple that it can be done at health fairs and at

home. For this test, a drop of blood taken from your fingertip is placed on a special strip of paper. The strip is then put into a little machine that tells how much sugar is in your blood. You should have a diabetes test at least every year. If you have diabetes, you will need to monitor your blood sugar every day.

It is important to take care of yourself, so that you can take care of the other people in your family who need you. Part of taking care of yourself is having these three important tests regularly:

1. Blood pressure test
2. Blood cholesterol test
3. Blood sugar (diabetes) test

All of the tests are simple and are not very painful. They can be done at a health fair or a doctor's office. They are all different tests. You should be sure you have all three tests and that you know the numbers for your test results.

In future columns, I will be discussing what the blood pressure and blood cholesterol test results mean. I will tell you how to lower your blood pressure and your blood cholesterol. Also, you can call me at 218-335-4500 if you want more information about heart disease and how you can get involved to strengthen the heartbeat of our community.

Next month: Measuring Your Blood Pressure.

**Leech Lake Casinos, Northern Lights, White Oak and the Palace Bingo and Casino will close for Christmas at 4:00 on Christmas eve and will open again at 4:00 on Christmas Day!
Happy Holidays!**

LEECH LAKE BAND of OJIBWE JOB ANNOUNCEMENT

BUSINESS DEVELOPMENT

Cashier, Cash Express (Palace, Northern Lights, White Oak)

DIV. RESOURCES MNGMNT

Realty Specialist 12-04-06

Fire Prevention & Education

Technician 12-04-06

Survey / Field Technician 12-04-06

EDUCATION

Teacher Assistant

Family Service Advocate 12-11-06

School-Age Team Leader 12-04-06

HEALTH DIVISION

Mid-Level Primary Care Provider

(NP or PA-C)

RN Diabetes Educator 12-11-06

Nutrition Education Assistant 12-04-06

HUMAN SERVICES

Medical Doctor (Opiate Tmt. Program)

Mental Health Therapist (LICSW)

Adolescent Out-Patient CD Counselor
12-04-06

PUBLIC WORKS

Civil Engineer Technician

Leech Lake Preference applies.

All open until filled unless indicated by a **closing date** (follows job title).

How to apply: Interested parties may come into the Human Resources office to pick up an application and disclaimer or you can download an application / disclaimer from our website at; www.llojibwe.com. You may FAX your application documents to Human Resources, our FAX number is #218-335-3697, or Email your documents to LLhumanresources@LlOjibwe.com, or mail your documents to; Human Resources – 115 Sixth Street NW, Suite E – Cass Lake, MN 56633. **Policy:** Human Resources **must** receive your application documents **before** or **no later than 4:30pm** on the date the position is scheduled to close. Applications received after 4:30 on closing date **will not be accepted**. Call #218-335-3698 or toll free at #1-800-631-5528 for more information.

A New Season at the CNF Front Desk

By Mary Nordeen, Public Affairs Specialist on the Chippewa National Forest

When you work the front desk at the Chippewa National Forest, you develop some unusual skills. Depending on the time of year, we can watch someone walk in from the parking lot, or take a phone call and know the questions they will ask. It's a skill from working years on a very seasonal forest.

When the phone rings in the summer during the first week in July, we know someone is calling for information on campgrounds with electricity. This time of year, when the wind gets blustery and the snow begins to fly, I can still make a few good guesses on how I can help...

September 15-November 3: I'm pretty sure you are interested in one of our quad maps. These USGS maps show a specific area (or hunting site), as well as Forest Service ownership, roads, and topography. You'll be able to pick out that swamp the deer are walking around, and find the road number you'll be traveling on. These maps are available for \$6.00 each, or you can pick up a Forest map for \$4.00. Stay safe out there!

November 24-December 22: Believe it or not, we have already written out four Christmas tree tags this season, and it's still October as I write this! Finding your own holiday tree on the National Forest is a tradition around here, and most of our Christmas tags are written the day after Thanksgiving. Tree tags can be purchased for \$5.00 each, and most people track down balsam fir for their wonderful scent and long lasting needles. Red pine and spruce are also popular trees.

The First Hard Frost: If it's just after the first frost, usually beginning of October, and you come in looking ready for a full days work, we will automatically pull out either a balsam bough permit or a fuel wood permit. After the first frost, balsam bough gatherers gather in our office. Bough permits cost \$50.00, and allow families to gather balsam for the wreath making season. Balsam boughs, cut

the correct way, are a sustainable forest product. Bough permits can also be obtained at State, Tribal or County offices, depending on where you are gathering.

With the first hint of cool air, people also come in for a free-use fuelwood permit. The Forest writes out wood gathering permits for dead and down wood only, and fuelwood sites are generally closed timber sale areas. People can take up to four cords per year for personal home heating use and permits are free.

Post-Thanksgiving Shopping Frenzy: Time for the Lake States After-Thanksgiving sale! Each Forest Service office is host to a Lakes States Interpretive Association book store, and offers not only great field guides, wildlife and history books, but also great t-shirts, sweatshirts, stuffed animals and even safety gear for your hunting season. Each Lake States sale brings back a percentage of funds to the Forest for education programs, publications and events. They are a great partner, and help us keep our office in the holiday mood!

We hope you stop by for a little information, a traditional family outing or maybe a little hot cider this holiday season!



Itasca Suites Now Open Year-Round

Visitors to Itasca State Park this winter will have a new option for lodging. Twelve modern, two-room suites in Itasca Suites will stay open year-round for the first time during the winter months.

"The Itasca Suites make a perfect winter getaway," said Assistant Park Manager Paul Wannarka. "Skiers, snowshoers and snowmobilers can literally hop on a trail right from the door. Weekdays are a perfect time for an extended stay in the suites, because trails are less busy."

Each suite accommodates one to four people and includes two queen-size beds, desk, dining table, kitchenette, two-burner cooktop, refrigerator, dishwasher, color television, phone and couch. Each unit also has a porch, and two suites are wheelchair accessible. The rate is \$115 per night. Suites can be reserved on the state park reservation Web site at <https://www.stayatmnparks.com>.

"The suites have the comforts needed to provide relief after a long day of exploring the park, Wannarka said. "And you can't beat the beauty, peacefulness and solitude of Itasca in winter. The sound of the wind in the majestic pines coated with freshly fallen snow; it truly is a winter paradise."

Itasca has a host of naturalist programs planned throughout the winter months, including kids activities, Friday science programs, evening lantern walks and animal tracking lessons. The park also has 32 miles of cross-country ski and snowmobile trails and three miles of designated snowshoe trails. Ice fishing is another popular winter recreational activity along with bird watching and photography. Itasca also accommodates winter camping with 30 campsites in the Pine Ridge Campground; 15 of those sites are electric. Showers and modern bathroom facilities are closed during the winter months. However vault toilets are available throughout the park.

Cub Scouts Build Bluebird Houses and Duck Boxes

A dozen Cub Scouts from the town of Blackduck assembled six bluebird houses and twelve duck boxes, on the afternoon of August 15th 2006 at the Blackduck Ranger District office. This project improved wildlife habitat conditions for cavity dwelling species, helped build partnerships within the local community, and was a lot of fun. A couple employees from the Senior Community Service Employment Program did all the preparatory work for the event. The Seniors used templates to cut wood stock into uniform parts, cut out entrance holes, and tacked wire ladders on the inside of duck boxes to help the ducklings climb out. The Seniors also sanded cut edges to keep splinters out of the little fingers, and drilled pilot holes so that parts could be easily nailed together. Six parents, a Senior employee, and three Forest Service employees guided the Cub Scouts on how to use safety equipment, clamps, hammers, and nails. The Cub Scouts later hung their bluebird houses along area hayfields, and duck boxes along local wetlands.

The Cub Scouts learned how to use hand tools, improved their eye-hand coordination, and felt good about doing something for their local environment. They also gained the confidence and satisfaction that comes from building something of their very own. Although the Cub Scouts began by tentatively tapping with their hammers, within two hours they were accurately pounding the nails home. The noise of twelve pounding hammers was so loud, that you could barely hear yourself speak.

Parents had a nice afternoon with their kids. Senior employees were gratified to share their lifetime of knowledge and experience with the next generation. Forest Service employees had a great time providing a valuable service for their community. The Blackduck Cub Scouts will watch with pride as birds nest in their boxes for years to come. We hope this will become an annual event, and wish to thank Buelah Whitney, Iggy Andrews, Jesse Hillard, Steve Nord, and most especially Lisa Arbucci-Schmid for making it happen.

Stan Kot is a Wildlife Biologist for the Blackduck Ranger District, Chippewa National Forest.



Volunteer Needed

Beltrami County Jail of Bemidji, Minnesota is seeking a Native American volunteer to provide cultural/ceremonial services to Native American inmates in custody at the jail. Interested applicants should call Karen at 333-4179 or Colleen at 333-4421.

Book Teaches Children Positive Values

Cass Lake-Bena area 6 year olds have received a beautifully bound gift book about positive character-building traits entitled "My Favorite Book".

The book is delightfully illustrated in full-color and is organized into multiple stories concerned with teaching positive citizenship values to youngsters.

The core-character building traits covered in "My Favorite Book" include the importance of family, taking personal responsibility, kindness and compassion, cooperation, honesty, gratitude, self-respect, and respect of others.

"My Favorite Book" published by Goodwill Publishers is being distributed to over 45,000 children in 240 Minnesota communities this year.

The Ambassador Company organizes distribution by working with fire departments, libraries, police departments, sheriff departments, nursing homes, churches, and schools to get the book into kids' hands.

Distribution in Cass Lake-Bena community area was assisted by the Cass Lake Public Library.

Local businesses sponsoring the "My Favorite Book" distribution includes: the Leech Lake Band of Ojibwe, Merit Care – Cass Lake, and Teal's Super Valu.

The sponsors participate with the hope of helping to provide positive uplifting materials that is influential to young people, their parents, and the community as a whole.



Nate Dorr is our new Resource Developer at the Bug School. He began his new position on Wednesday, November 1st. Nate's responsibilities are grant writing and fundraising. He will be in contact with the BIA, State and Federal agencies to fulfill funding requirements. Nate's goal is to obtain \$10 million by next month- ha! He will also be looking for new funding sources.

Nate's hobbies are snowboarding and spending time with his wife and children. Nate and Thea have been married 5 years and have two children- Haydn- 4 years old and Ava 1 1/2. Nate and his family live in Bemidji. He received his Master's in Public Administration from the U. of M.

Welcome Nate!!

Bois Forte Signs First Native Band Contract To Sell Powerain Car Wash System

Several More Tribal Contracts In Works, Company Officials Say

The Mille Lacs Band of the Ojibwe announced recently that they will buy an automatic car wash bay and a hand-wash system from Powerain in what company officials believe will be the first in several successful sales to other tribal organizations.

"Of course we believed strongly in the native market when the Bois Forte Band purchased Powerain just a year ago," said Jack DeMarre, Director of Sales and Marketing. "The Mille Lacs contract and several other projects presently in the works with tribal organizations validate the decision by the Bois Forte leadership to diversify into non-gaming enterprises like Powerain."

The Mille Lacs Band project

is also unique because the car wash systems will be incorporated into a new automotive service center at Grand Casino in Hinckley as an amenity for hotel and casino customers. According to Gordon Adams Jr., Tribal Business Manager at Powerain; "Grand Casino customers can get an oil change, get their tires rotated, or have other minor repairs done all while they are enjoying dinner or playing on the gaming floor," Adams said. "This is a smart move on their part."

"We were attracted to Powerain because it is owned by another native tribe," said Mel Towle, Commissioner of Corporate Affairs for the Mille Lacs Band, "but we were sold by their technical expertise, solid customer service, and good reputation." Towle added that the new facility will create several jobs in the area for valets, mechanics and managers. "We hope some of our future employees will also be young Band members interested in learning basic mechanics," he said.

The new facility will be located adjacent to the Grand Casino complex in Hinckley and will include the automatic car wash, a hand wash system for both cars and RVs, a drive-in bay for oil changes, and two bays for routine maintenance.

The Mille Lacs contract comes just one month after Powerain announced that it will build a \$300,000 combined car and large vehicle wash (LVW) system for Minot Air Force Base in North Dakota. "Gaming is a great economic resource for our people," said Kevin Leecy, Tribal Chairman of the Bois Forte Band. "But we would be remiss if we didn't use this resource to build new opportunities for our children and their children. Powerain is just the beginning."

Ancient Scrolls Returned to the Bois Forte Band

Forty-two scrolls containing spiritual stories and songs are finally home again with the Bois Forte Chipewewa. The scrolls, which are more than 200 years old, were returned to the Band last week by a Kentucky man whose grandfather once treated Amer-

ican Indians at a Minnesota tuberculosis sanatorium.

"The scrolls are midé - sacred," said Band member Rose Berens, the Band's tribal preservation officer and the executive director of its Heritage Center. "Band members from our Midewiwin Society will be the only ones who may try to decipher them."

Berens first learned of the scrolls about a month ago, when the Heritage Center received a phone call from Ray Cloutier of Bowling Green, Ky. Cloutier's grandfather, Herbert Burns, had been the superintendent of a tuberculosis sanatorium in Walker, Minn. The Indian patients Burns treated would trade items for their medical services.

Cloutier received the items, including the scrolls and some medicine bundles and game pieces he also returned to the Band, when he was 12 years old. Now in his 50s, Cloutier told Berens he had come to realize the scrolls were sacred and wanted to return them to their rightful owners. Using the Internet, he tracked down the Bois Forte Band through its website (www.boisforte.com).

After consulting with the Band's elders, Berens drove the 2,500-mile round trip to pick up the scrolls. Two elders - Phyllis Boshey and Myra Thompson - accompanied Berens, as did spiritual advisor Vern Adams.

Berens was stunned by what she found at Cloutier's house. "I believe this is one of the most important events that has happened to the Bois Forte people in a long, long time because the items are so sacred and so old," she said. "In my opinion, the scrolls are priceless - no amount of money could buy them or replace them."

To show the Band's appreciation, Berens presented Cloutier with gifts, including beaded items made by Band members and a basket with Nett Lake wild rice and maple syrup. "That's the traditional native practice," she noted, "to give something in return."

Berens added that just two weeks before she learned of the scrolls' existence, the Band held a spiritual ceremony during which Shane Drift spoke of lost songs and stories that belonged at Nett Lake. "He said, 'I don't know how or when, but they will come back to us.' And they have."

**LEECH LAKE BAND OF OJIBWE
IN TRIBAL COURT**

115 Sixth Street NW, Suite E
Cass Lake, MN 56633
218-335-3682/4418
Traffic Division

ORDER TO SHOW CAUSE

YOU (THE DEFENDANTS LISTED BELOW) ARE HEREBY ORDERED to appear before the Leech Lake Tribal Court on **Tuesday, December 12, 2006**, at **1:00 p.m.**, and show cause why you should not be held in Contempt of Court for failure to pay court-ordered fines.

YOU ARE FURTHER NOTIFIED that pursuant to Leech Lake Traffic Code, Chapter, Section 304:

1. If you are found in Contempt of Court, you may be subject to an additional penalty not to exceed \$500.00, said penalty for contempt shall be in addition to any fines or other penalties previously assessed by this Court.

2. You may also be subject to one or more of the following enforcement actions without further notice:

- a. Report violation to the State of Minnesota for entry on defendant's driving record;
- b. Add the fine to the amount defendant must pay to renew or obtain Leech Lake vehicle registration or plates;
- c. Seize defendant's vehicle registration plates;
- d. Seize the vehicle driven by defendant at the time of the violation;
- e. Suspend defendant's fishing, hunting, trapping, ricing or other treaty rights within the boundaries and jurisdiction of the Leech Lake Band until defendant pays the fine in full.

DATED this 6th day of October, 2006. Korey Wahwassuck, Chief Judge of Tribal Court.

<u>Defendant</u>	<u>Case No.</u>	<u>Reason</u>
Tara Ann Brown	TR-05-81	Failure to pay reinstated fine ordered on 08/08/2006
Miranda Dawn Butcher	TR-00-122	Failure to pay default judgment fines order on 05/23/2000, 07/17/2003, and 03/19/2004
Miranda Dawn Butcher	TR-00-142	Failure to pay default judgment fine ordered on 05/19/2006.
Loretta Cloud, 01/06/2006 and Parent of Defendant Raymond Allen Geving	TR-05-132	Failure to pay fines ordered on and 05/19/2006
Raymond Allen Geving	TR-02-483	Failure to pay reinstated fine ordered on 06/15/2006
Raymond Allen Geving	TR-06-13	Failure to pay default judgment fine ordered on 05/19/2006.
Leah Renee Jacobs,	TR-05-123	Failure to pay reinstated fine ordered on 06/12/2006
Jason Che Kornezos	TR-99-69	Failure to pay default judgment fine ordered on 07/03/2001
Ronald John Morgan	TR-05-128	Failure to pay fine ordered on 06/15/2006

Glenn A. Smith	CN-06-05	Failure to pay default judgment fine ordered on 09/05/2006
Jolene Jennifer Smith	TR-06-56	Failure to pay default judgment fine ordered on 09/01/2006
Sandra Lynn White	TR-03-552	Failure to pay fine ordered on 07/17/2003
Sandra Lynn White	TR-05-25	Failure to pay fine ordered on 09/01/2006
Sandra Wadena White	TR-04-767	Failure to pay default judgment fine ordered on 04/19/2005
James Edward Wilson	TR-00-96	Failure to pay fine entered on 05/18/2006
James Edward Wilson	TR-05-136	Failure to pay default judgment fine ordered on 05/18/2006
Darlene Marie Wind,	TR-02-362	Failure to pay default judgment fine ordered on 03/26/2002

**LEECH LAKE BAND OF OJIBWE
IN TRIBAL COURT**

115 Sixth Street NW, Suite E
Cass Lake, MN 56633
218-335-3682/4418
Traffic Division

NOTICE OF INTENT TO PROCEED BY DEFAULT

YOU (THE DEFENDANTS LISTED BELOW) ARE HEREBY NOTIFIED that the Leech Lake Band of Ojibwe intends to proceed by default on **Tuesday, December 19, 2006**, beginning at **2:00 p.m.**, in the Leech Lake Tribal Courtroom located at the Facility Center, upper level, with regard to the alleged violation of the Leech Lake Traffic/Conservation Code and the Leech Lake Dog Ordinance, occurring within the boundaries of the Leech Lake Reservation.

Violation of this summons is subject to proceedings for contempt of court pursuant to Tribal Code, Title 1, Part VI. The Court may find you in contempt for failure to appear at a court hearing or for failure to follow court orders.

DATED this 5th day of October, 2006, Pat Pizzala, Court Administrator.

<u>Defendant</u>	<u>Case No.</u>	<u>Charge and Date</u>
Darla Banks	TR-06-89	Driving after Suspension on 06/06/2006
Darla Banks	TR-06-90	Failure to pay fine of \$25.00 for speeding by 09/16/2006
Andrea Dawn Birt	TR-06-112	Driving after Revocation, Passing a Motor Vehicle on Right on 07/26/2006
Andrea Dawn Birt	TR-06-34	Failure to pay fine of \$200 for Driving after Revocation by 09/29/2006
Marian June Boswell	TR-06-119	Driving after Revocation and No Current Registration Plate on 08/26/2006
Bernard Douglas Brown	TR-06-97	Driving after Revocation on 07/24/2006
Steven Cameron Humphrey	TR-06-40	Failure to Remain at Scene of Accident and Driving after Revocation on 04/14/2006
James Edward Isham	TR-06-118	Driving after Suspension on

Marla Kaye Laduke	TR-06-116	09/02/2006 Driving after Revocation on 06/30/2006
Simon Joseph Lanham (a/k/a Simon Joseph Garbow)	TR-06-96	No Driver's License on 05/18/2006
Derek Joshua Nason	TR-06-129	Failure to Show Proof of Insurance on 08/29/2006
Ruth Ann Smith	TR-06-114	Driving after Revocation on 07/15/2006
Ruth Ann Smith	TR-99-87	Failure to pay fine of \$100.00 for Driving after Revocation by 05/20/2000
Tasheena Maria Smith	TR-06-124	No Driver's License on 08/17/2006
Donna Marie Wittner	DO-06-02	Potentially Dangerous Dog on 08/28/2006
David J. Smith	CN-06-03	Burning Prohibited Materials on 04/08/2006
Larry Paul White	CN-06-16	Harvesting During Closed Season or Illegal Hours on 09/03/2006

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

115 Sixth Street NW, Suite E
Cass Lake, MN 56633
218-335-3682/4418
Traffic Division

ORDER TO SHOW CAUSE

YOU (THE DEFENDANTS LISTED BELOW) ARE HEREBY ORDERED to appear before the Leech Lake Tribal Court on **Tuesday, January 23, 2007, at 1:00 p.m.**, and show cause why you should not be held in Contempt of Court for failure to pay court-ordered fines.

YOU ARE FURTHER NOTIFIED that pursuant to Leech Lake Traffic Code, Chapter, Section 304:

1. If you are found in Contempt of Court, you may be subject to an additional penalty not to exceed \$500.00, said penalty for contempt shall be in addition to any fines or other penalties previously assessed by this Court.

2. You may also be subject to one or more of the following enforcement actions without further notice:

- a. Report violation to the State of Minnesota for entry on defendant's driving record;
- b. Add the fine to the amount defendant must pay to renew or obtain Leech Lake vehicle registration or plates;
- c. Seize defendant's vehicle registration plates;
- d. Seize the vehicle driven by defendant at the time of the violation;
- e. Suspend defendant's fishing, hunting, trapping, ricing or other treaty rights within the boundaries and jurisdiction of the Leech Lake Band until defendant pays the fine in full.

DATED this 16th day of November, 2006. Korey Wahwassuck, Chief Judge of Tribal Court.

<u>Defendant</u>	<u>Case No.</u>	<u>Reason</u>
Kelly Lynne Anderson	TR-04-697	Failure to pay default judgment fine

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

115 Sixth Street NW, Suite E
Cass Lake, MN 56633
218-335-3682/4418
Civil Division

In the Matter of the Guardianship of
the Child(ren) of:

Marla Kaye LaDuke and
Brandon Deegan, Parents.

**NOTICE OF LEGAL
PUBLICATION**

CASE NO. CP-06-50

YOU ARE HEREBY NOTIFIED that on October 20, 2006, a Petition for Appointment of a Minor Guardian was filed with the Leech Lake Tribal Court regarding the child of the above-named parents. On November 2, 2006, an Order was issued by Judge Korey Wahwassuck giving temporary guardianship to the petitioner, Iva Lou LaDuke. A Review Hearing will commence on November 15, 2006, at 1:00 p.m., in the Leech Lake Tribal Courtroom located in the Leech Lake Facility Center, 16126 John Moose Drive NW, Cass Lake, Minnesota, upper level, to address the issue of permanent guardianship of the person and property of the minor child. The hearing may be held by telephone and you may contact the court at 218-335-4418.

You are served with this notice because you are a party to this proceeding or you are a person whose presence is important to a determination concerning your child. If you fail to appear either in person or by telephone for this hearing, the Court may find you in default and enter an Order for permanent guardianship of your child.

DATED: November 4, 2006. Patricia L. Pizzala, Court Administrator.

Jennifer Rose Durant	TR-06-140	ordered on June 15, 2004. Failure to pay default judgment fine ordered on March 9, 2006.
Andrew John Gotchie	TR-99-18	Failure to pay default judgment fine ordered on January 24, 2004.
Anthony Scott Kinchen	TR-03-624	Failure to pay default judgment fine ordered on January 26, 2004.
Norman Louis Kingbird	TR-04-689	Failure to pay fine ordered on April 6, 2004.
Stephanie Ann Littlewolf	TR-04-776	Failure to pay fine ordered on February 14, 2005.
Michael Wayne Northbird	TR-02-465	Failure to pay default judgment fine ordered on March 27, 2003.
Sharon Jean Raisch	TR-03-556	Failure to pay fine ordered on August 15, 2003.
Sharon Jean Raisch	TR-03-556	Failure to pay fine ordered on October 22, 2003.
Sharon Jean Raisch	TR-03-556	Failure to pay default judgment fine ordered On June 15, 2004.
Justin Michael Seelye	TR-02-463	Failure to pay fine ordered on November 20, 2002.
Roy Fredrick Sherer	TR-99-53	Failure to pay balance of fine admitted on February 1, 2000.
Jerrell Dale Spence	TR-04-751	Failure to pay default judgment fine ordered on January 20, 2005.
Mindy Sue Stangle	TR-99-41	Failure to pay fine ordered on December 3, 1999
Mindy Sue Stangle	TR-99-41	Failure to pay fine ordered on July 16, 2002.
Angela Lynn Tejohn	TR-06-15	Failure to pay fine ordered on October 13, 2006.
Connie Ruth Thomas	TR-03-618	Failure to pay default judgment fine ordered on October 22, 2003.
Michael Lee Tibbetts	TR-06-42	Failure to pay fine ordered on May 5, 2006.

Campaign Ad (Identity Theft) Depicting Indian Male

Leech Lake Chairman George Goggleye felt compelled to write and make his feelings known regarding a TV ad for Republican state attorney general candidate Jeff Johnson shown in the final days of the recent campaign. The chairman's letter drew a response from the Johnson camp, and also the following mention in the November 5 edition of the Mpls. Star-Tribune:

November 3, 2006

Mr. Jeff Johnson
Johnson for Attorney General
4620 Minnesota Lane
Plymouth, MN 55446

RE: Campaign Ad (Identity Theft) Depicting Indian Male

Mr. Johnson,

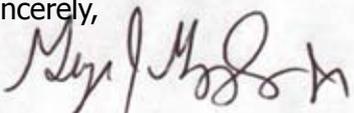
You are running for the top law enforcement position in the State of Minnesota. As you **should** know, our legal system is supposed to be colorblind and evenhanded. This premise, however, seems to have been overlooked when you prepared your campaign advertising.

As Chairman of the Leech Lake Band of Ojibwe, I take exception to your depiction of Native Americans as "thieves" in your political ad pertaining to identity theft. I can draw no other conclusion when I see a dark-skinned man with straight, shoulder-length hair, wearing a tee-shirt and jeans, jumping up off a couch while the narrator speaks of "stealing, thieves, identity theft." Do you purposely portray members of minority groups in negative situations to play on the majority's fears?

At a time when people should be pulling together, uniting to determine state and national goals, it seems some politicians only seek to divide and turn people against each other. Or perhaps your true colors, and those of your political party, are surfacing in the stress of a close race. The race issue has been injected into the campaigns throughout our northern region by the HRCC; I do not think you will find this to be to your best interests. Most people are turned off by anyone's pandering to a racist theme. If you must hide from the real issues which affect us all, your alternative of divide and blame, diverting attention from real problems which require real solutions, through the use of racist, bigoted ads, will allow the public to see you for what you are.

I would have hoped that your ad, and others of its ilk, would have been pulled off the air by now. However, it seems you are willing to follow the path of prejudice and pain, rather than truth and honesty.

Sincerely,



George Goggleye, Jr., Chairman, Leech Lake Band of Ojibwe

Chairman's Letter Draws Response

Racial Identity Theft?

A new TV ad promoting Republican Jeff Johnson for state attorney general features a shadowy man with long, straight hair and a headband representing an identity thief preying on a senior citizen's Social Security check.

It prompted an open letter from George Goggleye Jr., chairman of the Leech Lake Band of Ojibwe, objecting to "your depiction of Native Americans as thieves. ... Do you purposely portray members of minority groups in negative situations to play on the majority's fears?"

Johnson replied that the thief was played by a campaign volunteer who is "as Caucasian as you can get -- a farm boy from New London." To look more sinister, he wore a long wig and a headband to keep it in place, Johnson said.

"We've explained that to everybody who called us," he added, accusing the DFL of orchestrating the protests. Johnson said he also called Goggleye and other tribal leaders to explain that no racial slur was intended.

"It's a shame that the DFL is bringing race in a pretty misleading way into what has been the cleanest statewide race this year."

CONRAD DEFIEBRE

It is interesting to note that the GOP candidate Johnson attempted to place some blame on the DFL party – an obvious attempt to divert attention from the real issue.



Yvonne Wilson

The Best Students Name the Best Teachers

A select group of American's teachers are being honored by their toughest critics – their former students – in the 10th edition of Who's Who Among America's Teachers ® (2005-2006).

Ms. Yvonne Wilson from North Elementary, MN has been nominated by a former student as one who has shaped and inspired the student's current achievements.

Students were requested to nominate the one teacher from their entire academic experience who made a difference in their lives by helping to shape their values, inspire interest in a particular subject and challenge them to strive for excellence. Students also mentioned enthusiasm about their subject and the knowledge their nominated teachers demonstrated in the classroom.

All of the 114,000 teachers honored in the Who's Who Among America's Teachers were nominated by former students who themselves are currently listed in Who's Who Among American High School Students ®, Who's Who Among American High School Students – Sports Edition ® or The National Dean's List ®.

Parke H. Davis, Chairman, National Academic Affairs, has said, "There is no greater honor teachers can receive than to be recognized by former students for their excellence and dedication. In this publication, we clearly have the best teachers in America selected by the best students."

If it is in your plans to celebrate New Years Eve, please be responsible and use a designated driver!



NOW
hear
this!

Do you know of family members, friends or neighbors that have difficulty using their telephone? Do they have trouble hearing, speaking or have a physical disability that prevents them from using a standard telephone?

the
Minnesota Telephone
Equipment Distribution Program

can provide special telephone equipment at **NO CHARGE** to Minnesota residents of all ages!!

The equipment includes amplified (corded and cordless) phones, speakerphones, captioned telephones, telephone ring signalers, deafblind equipment and other special equipment.

To learn more about this program visit our Web site at: www.tedprogram.org, or contact us at (800) 657-3663, (888) 206-6555 TTY



Thank You

I want to extend my heartfelt thanks to all those who have entrusted me with the honor and privilege of serving District 4 in the Minnesota State Senate. Our campaign was all about teamwork. When people work together we all win and that is how I plan to approach the tasks that lay before us in Senate District 4. As your Senator I pledge to work hard on behalf of all citizens in our District, to be accessible and a good listener and to help our area to the best of my ability. Going forward I will continue to reach out for your help and support, and hope you will always feel free to contact me whenever you have an idea, concern, or feel I may be able to assist you.

Paid for by Olson for Senate Committee, Lorraine Cecil, Chair

CHRISTMAS PICTURES

Where: Early Childhood Complex
When: Thursday-December 7, 2006
Time: 4:00 PM - 7:00 PM

EVERYBODY WELCOME!
There is no limit to the number of people in the picture.
Choose from a regular or Christmas background

Package \$29.95	Add-on's \$12.00 each
1 - 8x10	1 - 8x10
2 - 5x7	2 - 5x7
2 - 3x5	4 - 3x5
12 wallets	8 Wallets

Add-on's are only available with the purchase of the package

OPTIONAL

Christmas Cards w/ envelopes (Card Size = 4x8)	\$10.00 extra for name imprinting on the Christmas cards
10 cards for \$10.00	
OR	
25 cards for \$39.00	

Questions, call the Early Childhood office @ 218-335-8345

MAKE CHECKS PAYABLE TO: IMAGE PHOTOGRAPHY
(*\$5.00 from each package sold goes to the Dik-in-aa-gan Child Care Center.*)

One in Five Minnesotans at High Risk of Developing Diabetes

MDH News Release

State taking action to counter growing problem

According to new statistics from the Minnesota Department of Health, at least one fifth of the state's population has "pre-diabetes," a condition that places them at high risk for developing diabetes.

The new Minnesota Department of Health estimates show that:

- 293,000 people in Minnesota have diabetes, but 67,000, or about one-quarter of them, do not even know they have the disease.
- More than 1 million people in Minnesota have impaired fasting glucose, a form of "pre-diabetes."
- Every 20 minutes, a Minnesotan is diagnosed with diabetes.
- Diabetes is the 6th leading cause of death and the leading cause of adult blindness, kidney failure and lower limb amputations.
- Diabetes is the leading maternal risk factor complicating Minnesota births.
- Among adult Minnesotans without diabetes who are at risk due to unhealthy lifestyles: three in five are overweight; one in two has a sedentary lifestyle; and one in four engages in no leisure-time physical activity.
- People of color and American Indians have a particularly high risk of developing type 2 diabetes.
- Diabetes costs Minnesota \$2.3 billion per year in medical costs, lost productivity and premature death.

These statistics, and others describing diabetes in Minnesota, are

outlined in Diabetes in Minnesota, a new fact sheet prepared by the Minnesota Diabetes Program, Minnesota Department of Health. The fact sheet is available at www.health.state.mn.us/diabetes.

"The burden of diabetes has been escalating dramatically in Minnesota and throughout the country," said Minnesota Commissioner of Health Dianne Mandernach. "Although the problem is greater than ever, the good news is that we can all help to prevent diabetes and its complications in Minnesota by making small improvements in our lifestyles."

Mandernach noted that there are several things people can do to avoid developing type 2 diabetes—or to stay healthy if they already have the disease:

1. **Talk to your doctor**, especially if you have a family history of diabetes or other risk factors, or are 45 years and older.
2. **Be active every day** - just 30 minutes of physical activity a day can make a difference.
3. **Make better food choices** - cut down on calories and fat.
4. **Watch your weight** - lose a few pounds if you are overweight.
5. **Keep your blood pressure and cholesterol levels down.**

The Minnesota Department of Health is tackling the burden of diabetes through Governor Pawlenty's QCare initiative (Quality Care and Rewarding Excellence), designed to improve the quality of care received by Minnesotans with diabetes, and by developing recommendations and convening an action group to prevent diabetes in Minnesota. The new recommendations, titled Challenges and Opportunities for Diabetes Prevention: Listening to Public Health Professionals and Partners in Minnesota, builds on the previously released Minnesota Diabetes Plan 2010, launched in October 2003. These new diabetes prevention recommendations are available at www.health.state.

[mn.us/diabetes](http://www.health.state.mn.us/diabetes).

"More than 400 diabetes stakeholders from across the state contributed their expertise to developing these recommendations," said Minnesota Diabetes Steering Committee chair Jim McGowan. "We have the opportunity to stem the tide of diabetes through strategies that include encouraging healthy lifestyles for youth, creating healthier environments, and raising public awareness of diabetes risk factors and how to prevent the disease."

The diabetes prevention action group is being convened by the Minnesota Diabetes Steering Committee to identify opportunities within health systems and communities to increase awareness about risk factors for diabetes and steps individuals and families can take to prevent or delay diabetes.

For more information about diabetes risk factors and how to prevent the disease, visit the Minnesota Diabetes Program's Web site at www.health.state.mn.us/diabetes.

WOMEN'S GATHERING SUPPORT GROUP

"A group of women offering
a hand up to a sister"

Every Friday
7:00 p.m.

Women's Services Bldg.
6729 Lower Cass
Frontage Road
Cass Lake, MN

(Next to Auto Parts Store)

Talking Circle, educational
topics, and arts & crafts
activities

for more info call:
218-335-8065 or 766-1033



Pictured above (L to R) are Eli Hunt, Health Director, Jerry Morgan, and Joe Rubash, Nurse Practitioner.

Grand Opening for Leech Lake Diabetes Clinic

The Leech Lake Diabetes Clinic is now officially open in their new location. Grand opening was held on November 15, 2006. Jerry Morgan and his son sang a song accompanied by their drum for the Grand Opening blessing.

The clinic is located on Hwy. 371 just adjacent to Food 'n' Fuel in Cass Lake, Mn. The office is open from 8:00 a.m. to 4:30 p.m. Monday through Friday for diabetes education, labs, and supplies. Since the nurse practitioner is not always in the office, full clinic services will be available only on Thursdays. Patients must be eligible at I.H.S. for full services. Those interested in prevention information, screening, or diabetes care can call 335-4511 or stop by to make an appointment.

Now Hiring!

Growing home Healthcare company has immediate opening for P/T to F/T RN case manager. Travel required. If you are looking for a fast paced, exciting and healthy work environment, contact Bobbi Smith at 218-335-8868 or 218-368-6621.

**NATIVE YOUTH
CRISIS HOTLINE
1-877-209-1266**

Tae Kwan Do

continued from page 1

decision to 'stick it out' even when times were hard. At the world Tae Kwan Do competitions that were held recently on November 11, 2006, at the Civic Center in Fargo, North Dakota, she took first place in her belt category. Ashley has already earned many of her different colored belts and she now currently holds a brown belt, one step before the black belt. No easy feat to accomplish, as there were 1,200 competitors registered for the daylong event. The entire family traveled to North Dakota to watch Ashley compete, including her elderly and proud grandparents, Lyman and Shirley White, also of Onigum, Mn.

Tae Kwan Do Grand Master Chang Moo Kwan and Great Grand Master Soon Bae Kim flew in from Korea to host the renowned competition. Soon Bae Kim is 78 years old and has been involved with the art his entire life.

Ashley warms up before practice using Korean numbers as she counts, as the sport requires. She can count up to 100 in the Korean language. She will also be required to learn the Korean terminology that she will use that is associated with Tae Kwan Do. She knows much of it already. Ashley's goal is to work her way toward completing her achievements of all ten degrees in black belts, which will take several years. When she completes this feat, she will then she will be considered a Grand Master. Marilyn says, "She probably won't reach that until she's about forty.

Ashley's mother, Marilyn, pays the \$45.00 a month and drives her to her practice every Tuesday and Thursday night in Walker, Mn to keep her daughter involved in this Korean martial art, and Ashley still has a long road ahead of her to achieve all of her black belt degrees. She will spend the next several months working toward achieving her first black belt. Even though the rules state that you must be at least 16 years old to obtain your first black belt, Tae Kwan Do Grand Master, Spencer Brandt, is taking exception to the rule for Ashley because of her strength, perseverance, and attitude,

and will allow her to test for it next year. Ashley said, "I will be able to try for it either in February or October of next year, that decision will be up to me, when I feel like I am ready to test for it."

Ashley first became interested in the martial art when she watched a demonstration of Tae Kwan Do six years ago during the Ethnic Fest event in Walker. She immediately signed up for classes and has now been in Tae Kwan Do training for six years.

Ashley's mother says, "It's really a positive thing, I wish more Native kids could get involved with this, but so many parents don't have the commitment." Ashley is in the 9th grade at the Walker/Akeley High School in Walker, Mn.

BUY LEECH LAKE PRODUCTS

The Leech Lake Band of Ojibwe offers several different products/amenities available for purchase. Why not put your hard earned dollar back into the Leech Lake economy? Leech Lake businesses include:

Che-We Mini Mart
in Cass Lake offers:
gas, c-store, wild rice, bait,
and gift shop.
218-335-8227

Che-We Supply in Cass Lake
offers business and office
products.
218-335-6101

Northern Lights Express
in Walker offers:
gas and a c-store
218-335-3100

Leech Lake Casinos, Hotels,
Restaurants & Gift Shops
218-335-7500
1-800-442-3909

The Dismantling of Tract 33 Old Park



The Weed and Seed Program, Leech Lake Ambulance EMT's, Youth Division Employees, and community members were among some of the group that helped to dismantle the old park located on Tract 33 in Cass Lake. After receiving a complaint from a resident parent about her child getting hurt at the playground, local organizations and concerned community members, along with the Sentence to Serve guys (pictured above), got together and tore the park down.

Photo by Patsy Gordon

DO YOU WANT TO BE HEALTHIER?

The Leech Lake
Healthy Heart Project is a program that helps Indian
people with Type 2 diabetes learn
how to prevent heart attack and stroke.

Education, case management
and medication instruction will help you lower your
risk factors.

Must be 18 years or older to participate.

Contact Erna, Vivian
or Karey at
218-335-4500
or

1-800-282-3389
Monday-Friday
8:00 a.m. to 4:30 p.m.

You will receive incentives
as you progress in
the project.

LEECH LAKE TRIBAL
COLLEGE
JOB OPENINGS
OPEN UNTIL FILLED

Vice President of Operations

Primary Function: Lead, manage and oversee all Finance, Information Technology, Human Resource, and Facilities Management operations of LLTC. **Requirements:** Graduate degree in business, finance or related field preferred; or a Bachelor's degree in a related field with other professional certification; demonstrated administrative experience.

**Director of Information
Technology**

Primary Function: The Director of Information Technology is responsible for overall management and direction of the I.T. department. **Requirements:** Bachelor's degree in computer science, networking and related technical skills along with supervisory experience.

Dean of Student Affairs

Primary Function: The Dean of Student Affairs directs activities related to a comprehensive college wide student services program. **Requirements:** A Masters degree in related field; departmental management and supervisory experience in higher education preferred.

Visit our website at www.lltc.org for more information. Send LLTC application and resume to: Human Resources Leech Lake Tribal College 6945 Littlewolf Rd NW Suite 210 Cass Lake, MN 56633. Contact Dawn Kingbird at dkingbird@lltc.org or phone 218-335-4289.

Leech Lake Tribal College		2007 Spring Session: 01/08/07 to 05/11/07				
Course Schedule		Admissions: (218)335-4254 or 4222				
		Financial Aid (218)335-4228 or 4224				
		Program Advising (218)335-4218 or 4225				
DAY CLASSES						
Dept	Course Name	Cr	Days	Begin	End	Instructor
ACCT101	Principles of Accounting I	3	T/Th	9:00 AM	10:20 AM	A Michiko
ANI100	Intro to Anish. Studies	3	T/Th	9:00 AM	10:20 AM	E Fleming
ANI290	AIHEC Knowledge Bowl	2	M/W	12:00 PM	12:50 PM	B Jourdain
ART100	Intro. to Traditional and Cont. Art	3	T/Th	02:30 PM	03:50 PM	D Goodwin
ART104	Moccasin Making	3	M/W	10:30 AM	11:50 AM	D Goodwin
ART108	Sculpture	3	M/W	01:00 PM	02:20 PM	D Goodwin
ART110	Oil Acrylic Painting	3	T/Th	01:00 PM	2:20 PM	D Goodwin
BIO102L	Biology II Lab	1	M	04:00 PM	4:50 PM	H Lueck
BIO200	EthnoBiology	3	T/Th	04:00 PM	05:20 PM	M Price
BIO204	Environmental Science	3	M/W	01:00 PM	02:20 PM	H Lueck
BIO210	Botany	3	T/Th	01:00 PM	02:20 PM	M Price
BIO210L	Botany Lab	1	T	02:30 PM	03:20 PM	M Price
BLTD112	Construction Estimating	2	Th	03:00 PM	04:50 PM	R Carpenter
BLTD210	Blueprint Reading II	2	T/Th	11:30 AM	12:20 PM	C Nason
BUS160	Human Resources	3	T/Th	01:00 PM	02:20 PM	A Michiko
BUS200	Business Research	3	M/W	02:30 PM	03:50 PM	A Michiko
BUS299	Independent Study/Intern	3	Arrange w/Instructor			A Michiko
CARP118	Interior Finish I	6	M/W/F	9:00 AM	03:20 PM	R Carpenter
CARP120	Exterior Finish	2	T/Th	01:00 PM	01:50 PM	R Carpenter
CARP124	Deck Construction	2	T/Th	02:00 PM	02:50 PM	R Carpenter
CARP226	Interior & Exterior Finishes	4	T/Th	10:30 AM	03:20 PM	C Nason
CS101	College Survival Skills	3	T, W, Th	12:00 PM	12:50 PM	D Fairbanks
CARP226L	Interior/Exterior Finishes Lab	6	M/W/F	9:00 AM	03:20 PM	C Nason
ECE112	Child Develop. Assoc. II	3	T	04:30 PM	07:20 PM	TBA
ECE130	Appropriate Environments	2	W	04:30 PM	06:20 PM	TBA
ECE240	Children, Families & Communities	3	Th	01:30 PM	04:20 PM	Jaci Crisman
ELEC120L	Residential Wiring	4	T/Th	9:30 AM	03:20 PM	R Schoeck
ELEC122	Electrical Services	3	T/Th	8:00 AM	9:20 AM	R Schoeck
ELEC124	Electrical Blueprints	3	F	8:00 AM	02:00 PM	R Schoeck
ELEC128	Electrical Circuit-Theory II Lab/Lecture	4	M/W	8:00 AM	12:20 PM	Schoeck/Torma
ENG096	Writing & Reading Skills	3	M/W	01:00 PM	02:20 PM	C Hanson
ENG101	English Comp. I	3	T/Th	9:00 AM	10:20 AM	C Hanson
ENG102	English Comp. II	3	M/W	01:00 PM	02:20 PM	E Fleming
HEA100	CPR/First Aid/Healthy Life.	3	M/W	01:00 PM	02:20 PM	Jon Crisman
HIS101	U.S. History	3	T/Th	9:00AM	10:20 AM	D Fairbanks
HIS150	History of Leech Lake	3	M/W	02:30 PM	03:50 PM	E Fleming
ITECH090	Computing Skills	3	T/Th	01:00 PM	02:20 PM	K Nipp
ITECH090	Computing SKills	3	M/W	01:00 PM	02:20 PM	R Blackburn
ITECH100	Intro to Computer Applications	3	T/Th	10:30 AM	11:50 AM	N Ourusoff
ITECH100	Intro to Computer Applications	3	T/Th	02:30 PM	03:50 PM	N Ourusoff
ITECH270	Web Design/Computer Graphics	3	M/W	01:00 PM	02:20 PM	N Ourusoff
ITECH299	Special Topics in Info. Technology	3	M/W	10:30 AM	11:50 AM	N Ourusoff
LE100	Physical Conditioning	3	T/Th	02:30 PM	03:50 PM	M Stiehm

LE220	Management and Supervision	3	T/Th	9:00 AM	10:20 AM	M Stiehm
MATH093	Basic Math Skills	3	T/Th	01:00 PM	02:20 PM	H Lueck
MATH094	Algebra Skills	3	M/W	01:00 PM	02:20 PM	K Nipp
MATH150	*College Algebra-Hybrid Online	4	M/W	04:00 PM	05:50 PM	K Nipp
	*Online course will meet 1 day on campus and 1 day online:					Computer Skills Necessary
MATH210	Pre-Calculus	3	T/Th	02:30 PM	03:50 PM	K Nipp
MUS105	Music Appreciation	3	T/Th	02:30 PM	03:50 PM	A Humphrey
MUS250	His. Anish. Music/Dance	3	M/W	02:30 PM	03:50 PM	B Tonce
OJI101	Speaking Ojibwe I	4	M, T, W, Th	9:00 AM	9:50 AM	B Jourdain
OJI101	Speaking Ojibwe I	4	M, T, W, Th	04:00 PM	04:50 PM	B Tonce
OJI102	Speaking Ojibwe II	4	M, T, W, Th	02:30 PM	03:20 PM	B Jourdain
OJI111	Speaking Ojibwe with Children	2	W	04:00 PM	05:50 PM	P Fairbanks
PHIL200	Am. Indian Philosophy	3	T/Th	02:30 PM	03:50 PM	E Fleming
PHY100	Physical Science	3	T/Th	10:30 AM	11:50 AM	H Lueck
PHY100L	Physical Science Lab	1	Th	9:00 AM	9:50 AM	H Lueck
SPCH201	Speech & Communication	3	M/W	02:30 PM	03:50 PM	R Blackburn
EVENING CLASSES						
Dept	Course Name	Cr	Days	Begin	End	Instructor
ANI100	Intro to Anish. Studies	3	M	05:00 PM	07:50 PM	D Fairbanks
ECE200	Preschool Curriculum	3	Th	05:00 PM	07:50 PM	Jaci Crisman
BIO102	Biology II	3	M	05:00 PM	07:50 PM	H Lueck
ENG102	English Comp. II	3	T/Th	05:00 PM	06:20 PM	B Jourdain
FN200	Food Safety	3	Th	06:00 PM	08:50 PM	R Johnson
FN200L	Food Safety Lab	1	Th	05:00 PM	05:50 PM	R Johnson
FN240	Contemp. Health Issues	3	W	06:00 PM	08:50 PM	R Johnson
ITECH100	Intro to Computer Applications	3	T	05:00 PM	07:50 PM	N Ourusoff
LE111	MN Selected Statutes	3	W	06:00 PM	08:50 PM	TBA
LE223	Controlled Substance: Ident. & Invest.	3	M	06:00 PM	08:50 PM	F Homer
LE225	Policing Tribal Lands	3	T	06:00 PM	08:50 PM	TBA
PSY220	Abnormal Psychology	3	W	05:00 PM	07:50 PM	R Szykowski
PLSC225	Treaty Law/Tribal Sover.	3	W	06:00 PM	08:50 PM	M Treuer
TA210	Tribal Administration	3	Th	06:00 PM	08:50 PM	M Garbow

'The Curse'

By Owen V. Beaulieu

If you are a boozer, in the end you will be a loser.
Keep on boozing, keep on losing.
The drug will mess with your brain and your life,
There will be a terrible strain then comes the pain.
Once hooked you will soon fry your brain
Whether it be crystal meth or cocaine.

If you go that way, your life will sway.
The dreams you had before you were lead astray
Like a wild wind from nowhere will blow these dreams away!

Like a burning ember that soon escalates
Into a raging fire out of control,
Like a curse, before it gets better, it will get worse.
Baby, we have to communicate and get our act together.
No! We must not hesitate to rid this addictive curse.

In my younger days, it was not meth or cocaine,
It was alcohol, like a praying mantis waiting to prey on my brain
With similar devastations, weapons, i.e.,
cravings, anxiety, depression and confusion.
No need to explain, I've been there,
Just trying to save you a lot of misery and pain.

Leech Lake Tribal Offices will be closed on December 25 & 26, 2006, for Christmas, and will close at 1:00 on December 29th and all day January 1 for New Years.

Have a Safe & Happy New Year



Cass Lake/Bena Indian Education Hold Annual Feast

Respected elder and Leech Lake Band member, Larry Aitken, hosted the annual Feast at the High School. Students from Cass Lake/Bena elementary, middle, and high school drummed and sang.

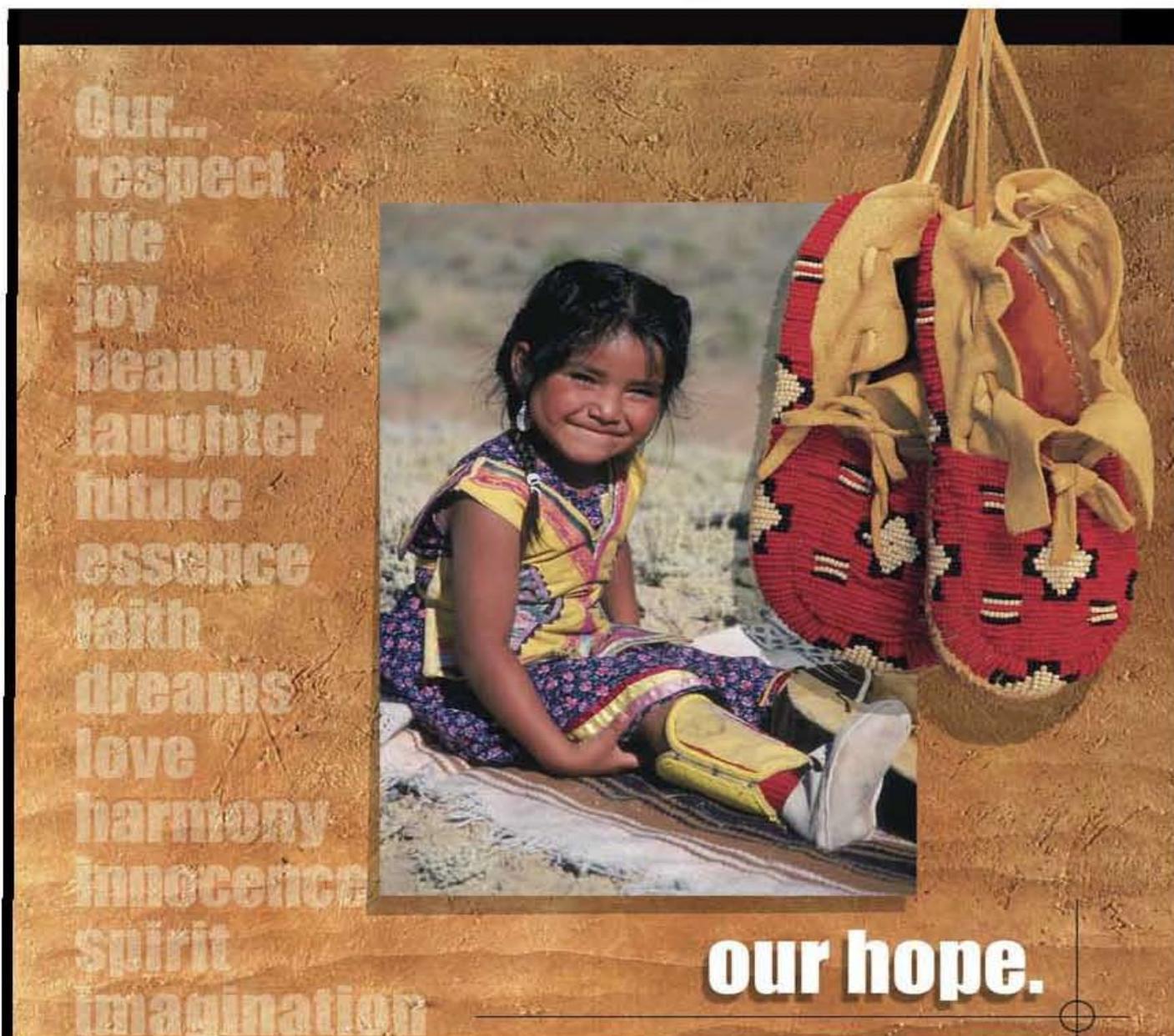
Following in the Ojibwe tradition, the drum used by the students was also feasted, because it was the first time it was ever used.

The meal of turkey, ham, wild rice, potatoes, fry bread, etc. was prepared by the staff, students and parents.

It Takes a Village:

How the Community Can Help Battered Mothers and Their Children

A Community Forum and Training



8:30am – 4:30pm

Featuring National Native leaders
in the work to
end violence against
Native women

**Keynote Presentation by
Sandy Davidson**

Anishinabe
Rural Technical Assistance
Coordinator, Praxis International
**The Resiliency Of Children:
Drawing from our
Indigenous Values**

Jeremy Nevilles-Sorell

Anishinabe
National Tribal Resource
Coordinator,
Mending the Sacred Hoop

Vicki Ybanez

Navajo/Apache
Executive Director,
Red Wind Consulting

**Panel with adult survivors of
domestic violence**

Community discussion

Lunch provided

Thursday

January 4, 2007

Shooting Star Casino
777 Casino Road,
Mahnomen, MN 56557

For more information and how
to register, contact:
Sherri Mitchell
D.O.V.E
Phone (218) 983-3285 x1325

*Our children
carry the lessons
from our
ancestors and the
hopes for our
future...*

Friday

January 5, 2007

Palace Palace Casino & Hotel
6280 Upper Cass Frontage Rd NW,
Cass Lake, MN 56633

For more information and how to
register, contact:
Sharon Finn
Leech Lake Family Violence Program
Phone: 218-335-8065