DEBAHJIMON

April 2017 | Vol. XXXIII No. 8

DOT Grant

Page 2

The Leech Lake Band receives nearly \$1 million to improve public safety on tribal roads.

Invasive Species

Page 5

Leech Lake Division of Resource Management releases Interim Invasive Species Regulations for 2017.

Wild Rice

Page 14

A USDA grant has opened the doors for Leech Lake Wild Rice to enter the global market

PRSRT STD
US POSTAGE
PAID
BEMIDJI, MN

MN House Attempts to
Bypass Regulators on Line 3
Replacement

Cass Lake, MN- Leech Lake Band of Ojibwe District III Representative LeRoy Staples Fairbanks III issued the following statement regarding House Amendment A38, which amended a jobs and energy bill to allow Enbridge Energy to bypass regulators.

The amendment from the Republican controlled House, would remove Minnesota Public Utilities Commission oversight on pipeline replacement, essentially allowing Enbridge and others to continue, at its "sole discretion," to move forward on projects such as the Line 3 Replacement and others.

"This short-sighted proposal to prioritize oil companies over tribal nations is wrong and dangerous. It completely disregards tribal nations and our people's input. Since the proposed Enbridge pipeline is near Leech Lake Band of Ojibwe, we have – and insist on continuing to have – a part of any pipeline approval process and conversation. In the strongest of terms, the Leech Lake Band of Ojibwe opposes this amendment which is an end-run around the established pipeline approval process as it does not consult tribal nations, local constituents, and local governments." He further stated:

"The Leech Lake Band of Ojibwe has serious concerns with this omnibus bill's amendment as it would also cut out any environmental review process for a pipeline project within the state of Minnesota. If approved, this would set a precedent for Minnesota to allow highly impactful projects to proceed without any environmental review. Minnesota shares much commonality with the Leech Lake Band of Ojibwe, including being rich in water resources. Minnesota has viewed water protection from a moralistic approach to protecting our water, which benefits everyone within the State of Minnesota. This amendment is sharp contrast to past state governance."

Democratic Governor Mark Dayton released a statement saying he will veto the bill. Dayton said that Enbridge Energy's \$7.5 billion Line 3 pipeline replacement should be vetted by the Public Utilities Commission before it gets approval to begin construction.

The State of MN was scheduled to release a Draft EIS for the Line 3 Replacement on April 3. They have now delayed the release until May 15.

Read more on Page 2

Palace Casino Replacement Referendum

The newspaper of the Leech Lake Band of Ojibwe

Cass Lake, MN- In March, the Leech Lake Tribal Council voted in favor of holding a referendum vote in regards to the construction of a new Palace Casino and Hotel in Cass Lake. This referendum places the final decision making power on this important project in the hands of the people.

Each eligible voter living both on and off the reservation, who has a current address on file, will receive a mail-in ballot and envelope beginning the week of April 10, 2017. Polling stations will also be open from 8:00 AM to 8:00 PM on May 16, 2017.

The official count verification for the referendum votes is expected to be completed by May 17, 2017 at 4:30 PM. Results will be published in the Debahjimon Newspaper, online through our Website (www.llojibwe.org) and on our official Facebook page.

A series of meetings will be held near the end of April in each district on the reservation and in the urban areas of Minneapolis and Duluth. All Band Members are highly encouraged to attend. A light meal will be provided along with information about the project and the referendum. Door prizes are also being furnished to help encourage band member attendance. Members of the Referendum Committee, the Leech Lake Tribal Council and Leech Lake Gaming will be in attendance at each meeting to address any questions and concerns attendees may have.

Please see the full notice located on Page 3 for further information.

Any questions regarding voting or the referendum process should be referred to the Referendum Committee at 218-335-7222.

VOL XXXIII NO 8

The *Debahjimon* is a free, monthly publication of the Leech Lake Band of Ojibwe

Leech Lake Tribal Council

- » Faron Jackson Sr., Chairman
- » Arthur "Archie" LaRose, Secretary-Treasurer
- » Penny DeVault, District I Representative
- » Steve White, District II Representative
- » LeRoy Staples Fairbanks III, District III Representative

Staff

Michael Chosa, Editor Aaron Fairbanks, Photographer

Submissions

The submission of pictures, articles, announcements and letters is encouraged. All submissions are subject to editing for spelling, grammar, length and libelous content. Submission does not guarantee publication. The Editor reserves the right to reject any material submitted for publication.

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Deadlines

| May Issue | 04/21/2017 |
|------------|------------|
| June Issue | |
| July Issue | 06/23/2017 |



Leech Lake Band of Ojibwe Receives Transportation Grant to Improve Public Safety on Tribal Roads

The Department of Transportation (DOT) grant of \$950,175 will help address transportation safety issues on tribal lands



Senators Amy Klobuchar and Al Franken, along with Representative Rick Nolan, announced that the Department of Transportation (DOT) has awarded a grant to the Leech Lake Band of Ojibwe to improve public safety on tribal roads. The DOT award of \$950,175 will address transportation safety issues on tribal lands.

"As a member of the Senate Commerce and Transportation Committee, I've worked to improve safety for all drivers, including in our tribal and rural communities," Klobuchar said. "This Department of Transportation grant will help the Leech Lake Band of Ojibwe make important enhancements to tribal roads to ensure a high level of safety for everyone who depends on them."

"All communities deserve safe roads, and that includes tribal communities in Minnesota and across the nation," Franken said. "But unfortunately, all too often, there's a lot of work to be done and too few resources to do it. I've served on the Senate Indian Affairs Committee for the better part of a decade, and I've been working to make sure infrastructure investments in Indian Country are the federal priority they need to be. That's why I'm pleased to see this step in the right direction from the Department of Transportation that will improve transportation safety for our Leech Lake community and for drivers on tribal roads."

"As a member of the House Transportation and Infrastructure Committee, ensuring the safety of Minnesota's roads and highways is one of our top priorities," Nolan said. "This grant will help promote public safety on our tribal roads and support efficient travel in our region."

The grant will fund safety planning, engineering improvements, enforcement and emergency services, and education for tribal communities.

State of MN Delays Release of Line 3 Draft EIS

ST. PAUL, MN- Additional time is needed to complete a draft environmental review of the proposed Line 3 pipeline project, according to a letter filed today by the State of Minnesota. The draft document had been tentatively scheduled for public release on April 3, but the department now anticipates issuance on May 15.

Enbridge Energy Limited Partnership has applied for a certificate of need and a route permit from the Minnesota Public Utilities Commission to construct and operate the proposed Line 3 pipeline replacement project. At the direction of the Public Utilities Commission, the Minnesota Commerce Department is preparing an environmental impact statement (EIS) in cooperation with the Minnesota Department of Natural Resources and the Minnesota Pollution Control Agency.

"The proposed Line 3 project presents significant issues," said Commerce Commissioner Mike Rothman. "Additional time allows the department to prepare a thorough draft environmental impact statement that provides effective, meaningful public review and comment. The Public Utilities Commission has an important decision to make for Minnesota, and the Commerce Department is committed to providing the best information possible for them to use in the decision-making process."

Rothman said the time will be used for consultation with tribal governments, additional information gathering, coordination with stakeholders, and technical analysis and review.

Release of the draft EIS will be followed by a public comment period, including a minimum of 22 public information meetings, one in each county through which a route is proposed. The meetings will provide the opportunity for public participation and comment to inform the final EIS, which will be used by the Public Utilities Commission to decide on Enbridge's certificate of need and route permit applications.

Additional information and documents in these proceedings are available on the Commission's eDockets website (http://bit.ly/2oupE47). The Certificate of Need filings can be found in Docket PL-9/CN-14-916 and the Pipeline Permit filings in Docket PL-9/PPL-15-137.

Leech Lake DRM Seeks Public Comments on Conservation Code Revision

The Leech Lake Band of Ojibwe Division of Resource Management in coordination with the Leech Lake Natural Resources Advisory Committee is proposing to revise the Leech Lake Conservation Code. The last time the Leech Lake Conservation Code was revised was in 1991.

The revised Conservation Code and comment forms can be found online at our website http://www.llojibwe.org

You may also obtain a copy of the revised Conservation Code from Nicole Kingbird, LLDRM Secretary/Receptionist (218-335-7400) or LLDRM Administrative Assistant Margaret Jordan (218-335-7432).

Written comments will be accepted until Friday, May 19, 2017.

Email Margaret Jordan at: mjordan@lldrm.org

Visit the DRM in person: Leech Lake Division of Resource Management 15756 State 371 NW Cass Lake, MN 56633

NOTICE OF REFERENDUM VOTE PURSUANT TO RESOLUTION NO. 2017-79

FROM: Leech Lake Reservation Business Committee TO: Members of the Leech Lake Band of Ojibwe

Notice is hereby given of a referendum vote to be held by secret ballot on Tuesday, May 16, 2017 to seek the guidance of the members of the Leech Lake Band of Ojibwe in making a decision regarding the construction of a new casino and hotel to replace the existing Palace Casino and Hotel. The proposed location would move the operation to a site directly fronting U.S. Highway 2 in Cass Lake and cost approximately \$45-\$50 million.

The majority of the votes cast shall be conclusive and binding on the Reservation Business Committee.

Any enrolled member of the Leech Lake Band of Ojibwe 18 years of age or older on voting day shall be entitled to cast a vote.

The Referendum Committee will send a <u>ballot by mail</u> with a self addressed envelope no later than April 10th, to each <u>resident and non-resident</u> eligible voter whose address is known at the time of this announcement.

Leech Lake Reservation resident members may mail in ballots or return their ballots in the precinct in which they reside. Polls will be open between 8:00 am and 8:00 pm. All ballots must be returned by mail or walked into the Referendum Committee on or before 8:00 pm on May 16, 2017.

The official count verification will be completed by May 17, 2017 at 4:30 pm.

The Tribal Council shall appoint all Referendum Committee members.

Mailing Address: LLBO Referendum Committee PO Box 1339 Cass Lake, MN 56633

Physical Address: LLBO Referendum Committee 200 Sailstar Dr NW Cass Lake, MN 56633

Any questions can be directed to 218-335-7222

Informational Meeting Locations

| Date | Location | City, State | Time |
|----------------|------------------------|-----------------|------------|
| April 18, 2017 | Trapanier Hall | Duluth, MN | 5pm-7:30pm |
| April 20, 2017 | Northern Lights Casino | Walker, MN | 5pm-7:30pm |
| April 24, 2017 | Community Center | Ball Club, MN | 5pm-7:30pm |
| April 25, 2017 | American Indian Center | Minneapolis, MN | 5pm-7:30pm |
| April 26, 2017 | Community Center | Bena, MN | 5pm-7:30pm |
| April 27, 2017 | Palace Casino | Cass Lake, MN | 5pm-7:30pm |

National Native News Briefs

Indigenous groups line up against Keystone XL following OK from US State Dept

Indigenous groups on both sides of the Canada-U.S. border are speaking up about the Keystone XL pipeline, which has recently been given a green light by the Trump administration.

The 2,735-kilometre pipeline project by Calgary-based TransCanada would carry roughly 800,000 barrels of oil a day from Alberta to refineries along the Texas Gulf Coast, passing through Indigenous territories in Montana, South Dakota, Nebraska, Kansas and Oklahoma.

Montana tribe, conservationists sue U.S. government for ending coal moratorium

A Native American tribe in Montana and a coalition of conservation groups sued the Trump administration for lifting a moratorium on coal leases on public land without consulting tribal leaders and conducting a full environmental review.

"It is alarming and unacceptable for the United States, which has a solemn obligation as the Northern Cheyenne's trustee, to sign up for many decades of harmful coal mining near and around our homeland without first consulting with our Nation," Tribal Council Chairman and President Jace Killsback said in a statement.

The tribe sent a letter earlier this month to Interior Secretary Ryan Zinke requesting a meeting to discuss the issue. Zinke did not respond, and signed the order lifting the moratorium.

First Nations aim to capitalize on economic opportunity of legal pot industry

First Nations want to be among those cashing in on what could become a multibillion-dollar

industry if the federal government follows through on making marijuana a legal recreational drug in Canada.

The Trudeau government's goal is to make legalization a reality on or before July 1, 2018. Several First Nations are already trying to get into into the business of producing pot.

Allan Adam, chief of the Athabasca Chipewyan First Nation, said his community is exploring investing in a company that's already producing medical marijuana — as a start. If recreational marijuana is legalized, he said, the First Nation will already have its foot in the door.

Zinke halts plan to transfer National Bison Range to tribal control

Interior Secretary Ryan Zinke has reversed course on plans to hand management of the National Bison Range to the Bureau of Indian Affairs.

His move casts doubt on the Confederated Salish and Kootenai Tribes' plans to take control of the wildlife sanctuary in the middle of the Flathead Indian Reservation.

"I took a hard look at the current proposal suggesting a new direction for the National Bison Range and assessed what this would mean for Montana and the nation," Zinke said in an email.

CSKT Tribal Chairman Vernon Finley said, "We understood that President Trump and Secretary Zinke himself had promised about not selling off public lands, but from my perspective, that isn't what this is," Finley said Wednesday. "It's more of a restoration of reservation land, which is different than selling public land. That was the understanding with the previous secretary of interior. We'll have to speak with the secretary and the (CSKT Tribal) Council, and look at what our possible options are going forward."

Minnesota Commerce Department welcomes firstever tribal liaison to agency staff

ST. PAUL, MN- Minnesota Commerce Commissioner Mike Rothman announced that Danielle Oxendine Molliver has joined the Commerce Department as tribal liaison, a new position. She is the current tribal liaison at the Minnesota Department of Human Rights and will share her time and expertise with the Commerce Department.

"Minnesota is home to 11 federally-recognized sovereign tribal nations," said Rothman, whose agency protects consumers and regulates more than 20 industries, including energy, telecommunications, financial institutions and insurance.

"The Commerce Department is making it a priority to build effective partnerships with the tribal govern-

ments in our state to inform our decision making, deliver improved services and achieve positive outcomes. Danielle will provide important leadership for our agency's work with tribal nations."

Governor Mark Dayton issued an executive order calling on state agencies to engage in more effective consultation, coordination and cooperation with tribal governments in Minnesota. In support of the executive order, the Commerce Department has adopted a tribal consultation policy, which Molliver helped to draft.

As the Commerce Department's first-ever tribal liaison, Molliver is guiding the agency's efforts to promote meaningful consultation and coordination with Indian tribal governments on issues such as consumer protection, energy and telecommunications. She is also facilitating the department's consultations with tribal governments about the proposed Line 3 pipeline replacement project that is currently under regulatory review.

Molliver is an enrolled member of the Lumbee tribe of North Carolina. She previously served as a consultant for the Smithsonian Center for Education and Museum Studies at the American Indian Museum. She has also assisted school districts in both Minnesota and Washington, DC, on multicultural competency training.

Molliver earned her undergraduate degree from St. Lawrence University and received a law degree with a Certificate in Alternative Dispute Resolution from Mitchell Hamline School of Law, where she was a recipient of the Thurgood Marshall scholarship. She is an associate member of the American Indian Bar Association.

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Leech Lake Reservation 2017 - 2018 Fishing Season Dates

Angling

Gamefish May 6, 2017 to March 31, 2018

• This early season is limited to Leech Lake Band Members only.

Gamefish May 13, 2017 to March 31, 2018 May 1, 2017 to March 31, 2018 Non-Game Fish Continuous Season (No Limits Imposed) Perch/Pan Fish

Spearing

Game Fish December 1, 2017 - March 31, 2018 Non-Game Fish May 1, 2017 – March 31, 2018

Personal Gill Netting

(Leech Lake Band Members Only) Lake Mouths May 13, 2017 - March 31, 2018 Streams June 17, 2017 - March 31, 2018

Commercial Gill Netting

September 1, 2017 - March 31, 2018

·Leech Lake Band Members only.

- DUE to recent infestation of some of our waters with non-native species some additional regulations have been developed to prevent the spread to other waters. (See Page 5)
- Fishing permits are free to individuals 55 years of age and older.
- Dark houses must be removed from the ice no later than 12:01 a.m. on March 17,
- No gill net shall be set in a river or within 300 (three hundred) feet of the inlet or outlet of any river or stream between the opening of fishing and June 15.
- The commercial taking of non-game fish by hoop net, trap, seine or other means shall be permitted at times, limits, and locations specified by special permit upon application to the Leech Lake DRM office in Cass Lake.
- All requests for netting helpers permits are for personal use gill netting only and will be issued to immediate family members of a Leech Lake enrollee. Applicants must meet criteria and residency requirements stated on the special permit application form.
- Special permit applications are available at the Leech Lake DRM office in Cass Lake and not from any of the Leech Lake Reservation licensing agents.
- As of April 16, 2015, Lake Winnie is CLOSED to commercial netting activities until FURTHER NOTICE, however, it will remain open for personal use netting activities within the approved season dates listed above.

Leech Lake DRM 1-800-442-3942 or 218-335-7400

Leech Lake Earth Day "DON'T BE TRASHY: REZCYCLE'

April 21, 2017 1pm to 5pm

Boys and Girls Club (Old High School) Cass Lake, Minnesota **Enter Thru Door 5 on North side of building** Visit all the booths

Bring in your plastic shopping bags to recycle

Free T-Shirts!!

Only we can help prevent the spread of Aquatic Invasive Species

The introductions of Aquatic Invasive Species (AIS) continue to threaten Tribal waters of the Leech Lake Reservation. Traditional practices of hunting, gathering, and fishing are at risk of severe degradation as a result of AIS introductions. The discoveries of Zebra mussel in Lakes Winnie, Cass, and Sand are of great concern, but several other equally destructive aquatic invasive species have the potential to make their way into this area as well.

The Minnesota Department of Natural Resources has developed very stringent and complicated regulations which apply to state regulated individuals for Zebra mussel infested waters throughout the State. Our authority allows us to develop sensible and realistic regulations appropriate for the Leech Lake Reservation and the Band members who utilize Tribal lands and waters within the Reservation boundaries.

Whether used for recreation purposes, sporting purposes, or subsistence lifestyle; the control of AIS are the responsibility of everyone who utilizes the natural resources. These same measures must also be adopted by all who visit the Leech Lake Reservation and/or utilize its natural resources.

Interim Invasive Species Regulations 2017

Angling in non-infested waters

- Drain boat and all live wells or containers of all water at the boat landing.
- · Inspect boat, trailer and all gear for plant and animal material. All material found shall be removed before leaving the location.
- Dispose of any unwanted bait in the trash at the boat landing.
- Any bait you retain, that has been exposed to water from the lake or stream, must be flushed with clean water before leaving the boat landing.

Angling in infested waters

- boat landing.
- Inspect boat, trailer and all gear for plant and animal material. All material found shall be removed before leaving the

Designated Infested Waters

Zebra Mussel

- Birds eye
- Bowstring
- Bowstring River from Sand downstream to
- Buck
- Cass Lake
- Andrusia Kitchi
- Big Rice Little Rice
- **Cut Foot Sioux**
- Little Cut Foot Sioux
- Egg
- First River
- First River Lake
- Gull River
- Leech Lake
- Kabekona Bay Lake
- All bays connected to Leech Lake
- Leech Lake River
- Mud Lake
- Little Winnibigoshish
- Little Sand
- Mississippi River between Wolf, Andrusia, Cass and Winnibigoshish downstream to White

- Pigeon River from Pigeon Ďam Lake
- Pike Bay
- Portagé
- Pug Hole
- Rabbit
- Raven Raven Flowage
- Rice
- Sand
- Sugar
 - Third River downstream of Highway 33
 - Third River flowage
- Unnamed stream connecting Big Rice, Little Rice and Kitchi Lakes
- Unnamed stream connecting Kitchi, Pug Hole Eurasian Watermilfoil and Cass Lakes
- Unnamed stream connecting Pike Bay and Cass Lakes
- Winnibigoshish
- Wolf

Faucet Snail

- Bowstring
- Cut Foot Sioux

Egg Lake

- First River Lake
- Leech Lake River between Mud Lake and Mississippi River

boat land-

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and all gear

and animal

material. All

plant or ani-

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- Little Cut Foot Sioux Lake
- Little Winnibigoshish
- Mississippi River from Winnibigoshish downstream to White Oak.
- Rabbits
- Raven
- Raven Flowage
- Sugar
- Third River downstream of Highway 33
- Third River flowage
- Winnibigoshish

Leech

Starry Stonewort

- Cass Lake
- Mississippi River Downstream of Cass Lake
- Winnibigoshish
- Little Winnie
- Moose

allowed ONLY within this time frame, unless covered by exception below.

Early succession Zebra mussel infested waters exception: Ice out -60 degrees Fahrenheit.

· At the discretion of the DRM Director, an alternate spring closure date may be considered on waters known to contain Zebra mussels. For alternate spring closure, the water body of consideration must have agency collected water temperature data to determine when the water has reached 60 degrees F. in the warmest part of the lake. Bait harvest will be closed when the warmest location on the lake reaches a temperature of 60 degrees F. on two consecutive sampling dates.

From May 22 - October 31 bait harvest in infested waters is not allowed.

• Zebra mussels start to reproduce in mid-May and microscopic Zebra mussel larvae are most easily transported on gear,

- equipment, and especially in bait water.
- Drain boat and all live wells or containers of all water at the boat landing, and leave plugs out of boat.
- Inspect boat, trailer and all gear for plant and animal material. All plant or animal material found shall be removed before leaving the location.
- Obtain an infested waters net tag and attach it to your nets.
- Shall be flushed with clean fresh water from a well or non-infested water source before leaving the immediate area. This means you will have to bring fresh water with you.

If you are planning to move from infested waters to non-infested waters, you must sanitize all traps, nets, and gear using one of the following method.

• Soak the net in a solution of 1 cup bleach/5 gallon water for no less than 1 hour.

Commercial rough fish removal

• Handled on an individual permit basis.

What can we do?

- Learn to recognize zebra mussel and other AIS (see resource list
- **Inspect** and **remove** aquatic plants, animals, and mud from boat, motor, and trailer.
- **Drain** water from boat, motor, live well, bilge, and bait contain-
- Dispose of unwanted live bait and worms in the trash.
- Rinse boat and equipment with high-pressure and/or hot water (140° F), especially if moored for over a day, **OR**
- **Dry** everything for at least 5 days.
- Never introduce fish, plants, crayfish, snails or clams from one body of water to another.

REPORT ANY SUSPECTED **NEW SIGHTINGS OF ZEBRA** MUSSEL TO THE LLBO DRM (218) 335-7442. NOTE **EXACT LOCATION, PLACE SPECIMENS IN A SEALED** PLASTIC BAG OR STORE IN RUBBING (ISOPROPYL) ALCOHOL.

• Drain boat and all live wells or containers of all water at the

location.

• All bait exposed to water from an infested lake, or stream must be disposed of in the trash at the boat landing or must be flushed with clean water before leaving the boat landing.

Personal or commercial netting in non-infested waters

- Drain boat and all live wells or containers of all water at the boat landing.
- · Inspect boat, trailer and all gear for plant and animal material. All material found shall be removed before leaving the location.
- Inspect your net and all gear for plant and animal material. All plant or animal material found shall be removed before leaving the location.

Personal or commercial netting in infested waters

- You must obtain an infested waters net tag from Leech Lake DRM and attach it to your net along with marking a float on each end.
- · Drain boat and all live wells or

- containers of all water at the boat landing, and leave all drain plug out.
- Inspect boat, trailer and all gear for plant and animal material. All plant or animal material found shall be removed before leaving the location.

If you are moving a net from infested waters back into the same infested waters no net treatment is needed.

If you are planning to move a net from infested waters to non-infested waters, you must sanitize the net and gear using one of the following methods.

- · Air dry the net for a minimum of 5 days,
- Soak the net in a solution of 1 cup bleach/5 gallon water for no less than 1 hour, or
- Pressure wash the net with water in excess of 130° F until clean. Do not use detergents or chemicals as this causes pollution

Bait harvest in non-infested waters

 Drain boat and all live wells or containers of all water at the 6

Healthy Tribal Living

Submitted by Andrea Athmann-Luksik, NP-C, Cass Lake IHS

Greetings from Cass Lake Indian Health Service! This is the first of what we hope to be a monthly newsletter in an effort to bring you information on important health topics!

April is Alcohol Awareness Month. Unfortunately, alcohol is the leading cause of liver disease worldwide. More than 85,000 deaths a year in the United States are directly attributed to alcohol use. Despite this, <10% of patients receive treatment for their alcohol use disorder! Due to social stigma, this can be a topic many people find difficult to talk about with their provider. Many people may not realize they even have a problem. The staff at Cass Lake IHS routinely screen for alcohol use or abuse. If an initial screening is positive, your provider will use proven screening tools to work with you to help determine if it is a problem, the severity of the problem, and if it is negatively affecting your health. This may include lab work and or imaging of your organs.

It is important to remember that there are different causes that play into alcohol use disorder including genetics, environmental influences, and personality traits. Some people believe it to be a personal weakness and that simply is not true. Over time, drinking too much alcohol may actually change the normal function in certain areas of your brain that are associated with the feeling of pleasure, judgment, and help to control your impulses. This may result in craving alcohol to try to return the good feelings or decrease the bad ones.

What exactly is a drink and what is considered too much? The National Institute on Alcohol



Abuse and Alcoholism defines one standard drink as any one of these: 12 ounces of regular beer (about 5 percent alcohol), 8 to 9 ounces of malt liquor (about 7 percent alcohol), 5 ounces of wine (about 12 percent alcohol) or 1.5 ounces of 80-proof hard liquor (about 40 percent alcohol). Alcohol use/abuse can be broken down into different categories.

Risky drinking: This refers to drinking enough alcohol to put an individual at risk for health consequences. How much varies by age and gender. For example, for men under age 65 this includes drinking more than 14 drinks per week or more than 4 drinks on any day. For women and adults 65 years and older it includes drinking more than 7 standard drinks per week or 3 drinks on any day.

Binge drinking has been defined by the National Institute on Alcohol Abuse and Alcoholism as "drinking so much within about two hours that blood alcohol concentration levels reach 0.08g/dL". In women, this typically occurs after about four standard drinks, and in men, after about five standard drinks. Binge drinking can be associated with acute injuries due to intoxication and may be associated with an increased cardiovascular risk. Alcohol use disorder is characterized by a problematic pattern of alcohol use leading to significant impairment or suffering, and shows itself by multiple psychosocial, behavioral, or physiologic features

Risk factors for too much alcohol use include binge drinking, younger adults, males, and Native Americans. Symptoms of alcohol use disorder include being unable to limit the amount of alcohol you drink, wanting to cut down on how much you drink, unsuccessfully attempting to cut down on how much you drink, spending a lot of time drinking, getting alcohol or recovering from alcohol use, feeling a strong craving or urge to drink alcohol, failing to complete regular duties at work, school or home due to repeated alcohol use, continuing to drink alcohol even though you know it's causing physical, social or personal problems, giving up or reducing social and work activities and hobbies, using alcohol in situations where it's not safe, such as when driving or developing a tolerance to alcohol so you need more to feel its effect, or experiencing withdrawal symptoms such as nausea, sweating and shaking when you don't drink, or drinking to avoid these symptoms.

Over time, alcohol can be a significant factor to many medical conditions. Common medical and psychiatric conditions associated with unhealthy alcohol use include:

General medical conditions

- High blood pressure
- Heart disease (Blocked artery in the heart, heart attacks, strokes)
- Liver disease including fatty liver, fibrosis and cirrhosis.
- Diabetes complications
- Inflammation of the stomach and digestive problems
- Inflammation of the esophagus
- Bone marrow suppression

• Peripheral neuropathy

A monthly column provided by

Pneumonia

Cass Lake IHS

 Several types of cancer, including cancers of the mouth, esophagus, throat, liver and breast

Psychiatric disorders

- Depressive disorders
- Anxiety disorders
- Post traumatic stress disorder
- Eating disorders
- Other substance use disorders
- Sleep disturbances

Both psychosocial services and or medications can be used to treat alcohol use disorders. There are tribal programs available to help with psychosocial services. Alcoholics Anonymous is active in both the Cass Lake and Bemidji Areas. Cass Lake Pharmacy has medications to help treat alcoholism, however it is important to remember treatment is very individualized, may not be for everyone, and should be discussed with your provider.

Oral naltrexone: This works by blocking the receptors that give you the feel good effects of alcohol

Disulfuram: This discourages drinking by causing an unpleasant physiologic reaction when alcohol is consumed

Alcohol abuse can be a difficult topic to discuss with your health care provider, you may not even know if you have a problem. Please take time during Alcohol Awareness Month to talk with your family, friends, and health care provider to decide if this is a problem for you, if it is adversely affecting your health and what treatment options may be useful in helping to prevent long-term effects on both your physical and mental well-being.

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 April 2017 | Debahjimon
 Iskigamizige-giizis
 Sugarbushing Moon

WISHING DISTRICT II ELDERS A



Dennis Banks (12) Helen Tibbetts (29) Shirley Young (5) Patti Giffen (19) April Greene (22) Rayis Losh (18) Charles Campbell (4) Darrell Gale (9)

FROM DISTRICT II OFFICE STEVE, MICHELLE, & AMOS

Honoring & Celebrating District I Elders

APRIL BIRTHDAYS

Darwin Wilson George Donnell Patrick Murphy Marlene Stately Donald Munnell Douglas Oothoudt Burton Wilson Simon Garbow Franklyn Sherman
Donald Sherman Sr.
Clara Jackson
Walter Brown
Hal Bowstring
Connie Nason
Sharon Gwerder
Samuel Jenkins Jr.

From District I Office Penny, Sarah, & Sondra

Bug O Nay Ge Shig School Construction Update

The Bureau of Indian Affairs held a pre-construction conference at the Bug O Nay Ge Shig School in March.

This meeting was an opportunity to get all the various firms that will be collaborating on construction of the new school in one place. Roles and responsibilities, contract stipulations, procedures and other general information was finalized and shared among the attendees.

DSDG Inc, the architectural firm hired for the project, reviewed their plans for the new school in detail. At the time of the meeting they estimated that they were about 50% completed with the design phase.

However, the overall design of the school is complete. Minor changes and adjustments to individual classrooms and other areas are still being made based on input from school staff, members of the school board and other stakeholders.

The overall construction timeline was also briefly addressed. Their target is to have the school ready for use by the students in time for the 2017-2018 school year, They have set a target completion date of September 11, 2017.

Editor's Note: Architectural drawings and renderings of the school were unavailable at press time and will be published in a future issue.

BUG-O-NAY-GE-SHIG SCHOOL NEWS

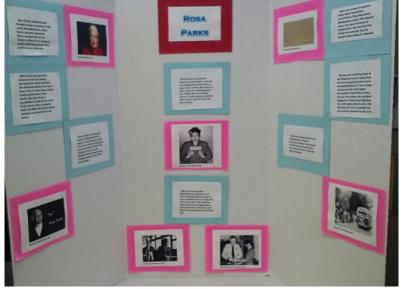
Submitted by Mike Schmid

Bug O Nay Ge Shig High School students welcomed four medical students from the Geisel School of Medicine at Dartmouth University on March 16th.

After a tour of the school, they ate lunch with the students. During Advisory they met with all of the students and told their stories of how they entered into the medical field. Then they each met with smaller groups to answer questions and give the students some handson experience.

The medical students spent a week in the Cass Lake area doing community service.





Bug O Nay Ge Shig School 9th and 10th graders recently completed History Day Projects as part of their American History class.

Courtney Burnette earned an "Honorable Mention" certificate for her display board at the Northwest Regional History Day at BSU last week.

Bug O Nay Ge Shig School students and staff gathered Thursday near the huge pine trees that will be cut soon in preparation for construction of the new high school.

A ceremony for the Mitigoog (trees) was held to give thanks to the trees that have given beauty and shade to the school campus for so many years.

Steve Jackson offered a prayer and the school drum offered a song of thanks.



District 1 Youth Spotlight

Jamaal Baird Jr, Trey Fairbanks, Jared Rabbit



DEER RIVER HIGH SCHOOL STATE WRESTLERS

The District I Office is very honored and pleased to present this month's youth spotlight as the wrestlers who made it to the Minnesota State High School League State Tournament in St. Paul, Minnesota. Jamaal, Trey and Jared are all from Leech Lake Reservation and represented our Nation proudly, bringing with them our tribal flag.

Trey Fairbanks, son of Kevin Fairbanks Jr. & Jen Ehret made his second state appearance and pulled out a huge win as the underdog in his first match, very exciting. Trey is only an eighth grader and will definitely be one to watch in upcoming years.

Jamaal Baird Jr., son of Jamaal Baird Sr. & Marie Wilson made his third straight MSHSL State appearance. As a junior Jamaal is a force to be reckoned with on the mat and should have an excellent senior year for DRHS. He has the talent to have the brightest of futures.

Jared Rabbit, son of Steve Rabbit & Vicky Garbow made his second straight appearance at the State tournament. Jared, a senior, has put in the work and had a successful career wrestling for Deer River. His plans are to continue on to college.

The Leech Lake Band of Ojibwe could not be and more proud of these young gentlemen. Not only are they great athletes, but they are also excellent, respectable students in the academic area and in other school programs and groups. Thank you Jamaal, Trey and Jared for providing our youth and everyone else with inspiration and being great role models for our youth, by showing them what hard work and determination can lead to.

District 1 Elder Spotlight

Clara Jackson



This month's elder spotlight is none other than the famous Clara Louise Jackson. Clara is well known for her talents in beading, regalia making, dancing, and cultural teachings. We are truly honored to share her story.

Clara is the daughter of Murphy and Susan Jackson. Clara grew up in Inger with her parents and nine siblings. Culture and tradition were a constant focus of the family during her upbringing. Clara continues that way of life with her own three children and seven grandchildren.

As a child, she attended Northome School and graduated from Deer River High School. Following high school, she attended the Institute of American Indian Art and then returned to finish her Associate's Degree at Leech Lake Tribal College. Clara has had a variety of different jobs but her most cherished positions allowed her to share her passion for the Ojibwe culture; she held teaching positions at both Bug O' Nay Ge Shig and Nay Ah Shing schools.

Clara's biggest hobby is attending pow wows; you can find her in the pow wow ring nearly every weekend of the summer. Clara was the first ever Leech Lake Princess in 1976, in addition to her many, many other titles. She also placed in the Golden Age category at Gathering of Nations. Clara is also renowned in Indian Country for her beautiful beadwork and one of a kind regalia outfits.

When Clara is asked about her upbringing and how culture has become such a staple in her life, she stresses the importance of grandparents. Her grandparents were the base of her family as a child and always shared stories and taught tradition and culture. They taught her to be herself and that the creator is always with you, 24/7. She encourages all of us to put tobacco out when we are stuck with something or having a hard time, go into the woods and the creator will point us back in the right direction. Love one another, she says, when you feel lonesome or down help someone out and that will make you feel better.

Mii Gwitch, Clara!

LLTC Student & Faculty Spotlight

Neah Goodwin



I am a White Earth Native. I grew up in Bemidji, Minnesota where I attended grade school and college. In my adult life I wear many hats! First, I am a very lucky mother of two wonderful and exciting boys. After that, I am a teacher of mathematics and a horse racing enthusiast. I am a lifelong learner, and an advocate for following our dreams and allowing our lives to be guided by our inner passions.

I believe that passion is our fire inside that leads us to do great things. Mathematics is one thing that I am extremely passionate about, and working with Native people has always been another. Currently, I am an instructor of developmental mathematics and a professional mathematics tutor. My tutoring program has serviced between 40% and 60% of the enrolled mathematics students at LLTC over the last three years. I am dedicated to teaching my students that they can do math, and I focus on leading them to find a true appreciation for mathematics study. The ability to do math contributes directly to a student's academic success, course persistence, and overall retention. Mathematics is a way of thinking, a language, and an art that once discovered has a vital place in all of our lives.

It is important to me to be the best instructor I am capable of. To proceed in this direction, I am currently working on my Master's of Science in Education (with an emphasis in mathematics) at Bemidji State University. I also attend national and regional mathematics conferences to gain a cutting edge perspective on math education today. As a part of this, I am a member of the National Council of Teachers of Mathematics and the American Indian Science and Engineering Society.

My future goals for my position at LLTC are to teach higher levels math courses and to incorporate more Native culture into my curriculum in a way that is meaningful and respectful. I grew up in a family of artists, so art has always been a significant part of my life. I am intrigued with the STEAM (STEM with an A for the arts) educational movement, and look forward to trying to find ways to integrate this educational approach into my work at LLTC.

I absolutely love mathematics, so being able to share this with a population who statistically struggles with this area of study is very important to me. Mathematics builds the brain and teaches you how to think precisely, decisively, and creatively. Studying math enhances our higher order thinking skills and opens us up to more opportunities in the job world. This is the reason why my job is important to me as a way to contribute to the betterment of my people and our communities.

Chelsea Bush



LLTC Student of the Month, Chelsea Bush (left) with Dean of Students Michelle Saboo

I transferred from White Earth Tribal College, 2 years ago and didn't know anyone from around here. When I got to LLTC, I always felt welcomed. All the staff and faculty really helped me succeed in college. Everyone here feels like family. I finished my A.A. in Liberal Education in December and I am working on a double major in Indigenous Leadership. I will be graduating this May and continuing on to a 4 year college. I am the Student Body Liaison for the Student Senate and made the Dean's List last semester. I thank all the staff and faculty for helping me succeed at LLTC.



Arthur Chase



Arthur Bijah Chase, Sr. age 80 of the Bear Clan, of Bena, Minnesota, began his spiritual journey on March 13, 2017 from CLIHS, Cass Lake, Minnesota. He was born June 29,1936 in Cass Lake Minnesota, the son of Tillie (Whitecloud) Chase and Walter Chase, Sr.

The name Arthur means bear, and in many ways Arthur Bijah Chase was like a bear. From birth, he was connected with nature. He loved fishing, trapping, leeching, gardening, and walking. If he was outside, he was happy. Arthur was fiercely protective of his family. He loved us. His love usually showed itself through his actions and generosity. He said, "I love you" with gifts of fish, vegetables, wild rice, and at time with his words. He was a natural storyteller, and his memory will continue as his loved ones share his stories.

The family that Arthur joins again are his wife; Valentine Chase, his parents; Walter Everett Chase, Sr. and Tillie Chase, brothers; Donald Chase, David Chase and Harry Chase, sisters; Lena Chase, Marilyn Hanson, Leona Chase and grandson; Jimmy Chase.

Those left behind to cherish his memory are sons; James (Debbie) Chase, Arthur (Sue) Chase, Jr., Joseph Chase, David (Laurie) Chase, daughters; Roberta (Roy) Matthews, Valerie Chase, Tillie (Mike) Roderick, Ursala (Philip) Pankonin, Shanda Chase, Samantha Chase, brothers; Walter

(Nadine) Chase, Joseph (Sharon) Chase, Jerry Chase, sisters; Hilda Beaulieu, Hazel Zimple, grandsons; Jeremy, Andrew, William, Jesse, Arlan, Joseph, Jamie, Jerrod, Justin, Quint,Dyllan, Dustin, David, Jr. Conan, granddaughters; Melissa, Shawntay, Erin, Angelia, Jennifer, Lisa Ann, Clarissa, Isabelle, Geneva, Earth

A wake for Arthur will begin at 4:00 p.m. Wednesday March 15 and continue until his 11:00 a.m. service Thursday March 16, 2017 all being held at the Bena Community Center, Bena, Minnesota. Lenny Fineday will officiate.

Interment will be in Lakeview Cemetery, Bena Minnesota, following the service. Pallbearers for Arthur will be; William Chase, Jeremy Chase, Andy Chase, Dusty Chase, Dylan Chase, Joseph Chase, David Chase, Jr., and Jamie Chase. Honorary pallbearers will be: Roberta Matthews, Valerie Chase, Tillie Roderick, Ursala Pankonin, Shanda Chase, Samantha Chase, James Chase, Arthur Chase, Jr., Joseph Chase, and David Chase.

Arthur's care has been entrusted to the Northern Peace Funeral Home of Walker, MN. Online condolences for the family may be given at www.northernpeace.com

Brent Reyes



Brent Alexander Reyes, 45 years old, of Cass Lake and the Bear Clan passed away in Minneapolis,

Minnesota on March 22, 2017. Brent was born on December 9, 1971 in Minneapolis, MN to Alvera Reyes and Donald Bellanger.

Brent always like to play basket-ball. If he wasn't playing, he was watching it on T.V. He would drink only because he was told he couldn't. Brent was kind hearted and had a smile that lit up his zest for life. In his younger day, he liked to box, earning trophies and medals for his skills. Brent was always considerate, especially to his mother, who he always gave hugs and told that he loved her. He was truly a loving son.

Family that Brent meets again are his father, Donald Bellanger, brother; Dwayne Lee (McFarlane) Bellanger, paternal grandparents; Edward and Irene (Wilson) Bellanger, maternal grandparents; Manuel and Mercedes (Emerson) Reyes, uncles; David Reyes and Michael Bellanger and aunties; Adella Jones, Shirley Stiyer, Beverly Starr and Mary Jane Madero.

He leaves behind his mother; Alvera Reyes, brothers; Chris, Clyde and Steven Reyes, special nieces; Renae Bellanger and Waabigwan Flower Reyes and many other relatives and many friends.

A wake for Brent will begin at 10:00 a.m., Monday, March 27th and continue until his 10:00 a.m. funeral service on Wednesday, March 29th all being held at the Veterans Memorial Building in Cass Lake. Pastor Mark R. Olson will officiate.

Helping to lay Brent to rest will be Will Bried Fjord, Tony Novak, Ken Smith, Jay Brown, Troy Palthen, Joe Wilson and Levi Wind. His honorary pallbearers are Dallas Smith, Jeremy Ince, Mario Reyes and his special nieces; Renae (Reyes) Bellanger and Waabigwan Flower Reyes. Interment will be in Pine Grove Cemetery at Cass Lake following his Wednesday service.

Brent's care has been entrusted to Northern Peace Funeral Home of Walker. Online condolences for the family may be left at www. northernpeace.com

Daisy Brown



Daisy Mina Brown, age 76 of Walker, passed away on Thursday, February 16th 2017, of compilations from her cancer treatments. She is the daughter of the late Ray and Vera Brown and was born February 12th 1941.

Daisy loved motorcycles, spending time with her grandbabies, listening to oldies, rummage sales, doing puzzles, playing bingo, and going to the casino. She loved to laugh and tell stories. She cherished her Christian faith, family and grandkids. A few of her many jobs were as a food service worker and women's advocate.

Daisy is preceded in death by her parents; Ray and Vera Brown, sisters; Marcelia K, Bobbie, Laura, and her brother, Ronny.

She is survived by her children; Brad Alger (Michelle), Brenda Thoms, Rhonda, Jim Morales and his wife Lynn, and many grandchildren and great grandchildren, her brothers and sisters; Ray and Coral Brown, Kenny and Debbie Brown, Jerry and Kim Brown, Darla (Dick) Hall, Roxanne, Walt, Cheryl, and Teri. Also, many nieces and nephews.

Daisy was loved by many people and will be dearly missed. She was always our big sister and many people looked up to her. She was always there for her family and made time for anyone.

We would like to thank the nurses and staff at Neilson Place Nursing Home who made her last days comfortable, and welcomed her family.

A celebration of Daisy's life will take place from 2 to 6 p.m., Saturday, May 27, 2017 at the Bena Community Center in Bena.

David Staples Sr



David Allen Staples, Sr., "Mishwa Gekek", which means "Redtail Hawk", age 51, of Cass Lake, MN, began his spiritual journey on Tuesday, March 21, 2017 at the Sanford Hospital in Fargo, ND. He was born on October 24, 1965 in Bemidji, the son of Charles R. Staples, Jr. and Evelyn (Clark) Thompson.

David grew up and attended school in Minneapolis before moving to Cass Lake in the late 1980's. He enjoyed playing basketball, going golfing, fishing, attending powwows, going to the casino and spending time with his family. Over the years David worked for Leech Lake Housing where he did numerous jobs such as demolition, laborer and being a delivery driver. He also worked for Leech Lake Gaming and had different positions like security, custodial work and maintenance. David's last position found him taking down the old Eagle View hotel in Cass Lake. He and his wife Amy were united in marriage on October 25, 2011 in Cass Lake. He looked forward to having social time with his family which made it hard for David to go to bed. David was very proud of the fact that he had numerous children and grandchildren and would light up every time he talked about that fact. His wonderful sense of humor will be missed by all who knew him.

The family that David joins again are his parents; Charles and Evelyn, his

11

brother; Ron Staples, and twin boys; Mark and Morgan.

Those he leaves behind to cherish his memory are his wife; Amy (Lindee) Staples, brothers and sisters; Duane Clark, Charles R. Staples III, Michael Staples, Scott Staples, Cheryl Staples, Richard Staples, Bonnie Beaulieu, Debbie Kingbird, and Paul Lindom, children; Rachel Hamilton, Carmin Hamilton, Melissa Smith, Brittney Staples, David Staples, Jr., Corey Staples, Jordan Staples, Taylor Staples and Quetita Staples, 14 grandchildren, numerous relatives and friends.

A wake for David will begin at 5:00 p.m., Thursday, March 23, 2017 and will continue until the 11:00 a.m. service on Saturday, March 25, all held at the Veteran's Memorial Building in Cass Lake. Mike Swan will be his spiritual advisor. Pallbearers for David will be Duane Clark, Arthur Lindee, Daniel "Boomer" Jackson, Shawn Goodman, Sr., Timothy Adams, Thomas Adams, Ed Fisher and David Staples, Jr. Alternate pallbearer is Maurice Bolin. Honorary pallbearers will be the Lindee and the Staples family. Interment will be held in the Goodman Family Cemetery in Cass Lake following the service.

David's care has been entrusted to the Northern Peace Funeral Home of Walker, MN. Online condolences for the family may be given at www. northernpeace.com

> Lorraine (Tuttle) Day



Lorraine Elsie (Tuttle) Day, age 79, of Cass Lake, Minnesota began her

spiritual journey on March 20, 2017 from Sanford Hospital in Bemidji, MN. She was born in Cass Lake, MN on January 2, 1938 to James "Scotty" and Mary (Dufault) Tuttle.

Lorraine enjoyed going shopping, sometimes for hours. She liked going to the powwows to listen to the music and eat a lot of frybread and watch everyone dance. While frybread was one of her favorite, her most favorite thing to eat was gum and chocolate. Lorraine really enjoyed going for rides. She absolutely loved to laugh and crack jokes with others and could talk your ear off. She will be dearly missed.

Lorraine is welcomed to the spirit world by her parents; Scotty and Mary Tuttle, son; Clifford Day, Jr., brothers; James and Melvin Tuttle, grandson; David Raisch-Day and exhusband; Clifford Day, Sr.

Those she leaves behind to cherish her memory are her sons; Ronald (Earlene Ogema) Day, Sr. and Donald "Donny" Tuttle both of Cass Lake, grandchildren; Alicia Day, Ronald Day, Jr., Clifford, Marcus and Denise Croaker, 11 great grandchildren, nephews; Jim and Bill Tuttle and many other friends and relatives.

A wake for Lorraine will begin at 10:30 a.m., Thursday, March 23rd and continue until her 1:00 p.m. traditional service on Saturday, March 25th all being held at the Facility Center in Cass Lake. Pallbearers

for Lorraine are Ronald Day, Sr., Donny Tuttle, Clifford Croaker, Dave Erickson, Brian Funk, Ronald "Ronny" Day, Jr. Alternate pallbearers are Justin Barnett, John "Painter" Fisherman, Jim Tuttle and Bill Tuttle. Her honorary pallbearers are Alicia Day, Kimberly Raisch, Earlene "Oge" Ogema, Tina Raisch, Connie Littlewolf, Isaac Raisch, Carlotta Redwing, Tiffany Croaker and Denise Croaker. Lorraine will be inurned next to her son in Evergreen Cemetery at Walker, MN at a later date.

Lorraine's care has been entrusted to Northern Peace Funeral Home of Walker. Online condolences for the family may be left at www.northernpeace.com

Harold Fairbanks



Harold Fairbanks, "Awaaswabang" which means "Day After Tomorrow", age 78, of Saint Paul, Minnesota journeyed to the spirit world on Thursday, March 23, 2017 from the Regions Hospital in St. Paul, MN. He was born at home on July 4, 1938 in Max Township, Squaw Lake, MN to Anna (Davis) and Oliver Fairbanks.

Harold graduated from Blackduck High School and enlisted into the United States Navy. When he was honorably discharged from the military and moved back to Minnesota. Harold was a traditional dancer and enjoyed going to powwows where he danced for many years. When given the choice of what to eat, he would pick hotdogs every time.

Harold loved being outside and spent many hours fulfilling his passion for fishing. He took an early retirement from Progress Foundry where he was a Band Saw Operator. Harold enjoyed telling good jokes and witty stories just to make people laugh. His laughter was infectious. He left us too soon and will be missed dearly.

Harold is welcomed to the spirit world by his wife; Marlys, son; Richard, daughter; Anita, parents; Anna and Oliver, brother; Eddie, sisters; Dora and Alice and grandson SPC Jacob Fairbanks (KIA).

Those left behind to cher-

ish his memory are his daughters; Carla and Janette (Jeffrey Sehr, Sr.) Fairbanks, grandchildren; Christina, Jeffrey (Brittney), Zachary and Maggie Fairbanks, Anthony Rohning, Jennifer (Christopher) Cardinal, Jill Fairbanks and Jeffrey Sehr, Jr., great grandchildren; Jeffrey and Kayla Fairbanks and Isabelle Cardinal, sister; Delores Fairbanks, nephews; Branden Fairbanks and Trevor Larson and many other relatives and friends.

An overnight wake for Harold will begin at 1:00 p.m., Thursday, March 30th and continue until his 11:00 a.m. service on Friday, March 31st all being held at the Squaw Lake Fire Hall in Squaw Lake, MN. Pastor Mark R. Olson will officiate.

Pallbearers for Harold will be Jeff Sehr, Sr., Jeff Sehr, Jr., Jeffrey Fairbanks, Luke Wilson, Trevor Larson, Kenny Washington and Wilfred Korpela. His honorary pallbearers are all his friends and family. Interment will be in the Davis Cemetery at Squaw Lake following his Friday service.

Harold's care has been entrusted to Northern Peace Funeral Home of Walker. Online condolences for the family may be left at www. northernpeace.com

Cass Lake Grief Support Talking Circle

1st & 3rd Monday's of the Month Time: 4:30pm-5:30pm

> Where: HD2 Building Light Meal Provided



Onigum Grief Support REPOR Talking Circle

1st and 3rd Tuesday of the Month Time: 6pm-8pm

Where: Onigum Community Center Light Meal Provided



Talking Circle

When: 2nd & 4th Wednesday of the Month

Time: 5pm-6pm Where: HD2 Building

312 1st Street (Cass Lake)

Light Meal Provided

"Join us for a talking circle to come together with others experiencing grief. Craft supplies will be available for a therapeutic approach at healing."



Leech Lake Band of Ojibwe Tribal Court

200 Sailstar Dr NW Cass Lake, MN 56633 (218) 335-3682 • (218) 335-4418 Honorable Paul W. Day, Chief Judge of Tribal Court Honorable Megan E. Treuer, Associate Judge of Tribal Court

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

In Re the Guardianship of: A.L.C.L.A, Minor Child, DOB: 03/15/2015

Yvonne Armstrong & Matthew Armstrong, Petitioners,

And L.C. Wesley Armstrong & Andrea S. Bushey, Respondents,

Court File No. FA-17-19 YOU ARE HEREBY NOTIFIED that on January 27, 2017, a **Petition for Appointment of Guardian (Minor)** was filed with the Leech Lake Tribal Court regarding the child of the above-named parents. You, the respondent herein, are hereby notified that you must contact the Leech Lake Tribal Court immediately. The telephone number is (218) 335-3682 or 3586. Failure to contact the Court may result in a default judgement being entered against you, the respondent, and any other relief may be granted as prayed for by the petitioner.

You are served with this notice via legal publication in the DeBahJiMon in two consecutive issues because you are a party to this proceeding or you are a person whose presence is important to a determination concerning your child. Dated: Feb 1, 2017

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

In Re the Guardianship of: B.L.K. Jr., Minor Child, DOB: 08/11/2002

Brenda White & Carol Johnson, Petitioners,

And Brandon L. Kingbird Sr. & Renee Jenkins, (Deceased), Respondents,

Court File No. FA-17-11 YOU ARE HEREBY NOTIFIED that on January 20, 2017, a **Petition for Appointment of Guardian (Minor)** was filed with the Leech Lake Tribal Court regarding the child of the above-named parents. You, the respondent herein, are hereby notified that you must contact the Leech Lake Tribal Court immediately. The telephone number is (218) 335-3682 or 3586. Failure to contact the Court may result in a default judgement being entered against you, the respondent, and any other relief may be granted as prayed for by the petitioner.

You are served with this notice via legal publication in the DeBahJiMon in two consecutive issues because you are a party to this proceeding or you are a person whose presence is important to a determination concerning your child. Dated: Feb 6, 2017

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

In the Matter of the Guardianship of: W.J.B., Minor Child, DOB: 12/08/2004 J.J.B., Minor Child, DOB: 06/14/2006

Kenneth Louis Mitchell, Petitioner, And Charlene Boswell & Putative Father of W.J.B. & J.J.B.

Court File No. FA-17-39

YOU ARE HEREBY NOTIFIED that on September 12th, 2016, a **Petition for** Guardianship of a Minor was filed with the Leech Lake Tribal Court regarding the child(ren) of the above-named parent. You, the respondent herein, are hereby notified that you must file a response in the office of the Leech Lake Tribal Court on or before May 23, 2017 at 9:30 a.m., the date of the Initial hearing scheduled in Leech Lake Tribal Court, Judicial Center, Cass Lake, Minnesota. Failure to appear at the above date and time may result in the relief requested in the Petition, and any other relief may be granted as prayed for by the petitioner. Dated: February 23, 2017

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

In the Matter of the Guardianship of: Damon Lee Boyd, DOB: 12/17/1984 Louis A. Boyd, Petitioner,

Court File No. FA-17-08

Damon Lee Boyd & Other Interested Parties,

YOU ARE HEREBY NOTIFIED that on January 12, 2017, a **Petition for Appointment of Guardian (Adult)** was filed with the Leech Lake Tribal Court regarding the above-named person. Please contact Leech lake Tribal Court Administration for the next hearing date and time. The telephone number is (218) 335-3682. You are served with this notice because you are a party to this proceeding. If you fail to contact the court the Judge may find that guardianship is needed.

Dated: February 10, 2017.

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

SUMMONS & Notice of Child Support Action:

Leech Lake Child Support Enforcement Program, by assignment of Robin Butcher, Petitioners

VS.

Patrick Smith Jr., Respondent

Court File No. FA-16-161

YOU, Respondent, Patrick Smith Jr., ARE HEREBY SUMMONED to appear before the Judge of this Court for an Initial Hearing on June 8th, 2017 at 2:30 pm, in the Tribal Court-room located in the Judicial Center, 200 Sailstar Dr NW, in Cass Lake, Minnesota, then and there to answer to and defend against the Petition for Adjudication and Establishment of Paternity, Establishment of Child Support and Income Withholding filed the undersigned Clerk of Tribal Court.

You are hereby notified that judgment by default may be taken against you unless you file with the Tribal Court an Answer and appear for the Initial Hearing, at the date, time and place specified above.

Dated: March 9, 2017

/s/ Dynell Morris, Court Clerk

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

In Re the Custody of:

V.A. M., Minor Child, DOB: 05/30/2002;

Desirae Goose, Petitioner, And Gabrielle Budreau, Respondent

Court File No. FA-17-16

YOU ARE HEREBY NOTIFIED that on January 27, 2017 a **Petition for Custody and Parenting Time** was filed with the Leech Lake Tribal Court regarding the child of the above-named parents. You, the respondent herein, are hereby notified that you must file a response in the office of the Leech Lake Tribal Court on or before May 23, 2017 at 9:00 a.m., the date of the Initial hearing scheduled in Leech Lake Tribal Court, Judicial Center, Cass Lake, Minnesota. Failure to appear at the above date and time may result in a default judgment being entered against you, the respondents, at that time for the relief requested in the Petition, and any other relief may be granted as prayed for by the petitioner.

You are served with this notice via legal publication in the DeBahJiMon in two consecutive issues (Leech Lake Judicial Code, Title 2, Part II, Rule 5, Section C(5)) because you are a party to this proceeding or you are a person whose presence is important to a determination concerning your child.

Dated: February 23, 2017

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

In the Matter of:

Michael J. Morgan, Petitioner,

Bernadette L. Stone, Respondent,

CASE NO. CV-17-13

TO Bernadette Stone, Respondent above-named,

An **Emergency Ex Parte Order for Protection** has been issued based on the Affidavit of the Petitioner for an Order for Protection in this matter. You have five (5) day from the date this notice is published to request a hearing to dispute this Order for Protection.

NOTICE OF RESTRAINING PROVISIONS

SERVICE OF THIS SUMMONS MAKES THE FOLLOWING REQUIREMENTS APPLY TO THIS ACTION UNLESS THEY ARE MODIFIED BY THE COURT OR THE PROCEEDING DISMISSED:

- 1) RESPONDENT SHALL NOT COMMIT ACTS OF DOMESTIC ABUSE AGAINST THE PETITIONER.
- 2) RESPONDENT MUST NOT HAVE ANY CONTACT WITH PETITIONER WHETHER IN PERSON, WITH OR THROUGH OTHER PERSON, BY TELEPHONE, LETTER, OR ANY OTHER WAY.

IF YOU VIOLATE ANY OF THESE PROVISIONS, YOU WILL BE SUBJECT TO SANCTIONS BY COUNTY COURT AND TRIBAL COURT.

Dated: April 6, 2017 /s/ Amanda Richardson- Court Clerk

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

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

Caitlyn Roy, Joseph Littlewolf, and Bradley Larsen, Parents.

Court File No. CP-14-44

NOTICE

YOU ARE HEREBY notified that on February 8, 2017, a **Petition to Transfer Permanent Legal and Physical Custody** was filed in Leech Lake Tribal Court regarding the child(ren) of the above-named parents. Please contact Leech Lake Tribal

ing the child(ren) of the above-named parents. Please contact Leech Lake Tribal Court Administration for the next hearing date and time. The telephone number is (218) 335-3682 or 3586. You are served with this notice because you are a party to this proceeding.

If you fail to appear for this hearing the Court may find you in default and enter an order against you.

LEGAL NOTICE BY PUBLICATION

LEECH LAKE BAND OF OJIBWE IN TRIBAL COURT

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

Sheila R. Garbow and Christopher Wakonabo, Parents.

Court File No. CP-15-20

NOTICE

YOU ARE HEREBY notified that on March 30, 2017, a **Petition to Transfer Permanent Legal and Physical Custody** was filed in Leech Lake Tribal Court regarding the child(ren) of the above-named parents. Please contact Leech Lake Tribal Court Administration for the next hearing date and time. The telephone number is (218) 335-3682 or 3586. You are served with this notice because you are a party to this proceeding.

If you fail to appear for this hearing the Court may find you in default and enter an order against you.

Leech Lake Band of Ojibwe Summary of Job Openings

www.llojibwe.org | drop off or mail documents to: Leech Lake Band of Ojibwe – Human Resources 115 Sixth St NW, Suite E - Cass Lake, MN 56633

Fax documents to: 1-218-335-3697

Call 218-335-3698 or toll free 1-800-631-5528 for more info

THE FOLLOWING POSITIONS CLOSE ON APRIL 14TH, 2017

Pre School Teacher ~ Education ~ \$12.00/hr. ~ Job Code: 17-063 Education Director ~ Education ~ D.O.Q. ~ Job Code: 17-062 Domestic Violence Advocate (2) ~ Human Services ~ D.O.Q. ~ Job Code: 17-061 Human Services Director ~ Human Services ~ D.O.Q. ~ Job Code: 17-015C

THE FOLLOWING POSITIONS CLOSE ON APRIL 22ND, 2017

Plumber ~ DPW ~ D.O.Q. ~ Job Code: 17-071
Ball Club Custodian ~ DPW ~ D.O.Q. ~ Job Code: 17-070
Project Development Coordinator ~ Tribal Development ~ D.O.Q. ~ Job Code: 17-069
Tribal Grant Writer ~ Tribal Development ~ D.O.Q. ~ Job Code: 17-068
Family Skills Worker ~ Human Services ~ D.O.Q. ~ Job Code: 17-067
Family Preservation Case Manager (2) ~ Human Services ~ D.O.Q. ~ Job Code: 17-066
Elder Advocate/Dist. I ~ Health ~ D.O.Q. ~ Job Code: 17-065
Warehouse Worker ~ Health ~ D.O.Q. ~ Job Code: 17-064
Community Health Representative ~ Health ~ \$11.00/hr. ~ Job Code: 17-030B

THE FOLLOWING POSITIONS ARE OPEN UNTIL FILLED

Seasonal Biological Technician/Crew Leader ~ DRM ~ \$13.00/hr. ~ Job Code: 17-060 Head Cook ~ Health ~ \$13.25/hr. ~ Job Code: 17-051 Mental Health Clinical Trainee (2) ~ Human Services ~ D.O.Q. ~ Job Code: 17-046 Mental Health Practitioner (2) ~ Human Services ~ D.O.Q. ~ Job Code: 17-045 Mental Health Professional (2) ~ Human Services ~ D.O.Q. ~ Job Code: 17-044 Onigum Infant Toddler Teacher ~ Education ~ \$10.25/hr. ~ Job Code: 17-032 PTEMT Attendant (5) ~ Health ~ D.O.Q. ~ Job Code: 17-028 LPN ~ Human Services/OTP ~ D.O.Q. ~ Job Code: 17-025 Heating Technician ~ DPW ~ D.O.Q. ~ Job Code: 17-021 *Lead Investigator* ~ *DPS* ~ *D.O.O.* ~ *Job Code: 17-020* Cass Lake Cook (2) ~ Education ~ \$10.25/hr. ~ Job Code: 17-016 Inger Cook ~ Education ~ \$10.25/hr. ~ Job Code: 16-180 Twin Cities Office Supervisor ~ Administration ~ D.O.Q. ~ Job Code: 16-168B Nutrition Counselor ~ Health ~ D.O.Q. ~ Job Code: 16-162 Internal Audit Director ~ Administration ~ D.O.Q. ~ Job Code: 16-133 Budget Team Leader ~ Finance ~ D.O.Q ~ Job Code: 16-098 Cass Lake Special Needs Teacher Assistant (4) ~ Education ~ DOQ ~ Job Code: 16-054 Ball Club Special Needs Teacher Assistant ~ Education ~ \$10.25 hr. ~ Job Code: 16-052B Registered Nurse ~ Health ~ D.O.Q. ~ Job Code: 16-047C AOB Infant/Toddler Teacher (2) ~Education ~ DOQ ~ 16-032B

THE FOLLOWING POSITIONS ARE OPEN CONTINUOUS

Pt Cashier/Che-We ~ Business Development ~ \$10.25/hr ~ Job Code: 17-000 Pt Cashier/NLE ~ Business Development ~ \$10.25/hr ~ Job Code: 17-001

Selling rice to Japan? Minnesota tribes marketing wild rice to the world

A USDA grant will help the Leech Lake Band sell its Minnesota bounty abroad.

By Maya Rao, Reprinted with permission from the Star Tribune.

he Washington lobbyist for the Leech Lake Band of Ojibwe flew this month to Japan with 10 pounds of wild rice, displaying them alongside offerings of salmon from Alaskan tribes and olive oil and wine from California Indians.

He was on a mission to find importers at Foodex, the largest food show in Asia.

"It could be an economic boom for the reservation," said Richard Robinson, division director of the tribe's Division of Resource Management.

Leech Lake is moving to expand its wild rice harvest from a sporadic enterprise involving mostly tribal members to a full-fledged business with international reach. Leech Lake has hired a marketing specialist and is going to food shows to talk up the savory and nutritional qualities of the rice that grows on tribal waters. It's backed by a \$250,000 grant from the U.S. Department of Agriculture (USDA) under a program that helps smaller food producers grow their business.

It might seem odd to try to make money by exporting rice to Japan. While Japan is one of the largest export markets for rice produced in the U.S., unfavorable trade policies and declining demand from an aging population pose challenges to domestic rice producers sending their goods there.

But Andy Burmeister, the lobbyist, said wild rice isn't actually classified as rice in the market — rather, it's an aquatic grain because it grows in bodies of water, and it is subject to fewer export restrictions.

"Our stuff is something different," he said.

As the Ojibwe story goes, tribal people were told to migrate west until they came upon "the food that grows upon the water." Wild rice, called manoomin, is sacred



on Leech Lake. Every fall, residents go out on canoes to harvest the rice, selling much of it to the tribal government for up to \$2 a pound.

The tribe sells some of the bounty to nearby stores and distributors, and sometimes to other reservations. But most of the 145,000 pounds they've sold in the past $2\frac{1}{2}$ years has been on or around Leech Lake.

The grant has paid for the tribe to hire a sales and marketing manager, Amarin Chanthorn. He said the tribe's wild rice operation never had a professional business plan.

"I'll be frank with you, it's been very unorganized and it's not sales-oriented, it's not a continual push for established contracts or long-term agreements," he said of the tribe's work with outside suppliers.

In recent years, the tribe's wild rice operation has been in the red. He wants the grants to help them "make a turnaround on this and find a way to continue our cultural importance and also make some business sense out of it."

The Leech Lake band operates other businesses — it has three casinos, an office supply operation and two convenience stores. But increasingly, Leech Lake sees the most opportunity in marketing its wild rice to restaurants and stores. It recently shipped wild rice to the upscale food store Dean & DeLuca.

"Today, a lot of organic and health options are a big craze, and we feel like a lot of people don't know the difference between store-bought rice on the shelves and a product that's right from the lake," said Chanthorn.

He said the wild rice is softer,

cooks faster and has an earthy, nutty taste compared with conventional rice. Chanthorn hopes they export an additional 10,000 pounds of rice a year. The tribe is fronting its own money to buy the wild rice to sell, but the USDA has agreed to reimburse them up to an extra \$300,000 — in addition to the grant — for those purchases.

In its grant application, the tribe suggested it would look to expand its domestic market, too, by attending food shows in Colorado, Wisconsin and Illinois.

Leech Lake received a boost last year when it sold some wild rice to the USDA for \$270,000 under a program that distributes native-grown food to low-income American Indians who qualify for food assistance around the country.

Daniel Cornelius has worked with

Leech Lake and other tribes in the Midwest to help them sell more of their food through federal programs and export markets.

"Economic development is one of the driving factors but ... there's a growing recognition and understanding that growing our own foods, providing healthy food, it's a necessary strategy in addressing diet-related illnesses as well as helping to revitalize culture," said Cornelius, who's a technical assistance specialist for the Intertribal Agriculture Council.

While the nonprofit council has been working with tribes to sell their crops since 1994, Cornelius sees a rising interest in native food. He's also working with the Shakopee Mdewakanton Sioux Community to help them sell surplus onions and radishes to the USDA.

The council was the organization that brought together various American Indian tribes, including Leech Lake, at the Foodex show in Japan, where they vied for the attention of 70,000 attendees alongside vendors from Italy, Belgium, Portugal and around the world.

Burmeister met various importers, including one for a Japanese airline.

Last year, the tribe sent 30 pounds of wild rice to a man in Japan who's trying to sell it to importers and distributors. Burmeister also attended a food show in Paris to display the food and is thinking about markets in Europe — say, the U.K., or Nordic countries.

Without these programs there would be very little opportunity for a tribe like Leech Lake to participate in export markets, according to Burmeister. That's because it's expensive to go to food shows and the export markets can be highly specialized.

"It would be difficult for tribes and, I would say, for any small business," he said.



Indian Country Training Institute brings you two days of training at Northern Lights Convention Center.

METHAMPHETAMINE ABUSE IN INDIAN COUNTRY GANGS AND DRUGS IN INDIAN COUNTRY DRUG ENDANGERED CHILDREN







DAY 1 TRAINING

Methamphetamine Abuse in Indian Country Gangs and Drugs in Indian Country

Presentation by Dr. Glensor from Lamar Associates
Wednesday, April 26, 2017
8:00 a.m. - 4:00 p.m.
Registration starts at 8:00 a.m.
Day 1 Sponsored by Leech Lake Tribal Police
Methamphetamine Community Policing.

DAY 2 TRAINING

Drug Endangered Children

Presentation by Dr. Glensor from Lamar Associates
Thursday, April 27, 2017
8:30 a.m. - 4:00 p.m.
Registration starts at 8:00 a.m.
Day 2 Sponsored by Leech Lake Tribal Courts.

Please pre-register with Patty Bittner at Patricia.bittner@llpolice.org or 218-335-7155 Light refreshments will be served.

BEADERS NEEDED!

LLBO IS SEEKING BIDS FOR 2017 MEMORIAL DAY POWWOW ROYALTY BEADWORK BIDS DUE 4-24-17

Needed: Two (2) Crowns for Jr. and Sr. Princess & Two (2) Beaded Chokers for Jr. and Sr. Brave. You may submit a bid for one or more items.

Please submit bids to Daniel Brown at the LLBO Purchasing Office in the Tribal Government Center (190 Sailstar Dr NW, Cass Lake, MN 56633).

For more information, contact Daniel Brown at daniel.brown@llbo.org or 218-335-3608



PLEASE JOIN CASS LAKE-BENA PUBLIC SCHOOLS FOR A



Community Dinner and Conversation

Tuesday, May 9th | 6pm - 9pm Cass Lake-Bena Flementary

> 15 4th St NE, Cass Lake, MN 56633



Call 218-214-2389 to arrange a ride or to RSVP

Come give your feedback on the school district's educational and facilities needs for a potential November referendum. Your voices are valuable and we want your input!

- ✓ This event is free!
- ☑ Children are welcome!
- ☑ Transportation provided if needed!



American Indian Cancer Foundation's 6th Annual

Powwow for Hope[™]: Dancing for Life, Love & Hope May 6, 2017 | Base Camp Facility

201 Bloomington Rd, Minneapolis, MN 55111 (Near Fort Snelling off of Hwy 62 & Hwy 55 on the Blue Line Light Rail Transit)

Schedule of Events

1:00 pm Grand Entry

2:00 pm Honoring Survivors + Pink Shawls Survivors

3:00 pm Team Recognition

4:00 pm Honoring Caregivers + Pink Shawls Caregivers

5:00 pm Jingle Dress Healing Song 6:00 pm Closing Ceremony

6:30 pm Healthy Feast

Silent Auction will be held from 12:30pm-4pm. Free admission. Open to the public.

No honorariums and no vendors. Tables are reserved for teams and sponsors. Proceeds benefit the American Indian Cancer Foundation.

All drums and dancers invited! Seeking volunteers, sponsors and teams.

Powwow for Hope is a community fundraising event. Teams are already fundraising! Give today at PowwowforHope.Causevox.com





















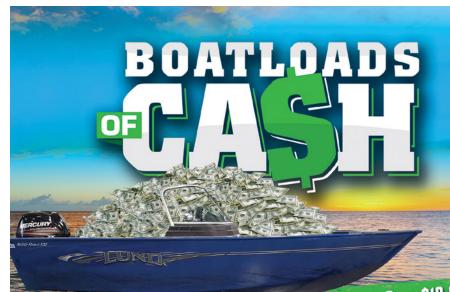








PowwowforHope.org | powwow@AlCAF.org | 612.314.4848



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- · Minnow Races.
- 15 Winners Each Drawing Night.

WEEKLY DRAWINGS

Fridays & Saturdays
April 21 - June 10

6pm-11pm

1st Place - \$500 Cash 2nd Place - \$200 Cash 3rd Place - \$100 Cash

Earn one entry for every 10 points earned.

*Lund 1550 Rebel XS SS (might vary from model shown),

Mercury 60 ELPT EFI 45 and 2017 Shorelander roller trailer.

See Players Club for rules and complete details.

GRAND PRIZE NIGHTS

Northern Lights - June 11 White Oak - June 12 Palace - June 13

5pm-9pm

1st Place - \$1000 Cash 2nd Place - \$300 Cash 3rd Place - \$200 Cash

Final Drawing 9pm-10pm

1st Place - Lund Boat Package 2nd Place - \$1000 Cash 3rd Place - \$500 Cash















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