

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



The much awaited Reservation Rd. bridge project is well underway as the crew brought in the girders on Sept. 3. This was the beginning of the process of turning what was left of the culvert into a brand new bridge.

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Local news

Rez Rd. bridge construction well underway

By Zachary N. Dunaiski

On Sept. 3, I was invited for a rare opportunity to head down to the Reservation Rd. bridge construction project to take pictures.

The crew has been working hard since the beginning of July when they started the project. Most of the early work in this project was digging out the land where the culvert had once been before being washed away by the flood in June 2012. They also put in a small bridge to carry the workers back and forth, but only the ones who were wearing harnesses and clipped themselves to the bridge every time they needed to go back and forth. It was later used to do back the semi up close to the new bridge site.

The day I was there, the water running through made it almost comical that the culvert had been washed away, as the stream trickled through the now enormous gap. For the crew, it was the day they brought in two very long concrete (as well as other materi-

als I presume) beams known as girders. Each girder went the length of the gap that had been dug out to allow the river to go through.

At this point the project became a lot more like a bridge instead of a whole in the ground. Obviously it isn't really a bridge yet, but it's the support system so that the crew was able to begin the process of building the bridge on top of it. In late Oct. the workers will begin to fill in the process of making it a bridge as we know it.

The old culvert served its purpose for several years, and had we not hit record rain fall a year ago, it may still be serving that purpose. That being said, the new bridge will be much stronger against any future flooding, although we may never see flooding like that ever again.

As of now, the project still seems to be on schedule for an early Nov. finish. So residents of the area only have about a month left of driving the "long" way around the construction.



The Rez Rd. bridge construction site on Sept. 3 as the girders were put into place.



Moose hunt cancelled for 2013

After numerous discussions with Band members, the Reservation Business Committee has voted to cancel the Fond du Lac Band's 2013 moose hunting season in the 1854 Ceded Territory.

The RBC based its decision on the dramatic decline of the moose population. Although state and tribal biologists have both concluded that tribal hunting has not been a significant factor in the moose decline, the Band has a longstanding cultural tradition of conservation and stewardship over natural resources in the ceded territories. The RBC believes that we need to do what we can to help stabilize the moose population for the future.

The RBC, FDL Ceded Territory Committee and Resource Management staff will continue evaluating available scientific data in order to determine whether the Band will resume its moose hunt in 2014.

Nahgahchiwanong Dibahjimowinnan

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

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Cloquet, Minn. 55720.

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 Diabetes Prevention Program

Some of the local readership of the Fond du Lac Newspaper may have noticed that the *Duluth News Tribune* had recently written a story about one FDL Band member who was diagnosed as a pre-diabetic and how she enrolled in FDL's Diabetes Prevention program. I have since had a few requests to rerun the story in our paper.

Linda Dunaiski has worked hard over the last several years trying to become a healthier person so that she can be there for her family. Dunaiski will be the first person to tell you that her accomplishments are something that anyone can do, and she only wants people to know her story to help them in their lives.

The *Duluth News Tribune* had a lot of interesting information about the program.

The Fond du Lac Band's Diabetes Prevention Program has a 16-week program designed to teach healthy lifestyles and wise choices.

Diabetes, a growing problem nationwide, hits American Indian populations particularly hard. Among American Indians and Alaska Natives, nearly 16.1 percent have diabetes, according to the American Diabetes Association. That's a higher percentage than for any other ethnic group, and almost double the percentage in the general population, 8.3 percent.

Among the Fond du Lac people, about 17 percent have diabetes, said Mary Jo Kosza-

rek, who has coordinated the diabetes prevention program for about a dozen years. Among the tribe's elderly, she said, it's more like 1 in 2. That often means residents undergoing dialysis or having limbs amputated.

In addition to classes, the seven-member prevention team came up with a vigorous advertising campaign to promote healthy lifestyles: ads wrapped around Duluth Transit Authority buses, billboards, ads on gas pumps and in public restrooms and radio commercials featuring familiar voices in the community.

The effort has been noticed by the American Diabetes Association, which presented the Fond du Lac program with one

of three "John Pipe Voices for Change Awards" in August. The Band's award, named after a Montana man known for his diabetes prevention efforts, was given in the area of advocacy.

But a smaller ad particularly caught Dunaiski's attention. It said that a 5-7 percent weight loss has been shown to decrease the likelihood of Type 2 diabetes by 58 percent.

So Dunaiski embraced the program's recommendations to track the fat grams of each item she eats, to wear a pedometer and to track the number of steps she takes each day. Long after completing the program, she continues to faithfully record those numbers in a notebook. She still consults weekly with Jennifer Hall, one of the

program's teachers.

It has worked. Although she always will be considered pre-diabetic, Dunaiski has gotten her blood sugar down to the normal range. She has lost 40 pounds. She strives for at least 45 minutes of activity per day.

She hasn't eaten a hamburger in 2½ years.

And she feels the difference. "I feel better than I did in my 30s and 40s," Dunaiski said. She gives all of the credit to the diabetes prevention program, particularly praising Hall and the other three teachers.

"I can't say enough for it," she said. "I seriously believe it's put on 10 years to my lifespan."

FDL awarded American Diabetes Association John Pipe Voices for Change award

The American Diabetes Association presented the Fond du Lac Band of Lake Superior Chippewa with the John Pipe Voices for Change Award in recognition for achieving superior rates at meeting diabetes standards of care in American Indian communities. Fond du Lac operates one of the leading Special Diabetes Program for Indian (SDPI) grant programs. The award was presented at the National Indian Health Board's 30th Annual Consumer Conference Aug. 28, in Traverse City, Mich.

The Fond du Lac Human Services diabetes team educates American Indians about type 2 diabetes prevention and control while promoting healthier lives with positive lifestyle changes. Members of the Human Ser-

vices diabetes team have used multiple types of advertising with inspiring prevention messaging geared toward the local community. This messaging uses local Ojibwe people and traditional images, and helps to encourage a healthier lifestyle and diabetes prevention. Marketing in this way helps reach a larger audience and gives pride to the culture of the Fond du Lac Band.

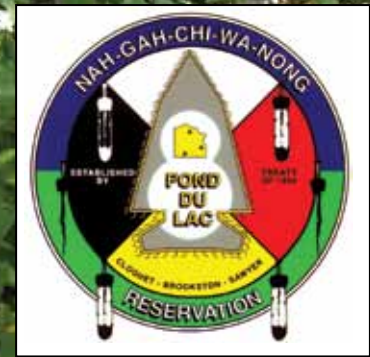
"Diabetes affects American Indian communities at an alarming rate," said Kelly Concho-Hayes, Associate Director of American Indian/Alaska Native Initiatives of the American Diabetes Association. "The John Pipe Voices for Change Award recognizes programs, such as the Fond du Lac Reservation, that empower Native American communities with

culturally-grounded approaches to improve their health and prevent type 2 diabetes or diabetes complications."

The award is in memory of long-time diabetes supporter John Pipe of Wolf Point, Montana, who was a dedicated diabetes advocate and served as a member of the Association's Awakening the Spirit Subcommittee. His longstanding advocacy efforts reached from his local community to Washington, DC and affected countless tribal communities. The award recognizes SDPI programs that have excelled in the following categories: advocacy, outcomes and innovation. Fond du Lac received the award in 2011 for Innovation and now in 2013 for Advocacy.



Pictured: Shondra McCage, Chair, National Awakening the Spirit Subcommittee, American Diabetes Association; Dr. Yvette Roubideaux, Acting Director, Indian Health Service; Kelly Concho-Hayes, Associate Director, American Indian & Alaska Native Initiatives and High Risk Populations; Fond du Lac Human Services Diabetes Programs: Chris Foss-Tietz, Katie Hughes, Amanda Thompson, and Jennifer Hall.



A few thoughts from RBC members

From the Chairwoman

The word for the month would probably be “drama.”

Drama has come in many forms: allegations of ethics violations (dismissed unanimously by the RBC), rumored removal petitions, anonymous letters, violations of Band member privacy rights to make political points, and letters to the Minnesota Chippewa Tribe calling for censure. One could only surmise that pre-election



Karen Diver

season is in full swing. The political detractors are not content to just run for office or support their favorite candidates by putting forth what they see as a plan for Fond du Lac’s future. This rather “old school” way of handling our tribal political process requires that in order for their ideas to be successful, then someone else has to be wrong. Leadership shouldn’t start with negativity, but with service based on positive ideas and actions.

After much deliberation, the

Fond du Lac Band has decided to cancel this year’s moose hunt. Tribal and state biologists agree that a hunt would not have much effect on the herd. However, with the decline of moose from other factors, preserving the opportunity for mating could matter. There are still no answers for why the population is declining, with climate change, ticks and disease as being discussed as factors. It seems prudent to watch and see if the moose studies can more clearly define the reasons for the high mortality rate. This decision will be reviewed annually.

In other news, there is finally some movement on Wisconsin Point. The General Services Administration has finally completed the revised survey on the reduced parcel. It will now be sent to the Bureau of Indian Affairs to start their review process. Hopefully it will go faster since this is the third time through this process. We will be watching it closely and urging them to keep it moving along.

Many people continue to ask about the status of the enrollment review by the Minnesota Chippewa Tribe. The data collection is complete, and TEC is

reviewing how to best get this information to our communities. Overall, we do see a decline in enrollment over time if there are no changes. The data analyzes the impact of accepting less blood quantum as well as including blood quantum from other Chippewa Bands and other tribes. Please keep an eye out for more information in the paper.

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

Boozhoo,

There has been a lot going on again. It seems like I just finished my last column and it is due again.

We are working on the per cap plan for next year. It does not look like we will be able to increase it, but it will probably remain the same for next year. We are also working on the program budgets to see what the potential effect that sequestration will have on us. Everything is still up in the air as there has not



Ferdinand Martineau

been a budget passed by the feds. I will keep you informed.

On the lighter side, there were several activities that were fun. About 80 people participated in the veteran’s golf tournament which is a fund raiser for the veteran’s office. Everything went fine and a good time was shared by all and some money raised.

We also hosted the Wisdom Steps golf tournament which is a fund raiser for the elders and their activities. There were 36 teams with 124 golfers. Again the weather was

terrific and all had a good time. This was the largest to date for fund raiser participation for the tournament. It raised several thousand dollars for the Wisdom Steps organization.

The wild rice season is in full motion. There were some changes that were implemented that will be reviewed for next season but overall the season was successful. We purchased over 8.5 tons of rice to replenish our supply. The rice season was good to us.

The veteran’s supportive housing unit was opened earlier this month. We are still having some issues with fur-

niture at the unit. With all our planning and preparation for this unit we did not consider that some of the veterans that will be moving in may not have the essentials for their home. We are currently working on finding funding to purchase the needed furniture for the unit. By next month I hope to report that this oversight has been taken care of.

We will be having the elder’s “Night at the Bear” again October 8. It should be a fun time with dinner and entertainment. The staff at the host club will be taking reservations for the evening if you are interested in

participating. You can contact them at (218) 878-2336 or (218) 878-2327 directly or through the main switch board at toll free (888) 771-0777. I hope to see you there.

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.

Gigawaabamin.

Cloquet News

Hello All

It is that time of year again when folks go back to school. Some just starting, some moving up a grade, and some are starting their next year in the college system. I wish you all well in your studies.

We continue to struggle with the housing issues here. The RBC has met with the key staff to discuss ways of expediting the move in process.

We have learned that some changes may need to be made in staffing. We are hoping that this will hurry the turnaround time in getting homes repaired and filled. Again, I would like to mention that our housing stock is limited and meeting the

growing demand is very difficult.

Our Cloquet Community Center has a number of activities scheduled for October. There is a family Halloween event planned for adults and children, October under the lights base-



Wally Dupuis

ball, swimming lessons for adults and children (the children's class already has a waiting list). The Mobil Zoo from the Duluth zoo, will be here on Oct. 18, it will be showcasing bats as their main attraction, to coincide with Halloween.

Our Community Center Director and staff, through diligently pursuing donations and opportunities, and working with other divisions, have developed, arraigned for, and is implementing a disc golf course.

They hope to have this up and open soon. Good job staff.

I have met with our planning division and have been informed that a number of our dirt roads will be getting paved soon. Also, I was informed that Brevator Road, which is in terrible condition, is going to be resurfaced from Big Lake Road to Jarvi Road. They promised me it would be completed by the end of October. I am sure folks will love the new driving surface. This will make it a safe driving surface and will eliminate the washout and uneven surfaces that have developed over the years.

As always please feel free to call or write with your questions or concerns. Work (218) 878-8078, cell (218) 428-9828, or email wallydupuis@fdlrez.com.

Sawyer News

Drugs. The main reason I ran for this office was to do something about the drugs that are plaguing our communities. We have met and discussed on a governmental level what we can do to curb this problem that we are afflicted with.

We are trying the best we can, but still, it is not enough. Banishments, homelessness and overdoses seem to keep going up no matter what measures we take to prevent it. It's disheartening to see

people in this state. I feel helpless and scared, as I am sure a lot of you do. There is no surefire way to eliminate these problems, and I have been looking for one since before taking this office. The only way I see any kind of significant



David Tiessen Jr.

progress being made is a push from the community itself, and that means taking a stand! Now more than ever we need to unite in our goal to rid ourselves of this poison. Some call it snitching, and that is B.S. I call it community, family, and progress. Everybody knows that around the 15th of every month people drive into town to dump this poison among our people, then scurry away when

everybody is broke. I understand the why of it for some people. They need money to feed their families, pay the bills, get a pack of smokes, and just plain survive, but at what cost? What alternatives are there when the price of just surviving keep rising? This is why I believe that a community action is vital and necessary. I believe we as a community need to put aside all past transgressions and perceived wrongdoings (even if they are legitimate) with each other and band together for the sake of our

future. It may not fix it, but it is a start. Come together with a united front and let these dealers know that we will not stand idly by and let them take another person from our communal family, whether they are friend OR foe. WE, THE PEOPLE WILL NOT SUFFER THIS POISON NO MORE!

I will be holding a community gathering/potluck at the Sawyer Center on Friday, October 18th at 6:00pm, and I am begging you, please come. Come and show that you have had enough, even if you don't feel that anything that you can do is enough to make a difference. Even if you are one of the dealers or users, especially if you are a dealer or user, come and listen, or even speak. We will be

there to show you that somebody does care, and you do belong, and there is redemption and forgiveness. Please come, and bring whoever you like with you. I don't care if they are from Sawyer, Cloquet, Brookston, Duluth, The Cities, or wherever. This is for everyone. Native, White, Black, I don't care, just please come with the mindset that we WILL make a difference, and that we WILL take back our sense of community. I was elected to this position to be the voice of the people, and this is the message I hear, but I can't do it without your help. Please, help me and our people. Please?

I have an office at the Sawyer Center. It is located on the youth side, and barring any kind of meeting or prior engagement, I will be there on Tuesday mornings from 8:00am-12:00ish pm and Friday afternoons from 12:00pm-4:30ish pm.

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 davidtiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Mark the date FRIDAY, OCTOBER 18TH AT 6:00PM.

Brookston News

Hello Band members

I made a visit to the rice camp at Perch Lake. Jimmy, great job, you have done a good thing for our community. There have been a lot of issues that should be brought forward about the rice. The RBC made a decision about the harvesting of rice, not everybody is happy or agrees with this change. I believe these maybe issues that should be brought out in our open community meetings. These issues need to be addressed ASAP. It is causing conflict between our people.

Our hunting has started also, the ones that don't hunt or don't have the means to hunt, let's help each other out if we can. There was a time when our people took care of each



Kevin Dupuis

other, let's ask an elder if they want a deer, ducks, and geese. There are people who are down and out. Let's just help them. We need to be a community again.

Please don't get me wrong there are a lot of members who share the gifts that have been given to us. That's what we're supposed to do as a people. One of the seven gifts that have been given to us is manaaji'idiwin (Respect) to honor all of creation is to have manaaji'idiwin.

There have been a lot of Band members asking about the moose hunt. Some said that we shouldn't hunt them; others have said that we should. There are a lot of unanswered questions about the moose. The rate of death is staggering, there is not a definite reason why this is happening. Global warming (climate change) is one reason that comes up in every conversation. They're saying this is making the moose move north. The wolf, the bear, the lynx, all of these animals prey on moose, the ticks, parasites, and diseases are also some of the reasons that they may be dying. With all of these possible reasons and no definite answer, the RBC voted to not have a moose hunt this year. Hopefully there will be some type of data that gives the members a better idea why the moose are dying.

The drugs are taking our people; we need to address this problem. Our people are dying because of this problem, we need to come together and try to find an answer to help our people. I believe a way to slow this down is to bring back the random drug testing. We need to try anything and everything available to us.

Etc.

NOTICE

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class III-Video and Class III-Blackjack at the FOND-DU-LU-TH CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an open session on Dec. 4, 2013, 9 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minn.

NOTICE

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class II Gaming, Class III-Video, and Class III-Blackjack at the FOND DU LAC BLACK BEAR CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an open session on Dec. 4, 2013, 9 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minn.

AVANCE still looking for 3rd year enrollments

Although weekly sessions began on Sept. 20 in the Early Head Start building, the deadline to sign up is Nov. 22 for the successful AVANCE parent education program, now in its third year in the FDL community.

AVANCE, in partnership with Fond du Lac Early Head Start, strives to give young parents

and their children up to age four a solid foundation to bring out the best for our families in the community through the efforts of the dedicated AVANCE staff.

Please call program director Betty Anderson for more information at (218) 878-8121 or e-mail her at bettyanderson@fdlrez.com. She also can be reached at the Early Head Start building if you would like to talk with her in person about what AVANCE's program and its local staff can provide for you and your family. Meals and free transportation are offered to all participants.

From the Scholarship Division

Now that the kids are back in school, are you finding you have extra time? Do you have any outstanding student loans or owe any college less than \$3,000 from past attempts of going to school? Would you like to increase your earnings? Are you a Fond du Lac Band member?

If you've answered yes to any of these questions, you could be eligible to work with our office. We can assist you in moving forward by enrolling in school or training. There's no better time than now to get ready for the spring semester, which starts in January 2014. You could be off to a fresh start. All you need to do is call or email our office. We can get you started by completing the application process.

Education is one of the only things nobody can ever take away from you and it's something you earn. The time you take to invest in yourself will not be time wasted. Going to

college is one of the most exciting opportunities that Fond du Lac Band members can experience that's supported by the Reservation Business Committee.

The Scholarship Program could potentially assist Band members who seek professional development, short term academic or technical enrichment, licensure fees or renewal fees, or on line classes by completing an RBC Sponsored Scholarship application. The Scholarship Program also provides assistance with direct student costs (tuition, books, and transportation) after any other financial aid is applied. We provide funding and support for students who want to pursue certificate or diploma programs, associate, bachelors, masters, and doctorate level degrees.

We are always available to discuss your options and answer any questions. We are just a phone call or email away. I look forward to hearing from any Band member interested in furthering their education.

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

GED changes coming in 2014

We are looking for people who have taken one or more of the Official GED tests in the past ten years but have not completed the whole test battery. On Jan. 1, 2014 the GED test will be updated to meet the current graduation standards and any test scores taken during the past ten years will be

gone.

It is important that anyone who has started testing complete the battery by that time. Test scores are kept by the state of Minn. and even if you have taken a test in another part of the state or while incarcerated, they are still available to use toward a GED.

Now is the time to complete the tests. Don't wait; there may not be enough time to brush up on skills necessary to get passing scores if you put it off.

We are available to help you pass the tests. If you live out of the area and need help locating a refresher program, we can help with that too. For more information, contact Joan at (218) 878-2658.

Minn. CWR is not automatic

The Minnesota Cold Weather Rule (CWR) was designed to help low-income families keep their power and natural gas services during the coldest parts of the year. The CWR only covers metered fuels such as electricity and natural gas. Delivered fuels such as propane, oil, and bio fuels do not fall under the CWR.

Protection under the Cold Weather Rule is not automatic. Many people tend to believe that the energy companies cannot shut them off in the winter. This is not true. If a client does not pay their bill, they can and will be shut off.

To qualify for the Cold Weather Rule, households need to contact their electric or fuel vendor and request to be placed on the program. The company will make a payment agreement with you that is valid to Apr. 15. As long as the

customer continues to make the agreed payment on time, their power or gas will remain on. If the client breaks the rule because of non-payment, the fuel vendor may cut the power or gas and does not have to make additional agreements with the customer. If power or gas is cut, companies request that the bill be paid in full before things are restored. There also will be additional fees for the shutoff, and turning things back on. If a customer is on the CWR and can see that they will miss the payment, it is best to call the company right away. Companies will help you negotiate a new payment date if possible.

After Apr. 15, any amount unpaid becomes due. The client can be shut off at this time. It is best if the client contacts the company before this date to arrange to pay the cost of any additional fuel or power used over the winter.

Fuel and electric companies want to work with the customers. If a customer is having trouble making a payment, it is important that they contact the power or gas company before they are shutoff. Contact your power company for information on signing up for the CWR. Local power and gas numbers are MN Power (218) 722-7625, Lake Country Power (800) 421-9959, Minnesota Energy Resources (800) 889-9508, Superior Water Light and Power (715) 394-2200. If you need help completing the application call Joan at (218) 878-2658.

Etc.

First time homebuyer education class

The Minnesota Chippewa Tribe Finance Corporation is hosting its First-Time Homebuyer education class Saturday, October 5 from 8:30 a.m. – 4:30 p.m. in the Minnesota Chippewa Tribe Building 15542 State 371 NW, Cass Lake, Minn. First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers. This is the ONLY class we will be offering this fall, so please reserve your spot in this free class with Cindy Beaulieu at (218) 335-8582, extension 150 or cbeaulieu@mnchippewatribe.org
No Childcare is provided so please make other arrangements.

Carlton County Extension Office offering free pressure canner gauge testing

With the garden harvest in full swing, it is time once again to have your pressure canner gauge tested.
Today's pressure canner may have a dial gauge for indicating the pressure or a weighted gauge, for indicating and regulating the pressure.
Weighted gauges will either keep rocking gently or make a frequent jiggling noise to indicate that the correct pressure is being maintained. Read the manufacturer's instructions to know how a particular weighted gauge should rock or jiggle. Weighted gauges do not require testing.
Check dial gauges for accuracy before use each year. Gauges that read high cause

under-processing and may result in unsafe food. Low readings cause over-processing. Pressure adjustments can be made if the gauge reads up to 2 pounds high or low. Replace gauges that differ by more than 2 pounds.

The Carlton County Extension Office is located at 310 Chestnut Ave. in Carlton and is open for free testing from 8 a.m. to 4 p.m. Monday—Friday. Please call (218) 384-3511 if you would like more information.

Fond du Lac Ojibwe school board meeting July 3

Call to Order: Don Wiesen called the meeting to order at 12:13 p.m.

Roll Call: Maria Defoe, Debra Johnson-Fuller, Meredith Martin, Michael Murray (entered 12:20), Jeremy Ojibway, Don Wiesen, and Jean Zacher.

Absent: Wayne Dupuis
Others present: Michael Rabideaux, Jennifer Johnson, Mike Quam, and Barbara Dahl
Reading of Mission Statement and Vision by Debra Johnson-Fuller

Approval of Agenda: Jean Zacher made a motion to approve the agenda. Meredith Martin seconded the motion. Motion carried.

Approval of Minutes: June 4, 2013 Regular Meeting: Meredith Martin made a motion to approve the minutes. Maria Defoe seconded the motion. Motion carried.

Review the ledger: The board reviewed the ledger.

Supervisor Reports: Michael Rabideaux, Superintendent, his report is contained in the board agenda business.
Jennifer Johnson, Building Principal: staffing: Paper screening for drum instructor.

Enrollment 157 students K-3 has 75, 4-8 has 48, and 9-12 has 34. Focus areas: 1) DI Reading, Scheduling consultant's visits. 2) Math, ordered materials. 3) K-12 science literacy curriculum, science teacher currently enrolled at FDLTCC learning Ojibwemowin 1. 4) Implementation of K-12 social studies curriculum, researching curriculum. 5) K-12 Ojibwe language curriculum, working on standards and benchmarks, using technology to teach the language, uploading resources on school website.

Dan Anderson, Education Grants and Accountability Manager.

Michael Murray made a motion to approve all staff reports. Jeremy Ojibway seconded the motion. Motion carried.

New Business:

Girl's Varsity Basketball 2013: Will be offering girls varsity basketball.

Girl's Varsity Softball 2014: Will return this item in August or September. Will have more information to collect.

Proposed Athletic/Activity Fee Structure: The board discussed sports fees. Will discuss this item further at the July 23, 2013 board meeting.

SY 13-14 Calendar-Graduation Date: The board reviewed the 2013-2014 calendar. Michael Murray made a motion to move the graduation date from May 22, to Friday May 23, 2014. Jean Zacher seconded the motion. Motion carried. Michael Murray made a motion to accept the 2013-2014 school calendar. Meredith Martin seconded the motion. Motion carried.

Revised Parent/Student Handbook/Discipline/Homeless Policy: The board reviewed the purposed student handbook changes for 2013-2014. Will

discuss this item at the July 23, 2013 board meeting.

BIE AYP Determination Appeal: Went into discussion. Superintendent will keep the board updated.

2011 Youth Risk Behavior Survey: The Superintendent reviewed the results from the Bureau of Indian Education Middle School Youth Risk Behavior Survey.

Fond du Lac Ordinance school attendance requirement and home schooling: went into discussion. Superintendent will set up a special meeting with the board and invite legal to discuss this issue.

Old Business

School Safety and Security Assessment: Michael Murray will communicate with Wayne Dupuis requesting a time and date to meet with DSGW to discuss this issue.

School Operating Budget 2013-2014: Will discuss this and the transportation budget at the July 23, 2013 special board meeting.

Other:

Community Member Concern: No one in attendance.

Annual Native American Prevention Program: Registration information for the 14th Annual Native American Prevention Program Sharing Conference: Joining Voices.

Adjourn: Jeremy Ojibway made a motion to adjourn the meeting. Debra Johnson-Fuller seconded the motion. Motion carried. Meeting adjourned at 1:43 p.m.

Fond du Lac Ojibwe school board special meeting July 23

Call to Order: Wayne Dupuis called the meeting to order at 12:20.

Roll Call: Wayne Dupuis, Debra Johnson-Fuller, Meredith Martin, Michael Murray, and Jean Zacher

Absent: Maria Defoe, Jeremy Ojibway, and Don Wiesen

Others present: Michael Rabideaux, Jennifer Johnson, Mike Quam, Chuck Walt, and Barbara Dahl

Reading of Mission Statement and Vision: Read by Wayne Dupuis

Approval of Agenda: One item was added to the agenda. Jean Zacher made a motion to approve the agenda. Michael Murray seconded the motion. Motion carried.

Old Business:

Proposed extracurricular fees sports budget review 2013/2014: Went into discussion. Will have as a continuation item on the agenda due to more researching.

Proposed student handbook changes 2013/2014: The board reviewed the changes. Meredith Martin made a motion to approve the changes to the parent/student handbook K-12. Debra Johnson-Fuller seconded the motion. Motion carried.

School Operating Budget 2013/2014: Went into discussion. Michael Murray made a motion to accept the superintendent's recommendation for the transportation budget, depending on funding sources. Meredith Martin seconded the motion. Motion carried.

Parent Notification Letter for Ojibwe School. Superintendent read the letter to the board. Went into discussion.

Adjourn: Debra Johnson-Fuller made a motion to adjourn the meeting. Michael Murray seconded the motion. Motion carried. Meeting adjourned at 2:35.

Etc.

Elder Corner

Oct. 8 Foot Clinic at 9 a.m. at the Assisted Living facility. If you need a ride call CHR at (218) 879-1227. Please call 24 hours in advance.

Oct. 8 Elder Activity Fund board meeting at 1 p.m. at CCC library. Contact Russ Savage (218) 879-1134.

Oct. 8 Elder Dinner registration starts at 3 p.m. at the BBCR hotel or 4:30 at the BBCR event center. To register for the dinner call (218) 878-2336 (press 1) and leave a message with your name and number. To register for the hotel call (218) 878-2336.

Oct. 9 52+ Elder meeting at 5 p.m. in the CCC.

Oct. 15 Age to Age Anishanaabe L.I.F.E. event at 5 p.m. in the CCC. The speaker will be Car Lewis, Bois Forte enrolled member who will speak at 5:30 p.m.

Oct. 17 Wisdom Steps monthly meeting at 11 a.m. at Old Country Buffet. Self pay.

Oct. 18 CAIR Foot Clinic at 8:30 a.m. CAIR Elder meeting at 10 a.m.

Oct. 22 Mille Lacs Elder Abuse Awareness Conference Planning meeting at 11 a.m. If you are interested call Deb Topping (218) 878-8053.

Oct. 23 52+ Elder meeting at 5 p.m. in the CCC.

Minor league football combine

The Great Lakes Wolf Pack Minor League Football Team is hosting a Combine for those that desire to be part of a brand new Minor League Football Team that strives to be the best in this part of the Great Lakes Region with the full concept of being a team, participating with our

investors in life including the communities we reside in, the business' we employ, the families we cherish, the friends we socialize with and the playing/coaching/supporting of the game we love.

Test yourself via skills and drills from some of the Wolf Pack coaching staff on Saturday, Sept. 28 and Saturday, Oct. 19 at the FDLOJS football field.

Registration on both days begins at 9:30 a.m. Bring your own water, \$25 registration fee, any photo ID, and a positive attitude. The sessions is from 10 a.m.-12 p.m. A free Co-Ed Youth football camp follows from 12-2 p.m. for both combines. Please contact me if you might be interested in volunteer coaching at (218) 206-5556.

Football schedule

This is tackle football featuring student athletes in grades 6-8 from the Ojibwe School and Cloquet. Home games are free.

Monday, Sept. 30: Silver Bay at Fond du Lac with a 5 p.m. kickoff

Thursday, Oct. 3: Carlton at Fond du Lac with a 5 p.m. kickoff

Tuesday, Oct. 8: FDL at South Ridge with a 4:30 p.m. kickoff
Go Ogichidaag

Suga Sway Dwee Win
Community Meeting in the Sawyer Center
Oct. 20 12-4 p.m. please bring a dish to share.

Head of household can voice their opinion.

Youth co-ed football camp

The Great Lakes Wolf Pack Minor League Football Team is sponsoring a free Youth Football Camp Saturday Sept. 28 for CO-ED ages 10-17 year old students at the FDLOJS football field from 12-2 p.m.

Come on out and sharpen your football skills from players and coaches of The Great Lakes Wolf Pack Football Team. Provide your own ride to the event and back home. Participants will also need to bring cleats. This is a free event hosted by The Great Lakes Wolf Pack Minor League Football Team. Call Coach King at (218) 206-5556 if you have questions.



New health insurance program is coming

Fond du Lac Human Services Division staff have been working feverishly preparing for the rollout of the Affordable Care Act (ACA) in Minnesota. The new insurance marketplace is called MNsure and it is scheduled to be activated on October 1. Radio and television commercials have already started crowding the airwaves and it is expected that many insurance plans will be advertising their

products once the exchange opens for business.

Chuck Ells, Associate Human Services Director, believes that the rollout will feel a lot like the Medicare Part D implementation where Fond du Lac patients were confused by a barrage of television commercials and personal mail that advertised new Part D insurance plans.

Jennifer DuPuis, Associate Director of Fond du Lac Human Services, says that a new program called Fond du Lac Total Coverage has been prepared and approved by the RBC that will help nearly all Fond du Lacers get enrolled in some form of public or private insurance. Like the Medicare Part D Tribal Sponsorship Plan, Fond du Lac Human Services will pay insur-

ance premiums through MNsure in order to qualify eligible American Indians for private insurance.

The expanded Medicaid Program will permit many single adults who were previously not eligible become eligible for Medicaid on January 1, 2014. Fond du Lac Human Services Division Patient Advocates will be assisting with enrollment and explaining program benefits to all Fond du Lac patients who request assistance. MNCare will still be a no-cost health insurance option for those American Indians under 200% of the FPL.

So when the airwaves start buzzing with new health insurance commercials this October, call a Fond du Lac Patient Advocate at (218) 878-2165 and ask

for assistance. More information will be released in the coming weeks and months.

WIC works

If you are pregnant, breastfeeding, or have an infant or child under 5 years of age, you may be eligible for the WIC Program.

WIC provides nutrition education, breastfeeding support, nutritious supplemental foods, and health services referrals.

For more information contact the Fond du Lac Human Services Division WIC Program at 927 Trettel Lane in Cloquet (218) 879-1227 or 215 W 4th Street in Duluth (218) 726-1370.

Public Health Nurse and a Registered Dietitian will be available during WIC clinics for family planning, maternal child

health, and nutrition questions or concerns.

WIC is an equal opportunity provider

Protect yourself from breast cancer

If you see pink everywhere you turn this month, here's why: October is National Breast Cancer Awareness Month, a time when survivors, advocates, and health organizations strive to raise awareness of the progress we're making together in fighting this disease – and the things women can do to protect themselves.

Since 1990, more and more women have been surviving breast cancer, largely because of early detection through mammography and improvements in treatment. Mammograms



can find breast cancers earlier, when they are easier to treat and the chances of survival are higher. That's why the American Cancer Society recommends yearly mammograms and breast exams for women 40 and older. If you're putting off getting your mammogram because you're scared or nervous, that is a common concern so talk with your healthcare provider or someone who has experienced a mammogram.

And don't forget that in addition to getting a yearly mammogram, there are steps women can take to reduce their risk of breast cancer:

- Eat a healthy diet to help control weight, since being overweight or obese may raise breast cancer risk
- Get regular physical activity. The American Cancer Society recommends 30 minutes a day, 5 or more days a week. Forty-five to 60 minutes a day is even better for reducing breast cancer risk
- Limit the amount of alcohol you drink to no more than 1 drink per day. Alcohol is clearly linked to an increased risk of developing breast cancer
- Perhaps most important, is to be sure to talk to your doctor if you notice any changes in your breasts or have any other concerns. That conversation could save your life.

Quick meal ideas

Research states one third of all cancer deaths are related to diet and activity factors. Often, people are running out of time to make healthy meals. It is easier to make healthy meals if the kitchen is stocked with a variety of healthy foods that can be thrown together for a quick meal or snack. The American Cancer Society has developed a

shopping list of healthy foods with some quick meal ideas to help out in a pinch. Here's is a summary of the ACS ideas.

Non-refrigerated items:

- Beans (black, pinto, kidney, chickpeas, lentils, and refried)
- Rice- brown, long-grain, rice mixes
- Pasta/other grains- whole wheat, couscous, whole wheat crackers, whole wheat breads
- Onions, canned tomatoes, canned vegetables, soups, canned fruits
- Sauces- pizza, pasta, and tomato
- Canned meats- tuna, salmon, and chicken
- Peanut butter
- Vinegar, herbs and spices, olive oil, canola oil, evaporated milk, and non-fat cooking spray

Refrigerator items:

- Vegetables, fruits, 100% vegetable or fruit juice
- Low fat or fat free milk and yogurt
- Reduced fat sour cream and cream cheese
- Low fat cheese (cheddar, mozzarella, Swiss, cottage, and Parmesan)
- Whole wheat and corn tortillas
- Eggs
- Minced garlic, ketchup, mustard, soy sauce, Worcestershire, teriyaki and chili sauces, salad dressings with olive oil or reduced fat

Freezer items:

- Vegetables, fruits, and 100% juice
- Chopped onion, chopped green pepper
- Whole wheat bread, bagels, and English muffins
- Chicken, ground turkey, extra-lean ground beef
- Fish

Quick meal ideas:

- English muffin topped with pizza sauce, mozzarella

cheese and veggies

- Mixed salad greens with whole wheat penne and cubed cheese on top, sprinkled with Caesar or Italian dressing
- Chili made with ground beef or turkey, kidney beans, tomato sauce, chopped onion, canned tomatoes, and chili seasoning
- Peanut butter on a mini-bagel and apple slices
- Whole wheat tortilla filled with black beans, lettuce, salsa, shredded cheddar, and sour cream
- Canned soup with added frozen veggies and whole wheat crackers

Be creative and come up with your own family favorites too.

-references: American Cancer Society and the Academy of Nutrition and Dietetics

What is an "e-cigarette" and what do they contain?

Rozanne Hink-Tobacco Cessation Educator

Often I will get questions regarding the Electronic cigarette (E-cigarette). I am often asked if they are a form of nicotine replacement therapy (NRT), are they safe, and what is in them (compounds)? First, there is no cigarette considered "safe." Secondly, they are not a form of NRT and we do not give them out contrary to what some people in the community have heard.

What is an E-Cigarette? It is an electronic cigarette (product) designed to deliver nicotine or other substances to its user in the form of a vapor. They are usually composed of a rechargeable, battery-operated heating element, a replacement cartridge that can contain nicotine or other chemicals, and an atomizer that, when heated, converts the contents of the cartridge into a vapor. The vapor can then be inhaled by the user. Electronic

cigarettes are often designed to "look" like cigarettes, cigars, and pipes.

How safe are they? The Food & Drug Administration (FDA) has not evaluated any e-cigarettes for safety or effectiveness and all of the compounds that may be in these cigarettes are unknown at this time. However, remember that at one time we did not know there are 7000 chemicals in a commercial cigarette. Moreover, when the FDA conducted limited laboratory studies of certain samples, they found significant quality issues that indicate that quality control processes used to manufacture these products are "substandard or non-existent." For example, cartridges labeled as containing no nicotine did indeed contain nicotine, and that three different electronic cigarette cartridges with the same label emitted a markedly different amount of nicotine with each puff.

While this can sound alarming to some people, experts have raised concerns that the marketing of these products can increase nicotine addiction among young people and may lead these same kids to try other tobacco products.

Currently, the FDA has not approved the e-cigarette. So far, the FDA has issued warning letters to five distributors of electronic cigarettes for violations of the Federal Food, Drug, and Cosmetic Act (FDCA). These violations included unsubstantiated claims and poor manufacturing practices.

Lastly, the electronic cigarette is not intended for use as a nicotine replacement therapy. Our pharmacy does not carry these as NRTs. If you want to quit smoking or chewing tobacco there is a line of products that are available, such as nicotine patches and other products. For more information on learning to quit commercial tobacco contact Rozanne Hink at (218) 878-3726 to schedule a time to

meet with her and enroll in the Wiidoowkowishin Tobacco Cessation program.

Last chance for FDL biomonitoring study

Oct. 31 is the final day for FDL Biomonitoring Study appointments. If you or someone you know was invited earlier this year to take part in this study but could not make an appointment, there is still an opportunity to participate.

Please call (218) 878-2193 before mid-October to schedule your appointment. Openings are available at MNAW and CAIR but fill up fast.

A big thank you to the 386 people who have taken part in the study so far. Your participation benefits the FDL Community by adding current information about environmental chemicals in people. Study results will help you and the Fond du Lac Community learn how to reduce exposure to chemicals and protect health.

Living in Wellness brunch

The Fond du Lac Comprehensive Cancer Program presents the 2013 women's health brunch called "Living in Wellness" on Oct. 26 from 10 a.m.-12 p.m. at the Cloquet Community Center.

The speaker will be Bonnie Wallace. Enjoy a wonderful brunch, women's health displays, and prize drawings.

For more information call (218) 878-2130.

The Smoking Cessation program is now located in the lower-level of the MNAW Clinic, north side entrance

October 2013

The home of the Ogichidaag

The Ojibwe Schools are dedicated to providing a quality education, which focuses on integrating the Ojibwe culture into all students' learning experiences. Every learner will have the opportunity to be challenged, to succeed, and to be prepared for the future. Parents, staff, community, and students will demonstrate the highest level of expectations for themselves and the school.

School News

FDL to participate in FFVP

The Fond du Lac Ojibwe School has been selected to participate in the Fresh Fruit and Vegetable Program (FFVP) for the 2013-2014 school year. The FFVP is funded by the United States Department of Agriculture and is administered by the MN Department of Education.

A fresh fruit or vegetable snack will be provided for students approximately 5 times a week. Snacks are generally served mid-morning or afternoon. The FFVP is an excellent way to enhance other wellness programs in the school that promote health, nutrition, and physical activity.

The main goal of the FFVP is to increase the fruit and vegetable consumption of elementary schoolchildren. In addition to providing fresh fruits and vegetables, another goal of this program is to provide nutrition education to the children. Please continue to talk with your children about the healthy choices they receive at school.

Oct. 25 Princess/Brave Contest

School Gym
Grand Entry 1 p.m.
Contest 1:30-3 p.m.
Grand Entry 6:30 p.m.
Feast 5-6 p.m.
Students go home at 3:15 p.m. unless parent/guardian is with student after school
Vendor Information Call (218)878-7239

The Ojibwe School is looking for an interested community member to make 2 partially beaded crowns for the upcoming school princess/brave contest powwow

Please submit your bid and example of your bead work experience.

Crowns would need to be completed and at the school by Oct. 23.

If interested contact Education Admin Secretary (218)878-7241 or (218) 878-7239.

Math Programs at FDLOS

enVision Math is a daily problem-based interactive math learning curricula that is followed by visual learning strategies that deepen conceptual understanding by making meaningful connections for students and delivering strong, sequential visual/verbal connections through the visual learning bridge in every lesson.

The Connecting Math Concepts curriculum is a program designed for Kindergarten through 8th Grade. It introduces ideas gradually and teaches students the connections between concepts to help them retain skills at a mastery to allow for retention of those skills throughout the years.

Essentials for Algebra program provides the essential knowledge that students need to tackle algebra and gain confidence needed for high school algebra programs.

AIMSweb is a complete web-

based solution for universal screening, progress monitoring, and data management for Grades K-12. AIMSweb provides guidance to administrators and teachers based on accurate, continuous, and direct student assessment.

Northwest Evaluation Association (NWEA) the Measures of Academic Progress (MAP) assessments are administered to students at FDLOJS at the beginning, middle, and end of the year. This assessment is an adaptive assessment meaning it can accurately pinpoint a student's current level of mathematical, reading, or science skills. Teachers can then use the RIT scale to determine areas of instructional need of each particular student.

2012—2013 MCA III Information

FDLOS is pleased to announce that our school made Safe Harbor in Math for the 2nd year in a row. In order to make Safe Harbor, we had to increase our scores by at least 10%. FDLOS students had an increase of 11.77%. For all student population and a 10.84% increase in the Special Education population. Way to go students, parents, and teachers.

Math at all levels

HIGH SCHOOL LEVEL: Math is well underway in the Fond du Lac Ojibwe School high school wing. With classes such as Algebra II, Geometry, Math Mastery, Probability and Statistics, students are hard at work learning new mathematical concepts that will prepare them for their future.

MIDDLE SCHOOL LEVEL: With middle school teachers using Essentials for Algebra and Prentice Hall Course 3 materials, students are being exposed to a wide variety of pre-algebra skills that they will need to master Algebra II in high school.

ELEMENTARY LEVEL: Classes in the elementary school are working on mastering math standards such as Number and Operation, Algebra, Geometry and Measurement, and Data Analysis and Probability. Students are placed into a core math program as well as a Response to Intervention math program to give them additional math practice throughout the day.

Important Dates:

- After School Math Clubs on Tuesdays for grades 1-6, Call (218) 878-7239 for info
 - NWEA Testing—Sept
 - AIMS web Testing—Sept
 - Sept 27—Early Release
 - Sept 30—Picture Day
 - October 7th—12th Grade Math Mastery Field Trip
- Don't forget to check grades on Parent Portal by visiting www.fdlrez.com/education

Thank you and if you have any questions please let me know.

Dawn Liimatainen (218) 878-7247 or email at dawnliimatainen@fdlrez.com

Bus Information

Bus rules are included in the student handbook
If your student needs a bus change call (218) 878-7261
On full days, changes must be

made by 2 p.m. and 10:30 a.m. on half days

Driver's education course

Drivers Education will be starting Sept. 23 and running through Oct. 7. Classes are from 4-7 p.m. in the Cloquet Community Center Classroom. Students must enroll before the first night of class. The enrollment form is available on the FDL webpage under Community Services. Enrolled students should contact Wanda to use money from their "Activity Fund." Cost for non enrolled students is \$120.

Ogichidaa Puzzler

N G H I O G N E J I I M A A N
A A X Y J G D I B B E Y U P D
B L M N I O I O M X J E W A S
O N W I K B Q C S O K E G L C
O I C H G M S B H Q O W O N I
B M S W U I B H W I A N Q M M
W I A J U S Z L B A D D A D W
U E D R Q H O I G X H A G M O
N D B M N O G I I K T S A S G
L O X M D O N F R K C R M G I
K T J N H M S S I M O K O O N
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N A K K Z S B E R A U R G A U
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I T F T U L A Y Q T W I W D R

DAGWAAGIN
ISHKODE
JIIMAAN
MANOOMIN
MIGIZI
MISHOOMIS
NABOOB
NOOKOMIS
ODEIMIN
OGICHIDAAG

OJIBWE SCHOOLS MOTTO

"Anokii, Nanda-gikendan, Enigok gagwe, Gashkitoon"

"Work, study, strive, succeed"

School News



The rice is drying (Baate Manoomin) at the Ojibwe School Manoomin Camp.



Resource Management helping students with archery lessons at the Taking care of things gathering.



The Taking care of things gathering was a time for students to participate in fun and games with Red Lake forestry staff.



Students listen closely as Alissa talks about Manoomin Camp.

School News

CORE VALUES OF MINO-BIMAADIZIWIN (THE GOOD PATH OF THE ANISHINAABEG)

It is mandatory that these core values will be taught at the Fond Du Lac Ojibwe School. The core values, Mino-bimaadiziwin, promote spiritual, emotional, and physical wholeness of individuals, families, communities, and tribal nations. All students and staff will walk this path together and work toward the betterment of all Indigenous people and all communities.

Principal's Section

Aaniin/Boozhoo
nindawemaganidok,
Welcome back to school. We hope that you had a relaxed and fun-filled summer. We are thrilled to see so many new and returning faces from students and staff alike. We realize how important it is to be confident that your child/children are not only actively learning, but are also happy and safe. We are looking forward to a year of learning and partnership. We are committed to helping every student succeed in school. We can assure you that as a team at FDLOJS, we will do everything we can to provide a safe, happy, and nurturing environment to make sure your child's year is a memorable one.

Upcoming FDLOS Cultural events;

October

25-Princess and Brave Powwow, classroom teachers have entry guidelines and expectations for contest.

November

8- Honoring the Veterans 10:30 a.m. gym

Academic focus areas we will be addressing in the upcoming months.

- Integrating Native American perspective in social studies curriculum
- Expanding our Ojibwe Culture Program via technology
- After-school reading and math clubs
- Implementing a new Science, Technology, Engineering, and Math (STEM) curriculum focused on Aeronautics

We strive to work in an atmosphere of cooperation and collaboration to provide meaning-

ful learning opportunities and supporting student achievement. We want to extend what we do here at school and work with our students and families at home too. Please contact your child's classroom teacher or myself if you have any concerns or questions.

Sincerely,

Jennifer Johnson

Office (218) 878-7284, Cell (218) 591-2083, or email jenniferjohnson@fdlrez.com

Superintendent's

Page

Education Update Sept. 12
Michael Rabideaux, Superintendent

Giikinoo'amaadiwin (We Gain Knowledge)

Greetings Band members, our new school year has started and once again our children and education staff are anxious

and happy to return to our community of learners. We are privileged to provide an interesting, relevant and challenging curriculum and instruction that prepares students to succeed in both our tribal and broader communities.

Parents and guardians have the right to know the qualifications of our children's teacher—and they have the right to request this information. Parents also have the right to be informed if their child is not being taught by a teacher who is not highly qualified or properly licensed by the State of Minnesota.

Our first Parent Community event will be held Thursday, Nov. 14, at 1 p.m. As in previous years, the school will present information on programs and how parents can get involved with their child's education. Our school operates as a school-wide Title 1

program—which means that our reading and math programs must meet rigorous standards. One means of demonstrating success of our programs can be evidenced on our yearly state assessment scores. For the last couple of years our American Indian students have achieved proficiency in reading and math.

Research continues to prove that culturally based education and culturally responsive teaching are associated with better academic outcomes. Other factors that contribute to academic success include small class sizes, low teacher turn-over rates, American Indian teachers, American Indian administrators, and American Indian school board members. The community should be proud that Band members provide the direction, support, and guidance for much of our student success.


It comes as no surprise that we continue to do more with less. The federal government, congress, has yet to pass a budget. If congress fails to create a budget, automatic sequestration will apply—and if that occurs, our program will face new challenges. We are resilient in that we have prepared for this. Our main priority is not to interrupt the student's education.

If you would like to learn more about our school or have other questions about programs and opportunities offered, please visit our school website. *Miigwech*



The Good Path of the Anishinaabeg is to:
 Honor the creator
 Honor the elders
 Honor plants and animals
 Honor women
 Keep our promises and uphold our pledges
 Show kindness to everyone, even to those you disagree

School News

| Monday | Tuesday | Wednesday | Thursday |
|---|--|---|---|
| Reading & Games 1 st Grade 8 students per class | Math & Games 1 st - 2 nd Grade 20 students per class | Super Sports 1 st -2 nd Grade 10 students per class | Reading (referral only) 1 st -2 nd Grade 8 students |
| Game On 2 nd -3 rd Grade 10 students per class | Reading (referral only) 1 st -2 nd Grade 8 students per class | Homework Club 1 st -6 th Grade 8 students per class | Homework (referral only) 1 st -8 th Grade 8 students per class |
| Boys' Drum Practice 2 nd -3 rd Grade 8 students per class | Math & Games 3 rd - 4 th Grade 10 students per class | Game On 3 rd -6 th Grade 10 students per class | Game On 1 st -3 rd Grade 10 students per class |
| Super Sports 3 rd -4 th Grade 10 students per class | Boys' Drum Practice 3 rd - 4 th Grade 8 students per class | Gardening 5 th -10 th Grade 10 students per class | Book Club 3 rd -4 th Grade 8 students per class |
| Beginning & Intermediate Guitar 3 rd -6 th Grade 5 students per class | Math & Games 5 th -6 th Grade 10 students per class | Beginning Sewing 5 th -12 th Grade 5 students per class | Boys' Drum Practice 5 th - 12 th Grade 8 students per class |
| Radio Controlled Aircraft Flight Simulation 4 th -8 th Grade 8 students per class | Super Sports 4 th -6 th Grade 10 students per class | Leadership 9 th -12 th Grade | A.I.B.L. 9 th -12 th Grade 12 students |
| Ojibwe Language Quiz Bowl 7 th -12 th Grade | Cooking 5 th -7 th Grade 8 students per class |  | Woodworking 7 th -12 th Grade 5 students per class |
| 2 nd Quarter After School Activities start November 12-Jan 16 2014 <u>No After School the week of January 20-23 2014</u> New 3 rd Qtr sign up week | Beginning Sewing 5 th -12 th Grade 5 students per class | <u>Bus Changes must be made before 2:00 p.m.</u> Changes after 2:00 p.m. are for emergencies only 878-7261 | Snack & transportation provided to students participating in the FDL Ojibwe After School Program |

Our first parent community event will be held Thursday, Nov. 14 at 1 p.m.

FOND DU LAC OJIBWE SCHOOL AFTER SCHOOL ACTIVITIES

1ST QUARTER September 23 – October 31, 2013 ~ 3:15 to 5:10
 Activity Office ~ 878-7239
 School Office ~ 878-7261

No After School Activities

November 4-7 2013
 New 2nd Qtr sign up week

Sign up, space is limited
 Students must sign up each quarter to register for activities

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
- BUDREAU, Deena
- CICHY, Gerald
- CICHY, Leslie
- DEFOE, Richard
- LAPRAIRIE, Robert
- MARZINSKE, Larry
- OJIBWAY, Jeffrey
- SAVAGE, Torrence
- SMITH, Jay

Request for Information

The Fond du Lac Land Information Department is searching for information about Bishi shi shi, who lived in Floodwood, Minn. in 1895. Bishi shi shi received an allotment in Douglas County and the Band is trying to determine who now owns the land. If you have any information about Bishi shi shi, please contact Tim Krohn at (218) 878-7128.

Fond du Lac Ojibwe School Calendar 2013-2014

49 University Road, Cloquet, MN 55720 *Administration 878-7261* Fax 218-878-7263

■ No School Staff/Students

■ School Board Meeting

■ Early Dismissal (12:30 pm)

(August) Manoominike-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |

(September) Waatebagoa-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | | | | |

(October) Binaakwii-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | 31 | |

(November) Gashkodino-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |

(December) Manidoo-giizisoons

| M | T | W | T | F |
|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | 31 | | | |

(January) Gichimanidoo-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | | 1 | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | 31 |

Student Days

| | |
|---------------|---------|
| Quarter One | 43 days |
| Quarter Two | 44 days |
| Quarter Three | 48 days |
| Quarter Four | 45 days |

August 2013

6-School Board Meeting
5-16 Return to Work Compliance Check for Staff
12-15 Kindergarten Readiness
19-22 Kindergarten Readiness
19-Administration Return
26-All Staff Return

September 2013 (20)

2-No School/Labor Day
3-Grades 1 - 12 Return to School
9-Kindergarten Begin School
10-School Board Meeting
13-Early Release/Staff Develop
20-Manoominike Celebration
24-FACE Family Circle
27-Early Release/Staff Develop

October 2013 (22)

3-FACE Pumpkin Patch
4-Mid Qtr/Early Release/Staff Development
6- School Board Meeting
18-Early Release/Staff Development
22- FACE Family Circle
25- Fall Powwow

November 2013 (18)

1-End of 1st Qtr Early Release / Staff Development
4-2nd Qtr Begins
5-School Board Meeting
11-Holiday/Veteran's Day
13-15 Scholastic Book Fair
14-15Parent/Teacher Conferences
15-Early Release/Staff Develop
27-Early Release/Staff Develop
28-29 No School/Holiday

December 2013 (15)

3-School Board Meeting
6-Mid Qtr/Early Release/Staff Development
17-FACE Family Circle
19-Biboon Celebration
20-Early Release/Staff Development
23-31 - Holiday/Winter Break

January 2014 (21)

1- Holiday/No School
2- Return to School
7- School Board Meeting
17-End of 2nd Qtr/Early Release/Staff Development
20-Holiday/Martin Luther King Jr. Day
21-3rd Qtr Begins
21-FACE Family Circle
24-Early Release/Staff Development

February 2014 (19)

4-School Board Meeting
6-7Parent/Teacher Conferences
7-Mid Qtr/Early Release/Staff Development
No After School Activities
17-Holiday/Presidents' Day
18-FACE Family Circle
21-Early Release/Staff Development

March 2014 (20)

4- School Board Meeting
14-Early Release/Staff Development
18- FACE Family Circle
20-Zigwan Celebration
26-Early Release/End of 3rd Qtr/ Staff Development

April 2014 (20)

8-School Board Meeting
11-Early Release/Staff Development/Kindergarten Round up
17-No School
18-Holiday/Good Friday
21-No School
22-FACE Family Circle

May 2014 (20)

*May 3 FDOJIS POWWOW
6 - School Board Meeting
8-Early Release/Staff Development
9-Holiday/FDL Memorial Day
23-Graduation/FACE Graduator/ Early Release
26-Holiday/Memorial Day
TBD-FACE Walk/Run

June 2014 (4)

3 - School Board Meeting
5 - Last Day for Students
6- Last Day for Staff
13 - Administration' Last Day

July 2014

8-School Board Meeting

Some dates are subject to change.

(February) Namebini-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | | | | |
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |

(March) Onaabani-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| 3 | 4 | 5 | 6 | 7 |
| 10 | 11 | 12 | 13 | 14 |
| 17 | 18 | 19 | 20 | 21 |
| 24 | 25 | 26 | 27 | 28 |
| 31 | | | | |

(April) Iskigamizge-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | | |

(May) Zaagibagoa-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |

(June) Ode'imini-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16 | 17 | 18 | 19 | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | | | | |

(July) Aabita-niibino-giizis

| M | T | W | T | F |
|----|----|----|----|----|
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | 31 | |

2013-2014 Contact Days

180 - Student Contact Days
* In the event of inclement weather, days will be added to the end of the year.

Watch and listen to these local stations for School Closings:

KBJR, WDIO, KDAL, KSTP, KQDS, WWAX, KZIO, KTCO, KRBR, WEBC, KKCB, KLDJ, KUSZ, WKLK, WGZS
WGZS is the Reservation Radio Station

The Mystery After Lizzie Naganab's Death

Research by Christine Carlson

The Month of Halloween

Since it is the month of Halloween, I thought it would be fun to research a mystery from 82 years ago. This is the research of what happened after the burial of Lizzie Naganab.

State of Minnesota - Division of Vital Statistics – Certificate of Death

Lizzie NaGaNUb was born Jan. 6, 1862. Her birthplace was the Fond du Lac Reservation in Cloquet, Minn. Her occupation was housewife in her own home. Her father was Chief Joseph Naganub who was born in U.S.A. Her mother was listed as unknown and born in U.S.A.

Lizzie died on Oct. 5, 1931. The cause of death was cardiac insufficiency and contributory factors were malignant hypertension. She was buried in the Indian Cemetery.

The informant or person who gave the information was George Naganub who lived in Cloquet, Minn.

The Grave Registration Project

Lizzie Naganab was born on Jan. 6, 1862 and died on Oct. 5, 1931. She was 69 years old. Her mother was listed as Waswaynikwe and father Naganab (Jr.)

The Fire Ball – Undated Information from the Cloquet Public Library

There was an Indian woman whose name was Lizzie Naganub. She died in Sawyer and was buried in the Catholic cemetery at the Holy Family church... About a day or two

after her burial, people noticed a fire ball floating around the cemetery... At ten o'clock one evening, this ball about the size of a baseball, flew out of the grave of the old lady and went up and rang the church bell of the Indian church. Some people heard about it and went to watch for it... The detectives went into the church when it would happen but they saw nothing. They wanted to dig up the grave but the people who were related to the old woman wouldn't let them... People came from everywhere to see it... Cars were lined up about a quarter of a mile on both sides of the road. There were different kinds of people who tried to talk to the woman's spirit, but they couldn't talk to her. Some people say the Fire Ball was gas forming in the swamps... Josephine Sharlow and Norman Grubenla.

Crowds at Cloquet Watch Nightly Visits of 'Ghost' – The Evening Telegram of Oct. 15, 1931

Cloquet, Minn.- Crowds from Cloquet and Carlton county, numbering over a thousand a night, are thronging to a Chippewa Indian cemetery four miles from Cloquet on highway No. 31, where a strange apparition, in the form of two lights, is making its appearance.

The phenomenon was first seen by two Indian men walking near the cemetery nine days ago after an Indian woman was buried. It takes the form of two lights like the headlights on an automobile rising from the ground, often turning red, and fluttering away or disappearing as anyone approaches.

When Indians first told of the

spectre, the story was not believed, but Ervin Adamscheck, a Cloquet patrolman, also vouches for the authenticity of the apparition.

Cloquet Area Stirred by Strange Cemetery Light – Luminous Swamp Gas is Said Cause of "Flame" on Indian Grave – Duluth Herald of Oct. 15, 1931

Cloquet, Minn. Oct. 15 - With only a few known to have seen the supposed "apparition" appearing in "flame" form and the majority of the hundreds who have gone to the scene frankly incredulous, the country surrounding the burying ground of the Fond du Lac reservation near here is stirred by "appearances" above the grave of Lizzie Nagonab, reputed daughter of an Indian chief. Hundreds went to the scene in cars last night, but only a few claimed to have seen anything unusual. The stories of these widely differ. Those who have considered the "phenomena," taking the stories at their face value, find the explanation in "swamp gas" frequently seen floating in luminous ball form over or in the vicinity of marshy spots where there is decaying vegetable matter. Such a swamp is but a short distance from the Indian cemetery, and the "Appearances" of the floating ball of fire are mostly said to occur about or soon after the passing of a regularly scheduled train on a near-by track.

Indians Set Devices to Stop 'Ghost' – Explanations Offered by Scientist and Spiritualist – Duluth News Tribune of Oct. 18, 1931

With spiritualists and scientist

offering explanations for the phenomenon, the "ghost" of the Chippewa Indian cemetery near Cloquet Saturday night continued to provide a weird mystery for hundreds of residents of St. Louis and Carlton counties.

While Indians zealously guarded graves decorated with electric light bulbs and whirring pinwheels to ward off "evil spirits," crowds again peered into the eerie darkness of swamp and brush where for more than a week a ball of light has fluttered after nightfall.

Science Takes Hand

Yesterday science became interested and university and college professors brushing aside superstition, called on astronomy, physics and chemistry to explain the manifestation.

Prof. William J. Luyten, head of the astronomy department of the University of Minnesota, said the apparition might be caused by an electrical disturbance. He said this when told that the "specter" resembles a red ball of fire.

Phosphorus from the bones of the Indian princess buried in the cemetery and claimed by Indians to be the object of the visitations of the "ghost" might be responsible for the light according to C. H. Shiflett, associate professor of chemistry at Macalester college, St. Paul.

Oxidizes Easily

"Phosphorus oxidizes very easily," he explained, and arising from the grave it would take on a luminous appearance which might be imagined to look like a ball of fire."

The ball of fire was described as probably being a "spiritual-physical" manifestation of the spirit of the Indian princess by Charles J. Morrow, Twin Cities

spiritualist. "I do not know if that is true, but I should be interested in seeing it," said Mr. Morrow said. "To me that is a plausible explanation of the thing. What could be more appropriate to the spirit of an Indian princess than a circle of scarlet flames?"

Because of the damage to the cemetery caused by the large crowds driving out to see the "ghost", John LaPrairie, spokesman for the Indians, and Sheriff Selmer Swanson of Carlton county announced last night in the future automobiles will not be allowed to pass the church on the road to the cemetery.

Indians Start Charging Fees in 'Ghost' Area – Refreshment Stands, Parking Lots Open Near Cloquet Cemetery – Duluth News Tribune of Oct. 19, 1931

The "ghost" of the Fond du Lac Indian cemetery today found itself in a commercialized atmosphere of hot dogs and automobile parking charges.

Although the majority of the Indians still regarded with superstitious awe the fluttering light which has attracted thousands of persons to the reservation near this city, a few ignored traditions and capitalized the manifestation.

A stand was set up on the Chippewa reservation and sandwiches and coffee sold. A charge of 25 cents was made for parking space near the cemetery and 10 cents for a distant location.

Ashi-niswi giizisoog (Thirteen Moons)

Binaakwe-giizis

Binaakwe-giizis is the Falling Leaves Moon. The new moon begins October 4.

Fall gardening ideas

By Danielle Diver,

Bimaaji'idiwin Ojibwe Garden Coordinator

Summers in northern Minnesota can be so short that some crops barely have time to mature. But with planning and proper crop selection, we can get a head start on the 2014 growing season by planting in the fall. Garlic and fava beans can be planted in late September up until the ground is frozen.

The ideal time for planting garlic is after the first light frost of the season. Garlic can be expensive to buy from seed companies if you are buying organic. But if you are not picky about the variety of garlic you want to grow it is cheaper to purchase organic garlic from the farmers' market or the grocery store. Local garlic is more likely to be adapted to our growing conditions. When ready to plant, separate the cloves leaving the skin on and the cloves intact, and plant 2 inches down (upright with flat end down and pointed end up if possible) and about 6 inches apart; Mulch heavily with loosened straw (about 6-12 inches) to insulate them from fluctuating temperatures. Garlic is ready for harvest around late June when it begins to "scape," or produce flower buds. Seed

Savers Exchange has more information on garlic cultivation on their weblog: www.blog.seedsavers.org/growing-garlic/.

Fava beans may be less familiar to gardeners in the western hemisphere. They are native to southern Europe and southwest Asia and less popular than their native cousins, the common beans (*Phaseolus vulgaris*), but their cold tolerance is legendary. They are reported to tolerate temperatures as low as 10F while actively growing. Their leaves are edible and sweet, their flowers are attractive to native pollinators, they nourish the soil in which they grow, and the beans are high in protein. If you had a chance to attend the Bimaaji'idiwin Ojibwe Garden Program's Garden to Table lunch in August, you may have sampled some of the purple fava beans that were grown in the demonstration garden this year. They were planted in April and they produced beautiful white and black speckled flowers that the bumble bees seemed to love; they were followed by a profusion of gorgeous, dark purple beans. I learned fava beans detest warm weather. If you visited the demonstration garden in July you may have noticed a row of dead, scraggly, brown plants among the corn. These are the remains of the

Norka fava beans planted in April. Since fava beans' aversion to warm weather seems to be extreme, I will plant next year's fava beans this fall so the plants can begin growing as soon as conditions are favorable. You can obtain fava beans for planting from Baker Creek Heirloom Seeds in Missouri (www.rareseeds.com), Sand Hill Preservation Center in Iowa (www.sandhillpreservation.com), and Southern Exposure Seed Exchange in Virginia (www.southernexposure.com). Alan Kapuler of Peace Seeds (www.peaceseeds.com) has developed a fava bean that fights Alzheimer's Disease because it produces high levels of dopamine. It is called Ianto's Fava or Ianto's Yellow Fava and it is also sold by Baker Creek Heirloom Seeds. Plant fava beans 10-12 inches apart after the first frost and mulch them with straw.

Garden clean-up is another activity that can be performed in fall. If you do not use mulch or cover crops to prevent soil erosion, it's a good idea to leave "crop stubble" in the garden. This means clipping dead plants off at or just above the soil level so the soil is not disturbed and the roots continue to hold soil in place. The roots will decompose and add organic matter and nutrients to

your soil. Completely remove disease or pest infected plant materials. Compost your dead crop plants and weeds that have not gone to seed to build your garden soil and reduce the need for outside inputs and fertility. Collect seeds from crops that performed well so you can grow more next year and develop crops that are well-adapted to your growing conditions. Save seeds in a cool, dry, dark place and do not store them in plastic until they are completely dried out.

Fall is a good time for planting perennials like trees, shrubs, and native wildflowers or other herbaceous perennials. You may find good deals on clearance perennials as garden centers close for winter. If you are in the market for perennial flowers, please avoid planting those that have been treated with the systemic pesticides known as neonicotinoids. Many "big box" stores sell neonicotinoid-treated plants, which have been found to damage the nervous systems of bees through the nectar or pollen from these plants. Be sure to protect young trees from animals by putting tree collars around their trunks. Remember to remove tree collars during the growing season. Find out what the growing needs and full size of your plants are

before you plant them so that you do not kill them or create future problems for yourself and your plants. For example, a tamarack tree likes wet soil so you wouldn't want to plant one in dry, sandy soil. And planting a basswood tree, which can grow up to eighty feet tall and fifty feet wide, next to your house or under power lines would also be a bad idea as it would have to be pruned constantly or cut down.

Even though days are getting shorter and nights are getting cooler, it doesn't have to mean the end of the garden season. Bring your garden indoors by planting shade-tolerant or tropical crops to grow in a sunny, south or west facing window. Study garden books or websites to get ideas for next year or projects to build over winter. Explore the exciting and colorful heirloom vegetable and flower varieties offered by responsible seed companies like the ones listed above. Become a master gardener through online courses offered by the University of Minnesota. Preserve your harvest so you can have a taste of summer in the dead of winter.

Upcoming Events:

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing 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.

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words. All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Phrases

Come here! - Ondaas

Come in - Bendigen

Hello - Boozhoo or Aaniin

My name is (your name) - Niin (your name) nindizhinikaaz.

Please - Daga

Say it again(repeat) - Ikidon mi-inawaa

See you again - Giga-waabamin

menawaa

See you later - Giga-waabamin naagaj

Thank you - Miigwech

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

I A M A I J A A T O G N I N B G Y Z W R
 O B A Z I D A A N A W I I G N I N D W N
 E T D U X B N K K H M X A R D D M D Q R
 M I N O E I W N K K C X V U A K M L T F
 N D E A Y A P I I V Q F U Z B W A N B Q
 I U N D V V I N D U O V C B O R I U W R
 N U A M C A W O I I K O N A D N I N A Y
 D Y A E V G F O A A Y A O N I M I N D A
 A N M P B P D N I P D Q T S N Q W S F P
 A I I Y E D L D R H M J H I E Y T G Y Q
 K N N Z W D Q E P R X K N B D C O N Q H
 O W D P N V Q M Y A A D Y D A A T E Z X
 Z E R N A B P I Y A A P U Y K N R N N Z
 K U R M D H B N D Y T T F M A D J S O Z
 O B Z T N H M I E J P K N E B L O Y G V
 Z V K V I Z Z K I X F V Y P M Z C Z Y R
 P R N E N E O W J M J A K I I G N I N A
 P Q G K N Z D E A E W O F D N L U O M P
 I M A D N E K H S A G N I N B M P S F C
 J Z O O H Z I I G N I N F Z E B U N H J

Ojibwe Wordlist

Afraid.....Ningotaaj
 Cold.....Ningiikaj
 CrazyNingiiwanaadiz
 Hungry.....Nimbakade
 Mad.....Ninishkaadiz
 Resting.....Nindanweb
 Sad..... Ningashkendam
 Sick..... Nindaakoz
 Sorry..... Nimaanendam
 Thirsty..... Ninoondeminikwe
 Tired Nindayekoz
 Warm Ningiizhooz
 Well Nimino-ayaa
 Working.....Nindanokii

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

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 Oct. 18, 2013 for the November 2013 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 **Jon Hill** (Sept. 4) I couldn't have picked a better son in law. We are all grateful to have you in our lives.

Love, Tammy and family

Happy 16th birthday **Michael Nykanen II** (Sept. 6) you are a gift to all who are a part of your life. We love you very much.

Love, mom, Carl, Brennin, and Jon

Happy birthday to our grandson **Michael Nykanen II** (Sept. 6) love you lots.

Grandpa and grandma

Happy birthday baby girl **Cindy Defoe** (Sept. 15), love you always.

Love, Mitch



nana's girls

Happy Birthday nana, **Marilu Johnsen** (Sept. 16), we love you.

Love, Bella, Delia, and Keilani

Happy belated birthday to my beautiful daughter **Sabrina Wise** (Sept. 18)

All our love, mom, Darrell, Lisha, and Cody

Happy belated birthday to my beautiful lovely sister **Linda Martin-Proulx** (Sept. 25)

From, Josette, Michael, and

the rest of the siblings

Happy birthday to my loving daughter **Amanda Misquada-ace** (Oct. 3), hope you have a great year to come.

Love, your mother

Happy birthday to two sweet little girls **Gina Lee Misquada-ace** (Oct. 8) and **Makayla Jean Misquada-ace** (Oct. 29).

Love, grandma Jean Misquada-ace

Happy birthday **Gina Lee Misquada-ace** (Oct. 8)

Love, grandma Jean Misquada-ace and dad

Happy 5th birthday to **Meia Defoe** (Oct. 8) I love you

Love, grandma Sherry

Happy 47th birthday to **Sher-ry Defoe** (Oct. 9), happy 48th birthday to **Kevin Benjamin** (Oct. 9).

Love, Sherry

Happy 46th birthday to **Garrett Defoe** (Oct. 12)

Love, your family

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy birthday: **Carol DeVoll** (Oct. 10), **Marcus Alvar** (Oct. 11), and **Jessica Dawson** (Oct. 16).

Happy 7th birthday **Zoey Peacock** (Oct. 10)

Love, mom, dad, Mikey, and Jordyn

Happy birthday **Zoey Peacock** (Oct. 10)

Love, Clayton, Aliza, and baby Clayton

Happy birthday **Tim Bo Diver** (Oct. 14)

Love you, sister and family, Kim, Tom, and kids

Happy 4th birthday to our lil queen **Dannica Grace Martin** (Oct. 14)

We love you much, grampa Tom and gram Kim

Happy birthday to **Roy Defoe Jr.** and **Geraldine Defoe** (Oct. 17)

Love, your sister/daughter Sherry and family with love

Happy birthday to our mom, **Donna Mae Smith King** (Oct. 27)

We love you, Patti, Gayle, and Kathy

Happy birthday "Bamma" **Donna Mae Smith King** (Oct. 27)

Love, Kari, Amy, Lindsay, Alex, Yizza, Sean, Zack, and Josh

Happy birthday to our "Great-Bamma" **Donna Mae Smith King** (Oct. 27)

Love, Sydney, Skylar, Dominic, Olivia, and Jameson

Memorial

In memory of **Anna Marie Locke**, who passed away on Oct. 15, 2012. Mom, you are thought of each day and dearly missed. We have many joyful memories of our growing up years, sweetened by your humor and kindness. You were the best.

With love from your children

Thank you

The family of **Naawakami-gookwe, Elizabeth LaPrairie**, would like to send a chi-miigwech to the following for all of their help during our time of grief: the FDL RBC, Waasaabiik, (Anna Gibbs) and spiritual helpers, family, friends, Mide' members, AICHO, Dabinoo'igan, and Mending the Sacred Hoop. Your support and guidance was immeasurable.

In addition, miigwech to all who helped in so many thoughtful ways, for helping with all the funeral preparation, preparing and bringing food, helping with the fire, transportation and the countless ways in which we were supported in this difficult time.

Sincerely, The Liz LaPrairie family

Obituaries



Elizabeth Delma LaPrairie, "Naawakami-gookwe" passed away unexpectedly in her home August 30th,

2013. Liz was born October 15th 1961 to George and Theresa LaPrairie. She was a proud member of the Fond du Lac band of Lake Superior Chippewa. Liz is preceded in death by her brother George E. LaPrairie, her father George H. LaPrairie, her brother Bruce LaPrairie, and

Community News

her Mother, Theresa (Smith) LaPrairie.

Liz is survived by her two daughters; Kateri Ojibway and Ashla Ojibway (Mike); one son, Tristan Columbus, sisters; Winnie LaPrairie, and Dawn LaPrairie, two brothers; Mick (Cathy) LaPrairie and Bob LaPrairie and four grandchildren; Ovaugn, Olivia, Avianna, and a new baby boy. In addition, her uncle, many aunts, nieces, nephews, cousins, and her cultural sisters, brothers and son.

Liz worked tirelessly to end violence against women and children, especially in American Indian communities.

Liz was a founding member of Mending the Sacred Hoop, an organization that works to end violence against American Indian women and children. She worked as a trainer for the Domestic Abuse Intervention Program and travelled nationally to train communities on ending violence, specifically in American Indian communities. In addition, Liz was co-founder of Dabinoo'igan, an American Indian battered women's shelter and the American Indian Community Housing Organization. Early in her career, Liz worked at the first American Indian group home as a live in parent. Liz will be remembered as an advocate for peace and justice and someone who was accepting of people for who they were.

Liz attended The Fond du Lac Tribal & Community College, The University of Minnesota Duluth and The College of St. Scholastica.

Liz was an avid beader, and enjoyed jingle dress dancing; where she travelled to Switzerland to dance, spending time with her grandchildren, and her three cats, Meow Meow, Maawishkii, and Littleboy.

She will be tearfully missed by her family and friends.



Photos from the Reservation Rd. bridge construction during the beginning of September. After the crews dug out what was left from the old culvert, they began the process of making the bridge by laying the girders across the new opening.



Binaakwii-giizis -- Falling Leaves Moon – October 2013

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; MCTB: MN Chippewa Tribe Building (Minneapolis 612)872-7840 CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048;

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|--|
| Oct. 25 FDLOJS Powwow | Oct. 8 Elder Dinner 5 p.m. BBCR | Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Aikido 6 p.m. CCC Adult Beginner Swim Class 6:30 p.m. CCC 1 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC Jujitsu age 13 & up 6 p.m. CCC 2 | A Matter of Balance 10 a.m. CCC Elder fall prevention class 10 a.m. CCC Simply Good Eating 12 p.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC GED 5 p.m. CCC Ojibwe language 5 p.m. CCC 3 | FDLOJS Early Release Shredding Day GED 11 a.m. SCC Beading 5:30 p.m. CCC 4 | Beading 11 a.m. CCC 5 |
| Beading 11 a.m. CCC 6 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Beading 4:30 p.m. CCC Cribbage 5 p.m. CCC 7 | Get Fit 12 p.m. CCC WIC 12 p.m. AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Elder Banquet 3 p.m. registration BBCR Water Aerobics 5 p.m. CCC Aikido 6 p.m. CCC Adult Beginner Swim Class 6:30 p.m. 8 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC 52+ Elder meeting & potluck 5 p.m. CCC GED 5:30 p.m. SCC Jujitsu age 13 & up 6 p.m. CCC 9 | A Matter of Balance 10 a.m. CCC Elder fall prevention class 10 a.m. CCC Get Fit – 12 p.m. CCC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC GED 5 p.m. CCC Ojibwe language 5 p.m. CCC 10 | GED 11 a.m. SCC Beading 5:30 p.m. CCC 11 | Family Movie Morning for FDL Enrollees & their immediate family. Premiere Theatres, 10 a.m. 12 |
| Beading 11 a.m. CCC 13 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Beading 4:30 p.m. CCC Cribbage 5 p.m. CCC 14 | Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Aikido 6 p.m. CCC Adult Beginner Swim Class 6:30 p.m. CCC 15 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC Jujitsu 6 p.m. age 13 & up CCC 16 | Cloquet No School A Matter of Balance 10 a.m. CCC Elder fall prevention class 10 a.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Open RBC meeting 1:30 p.m. BCC Water Aerobics 5 p.m. CCC GED 5 p.m. CCC Ojibwe language 5 p.m. CCC 17 | FDLOJS Early Release Cloquet No School GED 11 a.m. SCC Zoo - Bat presentation 2 p.m. CCC Beading 5:30 p.m. CCC 18 | Chili & Frybread Contest and Bake and Craft Sale 11 a.m. CCC 19 |
| Beading 11 a.m. CCC 20 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Beading 4:30 p.m. CCC Cribbage 5 p.m. CCC 21 | Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Adult Beginner Swim Class 6:30 p.m. 22 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC 52+ Elder meeting & pot- luck 5 p.m. CCC GED 5:30 p.m. SCC Jujitsu 6 p.m. age 13 & up CCC 23 | A Matter of Balance 10 a.m. CCC Elder fall prevention class 10 a.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC GED 5 p.m. CCC Ojibwe language 5 p.m. CCC 24 | FDLOJS Powwow 1 p.m. GED 11 a.m. SCC 25 | Beading 11-4 CCC Field of Screams Engwalls, Hermantown (FDL Enrollees and family) 5 p.m. CCC for nachos Bus leaves at 5:30 p.m. CCC 26 |
| Beading 11 a.m. CCC Silverbrook Corn Maze (FDL Enrollees and family) Hay rides, pony rides, maze. Bus leaves CCC at 9:15 a.m. 27 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Beading 4:30 p.m. CCC Cribbage 5 p.m. CCC 28 | Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Adult Beginner Swim Class 6:30 p.m. 29 | Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC Sobriety Feast potluck 6 p.m. CCC 30 | A Matter of Balance 10 a.m. CCC Elder fall prevention class 10 a.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC GED 5 p.m. CCC Ojibwe language 5 p.m. CCC 31 | Oct. 26 Field of Screams Hermantown bus leaves at 5:30 p.m. Oct. 27 Silverbrook Corn Maze Bus leaves CCC at 9:15 a.m. | |

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