GRADUATES CELEBRATION
LLBO Honored College Grads with their annual Graduation Celebration which aims to honor band member graduates.

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QUARTERLY REPORT
Leech Lake Tribal Council and Division Directors recently hosted the Band’s Quarterly Meeting in Minneapolis.

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CLASS 2 SLOTS IN BENALeech Lake will now be offering off-site gaming at the Big Winnie Bar in Bena with newly installed Class 2 Slot machines.

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ICWA Upheld
In a win for Tribes, The Supreme Court has voted to keep the Indian Child Welfare Act intact.

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LLBO Hosts 2nd Annual Graduation Celebration, Honoring Leech Lake Band Member Graduates

By KAYLA DUOOS

DEER RIVER – The Leech Lake Band of Ojibwe held its 2nd Annual Graduation Celebration, June 21 at the Morse Town Hall.

The event which is put on by the bands Education Division seeks to celebrate all band members who have earned their degrees within the previous school year. The celebration is open to all community members but seeks to highlight and honor band members who have returned home with an A.A, A.A.S, Bachelors, Masters, and Doctoral degree.

The event featured a walleye meal, the Nut Hill drum group, and feathers for each honoree. Honorees at the annual Graduation Celebration held at Morse Town Hall, Deer River.

For more information on FDLTCC, please visit https://fdltcc.edu/. For more information on LLTC, please visit https://www.lltc.edu/.

NextGen is part of the USDA’s investment in institutions of higher education to foster the next generation of diverse agricultural professionals across the nation. Eligible institutions included: 1890 Land-Grant Universities, 1994 Tribal Colleges and Universities, Hispanic-Serving Institutions (HSI), Alaska Native-serving and Native Hawaiian-serving Institutions and institutions of higher education located in the insular areas, as well as their partners.


For more information on the DEET program with FDLTCC and LLTC, please contact Courtney Kowalczak, Director of the Environmental Institute at FDLTCC, at courtneyk@fdltcc.edu, or Melinda Neville, Director of Sponsored Programs at LLTC, at melinda.neville@lltc.edu.

FDLTCC and LLTC Receive $9 Million Grant From USDA NextGen Program

via LLTC, FDLTCC
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CLOQUET – Through a new U.S. Department of Agriculture (USDA) grant, Fond du Lac Tribal and Community College (FDLTCC) in Cloquet, MN, and Leech Lake Tribal College (LLTC) in Cass Lake, MN, are excited to work together to build sustainable educational and experiential systems that prepare Tribal college students to enter agricultural and STEM workforces. The $9 million grant is part of the USDA’s inaugural From Learning to Leading: Cultivating the Next Generation of Diverse Food and Agriculture Professionals Program (NextGen).

“Our tribal colleges have served their Anishinaabe communities by providing higher education opportunities based in Indigenous values,” shared Courtney Kowalczak, Director of the Environmental Institute at FDLTCC, “We are excited that this USDA funding allows us to have the opportunity to work with Leech Lake Tribal College. Our partnerships leverages the unique program strengths at each campus to increase student interest, access and success in future food, agriculture, natural resources, and human sciences careers.”

The project from FDLTCC and LLTC is titled “Development of Enhanced Education and Training (DEET) in FANH (food, agriculture, natural and human sciences)” and brings together two Tribally chartered colleges to build sustainable educational and experiential systems for preparing Tribal College students to enter the agricultural and STEM workforces.

The DEET project offers holistic support for students to successfully achieve academic and career goals through scholarships, experiences and community engagement. The project will result in greater capacity to deliver FANH classes and activities at both Tribal colleges, increased student retention and matriculation rates, stronger partnerships with USDA and project collaborators, increased capacity for outreach and experiential learning opportunities, and as a result, more students prepared for and interested in careers in food, agriculture, natural science, and human health.

“DEET strengthens our ability to serve the whole student, beyond just their academic success,” shared Melinda Neville, Director of Sponsored Programs at LLTC, “Focus areas include traditional foods, food sovereignty, sustainability, and community well-being, which reflect the Anishinaabe land ethic of reciprocity and responsibility. At Leech Lake Tribal College, we are launching our DEET program with new demonstration gardens on campus that will provide learning, nutrition, and research opportunities to our community.”

FDLTCC and LLTC fulfill the land grant mission through teaching, research, and service with an emphasis on environmental sustainability.

“We want our people to come back to us, and to know—there is a place here. This event is important not just for our graduates but for our kids too. We need our children and youth to see us be successful and celebrated for that,” said Harper. Harper hopes to continue to see the event grow in the coming years.
RBC BRIEFS • July 2023

By KAYLA DUOOS

CASS LAKE — The Leech Lake Band of Ojibwe Reservation Business Committee (RBC) holds weekly briefings on Tuesdays, followed by RBC meetings on Thursdays.

RBC briefings are attended by all available council members alongside scheduled presenters and LLBO division directors. Agenda items are presented for discussion at the Tuesday briefings and then are voted on for passage at the Thursday meeting. Occasionally, due to time constraints, a combination briefing and meeting will take place on the same day.

Two meetings were held in June 2023. All RBC briefings and meetings are live streamed via Vimeo and are available to view on leechlakenews.com under “Videos.” Official meeting minutes can also be found on leechlakenews.com under “LL Tribal Council” and “Tribal Council Meeting Minutes.”

BRIEFING/MEETING RECAPS

1. **June, 27, 2023** A briefing & meeting was held in the RBC Government Chambers. All resolutions and contracts presented were later voted on and discussed further on a second meeting June 29.

Presentations Given:
- **Robert Washington**, accounting, William Brunelle, DRM — Presented a proposal on the increase of wild rice from $7 to $11 for Band Members and Band departments. Non-band members/vendors would also see an increase in cost from $10 to $15. The proposal was submitted as the current cost is exceeding sale price.
- **Chris Murray**, Legal — Presented a resolution authorization of homeland restoration, and an update on St.Regis settlement funds.
- **William Ethier**, Regulatory Board — Presented a resolution proposal for use of class 2 facility licenses. The first of which will be used at Big Winnie Bar, which has newly opened class 2 slot machines.
- **Kyle Applebee**, Finance — Presentation covered the fiscal year 2024 budget for the Band.

No cost quality health care provided through a community partnership.

Follow the QR code for appointments

Updates will be posted on the LLBO and Cass Lake IHS Facebook pages.

Walking Shield IRT Mission Returns to Cass Lake Area July 18 to July 26, 2023

Community Partnership Event Offers No-Cost Quality Healthcare Services to All

By MICHAEL CHOSA

CASS LAKE — The Leech Lake Band of Ojibwe, in collaboration with the Cass Lake Indian Health Service (IHS), the Army National Guard, and the Army Reserve, is proud to announce the return of a transformative community partnership aimed at providing comprehensive healthcare services to community members in need. This collective effort brings together dedicated organizations to deliver vital medical, dental, and veterinary care, addressing the diverse healthcare needs of our area.

The event will take place from July 18 to July 26, 2023, at the Cass Lake High School, located at 15314 State HWY 371, Cass Lake, MN 56633.

The Walking Shield IRT event is open to everyone and promises to deliver comprehensive healthcare solutions through a collaboration of dedicated professionals and community organizations. Attendees can benefit from a range of services including veterinary care, mental health services, pharmacy assistance, medical examinations, and dental treatments.

Services offered during the event include:
- Mental Health Services
  - Confidential counseling and support
- Pharmacy
  - Basic analgesics (pain relievers)
- Antibiotics
- Medical
  - General medical care
  - Physical examinations
  - School and sport physicals
- Dental
  - Oral exams and x-rays
  - Extractions
  - Fillings

Organizers are now accepting appointments for healthcare services through a convenient online registration process. Community members can schedule their appointments by visiting https://tinyurl.com/CLWS2023 or by scanning the QR code on the attached flyer, allowing them to secure a time slot for the desired services during the event.

To ensure efficient service delivery, appointments must be made for veterinary care. However, all other services are also available on a walk-in basis. The event operates from 9:00 am to 5:30 pm each day, allowing ample time for individuals to seek the healthcare they need.

For updates and additional information, individuals are encouraged to visit the LLBO and Cass Lake IHS Facebook pages, where event announcements and important updates will be posted.

“We are excited to assist in hosting the Walking Shield IRT event again and provide quality healthcare services to individuals who may not have easy access to them,” said Michael Chosa, Communications Director for the Leech Lake Band of Ojibwe. “By working together with all of our partners and dedicated healthcare professionals, we aim to make a positive impact on the health and well-being of our community members.”

This community partnership not only focuses on healthcare service delivery but also encompasses extensive training activities to enhance the capabilities of the Army National Guard and the Army Reserve. Training exercises will concentrate on expeditionary deployment operations, Force Health Protection (FHP) activities, and command post operations, ensuring readiness and effective healthcare provision during various scenarios.

The Leech Lake Band of Ojibwe, Cass Lake IHS, the Army National Guard, and the Army Reserve share a collective commitment to serve and support communities. Through this collaborative effort, the partnership aims to bridge healthcare gaps, enhance access to quality care, and promote the overall health and quality of life for community members.

For any questions or inquiries regarding the event, please reach out to the event organizers via email at casslakeirt2023@gmail.com.
Leech Lake Gaming set to Lift Smoking Ban within Casinos

via LEECH LAKE GAMING

CASS LAKE - Leech Lake Gaming CEO Michael Michaud recently announced to all Gaming Associates and to the public that effective July 14, 2023, that casino patrons will be allowed to smoke cigarettes inside Northern Lights Casino-Walker, Cedar Lakes Casino-Cass Lake and White Oak Casino-Deer River. The smoking ban will remain intact with their Shingobee on the Bay property located in Walker.

When asked why the decision was made to lift the indoor smoking ban, Michaud replied “Gambling and smoking go hand in hand. If you’ve visited Las Vegas recently you’ll see that all the casinos have re-introduced smoking. After reviewing the properties’ data we determined that it is a key component in choosing which casino you’ll visit. We will offer non-smoking sections in the casinos to cater to those who do not smoke.” Michaud went on further to say, “Before reaching this final decision we did discuss with some of our Associates and guests. Although according to industry standards stating only 13 to 17% of people who gamble smoke we feel it was important to those who do smoke in northern Minnesota to have a choice.”

Northern Lights Casino-Hotel & Event Center offers over 750 slot machines, blackjack & poker, three dining venues, Cabaret lounge, gift shop, 10,700 sq. ft event center and 105 hotel rooms.

Cedar Lakes Casino & Hotel features over 650 slot machines, blackjack & poker, four dining venues, the Sand Bar, gift shop, 4,900 sq. ft event center and 100 hotel rooms.

White Oak Casino offers over 350 slot machines, blackjack, snack bar, gift shop and is within minutes of area hotels.

Shingobee on the Bay overlooks beautiful Leech Lake and offers a variety dining options, pull tabs and slot machines.

Leech Lake Gaming is successfully owned and operated by the Leech Lake Band of Ojibwe. The Leech Lake Band of Ojibwe is a federally recognized, sovereign Native American tribe located in north central Minnesota. The LLBO is committed to the responsible operation of government, preservation of our heritage, protection of our sovereignty, and the protection of natural resources for our elders and future generations, while enhancing the health, economic well-being, education, and our inherent right to live as Ojibwe people.
We want to ensure the budget process moves forward in a positive manner. I also want to express my gratitude to the Leech Lake Band members that came out for the public budget hearings throughout June and for providing valuable insight and feedback.

Before the close of FY 23, the RBC was able to finalize our Indirect Cost Rate for FY 23 as well. Even though this was accomplished a little late due to the untimeliness of our external audits, we were able to negotiate this rate and get the agreement finalized with the Department of Interior before the start of FY 24. As I have previously reported, we are still working diligently to get caught up with our external audits and our target remains to be fully caught up by the time our FY 23 audit is due on March 31, 2024.

BRACKEEN DECISION
On June 15, 2023, the U.S. Supreme Court issued its long-anticipated decision in Brackeen v. Haaland, a case that challenged the constitutionality of the Indian Child Welfare Act. In its decision, the Supreme Court upheld ICWA and found that states will still be required to follow the mandates of the law, including placement preferences. While there is some concern that the Court did not address the equal protection argument on the merits, the decision itself is a startling victory for tribes and the continued protection of our children and families. The work we have been engaged in with our state counterparts regarding ICWA compliance in the courts and the requirements outlined in the Minnesota Indian Family Preservation Act will continue unabated.

CLASS II GAMING UPDATE
The LLBO is slowly moving forward with the implementation of our expanded jurisdiction to regulate Class II Gaming throughout the boundaries of the Reservation. Even though we have reported on this expanded jurisdiction for several months, implementation is intentionally going slow as it is uncharted territory for both our gaming regulators and our gaming management. In June, the RBC approved the first Class II License for a non-Band owned facility in compliance with our Amended Gaming Ordinance and NIGC regulations. We will continue the roll out of this expanded jurisdiction slowly to ensure we are doing things correctly. Please watch for more information to be forthcoming, specifically announcements regarding the legal basis for this expanded jurisdiction and the potential financial benefits to exercising this regulatory authority.

FOUR WALLS POLICY UPDATE
We have continued to work with other tribes in Minnesota, the State of Minnesota’s Department of Human Services, and the Centers for Medicaid and CHIP Services (CMCS) regarding the federal government’s attempt to implement a policy that would limit our ability to be reimbursed for the services that we provide to our Band members. On June 30, 2023, representatives from Leech Lake and other tribes met with the CMCS Deputy Administrator to discuss progress on this matter. CMCS announced to us that they are extending the grace period from February 2024 to February 2025 and exploring making the regulatory changes necessary to allow us to continue to offer our services and receive the full reimbursement we are entitled to. This again is progress. I have been working on this issue since 2019, and the progress we have made with the federal government from March to June has been the most substantial than in the last three years. I am very hopeful that within the next several months we will be able to report a full victory regarding the four walls policy that will allow our health and human services to continue to operate.

SECRETARIAL TRANSFERS UPDATE
The RBC met with officials from the US Forest Service on June 27, 2023 to discuss the progress being made on completing implementation of the Leech Lake Reservation Restoration Act. This Act, adopted by Congress in December 2020, transfers over 11,000 acres of land back to the Reservation’s land base. The RBC and the Forest Service will work collaboratively to accomplish the transfer of these lands, with the target completion date of December 31, 2023.

Meanwhile, we are continuing our work with the U.S. Congress to enact our technical amendment to the original law, to authorize the transfer of additional land back to the Reservation that was previously not identified as illegally taken through secretarial transfers. This amendment must be approved by Congress and we are working to get it done during this session.

In closing, I wish to express my sincere gratitude for the opportunity to serve each of you in this role as Secretary/Treasurer. Chi miigwech!
Leech Lake Band of Ojibwe, July Quarterly Meeting

The Band recently held its Quarterly Meeting July 7, this quarter’s meeting was held at the LLBO Twin Cities Office.

By KAYLA DUOOS

MINNEAPOLIS – Ojibwe held their Quarterly Meeting in person Friday, July 7, at the Twin Cities office.

Tribal Chairman Faron Jackson Sr. gave the opening remarks followed by a financial report from Secretary-Treasurer, Lenny Fineday. The report featured financial data from both government and gaming operations.

A number of resolutions concerning enrollment were passed at the meeting. These resolutions included new enrollments, ineligible enrollments, and transfers to and from the band. New employees hired in the past quarter were also introduced and welcomed at the meeting.

Last on the agenda were presentations from Division Directors in attendance on their activities over the past three months. For those who were unable to attend in person, a livestream of the event is available on the official Leech Lake Vimeo and Facebook page.

Quarterly Meetings are held every three months on a rotating schedule between each district on the reservation. The next Quarterly Meeting will be held in October 2023.

Quarterly Report Summaries

Tribal Court
• 86 new cases filed in court, 277 hearings conducted this quarter.

Education
• Bug O Nay Ge Shig currently has compliance issues with the Clean Drinking Water Act (EPA) and will be addressed.
• Post secondary funded 207 students for 2023 Spring Semester.

Medical
• 29 students registered with post secondary graduated this past spring and were celebrated at the annual graduates celebration event.

Health
• A development plan for the Red Cedar building has been started and is on-going.
• The Bemidji clinic is now open in a new location. A grand opening event was held June 12, 2023.
• A registered dietician was hired and the WIC program will begin holding appointments with this staff member starting August 10, 2023.
• As the pandemic has been declared over–everyone signed up for Medicaid health insurance will lose coverage beginning July 1st, 2023.
• The food program is continuing to give out fresh fruit and veggies at the food distribution and food boxes are being delivered to outlying communities. Coolers and freezers are being purchased to be installed at community centers for food and perishables.
• LLBH no longer has a 90-day wait and can now process intake paperwork and assign a therapist in 1-2 weeks.
• On May 12, 2023, the Traditional Healing Grant Hosted the 3rd Annual Gaa-Miskwaawaakokaag Cass Lake Mental Health Awareness Walk.
• A public relations push has started at the Opioid treatment center. Lakeland News has a contract with OTP for one year to advertise services every other day at 3x a day. Another contract is in the process for a one-year contract with KOJB, the station will have six jingles daily with recovery messages.
• The Cass Lake Emergency Shelter Program is now open with no COVID 19 restrictions for either dorms or the family room area. As of 6/15/2023 the program has taken in 85 single individuals in both the men and women’s dorm. In the family room area, we have had 2 families apply for a room.
• The Lyman Losh Transitional home in Bena is working towards becoming a full-time transitional home come July. The transition will move the location from being known as a temporary shelter.

Resource Management
• DRM worked collaboratively with the Chippewa National Forest (CNF) in reviewing the National 5-year forest plan as applicable to Leech Lake, develop cohesive strategies between the Tribe and the CNF to determine when a TFPA (Tribal Forest Protection Act.)
• DRM worked in conjunction with the Tribal Council, legal counsel, government relations, Mapetsi policy group, conservation enforcement and fish & wildlife to negotiate with the State D R and USFWS to develop and secure a safety buffer zone for Tribal members to protect them from errant birdshot while harvesting wild rice during the early teal season.
• Currently in the process of providing contracted archaeological services for the Cass County Ah Gwah Ching project to ensure that there are no unmarked burial sites being disturbed that may have historically originated from tribal occupancy of services previously administered to reservations by Aw Gwah Ching programs. There is a portion of the project that could potentially contain unmarked burials but that is still under investigation and not part of the ongoing road project until a work plan is developed.
• DRM is working with the land department and other tribal agencies towards developing a process for identifying abandoned, burnt out and dilapidated tribal properties within the exterior boundaries of the reservation for removing, cleaning up and restoring the land for new land owners. The process is still in the planning stages.
• DRM worked with accounting in developing a proposed price increase for wild rice to tribal and non-tribal members due to the tribal ricing program not making any profit or lacking in financial stability because of low per pound selling.
• Work continues with the US Forest Service regarding the secretarial transfer of 11,000 plus acres back to Leech Lake.
• CWD testing results have been completed for deer harvested by Tribal members in the last hunting season and 0 positives were detected. DRM has begun work on a CWD management plan if the disease shows up on the Reservation.
• Legal and DRM have begun working to establish L. Land Restoration LLC. This is to receive land via NRDSuperfund claim from the City of Cass Lake.
• Addressing PFAS at Bug School with LL Education, Environmental, Bug School staff/school board, BIE, EPA, MDH, MPCA, DNR, CNF, IHS, volunteer contractors/experts. PFAS sampling across the LL Reservation at Community Well systems. 7 Community and 4 education water systems were sampled and all but the Bug School came back NON-DETECT.
Bemidji LLBO Health Clinic Holds Grand Re-Opening in new Location

By KAYLA DUOOS

BEMIDJI — The Bemidji LLBO Health clinic is officially open.

The LLBO clinic held its grand re-opening June 12, at its new location on the outskirts of Bemidji. The new clinic sits at 136 Peaceful Meadow LN, SE in Bemidji in the same building as the Bemidji Head Start.

The new clinic is located at 136 Peaceful Meadow LN, SE, Bemidji, MN 56601, and is open M-F 8am-4:30pm.

The grand opening event featured light refreshments, a tour of the facility, Gary Charwood provided spiritual services, and LLBO Health Director, Doris Jones provided opening remarks on the staff’s excitement and satisfaction to finally get the clinic up and operating.

“The Bemidji Clinic has been shut down 3 or 4 years now and it’s been a huge goal for me and my fellow staff members to get this place back up and running. We’ve been working on this project since I’ve come on board and I’m happy that our community members are going to have yet another location available for them to get their needs met and taken care of,” said Jones.

The facility features 3 exam rooms, 1 treatment room, 1 chiropractor office which will be staffed two days a week, staff offices and a triage room.

The new Bemidji clinic is located at 136 Peaceful Meadow LN, SE, Bemidji, MN 56601, and is open M-F 8am-4:30pm.

Class 2 Slot Machines Available at Big Winnie Bar, More Locations to Offer the Same Soon

By KAYLA DUOOS

BENA – The Leech Lake Band of Ojibwe is expanding its gaming repertoire.

The Band will now be offering off-site gaming with Class 2 slot machines at the Big Winnie Bar in Bena. A grand unveiling of the machines was held at Winnie Bar, July 6. The opening event featured speeches from Big Winnie Bars owner Scott ?, National Indian Gaming Association Director, Kevin Leecy, and Leech Lake Secretary and Treasurer Lenny Fineday.

“We’ve known for a decade that we’ve had the exclusive jurisdiction to regulate class 2 gaming within the boundaries of the reservation but our former gaming ordinance did not regulate this conduct. We made the change to recognize this jurisdictional right this year with the work of our staff and this right is something other Tribes are taking advantage of and it’s helping move us forward,” said Fineday.

The machines in Big Winnie Bar are “Class 2 slot machines” which mimic actual slot machines with the outcome of the game being determined by drawing bingo numbers that are then translated into actual slot reel combinations.

“The band hopes to move class 2 slot machines into other locations across the surrounding areas in the near future, and will move forward in exercising their sovereign rights when it comes to gambling by partnering with all locations in the reservation boundaries who currently offer pull-tab gambling. A full roll-out of information regarding this decision is expected soon.

“It’s great to see this new project finally begin,” Leech Lake Gaming CEO Michael Michaud said. “It’s been in the planning stages for a while. The Big Winnie Bar will be the first of several locations that the Leech Lake Band of Ojibwe will be featuring class 2 slot machines in.”

Leech Lake Tribal Chairman Faron Jackson added that the cooperative effort will be a win-win for both the Leech Lake Band and other potential locations that Leech Lake will work with.

The Big Winnie Bar is located at 4 County Road 8 NE.
During Summer School at Bug O Nay Ge Shig students had taken part in fun educational activities at school as well as field trips to Itasca State Park and the Forest Center. Concluding this year's Summer School students were treated to a field trip to the Science Museum of MN and the Como Zoo. The enjoyable trip lasted all day as both are located in St. Paul.
Recipe of the Month by Chyrle LaDuke (Food Distribution), Josh Red Day (Leech Lake Diabetes Program)

Chicken Burrito

Ingredients
(*Commodity Foods)

½ Tablespoon oil  1 large onion*, sliced
1 red bell pepper*, sliced
1 green bell pepper*, sliced
salt & pepper to taste  ¼ teaspoon cumin
½ can (14-16oz.) black beans, drained
Juice of 1 lime Hot sauce (your choice)
4 (10”) tortillas*  1 cup cheese*
2 cups of shredded cooked chicken*
Salsa (your choice)

Directions:
Heat the oil in a large skillet over high heat. Add the onion and red and green peppers and cook until browned, about 7 to 8 minutes. Season with salt and pepper. Combine the beans with cumin in a saucepan and warm through. Add the lime juice and a few shakes of hot sauce. Preheat a griddle, cast-iron skillet, or large nonstick pan over medium heat. Microwave the tortillas for 20 seconds, just enough so they’re pliable. Building one burrito at a time, sprinkle on some cheese, top with some beans, the onion-pepper mixture, chicken, and salsa. Roll into a tight package.

Nutrition Facts

Red peppers contain 11 times more beta-carotene (an antioxidant associated with cancer-fighting properties), eight times more vitamin A, and 1.5 times more vitamin C. Green peppers are a highly nutritious vegetable they provide the body with a number of essential nutrients, including antioxidants and fiber. Green peppers also contain vitamin C, folate, niacin, riboflavin, and thiamine. Onions are good sources of vitamin C, vitamin B6, potassium, and folate. Black beans help in maintaining healthy bones, lower blood pressure, managing diabetes, heart disease, preventing cancer, healthy digestion, and weight loss. Beans are high in protein and fiber. Chicken is a lean protein and an excellent source build stronger muscles of amino acids. Our bodies use amino acids to build muscle tissue, something that is particularly important as we age. Higher protein intake helps to maintain bone mineral density. Eating chicken can help to promote healthier bones, decreasing the risk of injuries and diseases such as osteoporosis. Cheese is made from milk, it’s also packed with calcium. Calcium can help developing bones grow stronger and prevent osteoporosis as we age. Vitamins A, D, K, and zinc in cheese are also thought to contribute to bone health and less inflammation.

For more recipes and resources on this delicious recipe contact Chyrle or Josh Red Day at the Leech Lake Diabetes Clinic at 218-335-4511 or stop by.
Dawn Marie Staples, "Kiizhiganag" meaning "Morning Star", age 52, unexpectedly journeyed to the spirit world on Friday, June 2, 2023, from her home in Cass Lake, MN. She was born on September 1st, 1970, in Cass Lake, the daughter of Joann (Bobolink) and Donald Staples.

Dawn loved being around her kids and grandkids. She enjoyed going to the casino, gambling, and playing bingo. Dawn preferred joking around, smiling, and having a good time. She always made sure everyone else was taken care of. Dawn was a good cook, always cooking for everyone without being asked, and made the best meatloaf. Dawn loved going to pow wows, watching her grandkids dance, and listening to the singers. In her own time at home, she would watch "2 Broke Girls" or be fixing something around the house.

Those greeting Dawn in the spirit world are her parents, Joann and Donald; sister, Josephine "Kissy" Roybal; daughter, Janelle Jack; grandparents, Ima and William Josephine "Kissy" Roybal; daughter, Janelle Staples; Ex-Husband, Joseph Jack; brothers, Skylare Jack, Skylar Jack, and all Dawn's family; and friends. Interment will be in Prince of Peace Cemetery in Cass Lake, MN.

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

Arthur “Uncle Abe” Paquette

Arthur “Uncle Abe” David Paquette, 72, of Park Rapids, MN met his Lord and Savior on July 1, 2023.

Arthur was born in Cass Lake, Minnesota to Peter George Paquette, Sr. and Susan (Jones) Paquette. The family moved to Duluth in his early years and finally moved to the place he called home, Minneapolis. He had 11 brothers and sisters and loved each of them with all of his heart. The family was very close and raised their families together. The entire family sang Ojibwe Hymns and had a singing group called The Paquette Singers.

Arthur met the love of his life for 53 years, Edythe, in 1970 and they raised 5 children. He dedicated his entire life to his family, teaching them that family is the most important thing in life. He was super proud of and loved his children and grandchildren.

In Minneapolis, Arthur worked at the SuperValue warehouse and was a member of the Teamsters Local 544. Art and Edie moved to northern Minnesota in 2000 and he then worked at Lueters Oil Company until he retired. After retirement, he enjoyed time with his grandchildren and his dogs. He also joined the Ojibwe Hymn Singers in Cass Lake. He sang at more than 300 wakes. He would travel to Cass Lake, White Earth, Red Lake, and Minneapolis to sing.

Arthur was a lover of life and was the salt of the earth. He was a devout Christian and loved the Lord. He liked to share his love of the Lord by collecting and giving away cross necklaces. He always blessed his meals and believed in the power of prayer. His nickname was Abe, and he really was an “Honest Abe”. He always did the right thing and taught his children to do the same. He was generous and put others before himself. He would help anyone, even total strangers, if he could. He would give you the shirt off his back and the last dollar in his pocket. He was a people person and liked talking about his life and adventures with friends and family. He had hundreds of great stories to tell of mishief and honor. He had a great sense of humor and found a way to lighten even the most difficult situations. He was very smart due to his love of reading and he could fix anything. He enjoyed going out for a night on the town for drinks and dancing. He liked dressing nice and his shoes were always shined. He loved music and enjoyed listening to Johnny Rivers and Motown music, especially Smokey Robinson, Sam Cooke, The Temptations and Marvin Gaye. His blood was purple and gold as he was a diehard Vikings fan. He liked to watch and listen to the Twins. He also liked to watch old black and white movies and westerns. He was a great cook and grill master. He had a special technique for all of his recipes and no one can duplicate Dad’s pizza sauce, chili, or mac soup.

Those who leave behind to cherish his memory are his wife, Edythe; son, Richard; daughters, Vicki Savage of Minneapolis, MN; Carri (Henney) Beal of Cass Lake, MN; Terri (Thomas) Boos of Duluth, MN; grandchildren, Lacy, Jordan (Grace), Justice, Cecilia, Noah, Riley, Ryker, and Caiya; 3 great-grandchildren and 1 on the way; brother, Fram; sister, Patricia; many cousins, nieces and nephews; and many, many friends.

Arthur is preceded in death by his son, Richard; parents, Peter and Susan; brothers, Peter, Truman and Warren Tibbetts; sisters, Sylvia, Frances, Celeste, Mary, Gwendolyn, Constance and Marilyn. A piece of Art died with each of his loved ones.

Elizabeth “Peggy” Reese

Elizabeth "Peggy" Margret Reese, 76, of Onigum, Minnesota was called home by her Lord and Savior on Monday, June 5th, 2023, from the St. Mary's Medical Center in Duluth, MN.

Peggy was born to Margaret Rice, in Bemidji, MN on July 2nd, 1946, in Cass Lake, MN. She worked as a cook and maintenance tech for the Little Earth Center for the Little Earth Center for many years. During her free time, Peggy enjoyed traveling, finding little treasures at thrift stores and beadng; but her heart belonged to her family. Peggy devoted her life to her family; raising three generations as well as finding time to give a loving home to many foster children over the years, who then became part of her family. She was the glue, the matriarch.

Family that Peggy is reunited with are her daughters, Vicki Sue Reese, Georgia Santerno, and Lori Gillings; her mother, Margaret Rice; granddaughter, Frances Reese and many more relatives.

Peggy leaves behind her children, Gordon, Jeri Lyn, and Fena Reese; a brother; Frank Reese, a sister, Hazel Nordmarken; grandchildren, Pernell Reese, Adielo and Ramonda Adan and numerous other grandchildren, many great grandchildren, nieces, nephews, and other family members too many to list.

The wake for Peggy will begin at 4:00 p.m. on Thursday, June 8th and continue until her 10:30 a.m. Funeral Mass on Saturday, June 10th all to be held at the Onigum Community Center in Onigum, MN. Deacon Jim will officiate. Pallbearers for Peggy will be Pernell Reese, Gordon Yellow, Dennis Yellow, Sam Reese, Archie Yellow and Joe Yellow, Sr. Her honorary
Evelyn was born November 16, 1967, in Chicago, Ill., the daughter of Lyman and Sharon (Kakkak) Tanner. At the age of 5 her family moved to Minneapolis, and at the age of 10 they moved north to Laporte, MN. She was widowed when her husband Jessie passed away. She later married Darrin Losh, and they had two boys; Josh and Lorin. She worked in Early Childhood Education, and delivered Meals on Wheels to elders. She retired due to health issues, starting dialysis in February of 2017. She had a foster mother named Sarah Smith who loved her very much. They would often go to the Casino, and get her nails done by her. She would take her to dialysis, make sure she would take her meds, and make her appointments she needed. Evelyn’s family would like to say “Bless You” for being there, and being a part of her life. Evelyn enjoyed arts and crafts, following the Pow-Wow trail including camping. She enjoyed the Casino and playing Bingo. She loved beadwork, and made medallions for family and friends. She was a free spirit who did things when and how she wanted. She is survived by her: Sons, John Evans of St. Cloud, MN, Josh Losh of Bemidji, MN, Nephew, Levi Losh of Bemidji, MN, Sisters Nancy Marie Tanner of Bemidji, MN, Barbara Silas of Sioux Falls, SD, Carol Lyons of Sioux Falls, SD, Grandchildren, Sammy Ceanna, Laila Losh, Darius Losh, and Nina Losh, Foster Mother, Sarah Smith of Bemidji, MN. She was preceded in death by her sons Lorin Losh, Jesse Evans, her parents, and husband Jessie Evans.

Kevin was preceded in death by his parents Alfred Sr. and Leona “Dolly” Fairbanks; son Matthew Schaar, brother Larry “Judge” Fairbanks and brother in-law Earnest Bebeau. Kevin is survived by children Kevin Fairbanks Jr, Leanne Fairbanks, Brian Fairbanks, Rochelle Fairbanks, Kyle (Amanda) Fairbanks, Jenna (Daniel Head) Fairbanks, Eric Fairbanks, Karmen Fairbanks, and Nicole Fairbanks. Siblings Mary Bebeau, Alfred (Kathy) Fairbanks Jr, and Lisa (Simon) Jackson, Special brother Kelly Bowstring.


Pallbearers- Mike White, Duane “Skudder” Bebeau, Curtis Jackson, David “Neptune” Fairbanks, Trey Fairbanks, Brandon Bebeau, Michael Fairbanks, Fred Jackson III, Daniel Head and Myron Wakonabo.


Douglas Pemberton Sr.

Douglas Jerome Pemberton Sr., son of John C. and Margaret R. (Thompson) Pemberton, was born on March 12, 1941, in Cass Lake, Minnesota. He grew up and attended school in Cass Lake and later joined the U.S. Army. He was married to Nancy Goodwin in 1961. Doug spent most of his life in Minneapolis. He loved to drive. There isn’t a road in the Twin Cities Metro that Doug didn’t know. After many hardships and struggles Doug became sober in 1990 and enjoyed 30+ years of sobriety. Doug dearly loved spending time with his family and friends.

Douglas was preceded in death by his parents, daughter Carla Jo Pemberton, His Brother John Wayne Pemberton, and a brother and sister in infancy.

He’s survived by Nancy Pemberton, son Douglas J. (Linda Marie) Pemberton Jr, daughter Mary (David) Wold, son Dennis (Laurie) Pemberton, 13 grandchildren, 17 great grandchildren, his sister Betty (Kenneth) Anderson, a brother Robert Pemberton other relatives and friends.

Douglas’ care has been entrusted to Northern Peace Funeral Home of Walker, MN. Online condolences for the family may be left at www.northernpeace.com.
Supreme Court Upholds Indian Child Welfare Act, Rejecting Challenge to Protect Native Families

By KAYLA DUOOS

WASHINGTON – The Supreme Court has voted to keep the Indian Child Welfare Act (ICWA) intact.

In a 7-2 vote, the court ruled that the law does not impose a federal mandate on traditionally state-regulated areas of power. The case the Supreme court heard challenging ICWAs reach was that of Haaland vs Brackeen, which alleged that the law illegally discriminates against non-Native families based on race when placing Native children from their homes.

The challenge to ICWA upset a large number of Tribal communities and organizations, and left many searching to find solutions in case the court ruled against the Tribes. A local solution included the state of Minnesota codifying the Minnesota Indian Family Preservation Act (MIFPA) to ensure Tribal children were not removed from their homes.

Leech Lake Chairman Faron Jackson Sr released a short statement following the Supreme Court decision, celebrating the win. “This is a great victory for Indian Country, our families, parents, grandparents and more importantly our children, and generations to come. We are so happy today on Leech Lake and in Indian Country, so many Tribes have worked so hard to keep our children in our family circles, to keep our identity, and culture strong and home with our people, I am so relieved, our prayers were answered,” said Jackson.

For more information on the Supreme Court’s ruling, you can visit www.supremecourt.gov.

Protesters gathered at the Supreme Court in November 2022 during oral arguments for Brackeen v. Haaland.
## Niigaane Ojibwe Language Immersion Program

### Words and sentences list for July

<table>
<thead>
<tr>
<th>OJIBWEMOWIN</th>
<th>ZHAAGANAASHIIMOWIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baakaakonan waasechigan / ishkwaandem.</td>
<td>Open the window / door.</td>
</tr>
<tr>
<td>Gibaakwa’an waasechigan / ishkwaandem.</td>
<td>Close the window / door.</td>
</tr>
<tr>
<td>Wiinad.</td>
<td>It is dirty.</td>
</tr>
<tr>
<td>Biinitoon.</td>
<td>Clean it.</td>
</tr>
<tr>
<td>Biinitoon i’w adooopowin.</td>
<td>Clean that table.</td>
</tr>
<tr>
<td>Biinitoon o’w adooopowin.</td>
<td>Clean this table.</td>
</tr>
<tr>
<td>Biinitoon i’w apabiwin.</td>
<td>Clean that chair.</td>
</tr>
<tr>
<td>Biinitoon o’w apabiwin.</td>
<td>Clean this chair.</td>
</tr>
<tr>
<td>Gizibiiginaan.</td>
<td>Wash it.</td>
</tr>
<tr>
<td>Oqiziibiiginaanan waasechiganan.</td>
<td>She/he is washing the windows.</td>
</tr>
<tr>
<td>Oqiziibiiginaanan ishkwaandeman.</td>
<td>She/he is washing the doors.</td>
</tr>
<tr>
<td>Gizibiiginaaigane.</td>
<td>She/he is washing dishes.</td>
</tr>
<tr>
<td>Gizibiiginaaigane na?</td>
<td>Is she/he washing the dishes?</td>
</tr>
<tr>
<td>Gii-kiziibiiginaaigane na?</td>
<td>Did she/he wash the dishes?</td>
</tr>
</tbody>
</table>

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### OJIBWE SOUND CHART

<table>
<thead>
<tr>
<th>VOWELS</th>
<th>OJIBWE SOUND</th>
<th>ENGLISH EQUIVALENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>asema (tobacco)</td>
<td>about</td>
</tr>
<tr>
<td>aa</td>
<td>omaa (here)</td>
<td>father</td>
</tr>
<tr>
<td>e</td>
<td>esibn (raccoon)</td>
<td>way</td>
</tr>
<tr>
<td>i</td>
<td>bine (partridge)</td>
<td>pin</td>
</tr>
<tr>
<td>ii</td>
<td>niwin (four)</td>
<td>seen</td>
</tr>
<tr>
<td>o</td>
<td>opin (potato)</td>
<td>obey, book</td>
</tr>
<tr>
<td>oo</td>
<td>oodenaa (town)</td>
<td>boat, boot</td>
</tr>
</tbody>
</table>

### CONSONANTS

<table>
<thead>
<tr>
<th>OJIBWE SOUND</th>
<th>ENGLISH EQUIVALENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>b</td>
<td>big</td>
</tr>
<tr>
<td>ch</td>
<td>chin</td>
</tr>
<tr>
<td>d</td>
<td>dog</td>
</tr>
<tr>
<td>g</td>
<td>go</td>
</tr>
<tr>
<td>h</td>
<td>hi</td>
</tr>
<tr>
<td>j</td>
<td>jello</td>
</tr>
<tr>
<td>k</td>
<td>kite</td>
</tr>
<tr>
<td>m</td>
<td>milk</td>
</tr>
<tr>
<td>n</td>
<td>name</td>
</tr>
<tr>
<td>p</td>
<td>pig</td>
</tr>
<tr>
<td>s</td>
<td>sun</td>
</tr>
<tr>
<td>sh</td>
<td>bush</td>
</tr>
<tr>
<td>t</td>
<td>time</td>
</tr>
<tr>
<td>w</td>
<td>woman</td>
</tr>
<tr>
<td>y</td>
<td>yell</td>
</tr>
<tr>
<td>z</td>
<td>zebra</td>
</tr>
<tr>
<td>zh</td>
<td>measure</td>
</tr>
</tbody>
</table>

**Notes:**
- The English letters and sounds of f, l, q, r, u, v, and x are not part of the Ojibwe alphabet.
- The Ojibwe alphabet contains the additional double-letter symbols of aa, ch, ii, oo, sh, and zh.
- The glottal stop, which is represented by an apostrophe, is a sound made by a release of air from your throat, similar to when someone punches you in the stomach.

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### WE NEED YOU!

**LEECH LAKE RESERVATION**

**COMMUNITY HEALTH SURVEY**

Your feedback will help improve health and wellness programs and services.

Scan the above code or follow the link below to take the survey.

[Survey Link](survey.alchemer.com/s3/7279068/2023-LLBO-CHA)

The Leech Lake Band of Ojibwe Health and Human Services Divisions and Cass Lake IHS are seeking your participation in a community health survey. This survey asks about cultural, spiritual, and physical health and whether community services are meeting your needs.

**Responses are anonymous.**

Questions? Contact Tribal Health, Tribal Human Services or Cass Lake IHS.
18th Annual
Niimi’idiwin (Powwow)

The Healing Power of Heritage
Thursday, August 17 • 12–6 p.m.
Sanford Bemidji Medical Center

Join Sanford Health and Indian Health Services for a celebration of holistic healing and our community’s Ojibwe heritage.

11 a.m. Dancer registration
12 p.m. Grand entry
1 p.m. Dance specials
4:30 p.m. Prayer and traditional feast
5:45 p.m. Award dancers

Honoring & Celebrating
Our Elders
July Birthdays

District I

Geraldine Howard
Ronald Wilson
Kenneth Munnell
Donald Gotchie
Gregory Bebeau
Doreen Whitebird
Teri Gullickson
Melissa Wilson
Beverly DeVault
Pamela Jackson
Randy Jackson
David Fairbanks
Shelly Bebeau
Spencer Shotley
Delores Goggleye
Dorene Sherman
Michael Friedman
Betty Jenkins
Arnold Crowe
Louis Boyd
Michelle Oothoudt

From the District I Office Kyle, Amanda & Janelle

District II

Stella Mitchell
Connie Wheeler
Marlene Mitchell
Gordon Giffen
Terrance Mitchell
Robert Mitchell
Robert Johnson

Aileen Allen
Brenda Anderson
Laurine Beaulieu
Shelly Bebeau
James Bellanger
Deborah Brown
Earlene Buffalo
Pamela Burnett
Nancy Cameron
Hazel Caheze-Zimpel
Darlene Cloud
Rebecca Daniels
Dawn Doherty
David Fairbanks
Dolores Fields
Elaine Fleming
Delores Goggleye
Corinna Goose
Bernadette Gotchie
Gladys Granroos
Manuel Granroos
Francis Guinn
Veda Harrison
Fayleen Haugen
Karl Humphrey
Thomas Humphrey
Wilbur Humphrey
Florine Iverson
Faron Jackson
George Jackson
Robert Jackson
Valerie Jensen
Thomas Johnson
William Johnson
Nancy Kingbird
Adrain Libby
Michael Libby
Birdena Lyons
Vernon Lyons
Maxine Manypenny
Loretta Meckel
Bernice Mitchell
Terrance Mitchell
Florenstine Morgan
Antonette Mountain
June Mykkanen
Jacquelyn Nelson
Gerald Northbird
Lois Northbird
Shirley Preston
John Raisch
Marlys Rausch
Paula Savage
Richard Smith
Stacey Smith
Deborah Staples
Margaret Steensland
Joseph Stish
Nona Wade
Vivian Washington
Delina White
Melissa Wilson

From the District II Office Steve, Stephanie, & Michelle

District III*

Aileen Allen
Brenda Anderson
Laurine Beaulieu
Shelly Bebeau
James Bellanger
Deborah Brown
Earlene Buffalo
Pamela Burnett
Nancy Cameron
Hazel Caheze-Zimpel
Darlene Cloud
Rebecca Daniels
Dawn Doherty
David Fairbanks
Dolores Fields
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Manuel Granroos
Francis Guinn
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Fayleen Haugen
Karl Humphrey
Thomas Humphrey
Wilbur Humphrey
Florine Iverson
Faron Jackson
George Jackson
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Jacquelyn Nelson
Gerald Northbird
Lois Northbird
Shirley Preston
John Raisch
Marlys Rausch
Paula Savage
Richard Smith
Stacey Smith
Deborah Staples
Margaret Steensland
Joseph Stish
Nona Wade
Vivian Washington
Delina White
Melissa Wilson

From the District III Office LeRoy, Toni & Kori

*all coupons must be used within Birthday Month*