

# Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)



*Eighth grade students at the St. Louis River Estuary Summit at UWS to present and learn about the estuary. Photo by Anna Clark.*

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# Local news

## An immersion school within a public school

Back in Late February the Duluth School Board voted unanimously to start an Ojibwe immersion program, and Edye Howes, the Indian Education Coordinator has been hard at work getting the program started.

“The past couple of years, I’ve been getting community input from American Indian families and students asking what types of things they would want coming out of American Indian education programs and language kept coming up over and over again,” Howes said.

While Howes had already been listening to what families and students were looking for in the Indian education program, it was the superintendent who contacted her.

“So I was contacted by the superintendent about putting something together in terms of an Ojibwe language immersion program, and with me having a background and degree in Ojibwe language and culture education, it seemed like a perfect fit. So he said ‘I think we should move forward on this.’”

Edye has already done research, contacting other immersion programs as well as speaking with area colleges about the help that they can provide.

“That’s where we look at developing relations with area colleges and education programs. As well as continuing to work with St. Scholastica. They have this language component to their education program, how can we enhance that to develop immersion school teachers. So developing and continuing relationships with area colleges is kind of our plan.”

Already American Indian and non-American Indian families are calling to see about a waiting list for this immersion program that will launch this fall. Even people from Superior are calling wanting to get enrolled. But right now, they’re just in the early stages of it, looking to

get job postings together.

“Again this is all new, so we’re just sitting down and having these conversations but we’re hoping to work with area colleges to develop immersion school teachers.”

After Howes, the school board, and others involved get the logistics figured out, they plan to have an open house or something like a kindergarten round-up to get the program started. The program will begin for this fall’s kindergarten class and continue to follow them through elementary school. Each year they will add the following class so that everyone coming in has the choice to join the Ojibwe language immersion program.

While there is still a long way to go before there is an immersion school within Duluth public schools, Howes and the school board is definitely getting the ball rolling.

“To me it says a lot that the school really does value Ojibwe language to the point that they approached me, the coordinator of American Indian education, to put something together that would work in our school district.”

## FDL Eighth grade presents at 2014 St.

## Louis River Estuary Summit

By Anna Clark and Shannon Judd

On Feb. 26, Fond du Lac Ojibwe School eighth grade students traveled to UWS to participate in the 2014 St. Louis River Estuary Summit. There they joined people in the science community to listen to topics relating to the St. Louis River. Not only did students listen to talks about the estuary, they presented and shared a poster on the water quality monitoring that they had been conducting at Otter Creek since September 2013. Students were asked many questions relating to their work done at Otter Creek and what their data tells us about the creek. Eighth grader Eddie Defoe said, “I met a lot of cool people including someone that works with National Geographic. I gave a short speech about our class and had a really good time. I learned a lot while there.”

Teacher, Anna Clark, and students have worked with the Fond du Lac Environmental Education Outreach Coordinator, Shannon Judd; Fond du Lac Watershed Specialist, Kari Hedin; and Deanna Erickson, Education Coordinator for the Lake Superior National

## FDL family welcomes baby at home

On Mar. 31 at 6:25 a.m., Julia Lone was 34 weeks pregnant and in for a big surprise. Her boyfriend, Jason Petite, had left the bedroom but said, “Something was telling me to go back to her.”

While on the phone with paramedics, Jason and Julia delivered their son, Gabriel Allan Lone-Petite in their home. He was born 5 lbs and 11 oz.

Jason and Julia’s other children were getting ready for school, and didn’t know that anything out of the ordinary was happening. Jason described their other children as “pretty shocked” when they saw an ambulance outside their house, as their mother was carried out on a stretcher. Jason carried Gabriel as the 3 of them went off to the hospital.



## Nahgahchiwanong Dibahjimowinnan

Translation: Far End of the Great Lake; Narrating of Story

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Editor: Zachary N. Dunaiski

The mission of this publication is to provide the Anishinaabeg community of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation, with news and information that will be of help to them in their everyday lives. In addition, our goal will be to highlight many of the honors, accolades, accomplishments and awards that are earned by community members but are mostly overlooked by the mass mainstream media.

It is our hope that through greater information about the activities of our people, this publication can be an instrument of true community. It is not our intention to be a vehicle of divisiveness. To that

end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

Our mission is to provide for Fond du Lac Anishinaabeg a publication that will not dismiss their culture, heritage, hopes and dreams. We are striving to make this newspaper fill that role.

Corporate Member of the Native American Journalists Association

# Local news



*FDL winner Summer Skye, with Stu Waters and John Hecht, holds her poster proudly.*

## CAFD's poster contest

During fire prevention week in October, The Cloquet Area Fire Department's (CAFD) public educator Sarah Buhs talked to the local schools about kitchen safety.

The students were asked to make a poster about what they learned from Sarah. Churchill, Fond du Lac Ojibwe, Queen of Peace, and Washington elementary schools all participated in the contest. The winners from each grade received a pizza party with their class and the CAFD firefighters. The Kindergarten winner was Ellis Allen from Churchill, 1st grade was Olivia Jutila from Washington Elementary, Summer Skye from Fond du Lac Ojibwe, and Leah Evan from Washington Elementary.

The pizzas were donated from Sammy's pizza in Cloquet. Each winner was also entered into the Minnesota Fire Chief's poster contest. Olivia Jutila and Summer Skye each received \$10.00 and an honorable mention in the contest. Congratulations to all the winners.

Estuarine Research Reserve throughout the year monitoring Otter Creek. Students are also participating in other learning opportunities as part of the Rivers2Lake Program funded by NOAA's Bay Watershed Education Training Program. This program uses the Lake Superior Watershed and the St. Louis River as a base for hands-on, outdoor education and student learning.

## FDL Resource Management receives award

For all the work that Fond du Lac Resource Management Division (FDLRMD) does for the St. Louis River and its watershed, the St. Louis River Alliance presented them with the Willard Munger Sr. Environmental Stewardship Award.

On Apr. 8, the St. Louis River Alliance hosted its 19th annual Environmental Stewardship awards and FDL was one of a few to receive an award. These annual awards recognize the

people, organizations, communities, and institutions that have provided outstanding service toward restoring, protecting, and enhancing the St. Louis River and its watershed.

This award was given in recognition of the leadership and technical service contributions towards restoring and protecting the St. Louis River and Lake Superior. Numerous professional staff members from several programs within this division have made important contributions towards addressing the issues related to the St Louis River Area of Concerns. These efforts include helping to restore sturgeon and wild rice in the St Louis River.

## 3rd Annual FACE 5k Fun Run/ 2k Walk, Saturday, May 31

This event is open to everyone and registration forms will be available at the RBC, Sawyer Center, Brookston Center, Fond du Lac Gas and Grocery, Fond du Lac Ojibwe School, and the

FACE Program.

The registration form will also be available online on the Fond du Lac FACE Program facebook page and on [www.fdlrez.com](http://www.fdlrez.com).

The first 150 registered will receive a t-shirt.

Completed and signed registration forms are to be returned to the FACE Building or by fax to (218) 878-7275.

For more information call Barb Francis (218) 878-7283

## Northrup receives recognition from elders

Jim Northrup received a thank you plaque from the Fond du Lac Elder's concern group for all that he has done for the elder's, the community, and individuals in the community over the years.

The FDL concern group would like to thank him for all he has done for the culture and spiritual aspects within the community. All of the members of the FDL concern group referred to him as "very giving" and caring.

"He's one of the most caring and respectful towards elder's," some of the members of the FDL concern group were saying during their meeting on Apr. 9. When Northrup spoke at a previous meeting he gave the members of the group a good feeling.

"He lives what he speaks," members of the concern group said about him. Along with thanking Northrup, they also wanted to let him know that they miss him.



## Elder's Corner

- **May 5** 9:45 a.m. CCC, Cloquet Elder Exercise. Monthly speaker: Katie, Exercise and Arthritis
- **May 7** 10 a.m. - 12 p.m. CCC, Elder Concern's Group
- **May 9** Tribal Holiday
- **May 13** 9-11 a.m. Assisted Living Residence, Monthly Foot Clinic, for questions or a ride, call (218) 878-3790
- **May 14** 10 a.m. - 12 p.m. CCC, Elder Concern's Group. Speaker: Jim Kyle, FDL Transportation Director
- **May 14** 5-7 p.m. CCC, 52 + Elder Meeting, Speaker: Jim Kyle, FDL Transportation Director.
- **May 15** 5:30 p.m. Sawyer Center, Open RBC Meeting
- **May 16** 8:30-10 a.m. CAIR, Monthly Foot

Clinic. Mike Jenkins, PHN (218) 279-4116

- **May 16** 10 a.m. CAIR, Monthly CAIR Elder Meeting
- **May 17** 10 a.m. BBCR, Elder Activity, call Joyce LaPorte (218) 428-4448. 12 p.m. Mille Lac's Museum, 2 p.m. Load/Leave 4 p.m. Dinner at BBB
- **May 26** Tribal Holiday
- **May 28** 5-7 p.m. CCC, 52 + Elder Meeting

## 52+ Elder's trip to Mille Lacs Museum

**Saturday, May 17**

- 10 a.m. bus loads at BBCR
- 12 p.m. arrival at museum
- 2 p.m. bus leaves museum
- 4 p.m. bus arrives and dinner at BBCR
- Limited to the first 50 elders, signup deadline May 16
- If you must cancel please do so before May 12

# A few thoughts from RBC members

## From the Chairwoman

Congratulations to Secretary-Treasurer Ferdinand Martineau on his successful bid for another four year term. He received 53% of the vote, so does not have to go to the General Election. In the Sawyer district election David Tiessen and Brenda Shabiash will move forward to the General Election. There were difficulties in voting by absentee ballot. According to what I've been told, the payment for the election office's post office box was a few weeks late at the end of last summer. The post office in Cloquet closed the box. The post office failed to be as timely in noting on their computers that the box was reopened. The post office acknowledged that

it was their error, and corrected it as soon as it was brought to their attention.

The errors by the post office were the subject of numerous election protests. Election protests are brought before the tribal court. The rulings of the judge can be found on the Fond du Lac web page [www.fdlrez.com](http://www.fdlrez.com). In summary, the judge found that the error of the postal service was not a violation of the Election Ordinance, so the results of the election stand. This column is written during the middle of April, so it is unknown at this time if any of the candidates intend to appeal the judge's ruling to the Minnesota Chippewa Tribe

Court of Election Appeals.

The bonding bill for the State of Minnesota included funding for the Big Lake Area Sanitary District. The Sanitary District is a joint powers board that has been working for years to clean up Big Lake in Sawyer. The density of housing around the lake affected water quality. When the district first started its planning, the Western Lake Superior Sanitary District (WLSSD) did not have capacity to take additional waste, and a local treatment plant was planned. Over time, WLSSD worked to increase its capacity, and that created an opportunity for the Big Lake District to tie in. The bonding bill is



Karen Diver

expected to pass with the funding included for the Sanitary District, which would allow for construction to begin in 2016. The bonds would be paid back through assessments on the properties that tie into the line.

The State of Minnesota passed a constitutional amendment that established a legacy fund to preserve the state's natural resources. The Lessard-Sams Outdoor Heritage Council manages the process for soliciting grants. Last year, the Fond du Lac Band put in a grant application for funding to acquire Simon Lake (west of Brevator Rd on the northern part of the reservation) for conservation purposes. The Band was not successful in that application, and had to struggle with many issues that were not relevant to

the selection criteria that were established. These issues included objecting to putting the land into trust and the Band's jurisdiction over hunting regulations on the land. The Band provided a lot of education on tribal issues, and this year the Council recommended funding. The House has approved the funding, and it awaits a Senate vote. It would be a wonderful thing for the Band to be able to acquire this property for preservation purposes.

*Please let me know if you have questions or comments at the office (218) 878-2612 or by cell (218) 590-4887, or by email at [karendiver@fdlrez.com](mailto:karendiver@fdlrez.com)*

## From the Secretary/Treasurer

### Boozhoo,

I hope you are enjoying the spring weather. It's snowing outside with a winter storm warning in effect. They are predicting up to 8 inches of snow. I hope they are wrong.

I was a little unsure of how to write my column this month as there was a protest filed over the results. The hearing took

place a couple days ago and the result came in a few minutes ago. The election results were affirmed.

I would like to take this opportunity to thank you, the members of the Fond du Lac Band, for the confidence that you have shown with your re-election of me for the next four years. I want to say thank you to all of you who stood by my

side when things were difficult, those of you that gave me encouragement to continue with my efforts, those of you who called and said to keep your chin up and walk tall, and especially those of you who openly supported me. I was excited with the victory at the polls that evening. But, as



Ferdinand Martineau

I contemplated the results, I was humbled by your voice. I realized that there was

quite a responsibility placed on my shoulders, to lead us in the manner that you have become accustomed to. I have to continue to be open to your concerns, responsive to your needs, and be open to your criticisms. It is now time to go back to work and do the best job I can for the Fond du Lac Band and all our members.

The night at the Bear for elders is coming up and I hope to see you there. It is going to feature a tribute to Frank Sina-

tra during a plated dinner and desert served in the convention center. It should be an enjoyable evening for all.

Again, thank you for your support and confidence in my leadership.

*If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at [ferdinandmartineau@fdlrez.com](mailto:ferdinandmartineau@fdlrez.com)*

*Gigawaabamin.*

# RBC thoughts continued

## Sawyer News

Greetings from your friendly neighborhood Spider-Dave! I know I voiced my frustrations last month about the weather, but please allow me one more rant. This wretched snow sucks! There, now that I have that out of my system...

With the melting snow comes a sad truth. Needles. They are littering ditches and roadways throughout the Rez, so please be careful and talk to your children about the dangers they pose. The cleanup crews will be starting shortly to attend to the problem as best they can, but in the meantime, please be cautious (that goes for cleanup crews too). For anyone who discards them on the side of the road, PLEASE think of the dangers it poses to others, especially kids, and don't just toss them anywhere.

Primary Elections are done, and for the position of Sawyer District Representative it is between myself and Brenda Shabiash. Good luck, Brenda. The position of Secretary/Treasurer stays with Ferdinand Martineau, as he had over 50% of the votes for the second time in

a row. Congratulations Ferd! There were a number of people who contested these elections, and the election judge found that there were no violations on the part of the election board, so the results of the election will stand as is. Although the election board was not at fault for the finagle concerning the elections, I personally think that the elections should be redone. Wish in one hand and moo in the other, as they say. General Elections will be held on June 10th.



David Tiessen Jr.

I am writing this article the day before my monthly community meeting on the housing selection process, so there is nothing to report on that front. The meeting this month will be held on May 18th at 3pm instead of 6pm. As of right now, there is no topic scheduled yet. Stop on by, it's potluck.

*I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at david-tiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Don't moo in anybody's hand.*

## Cloquet News

### Hello All

The primary elections have taken place and the results are in. I would like to congratulate Ferdinand Martineau on receiving 53% of the votes for Secretary Treasurer. Good luck on your next four years in office. I would also like to thank each individual that ran for office. It is important to have folks that are willing to offer their services and be involved. I would also like to thank all the folks on our election boards as they have a very tough job to do.

Our natural Resources Division is in the process of preparing for our spring spear fishing venture within the 1854 treaty area. This is a new system that may have a lot of bugs to work out but I am confident that it will be successful. However, with the amount of snow that we were delivered this year along with the extreme consistent cold temperatures, we cannot be sure that the ice will be out in time.

In speaking with our Scholarship Director, Patty Petite, she has an important message for folks who may have student loans out and offered the following information: "The Scholarship Division has a special initiative that could as-

sist you in getting yourself back into school. If you owe under \$3000 in past college debt or are in default with student loans, you may qualify for this opportunity. They can offer an interest free loan to pay off old college debt and/or student loans. The amount they assist you with will need to be repaid using any future midterm grade incentive rewards. The longer you wait, the longer it will take you to earn your college degree or certificate. If the college debt or student loan default pertains to you, feel free to contact Patty Petite at the Scholarship Office (218) 878-2633."

Please take advantage of this initiative if you feel it pertains to you or give our scholarship office a call to see if it will work for you.

Our Cloquet Community Center is continuing its many programs. They currently have the First Responder training certification program in progress and have a number of folks participating in the training to become a certified first responder. Also, our community center staff wants to remind folks that May is the time to practice your swing. Come to the FDL ball field and take a turn in the new batting cage to improve your swing. They ask that you check out the FDL website under Community Happenings to get

the baseball schedule. They also ask folks to come and enjoy a night out under the lights, meet up with friends, and have a good time. You will love it! They would like to remind folks that if you need to reserve a community center room please see the FDL Community Happenings website for the room reservation form; when you have it complete, turn it into the FDL Cloquet Community Center Library. And don't forget to sign up your children for P&I Day Camp; call Vicki Durfee at MNAW clinic.

FDL Cloquet Community Center will also be offering Fun Fridays for children during the summer; you must sign up in advance as space is limited. Our Black Bear Casino has been busy promoting a number of events with well known entertainers. They have also included boxing matches which seems to draw a large crowd. We now have our own staff trained and certified as boxing inspectors and our boxing events are certified under the ABC Boxing Commission.

Our Enrollee Day committee has been meeting regularly and the budget for that event has been approved. Our Enrollee Day staff will now get the event organized and ready for all to enjoy.

*As always, please feel free to contact me anytime. (w) (218) 878-8078 (c) (218) 428-9828 or Email- wallydupuis@fdlrez.com*



Wally Dupuis

# RBC thoughts continued

## Brookston News

Hello Band members:

I hope this update finds everybody well. The sugar camps were in full swing, the smell of a fire, sweet salt pork, and the smiling faces. There will be spearing this season if the ice cooperates. It's nice to see that the 1854 ceded territory is open to spearing. There are several lakes that will be open this season. If you go have fun and be careful.

I would like to give a brief update on the Brookston

Center. We have a new director in place that is supervising all three centers. This is working out better than anticipated.

This will give the managers more time to establish more activities and programs for our centers.

The discussion with the director and manager, have been positive. We would like to incorporate our language and culture to everything we do at the center. It will take some time and work

to bring the community together, it is not a hard thing to do we just have to be committed to our self and our people.

We have the ability to do whatever we choose; we need to come together for the common cause. There has been discussion about building homes in the field off Beliech Rd, water and electrical have been in place for several years. Now is the time to put these houses up and help our community.



Kevin Dupuis

We have also talked about a pavilion that would be built on the community center grounds. Steve Olson has been contacted for the timber and will be saving some logs for this. This would be a great community project.

Our basketball program has had a great season, our boys and girls have brought our community together. They have showed us with hard work and dedication that they can achieve their goals as students and athletes, it is a great accomplishment. If we look at

what they have done, maybe we can learn from them and accomplish our goals as a community.

The drug issue is still out there. It has taken a few more of our loved ones and friends home. We need to discuss this as a community. We may not be able to stop it, but we can sure slow it down and for some, that may be all it takes to change their life. Let's come together and work on the change that is needed.

Thank you

## Etc



Chuck Smith

### Elder's thank Chuck Smith

FDL Elder Concerns Group wants to thank Chuck Smith for all of his support for the group, giving them a free space at the Veteran's powwow, and a lot of advertising for our fund

raising at the Veteran's powwow for years.

The group gave Smith a sweatshirt and t-shirt as the group's appreciation for all that he's done.

### FDL Head Start is taking applications

Are you interested in enrolling your child in the Fond du Lac Head Start Programs? Applications for the 2014-2015 school year are ready. If your child is returning to Head Start or Early Head Start you will not need to reapply. Early Head Start children transitioning to Head Start will need to apply. Head Start Main Office is staffed from 7:45 a.m. to 3:45 p.m.

- Early Head Start Center Base—children 6 weeks to 3 years of age.
- Early Head Start Home

Base— pregnant moms to 3 years of age.

- Head Start children who will be 3 years of age by September 1st, 2014.

For more information call (218) 878-8100 or please stop by 33 University Avenue with a copy of your income (pay stub, taxes, per cap, etc.)

### From the Scholarship Division: Where opportunity awaits

The clock is ticking, you don't want to run out of time. A few items current and potential students need to complete ASAP. Fall semester starts the end of August or early September, NOW is the time to get started.

- Application process: Apply with the college, technical college, or certificate programs or training
- FAFSA (Free Application for Federal Student Aid) [www.fafsa.gov](http://www.fafsa.gov)
- MISP (Minnesota Indian Scholarship Program) [www.getreadyforcollege.org](http://www.getreadyforcollege.org) (MISP funding is on a first come first served basis; apply before JULY 1, MN residents only)

The Scholarship Program is here to assist Fond du Lac Band Members with their post-secondary education needs. You have the option of attending a 2 year community or tribal college, a 4 year university, a technical program, a short term certificate program, or other training. It's your choice to build the career you want. There were several Band

members who recently graduated from college since December of 2013. We would like to acknowledge their accomplishments. Congratulations to all of you!

- Patti Jo Savage – Associate of Arts, Fond du Lac Tribal & Community College
- Tina Myhre – Bachelor of Science Business Administration, Walden University
- Andrea Franklin – Master of Arts Human Resources Management, Webster University
- Winnie LaPrairie – Bachelors of Arts, University of Minnesota, Duluth

We now have additional resources available to students and potential students;

- A computer in our office to assist you in completing the FAFSA and MISP and/or other applications and to research schools

- A limited number of college brochures and catalogs available to review
- A student loan default/college debt repayment plan
- A bulletin board outside of our offices at the tribal center; where we highlight additional funding resources, programs, or other items that may be of interest. We are also in the process of making this information available on the website.

We are always available to discuss your options or answer any questions you may have. You're only an application away from starting school and/or training.

I look forward to hearing from any Band member interested in furthering their education and/or training. Stop in or call to make an appointment.

Patty Petite, Ed.D - Scholarship Director (218) 878-2633  
pattypetite@fdlrez.com  
Veronica Smith - Scholarship Assistant (218) 878-2681  
veronicasmith@fdlrez.com

## An important message for male high school seniors

Remember that 30 days before to 30 days after turning 18 years of age a person is required by law to register for the selective service. Failing to do so would result in a \$250,000 fine and up to five years in prison. It is also required for college loans, job training, and obtaining government jobs.

For more information or to register online visit [www.sss.gov](http://www.sss.gov).

## Perfect Attendance

The Fond du Lac Ojibwe school staff would like to con-

gratulate the following students on their perfect attendance for the third quarter of the 2013-2014 school year. These students were rewarded with gift cards for the Premier Theater in Cloquet. Great job students.

Ayeden Diver-Anderson (grade 1), Tiara Kingbird (2), Mylia Morrison (2), Malina Pirkola (7), Brooklyn Quaderer, (K), Dayton Sargent (1), James Wichern (2), and Prudence Yahola (2).

## Energy Assistance

The Venezuelan Government and the CITGO Company is offering home heating assistance to FDL Band members living on the Fond du Lac Reservation.

Applicants must have applied for and received MN State Energy Assistance.

Grants are made per household. Applications must be turned into the Energy Assistance Office no later than May 16, 2014.

Applications are available at: Brookston, Cloquet, and Sawyer Community Centers, Head Start, Ojibwe School, Food Distribution, Human Services, and the Tribal Center.

## WIC Program

Women, Infants and Children Nutrition Program (WIC) is a supplemental nutrition program that offers tips and advice to help families eat well and stay healthy. It does not provide all of your food needs for the month.

### The WIC program provides:

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (range between \$35.00 - \$190.00/

month)

- Support and help with breast-feeding
- Referrals to health care, immunizations, and other programs

### Who is WIC for?

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday

To get WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC.

Contact the WIC office for further information on WIC or a voucher pick up schedule: Laura Garza, PHN, CLC: MNAW (218) 878-2147 or CAIR (218) 279-4135. Kara Stoneburner, RDL, CLS: MNAW (218) 878-2183 or CAIR (218) 279-4060.

WIC Program is an equal opportunity provider and employer.

## Activity board seeks members

The Fond du Lac Elder's activity board meets every second Tuesday of the month in the library conference rooms. The board is 3 members from each district. All meetings are open and can be attended by any elder. Presently we are looking for a member from each district.

We currently have a number of activities lined up and some trips still in the planning process. All events are posted in the paper, on the radio, and on the FDL website.

We have a trip planned to Mille Lac to their new center in May. We have planned some brunches at Black Bear and plays at the Encore theatre. We are looking into some day trips and we are open to hear of activities you would like to see planned.

Just watch for our flyers and information of coming activities. Hoping to see you at our meetings or events and again looking for a volunteer from each district.

Thank you all Activity board.

## The Transit Corner

Greetings from the Transit Department, the buses are running smooth and steady. We have recently had all of the wheelchair lifts repaired and inspected for safety by the state patrol. We are gearing up for a busy season for Special Ride requests. So as in previous years please give the transit department enough notice so we can accommodate as many requests as possible; the minimum request time should be at least two weeks.

The Deviated Fixed Route Zone Plan (DFRZP) is moving forward. We held a planning meeting late last March and unfortunately no members from the community or FDL departments attended. However, the transit planning group continues to discuss the stages and implementation for its roll-out. The plan continues to lay out a configuration of three zones (Zone 1 Cloquet Carlton, Scanlon), (Zone 2 Brookston) and (Zone 3 Sawyer). Again, as to provide the opportunity for community participation there will be a second meeting scheduled for Apr. 25 at 9 a.m. Please RSVP to the Transporta-

tion Director at (218) 878-7500.

It is the program director's strict policy that all drivers are held to the highest standard of driver competence and ability. Therefore, if any driver is observed driving recklessly or unsafe please notify the program director at (218) 878-7500.

There is zero tolerance for any behaviors that might jeopardize the safety of the community. This also includes the cleanliness of all buses. Drivers have been instructed to make an extended effort to keep their buses clean inside and out whenever possible with the understanding vehicles have a tendency of collecting road dirt within minutes of leaving the transit yard.

Again the program director is working diligently on assuring that callers requesting rides are able to reach the dispatcher within a reasonable amount of time. The problem to be abated is the number of dispatchers available to answer calls which will be addressed by hiring more part time dispatchers approved by the Human Resources department. Additionally dispatchers have been directed to limit the amount of time they spend on each call - this will hasten the number of calls that will be able to be answered.

As always the Transit Department strives to provide safe and courteous service to the community and is always looking forward to advance services with the assistance of all of its drivers, dispatchers, and community members.

Bagamiwizh weweni  
Arrive Carrying Someone Carefully



# Health News

## Food Safety Tips for Cooking Meat Outside

By Kara Stoneburner, RDL, Public Health Dietitian

Weather is getting warmer and people are thinking about outdoor cooking. Grilling, smoking or pit roasting can be fun and nutritious but it can also make you sick if not done properly.

Safety starts at the grocery store. Place meats in a plastic bag so they don't drip juices on other foods. Refrigerate or freeze perishable groceries within 2 hours of shopping (one hour if outside temperatures are above 90°F).

Frozen or partially frozen foods will not cook evenly. Thaw food completely before cooking. Ways to thaw food safely include: placing food in the refrigerator 1-3 days before cooking, defrosting in the microwave, or placing sealed packages in cold water.

Marinating enriches flavor and tenderizes foods. Marinade foods in the refrigerator, never on the counter. Once the marinade has been touched by raw meat, it cannot be used as a sauce over the final, cooked product. Reserve a small portion of the marinade before adding meat if you plan to use it as a sauce later.

Minimize bacteria growth. Wash your hands. Keep raw and cooked foods separate. Wash cutting boards in-between uses. Keep cold foods cold with the help of a cooler and ice packs. Maintain hot foods at temperatures of 140°F or hotter. Always use clean utensils and platters to prevent contamination to the finished product. Refrigerate leftovers in shallow containers within 1-2 hours of cooking, depending on outside temperatures. Use refrigerated leftovers within 3 days.

To cut down on grilling time, partially precook food in the microwave, stove, or oven before moving it directly to the preheated grill to finish the cooking process. Never wait to finish cooking the meat. Cook meats to a safe internal tempera-

ture taken by a food thermometer. Raw beef, veal, lamb, and roasts should be cooked to a minimum of 145°F. Ground beef, lamb, veal, and all pork products should be cooked to 160°F. Poultry and fully cooked meats, like hotdogs, should have an internal temperature of 165°F.

Smoking is a way of cooking food indirectly in the presence of a fire. The temperature of the smoker should be maintained at 250°-300°F. Always check the internal temperature of the food to determine doneness.

Pit roasting is another way to cook meat. It is done in a large hole. A hardwood fire is built in the pit and must burn down to "a bed of burning coals" before cooking the food. This process can take 4-6 hours depending on the size of the pit. Cooking the food over a pit may require an additional 10-12 hours or more. A food thermometer is necessary to determine when the meat is done.

Excessive consumption of meats cooked at a very high temperature is a risk factor for developing certain cancers. The risk can be reduced by limiting the amount of grilled (or fried) meat consumed, cooking at a lower grill temperature and preventing charring while grilling. If meat becomes charred, cut that portion off. Tips to reduce charring on the grill include:

- Removing visible fat that can cause a flare-up
- Precook meat in the microwave immediately before grilling to release some of the meat's juices that may drip and cause a flare-up
- Cook food in the center of the grill with the coals on the sides
- Cook at a lower temperature
- Use smaller, thinner meat portions that will cook faster on the grill

\*Sources include USDA, CDC, MDH and the American Cancer Society

## MNAW and CAIR thank community members

The FDL medical staff at the Min No Aya Win Human Services Center and the Center for American Resources (CAIR) would like to thank FDL community members for their patience and tolerance concerning clinic appointment scheduling. We realize many of our patients have been inconvenienced due to cancelled and rescheduled appointments in the past few months.

The FDL medical staff has had to adjust patient schedules often lately due to multiple medical provider health concerns and family issues. While these are not things we can always predict, we will continue to attempt to reschedule all patients in a timely manner with their primary medical provider or one of their team partners.

Fond du Lac medical staff strives to provide our community with prompt and professional healthcare services. In the next few months, the clinic staff will be attending required trainings on our Electronic Medical Record System, called Next Gen, and on ICD-10, which is a new diagnosis coding system being launched nationwide. These trainings are important to our clinic, as they will improve the efficiency and use of clinic services. However, medical provider schedules will need to be adjusted to accommodate this training in May and June, 2014. We again ask for your patience if you find difficulty scheduling a prompt appointment with your healthcare provider during those months.

It is our desire to deliver quality, up-to-date services to the FDL community. As we address the challenges to the clinic schedules in the coming months, please know that

we will be doing all that we can to meet the demands of patient care along with the pursuit of improved healthcare services.

## Gathering information for Minntac

Resource Management's Tribal Historic Preservation Officer, Leah Savage, is looking for individuals to interview to gather knowledge of any traditional/cultural significant properties and/or activities that families have used in the area of the current Minntac Mining areas on the Mesabi Iron Range, since it is in our 1854 Ceded Territory which includes: maple sugaring areas, wild rice waters, trails, village sites, sites with spiritual significance, and other historic properties.

The Section 106 of the National Historic Preservation Act requires U.S Steel Inc. to evaluate potential effects on properties of cultural and religious significance to Indian tribes. If needed, I am willing to travel to conduct interviews. Miigwech! If you have any questions or for more information, please call Leah Savage at (218) 878-7129, or mail to: Leah Savage FDL Resource Management 1720 Big Lake Road Cloquet, MN 55720.

## The BASICS of Diabetes Workshop

For patients who have been diagnosed with diabetes in the past 5 years, there will be a Basics of Diabetes Workshop at Min No Aya Win Tuesday, May 13, 12-4 p.m.

To register call Amanda at (218) 878-3769 or Jenn at (218) 878-2146. The registration deadline is Thursday, May 8. Lunch and incentives included. Incentives will not be





# Health News

given unless the whole workshop is completed. Must have a diagnosis of diabetes and be eligible for services at FDL. Please note that the All About Insulin workshop that was scheduled for Apr. 1 was rescheduled due to weather concerns. Now the All About Insulin workshop will be held at Min No Aya Win on Tuesday, June 3 from 8:30 a.m. — 12:30 p.m. To register call Amanda at (218) 878-3769 or Jenn at (218) 878-2146. The registration deadline is Thursday, May. 29.

The workshop will feature guest speaker Dr. Sjoberg, St. Luke's Endocrinology Associates. With additional topics and speakers: The Litany Against Fear by Dan Rogers, FDL Mental Health Therapist. Everything You Ever Wanted To Know About Injecting Insulin...But Didn't Know To Ask by Patti Urbanski, MD, RD, CDE.

## New immunization laws for schools, Child Care and Early Childhood Programs begin September 2014

On Sept. 1, 2014 changes to Minnesota's Immunization Law will take effect. The changes were made to be more closely aligned with the current Advisory Committee on Immunization Practices (ACIP) recommendations. Medical and conscientious exemptions are still allowed under the current law.

### New Vaccine Requirements

The new vaccines that will require documentation of immunization or legal exemption include:

- Hepatitis B- For all children over 2 months old enrolled or enrolling in child care or an early childhood program.
- Hepatitis A- For all children over 12 months old enrolled or enrolling in child care of early childcare program.
- Tdap- For all students entering seventh grade. Students in 8th-12th grade must show documentation if the school requests it. This replaces the Td immunization requirement.
- Meningitis (meningococcal)- For all students entering seventh grade. Students entering 8th-12th grade must show documentation if the school requests it.

For more information on current immunizations laws, please visit the website: [www.health.state.mn.us/immunize](http://www.health.state.mn.us/immunize) or call the immunization program at 1-800-657-3970

Please contact Min No Aya Win or the CAIR Clinic to schedule your head start physical exams, sports physicals, child and teen check-ups and immunizations for the 2014/2015 school year. Don't delay, call today.

### Biomonitoring Study Chemical Highlight: Mercury

Mercury is a metal found in many rocks including coal. When coal is burned, mercury is released into the air. Coal-

burning power plants are the largest human-caused source of mercury emissions in the United States. Mining is also a source of mercury in the Lake Superior Basin.

Mercury in the air eventually settles into water or onto land. Some of it eventually runs off into nearby rivers and lakes where, under the right conditions, particular bacteria can change it to methyl mercury—a form readily absorbed in the digestive system of animals. It can bioaccumulate (build up in the tissues of fish and animals) and work its way up the food chain as contaminated fish and animals are eaten by other fish or animals further up the food chain. The methylmercury found in fish, is the form most commonly found in people's blood.

Most fish are healthy to eat and they are an excellent source of low-fat protein. Eating fish may also reduce the risk of heart disease, diabetes, and other chronic illnesses. But any fish (store-bought or sport-caught) could contain contaminants such as methylmercury that can harm human health. Methylmercury can harm an unborn child's developing brain at levels that would not affect an adult. In adults higher levels can harm the brain, heart, kidneys, lungs, and immune system. By following advice on how often fish can safely be eaten, you can reduce your exposure to the mercury in fish, help reduce your health risks, and still get the benefits of eating fish.

For safe eating guidelines, go to: <http://www.fdlrez.com/newnr/environ/water.htm> or <http://www.health.state.mn.us/divs/eh/fish/eating/index.html>

### FDL water protection

With warmer water comes the renewal of our ground-water resources. Thawed soil allows the snow melt to trickle down through the ground recharging our groundwater levels.

Adding this water helps balance what we take from drinking wells. This drawdown of water is not the only thing that affects aquifer levels and recharge rates. How fast water moves in soil depends on things such as soil type, land cover and use, climate, and precipitation lost to runoff.

The St. Louis River watershed's estimated recharge rate is about 7 inches a year (estimation of recharge from shallow aquifers in the Great Lakes Basin). This means on average, 7 inches of water is added to the aquifer levels.

Please be kind to our groundwater this spring while preparing your gardens. A little fertilizer can go a long way. Water will dissolve and take with it most organic compounds. Nitrogen and phosphorus can leave fertilizers and slowly pollute local lakes, streams, and groundwater. Check to see if your soil actually needs it before you plant.

## Recipe

### Grilled Chicken Caesar Salad

Recipe from [www.kraftrecipes.com](http://www.kraftrecipes.com) Serves 4

- ½ cup Kraft Classic Caesar Dressing, divided
- 1lb boneless skinless chicken breasts cut into bite-size pieces
- 4 thick slices Italian bread
- 1 clove garlic, peeled, cut in half
- 1 Tbsp olive oil
- 6 cups torn romaine lettuce
- 3 Tbsp Kraft grated Parmesan cheese

1. Pour 2 Tbsp dressing over chicken in a shallow dish; turn to coat chicken with dressing. Refrigerate 30 minutes to marinate.
2. Meanwhile, heat grill to medium heat. Thread chicken onto 4 skewers. Grill 6-8 minutes or until done, turning occasionally. Add bread to grill; cook 1 minute on each side or until toasted on both sides. Rub toast with garlic; brush with oil.
3. Arrange toast and lettuce on platter; drizzle with remaining dressing. Top with chicken skewers and Parmesan.

#### Other suggestions:

- Use Ranch dressing for the Caesar dressing
- Add peppers, onions, tomatoes or other vegetables to the skewers

# FDL Law Enforcement news

The following is a summary of about one month of select police reports

- Mar. 16 Traffic stop on Brookston Rd, driver cited for no driver's license and no proof of insurance
- Mar. 17 Traffic stop on Moorhead Rd, driver warned for expired registration
- Mar. 18 Traffic stop on Cary Rd, driver cited for driving after suspension (DAS)
- Mar. 18 Traffic stop on Hwy 2, driver cited for speeding
- Mar. 19 Traffic stop on Brevator Rd, driver warned for speeding
- Mar. 20 Traffic stop on Hwy 210, driver cited for speeding and no proof of insurance
- Mar. 20 Traffic stop on Big Lake Rd, driver warned for driving habits
- Mar. 21 Traffic stop on Hwy 31, driver warned for headlight out
- Mar. 22 Traffic stop on Hwy 2, driver warned for window tint
- Mar. 22 Traffic stop on Hwy 31, driver warned for rear tail light out
- Mar. 23 Traffic stop on Reservation Rd, driver cited for DAS and no insurance
- Mar. 24 Traffic stop by Black Bear Casino, driver warned to figure out cruise control when stopped
- Mar. 25 Traffic stop on Hwy 210, driver cited for DAS
- Mar. 27 Traffic stop at Black Bear Casino, located marijuana pipe
- Mar. 28 Report of gas drive-off
- Mar. 28 Report of domestic assault on Scotty Dr, one party brought to jail
- Mar. 29 Traffic stop on Mahnomon Dr, driver cited for DAS and no insurance
- Mar. 29 Report of domestic assault at Black Bear Casino, one party to jail
- Mar. 30 Report of house fire on Church Rd, no one injured
- Mar. 30 Traffic stop on Big Lake Rd, driver cited for not wearing a seat belt and no insurance
- Mar. 31 Report of underage party on Moorhead Rd, 4 minors cited
- Mar. 31 Report of unwanted people at Black Bear Casino, they left once officers arrived
- Apr. 1 Report of disturbance in the compound, party left before officers arrived
- Apr. 2 Assisted St Louis County with a domestic assault on Olson Rd
- Apr. 4 Report of gas drive-off for \$42.50
- Apr. 4 Traffic stop on Twin Lakes Rd, driver cited for speeding
- Apr. 5 Traffic stop on Mission Rd, driver cited for driving after revocation (DAR) and no insurance
- Apr. 6 Traffic stop on Mahnomon Rd, driver cited for not wearing a seat belt
- Apr. 7 Report damage to room at Black Bear Casino, person charged with damage to the room
- Apr. 8 Report of unwanted person at Black Bear Casino, person taken to jail for disorderly conduct
- Apr. 8 Report of underage male at Black Bear Casino, male was cited
- Apr. 12 Report of car hitting a deer on Big Lake Rd
- Apr. 12 Report of disturbance at Black Bear Casino, male brought to jail for disorderly conduct

## Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. \*The one year period commences with the first publication.


### BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ANKERSTROM, Arthur  
 BREWER, Devereaux  
 CICHY, Gerald  
 CICHY, Leslie  
 DEFOE, Richard  
 DIVER, Ronald  
 LAPRAIRIE-COLUMBUS, Elizabeth  
 LAPRAIRIE, Robert  
 LOUDEN, Irene  
 MARZINSKE, Larry  
 MAXWELL, Lorraine  
 OJIBWAY, Jeffrey  
 PEQUETTE, Richard  
 STAR, Ione

## SAVE THE DATE!

ZIIGWAN "Spring" 2014 FDL

# Women's Wellness Gathering



**Monday, June 2 & Tuesday, June 3**

**Cloquet Forestry Center | 175 University Rd**

To be placed on an e-mail or mailing list, please call (218) 878-2145

Sponsored by the Fond du Lac Reservation | Fond du Lac Human Services Division | Social Services Department

## Women's Wellness Schedule

<p><b>June 2, 9 a.m.-4:30 p.m.</b>                  Speakers &amp; Activities                  6 p.m. Talking Circle</p>	<p><b>June 3, 9 a.m.-2 p.m.</b>                  Speakers &amp; Activities                  After 2 p.m. Sweat Lodge</p>
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# Baseball Pitcher Willie “Nitchie” Cadreau

Research by  
Christine Carlson

## Willie “Nitchie” Cadreau

Willie Cadreau was the son of Antoine and Louisa (Naganab) Cadreau. Mother of Louisa was Maria Mishakwadokwe and father was Joseph Naganab.

### 1892 Fond du Lac Band of Chippewa Indians of the LaPointe Agency, Wisconsin

Family number 1 is Nahgahnub age 92 and his wife Mary age 79. Family number 3 is Antoine Cadraun age 39, his wife Louisa age 40, Angeline step-daughter age 14, John Fry step-son age 14 Peter Fay step-son age 10, Mary Cadraun daughter age 4, and Willie Cadraun age 3.

### Indian May Get Trial with Sox - Comisky is Said to Have His Eye on Pitcher Cadreau of Ashland Club – Duluth News Tribune of Sept. 18, 1910

Young Cadreau the Chippewa Indian who has been pitching for the Ashland ball club, may be playing in fast company next year according to information received by a well known railroad man of this city who is a personal friend of Charles Comiskey, the owner of the Chicago American League club.

The work of Cadreau in striking out 17 players of the strong Bayfield club Labor day and then on the following Sunday making 15 of the Mellen players whiff the air, attracted the attention of Comiskey and

tomorrow he will have a scout in the Ashland grand stand to watch the young Indian perform.

### 1910 United States Federal Census for the Fond du Lac Indian Reservation

Family #27 is Louise Cadreau age 54 and a widow. She had given birth to 8 children and 5 are still living. Listed with her are daughter Mary Gordon age 22 and son-in-law Peter Gordon age 25 who was a laborer. Louise’s other children are Willie Cadreau age 20 and Eliza Cadotte age 13 who was her adopted daughter.

### Sunday’s Aftermath Ashland, Wisconsin – Duluth News Tribune of Aug. 8, 1911

Sunday afternoon the Chicago Union Giants defeated the Ashland baseball team. The Giants showed good form but the Ashland team put up the worst exhibition of the national game in the whole season. Cadreau, the sensational Indian pitcher, who was picked up by Comiskey last year and who has been pitching for Wibaux, Mont. in the Montana State league, pitched a good game striking out seven men in the first seven innings.

“Nitchie Cadreau top Play with the Frisco Team – Duluth News Tribune of Feb. 4, 1913

Bill Cadreau, the “Nitchie” of baseball fame who has made good in the bush leagues and minors will report to the San Francisco team of the Pacific Coast league this season. Cadreau’s home is at Cloquet where he was born and raised. His baseball career started

with Cass Lake, Deer River, Bemidji, Grand Rapids and Cloquet. Last season he was with the Spokane team in the Pacific Coast league. His work as pitcher brought him considerable attention.

Nitchie” has been spending the winter at his old home at Cloquet where he received a letter from the secretary of the Chicago club of the American league inviting him to make the trip to Frisco with the White Sox when they go west to train. It is predicted Cadreau will be in the big league another year.

### Indian Ball Team Forms at Ashland – Organization of Full Bloods, Hard Hitters and Fast on Bases to Tour Country – Duluth News Tribune of Feb. 19, 1915

An all star Indian baseball team has been organized here to tour the country next season. The club will be known as the “Braves,” and is composed of full bloods, with a few exceptions. Features of their playing are batting and base running.

The suits to be worn by the members of the new team have arrived and are the prettiest seen here. Manager Starr is busy arranging the schedule of dates. The following players will report for the tryouts to be held as soon as the weather will permit:

Catchers, William Lemeaux, Superior, Wis.; James Shadmo, Lac Du Flambeau, Wis. Pitchers William Cadreau formerly of this village, but now of Superior, Wis; F. A. Greeley, Odanah, Wis. Infielders E.

Day, W. Dennis and Starr of Odanah, Wis.

### Flies 300 Miles to Pitch Ball – Duluth News Tribune of July 23, 1918

Bemidji – Flying 300 miles after his days work is done to pitch a game of baseball is a vocation for “Chief” Cadreau former Indian pitcher for the Duluth Northern league team who is now in the aviation department of the United States regular army and who is training at Kelly field near San Antonio, Tex.

Cadreau has been playing great baseball in the south, according to the Kelly field Eagle, the official newspaper of that camp.

### Cloquet Team to Play at Athletic Park on Sunday – Duluth News Tribune of Aug. 14, 1920

Northern Hardware and Cloquet teams will clash at Athletic park at 3:15 p.m. Sunday afternoon. The Northern Hardware team is made up mostly of former Klearflax players.

### ‘Chief’ Cadreau is in Shape – Duluth News Tribune of July 6, 1920

“Chief” Cadreau was in shape yesterday and the Cloquet team defeated Klearflax by a 6 – to – 2 score. Kozak and Peterson were on the mound for the Klearflax club but the Cloquet batters managed to score enough runs in the first inning to cinch the game. Klearflax 1 and Cloquet 6.

### Willie’s Mother Louisa (Naganab) Cadreau Perrault Dies in Superior

Louise (Naganab) Perrault died on October 29, 1923 in Superior, Wisconsin. She died after a short illness at age 70. Surviving is her husband Louis Perrault, daughter Mrs. William Henderson of Sax, MN and her 3 sons Peter Collins of Superior, Willie Cadreau of Chicago and John Arten of Superior.

### 1920 United States Federal Census for LaPointe, Ashland, Wisc.

Family number 93 and head of household was William Naveaux age 50. His wife is Charlotte Naveaux age 43. Their son is Robert Naveaux age 21, son-in-law William Cadreau age 32 and daughter Eliza Cadreau age 23.

### 1937 Census of the Fond du Lac Consolidated Chippewa

Number 153 is Willie Cadreau who was born in 1899.

### Application for Headstone or Marker for Veteran William Cadreau

Willie was honorably discharged from the service on Feb. 22, 1919. He died on September 17, 1946 in Carlton County. The date on the application for a headstone was Aug. 27, 1956. This application was submitted by John Arten who was Willie’s step-brother. The marker was to be placed at the Holy Family Mission Cemetery.

# Ashi-niswi giizisoog (Thirteen Moons)

## Waabigoni-giizis

*The new Waabigoni-giizis, the Flowering moon begins May 28th. Other names for this moon are Zaagibagaagime-giizis, the Budding moon, and Waswugone-giizis, the Flowering moon.*

### Gardening Successfully in a Cool Summer

By Danielle Diver,  
*Americorp Volunteer*

Lake Superior has more ice cover than it has had in over thirty years. This phenomenon allowed many of us to view the beautiful "ice caves" along the Apostle Islands National Seashore this winter, but it may also mean that the coming summer will be even shorter and cooler than normal. The reason for this is that the ice reflects sunlight back into space, where it can't be used by any Earthlings for light or heat. Liquid water, on the other hand, absorbs the sunlight. The absorbed sunlight heats liquid water and the heat help to warm the surrounding area. The large amount of ice will take longer to melt and Lake Superior will take longer to heat up and help warm the surrounding area, resulting in a shorter, cooler summer.

Just because the summer may be on the cooler side this year, it doesn't mean you can't still have an awesome garden. To maximize your chance of success, select crops and varieties that are more likely to thrive in cooler weather. Crops that perform better in cooler weather include most leaf crops (lettuce, cabbage, spinach, Swiss chard, and

kale); some of the legumes (peas, garbanzo beans, fava beans, and runner beans), cabbage family crops (broccoli, cauliflower, brussels sprouts, and rutabaga); and some of the root vegetables like onions, garlic, radishes, and turnips.

There are also specific types and varieties of warm weather crops that mature quickly or have smaller fruits that have a better chance of thriving in a short, cool summer. For example, cherry tomatoes generally mature faster than larger tomatoes, and "baby," "pocket," or "midget" melons mature faster than larger counterparts. Most seed packets tell you the number of days plants needs to reach maturity. On average, our area has around 100 frost-free days of growing season. So picking a variety that requires 100 or fewer days to mature, you have greater rate of success. I recommend warm weather varieties to grow this summer because of their short maturation time and successful growth in previous seasons:

- Corn: bear island flint (a variety historically grown by the Anishinaabeg), bodacious, painted mountain, lindsay meyer blue, saskatchewan rainbow
- Beans: hidatsa red,

- hidatsa shield figure, arikara yellow
  - Squash: hidatsa winter(my all-time favorite!), squash, butternut, acorn, delicata, lakota, hubbard
  - Melons: minnesota midget, rich sweetness, tigger
  - Watermelons: blacktail mountain, sugar baby
  - Cucumbers: poona kheera, lemon
  - Peppers: king of the north, jimmy nardello, alcalde, jalapeno
  - Tomatoes: amish paste, siberian, dakota gold, ukrainian purple
- However, if you plan on growing crops that require a long, hot growing season there are things you can do to help them out and heat up their immediate environment. Start by growing them indoors until the soil heats up in mid-June. Create mounded rows like the Anishinaabe farmers of the past did to heat up the soil more quickly. Grow heat-loving plants in a high tunnel or make yourself an inexpensive low tunnel.

Whatever you choose to grow this summer, and however you choose to grow it, I wish you luck. As climate changes in unpredictable ways we have to become more adaptable to extreme and anomalous weather.

### Emergency Deer feeding on the Fond du Lac Reservation

By Mike Schrage  
*FDL RM Wildlife Biologist*

In late February at the urging of the Conservation Committee, the RBC directed the Resource Management Division to have the Reservation participate in the State's emergency deer feeding program. Deer permit units throughout northern Minnesota where the Winter Severity Index (WSI) topped 100 points by February 15 were eligible for emergency deer feeding. The WSI for whitetail deer is calculated by adding a point each day the temperature dips below 0 F and another point for every day the snow depth is above 15". The exceptions were deer units in moose range, and units that were still above their population goals. The Minnesota DNR and the Minnesota Deer Hunters Association waited for the RBC to approve deer feeding before including the Reservation (unit 199) on their eligible list, and agreed to have the Resource Management Division serve as the coordinator for distributing feed on the Reservation.

Deer food under this program was required to be distributed on land open for public hunting and at least ¼ mile from a paved road. Technicians in the Division's Natural Resources Program scouted a number of areas where deer were congregating and access was possible to deliver food. Ultimately, Natural Resources staff decided on 7 sites off of Ditchbanks Rd between First Bridge and the Spirit Lake Rd and up the Arrowhead Truck Trail behind Deadfish Lake and near Upper Deadfish for feeding. In addition, 20 tribal and

non-tribal residents of the Reservation volunteered to distribute food on their own.

The first delivery of food arrived Mar. 5 and continued each week. At the peak, the Division was getting 3 tons of emergency deer food delivered each week from Widdes in Esko. As of Apr. 11, over 24,500 lbs of deer food had been distributed on the Reservation. The Division expects to continue food distribution through the week of Apr. 21. The numbers of deer reached by the feeding are harder to determine, estimates at individual sites ranged from 5 to 70 deer or approximately 300-400 deer each week across the Reservation. What is known is the deer quickly adapted to the feeding schedule and were often waiting nearby when Natural Resource techs arrived by snowmobile to put the food down. Trail camera photos showed the deer were often eating within minutes of the crews leaving the site.

It's not clear how many deer the emergency feeding helped. Half dozen reports were received in March and April of fawns that had starved to death. Either they never made it to the feed sites, or it came too late to help them. Some deer certainly would have survived the winter regardless of whether or not feeding was done. A number of skinny looking adult deer and fawns were evident on trail camera pictures and feeding probably helped them. It also may have improved the chances for some does to give birth to healthy fawns and provide enough milk for them later this spring.

# Ashi-niswi giizisoog (Thirteen Moons)



*ashandiwin: food that is distributed (Terry Perrault, FDL RM)*



*ashange: he feeds people, serves food (Terry Perrault and Lance Overland)*



*waawaashkeshi: white-tailed deer; Odocoileus virginianus*



*gidagaakoosag: fawns*

## Upcoming Events:

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing [thirteenmoons@fdlrez.com](mailto:thirteenmoons@fdlrez.com) Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

*This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.*

# Community News

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths. Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion. Full names, including individual last names are required.

Also, we will include news of graduations (high school and post-high school) and military service. Memorials to loved ones or notes of appreciation are also welcomed.

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on May 16, 2014 for the June 2014 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

## Happy Birthday



Happy birthday MVP **Darrick Porter** (Mar. 10), raised by Buck Porter, oldest grandson

of Darryl Lex Porter. You're still #1 MVP in St. Cloud and Moose Lake. You're the greatest. Hang in there.

*Love, mom and family*

Happy birthday my dear brother chico, **Clifford Thompson** (Apr. 3)

*Love, your sister, Gail*

Happy 16th birthday **Devin Reynolds**

(Apr. 7)

*Love, mom and dad*



Happy birthday brother **Rory Northrup** (Apr. 11)

*Love, your sis and kids*

Happy belated birthday mom, **Viola Foldesi** (Apr. 11), have a great year and count your blessings.

*Love, your children and grandchildren*

We would like to wish a happy belated birthday to my sister **Blair Wuollet** (Apr. 11) and her beautiful babies **Candice Rehn** (Apr. 21) and **Samantha Rehn** (Apr. 24). Also to my brother **Kyle**

**Wuollet** (Apr. 15), and last but not least my grandmothers **Cynthia Olson** (Apr. 4) and **Doris Otis AKA granny** (Apr. 29)

*Love, Nicky and Deerleg*

Happy 10th birthday **Solai Mohr** (Apr. 20)

*Love, mom, Jon, brothers, and sisters*



Happy birthday to my wife, **Jody Lafave** (Apr. 20)

*Love, Rich*

Happy 4th birthday **Mike LeFave Jr.** (Apr. 26)

*Love, mommy and Tony*

Happy belated 64th birthday to the most wonderful dad in the world, **Vincent "Butch" Martineau** (Apr. 26)

*Love, Rachel, Joey, Levi, Sterling, "Big Al", and Boobah*

Happy 1st birthday to **Kayden St. John** (Apr. 29)

*Love, grandpa Deerleg and Nicole*

Happy birthday to my awesome co-worker **Deb Burm** (May 6)

*Love always, Aliza*

Happy birthday to my dear sister **Nancy Lee Seppala** (May 7)

*Love, your sister, Gail*

Mino Dibishkaan **Cory Moun-tain** (May 7). May all your birthday wishes come true.

*With love from, your family*

Happy birthday to "**Bullhead**" **John Diver Jr.** (May 10) you're a great husband, dad, and friend.

*Love, Eleanor and Davis*

Happy 30th birthday **Jodie Houle** (May 12)

*Love, Tony and family*

Happy golden birthday to **Allison Gingras** (May 12)

*Love, Big Clay, Aliza, and ClayJ*

Happy 4th birthday **Mercedi Martin** (May 12)

*Love, Big Clay, Auntie Ya'Ya, ClayJ*

Happy 20th birthday to my daughter **Lyndzie Moore**

(May 13), we love you to the moon and back.

*Love, mom, Brandon, Jack, and Bryson*

Happy birthday **Charles Houle Sr.** (May 15)

*Love, Jodie and family*



Happy birthday to my daughter **Laurie Hansen** (May 16), happy 50th birthday.

*Love, mom*

Happy birthday to the man who means everything to me, **Taj Wise** (May 18), I love you dump truck loads and then some.

*Love, your wife*

Happy birthday to my beautiful daughter **LaTaya Peacock** (May 19), it's hard to believe that it has been 26 years already. I love you and I hope you have a good one.

*Love, mom*

Wishing my little sister, **Linda Dunaiski** (May 29), a very happy birthday. Have fun and enjoy your day.

*Love you lots, Sue*

Happy birthday mom, **Linda Dunaiski** (May 29) hope you're excited for retirement.

*Love, Paul, Emilee, Chris, Stephanie, Zach, Maggie, and even Sam*

We would like to wish a happy birthday to **Matthew Petite**, 27 (May 29), **April Petite**, 25 (May 2) and **Amber Petite**, 21 (May 16).

We love you so very much, *Mom, Sabrina, James, Davey and Kaleah, and Angel. Have a wonderful time on your days.*

Happy 3rd birthday **Daicin "Sonny" Savage**

(May 31), we all love you so much.

*Love, momma, brother, grand-ma, and papa*



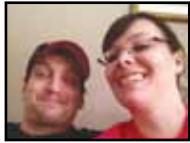
## Anniversary

Happy belated anniversary dad and mom, **Viola and Thomas Foldesi Sr.** (Apr. 11) and many more!

*Love you, your wonderful kids and grandkids*

Happy 17th anniversary **Dale** and **Leann Reynolds** (May 9)

*Love, your family*



Happy 3rd Anniversary to **John** and **Eleanor Diver** (May 28)

*Love, Davis*

## Thank you

**Raymond W. Smith Jr.**, rest in peace, Dec. 5, 1962 – Feb. 27, 2013.

Thank you to all that helped support our family through this first year memorial passing of our: Son, brother, father, uncle and friend.

Your gifts of food, personal visits, phone calls, beautiful cards, kind words, fire-wood, and snow removal were greatly appreciated.

It helps this family to know Ray had so many wonderful friends, and wonderful people that loved him and miss him as much as we do.

When you see a rainbow please smile, think of Ray and say a prayer.

*Thank you from our hearts, the family of Ray Smith Jr.*

The **DeFoe family** would like to say chi miigwich (thank you) to all that helped out for the DeFoe family, and attended the services.

Love and thank you from, the DeFoe family

## Congratulations

Congratulations to Jason Petite and Julia Lone on the birth of **Gabriel Allan Lone-Petite** (Mar. 31, 6:25 a.m.) he was 5 lbs 11 oz.

Congratulations to my graduates, **Alexis Kettelhut** from Barnum High School and **Trey Kettelhut** from Alexandria Technical and Community College.

I'm so very proud of you both and all your accomplishments. Keep dreaming, keep succeeding and most of all—be happy.

*Love, mom*



## Memorial

Memorial Service for **Jean A. (Ritz) Cichoski**

Family and friends of the late Jean are invited to attend a Memorial Service, and celebration of life at the Cloquet Community Center on Saturday May, 10 from 3 to 5 p.m. Mrs. Cichoski passed away on Friday Jan. 10, 2014 at the Bayshore Residential Home in Duluth.

Refreshments and a light supper will be served. Guests are also invited to form a Bingo Party on May 10 at the Black Bear Resort and Casino from 6 to 8 p.m. to celebrate her memory and love of bingo.

In loving memory of **David "DA" Abramowski** (May 5)

You've been gone 3 long years now. We still cherish all the memories we had and you will be close and in our hearts forever.

*We miss and love you, Renee, Tiffany, and Dakotah*

## Obituary

**Robert Samuel Thompson**, 73 of Cloquet passed away peacefully on Mar. 26, 2014

surrounded by loved ones. He was born on June 20, 1940 in the Reservation Hospital in Cloquet to Samuel and Martha (Shotley) Thompson.

Robert was a member of the Fond du Lac Band of Lake Superior Chippewa. He was passionate about art, music, and golf.

He was preceded in death by his parents; son Samuel; grandson Alex; siblings Beverly Olson, Mary "Poogie" Thompson, and Eugene Thompson. Robert is survived by his children, Liz, Sara, Annie, Jesse, and Maggie; grandchildren Bob, Jesse, Cailley, Joni, Cameron and Ethan; great grand-children Shi-ye, Chevy and Daisy; siblings Edith Peterson and Hazel "Ozzie" Olson; many nieces and nephews; and special friend Jessica Zenk.

**Ralph Keith Smith**, age 61, of Amery, Wisc. passed away at his home on Tuesday, Mar. 18, 2014 after battling cancer. He was born on June 1, 1952 in Webster, Wisc. to Donald and Goldie Mae (LaGrew) Smith. Ralph was a people person.

He enjoyed time with family and friends and was always willing to lend a helping hand to anyone in need no matter what was going on in his life. Ralph enjoyed the outdoors and spending time hiking and camping as well as fishing. He was a very ambitious man for someone with health problems, but it seemed no matter what he always had a smile on his face. He always had a special place in his heart for his grandchildren. He will be greatly missed by all those who knew him.

He was preceded in death by

his parents and foster father, Theiman Danielson. He is survived by his children: Shannon Smith, and Travis Smith; sisters, Donna Bulingame and Linda Walden both of Muscatine, Iowa; Sharon Smith of Joplin, Mich.; Joyce Smith of Sparta, Wisc. and a brother, Russel Smith of Spooner, Wisc. he is also survived by his loving companion, Dianne Grube, her children, Kath, Kelly, and Katie, and grandchildren, Tyler Golden, Mykenzi Gumulaukas, Justice Lammers, and Catelynn Brown; as well as foster mother, Madonna Danielson and foster sisters, Mary Rubenzer of Calif.; Sherry Miller of Flor.; Anita Bont of Wisc. and Joy Bigalke or Minn.; foster brother Ted Danielson of Ind.; David Danielson of Wisc, and several other relatives and friends.

**Carlisle "Carl" S. Soulier**, 84, of Indianapolis, passed away Mar. 29, 2014.

He was born Dec. 8, 1929 in Cloquet, Minn. to the late John and Charolette (Ojibway) Soulier.

Carl was a tool and die machinist for Natco in Richmond, Ind for 35 years, retiring in 1983. He was a member of Little Flower Catholic Church.

Carl is survived by his daughters, Roylene (Dave) Rosso, Carlyss Soulier and Anna Lawson; son, Mark (Debbie) Soulier; 8 grandchildren and 21 great-grandchildren. He was preceded in death by his wife of 52 years, Edith F. Soulier; daughter, Jamie A. Figuera; son, Gordon F. Soulier and grandson, Jason Gray.

**Jeanne Marie Polo**, 73, of

Cloquet, died Sunday, Mar. 30, 2014 in her home with her family by her side.

The daughter of Everett and Lorraine Bassett, Jeanne was born in Cloquet in 1941.

She was a 1958 graduate of Cloquet High School. Jeanne married Johnny Polo on July 20, 1963.

She was a member of Queen of Peace Catholic Church, Fond du Lac Band of Lake Superior Chippewa, and the VFW Auxiliary. Jeanne was a volunteer at Inter-Faith Care Center and enjoyed doing ceramics.

She was preceded in death by her parents, Everett and Lorraine; husband, Johnny Polo; and an infant sister, Mary. Jeanne is survived by her children, Jennifer (Schuyler) Burkhardt of Decatur, Texas, Christopher Polo of Minneapolis and Stephanie Polo of Silver Spring, Md.; four grandchildren and one step grandchild; siblings, James (Linda) Bassett of Lindstrom and LeeAnn (Morris) Nicholson of Amery, Wis.; and several nieces and nephews.

Cloquet American Indian Education Senior Honor Banquet May 21 5:30 p.m. at CHS Cafeteria

Cloquet American Indian Education Program 2014 Ziigwan Powwow- May 29 4:30 p.m. picnic style dinner, 6 p.m Grand Entry at CHS Gymnasium

Any Questions please contact Tara Graves at (218) 879-1457

# Waabigwanii-giizis – Flowering Moon – May 2014

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing; CHS: old FDLSS door; MTC: MN Chippewa Tribal building; ALR: Assisted Living Residence; CHS: Cloquet High School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Open RBC meeting</b> May 15 5:30 p.m. SCC</p>	<p><b>Chmielewski International Polka Fest</b> June 6-8 BBCR</p>	<p><b>Head Start Graduation</b> 11 a.m. May 21 OJSHS</p>	<p><b>FDLOJS Graduation</b> May 23 6 p.m.</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language 5 p.m. CCC</p> <p>1</p>	<p>Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC</p> <p>2</p>	<p>FLDOJS POWWOW Beading 11 a.m. CCC Water aerobics 5 p.m. CCC</p> <p>3</p>
<p>Water aerobics 10 a.m. CCC Inside golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>4</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>5</p>	<p>Water aerobics 8:15 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA 12 p.m. TRC Aikido 6 p.m. CCC</p> <p>6</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC GED 9:30 a.m. CCC Elder Concern 10 a.m. CCC Zumba 4:45 p.m. OJSHS Jujitsu 6 p.m. CCC</p> <p>7</p>	<p>FDLOJS out early Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language 5 p.m. CCC</p> <p>8</p>	<p><b>FDL Veteran's Memorial Holiday</b> Centers closed <b>Jokes, Pokes, and Chokes Tattoo Convention</b> BBCR</p> <p>9</p>	<p>Beading 11 a.m. CCC Water aerobics 5 p.m. CCC <b>Jokes, Pokes, and Chokes Tattoo Convention</b> BBCR</p> <p>10</p>
<p>Water aerobics 10 a.m. CCC Inside golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC <b>Jokes, Pokes, and Chokes Tattoo Convention</b> BBCR</p> <p>11</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC <b>Historical Society mtg</b> 10 a.m. CCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>12</p>	<p>Water aerobics 8:15 a.m. CCC Monthly foot clinic 9 a.m. ALR Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA 12 p.m. TRC Caregivers Support Group 12 p.m. CHS Aikido 6 p.m. CCC</p> <p>13</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC GED 9 a.m. CCC Elder Concern 10 a.m. CCC Zumba 4:45 p.m. OJSHS Jujitsu 6 p.m. CCC</p> <p>14</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC <b>RBC Open Meeting</b> 5:30 p.m. SCC</p> <p>15</p>	<p>Water aerobics 8:15 a.m. CCC Monthly Foot Clinic 8:30 a.m. CAIR Elder meeting 10 a.m. CAIR Adult dodgeball 12 p.m. CCC</p> <p>16</p>	<p>Pool reserved for FDLOJS Scuba 10 a.m. CCC Elder activity 10 a.m. Mille Lac's Museum &amp; BBCR</p> <p>17</p>
<p>Water aerobics 10 a.m. CCC Inside golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>18</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>19</p>	<p>Water aerobics 8:15 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA 12 p.m. TRC Second Time Around group 1 p.m. CCC Aikido 6 p.m. CCC</p> <p>20</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC GED 9:30 a.m. CCC Elder Concern 10 a.m. CCC <b>Head Start Graduation</b> 11 a.m. OJSHS Zumba 4:45 p.m. OJSHS <b>Amer. Indian Education Senior Honor Banquet</b> 5:30 p.m. CHS Jujitsu 6 p.m. CCC</p> <p>21</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language 5 p.m. CCC</p> <p>22</p>	<p>FDLOJS out early Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC <b>FDLOJS Graduation</b> 6 p.m.</p> <p>23</p>	<p><b>Josh Turner</b> 7 p.m. BBCR</p> <p>24</p>
<p>Water aerobics 10 a.m. CCC Bob Ross Painting class 10 a.m. CCC Inside golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>25</p>	<p><b>Memorial Day Centers closed</b></p> <p>26</p>	<p>Water aerobics 8:15 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA 12 p.m. TRC</p> <p>27</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC GED 9:30 a.m. CCC Elder Concern 10 a.m. CCC Zumba 4:45 p.m. OJSHS 52+ Elder meeting 5 p.m. CCC <b>Sobriety Feast</b> 6 p.m. CCC</p> <p>28</p>	<p>Get Fit 12 p.m. CCC <b>American Indian Education Program</b> 4:30 p.m. CHS Water aerobics 5 p.m. CCC Ojibwe language 5 p.m. CCC</p> <p>29</p>	<p><b>Cloquet Graduation</b> Cloquet early out Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC</p> <p>30</p>	<p><b>FDL FACE 3rd Annual 5k Fun Run/2k Walk</b> FACE bldg by CCC</p> <p>31</p>

"Any persons with FDL Writs & Orders of Exclusion are not allowed to attend any FDL Field Trips or Activities."