

DEBAHJIMON

PRESORTED
STANDARD
US POSTAGE PAID
BEMIDJI, MN
PERMIT NO. 68

DECEMBER 2009

VOL. XXV NO. 6

FREE

INSIDE

**Elders
Advisory
Council**

Page 3

JOB OPENINGS

Page 4

**Native
American
Student Art
Competition**

Page 9



Tribal Engineering Builds Water Tower Water Treatment Facility Soon to Come

By Chris Haugene

Cass Lake - After Leech Lake formalized the project some years ago John Fairbanks was tasked with streamlining and bringing to fruition a water tower and a water treatment facility for the Leech Lake Reservation. Mr. Fairbanks has been on the job for about a year and a half and construction on the first phase of the water tower is in full swing. "I plan to have the tower finished by late next summer or early next fall," said Fairbanks. "The water treatment facility is slated to begin next summer right next to the water tower." The water tower is located on 164th street in Cass Lake just down from the Palace Casino and Hotel.

Construction was to begin on a tower and treatment facility near Allen's Bay but Fairbanks moved the location due to water quality which saved the project an estimated \$600,000.00. Funding for the project has been acquired through the USDA and a grant from the U.S. Army Corp of engineers.

David Webb, owner and CEO of General Construction Services Inc has been contracted to handle the construction phase of the water tower project. "We're excited to see construction moving ahead, John (Fairbanks) really has his eye on the ball," said Webb.

Water Tower Cont. Page 11

2009 Tax Rebate Information

Check Distribution will take place from

10:00 AM to 7:00 PM

on the following dates:

Thursday, December 10th, 2009

Friday, December 11th, 2009

Every Leech Lake Band Member living on the reservation and those living within a twenty mile radius of the reservation borders (Bemidji, Grand Rapids residents etc.) may pick up their check *in the District in which they are enrolled*, at these locations:

District I:

Ball Club Community Center

District II:

Bena Community Center

District III:

Palace Casino Bingo Hall

Enrolled Band members must bring Valid Photo ID (State, DL, Tribal, Military) and arrive in person, in order to receive your \$200.00 check

Band members not living within the immediate area will have their checks mailed to them accordingly. Also, if you do not pick up your check it will be mailed at a later date.

Contact your District Representatives Executive Assistant at 218-335-8200 for additional information.

**Wishing
You A
Safe &
Happy
Holidays!**



Band members complete Blandin Reservation Community Leadership Program retreat

Grand Rapids, MN- In late October, 26 members of three of Minnesota's American Indian bands completed a five-day leadership retreat, the first segment of an intense eight-day training that comprises the Blandin Reservation Community Leadership Program (BRCLP). This team will participate in two more workshops coming up in February and May 2010.

Since 2001, BRCLP has provided experiential leadership training for over 250 community leaders from ten Minnesota Reservation communities. Participants represented are from the Leech Lake, Red Lake and White Earth reservations. Teams, chosen by a local selection committee, are made of both emerging and current leaders and are meant to represent the diversity within the community. Most recent BRCLP participants were:

Linda Bedeau, Robbi Blue, Kasha

Budreau, Cody Charwood, Gary Charwood, Jess Fabre, Devery Fairbanks, Don Fairbanks, Leroy Fairbanks, Tom Gamache, Kathy Goodwin, Tracey Howg, Esther Humphrey, Bob Jaspers, Jessica Johnson, Nancy Kingbird, Deanna Lasley, Andrea Littlewolf, Sharon Mainville, Camille Naslund, Darryl Northbird, Shane Plumer, Mary Ringhand, DeWayne Smith, Laura Lee Thompson and Dunsey White.

The goal of the Blandin Reservation Community Leadership Program is to develop and train a broad base of leaders to build healthy reservation communities. The program has been developed to reflect American Indian culture and reservation life. Topics covered during the retreat included: identifying and describing community issues and opportunities, effective interpersonal communication, building social capital, appreciating personality differences, managing interpersonal

conflict, understanding community power, mobilizing community resources, and goal setting.

"A healthy community depends on leadership engagement of community members," said Valerie Shangreaux, Director of Blandin Leadership Programs. "The leadership demonstrated by participants reflects their commitment to rural Minnesota."

BRCLP training programs are supported entirely by the Grand Rapids-based Blandin Foundation whose mission is to strengthen rural Minnesota communities, especially in the Grand Rapids area. The program is made available free of charge to participants because of an \$89,800 Blandin Foundation expenditure that covers all costs for food, lodging and tuition at the retreat and workshops.



Participants at the Blandin Reservation Community Leadership Program retreat from October 19 - 23 include:
Back Row: (Left to right) - Devery Fairbanks, Leroy Fairbanks, Ann Glumac (trainer), Cody Charwood, Robbi Blue, Gary Charwood, DeWayne Smith, Dunsey White, Rick Smith (BRCLP recruiter)

Middle Row: (Left to right) - Shane Plumer, Darryl Northbird, Don Fairbanks, Nancy Kingbird, Andrea Littlewolf, Sharon Mainville, Kathy Goodwin, Kasha Budreau, Bob Jaspers, Roxanne DeLille (trainer)

Front Row: (Left to Right) - Tom Gamache, Deanna Lasley, Tracey Howg, Jess Fabre, Linda Bedeau, Laura Lee Thompson, Jessica Johnson, Camille Naslund, Esther Humphrey, Mary Ringhand

Leech Lake Tribal Emergency Response Commission (TERC)

In 1999 the Leech Lake Reservation Tribal Council had passed a resolution to approve and adopt an emergency response plan, which assigns primary responsibility for the administration of this plan to the Department of Public Safety and authorizes the Director of Public Safety to undertake any necessary action to fully implement the provisions and intent of this plan.

In 2002 the Leech Lake Reservation Tribal Council had passed a resolution for the establishment of a Tribal Emergency Response Commission/Local Emergency Planning Committee (TERC/LEPC) under title III of the Superfund Amendment and Reauthorization Act (SARA) of 1986.

In between the year 2002 to 2003 the TERC disbanded, until recently in April 2009 we had started meeting on the subject once a again.

The Leech Lake Tribal Council had passed a resolution on June 18th, 2009 to amend the 2002 resolution to the new establishment of the Tribal Emergency Response Commission, we been meeting every two weeks above the Che-we complex to update and finalize our Leech Lake Emergency Response Plan, we appointed the following individuals or staff member to serve on the TERC from 10 different Department within the LL Reservation:

- Department of Public Safety
- Department of Public Works
- Division of Resource Management
- Housing Authority
- Health Division
- Planning Division
- Tribal College
- Gaming
- Bug School
- Local Indian Councils
- Human Services

If you would like to participate in the Emergency Response Plan please give a call to Tonya Losh at the Health Division at 218-335-4500.

Leech Lake Health Division Seeks Elders Advisory Council Applications

Cass Lake, MN- Leech Lake Elder and Disability Services is currently accepting applications positions on the Elders Advisory Council. Advisory Council members must be at least 62 years of age or have a documented disability, and must be a community member of good standing. The age requirement is in the current bylaws, but could be changed by the Advisory Council members with a majority vote.

Application forms are available from the Health Division receptionist, your District Representative, or Elder Advocates. They must be submitted to the Elder and Disability Services Director no later than 4:30 pm on Friday, December 18.

The applications will be reviewed by the Reservation Business Committee (RBC) who will appoint the members. There will be at least three members from each reservation district, although there is no limit to the number of members so long as they are appointed by the RBC.

The role of Advisory Council members will be to inform, advise and recommend, but not to make, set or enforce policy. A copy of the Advisory Council

role, responsibilities and bylaws is available with your application. If you have any questions, please call Peg Blakely at 335-4531 or toll-free 800-282-3389.

Elders, we need you. You are precious, you are our history, and you are our wisdom. We need your advice, your wisdom and your strength to help rebuild our community, and to teach the traditions to a new generation.



Deadline is December 18th!

About Elder and Disability Services:

The Elder and Disability Services Department was established in April of this year to help identify the needs of our elders and people with disabilities. Four elder advocates on the reservation and two in the metro area were hired in July to begin making home visits. Each advocate serves primarily a particular District or area of the Reservation, but you can contact any of them at any time. The advocates are District 1 - Caroline Roy; District 2 - Barb Saice; District 3 from Nary Road and south - Bill Butcher; and District 3 Cass Lake - Gloria (Jean) Beaulieu.. Leech Lake Twin Cities Office advocates are Mary Valbuena and Marlene Huf.

Leech Lake Area Boys and Girls Club

By Chris Haugene



This fall area youth service providers met at the Northern Lights Casino in Walker MN, and started to begin the formations of a youth service provider's network for Northern Minnesota. One of the anchor tenants within this developing organization will be the Leech Lake Area Boys and Girls Club (BGC) with locations in Walker, Cass Lake, and Deer River. The Boys and Girls Club offers a host of services for area youth to utilize. In every community there are boys and girls that are left to find their own recreation and companionship to fill their free time. An increasing number of children are at home with no adult care or supervision, and young people need to know that someone cares about them and is willing to sit down with them and help them with any number of issues that kids may be facing.

Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence, and are a safe place to learn and grow all while having fun. It is truly a positive place for kids to have progressive principals fostered and life skill developed and enhanced.

Ronna Treuer is the Executive Director for the Leech Lake Area Boys and Girls Club, and she has been doing an amazing job. "We offer services for kids from ages six to eighteen years old. We do a lot of tutoring with them regarding homework assignments in just about every subject," said Treuer. She went on to describe to me some of the relationships that are established between the staff and club members where the association does not end when the kids leave the facility. "We have had a couple of the kids who were club members come back to be employees with BGC," she continued. This solidified to me, that the Boys and Girls Clubs are really out there making connections within the community to those kids that really need and/or enjoy the BGC.



For more information on the Leech Lake Area Boys and Girls Club go to: <http://www.bgcleechlake.com/index.asp>

The following was taken from the BGC website:

All Boys & Girls Club programs are based on a youth development strategy that builds, Self-Confidence, Self-Esteem and fosters a sense of cultural identity, belonging, competence, usefulness and influence. These objectives are met through the 5 program areas of the Club:

- Education & Career Development
- The Arts & Cultural Enrichment
- Health & Life Skills
- Sports, Fitness & Recreation
- Service & Leadership Development

LEECH LAKE BAND OF OJIBWE

Summary of Job Openings

Closing December 11, 2009

Education Division:

2 FT ECD Pre-School Teachers Assistant • \$8.40/hr • Job Code: 09-145
2 FT ECD Cooks//Dik-II-Na-Gan • \$8.40/hr • Job Code: 09-143

MIS Division:

Network Technician • Job Code: 09-144

Hman Services:

CD Activities Coordinator • Job Code: 09-085

Closing December 18, 2009

Tribal Development:

Community Development • \$18.25/hr • Job Code: 09-0126

Closing December 31, 2009

Health Division:

2 PT EMT's • \$11.00/hr • Job Code: 09-132

Education Division:

ECD Family Service Advocates • \$8.40/hr • Job Code: 09-102
-Positions in: Inger, Bena, Bemidji, Cass Lake

Human Services Division:

Case Manager • Job Code: 09-044

Full Job Descriptions available at <http://www.llojibwe.org>

Leech Lake Band Member preference, MCT, and other Native American preference applies. You May request a complete job description for any position listed. All positions require a valid MN driver's license, current insurance or is insurable (Unless otherwise stated). All positions DOQ unless otherwise noted.

How to apply: Interested parties may come into the Human Resources office to pick up an application or they can download an application from our website at www.llojibwe.org. Interested parties may also send a letter of application, resume, credentials, and transcripts to:

Leech Lake Band of Ojibwe HR
115 Sixth St NW, Suite E
Cass Lake, MN 56633

You may also fax your documents to HR, our FAX number is; #218-335-3697, or Email your documents to LLhumanresources@Llojibwe.com.

LLBO Policy: HR must receive your application documents before or no later than 4:30pm on the date the position is scheduled to close. Late applications received after 4:30pm on closing date will not be accepted. Call 218-335-3698 or toll free 1-800-631-5528 for more information.

Census Needs Thousands of People to Fill Jobs



IT'S IN OUR HANDS

The US Census Bureau will hire thousands of people throughout the Kansas City Region for the six states of Minnesota, Iowa, Kansas, Missouri, Oklahoma and Arkansas between now and next spring. This strong economic shot in the arm is like having a factory open up in each of the region's states. Up to 35,000 people will be on staff during peak times.

"This is the largest civilian mobilization of workers in the history of the United States" said Dennis Johnson, Regional Director.

Temporary jobs range in pay from \$11.50 to \$20.00 per hour plus mileage for the field positions of Recruiting Assistants, Crew Leaders, Crew Leader Assistants and Census Takers. The pay for Census Clerks range from \$7.50 to \$12.75 per hour depending on location. There may be some opportunities for advancement.

Positions are available in every community. Those hired will work out of Census Offices located in:

St Paul, MN • Duluth, MN • Minneapolis, MN • Rochester, MN
Coon Rapids, MN • Edina, MN • Bemidji, MN • Shakopee, MN

The U. S. Census Bureau encourages interested persons to apply for these jobs by calling the Toll Free Jobs Line at 1-866-861-2010.

Leech Lake Band Of Ojibwe Quarterly Meeting

Friday January 8th 2010
10:00AM

Palace Casino & Hotel Bingo Hall



Hunting in the Chippewa National Forest

By: Jen Guith, Deer River Ranger District

As everyone has noticed the seasons have been changing on the Chippewa National Forest. Along with this, recreational seasons are changing as well. We are no longer in the season of families, friends, and camping; we are now in the season of families, friends, and hunting. With the influx of hunters have come many questions regarding Off Highway Vehicle (OHV) use for hunting. Within the Chippewa National Forest, "off highway vehicles" refers to all-terrain vehicles, ATV's, off-highway motorcycles, OHM, and 4-wheel drive trucks.

The Chippewa National Forest has over 1200 miles of roads open to OHVs. In 2008 the Chippewa implemented a new policy which designates roads open to OHV use. Roads are designated with an OHV sign by the road number and the number of miles you are able to travel with your OHV along that road. Motorized Vehicle Use Maps are created annually to show roads designated open for use and any changes. The map is the most accurate and legal designation as to whether roads are open or closed. There are separate maps for the north of Highway 2

and south of Highway 2 parts of the Chippewa which are available free at the Blackduck, Cass Lake, Deer River, and Walker offices or online at <http://www.fs.fed.us/r9/forests/chippewa>. Since the map will be updated annually, please ensure you have the most recent copy of the map. You can find the year the map was made on the lower left hand corner.

Cross country travel is prohibited on the Chippewa National Forest. There are many questions this time of year about what is cross country travel. Some clarification will help: big game retrieval and other OHV use such as bear baiting or trapping is prohibited off designated system roads. And, for instance, if you manually haul big game out to your OHV you may then transport it only on designated roads and trails. If a road is designated closed, bermed, or gated motorized travel is restricted on these roads. Closed roads can only revegetate as planned if motorized travel doesn't occur. Hunters should also be aware of rules from the Department of Natural Resources regarding hours of operation for OHVs during hunting season. OHVs may only

operate one-half hour before sunrise, from 11 a.m. to 2 p.m., and one half hour after sunset to reduce disturbance during prime hunting hours. This helps prevent accidents between recreational riders and hunters.

It's useful to know that the Chippewa National Forest also has designated non-motorized areas. The semi-primitive non-motorized areas include Suomi Hills, Trout Lake and North Winnie areas. Be aware there may be seasonal closures posted on trails and roads to protect habitats. OHVs are not allowed to travel in ditches or on the shoulders of roads. All roads open to OHV's will be temporarily closed during the spring break-up period, March 15th through May 1st. The Motor Vehicle Use Map is reviewed annually to ensure accuracy. If you have any comment on roads open or closed to OHV, use please feel free to contact one of our Forest Service offices. Above all, please travel carefully along all system roads. Watch for oncoming traffic including highway vehicles. Travel at safe speeds. Be safe and have fun.

Information Refresher:

Brownfields



The information provided is to educate the community of the Leech Lake Reservation and surrounding communities of the 128 Brownfields Response Program.

We are Located at the Division of Resource Management and part of the Environmental Department. We received this grant in 2003 from the Environmental Protection Agency (EPA) Region 5 of Chicago, IL to assist in the development of its BRP. Since the award of the grant, the Band has worked diligently to fulfill the requirements of a BRP under Section 128(a).

The Brownfields Response Program requirements under CERCLA Section 128(a) include the following four

elements in its Brownfields Response Program:

- Timely survey and inventory of brownfield sites in tribal lands.
- Oversight and enforcement authorities or other mechanisms and resources.
- Mechanisms and resources to provide meaningful opportunities for public participation.

- Mechanisms for approval of a cleanup plan and verification and certification that cleanup is complete.

What are Brownfields?

Brownfields are real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of a hazardous substance, pollutant, or contaminant. Brownfields sites typically include former industrial sites, open dumps that may contain hazardous substance, abandoned gas stations, meth labs, Leech Lake owned buildings that are 1980 or older that may have lead base paint or asbestos.

We have completed a Phase I and Phase II on the Onigum Parish Hall; we tested the soils for lead, some areas came back high, comparing to the Leech Lake Hazardous Substance Control Clean up standard, we are in the process of drafting the Phase II report for this project.

Also, we have completed a Phase I and Phase II on a residents that had a large pile of sawdust, we are in the process of reviewing the lab results of the soils we collected to draft our Phase II report.

We had a Targeted Brownfields Assessment completed on the Old Gun Range located in the Cass Lake area; we are waiting soil test results. That work was coordinated with an outside contractor from Oneida Total Intergraded Enterprises from Wisconsin and also with EPA Region 5.

If you as a community have any information to share or are aware of any site please contact the Leech Lake Environmental Department 128 Brownfield Program at 218-335-7400.

H1N1 Flu Update from State Rep. John Persell

State Rep. John Persell
 Minnesota House of Representatives
 District 4A (651) 296-5516
 529 State Office Building, St. Paul, MN
 55155



November 25, 2009

Dear Friends,

It's been a rough fall in Minnesota, with thousands of people contracting H1N1, and sadly, over 20 Minnesotans dying from complications related to H1N1. Although recent reports indicate the number of new cases is decreasing, I would like to take this opportunity to provide an update on Minnesota's response to the H1N1 outbreak.

Sincerely,
 Rep. John Persell

Vaccine Supplies

Minnesota has allocated 700,000 doses of H1N1 vaccine, including 515,000 injectable doses to hospitals and clinics. The state's goal is to vaccinate the estimated 718,000 pregnant women, children and teens and adults with chronic diseases who are at highest risk of H1N1 complications. Still, 2.7 million Minnesotans are in at least one of the priority groups to receive the vaccine. The state has also received 185,000 nasal spray doses, which are not recommended for pregnant women and others in the high-risk groups.

Reason for Delay in Receiving Vaccine Supplies

Supplies of the vaccine have been delayed due to the challenges of growing the virus in chicken eggs. Vaccine manufacturers say they have had trouble getting a good virus yield.

Vaccine Distribution to Clinics

Minnesota health authorities are first targeting the most vulnerable individuals to receive the vaccine. High risk individuals include:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services personnel
- People between the ages of 6 months and 24 years old
- People 25 through 64 years of age who are at high risk for H1N1 because of chronic health disorders or compromised immune systems.

This approach is different from several other states which are shipping H1N1 to private businesses or are holding flu shot clinics. In some states, citizens have lined up for blocks waiting in line in public hoping to get the shot.

MDH says it prefers the priority-setting approach because medical personnel can identify those most vulnerable to get the shots first, citizens do not expose themselves to the virus by standing in line at public flu clinics (avoiding crowds is a good prevention measure) and it avoids rushes on medical facilities by not announcing where the vaccine is available.

MDH Testing

Health officials aren't testing everyone with H1N1 symptoms. MDH indicates it is time-consuming and expensive to test everyone. In addition, most flu viruses now circulating are H1N1.

MDH FluLine

MDH has set up a phone-based FluLine for people with symptoms. In the first 21 hours of operation, the service received more than 2,100 calls from people wanting to speak with a nurse. There were many more people who couldn't get through.

The hot line opens with a recorded message giving basic flu information. The service then triages people needing health advice and, in some cases, may prescribe medicine over the phone. The phone network has 50 lines staffed by nurses and operates around the clock.

People who call the line are asked several questions about their health and are either transferred to their insurance provider's network or given recommendations for treating themselves. For high-risk individuals or those with severe symptoms, nurses can write prescriptions for antiviral medications and fax them to a pharmacist. Nurses can prescribe the drugs under a standing order from a doctor, an arrangement that's legal in response to a pandemic.

The toll-free number for the Minnesota FluLine is 1-866-259-4655.

Vaccine Ingredients

Concerns have been raised about the presence of adjuvants and Thimerosal in H1N1 vaccines. MDH reports there are no adjuvants in any of the flu vaccines. Some vaccines do have Thimerosal, but not FluMist or some single-dose vials. It is possible to ask for Thimerosal-free vaccine.

The CDC says the H1N1 vaccine is as safe as the seasonal flu vaccine because it is manufactured in exactly the same way. They only changed the virus strain, which is something they do every year when they make a new seasonal flu vaccine.

Immune Response Time

A good immune response develops within about 10 days of receiving the vaccination. However, children under 10 don't develop a strong immunity with just one dose. They need a second vaccination within a month after the first one.

Why Aren't Facilities Being Shut Down?

Public health officials say they can't contain the virus at this point. It is too widespread. They also worry that shutting down certain public facilities would have a very negative effect on the economy.

Impact of National Emergency Declaration

President Obama declared a national emergency because of H1N1. The declaration gives hospitals flexibility to set up off-site clinics to treat H1N1 patients if they can't handle the volume of patients showing up in the emergency room. Federal rules normally prevent hospitals from setting up an auxiliary clinic if it's more than a couple hundred feet from the hospital, but the declaration means clinics can be placed at other locations.

Hospitals in southern states have set up tents to treat patients with flu symptoms, but cold weather prevents states like Minnesota from setting up tents at this time of year. With permission from the Secretary of Human Services, a hospital in Minnesota can now set up a flu clinic in a building farther away from the hospital if needed.

H1N1-Related Deaths in Minnesota

As of November 13, the Department of Health had confirmed 21 deaths related to the H1N1 strain and two additional flu-related deaths. Most victims had underlying conditions that contributed to their deaths. Those conditions ranged

Update Cont. Next Page

from asthma to obesity to weakened immune systems.

H1N1-Related Closings

School closings - As of mid-October, nearly all schools have remained open. There were 230 schools reporting excess absences to the Health Department.

Businesses - Businesses aren't required to report this data, but anecdotal information indicates that some businesses are experiencing a lot of absences.

Long-term care facilities - As of mid-October, long-term care facilities have reported no flu outbreaks. This data fits with reports that older people might have some natural immunity to the N1N1 virus possibly because they may have been exposed to an earlier version of the virus when they were younger.

Clinics have difficulty managing second doses for children

The CDC has told clinics they cannot hold vaccine supplies in reserve. If a clinic has 500 doses, it cannot give those doses to 250 children and save the remaining 250 doses for booster shots a month later. MDH officials say children will get their vaccines. It will simply be a matter of whether they get the vaccine four weeks or six weeks after the first one.

As of Nov. 12, all 87 Minnesota counties have at least some H1N1 vaccine doses and will be organizing vaccination clinics in the coming days. The first clinics will be at daycare facilities and then elementary schools.

The nasal spray contains a live but weakened form of H1N1 influenza and is not recommended for children 2 and younger or for anyone with a chronic condition. It also isn't recommended for children who have received the nasal spray for seasonal influenza in the prior four weeks. Receiving both nasal vaccines within that timeframe makes them less effective.

Counties have received some of each type, but some are saving the injectable vaccine for the youngest children and making it available by appointment.

Control your diabetes for life!

St. Paul, MN- Did you know that nearly 24 million children and adults in the United States live with diabetes? Another 57 million have prediabetes, putting them at high risk for developing type 2 diabetes. In Minnesota, one in three people (over 1.1 million) have prediabetes, including 92,000 children! If you don't have diabetes or prediabetes, know your risk. Take the diabetes risk test – available in English and Spanish – from the American Diabetes Association at 1-800-342-2383 or at www.diabetes.org/risk-test.jsp. It asks simple questions about your weight, age, family history and other risk factors and will show you whether you are at low, moderate, or high risk for diabetes. Knowing your risk can empower you to make changes to prevent or delay diabetes.

If you already have prediabetes, the Minnesota Diabetes Collaborative reminds you that you may be able to cut your diabetes risk in half by taking a few simple steps:

- Get tested for diabetes every year.
- Get at least 30 minutes of physical activity a day, 5 days a week.
- Eat a balanced diet of fruits, vegetables, whole grains, low-fat dairy products and lean meats.
- If you are overweight, try losing 5-7% of your body weight (usually about 10 pounds) by cutting back on how much you eat.
- Talk to your doctor about what steps and goals are best for you.

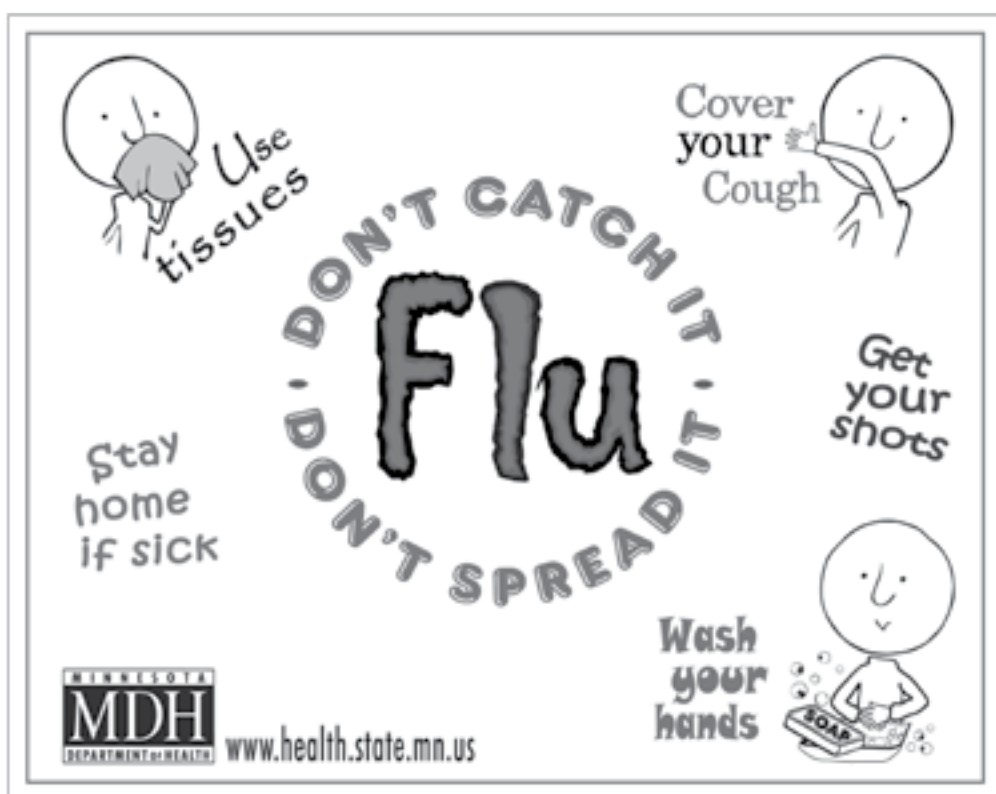
If you are one of the 375,000 Minnesotans who knows they have diabetes, you are urged to practice good self-care to prevent complications. To stay healthy:

- Test your blood sugar regularly.
- Eat healthy foods – more fruits, vegetables and whole grains and less fat.
- Be active up to 30 minutes of physical activity a day, 5 days a week.
- Do not smoke.
- Take your medicines as prescribed.
- See your doctor regularly.
- Check your blood pressure and keep it under 130/80.
- See your dentist because diabetes affects all parts of your body, including your mouth.
- Check your bare feet for sores every day and get a complete foot exam once a year.
- Get a dilated eye exam every year.

Flu Shot Reminder: ALL people with diabetes—including ALL ages and ALL types of diabetes—should get the injectable seasonal and H1N1 flu vaccine (not the inhaled version). You should also get the injectable vaccine if you are:

- Over age 50
- Pregnant
- Have a chronic disease
- Have a weakened immune system

Taking these simple steps can add years to your life or the life of a loved one. Please join the Minnesota Diabetes Collaborative to spread diabetes awareness and fight the epidemic of diabetes.



Support Group Meetings

Leech Lake Area Meetings

SUNDAY

7:00 PM - AA Basic Text Group
Calvary Free Church, Walker, MN

7:30 PM - AA-Cohasset Group
12x12
(Closed No Smoking)
Post Office-Cohasset, MN

MONDAY

9:30 AM - AA Monday Morning Meeting
Hope Lutheran Church, Walker, MN

5:30 PM - OverEaters Anonymous
Alano Club, Bemidji
Contact Number: 444-2525

7:00 PM - Felon Support Group
People's Church, Bemidji
Contact Rene P. 444-8240

7:00 PM - AA-Big Book
(Closed No-Smoking)
Bethany Lutheran Church, Deer River, MN

7:00 PM - AA Meeting
Hope Lutheran Church, Walker, MN

TUESDAY

10:00 AM - Relapse Prevention Support Group

Eagle's Landing-Ball Club, MN
Contact Ed 335-8302

4:30-6:30 PM - Men/Women's Wellbriety Group
Opiate Annex, 110 Balsam Ave NW,
Cass Lake, MN

7:00 PM - AA Meetings (OPEN)
AHNJI-BE-MAH-DIZ Halfway House

7:00 PM - Women's Talking Circle
(Except 2nd Tues. each month)
Onigum Community Ctr.
8826 Onigum RD NW.

7:00 PM - S-Lake Step Study
St. Catherine's Church, S-Lake, MN

WEDNESDAY

11:00 AM - AA Meeting (Open)
AHNJI-BE-MAH-DIZ Halfway House,
Cass Lake, MN

5:00 PM - Grief Support Group
(Conf. Rm next to DQ)
Contact Eli H. 760-2116

6:30—7:30 PM - AA/NA (Open)
Opiate Annex, 110 Balsam Ave NW
Contact Kathy 368-3171

7:00 PM - AA Meeting (Open)
(See below for Speaker/Feast info)
Winnie Dam Community Center

8:00 PM - AA Meeting
(Open, No-Smoking)
Lutheran Church, Boy River, MN

8:00 PM - Pine Manor Topic Group (Closed)
Pine Manor Treatment Center

THURSDAY

4:30 PM - Diabetes Support Grp
March 26th ONLY (may be ongoing)
NCRH (Bmji) Education Conf Rm East
Entrance
Sue D. 333-5976

7:00 PM - AA Meeting (Open)
AHNJI-BE-MAH-DIZ Halfway House

7:00 PM - AA Walker 12x12 Study
Calvary Evangelical Free Church,
Walker, MN

7:00 PM - AA LaPorte
Baptist Church, LaPorte

FRIDAY

3:30 PM - Relapse Prevention Support Group
LL Outpatient Bldg, 2nd Floor.
Contact Ed at 335-8302.

5:30—6:30 PM - AA/NA Mtg.
Opiate Annex 110 Balsam Ave NW
Contact Kathy 368-3171

7:30 PM - NA Meeting

Hope Lutheran Church, Walker, MN

SATURDAY

9:00 AM - Onigum Step/Discussion
Onigum Community Center

12:00 Noon - Community Sweat
AHNJI-BE-MAH-DIZ Halfway House

8:00 PM - AA Speaker Meeting
Pine Manor Treatment Center, Nevis,
MN

6:00 PM - Community Sweat
AHNJI-BE-MAH-DIZ Halfway House

7:00—8:00 PM - Overeaters Anonymous
Cass Lake HIS Modular Contact Greg
209-3157

(TBA) Monthly Sobriety Feast held the last Thursday of each month (Look for postings).

**** First Wed. Of each month AA Speaker Mtg./Potluck at Winnie Dam Community Center.**

ATTENTION: Anyone Interested in Al-Anon or other AA/NA Mtgs. Contact Alano Club 125 Anne Street N.W. Bemidji, MN. Or call 218-444-2525 for days and time. They also provide Gambler's Anonymous Mtgs @ 7:00pm Mon & Thurs. Adult Children of Alcoholics Support Groups @ 9:00am on the 2nd & 4th Saturdays.

Subscribe to DeBahJiMon

This is a FREE subscription

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Check One:

- New Subscription
 New Address:
Include previous zip code _____
 Remove from mailing list

Mail to:

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

DeBahJiMon

A monthly publication of the Leech Lake Band of Ojibwe.
4,300 published monthly.

Arthur LaRose Chairman
Michael J. Bongo Secretary
Robbie Howe..... District I
Lyman Losh District II
Eugene "Ribs" Whitebird District III

Chris Haugene, Managing Editor
Mike Chosa, Graphic Designer
E-mail: debahjimon@llojibwe.com
Phone: (218) 335-8225 • Fax: (218) 335-3660

1671 SUMMIT AVENUE SAINT PAUL, MINNESOTA 55105
TELEPHONE 651 646-8805 | FAX 651 646-6866 | www.spacc.org



Office of Indian Education Announces 2010 Native American Student Art Competition

November 19, 2009

Arthur LaRose
Chairman
Leech Lake Gaming Division
6280 Upper Cass Frontage Road NW
Cass Lake, MN 56633

Dear Mr. LaRose and members of the Leech Lake Community:

On behalf of the Department of Indian Work (DIW), the Board of Directors of the Saint Paul Area Council of Churches, our member congregations, and the people we serve, we would like to extend sincere thanks to the members of the Leech Lake Community for your gift of \$250.00 in support of the DIW Emergency Services Holiday program.

As I write this today, already 280 families have registered for Thanksgiving food baskets and there are 10 on the waiting list! In October, we had 122 families visit the food shelf, the highest number of visits during one month ever. We know this means that requests for food baskets for Christmas will be high too.

We hear stories every day about the suffering people go through because they are poor. Thank you. Your support has a profoundly positive impact for the people we serve daily -- who look to us for special help during the holidays.

We acknowledge that you did not receive any benefits or goods in return for your contribution.

Warm Regards,

Rev. Grant Abbott
Executive Director

Sharon Romano
Director, Department of Indian Work

PI-LA-MA-YAH
(DAKOTA)

MI-GWETCH
(OJIBWE)

PI-NA-GI-GI
(HO-CHUNK)

THANK YOU
(ENGLISH)



Bringing Honor Through Education is the theme for the U.S. Department of Education, Office Indian Education's 2010 Native American Student Art Competition. The competition, which celebrates the values and successes of education in Native American communities, is open to all American Indian and Alaska Native students in grades Pre-K through 12. The deadline for submissions is January 29, 2010.

By supporting this competition, the Office of Indian Education hopes to inspire students to explore the connection between their education and culture through art and writing. Entries for the 2010 Native American Student Art Competition should relate to the theme Bringing Honor Through Education and reflect the promise and importance of pursuing an education for Native youth. Submissions will be judged in six different grade levels, and prizes will be awarded to 1st, 2nd, and 3rd place winners in the artist and writing categories.

In recognition of the students' artistic talents, the 2009 Native American Student Artist winning entries were exhibited at the U.S. Department of Education, the Smithsonian's National Museum of the American Indian, Oklahoma History Center, and the Northwest Museum of Arts and Culture.

The Student Art Competition rules require that a student register their entry online or over the phone prior to submitting their entry. For additional information, rules, and entry form, please visit <http://kids.indianeducation.org>, email sac@indianeducation.org, or call (866) 259-0060.

Interior to Develop New Tribal Consultation Policy

Action Follows President Obama's November 5 Executive Memorandum

Washington, D.C. – The Department of the Interior today launched a new effort to develop a Department-wide policy on tribal consultation, Interior Secretary Ken Salazar and Assistant Secretary-Indian Affairs Larry Echo Hawk announced today. The new consultation policy will be developed with input from the nation's 564 federally recognized tribes.



OFFICE OF THE SECRETARY
**U.S. Department
of the Interior**

“President Obama respects the inherent sovereignty of Indian nations and believes that the federal government must honor its commitments to American Indian and Alaska Native communities,” said Secretary of the Interior Ken Salazar. “The President's Executive Order on consultation recognizes that the federal government has a responsibility to uphold not just a government-to-government relationship with tribes, but a nation-to-nation relationship. That is why we are working to implement a consistent and comprehensive Department-wide tribal consultation policy and process upon which tribes can rely.”

The effort announced today is consistent with the requirements of an executive memorandum issued by President Obama on November 5 that directs all Federal departments and agencies to develop a “plan of actions” to implement the policies and directives of Executive Order 13175, Consultation and Coordination with Indian Tribal Governments, issued by President Clinton on November 6, 2000. President Obama signed the memorandum at the White House Tribal Nations Conference held at the Interior Department's headquarters in D.C.

“On November 5, President Obama issued his executive memorandum supporting tribal consultation as ‘a critical ingredient of a sound and productive Federal-tribal relationship,’ Echo Hawk said. “The effort we are undertaking today to develop Interior's plan as called for by the President will begin a new and positive chapter in the history of Federal-tribal relations.” President Obama has directed each agency head to submit to the Director of the Office of Management and Budget (OMB) within 90 days of the date of his memorandum a detailed plan of actions the agency will take to implement the policies and directive of Executive Order 13175.

The Department is seeking tribal comments via email, regular mail and in real-time meetings by January 15, 2010, on questions asking what the parameters of a comprehensive Interior Department-wide consultation policy should entail.

Also announced today is the preliminary schedule of Departmental tribal consultation meetings:

Date: Tuesday, January 5 2010

Times: 9:00 a.m. – 12:00 noon/1:00 p.m. – 4:00 p.m.

Location: Minneapolis, Minn. Site to be announced.

To view “Tribal Consultation, Memorandum for the Heads of Executive Departments and Agencies” and “Executive Order 13175 – Consultation and Coordination With Indian Tribal Governments”, visit <http://www.indianaffairs.gov/WhoWeAre/AS-IA/Consultation/index.htm> and scroll down to the section “Presidential and BIA Tribal Consultation Documents”.

FIREWOOD FOR SALE

\$140 - Cord

\$60 - Truckload

\$5 - Bundle

Call Leech Lake T.E.P.
to order yours today!
218. 335. 3555

Split & Delivered
to your home

Our Job Is Your Business

Here's your chance to take advantage of great business loan opportunities from the White Earth Investment Initiative.

Whether you need new equipment or working capital, we can help. Our job is to help your plans become success stories, no matter if you're starting a new business or expanding an existing one.

WEII specializes in commercial loans to those in tribal and rural communities with populations of less than 25,000.

- Loans are available in amounts of up to \$150,000.
- Loan term is flexible.
- Interest rates are fixed and vary from 7-9%.

To find out if you qualify or to learn more about WEII business loan opportunities, call us at (218) 983.4020 or visit us online at whiteearthinvestmentinitiative.com.

This is an equal opportunity program. Discrimination is prohibited by federal law. Complaints of discrimination may be filed with the USDA Director, Office of Civil Rights, Washington, DC 20250.

White Earth
INVESTMENT INITIATIVE

(218) 983.4020 • whiteearthinvestmentinitiative.com

Water Tower

Continued from Page 1

While Mr. Fairbanks is ushering the water tower and treatment facility projects through their processes he also has plans for outlaying community water projects in Inger and Oak Point as well as renovations planned at I H S, the Ball Club Clinic, and the clinic in Inger.



Pictures of new Water Tower Construction just down from the Palace Casino & Hotel.



SPECIAL NOTICE FROM TRIBAL ENROLLMENTS

**LEECH LAKE TRIBAL ID CARDS
WILL BE ISSUED:**

**MONDAY, WEDNESDAY, FRIDAY
9:00 AM - 11:30 AM**

FOR THE MONTH OF DECEMBER

**THANK YOU!
- LEECH LAKE ENROLLMENT STAFF**

Happy 2nd Birthday!

From papa, grandma,
auntie missy, auntie
rhiannon & uncle
bubbz

12/27/09



Northern Peace Funeral Home

Specializing in

- Traditional Services
- Cremations
- Pre-Arrangements

218-547-3323

6500 State Hwy 371, Walker, MN

NEW YEAR'S Hot Seats

Thursday, December 31st -
Friday, January 1st
8pm - 1am

Hot Seat drawings will be held one per hour
from 8pm - Midnight.

Each winner will receive \$210!

Two Hot Seat drawings will be held
between Midnight and 1am

The winners will split

\$2,010
\$1,005 each!

Christmas Day Hot Seats

Friday, December 25
4pm - 8pm

Two Hot Seat Drawings will be held each hour!
Gift Baskets valued at \$50 will be given as prizes!

