

# DeBahJiMon

A Publication of the Leech Lake Band of Ojibwe  
**Vol. XXI No. 12 April 15, 2007**

DeBahJiMon  
115 6th Street NW  
Cass Lake, MN 56633

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Brady Fairbanks signs his Letter of Intent as his mother Bonnie watches.

Photo by Patsy Gordon

## Champion Brady Fairbanks Signs with BSU to Play Basketball

By Patsy Gordon

Amongst some jovial ribbing and jokes between Brady Fairbanks and his high school classmates, Fairbanks signed his "National Athletic Letter of Intent" to join the ranks of Bemidji State University's basketball team. Seventeen year old Fairbanks is currently a senior at the Cass Lake Bena High School and will graduate next month.

Recently, Fairbanks and his teammates, the Cass Lake/Bena Panthers took home the 2nd place State Basketball Tournament trophy and red ribbons from the Minnesota State High School Leagues. They made all of us hometown fans so proud!

A faculty member from the CLB School at the signing said, "We are proud, we are all very proud!"

When asked what he was going to major in, Fairbanks said, "I am undecided at this point, I just want to concentrate on getting all my generals done first!" He said he chose BSU as the college of his choice because it is close to home and family, the school has a good coach and his friends can come and watch him play.

Fairbanks went on to say that, "the players there are tougher, stronger, faster and better shooters, but the spring training they will be put me through will get me ready to join them."

Fairbanks's brother, Leroy, and one of his coaches couldn't help but tease him a little during his signing. Leroy said, "I want this to go on record that he's scared about being on his own next year." Coach Mike Hanson said, "Yea, he'll have to cook his own mac."

The best of luck and best wishes to Fairbanks from the entire Cass Lake/Bena community.

You have made us proud and have done so well!

## Minnesota Tribes Seek Wild Rice Protection

Reprinted with permission from Don Davis, State Capitol Bureau



Leech Lake Tribal Chairman George Goggleye, Jr. Photo by Don Davis

Minnesota's Chippewa say wild rice is so important that the state needs to protect it from being contaminated by genetically modified rice.

"Wild rice is more important to us than you probably realize," Leech Lake Tribal Chairman George Goggleye Jr. on Tuesday told a Senate committee considering regulating genetically modified wild rice. "I urge the committee to honor the first people of this state by letting this pass."

"Wild rice is integrated in our lives," added Bois Forte Tribal Chairman Kevin Leecy.

The committee approved the bill, but the bill author said provisions could change by the time it reaches its next committee hearing. A similar bill is making its way through the House, authored by Assistant House Majority Leader Frank Moe, DFL-Bemidji.

For the past few years, attempts have failed to institute a moratorium

on genetically modified wild rice. This year's attempt would require a study of how modified wild rice would affect the environment, including other wild rice, before it could be planted in Minnesota. Several senators said the provision would have the effect of banning modified wild rice.

Researchers modify grain in laboratories to make it grow faster, resist pests or improve other properties. However, Chippewa members consider natural wild rice as a religious and cultural symbol, and say modifications are not acceptable.

About 60,000 acres of northern Minnesota waters contain wild rice.

Thomas Kelliher, representing the bioscience industry, said he fears that if the state requires an environmental impact statement for modified wild rice, the next step could be doing the same for other grains. Much of the state's soybean and corn crops are genetically modified.

Another bill opponent, lobbyist Phil Griffin, said if the bill becomes law he fears it would send a signal to biologists, who may think the state does not want them to work in Minnesota.

Richard Robinson, Leech Lake's natural resources director, said the bill is like ones that protected the bald eagle and wolf.

Bill author Sen. Satveer Chaudhary, DFL-Fridley, said he would consider debate during Tuesday's meeting and may change the measure before the proposal reaches its next committee hearing.

Sen. Steve Dille, R-Dassel, and other senators said they would prefer just making use of genetically modified wild rice illegal instead of requiring a study before any attempt to plant it.

Several witnesses told senators there are no efforts to genetically modify wild rice, but bill supporters said protection is needed now so it doesn't happen.

## LL Tribal College Students Honored

### Nicole Beaulieu



Nicole Beaulieu has been named a recipient of a \$500 scholarship from the Spirit of Sovereignty Foundation.

Recipients are chosen primarily on their accomplishments and contributions within the American Indian Community while attending college, but Nicole has also distinguished herself as an outstanding scholar. She is an honor student at LLTC and is listed in the 2007 Who's Who Among Students in American Junior Colleges.



### Amanda Burnette



Amanda Burnette has been named LLTC's Student of the Year, and is the recipient of a \$1000 scholarship from the American Indian Higher Education Consortium (AIHEC). Amanda is actively involved in community activities, including the Indigenous Environmental Network and a wild rice project sponsored by Purdue University. She was named to the Dean's List for the Fall '06 semester at LLTC, and is listed in the 2007 Who's Who Among Students in American Junior Colleges.

### Dawn Farr



Dawn Farr has been named to The National Dean's List 2007, a prestigious award received by only 1/2 of 1% of our nation's college students. She was named to the President's List (4.0 GPA) for the Fall '06 semester, and is listed in the 2006 Who's Who Among Students in American Junior Colleges. Dawn was also a member of the cast that took second place in the Playwriting competition at the annual AIEHC Student Conference in Rapid City, SD.



### Leech Lake Tribal College

April 17, 2007  
Drum Room/ B Wing  
4:00pm – 8:00pm

Please bring a copy of your  
2006 income.

For questions contact:  
Barb 218-335-4224  
Lisa 218-335-4228

### PUBLIC HEARING

LEECH LAKE EARLY CHILDHOOD  
DEVELOPMENT  
CHILD CARE DEVELOPMENT FUND

Tuesday, May 8, 2007  
10:00 a.m. – 3:00 p.m.

Palace Casino & Hotel,  
Cass Lake, MN

The Leech Lake Reservation community is invited to attend a Public Hearing to provide feedback to the Leech Lake Early Childhood Development program for activities provided through the Child Care Development Fund (CCDF).

#### Some of the activities include:

- \*Dik-in-aa-gan Child Care Center
- \*Onigum Early Childhood Center
- \*Bena Early Childhood Center
- \*Child Care Subsidy Program
- \*Child Care Provider Support Programs

Please contact Becky Littlewolf  
at 1-800-551-0969 or  
(218) 335-8257 for further  
information.

### 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 or 1-800-442-3909

Memorial Day in the May 15th issue will be observed in the Debahjimon with photos of loved ones that have passed on. Anyone interested in putting a deceased family members name, photo, and dates of birth and death or a small tribute to them are welcome to send them in.

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Leech Lake Band of Ojibwe  
115 6th Street NW  
Cass Lake, MN 56633

### DeBahJiMon

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4,300 published monthly.

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Deadline for May 1st issue is April 25, 2007.

## Minnesota Tribal Resources for Early Childhood Care (MnTRECC) Scholarships for FFN Caregivers Available

Scholarship funds are available to attend the White Earth Brain Development Conference.

### Who are Family, Friend & Neighbor Caregivers?

- FFN Caregivers are individuals who are not a licensed family child care home that care for your children while parents are working, looking for work or attending school.
- They are a part of your extended family, neighborhood, or circle of friends.

### Eligibility Requirements: Caregiver does not need to meet all criteria

- Must be an unlicensed child care provider (FFN) who receives subsidy payments through a tribal child care program.
- Must be an unlicensed child care provider (FFN) who is caring for children enrolled in a tribal Head Start or ECFE program.

Our funds will be used as a scholarship to attend the White Earth Brain Development Conference at the Shooting Star Casino in Mahnomen, MN on August 8-9, 2007. For more information on the conference log on to: <http://www.whiteearthchildcare.com/conference.htm>.

We will have scholarship applications available from April 1-30, 2007. Scholarships will include, the two day registration fee and hotel expenses for two nights lodging at the casino, not to exceed \$60 per night.

To request an application, contact your local tribal child care program or Ann Cloud at 1-800-551-0969. You can also download an application from the MnTRECC website at [www.mntrecc.net](http://www.mntrecc.net).

If you have further questions, or need help filling out the application, please don't hesitate to call.



We offer Office, Janitorial and Paper supplies. We are in our new location (the old Che We restaurant area) and welcome walk-in customers.  
335-6101

## Being Active Keeps Your Heart Healthy

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

In our great grandparent's generation, there was not much heart disease. This is because people were so physically active. They worked outside to grow, herd, hunt and gather their food. They chopped wood and hauled water. They walked or ran most places. They danced and played running games.

Today, we drive cars instead of walking. We sit at desk jobs. We sit in front of televisions. Instead of hunting and gathering, we buy food already prepared at the grocery store. Instead of physical activity being part of our everyday lives, we have to make time for physical activity.

While our lives today are easier in many ways, our hearts are suffering. Physical activity helps to strengthen our heart muscles. It lowers our blood pressure and our blood cholesterol, which reduces our risk for heart disease. Physical activity helps us keep our weight at a healthy level, which also reduces blood pressure, blood cholesterol and the risk of heart disease.

Physical activity also relieves stress and makes us feel better. Physical activity actually releases chemicals in our brain that combat depression. Besides, many kinds of physical activity are fun! Walking, dancing, and playing basketball give us social time with our friends and family. So, why don't we turn off the television and go outside to play?

Sometimes, it is just a matter of changing habits. Can you walk to the store instead of driving a car? Can you park your car further from the store so that you walk a little more through the parking lot? Can you get up from the couch to get something you need, rather than asking your child to bring it to you?

Just 30 minutes a day of physical activity can reduce the risk of heart disease. This does not have to be all at one time. It can be for 10 minutes three times a day. Any activity is better than no activity. Walking is the easiest way to start exercising. You can do it at almost any age. You can do it when you are in almost any shape. You don't need any special equipment. It does not cost anything. You can do it almost any time and any place. It almost never causes injuries. You can do it with other people, including your children. You don't need a babysitter.

To benefit from walking, you should feel your heart beat faster than usual. You can start slow and build up to walking faster, further and for a longer time. Our Indian dances and games are also great ways to strengthen our hearts. We are not only keeping our culture and spirituality alive, but we are also reducing our risk of heart disease.

In this monthly column, I will be sharing other ways to reduce your risks for heart disease. Also, you can call me at 335-4500 if you want more information about heart disease and how you can get involved to strengthen the heartbeat of our community.

## Missing Red Lake Boys Found Dead.

By Patsy Gordon

After missing for nearly 6 months, 4 year old Avery Stately, and 2 year old Tristan White have been found dead.

They were found encased in ice in a nearby lake located just a half mile from their home. They reportedly had wandered one day late last fall onto the lake where they had been intrigued by a beavers house. Both boys fell through thin ice and drowned.

Bloodhounds were unable to pick up their scent last fall, but as soon as the snow and ice started to melt, the bloodhounds tracked their scent immediately the day they were found.

## 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, May 22, 2007, at 2:00 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 22nd day of March, 2007. Korey Wahwassuck, Chief Judge of Tribal Court.

<u>Defendant</u>	<u>Case No.</u>	<u>Reason</u>
Gary William Allen	TR-99-36	Failure to pay default judgment fine ordered on February 15, 2000
Joseph Anthony Bowstring	TR-99-39	Failure to pay default judgment fine ordered on January 18, 2000
Annette Marie Day	TR-99-11	Failure to pay default judgment fine ordered on March 19, 2004
Venessa Marie Deegan	TR-99-38	Failure to pay fine ordered on December 3, 1999
James Raymond Elmberg	TR-02-490	Failure to pay reinstated default judgment fine ordered on July 14, 2006
Evelyn Elaine Evans	TR-99-08	Failure to pay fine ordered on May 24, 1999
Salina Kay Goodwin	TR-06-49	Failure to pay fine ordered on June 29, 2006
Steven Cameron Humphrey	TR-06-40	Failure to pay default judgment fine ordered on December 27, 2006
April Lynn Hurd	TR-06-135	Failure to pay reinstated fine order on January 2, 2007
Vanessa Bernice Jones	TR-06-54	Failure to pay fine ordered on September 19, 2006
William Lewis Jones	TR-99-12	Failure to pay balance of fine ordered on August 19, 1999
Danielle Irene Keezer	TR-03-634	Failure to pay default judgment fine ordered on January 24, 2004
Maureen Rae Moose	TR-01-269	Failure to pay default judgment fines

Justin Michael Seelye	TR-02-463	ordered on August 28, 2001, March 24, 2003, August 24, 2003, and June 15, 2004
Shawn Lee Sherer-Nason	TR-02-413	Failure to pay fines ordered on November 20, 2002, and November 20, 2006
Jessica Marie Staples	TR-99-30	Failure to pay default judgment fine ordered on July 16, 2002
Ronald Duane Staples	TR-99-32	Failure to pay default judgment fine ordered on April 21, 2000
Jonathan Lee Wakonabo	TR-02-405	Failure to pay default judgment fine ordered on May 24, 2004
Ronald Dwayne White, Sr.	TR-06-136	Failure to pay default judgment fine ordered on June 18, 2002
Ronald Dwayne White, Sr.	CN-06-12	Failure to pay fine ordered on January 18, 2007
		Failure to pay fine ordered on January 18, 2007

## 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, May 15, 2007**, 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 26th day of March 2007.

<u>Defendant</u>	<u>Case No.</u>	<u>Charge and Date</u>
Shannon Marie Fairbanks	TR-06-158	No Driver's License Driving After Revocation/ Suspension Occurring On: 10/19/2006
Natasha Mary Fox	TR-07-017	Driving After Revocation/ Suspension Occurring On: 12/25/2006
Justin Rodney Howard	TR-99-010	No Valid Driver's License Occurring On: 5/29/1999
Rodney Jerome Johnson	TR-07-024	Speeding in Excess of 10 mph over the limit Occurring On: 12/24/2006
David Emmanuel Jones	TR-07-011	Driving After Suspension/ Revocation Occurring On: 9/12/2006
Debra Lynn Jones	TR-06-191	Failure to Show Proof of Insurance

Vanessa Bernice Jones	TR-06-152	Driving Contrary to Restrictions on DL/Permit Equipment Violation Occurring On: 11/12/2006 Driving After Suspension/Revocation Occurring On: 8/28/2006
Earth Marie Matthews	TR-99-044	Speeding in Excess of 10 mph Over the Limit Driving with out a Valid Driver's License Occurring On: 10/30/1999
Maureen Rae Moose	TR-07-010	Motor Vehicle Insurance-Owner No Driver's License Open Bottle Occurring On: 10/28/2006
David Allen Morgan	TR-07-033	Driving After Revocation/Suspension Careless Driving Occurring On: 11/12/2006
Isaac Paul Raisch	TR-07-028	Motor Vehicle Insurance-Owner Occurring On: 1/4/2006
Justin Michael Seelye	TR-02-463	Failure to show Proof of insurance No Valid Driver's License Occurring On: 4/20/2003
Brandon Wayne White	TR-06-196	Motor Vehicle Insurance-Owner Driving Occurring On: 11/30/2006
Judith Ann White	TR-01-320	Driving After Revocation/Suspension Occurring On: 6/12/2001
Ronald Joseph Staples	TR-99-32(A)	Speeding in Excess of 10 mph Over the Limit Occurring On: 12/6/1999

## Lake Bemidji Water Quality A Concern

Lake Bemidji looks bright and inviting, attracting area residents and visitors alike to boat, fish and swim and to attend festivals in Library Park and at Lake Bemidji State Park. What if new kinds of pollution threaten the water in this river-fed lake, home to the first city on the Mississippi River?

Lake Bemidji's water quality is key to the quality of life of the greater Bemidji region. On Saturday, April 21, the public is invited to a forum to consider Lake Bemidji water issues. The forum is scheduled from 10 a.m. to 2 p.m. at the Beltrami Electric meeting room, 4111 Technology Dr., N.W. Reservations are required and can be made by calling Dr. Lois M.

Kruger, (218) 751-3366, or mailing a check made out to "LWVBA" to Dr. Kruger; 3900 Irvine Ave., #749; Bemidji, MN 56601. Reservations are \$10 and include lunch.

Heiko Schoenfuss, director of St. Cloud St. University's Aquatic Toxicology Laboratory, will discuss implications of a "hot spot" identified in the Mississippi River between Lake Irving and Lake Bemidji. Dr. Schoenfuss testified in January before members of the Minnesota Legislature that new kinds of water pollutants are causing fish in such locations as Bemidji's "hot spot" to have both male and female sexual characteristics.

Jim Hodgson, Minnesota

### 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 welfare of the Child(ren) of:

Anndrea Goggleye and  
Gary Keezer, Parents.

**ORDER FOR LEGAL  
PUBLICATION**

**CASE NO. CP-06-25**

**YOU ARE HEREBY NOTIFIED** that on January 29, 2007, a Petition to Transfer Permanent Legal Custody and Physical Custody of K.K., DOB: 06/16/2004, and K.K., DOB: 06/01/2005, was filed with the Leech Lake Tribal Court regarding the children of the above-named parents. On March 7, 2007, the Leech Lake Tribal Police attempted personal service of the above-referenced document on Gary Keezer, and on March 12, 2007, an Affidavit of Not Found Un-Served Process was filed with the Court. A **Default Hearing** has been scheduled for **Monday, May 14, 2007, at 2:00 p.m.**, in the Leech Lake Tribal Courtroom located in the Leech Lake Facility Center, upper level, 16126 John Moose Drive NW, Cass Lake, Minnesota.

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 children. 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 against you.

**IT IS SO ORDERED** this 3rd day of April, 2007.

Anita Fineday, Judge of Tribal Court

Pollution Control Agency planner; Rita Albrecht, Bemidji assistant city planner; Brian Freeberg, Bemidji city engineer; and Jeff Hrubes, Board of Water and Soil Resources, will discuss Lake Bemidji water quality. They will include in their discussion how state and local managers address water quality issues now and how they plan to address water quality challenges as these present themselves in the future.

Bob Shimek of the Indigenous Environmental Network (IEN) will also speak about water and its importance in the web of life. Shimek is IEN's Special Projects Coordinator, overseeing projects addressing toxics/dioxin, mercury, endangered species, biodiversity, and energy and forest issues.

The League of Women Voters of the Bemidji Area is sponsoring the April 21 forum. The sponsorship grew out of the local League's reading of a League of Women Voters of Minnesota

study of the Minnesota Pollution Control Agency (MPCA). The study assesses how well the MPCA addresses its statutory mission "to reduce the amount of pollution that is emitted in the state" and whether it practices "good government" in carrying out its mission. The League considers good government to include:

- Decisions made on solid, objective evidence;
- Equitable application of regulations, without regard to politics or economics;
- Access to decision making for the public; and
- Open and accountable decision-making process.

The study concludes that the MPCA has a difficult mission, with many constraints, little consensus, and very high stakes. The Bemidji League elected to conduct a Lake Bemidji water quality forum with the MPCA to help the community understand the current condition of this important local resource.

## Let's Develop a Business Project.

What are the ingredients of a successfully business development project?

Wow, I didn't think it was such Hard Work!

By John Herrera, Business Development Director

Often people observe the opening of a new business with different points of view. In general, people are not aware of the extensive amount of work that goes into a new business project. This article will attempt to help the reader understand the process that takes place in a new business start-up. The first phase is recognition of a business opportunity. In the case of the Shingobee Project a former restaurant located on Leech Lake looked like a great opportunity. Upon closer inspection the site was in fact in a great location perhaps the best on the lake and highway 371/200 however, it struggled to make money.

Case in point, even with a great location unless you have the right management projects will run into trouble. To make it work the next needed ingredient and perhaps the most difficult had to be addressed.

The selection of a key person to run such an operation calls for someone with experience, education and the ability to take something from a raw idea and bring life to it as a new business. Fortunately, a manager was identified with extensive previous experience, education and who had been through the start-up cycle with his own business. The manager in this case is key to putting the right assumptions together in formulating a business plan. All of the assumptions involved with operations begin with the process of defining the capacity of the building, the needed furnishings, equipment and working capital. This leaves the issue of what construction will cost.

In the case of the Shingobee

Project a construction manager was identified and that person joins the team to run through the required process of selecting an architect and contractor then overseeing the construction. This process will identify where and how much will be needed in order to complete construction, build additions and improve the site around the building.

Simultaneously, the issue of finance is dealt with. In other words, how much will the project cost and where will it be paid from? Fortunately, in the case of the Shingobee Project it will be the second year recipient of one million dollars being invested over three years by the Shakopee Community to assist Leech Lake in building it's non-gaming business base. Now the balancing act starts, in other words the project must be made to fit the available investment dollars. In order to get to this number we subtract the projected non-construction assumption from the available investment dollars this leaves what can be used for construction. The project is at this stage currently. Once initial the plan is approved the project can begin physically.

This by no means is the end of story. At the same time the above process is happening there are many many operational issues being addressed. The human resources division (HR) is helping with job descriptions to match the projected staffing requirements. HR will also be involved in the hiring and orientation of new employees.

The Department of Resource Management will be involved with granting permits for construction, well/septic and dock usage at the site. Legal will be involved at various stages in the process to assist with such issues as permitting and contracts. Gaming is involved with of building condition and transfer related issues.

The auditing group will be involved with assisting management with issues involving cash controls such as the point of sale equipment,

daily reporting, inventory control and other related issues. The accounting office will be included in order to assist with setting up a chart of accounts and other steps in preparation for the actual operations. Security has already given input on cameras and parking lot lighting. And the list goes on... The constructive input provided by all of the Leech Lake team will make for a better and more successful project!

### *Employment Opportunities*

#### DEVELOPMENT

C-Store Cashier  
(Cass Lake & Walker Locations)

#### EDUCATION

Sr. Youth Activity Coordinator  
(Onigum Area), 04/13/07  
Teacher Assistant  
Sr. Youth Activity Coordinator  
(Bena Area)  
Outreach Coordinator  
(Early Childhood)

#### HEALTH DIVISION

Fitness Assistant/Office Manager,  
04/13/07  
Mid-Level Primary Care Provider

#### HUMAN SERVICES

Outpatient CD Counselor  
(For Adolescents)

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

LEECH LAKE PREFERENCE APPLIES

**HOW TO APPLY:** Interested parties may come to the Human Resources office for an application and disclaimer or an application/disclaimer can be downloaded from our website at [www.llojibwe.com](http://www.llojibwe.com). Completed applications can be faxed to (218) 335-3697, emailed to [LLhumanresources@Llojibwe.com](mailto:LLhumanresources@Llojibwe.com), OR mailed in to ATTN: Human Resources, 115 Sixth Street NW, Suite E – Cass Lake, MN 56633. All application materials MUST be received no later than 4:30pm on the closing date or they will not be accepted. Call 1-800-631-5528 or (218) 335-3698 for further information.

## HELP WANTED

Western Bank in Cass Lake is seeking a qualified person to fill a FT Customer Service Representative. This position is responsible for providing quality customer service, identifying customer needs and referring customers to appropriate staff for assistance. This position performs routine operational duties, handles loan administration, and provides administrative support to Bank Officers.

Previous experience in banking helpful (consumer lending) or some college in business curriculum preferred, but a minimum of a high school education required. Previous customer service experience required. Applicants must have strong communication, interpersonal and business writing skills.

If interested, please forward your resume to: Vice President/Cashier, PO Box 120, Cass Lake, MN 56633 or stop by to complete an application at 210 2<sup>nd</sup> Street in Cass Lake. Western Bank is an Equal Opportunity Employer and encourages all interested parties to apply.

## GREAT RIVER PIZZERIA

### NOW OPEN!

Come and join us or call ahead for pickup! (218) 339-7609  
Pizza, Pasta, Subs, Salads,  
And more!!!  
Open: Tues – Thurs.  
11 a.m. – 8 p.m.  
Fri. & Sat.  
11 a.m. – 9 p.m.  
Located at 2nd Street & Grant Utlej  
Avenue in Cass Lake

Memorial Dinner for  
*Kiarra Marie  
Johnson-Downwind*  
April 28, 2007  
1:00 p.m.  
Winnie Dam  
Community Center  
Bena, MN

## Obituaries

**Erin Elaine Fairbanks/Rossbach**  
Waa Waa Tey Iwke (Meaning, Northern Lights Woman); Clan, Makwa

Erin Fairbanks/Rossbach, age 21, from Bemidji, Minnesota, died on March 30, 2007 in Fargo, North Dakota. Erin was born on November 4, 1985 in Minneapolis, MN.



She is survived by her husband, Brandon; infant daughter, Amira Erin Rossbach; parents, John M. Fairbanks and Tammy L. White; brothers, John, Dave, Tyrone, Dion and Jesse Fairbanks; sisters, Stephanie, Samantha and Hazen Fairbanks; Maternal grandparents, Joseph and Lucille White.

She was preceded in death by her paternal grandparents, Albert and Lucille Fairbanks; cousins, Duane Meat and Jamie Nason.

Visitation was held on April 1, 2007 at the Ball Club Community Center and continued until the time of the funeral service. The funeral was held on April 3, 2007 at the Ball Club Community Center, Ball Club, Minnesota.

Erin was born in Minneapolis, MN and raised in Ball Club and Bemidji. She attended school in Bena, Deer River and Bemidji. She married Brandon J. Rossbach on January 2, 2004 and they lived in Bemidji. Erin worked at Neilson Place as a CNA. She liked to do outdoor activities and spending time with her family and friends. Erin gave birth to a beautiful girl on March 27, 2007.

Burial took place at the Fairbanks-Meat Burial Grounds, Cass Lake, Minnesota. Funeral arrangements were handled by Carroll Funeral Home, Deer River, Minnesota.

**Native Youth Crisis Hotline**  
1-877-209-1266

### Leech Lake Tribal Council Special Meeting February 16, 2007 Cass Lake, Minnesota

Acting Chairman Lyman Losh called meeting to order at 11:10 a.m.

Present: Arthur LaRose, Robbie Howe, and Donald Finn. Absent: George Gogleye, Jr. was excused.

Motion by Robbie Howe, second by Arthur LaRose to approve the Agenda. Carried 3-0.

Old Business:

Motion by Robbie Howe, second by Arthur LaRose to approve the minutes of February 12, 2007. Carried 3-0.

New Business:

Tribal Council Resolutions:

Motion by Donald Finn, second by Robbie Howe to approve Tribal Council Resolution No. **2007-112** Authorizing the Addictions and Dependencies Program to Establish Satellite Outpatient Treatment Services and Authorize the Licensing of those Treatment Services. Carried 3-0.

Motion by Robbie Howe, second by Donald Finn to approve Tribal Council Resolution No. **2007-113** Authorizing the Addictions and Dependencies Program to establish an Adolescence Outpatient Treatment Services/Program and Authorize the Licensing for the Adolescence Treatment Programs to Include Satellite Programs. Carried 3-0.

Motion by Robbie Howe, second by Arthur LaRose to approve Tribal Council Resolution No. **2007-114** concerning State Licensure to Teach Ojibwe Language, History and Culture. Carried 3-0.

Motion by Arthur LaRose, second by Donald Finn to adjourn at 11:20 a.m. Carried 3-0.

I DO HEREBY CERTIFY that this is a true record of the Leech Lake Band of Ojibwe, Special Meeting, held on February 16, 2007 at Cass Lake, Minnesota.

Arthur LaRose, Secretary/Treasurer  
Leech Lake Band of Ojibwe

### Leech Lake Tribal Council Special Meeting March 13, 2007 Cass Lake, Minnesota

Chairman George Gogleye, Jr. called meeting to order at 11:14 a.m.

Present: Arthur LaRose and Lyman Losh. Absent: Robbie Howe and Donald Finn were excused.

Motion by Lyman Losh, second by Arthur LaRose to approve the Agenda. Carried 2-0.

New Business:

Tribal Council Resolutions:

Motion by Lyman Losh, second by Arthur LaRose to approve Tribal Council Resolution No. **2007-121** Requesting the Bureau Indian Affairs to Update the Indian Reservation Road (IRR) Inventory System. Carried 2-0.

Motion by Lyman Losh, second by Arthur LaRose to approve Tribal Council Resolution No. **2007-122** Requesting the Bureau Indian Affairs to Update the Roads-USFS. Carried 2-0.

Motion by Lyman Losh, second by Arthur LaRose to approve Tribal Council Resolution No. **2007-123** Requesting the Bureau Indian Affairs to Update the Roads-Townships. Carried 2-0.

Motion by Lyman Losh, second by Arthur LaRose to approve Tribal Council Resolution No. **2007-124** Authorizing the Comprehensive Land Use Enforcement. Carried 2-0.

Motion by Lyman Losh, second by Arthur LaRose to adjourn at 11:23 a.m. Carried 2-0.

I DO HEREBY CERTIFY that this is a true record of the Leech Lake Band of Ojibwe, Special Meeting, held on March 13, 2007 at Cass Lake, Minnesota.

Arthur LaRose, Secretary/Treasurer  
Leech Lake Band of Ojibwe

### Leech Lake Tribal Council Special Meeting March 5, 2007 Cass Lake, Minnesota

Chairman George Gogleye, Jr. called the meeting to order at 9:15 a.m.

Present: Arthur LaRose, Robbie Howe, Lyman Losh, and Donald Finn.

Motion by Donald Finn, second by Lyman Losh to approve the Agenda with two additional items. Carried 4-0.

Old Business: Motion by Lyman Losh, second by Donald Finn to table the minutes of February 16, 2007. Carried 4-0.

Motion by Robbie Howe, second by Lyman Losh to approve Tribal Council Resolution No. **2007-118** concerning Note #6683191 & Assignment of Time Savings Certificate #75895 at the First National Band of Bemidji. Carried 3-0, and 1 silent – Donald Finn.

New Business:

Tribal Council Resolutions:

Motion by Robbie Howe, second by Donald Finn to approve Tribal Council Resolution No. **2007-119** Authorizing the Indian Child Welfare Program Land Lease. Carried 4-0.

Motion by Lyman Losh, second by Robbie Howe to approve Tribal Council Resolution No. **2007-118** Authorizing the Indian Child Welfare Implementation Plan. Carried 4-0.

Motion by Robbie Howe, second by Donald Finn to approve Tribal Council Resolution No. **2007-120** Authorizing the FY'07 Drug Court Discretionary Grant Program Application. Carried 4-0.

Other: Discussions held regarding: Planning & Economic Development, Early Childhood, Audrey Thayer and Daniel Curry were not present.

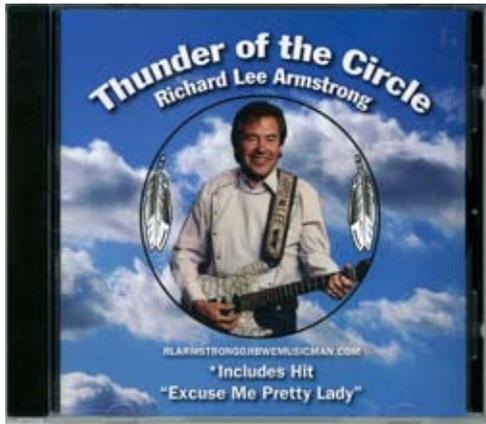
Motion by Robbie Howe, second by Donald Finn to support any Leech Lake Band of Ojibwe Employee that Attends the Blandin Leadership Program. Carried 4-0.

Motion by Robbie Howe, second by Donald Finn to approve the re-establishment of the Leech Lake Pow-Wow Committee, and each RBC member shall Appoint Two Members to the Committee, and the Selection of a Pow-Wow Coordinator. Carried 4-0.

Motion by Robbie Howe, second by Lyman Losh to adjourn at 11:25 a.m. Carried 4-0.

I DO HEREBY CERTIFY that this is a true record of the Leech Lake Band of Ojibwe, Special Meeting, held on March 5, 2007 at Cass Lake, Minnesota.

Arthur LaRose, Secretary/Treasurer  
Leech Lake Band of Ojibwe



## Richard Armstrong Releases CD After Surviving Massive Heart Attack

Richard Lee Armstrong, Ojibwe music man, is an enrolled member of the Minnesota Chippewa Tribe. Richard was born Feb. 4, 1943 on the Leech Lake Indian Reservation. His father was Everette J. Armstrong who was killed while serving in the Army Air Force during WWII when Richard was one year old. His mother was Virginia S. Fairbanks.

Richard's music has been dubbed country boogie woogie, a blend of classic country, old time rock n' roll, and Native American, which makes it very unique.

Richard wrote and sings on all 10 original songs, plays rhythm guitar, bass guitar, lead guitar, and the Native drum on all songs in the selection except, "Excuse Me Pretty Lady," and "Congratulations." The Fleshman are the back up group. "Beyond the Blue" features Lacy Armstrong on back up, and in the piece "Landlord," Reba Armstrong also sings back up. Any screeching that you may hear in this collection is a contribution from Richard's grandchildren, Tyra and Isabella (The Hipriders). He sends out a special thanks to everyone who helped make his collection.

"Thunder of the Circle" was written after Richard had a massive heart attack, medically died nine times,

and was in a coma for 18 days.

A half-hour before they were going to pull the plug to his life support, Richard regained consciousness. During this experience he saw the light, heard the music, took the walk, and came back again to share the "Thunder of the Circle," with everyone.

Because of a weak heart and diabetes, he has lost five toes on his left foot and most of his foot on the right.

He would like to thank Dr. Ung for saving his legs. The sun, the moon, the earth, four seasons, night and day, life and death, man and women, what we think, say and do all follow the circle. It is your choice what drum you choose to dance to. What comes around goes around.

Check his webpage for information on any song in his collection at [www.rlarmstrongojibwemusicman.com](http://www.rlarmstrongojibwemusicman.com).

## Cooking and Eating to Lower Your Cholesterol

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

In the last article, I wrote about measuring the cholesterol in your blood. High blood cholesterol raises your chances of heart disease, which can lead to heart attacks and strokes. While cholesterol is in your blood, it is also in the food you eat. We call this dietary cholesterol. Scientists have found that if we eat a lot of saturated fat and cholesterol, we are likely to have high blood cholesterol.

Saturated fat is a kind of fat that is found mostly in foods that come from animals. Usually, you can see this fat on the food. Try to pick meats that have less fat, like round or low fat ground beef. Avoid the high fat meats like chuck, ribs, sausage and bacon.

You can reduce the amount of saturated fat you eat by cutting the fat off meat before cooking and

throwing it away. If you are cooking ground beef, pour off the fat and rinse the cooked ground beef in hot water before using it in your recipe. Take both the skin and fat off of chicken, turkey, ducks and other birds before you cook them. When making soups, stews or gravies, cool them then skim the fat off the top.

Fat free milk gives you all the nutrition of whole milk without the cholesterol and saturated fat. It is easy to substitute dairy products made with fat free milk. Try frozen yogurt instead of ice cream; low fat, plain yogurt instead of sour cream; and cheeses made with fat free milk. Soft margarine or vegetable oil should be used instead of butter or lard.

Dietary cholesterol is found only in animal products. Egg yolks and organ meats are high in cholesterol and should only be eaten in small quantities. Limit yourself to no more than four egg yolks in one week. Egg substitutes are available that have no cholesterol. Because mayonnaise is made with eggs, it is high in cholesterol (as well as fat). Look for low fat or fat free mayonnaise, or skip the mayonnaise on sandwiches and use mustard instead.

It is easy to reduce the saturated fat and cholesterol that you consume! Instead of bacon and eggs for breakfast, try cereal with fat free milk and fruit. If you really can't give up the bacon and eggs, try low-fat turkey bacon and scrambled eggs made from an egg substitute. Try oven bread instead of fry bread or eat fry bread on special occasions only. Instead of snacking on chips or French fries, eat an apple or a peach. Or, try the fat free chips or chips that are baked instead of fried. Many delicious foods do not have any cholesterol or saturated fat. These include fruits, vegetables, grain, and cereals.

When you make changes for your self, you can also help your whole family by preparing foods that are lower in cholesterol and saturated fat. Everyone will reduce their risk for heart disease.

In this monthly column, I will be sharing other ways to lower your blood cholesterol. Also, you can call me at 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: Being Active Keeps Your Heart Healthy.

## CALL FOR VISUAL ARTISTS

**"Artists of North Central Minnesota" Regional Brochure – 3<sup>rd</sup> Edition**

The Arts Marketing Program of the Region 2 Arts Council is calling for visual artists from Beltrami, Clearwater, Hubbard, Lake of the Woods and Mahnomen Counties to apply for inclusion in the third "Artists of North Central Minnesota" brochure.

The brochure serves as a positive marketing tool for visual artists from Region 2. Marley Kaul, a widely respected and highly sought out visual artist from Bemidji says, "Being included in the Region 2 brochure of artists has resulted in studio visits and sales that would otherwise not have happened. This type of exposure to potential art buyers and museum curators is extremely helpful." Jay Jones, a well-known visual artist from Puposky, remarked, "at a glance it represents the depth and diversity of artists in Northern Minnesota."

Previous brochures have been welcome outside the region and provided the artists more opportunities for promotion of their work. Approximately 35 artists will be featured in the next brochure. We anticipate printing at least 3,000 brochures so the opportunity for many eyes to see the work of Northern Minnesota Artists is great!

If you are interested in applying for juried inclusion in the brochure, please call the Region 2 Arts Council at 218-751-5447 or 1-800-275-5447 or email R2AC at [r2ac@paulbunyan.net](mailto:r2ac@paulbunyan.net) to request guidelines and an application. The deadline for application is May 10, 2007. An entry fee of \$20 must accompany your application.