



Walking into the Unknown

Crew Biographies

Nate Maydole, Director/Editor

Minneapolis Director Nate Maydole started his film career while attending the University of Minnesota-Duluth. Maydole's first completed short film, *Mr.*, won the University's "Best of Show Award" and "People's Choice" at the Frozen Yeti Film Festival in 2005. In 2006, he received an Undergraduate Research Opportunity Program Grant through the University of Minnesota-Duluth to complete his film, *In the Eyes of the Creative*. Maydole then went on to study under award-winning Native American film Producer Lorraine Norrgard, assisting in the film *The Sandy Lake Tragedies* and a documentary on Artist Carl Gawboy. In the winter of 2006-2007, Maydole received a contract from the Fond du Lac Band that got support from its Diabetes Prevention Grant to direct his first full-length, feature documentary titled, *Walking into the Unknown*—where film completion wrapped up in spring of 2009. During the production of *Walking into the Unknown*, Maydole initiated a life-long documentary titled *Word of the Day*. The first installment of the documentary received viral international attention and has since been featured on YouTube. Maydole currently is the owner of Visumm Media, a Minneapolis-based visual media company.

Ivy Vainio (Grand Portage Band of Ojibwe), Producer

Ivy Vainio is a direct descendent of an enrolled Grand Portage Band of Ojibwe member. Vainio graduated from the University of Minnesota-Duluth in 1992 with a Bachelor of Arts degree in History and a minor in American Indian Studies. She has worked in higher education in Multicultural/Diversity programs at the University of Minnesota-Duluth, the University of Washington-Seattle and currently at the University of Wisconsin-Superior. She made her filmmaking debut as Producer of the 2009 Emmy-nominated documentary *Walking into the Unknown*. She also coordinates all the post-production requests for interviews, film screenings and film festival submissions.

Cast Biographies

Arne Vainio, M.D. (Mille Lacs Band of Ojibwe)

Arne Vainio, M.D. was born in Chisholm, Minnesota, to a full-blood Ojibwe mother and a Finnish father. He is an enrolled member of the Mille Lacs Band of Ojibwe.

Dr. Vainio completed his undergraduate studies in 1990 at the University of Minnesota-Duluth and proceeded to obtain his medical degree from the University of Minnesota Medical School-Duluth, graduating in 1994. He completed his Family Practice Residency Program at the Seattle Indian Health Board and Providence Hospital in Seattle, Washington, in 1997.

Dr. Vainio has been employed as a Family Practice Physician at the Min-No-Aya-Win Human Services Clinic on the Fond du Lac Ojibwe Reservation in Cloquet, Minnesota, since September of 1997. His hospital affiliations, all located in Duluth, Minnesota, include St. Mary's Medical Center, St. Luke's Hospital & Regional Trauma Center, Miller-Dwan Medical Center and Cloquet Memorial Hospital in Cloquet, Minnesota. Dr. Vainio is also employed as a Preceptor at the Duluth Family Practice Center in Duluth, Minnesota, and he also volunteers as a Preceptor for the University of Minnesota Medical School-Duluth campus.

Dr. Vainio is a member of the Association of American Family Physicians and the Association of American Indian Physicians. He is the recent recipient of the following awards: the National I.H.S. Director's Award, the National Diabetes Physician's Recognition Award and the Minnesota Medical Foundation's Early Distinguished Career Award. Dr. Vainio is featured in the 2009 Emmy-nominated American Indian health documentary *Walking into the Unknown*.

Jerry Smith (Lac Courte Oreilles Band of Ojibwe)

Jerry Smith is an enrolled member of the Lac Courte Oreilles Band of Ojibwe. He is currently employed by the Lac Courte Oreilles Band of Ojibwe as their Tribal Historic Preservation Officer. He is a traditional spiritual leader/advisor and a gifted storyteller. Smith provides cultural immersion experiences for students at Lac Courte Oreilles Ojibwe Community College, the University of Wisconsin-Eau Claire and the University of Wisconsin-Superior. He is highly respected by Tribal communities for knowing and practicing the old ways of the Anishinaabe.

David Jorde, M.D.

David Jorde, M.D. was born and raised in Rochester, Minnesota. He earned a Bachelor's Degree from Luther College in Decorah, Iowa, in 1992, with majors in Chemistry and Biology. He attended the University of Minnesota-Duluth School of Medicine and graduated from the University of Minnesota Medical School-Minneapolis in 1998. He returned to Duluth, Minnesota, to complete a residency in Family Medicine. After training, he worked as an emergency physician in rural hospitals in northern Minnesota and later took a family practice position in Grand Marais, Minnesota. In 2005, Dr. Jorde began work as a family physician with the Fond du Lac Band of Ojibwe in Cloquet, Minnesota, where he continues to work today. He has a special interest in rural and Native health and is featured in *Walking into the Unknown* as Dr. Arne Vainio's doctor.

Steve Vopat, M.D.

Steven Vopat, M.D., F.A.C.S. is a general surgeon practicing in Cloquet, Minnesota. He is a graduate of the University of South Dakota School of Medicine and completed his surgery residency at the University of Kansas School of Medicine-Wichita. He is board certified by the American Board of Surgery, is a Fellow of the American College of Surgeons and is a member of the Society of American Gastrointestinal and Endoscopic Surgeons, Lake Superior Medical Society, the Minnesota Medical Association and the American Medical Association.

Lynne Kosmach

Lynne M. Kosmach, RNC-NP, CDE, received a Bachelor of Arts Degree in Nursing in 1986 from the College of St. Scholastica in Duluth, Minnesota, and for twelve years served as a Registered Nurse in Neurosurgical/Trauma and Surgical Intensive Care before completing her Master's Degree in Nursing in 1998 from the College of St. Scholastica. Kosmach has been Board Certified as a Family Nurse Practitioner since 1998 and received her Board Certification as a Diabetes Educator in 2001. Kosmach is currently a Certified Diabetes Educator for the Fond du Lac Indian Reservation in Cloquet, Minnesota. She provides primary medical care for families and teaches diabetes education to individuals and group classes at the Min No Aya Win Clinic and Center for American Indian Resources. Kosmach coordinates the Fond du Lac Diabetes Prevention Grant Program which is a Federal grant program focused on teaching diabetes prevention to American Indians.

Jennifer Hall

Jennifer Hall is employed with the Min No Aya Win Human Services Clinic and the Center for American Indian Resources as a Registered Dietitian and Certified Diabetes Educator. She is part of both the diabetes prevention and diabetes team and facilitates an adult weight management program. Hall works with clients individually and in group sessions. Her role in *Walking into the Unknown* was to explain the basics of nutrition, define pre-diabetes and discuss what the Diabetes Prevention Program involves. In 2004, Hall was named "Minnesota Recognized Young Dietitian of the Year."

Chris Foss-Tietz

Chris Foss-Tietz is employed with the Min No Aya Win Human Services Clinic and the Center for American Indian Resources as a Diabetes Prevention Educator and is a Certified Personal Trainer by the American Council on Exercise. Foss-Tietz is part of both the diabetes prevention and diabetes team. A majority of her time is spent facilitating the everyday activities for the Diabetes Prevention Program—including collecting data, organizing classes and the participant's physical assessments.

Jason “Jay” Schlender (Lac Courte Oreilles Band of Ojibwe)

Jason Schlender, an enrolled member of the Lac Courte Oreilles Band of Ojibwe, is Adjunct Faculty at the Lac Courte Oreilles Ojibwe Community College and serves as an Ojibwe Language and Culture Consultant for the Red Cliff Early Childhood Center and the public school district in Bayfield, Wisconsin. He has a B.S. from the University of Wisconsin-Superior. He published *Ojibwe miinawaa Bwaanag Wijiigaabawitaadiwinan*, a research project for the McNair Scholars Program focusing on Ojibwe and Dakota relations.

Mr. Schlender’s leadership experience includes service on numerous boards and committees to make executive policy and exercise fiduciary responsibilities on subjects as varied as curriculum implementation and review, racial sensitivity, Ojibwe culture, and health education. He is also an active participant in many Ojibwe religious and healing ceremonies.

Samuel “Sam” Maday (Bad River Band of Ojibwe)

Sam Maday is an enrolled member of the Bad River Band of Ojibwe. He graduated from the University of Wisconsin-Superior with a Bachelors degree in Mass Communications in May 2010. He has been recently diagnosed with diabetes and hypertension. Sam lost his father on November 12, 2007, from complications of diabetes, heart disease and hypertension and he addresses his father’s death in the film *Walking into the Unknown*.