

Nah gah chi wa nong (Far end of the Great Lake) Di bah ji mowin nan (Narrating of Story)



In This Issue:

Lacrosse camp 2-3
RBC thoughts 6-7
Law enforcement 8-10
2010 Ricing season 12
Rez adventures 17
People at work, no. 2. 20
Community news 26-27

Jason Holinday took this photo of Little Spirit Cedar or Little Spirit Cedar tree at the Grand Portage Reservation in July. Rarely are spectators allowed to stand this close to the tree. The Little Spirit Cedar is at least 500 years old and stands at the edge of a Lake Superior cliff, appearing to grow from a large boulder. Jason is the Planning Director for the FDL Reservation.

1720 BIG LAKE RD.
CLOQUET, MN 55720
CHANGE SERVICE REQUESTED

Presort Std
U.S. Postage
PAID
Permit #155
Cloquet, MN
55720



With lacrosse campers looking on, Swarm assistant coach Aime Caines demonstrates the proper shooter's stance and technique as he's facing the goal, located just outside the picture on the right.

Lacrosse camp: bringing the game home

Story and photos by
Dan Huculak

Fond du Lac joined forces with the Native American Law Enforcement Summit (NALES) and the Minnesota Swarm to host the first ever “Lax-4-Life” lacrosse camp from July 26-30 at the Cloquet and Brookston Community Centers.

A total of 26 boys from five Bands in Wisconsin and Minnesota were represented at the event aimed at returning the game of lacrosse to its Native roots. Fond du Lac had 11 attendees at the camp. They were: Brandon Blacketter, Josyaah Budreau, James Councillor, Brad Durfee, Anthony Fairbanks, Joe Fineday, Cameron Holshouser, Casey Holshouser, Brian Rich, Mike Smith, and Devon Stillyday

The Swarm organization provided instruction for boys

between the ages of 12-16.

Swarm Assistant coach Aime Caines, Community Relations Representative Kevin Dunnigan, and defenseman Travis Hill, (one of the National Lacrosse League's most recognizable Native players), conducted most of the instruction at the camp.

The game basics and rules resemble ice hockey without the ice. Kids learned how to pass and catch the ball, run with the ball, offensive and defensive tactics, team building, sportsmanship, conditioning, nutrition and the importance of drinking enough liquids.

The kids were excited to participate in the five day camp, matched only by the enthusiasm from defenseman Travis Hill and his team members.

“We are actually beginning to see the light at the end of the tunnel,” said Hill, who re-

turned to Minnesota from his home in southeastern Ontario near Niagara Falls to conduct the camp.

“It put a big smile on my face knowing that the camp is actually happening and that we are making a difference in these communities,” Hill said.

Many of the kids did not know each other at the start of the camp, and camaraderie and friendships quickly began to develop. Kids were high-fiving each other after many of the drills. Breaks were taken in the Tribal Center Elder Nutrition Program meeting room where the boys invented a local version of “American Idol” complete with singing and dancing.

The campers stayed overnight at the University of Minnesota Forestry Center, and a bus took them from their cabins to the two Community Centers. Brookston Commu-

nity Center Manager Bryan (Bear) Bosto, who served as one of the camp counselors during the week, said that Lacrosse gives the kids an opportunity to live a healthier life. Physical activity, for example, helps to prevent the onset of diabetes.

After the camp, Swarm Assistant Coach Aime Caines remarked on the kid's improved playing skills.

“These kids were amazing,” he said. “In all of the camps that I've ever done, especially with beginners, these kids picked up the sport the fastest.”

He said that the team participated in a full contact scrimmage at the end of the week where the kids were able to showcase all the skills they learned that week.

“That was rewarding to see,” he said.

The inaugural “Lax-4-Life”
continued on page 3

What is lacrosse?

Lacrosse is a Native American game. With its origins dating to the 1400s, it is the oldest sport in North America.

Initially, Indian lacrosse games were played as a means to settle disputes between tribes. Opposing teams could have as many as several hundred men per side. The games would continue from dawn until dusk and could last several days.

With hundreds, possibly even thousands of players at a time, the size of the field could range from hundreds of yards long to miles long. A wooden ball was used in the early days of lacrosse, unlike the hard rubber ball used today.

According to the Laxhistory.com website, lacrosse didn't become recognized until the 1600s when a Jesuit missionary, Jean de Brebeuf saw Hyron (Huron) Indians playing the game.

French pioneers standardized the game in the early 1800s, with the introduction of field dimensions and rules governing play.

Today, lacrosse is played by over 500 colleges and universities, in addition to over 1,400 high schools around the country. Women's lacrosse is also growing at the high school and collegiate levels, and indoor, or “box lacrosse” is played on synthetic turf placed over hockey rinks.

Box lacrosse is a high scoring game, with the same number of players as a hockey team. The indoor version of lacrosse also uses a shot clock like college and professional basketball, which ensures the rapid pace of the game. Power plays also reward teams for penalty-free play.

The Minnesota Swarm plays the box style of lacrosse. The team also celebrates Native American Pride Night once per season, and they offered free tickets to interested Band Members in April.

Swarm home games are played at the Xcel Energy Center in St. Paul, which is also home to the Minnesota Wild of the National Hockey League.



Casey Holshouser (center) and boys from other Chippewa Tribes are performing a localized version of American Idol, in an off-the-field team-building exercise. Observing are (top left) Clint Letch, President of NALES, and Swarm defenseman Travis Hill, one of the judges (far right).

camp was sponsored by the Fond du Lac Band, the Swarm, and NALES. Sporting goods equipment manufacturers Under Armour, Bite Tech, and Harrow donated practice jerseys, mouth guards, and two lacrosse sticks to each player.

“Hopefully this is step one of many,” said Harrow’s Midwest Sales Supervisor Brock Simon, who donated the sticks valued at \$140 apiece. “We saw the importance of bringing the game back to the Native people.” Simon also provided the camp

with helmets, pads, and gloves. The FDL Human Services Diabetes Prevention Program purchased the equipment, which will be used to launch a lacrosse program on the Reservation. At the banquet following the

camp, Swarm co-owner Andy Arlotta spoke of his vision to reconnect the Native people with their ancestral game. In his address to the group of about 60 people at the Otter Creek Event Center, Arlotta told the campers that he wanted to draft them to

play for the Minnesota Swarm one day. The Co-owner and Vice President of the team presented FDL Chairwoman Karen Diver with a Swarm Lacrosse jersey. Diver thanked the camp participants for attending and invited them back next year.

In an interview, Arlotta spoke about his experiences and his vision that lacrosse can grow within the Native community. “For me, it was amazing.” He said. “This was my first opportunity to have that kind of an impact on kids’ lives.”

He said that as he reached out to the Native community, he learned how they’re trying to offer programs that are alternatives to gangs and violence, and diabetes. Lacrosse belongs first to Native people, and can keep them away from drugs and alcohol. The game teaches team building and discipline.

The Swarm V.P. said he will bring the kids from the “Lax-4-Life” camp to compete in a game during the next Native American Heritage Night in the upcoming Swarm season. It is expected that Heritage Night will be held in January when the regular season begins. The National Lacrosse League has not yet released its 2010-11 season schedules.

Nah gah chi wa nong Di bah ji mowin nan

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

TABLE of CONTENTS

Lacrosse camp	2-3
Local news	4
Area news	5
RBC thoughts	6-7
Law enforcement.....	8-10
13 Moons	11
Natural resources	12-13
Education news.....	14
Parenting page.....	15
Journey garden.....	16
Rez adventures.....	17
Health news.....	18-19
People at work	20
Review page.....	21

Chocolate.....	22
Peaks and mountains.....	23
Etc	24
Legal rights.....	25
Community news.....	26-27
Calendar	28

Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720. Editor: Deborah Locke

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



The fishing schooner Roseway was among ships in the Duluth Harbor from July 29 to Aug. 2 as part of the Duluth Tall Ships Festival. The 137-foot Roseway was also designed to race against the Halifax, Nova Scotia schooners after a challenge issued in the fall of 1920 by a Halifax newspaper. Now in service for 85 years, the Roseway remains one of six original Grand Banks schooners, and is a registered U.S. National Historic Landmark. Photo by Dan Huculak

RN, CDC needed at Mashkawisen

The Mashkawisen Treatment Center is seeking applicants for the following positions:

Full-time Registered Nurse to provide oversight of the nursing department, including assurance that nursing policies are compliant with applicable laws and rules. Experience in a leadership role is a must. Ensures the highest degree of quality care is maintained at all times.

Full-time Chemical Dependency Counselor. LADC preferred or eligible for licensing or equivalent. This position would be working with the adolescent population.

American Indian preference. Interested candidates should submit a resume to: Mashkawisen Treatment Center, Attn: Search Committee, P.O. Box 66, Sawyer, Minn. 55780

Employee honored for saving child's life

On July 9, FDL's Cloquet Community Center Lead Recreational Aide Ann Rule saw a two-year-old girl in the Tribal Center swimming pool struggling to keep her head above water.

Ann quickly grabbed the little girl and pulled her out of the pool, saving her life in the process.

During the FDL Tribal Council meeting on Aug. 10, Chairwoman Karen Diver congratulated Rule for her heroic effort, and presented her with a certificate of recognition.

Correction

In the August, 2010 newspaper, an employee at the FDL Gas and Grocery store was misidentified. Ryan Barney was at the deli counter, not John Durfee.

Adults needed to work with children

The Fond du Lac Ojibwe School After School Program is looking for community members to work after school with students. Please share a hobby or skill with our students. Your suggestions are also welcome on forming school clubs/organizations.

After school activities will begin about the third week of September, 2010. Please check the

school activities website for a listing of activities and clubs. Sign up soon! Call (218) 878-7239 for more information.

Strategic Planning process moves into next phase

The first phase of the Strategic Plan to guide the FDL Band for the next ten years is complete. The phase included open meeting discussions and focus group meetings to discuss ideas for future growth.

Phase I culminated with an informational display at the Health Fair and Enrollee Day events in June, 2010. Band Members were free to share their ideas in areas such as Natural Resources and land use; Economic Development; Community Life, Culture, Education, and Individual Development; Health and Human Services and Public Infrastructure; and Tribal

Governance and Administration.

The next phase is to develop a Ten-Year Strategic Plan based on the input by Band Members, and to approve and activate the plan by identifying steps, roles, and mechanisms for implementation.

If you would like to share your ideas about important directions for the Band in the future, or you'd like to receive more information about the planning process, you can contact FDL Planning Director Jason Holliday at (218) 878-2625, or by email at jasonholliday@fdlrez.com.

Wild rice opening ceremony Sept. 3

A wild rice opening ceremony will be held at 10 a.m. at the Dead Fish Lake landing on Sept. 3, 2010. The ceremony is co-hosted by Age to Age and the FDL Ojibwe School. All are welcome to attend.

Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased Band Members contact the Fond du Lac Legal Affairs Office at (218) 878-2632 or toll-free at (800) 365-1613 to assist the Band in distributing the trust money to the appropriate heirs:

BARNEY, Norman; **BEGAY**, Raymond Sr.; **BRIGAN**, Calvin; **CHRISTENSEN**, Terry; **CROWE**, Gary; **GANGSTAD**, Harold; **GLASGOW**, Edith; **HERNANDEZ**, Phyllis; **HUHN**, Cheryl; **JEFFERSON** (Drucker), Mary; **JONES**, William Sr.; **JOSEPHSON**, Charles;

KAST, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **MARTINEAU**, David; **OJIBWAY**, Steven; **OLSON**, Daniel G. Sr.; **SHARLOW**, Gerald D.; **SHAUL**, Joseph; **SMITH**, Carl; **SORENSEN**, Kenneth; **STANFORD**, Cathy; **TROTTERCHAUDE**, Rex.

Notice to FDL Veterans concerning November Vets Day Banquet at Black Bear

On Veterans Day, Nov. 11, 2010, the FDL Veterans Committee will be honoring all veterans with a 5 p.m. award banquet at the Otter Creek Event Center. The social hour starts at 4 p.m.

Veterans of the following military operations will be honored at the event: Cuba - Bay of Pigs, Grenada, Panama, Egypt, Lebanon, Laos, Dominican Republic, Cambodia, Libya, Kuwait, Iraq, Somalia, Bosnia, Kosovo, Afghanistan, Pakistan, or any military operation for which a medal was awarded.

At the banquet, the FDL Veterans Committee will present a jacket to all veterans.

Please send a certified copy of your DD214 (discharge form) to the Veterans Service Office, attn: Chuck Smith, 1720 Big Lake Rd., Cloquet, Minn. 55720; or email chucksmith@fdlrez.com. The award must be indicated on your discharge papers. Please include your address and phone number.

We will also need your jacket size; the name you'd like to put on your jacket; branch of service; whether you plan on attending the Veterans Day banquet, and if you will be bringing a guest.

Information must be received by Oct. 15, 2010 in order for you to receive your jacket at the award banquet.

Area news

Chief Bemidji portrait added to Bemidji Tourist Information Center

Visitors to the Bemidji Tourist Information Center can now see a portrait of Shay-now-ishkung, the beloved Chief Bemidji, which is inside the building lobby.

“I’ve thought for a long time that it really needs to be here,” artist Terry Honstead told the Bemidji Pioneer Newspaper, regarding the portrait of Chief Bemidji that she delivered to the TIC in July.

Honstead’s portrait of the famous Chief is one of a series of nine paintings of American Indians, and her work has been displayed throughout the state.

Chief Bemidji was born near Inger, Minn. in the 1830s. A year after his wife died in 1882, he moved his family up the Mississippi River by canoe to become the first permanent settler of Bemidji. The friendly Chief was the first to greet early settlers when they arrived in 1888. He died in 1904.

Fry bread under attack by health and fitness experts

Health Magazine listed fry bread as one of the 50 fattest foods in America in an online exclusive in June. The U.S. Department of Agriculture estimated that one slice of fry bread has about 25 grams of fat.

With 67 percent of American Indians in the U.S. listed as overweight or obese, fry bread – named South Dakota’s state bread in 2005 – is being viewed as a large part of the obesity problem.

Joanne Shearer, Registered dietitian at the Avera Heart Hos-

pital, in Sioux Falls S.D. sees a much bigger picture related to obesity, and points out the American food culture as problematic. “You have to look at the whole picture, not just any one food as being the culprit,” Shearer said. “In general, as Americans, we overeat in relationship to our activity.”

Shearer said that very lean meats, fruits and vegetables, beans and lentils, nuts and seeds, and berries, are part of a leaner and more traditional Native American diet. The story was published in the Argus (S.D.) Leader.

Visit to Red Lake provides Smithsonian Director valuable feedback for American Indian Exhibit

After his July trip to Red Lake to share plans for a future exhibit on treaties between the U.S. Government and American Indian Tribes, Kevin Gover now plans to move ahead with creating the exhibit.

Gover, Director of the Smithsonian Institution’s National Museum of the American Indian, is also a member of the Pawnee and Comanche Tribes. His plan to show a painful, realistic side of the Indians’ early relationships with the federal government was met with approval by Red Lake Tribal leadership.

“It’s encouraging to hear that in the educational institutions in America, the indigenous people will finally be able to tell their story,” Red Lake Tribal Chairman Floyd Jourdain Jr. said of the exhibit.

Completion of the exhibit is expected in 2012; the 150th anniversary of the Dakota War in southwestern Minnesota. The story was published in the Bemidji Pioneer.

New law to protect children from smokeless tobacco products

A new law protecting Minnesota youth from the harmful effect of tobacco products went into effect on Aug. 1, 2010.

The Tobacco Modernization and Compliance Act addresses smokeless tobacco products which are attractive to children because of their low cost.

The law expands the definition of tobacco products to include any product that contains tobacco. Also, it requires that all tobacco products and tobacco-related devices to be sold behind the counter so they are not easily accessible to youth. Finally, the law prevents the sale of new tobacco products and e-cigarettes to youth. The story was reported in the Pioneer Press.

Duluth School District needs to improve opportunities for Indian students

The report from a Duluth parent committee claims that the Duluth School District has failed to meet the needs of the District’s American Indian students.

The annual report to the state Department of Education determined that the District used textbooks and curriculum materials that did not reflect American Indian heritage. It charged that there were not enough American Indians on staff, and that American Indian parents felt left out of their children’s education. The report was critical of the District’s poor test scores and low graduation rates for American Indians, and of racial incidents, cultural conflicts and isolation. Finally,

the parent report criticized the District for chemical health and gang problems.

The district has 8,651 students; 453 are American Indian. The 2008 graduation rate for American Indians was 20.8 percent; it is 65.8 percent for non-Indians.

The report asked for more American Indian teachers, counselors and advocates, more desegregation money, and more training in treaty rights and sovereignty. All Minnesota school districts with 10 or more American Indian students are required to have an American Indian parent committee.

Minneapolis charter school executive guilty of more than \$1 million theft

A former executive director for the Oh Day Aki/Heart of the Earth charter school in Minneapolis pleaded guilty to stealing more than \$1 million from the school.

During a July trial, Joel Poirier, 40, pleaded guilty to eight counts of theft by swindle in excess of \$35,000. Poirier’s sentencing is scheduled for Aug. 30.

The school operated for 38 years but closed in 2008 as a result of the theft. The Minneapolis School District revoked its charter.

Charter schools originated in Minnesota as tax-payer supported, independent, non-union schools.

Poirier embezzled \$1.38 million from 2003 to 2008, which decreased funds for field trips, supplies, computers and textbooks. An audit in 2008 revealed that \$160,000 was missing, followed by an investigation. The story was reported

in the Star Tribune.

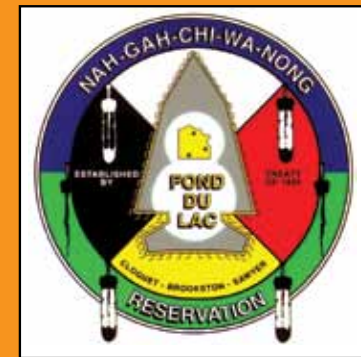
Feds meet with Wisconsin officials for an eye-opener about Indian country

Federal prosecutors met with Wisconsin tribal officials in July to discuss improvements to the tribal police department buildings, problems with retention of police officers, the rampant prescription drug abuse on Wisconsin’s reservations, and ways to get a larger chunk of federal aid.

U.S. Attorney Jim Santelle from Milwaukee and Assistant U.S. Attorney Timothy O’Shea from Madison met with seven tribal chiefs and state agents involved with the state Justice Department’s Native American Drug and Gang Task Force at Lac du Flambeau.

“They appeared to be not really fully understanding what goes on in Indian country,” said Frank Taylor, police department chief at St. Croix. “I think this was kind of an eye opener for them.” Santelle concurred, calling the trip “hugely educational.”

Because reservations are often remote and thinly policed, they offer refuge for gangs and drug dealers. Federal prosecutors pay the most attention to tribes under federal jurisdiction, Santelle said. In most states, federal prosecutors share responsibility for reservation crimes with the BIA. Wisconsin is unusual in that all but one Indian community is under state jurisdiction. Tribal officials have expressed concern that a lot of federal funding passes them by.



A few thoughts from RBC members

From Chairwoman Karen Diver

The transfer of Wisconsin Point is moving along, although in the bureaucratic world of Washington D.C., that may not mean that things work quickly. The Department of Interior review process is complete. The Department recommends the transfer of Wisconsin Point to the Fond du Lac Band at no cost. Because of that, the Secretary of the Interior needs to request in writing to the General Services Administration (GSA), which is in charge of the federal government's assets, that this request be approved. The Department of Interior does not seem to think that this will be a problem because of the historical nature

of the property, but there is no indication of how long that may take. We will continue to follow up with appropriate GSA staff to encourage them to move it along within their agency.

Regarding the Nelson Act settlement, Leech Lake would like to have a small portion of the Chippewa National Forest set aside for them to manage. Last month, Congressman Jim Oberstar seemed to indicate that Leech Lake's request could take years, if ever. He might be open to the idea of moving forward on a distribution bill. The Minnesota Chippewa Tribe will continue to



Karen Diver

urge Congressman Oberstar to make this a priority.

The Fond du Lac radio project is moving forward. The old school store in the Ojibwe School is being turned into studio space. The staff anticipates that the first broadcast could take place by late winter. The station was approved for greater coverage area, so even the Iron Range will be able to listen to WGZS. Most of the initial work will be done by volunteers, so watch for the announcements if you have an interest in helping with the radio station.

There was a great turn out at the community meeting held

last month regarding community safety. The meeting was organized by the police department after the new supportive housing complex was tagged with gang graffiti. The community was pretty much unanimous in their outrage that this would happen when the project was something that we were all so proud of. Community members asked great questions about gang activity, how to keep kids from gangs, and what they could do to help. It seemed to me that people agreed that the bottom line was to hold people accountable for their behavior. The first line of defense is, of course, that families need to take responsibility for their children. It was heartening to see how many people showed

up and how much they cared about what happens in our community. Maybe some good is being motivated after such a senseless act.

No rumors to report on this month, although it is appreciated that many of you have told me that you like to hear directly about the rumors you hear. If you hear one that you would like me to comment on, just give me a call or email.

Please feel free to contact me at the office at (218) 878-2612 or by cell (218) 590-4887 or by email at karendiver@fdlrez.com

From Ferdinand Martineau

To the Fond du Lac Band Members: The hardest part of this job is trying to manage time. I would like to spend more time working with the division and their staff to get ahead of the issues. Right now we are reacting instead of acting. Most of our issues should be dealt with in a proactive way by using established policies and procedures, instead of trying to make a policy that will fit in the situation. That is going to be my challenge: to try to get us on a proactive path. We have made many strides towards that already, but we still have a ways to go.

The community had a meeting in August at the supportive housing unit which I attended

along about 70 others. Vanessa Northrup facilitated the meeting. I was surprised with the participation of the attendees. They said what was on their minds even though they expressed a fear of repercussion from those involved. The theme of the meeting was expressed quite eloquently by one mother and grandmother. She said she was tired of being afraid for her children and grandchildren. She was tired of being afraid to leave her home for any extended amount of time. She was tired of the drugs and the violence that is commonplace



Ferdinand Martineau

on our reservation. She was tired of all the blaming that goes on. She said she has taken the responsibility of raising her family and has accepted the fact that they have had problems and are not perfect, but she does not blame anyone for them. She concluded by saying to the rest of us that it is our responsibility to raise our children. She received huge applause for her comments.

The hearing for the Fond du Luth Casino is scheduled for the end of this month in Washington D.C. The National Indian Gaming Commission is going to listen to the entire situation

from our point of view. The City of Duluth will also be represented and given time to present their side of the story. The NIGC will decide if the agreements that were signed between the Band and the city are within the limits established by the Indian Gaming Regulatory Act. In my opinion, the Act does not allow for the level of payments that currently exist. On the lighter side, Fond du Luth is doing great. Their anniversary celebration is coming up with live entertainment and lots of specials.

The last thing I would like to touch on this month is the construction company. Over the years it has done a lot of work on the Reservation. That work has come at a pretty high price.

The company's financial performance improved last year and the same appears to be true this year. In short, the guys working for the company and the one running it all deserve a pat on the back for the improved bottom line. They have done good work.

Again, I am always interested in hearing any new ideas, so please feel free to call me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com. Miigwich !

RBC columns continued on next page.

RBC thoughts

From Mary Northrup

Boozhoo everyone! I am so happy that things have cooled down. It was touch and go there for a while with the extremely hot weather!

By the time you read this our children will be back in school. I've noticed that quite a few of our students seem anxious to get back and are looking forward to a new year. A lot of the kids I talked to had a great summer and were happy to earn money this year working for the WIA. The staff and kids did a great job this year, and we would like to thank you!

In the past several months the

Fond du Lac Reservation Construction Company has been involved in many construction projects. To recap: the company played an integral part in the constructing of Supportive Housing and the "Tagwii" facility, and currently are working on Assisted Living and the Moorhead Road project. In addition, the renovation of the Cloquet Elder Building has been completed. I want to thank each and every Fond du Lac Band Member who has been a part



Mary Northrup

of these projects; you should all be commended for a job well done!

I would like to address some calls that I have received concerning a few boarded-up homes in the Brookston District. All of the homes have been assigned to Band Members through the FDL Housing Division's process, and through the Fond du Lac Housing Committee. The modernization crew and the housing maintenance staff have been working hard to get the

homes renovated and available. Please be patient. As soon as the units are ready, you will be notified.

Several events have been planned for the Brookston Center for the fall. These include children, adult/elder and family events. The staff is doing a great job under the direction of Bryan "Bear" Bosto, and he is willing to listen to any suggestions that you have for programming at the center. He can be reached at (218)878-8033.

Our 10 year Community Center Anniversary Celebration will be held from 2 to 5 p.m. on August 28. All are welcome; the

meal will be served at 2 p.m. Because the celebration takes place after the newspaper goes to print, I will fill you in later on the fun that was had! Our Brookston staff is dedicated to serving our community, and we feel that we have a great team working for the people of our community!

As always, if you have any questions, comments or concerns, please feel free to contact me at 218-878-7583, or on my cell phone at 218-393-2107 or marynorthrup@fdlrez.com. Miigwetch!

From Wally Dupuis

Hello all: During the month of July the Black Bear Casino held concerts starring Sara Evans and then the Four Tops and the Temptations. Both seemed to be well attended and both were very good shows. The staff at the Otter Creek Convention Center did a great job of planning, organizing and implementing these attractions.

The Cloquet Community Center along with the Brookston

Community Center held the first week-long Lacrosse camp. There were youth from not only FDL but other reservations as well. The kids and camp counselors stayed at the University of Minnesota Forestry Center on University Road at night, then held classroom lessons and did field training here at our facilities. They learned about sportsmanship, good deci-



Wally Dupuis

sion making, socialization and much more from the staff of the Minnesota Swarm Lacrosse team. I would like to thank Brian "Bear" Bosto and staff for all their efforts in making this a success.

The Fond du Lac Construction Company started the Moorhead Road project recently. They have many yards of dirt to remove and replace,

making this a very extensive project. They are also working on the assisted living and waterline project at the same time. Thanks to the employees for their efforts in making these projects successful.

As I drive around the Reservation I see campaign signs for elections throughout the area. I am pleased to see that a Band Member, Dan Danielson, has an interest in becoming a Cloquet School Board member. I would like to see more of our Band

Members take an interest in these elected positions.

Recently, the price for a round of golf at our golf course was reduced. This has increased the number of players using our facility and consequently, brought more people in to play golf.

Please call anytime with your questions or concerns. (218) 878-8158 (w) or (218) 879-5074.

From Sandra Shabiash

On the local Sawyer scene: Mashkawisen's Sobriety Powwow was well attended in Sawyer during the first weekend in August. The Sawyer Center had its food wagon on site and had a steady stream of hungry customers throughout the event.

The youth are enjoying Radio Control (RC) racing cars. Miigwetch to Fred, from our MIS division, for donating several cars along with spare parts and tools to keep them running in tip top shape.

A dirt track has been built adjacent to the Community Center where the children race the cars. The staff also took several youth to the Proctor speedway to watch RC model car races. Staff members received training on repairing the RC cars and are now providing that same training to the youth.

The youth have taken trips to Taylor Falls Water Park and the scenic train ride

out of Duluth.

The adults have been busy, also. Charter fishing on Lake Superior was a huge success. A trip to the paint ball farm was enjoyed by those who attended. A dinner cruise down the St. Croix River also took place. The next adventure is sky diving in Superior, Wis.

The last weekend in August will be the Jerry Fairbanks Powwow taking place at Mashkawisen grounds.



Sandra Shabiash

Our Sawyer Elder Complex has a new look. The two screened-in pagodas are now up allowing the elder residents to enjoy the outdoors without being bothered by those pesky flies and mosquitoes. The water pond is the next item to be installed.

A special thank you goes out to Rhonda Petite, her son Torrey, and Alvina Tiessen for demonstrating positive community involvement in a recent situation involving one of our elders.

The Moorehead Road project is in full swing. There were

some problems with the speeding trucks, but we have worked that out with a speed limit reduction to 25 MPH.

In closing, I hope everyone is enjoying what's left of our summer. We soon will be seeing the changing of the leaves.

Any questions or concern please contact me at: Email: sandrashabiash@fdlrez.com; Office (218)878-7591; Home (218)879-3667

FDL Law Enforcement news

A new law on tackling crime on American Indian Reservations focuses on reducing violence against Native women

A major bill that gives tribal police more authority in seeking prosecution of non-Natives who commit crimes on American Indian land was signed into law by President Barack Obama in August. The new law reverses a 1978 U.S. Supreme Court ruling that denied tribal governments any criminal jurisdiction over non-Natives.

The Minnesota congressional delegation overwhelmingly approved the new law. Voting in favor of the law were Minnesota Republicans Erik Paulsen and John Kline, and Democrats Keith Ellison, James Oberstar, Betty McCollum, Collin Peterson and Tim Walz. One Minnesotan, Republican Michele Bachmann, voted against the bill. The final tally was 326-92. All of the “nay” votes were cast by Republicans.

The U.S. Dept. of Justice Office of Violence Against Women reports that a 2004 study shows that American Indians are twice as likely to be sexually assaulted than women of all other races. A National Institute of Justice report showed that one in three Indian women will be raped during her lifetime. The data can be found at this Website: www.ovw.usdoj.gov.

'A huge win for Native women'

The following interview on National Public Radio's "All Things Considered" aired on July 29, 2010.

MICHELE NORRIS, host: "President Obama signed a bill into law today that gives American Indian tribes more authority to combat crime."

PRESIDENT BARRACK OBAMA: "I have no interest in just paying lip service to the problems we face. I know that too often, this community has heard grand promises from Washington that turned out to be little more than empty words."

NORRIS: "The rate of violent crime on reservations is more than twice that of the rest of the country. As NPR's Carolyn Beeler reports, the Tribal Law and Order Act is an attempt to fix that."

CAROLYN BEELER: "American Indian tribes are sovereign nations, so they have their own sets of laws. Juggling the jurisdictions between federal, state and tribal levels can be difficult. Bernadine Martin is the chief prosecutor for the Navajo Nation in the Four Corners area of the Southwest. She says when a felony is committed on her reservation, she often knows nothing about it."

Ms. BERNADINE MARTIN (Chief Prosecutor, Navajo Nation): "I don't have the arrest information. I don't have the name of the perpetrator. I don't know if there's a medical record. I don't know who the victim is. I don't know anything."

BEELER: "That's because tribal courts have limited powers. Until now, they could only sentence criminals to serve for one year behind bars. So if someone committed a serious crime, the case usually would end up being handled by federal authorities. But if the feds decided not to prosecute, tribal officials like Martin wouldn't necessarily know. The new law requires the Department of Justice to collect

and share data on crimes that happen on tribal land that U.S. attorneys decline to prosecute."

Ms. MARTIN: "Now, they have to tell me what happened with those cases so that we could prosecute them at the tribal level."

BEELER: "The new law also increases the maximum sentence that can be handed down in tribal court, now up to three years, and it provides more training to law enforcement officials on how to collect evidence in cases of sexual assault. Sarah Deer is a tribal law professor at William Mitchell College of Law in Minnesota. She says the new law is a huge win for Native American women. As a 2008 NPR series revealed, they suffered high sexual assault rates on reservations as a result of problems in law enforcement."

Biographies Plus PROF. DEER: "We've talked to victims whose cases seem to have disappeared. They don't know who's investigating, if anyone. They can't get phone calls returned. Improved collaboration and communication is going to make a big difference for victims."

BEELER: "Deer says the new measures for increased communication should help reduce confusion about who is in charge of what."

Prof. DEER: "When you have confusion about even who's supposed to respond to a call, and you have confusion about the investigation process, all of that added together, victims fall through the cracks pretty quickly."

BEELER: "One of the sponsors *continued on page 10*

A step toward eliminating violence against Native women

The following editorial was published on Aug. 1, 2010 in *The Bemidji Pioneer*. It is reprinted with permission.

The Tribal Law and Order Act of 2010, signed into law by President Barack Obama, *Biographies Plus News* provides an important step forward in giving American Indian nations the tools to combat violence against women in native communities.

"And in (signing the bill), I intend to send a clear message that all of our people--whether they live in our biggest cities or our most remote reservations--have the right to feel safe in their own communities, and to raise their children in peace, and enjoy the fullest protection of our laws," the President said.

According to the U.S. Department of Justice, American Indian women suffer from violent crime at a rate that is 3.5 times greater than the national average. And, one in three American Indian women will be raped in their lifetimes.

Among the provisions of the law, the bill allows tribes to increase sentencing authority from one year to up to three years where a tribe provides added protections to defendants.

The bill also deputizes tribal police to enforce federal law. It will allow tribal police officers to enforce federal law on Indian lands against all offenders. It also allows tribal police access to criminal history records to enable them to efficiently check the background of anyone they detain. That includes access to the National Crime Information

Center.

The bill will require tribal and federal officers serving Indian country to receive specialized training to interview victims of sexual assault and collect crime scene evidence. It also requires Indian Health Service facilities to implement consistent sexual assault protocols, and requires federal officials to provide documents and testimony gained in the course of their federal duties to aid in prosecutions before tribal courts.

Special assistant US attorneys will be deputized under the bill to prosecute reservation crimes in federal courts, and tribes will be given greater authority to hold perpetrators accountable. The provisions help to increase communication between tribal law enforcement, federal authorities and the court system. As numbers of convictions grow, more women may be willing to report the abuses against them so that their abusers may be prosecuted.

Violence against women is often not reported, but it is still a crime. The Tribal Law and Order Act of 2010 should help lower some of the barriers in place for reporting and prosecution. The end result is a safer community, no matter where that community is.

Said the president: "So ultimately, it's not just the federal government's relationship with tribal governments that compels us to act, it's not just our obligations under treaty and under law, but it's also our values as a nation that are at stake."

FDL Law Enforcement news

Indian Law Attorney discusses how the new Tribal Law and Order Act will ease prosecution of offenders

By Dan Huculak

The U.S. Dept. of Justice reports that 88 percent of violent crime against Indian women is perpetrated by non-Native men. Native women were more than three times more likely to be a victim of violence than any other group, and one in three Indian women will be raped during her lifetime.

That information was revealed during a workshop session from the Native American Journalists Conference held in St. Paul in July. The Indian Law Resource Center sponsored the "Safe Women, Strong Nations" presentation.

Lucy Simpson, Navajo and Senior Attorney for the Indian Law Resource Center, said tribal law enforcement agencies have been unable to prosecute non-Indian offenders due to jurisdiction barriers. And racial discrimination and non-existent enforcement of the law by the states was a problem for years, even as violent acts against Indian women continued in the U.S.

The biggest irony mentioned during the presentation was that while the U.S. Government has been very vocal about human rights conditions in other countries around the world, it has, for decades, failed to enforce

the violations of basic human rights within its own borders, and especially the rights of Indian women.

Calling the situation "an assault on our national conscience," President Barack Obama fulfilled a campaign promise to tribal leaders by signing the Tribal Law and Order law on July 30.

The new law is expected to curb violence against Indian women in the future, by:

- Requiring federal prosecutors to maintain data on criminal declinations;
- Increasing tribal court sentencing authority from one year to three years;
- Requiring federal officials who work in Indian country to testify in court to support a tribal court prosecution;
- Authorizing the deputization of special U.S. Attorneys to prosecute reservation crimes in federal courts;
- Increasing deputization of tribal and state police to enforce federal laws;
- Increasing efforts to recruit Bureau of Indian Affairs (BIA) and tribal police;
- Allowing tribal police access to state criminal history databases.

Overwhelming turnout at meeting to curb gang activity, violence on Rez

By Dan Huculak

A crowd of more than 70 people attended a special Aug. 5 community meeting to address the increased gang-related activity around the Reservation. The meeting was scheduled to be held at the clubhouse of the new FDL Supportive Housing complex.

However, the clubhouse wasn't large enough to hold the standing room only crowd: people stood outside both doors in order to hear the presentation by FDL Community Officer Vanessa Northrup.

"I am overwhelmed by the number of people who attended," said Northrup during the presentation, adding that the next meeting will be held in a larger location.

The meeting began with a traditional prayer, and a brief statement by Human Services Aftercare Counselor Patty Baker-Dupuis.

During her remarks, Baker-Dupuis said that Fond du

Lac is losing a lot of young people due to their addictions to drugs and alcohol.

Northrup conducted a slide presentation that covered some of the recent property damage around the community. Afterward, questions were taken by Northrup and Jim Kyle, FDL Community Services Director.

Kyle also discussed the introduction of the Youth Advisory Board to celebrate and empower our youth, and accentuate their skills and abilities. Once implemented, the board will be looking for volunteers, who will be in their early teens to approximately 20 years of age.

The two hour meeting also included statements about gang-related abatement actions taken by local law enforcement units. Police and sheriff officers from FDL, Cloquet, and Carlton County are participating.

"There's a statewide database that tracks gang

activity," Carlton County Deputy Dan Danielson said during the meeting.

On the topic of enacting tribal ordinances or enforcing existing ordinances within the Reservation, Danielson added that the Reservation is at the early stages of addressing gang activity. "Until we decide to do something about the gang activity, the problem will just get worse," he said.

Northrup concluded her presentation with a statement that future meetings will be held, possibly at the Reservation's Community Centers, on a rotating basis.

Residents are urged to report suspicious activity or gang-related activity by calling 911, the Fond du Lac Police Department at (218) 878-8040, or the FDL Community Police Officer at (218) 393-7820. Caller's names will remain anonymous.

The Youth Advisory Board will make up a critical part of the campaign to stop gang activity, because the community as a whole needs to assist in these efforts.

Community officer's thoughts

By Vanessa Northrup

I worked with Supportive Housing staff with security issues regarding fire numbers on the units, and lock boxes to hold keys in case of fire, etc. It was exciting to assist with this small but important part of the Housing development.

One morning in July as I drove on the new Ozhigaw ("supportive living") Road to the housing units, I saw black marking on one of the concrete blocks, and more on the glass of the transit shelter. As I continued to

drive, I saw graffiti on the new sign that welcomes people into the grounds. My heart sank. I took photographs of the scribbling and returned to the Police department.

I told Kim, our Administration Assistant, what I saw. She smiled. I asked her why she was smiling, and she went around her desk and pulled out a bag of cleaning supplies.

We grabbed some gloves and away we went back to the area. We started scrubbing off the spray paint and it worked. I

felt a sense of pride again, but it was short lived. By Tuesday morning, more graffiti appeared, and it was now on the siding of the new garage.

Again we went with our cleaning supplies and this time there was more than we could scrub off. Phone calls to the Police Department and to me began to come in from community members who were upset about the graffiti. The callers were angry and asked what they could do. I didn't have any immediate answers.

One afternoon I drove through Supportive Housing on routine patrol and saw two community

members out with paint brushes in hand. They were covering the graffiti. Shortly afterward two youth residents joined in and helped.

I was excited about the involvement and the initiative the community took. On their own time, they purchased paint and supplies with their own money. I was truly amazed.

I spoke with Community members regarding Community Policing and asked what they would like to see accomplished. The topics of gang activity and graffiti came up several times.

What upset me most is that our Elders were afraid and did

not feel safe. That made me upset, yet it gave me the drive to put an immediate meeting together and address these issues.

Miigwech for all who helped make that meeting come together. Miigwech to the Community for coming together and standing strong. I believe the meeting went well and it's only the beginning.

The next meeting will be held in a larger area. I put together a Community concerns group and we will come up with a topic for the next meeting. Please stay safe and call me with any questions (218) 393-7820. Miigwech!

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

July 19, 2010

- Traffic stop on Hwy. 2; driver was cited for speeding.
- Assisted state patrol with car accident on Hwy. 2.
- Located three runaways on I-35; brought individuals to Arrowhead Juvenile Center, Duluth.

July 20, 2010

- Report of intoxicated person on Ridge Rd.; located person and brought to jail.
- Traffic stop on Hwy. 2; driver cited for expired registration.
- Report of male making threats at Carmen's Restaurant & Bar; couldn't find individual.

July 21, 2010

- Assisted Cloquet Police in locating a car.
- Traffic stop on Big Lake Rd.; driver arrested for drug use.
- Traffic stop on Brevator Rd.; driver arrested for DWI, leaving the scene of an accident, and auto theft.

July 22, 2010

- Report of people fighting outside Supportive Housing; located males and separated.
- Report of loud party in the compound; advised individual to turn music down.
- Traffic stop on Trettel Lane; driver arrested for DWI; passenger cited for open bottle.

July 23, 2010

- Traffic stop by Supportive Housing; driver arrested for DWI.
- Report of cabin being broken into on South Lakeview Rd.
- Report of intoxicated male at Black Bear Casino; subject spit on officers and was taken to jail for disorderly conduct and 4th degree assault.

July 24, 2010

- Report of domestic assault on Danielson Rd.; one party arrested.
- Traffic stop on Hwy. 210; driver cited for driving after license suspension.
- Traffic stop on Hwy. 210; driver cited for speeding.

July 25, 2010

- Assisted Carlton Co. Sheriff at Junction Oasis Cafe; parties advised not to return.
- Report of graffiti at the Supportive Housing complex.
- Report of damage to house on Mahnomen Rd.

July 26, 2010

- 911 emergency call hang-up on Rustic Lane; kids playing with the phone.
- Traffic stop on Big Lake Rd.; driver cited for speeding.
- Traffic stop on Hwy. 2; driver warned for excessive speed.

July 27, 2010

- Report of house being broken into on Twin Lakes Rd.; suspect turned himself in and returned most of the items.
- Report of graffiti at Supportive Housing complex.
- Report of teens trying to break into a boarded-up house; gone when officers arrived.

July 28, 2010

- Report of juvenile acting out of control; juvenile brought to Arrowhead Juvenile Center, Duluth.
- Traffic stop on Hwy. 210; driver warned for poor driving habits.
- Traffic stop on Cary Rd.; driver warned for speeding.

July 29, 2010

- Report of fraudulent charges on a credit card.
- Assisted Cloquet Officer on a canine call; nothing located.
- Traffic stop on Reservation Rd.; advised driver of a headlight out.

July 30, 2010

- Report of people behind Supportive Housing; located two males, transported to Arrowhead Juvenile Center, Duluth for fleeing on foot.
- Officers helped remove graffiti at Supportive Housing.
- Traffic stop at Supportive Housing; driver arrested for intent to escape motor vehicle tax.

July 31, 2010

- Report of male lying in the ditch on Big Lake Rd.; indi-

vidual was cooling off after an argument with family.

- Traffic stop on Hwy. 210; driver cited for speeding.
- Traffic stop on Hwy. 2; driver cited for speeding.

August 1, 2010

- Report of a damaged phone line on Brandon Rd.
- Report of cabin being illegally entered on Burnett Rd.
- Report of house being illegally entered on Moorhead Rd.

August 2, 2010

- Assisted St. Louis County with locating a car; unable to locate car.
- Report of cabin being entered on Burnette Rd.
- Located people smoking marijuana in a car in Black Bear parking lot; citations issued; marijuana was confiscated by officer.

August 3, 2010

- Report of accident in Black Bear parking lot; driver information exchanged.
- Report of female out of control on Pinewood Dr.; located female and brought to Miller Dawn.
- Report of car upside down on Twin Lake Rd.; nobody found at the scene.

August 4, 2010

- Traffic stop on Big Lake Rd.; driver cited for no driver license.
- Assisted Cloquet Officers on a call about a reported fight at PJ's.
- Located male walking around on Loop Dr.; individual was given a ride home.

August 5, 2010

- Report of gas drive off; driver came back and paid for it.
- Report of male driving a dirt bike with a child riding on the gas tank.
- Report of boarded-up house being illegally entered on Belich Rd.

August 6, 2010

- Report of car parked in the middle of the road on Hwy.

210; located driver and arrested for DWI.

- Assisted Cloquet Police officer with finding a stolen car; located car.
- Assisted Cloquet Officers with executing a search warrant.

August 7, 2010

- Traffic stop on Big Lake Rd.; passenger taken to jail for violating a no-contact order with the driver.
- Report of hit and run; located other car on Drake Dr.
- Report of a gas drive-off at the Gas & Grocery.

August 8, 2010

- Assisted Cloquet Police Officer with FDL canine Officer; located meth and marijuana.
- Report of large bird being hit by car; officers had to put the bird down.
- Report of car accident on Pine Dr.; info exchanged

August 9, 2010

- Report of intoxicated person knocking on doors in the compound; located individual and took him home.
- Traffic stop on Hwy. 210; driver cited for speeding.
- Report of a one-car roll-over on Pine Dr.; driver taken to hospital.

August 10, 2010

- Traffic stop on Hwy. 2; driver cited for no proof of insurance.
- Traffic stop on Big Lake Rd.; driver warned for speeding.
- Traffic stop on Hwy. 210; driver cited for speeding.

August 11, 2010

- Car in the ditch on Danielson Rd.; car removed.
- Traffic stop on Big Lake Rd.; driver cited for speeding.
- Assisted Cloquet Officers with traffic stop on Jack Pine; Cloquet officers towed car.

August 12, 2010

- Traffic stop on Twin Lakes Rd.; driver warned for speeding.
- Report of males fighting at Black Bear Casino; friend brought them home.
- Report of suicidal threats;

located person and brought to Cloquet Memorial Hospital.

August 13, 2010

- Traffic stop on Hwy. 2; driver cited for no proof of insurance.
- Report of a gas drive-off; owner issued a ticket.
- Traffic stop at Supportive Housing for parking in handicapped spot; driver cited.

August 14, 2010

- Traffic stop on Loop; driver cited for no seat belt
- Report of intoxicated person walking on Reservation Rd. Gave person a ride home.
- Report of cars being illegally entered on Trettel Lane.

August 15, 2010

- Assisted Carlton County with a fight in Carlton.
- Assist State Patrol with male who took off running; located male and brought to jail
- Traffic stop on Mahnomen Rd.; driver warned for speeding.

from page 8

of the bill is Democratic Senator Byron Dorgan from North Dakota. Dorgan says the new law will make it easier for tribal law enforcement to call on nearby state and local police when they need help." Senator BYRON DORGAN (Democrat, North Dakota): "We have a reservation that's the size of the state of Connecticut that had nine law enforcement officials -- nine. That meant if a violent crime was in progress and a call was made to law enforcement, you might not have someone show up till later in the day or the next day to address it." BEELER: The senator says this law is a huge step forward, but the next fight will be getting more money for reservations to beef up their own law enforcement ranks.

Ashi-niswi giizisooog (Thirteen Moons)

Waatebagaa Giizis

Waatebagaa Giizis is the leaves changing color moon. Waatebagaa actually means brightly colored leaves...perhaps the association with the color change came later? This moon is also known as Mandaamini (corn) Giizis and Moozo (moose) Giizis. Waatebagaa Giizis begins its cycle as a new moon on September 8.

Don't knock it, once you've tied it

By Dave Wilsey,
UMN Extension

The Anishinaabe Nation fulfilled its seventh fire, or teaching, when the people arrived at Lake Superior and found manoomin: the food growing on the water.

Historically, manoomin was the primary grain consumed by Ojibwe people. For many, this remains true today. How did the means to harvest and prepare “the good berry” come to the people and how is what we think of today as “ricing” similar or different from the process over time?

I was introduced to ricing, manoomin ikayng, two years ago in the Moose Horn River. I stood in the back and pushed with a balsam pole, gahnda-

keeigunahk, while my partner knocked rice into the canoe with cedar knockers. We didn't fall in; we were lucky. I've since learned of two important and much discussed variations to the rice harvesting process.

Ethnographer Francis Densmore observed Ojibwe rice camps in the 1920s and wrote that families once made claim to portions of rice fields just as they claimed a sugarbush. Women arrived at the lake and literally “staked out” the bed for their family. Women tied rice plants into small sheaves, or bundles, using the inner bark of basswood, wiigob. The sheaves resembled sage smudges tied with cotton string, tapering at the end. Sheaves were left standing until the rice ripened.

Rice was harvested by untying the sheaves, allowing the ripe rice to fall into the canoe. The tying process had an additional benefit of creating a passage through the rice bed. Tied rice was noted to have a different flavor and size than the rest of the crop. Rice left untied was referred to as “free rice.” The knocking method we are familiar with today was used in transit to gather free rice. According to Densmore, “It was considered a test of a good rice gatherer to free the ripe kernels without dislodging those that were unripe.”

Densmore also observed that one person, usually a man, pulled the canoe from the bow (front) while a passenger, often a woman, untied the rice

sheaves in the stern (back).

I learned to push the canoe from the stern and have only seen this practice, but have heard much discussion around Fond du Lac about the old ways of pulling and its survival as a preferred method among certain harvester groups and Ojibwe Bands. I tried it once and nearly fell in the river!



Food preservation

By Shannon Judd

Dagwaagin (Fall) is a time for harvesting miijiman (food) and preparing for the long northern biboon (winter). Before electricity and grocery stores, food preservation methods were essential to winter survival.

Canning and freezing often come to mind when thinking of food preservation, but other techniques commonly used include: drying, gaaskizan (smoking), salting, and cold storage.

Drying is an ancient method of preservation and a good tech-

nique to use for wiiyaas (meat), giigoonhyag (fish), fruits, herbs and wazh-ashkwedoonsag (mushrooms). Vegetables tend to lose their flavor and nutrition content if dried. Traditionally, food would be laid out in the sun or over a fire to dry. Another method, salting, provides

protection from many bacteria, which cannot survive the high salt environment. Though typically used for wiiyaas (meat), salt can be used on herbs and vegetables. One disadvantage is most of the salt should be removed before eating to avoid consuming excessive sodium.

Finally, cold storage is time-honored, even without a refrigerator. Some foods can be stored in the ground, provided there is some insulation, such as straw or mulch, to protect against severe cold and frost.

Upcoming Events:

Thirteen Moons Workshop: Food Preservation, Date & Time TBD
Gitigaan Harvest Feast, Date and Time TBD, contact Tribal Center, 879-4593

Thirteen Moons is a monthly production of FDL Resource Management Division and University of Minnesota Extension. Content addresses culture, ecology, and natural resource management. Comments and contributions are welcome and should be directed to FDL RMD at (218) 878-8001 or giizis13@gmail.com

Natural resources

Manoomikedaa ("Let's all go ricing") 2010

By Tom Howes, Program Manager, FDL Natural Resources

The Fond du Lac Natural Resources Program and the Wild Rice Advisory Committee met several times in August to discuss the upcoming wild rice harvest on FDL lakes. I have been asked by the Wild Rice Advisory Committee to convey a few messages to Band Members who will be on the lakes this year.

- First and foremost, respect the resource. Manoomin is a gift, and as we go about ricing we should only use the knocking technique that harvests the rice that is ripe that day. Conservation Officers will be at lake landings checking to see that all rice to be purchased is clean and dry.
- Before coming out to the lake,

be sure to have your valid hunting, fishing, and gathering license with you.

- Check your canoe for leaks, and bring personal floatation devices for you and your partner.
- The Reservation Business Committee has provided enough funding to purchase 30,000 pounds of green rice this fall.

The Natural Resources Program will be reseeding restoration areas with much of the green rice purchased from Perch Lake. The following condition update and schedule of harvest is meant to aid you in deciding where and when to go.

Scale: less than fair, fair, good

- Deadfish Lake- good, the overall density and coverage

of rice should be favorable;

- Mud Lake- less than fair, the eastern and southern shorelines are the only dense areas;
- Jaskari Lake- fair, moderate density and coverage of rice;
- Perch Lake- good, high density of rice in most areas, the northern end of the lake (past the island) is undergoing restoration and will provide little rice;
- Rice Portage Lake- good, high density of rice throughout the lake.

Rice Portage Lake, Jaskari Lake, Mud Lake, Perch Lake, and Deadfish Lake will be open to harvest every other day for the first four days of the harvest from 9 a.m. to 1 p.m., and every day thereafter from 9 a.m. to 3 p.m.



An aerial view of Perch Lake near Sawyer on Aug. 17.

Deadfish Lake will be reserved for Elder wild rice harvesters for the first four days of available harvest. One member of the ricing party must be

at least 52 years of age. Also, Deadfish Lake will have a boat limit of 25 for the duration of the harvest. The first 25 boats *continued on next page*

When ever-greens look ever-brown



By Christian Nelson
FDL Forester

After a winter with little snow, and an early and very dry spring, we're in the midst of a very wet summer not only in terms of how much rain we've received since the beginning of summer but, more importantly, the frequency of rain and generally wet and humid days. All that dampness has been perfect for growing fungi, and spruce trees (including black and white spruce and especially the non-native but often planted Colorado Blue spruce) are paying the price.

Many area spruce trees are infected with a needle disease caused by the "spruce needle rust" fungus that has turned their usually green needles brown. This fungus grows on the new year's needles, near the

tip of the branches, and coats them in orange or pink colored tube-like projections. The infected needles will turn brown over the remainder of the summer and drop off in the Fall.

The biology of the fungus is complicated. The spores of the fungus will leave the spruce needles and then infect labrador tea, leatherleaf, or bearberry, which are all typically found in bogs. The spores will spend the winter on the leaves of these plants and then be released the following spring to try and infect more spruce needles, but only if the weather cooperates with more wet weather. The fungus can only spread from spruce to the bog plants or from the bog plants to spruce, but not from spruce to spruce.

Although the spruce trees sure

look like they're dying, they probably aren't. Trees that are relatively healthy will simply grow new needles next year.

This summer's frequent rains are unusual and chances are that next summer spruce needle rust will be much less common. Most healthy trees can withstand a few consecutive years of infection.

If your yard trees are infected the best thing you can do is water them during dry periods using a hose that doesn't spray water up onto the needles, and be patient. Pine, cedar, tamarack, or other non-spruce trees are not affected by this fungus. Nature is always involved in a life-and-death struggle, but in this case, our spruce trees will probably win this fight.

Natural resources

The “Manoomin” Project at FDL Looking at the past in order to build a future

By **Tom Howes**, Program Manager, FDL Natural Resources
Contributing to the story
Amy Myrbo, University of Minnesota LacCore Laboratory Manager

No matter what field of work someone may be in, they should be thinking about who will follow in their footsteps. In an effort to encourage young Native American students to become scientists, the “Manoomin” project was developed as a collaboration between the Fond du Lac Tribal & Community College, the FDL Resource Management Division, and the University of Minnesota.

A grant was received from the National Science Foundation to fund the effort.

The primary goal of the project is to involve Native American students in research on core samples collected from the bottoms of the FDL Reservation wild rice lakes. The research team includes grades 5-12 students from the gidaakiimanaaniwigamig (Our Earth Lodge) science camps, tribal college students, their teachers, coring specialists from LacCore (National Lacustrine Core Facility, University of Minnesota) and FDL Resource Management Staff.

One goal is to understand our lakes’ history—including past lake depths, nutrients in the lakes, and where and when

wild rice was most abundant. This knowledge can help us understand current challenges for restoring and enhancing wild rice habitat and ensuring future production.

Lake sediment cores are collected in winter through the ice. Students visit the LacCore lab in Minneapolis on the University campus to log, split and describe cores soon after they are taken. Academic mentors with a range of specialties (pollen, phytoliths, plant fossils, sedimentology, geochemistry, magnetics, etc.) spend one to two weeks with small groups of college student interns working on one of these environmental indicators from the cores.

The younger students work in larger groups in shorter stints with the same mentors. All students gain experience in research labs, learning and practicing techniques and interpreting their results along with those of other groups. The continuation of the project over five years (2009-2014) will allow these students to develop relationships with scientists and to receive mentoring beyond the laboratory as they make transitions into two- and four-year colleges and into graduate school. Their research provides historical and environmental information that is relevant to their own land and that will be used by FDL Resource Management to better understand these ecosystems in the context of current



The FDL student scientists have sieved sediments from a FDL lake bottom, using a spray bottle to rinse sieves. They are looking for plant macrofossils. The process gives information on what plants were growing in and around the lakes over the last 10,000 years.

global and local change. The Manoomin project has clear relevance to students and our community, and provides an opportunity for students to collect historical information from their families and elders and connect it to their scientific findings from the lakes on their Reservation.

LacCore personnel have worked and will continue to work closely with FDL Resource Management staff to ensure that tribal land and

research materials collected from it are treated with respect, and will defer to tribal directives on research and education content.

Some FDL Band members have voiced concern about doing research, especially on wild rice, with the University of Minnesota, given the University Agronomy Department’s work on the genetics of wild rice. Given my experience with these researchers, they are of the utmost integrity

and only seek to provide a great experience for our young people. Many of those involved, the academic mentors in particular, are actually volunteering their time and knowledge to the project.

Anyone interested in participating in or observing this research is welcome to call me at (218) 878-7163 or email me at tomhowes@fdlrez.com.

from previous page

harvest wild rice if:

- 1) The non-enrolled spouse has in possession a state wild rice license.
- 2) The FDL enrolled spouse is in the same canoe.

- 3) The couple is legally married.

With regard to the immediate family members of an enrolled FDL – will be allowed to harvest wild rice if:

- 1) The non-enrolled immediate family member possesses a

state wild rice license.

- 2) The family members are accompanied by their FDL enrolled family member.
- 3) The immediate family is defined as follows: mother/father, son/daughter, brother/sister.

To ensure compliance with this ruling, any individual that falls under this revised ruling will also be required to obtain a special permit from Fond du Lac Conservation Enforcement prior to coming to the lake. Please call (218) 878-7101 for more

information.

The Natural Resources Program will be posting harvest times and dates at the lake landings and at tribal facilities in the upcoming weeks.

An important notice to FDL Scholarship Applicants from the Scholarship Office

The Scholarship Division staff reminds you to make sure you read and familiarize yourself with our “New Policies, Guidelines and Instructions” that go into effect for the 2010-11 school year. Make sure you understand what you are signing and what your responsibilities are as a recipient.

We encourage you to get to know us better and to understand what our roles and responsibilities are in the

administration and operation of the Scholarship Division. Responsibility is a two-way street. Respect is also a two-way street and as we move forward with these new changes, we are already experiencing some anger and confusion from applicants. Rather than being confrontational and combative, we find that being humble and respectful goes a long way in problem solving and working together.

Know that most reservation

scholarship programs are being reviewed for changes as our dollars become more and more limited. Scholarship Director Bonnie Wallace would also like to “put to rest” the ongoing rumor that “every student gets \$4,000 per term.”

This is totally untrue and we’ve attempted to address this falsehood with articles in our tribal paper and information in our scholarship packets.

Yet this rumor continues to

permeate our community. Every financial aid package is different. Each depends on the information the student and parents include on the Free Application For Federal Student Aid.

The financial aid package also depends on the school’s “cost of attendance.” All of this varies from student to student and from school to school. We urge students to keep their financial aid information confidential and not compare their award pack-

ages with anyone.

Please note that our program will continue to help students with school costs. That has not changed. It will also reward those students who show a willingness to work to their fullest academic potential and meet the “reward” criteria established on page 4 of our new Guidelines.

Making Mom proud

After years in the work force, Band Member excels at college and earns degree

**Introduction by
Bonnie Wallace,
Tribal Scholarship Director**

Paul Jeanetta graduated from UWS with high honors. When he brought his final transcript to our office, I thought my eyes were playing tricks on me. This dedicated young man had produced all “A’s” in every class. Paul is a very humble person with that quiet strength I so admire; an absolute role model for our Reservation. We are extremely proud of his accomplishments, and we wish him well on whatever professional and personal path he travels.

My name is Paul Jeanetta. My connection to Fond du Lac is through my late mother, Lorraine (Durfee) Jeanetta. She

was fiercely proud of being a “Chippewa Indian,” and taught all eight of her children to likewise honor and respect their Native heritage. Mom wasn’t discouraged by the current plight of the Native American (which, in the 1960’s, left much to be desired), but truly believed that we would eventually overcome and forever put to rest the stigma of being a “defeated people.”

When I graduated from high school in 1976, I was anxious to earn some money and consequently took up a trade rather than pursue a college education. I intended to make a living using my back, and told myself that when I was old, and my back was too tired, I would return to school and continue my education. When that time

came, and it came a lot faster than I had anticipated, the decision to leave the work force and return to college was not an easy one to make.

However, I opted to adhere to my life’s plan, and enrolled in the accounting program at Lake Superior College. I graduated from there in 2007 with an Associate in Arts Degree and an Associate in Applied Science – Accounting. I then enrolled at the University of Wisconsin-Superior to complete my educa-

tion in accounting and earned a Bachelor of Science Degree. I just recently applied to take the

Certified Public Accountant exam, and have been offered a position teaching accounting at Lake Superior College.

Returning to college at my age was tough. I had to overcome the fear of feeling conspicuous, of being computer illiterate, and interacting

with a generation of people with whom I had nothing in common. Eventually I overcame these fears and focused on com-

pleting the task at hand.

I am convinced that my mother would be proud of my recent accomplishments. She would be equally as proud of the Fond du Lac Reservation and the pivotal role it played in helping me achieve these goals.

It occurs to me that you don’t hear the term “defeated people” in describing Native Americans nearly as often as you did in the past. Despite opposition and counterinfluences, we are in the process of overcoming the stigma. To help complete this process, and to realize their own individual potential, I encourage tribal members of all ages to pursue a higher education.



Paul Jeanetta

Helping kids succeed in school

By Lucy Carlson, M.A.

A couple of weeks ago a school counselor at the Ojibwe School asked if I would write a column to help parents and other significant adults understand how to get kids “ready” for school. He didn’t mean getting children “ready” for academics by getting them “ready to read” by sharing books with them, or helping kids be “ready to learn math” by playing counting games at home.

What he meant was the daily preparation at home that children need in order to function their best each day at school. He meant having children arrive at school, whether it is Early Head Start or high school, with their bodies and minds rested, alert, and ready to learn.

I talked with preschool and high school teachers, parents, and public health nurses about how we can best help children get ready for the rigors of each school day. Everyone emphasized the importance of two areas. These areas were adequate sleep and eating breakfast.

This probably isn’t news to you! Here is what I learned from those who are “in the know...”

BREAKFAST: A healthy breakfast refuels your body and jump-starts your day. Children who eat a healthy breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert, creative and less likely to miss days of school. Those are a lot of positives related to simply eating breakfast!

Any breakfast is better than no breakfast, but a breakfast that is low in sugar and fat and contains a variety of nutrients is best. A combination of foods from the milk or meat groups,

fruit or vegetable groups and the grain group will provide the variety of vitamins and minerals needed to sustain children until lunch. And please remember when I talk about children I mean babies through high school seniors.

Preparing a good breakfast for your children may mean small changes in the family routine. Set the table the night before and set out cereal boxes. Get up a little earlier in the morning and have muffins, bagels, frozen waffles or pancakes or toast ready for quick preparation.

Balance breakfast choices. If you serve bacon and eggs for breakfast one day, try a bowl of creamy oatmeal, raisins and fat-free milk the next. If there is no time for a sit-down breakfast, offer children a muffin or a piece of toast to eat on the way to school.

If your kids are just not breakfast eaters, start by simply encouraging them to drink a glass of milk or juice or eating a piece of fruit. You can also try nontraditional breakfast foods such as left-over pasta, pizza, peanut butter or cheese and whole-wheat crackers.

There are fast, easy breakfast ideas that will provide the nutrition your children need for school success:

- A whole-wheat tortilla wrapped with peanut butter as a filling and a glass of juice.
- Breakfast smoothies made from milk, fruit and bran.
- A bagel with low-fat cream cheese, topped with a slice of fruit.
- Fresh fruit topped with yogurt and crispy, whole-grain cereal.
- Trail mix made from your favorite cereal, nuts and dried fruit.
- Whole-grain toast topped with

scrambled eggs and salsa.

- Boiled eggs.

SLEEP: The second area to pay attention to is how much sleep our children are getting. Lisa Wallace, a Human Development Specialist from the University of Missouri Extension, says we might be surprised to learn how many hours of sleep are recommended by experts and then compare that to how much sleep children actually get. She recalled something that happened at a parent meeting she attended, as she talked with one parent. The conversation went something like this:

“Mom, let’s go,” urged an eleven-year-old son as his Mom talked with me after an evening meeting. “I’m tired, I need to go to bed,” continued the pre-teen. I looked at my watch and noted it was 8:30 p.m. I said to his Mom, “We can talk later. You need to get him home and be pleased that you have a child wanting to go to bed. Most of us aren’t so lucky.”

Getting children to go to bed and then getting them up in the morning are two of the biggest challenges for parents. I get questions all the time about sleep issues. And, with back to school time here, the amount of sleep your children get becomes even more important.

Back to school time means getting back into a routine and for some families that means getting back into a bedtime routine. I applaud you if you have a nightly routine and get your children to sleep at an appropriate time. On average, children get less sleep than sleep experts recommend. Check this out:

- Infants from 3-11 months need between 14-15 hours; this includes naps; on average they get 12 hours.
- Toddlers from ages 1-3 need 12-14 hours of sleep on aver-



age; this includes naps; on average they get 11.

- Preschoolers, ages 3-5 need between 11-13 hours; the average child gets about 10.4 hours.
- School-aged children (1st through 5th grades) need 10-11 hours but usually are lucky to get 9.5 hours.
- Teens need between 8.5-9.5 hours but usually only get 6-8.
- Adults need 7-9 hours of sleep but often only get 5-7 hours.

Every person is unique and so are your sleep needs. But the previous information can help you figure out when your child should be going to bed and getting up. Calculate your sleep needs too.

Why is sleep so important? The old saying, “Guess you got up on the wrong side of the bed” indicates someone is in a bad mood. And, kiddingly, we may be making light of the fact that you just didn’t get enough sleep. Research shows that lack of sleep affects mood and behavior. Sleep is a time for your body to revitalize, both physically and mentally. Our muscles and cells need to rejuvenate at rest. And, our brain and memory are working hard through the sleeping hours, storing and processing information. When you and your children don’t get enough sleep, your bodies and

mind know it.

As a parent, one of your important jobs is to make sure your children go to bed at an appropriate time to be refreshed and ready to go to school or play. Develop a night time routine such as brush teeth, read a book, prayer and lights out. Be wary of the many distractions your children will try as you put them to bed!

Just remember, the sooner you get them to bed, the longer you have to get something done yourself. Or, the sooner you can go to bed! Good luck and good night.

The information for this column was taken from the University of Missouri Extension, “Helping Kids Succeed in School.”

This will be my final “Parenting Page” column. I would like to extend a big thank you to all of you, parents, professionals, and elders, who have written to me with questions and comments and to those of you who have stopped me in passing and expressed how the words in my column have helped you on your parenting path. Blessings to you all.
---Lucy



Academic bounty

Gardening is foundation for a wealth of knowledge

So you thought gardening was just growing plants. Ten FDL students have discovered this summer that the lessons from a gardening project extend well beyond digging and weeding. From June through early August the kids learned math, science and research skills during “Babaamaadiziwin Gitigaan,” (Journey Garden). This is the program’s third year at the FDL Reservation. The project is sponsored by the Northland Foundation and the Center of American Indian and Minority Health.

“The program teaches about the process of growing from beginning to end,” said Maria Defoe, Ojibwe School Community Supervisor and Journey Garden Program Supervisor. The students learned the early stages of soil preparation, germination, watering, plant tending and finally, harvest. Big words and concepts were thrown around: hydrology, watershed, horticulture, calculations of surface areas and more.

The students who participated are Warren Mountain, Sara Fineday, Jeremy DeFoe, Jeroam DeFoe, Brian Rich, Alissa Bosto, Dakota Barney, Garrett Lind, Hal Lind, and Josie Wichern.

It is hoped that the interest in science, health and plants continues throughout the students’ lives and helps them get into col-

lege and perhaps medical school.

Francois Medion, a native of France, has been involved with the FDL Gitigaan program for many years. He has long been a gardener, and is employed as a baker at the “Amazing Grace” bakery in Canal Park in Duluth.

“What the students loved the most was working in the greenhouse,” he said. “They were very curious about the plants, and asked what is that one or what do you do with that?” The kids planted seeds and watched over the garden and house plants daily. Each day they wrote in journals about that day’s activities, including scientific names of plants as well as the cultural importance of planting. Each day they learned an Ojibwe word and incorporated that word into the plant of the day with its scientific name.

Field trips to area university greenhouses were included, as well as a visit to a Hugo, Minnesota farm operated by American Indians known as the “Dream of Wild Health.” Native kids from the Twin Cities grow plants on the farm and sell them in the metro area.

A few student journal excerpts follow:

At Journey Garden I learned how to identify a plant. Every garden has lots of hard work. Some plants can last a long time and

some die after a year. You can cut a plant and put it in soil and it will grow roots. Some plants we call weeds we can eat. When I grow up I want to be a conservation officer and what I learned here will help me then.

Dakota Barney

My favorite part of Journey Garden is the greenhouse because we got to plant our own different kinds of plants. My second favorite part is the garden because we help with the plants, transplant other plants and we help with the worm farm.

Hal Lind

My favorite part about Journey Garden is we get to work in the greenhouse. We get to water plants and we plant the plants. We learn to identify plants. We learn which plants are edible.

Garrett Lind

I like Journey Garden because of all the fun field trips you get to take. We learn about plants, work in the garden and greenhouse. We wrote in journals and learned about plant identification. We made healthy foods and got to have a feast on the last day of Journey Garden.

It was fun!

Warren Mountain



Several of the FDL student gardeners posed from this summer with their instructor, Francois Medion. The kids “Journey Garden” program taught gardening basics as well as lessons in math, science and research. They are dressed in tie-dye shirts they made themselves.



Working the soil.

(Off) Rez adventures without the Indian Scout

Stopping time

By Deborah Locke

A few months ago the Indian Scout gave sound and shocking advice. He said that after more than three years of travel adventures in the monster truck, it was time to act as my own scout. He pushed me from the nest.

After tumbling to the ground, stunned and abandoned, I stood up, dusted off, and vowed to venture into sites even unknown to the wise, acerbic Scout.



My first stop?

A Beatles exhibit at the Minnesota History Center.

I know what you're thinking. What in the name of all that is Ojibwe would the Beatles have to do with the Fond du Lac Band? Consider this. Plenty of people on this reservation recall the 1960s and Beatles hysteria. Imagine transplanting the lot of them to St. Paul's Kellogg Blvd. in view of the large Beatles exhibit advertisement. They would have gone inside, I bet.

"The Beatles! A One-Night Stand in the Heartland" will appear in St. Paul through Sept. 12, 2010. The exhibit includes more than 30 photographs, concert mementos, a television newscast of events from Aug. 21, 1965, and non-stop background Beatles music. On that concert day, amateur photographer Bill Carlson, then 17, secured a press pass (because no one else wanted to go), grabbed two cameras, and headed for Metropolitan Stadium in Bloomington, now the site of the Mall of America.

Four thousand screaming girls flooded the airport's Wold-Chamberlain field at 4:15 p.m. when the Beatles' plane landed. Following the press conference with its cheeky replies to the reporters, the Beatles performed before 26,000 fans in a stadium with a capacity for 35,000. (Some news reports stated that 30,000 kids attended the concert.) The Beatles played 11 songs in 35 minutes, their standard performance.

Ticket prices ranged from \$2.50 to \$5.50. In 2010 dollars, that range would be from \$17.32 to \$38.09. (See the inflation calculator at the U.S. Bureau of Labor website at www.bls.gov/data and click on "calcula-

tors.") Through it all, Carlson rapidly took pictures that captured more than a concert. He stopped time.

Arguably the most interesting wall-size image at the exhibit shows a gaggle of young women crushed together at a cyclone fence, breathlessly facing the camera. The girls wear cat-eye style glasses, rollers in their hair, headbands, and grasp the latest Kodak cameras. Two young women on the left appear to be American Indian, possibly Dakota, one with her mouth open and smashed against an African American girl. The second Native girl stood behind, pressing in and smiling. The big picture conveys tension and earnestness of not only adolescence, but of a distant era.

Carlson's Beatles photos are collected in a book with the same title as the exhibit, which was published by Cumberland House in 2007. In an interview from the book, Carlson said that the press tickets arrived in August, 1965 by telex at the photo studio where he worked. Carlson's goal at that point in life was to "shoot anything." He described the Beatles as "really great guys - relaxed and not arrogant. Most people might assume that they are a certain way because of their celebrity. But honestly, these were real people put in unreal situations."

Carlson captured a bevy of additional "real people." Shrieking girls. Nervous police officers. Amused parents. Reporters. After about an hour of viewing, I headed to the History Center's first floor for an excellent lunch of cod with summer squash, food even the finicky Scout would have enjoyed.

He would have liked the exhibit as well, standing back to size up the pictures, offering nonstop, unchecked comments on the return trip.

The Museum is closed on Mondays. Hours are Tuesday, 10 a.m. to 8 p.m. (admission is free from 5 to 8 p.m. on Tuesday); 10 a.m. to 5 p.m. Wednesday through Saturday, and noon to 5 p.m. on Sunday. The fee is \$10 for adults, \$8 for seniors and college students, \$5 for children age 6-17, and free for children under age 5. Admission is free for MHS members.



In August, 1965, 45 years ago, the Beatles performed their first and only concert in Minnesota. A 17 year-old photographer took this picture, which is part of an exhibit at the Minnesota History Center until Sept. 12, 2010.



Arguably one of the more representative photographs from the 1960s.



Asthma: Common Questions & Answers

By Jessi Linde, FDL Pharmacist, Min no aya win Clinic

What causes asthma?

Asthma is a medical condition where your airways are sensitive to certain “triggers” in the environment. Your body is designed to fight off things that may harm you, which is good. However, sometimes you breathe in something that your body thinks is harmful, but it is not. These are what we call “asthma triggers.” Breathing these triggers can cause airways to narrow, making it difficult to breathe. These episodes are often referred to as “asthma attacks”.

Is it hereditary?

There may be some link to asthma within families, but just because your parents had

asthma does not mean that you will, too.

Can people develop asthma later in life?

Many people think that asthma is a childhood illness that you can outgrow, but this is a myth. Asthma is a serious condition that affects people of all ages. If you are not exposed to your triggers, then you will most likely not have symptoms of asthma. It is dependent on when you encounter these triggers. If you are not exposed until you are older, you may not experience symptoms until later in life. Asthma symptoms may not always be present, but your body may still be sensitive to triggers.

Do certain weather conditions increase asthma symptoms? Does air conditioning help?

For some people with asthma, certain weather conditions can make asthma symptoms worse or even cause an attack. Very cold weather can often irritate airways, even in people without asthma. Humid weather can also make asthma worse. This is because the water in the air can hold triggers in the air and make them easier to breathe in. Therefore, an air conditioner or dehumidifier can often help lessen asthma symptoms.

What are ways people can control their asthma symptoms?

The number one way to control your asthma symptoms is to avoid what triggers your asthma. Common triggers in the environment that may affect

your asthma include: cigarette smoke, dust and dust mites, colds and respiratory infections, cold or hot/humid weather; seasonal allergies (pollens, molds, trees, etc.); animal dander; strong odors (such as from household cleaners, certain perfumes, etc.); certain foods and food allergies; air pollution; exercise; and stress or strong emotions.

What household products should asthma patients avoid? What should they use?

Strong odors in household cleaners may be an asthma trigger for some people with asthma. If this is the case, you should avoid using cleaners that have strong odors (such as bleach). If using these cleaners is necessary, wear a mask and make sure that the area you are cleaning is well ventilated.

How does asthma differ from allergies?

Asthma is the reaction that happens when you breathe one of these triggers. This causes narrowing of the airways. Allergies can happen with any type of contact with your body. Also, allergies have a lot more symptoms than just breathing difficulty.

Can asthma be fatal?

Yes, people have died from asthma attacks. This is why it is important to know how to manage your asthma to prevent symptoms and what to do if you have an attack. The best way to avoid an asthma attack is to know what causes them. If you are having trouble with your asthma or for more information, please contact your primary healthcare provider.

Cutting edge technology helps people regain balance

From the FDL Behavioral Health Department

Relaxation program:

Fond du Lac Human Services is reporting exciting results from its new Mikanaake (“to make a new road or trail”) Program, which began a year ago. Brain Wave Optimization (BWO) is about self-regulation and relaxation.

Balance and harmony have always been prized values in Ojibwe culture, yet we all understand that modern life can pressure us into imbalance. For example, obstacles to a more balanced life may include: addictive dependencies (alcohol,

drugs, gambling, tobacco), anger, anxiety, brain injury, chronic fatigue, chronic pain, loss of focus, lack of energy, lack of concentration, learning difficulties, panic attacks, poor memory, sleeping difficulties and stress.

The following testimonial came from woman, 32, who had 15 sessions:

I've battled depression for most of my life. This was my main focus during the sessions. Using visualization techniques is the key in successfully completing the program. It's up to you how you want Brain State to work for you. I recommend

all our members on Fond du Lac to try Brain State and work on fixing problem areas that may occur within your own lives. Thank you.

Another patient who suffered with major depression stated:

At first I thought it sounded way 'out there' but I no longer suffer from depression.

The brainwave optimization session is about 70 minutes. Participants meditate to tones that help bring their brain frequencies into synchronicity and balance. The conditioning process involves intensive sessions which require daily participation for one week and mainte-

nance sessions as needed.

The Fond du Lac Miikanaake Program has helped patients who suffer from chemical dependency, tobacco dependency, sleep disorders, anxiety, stress, anger and many other maladies. Men and women, young and old have demonstrated positive treatment results.

At this time, the Human Services Division has two staff persons qualified to perform BWO. Tawny Savage works with the largest variety of patients and operates full-time as a trainer. Nate Sandman mostly works with smoking cessation patients and schedules patients

on a part-time basis.

Currently, referrals can be made to this program from your health care provider, therapist, chemical dependency counselor or smoking cessation counselor.

In addition, we may recommend counseling for some people who advance through the BWO process.

This therapy option is available for American Indians living in the Cloquet/Duluth service area. If you would like to know more about BWO, you may call either Tawny Savage or Nate Sandman at (218) 879-1227.

continued on next page

End of life issues

By Dan Rogers

In all cultures seniors who are nearing the end of their lives often have concerns that are unlike those of younger people. As a consequence, they sometimes feel misunderstood. Yet those over 65 are the most underserved part of our population when it comes to mental health counseling.

Many seniors believe that it is a sign of weakness to ask for help so they suffer through the trials of late life unaided. They often don't realize they don't have to handle it on their own and their generation usually believes they just need to "pull themselves up by their boot straps." Yet depression is not a sign of weakness or a lack of moral character. It is a biochemical imbalance in the brain.

The following are issues usually unique to seniors or anyone facing death:

- Facing our own mortality. It is universally difficult to look death in the eye, so to speak. This often causes much fear, anxiety and sadness.
- It is common for seniors to have regrets about the life they have lived and they need to sort this out with someone.
- Many of the seniors I have worked with have secrets they have never told anyone, but they don't want to take those secrets to their grave. Beside, keeping secrets is lonely.
- It is saddest of all to seniors that dying means leaving their family, so to speak, and they anticipate missing them a great deal.
- To complicate matters, many seniors are coping with the death of their life partner and/or serious and chronic medical problems

It is important to note that a few elders do not fear death because they see it as a great relief that their suffering will soon be over. For most seniors it is much too sad for them to talk to their own family about their impending death. An easier alternative might be talking about it with a counselor, clergy or medicine person.

You probably can handle it yourself but the point is you don't have to. We are waiting to help you pull up those bootstraps!

Dan Rogers is a Licensed Psychologist with FDL Human Services

FDL fundraising efforts advance Cancer Society programs

The Fond du Lac WIIDOOKAAGE ("They help each other") Clan Relay for Life team reached the "platinum" level for its successful fund raising campaign that ended in August.

"Platinum" donations from Carlton County are made in the \$37,000 to \$40,000 range. Fundraising activities by the clan include the popular candle light vigil on July 23, with luminaries purchased by donors to honor cancer survivors and those who have lost their lives to the disease.

About 95 fund raisers with FDL ties participated in the campaign that raised \$14,364.18. The Carlton County Relay for Life team raised \$37,000.

The money is donated to the American Cancer Society (ACS) programs for research, education, advocacy and other services. The Fond du Lac Reservation benefits directly from American Cancer Society which helps support the "SAGE" Program, the state breast and cervical cancer screening program that gives free services to American Indian women. Additionally, ACS provides a health promotions coordinator who works with the FDL community and other reservations in Northern Minnesota.

Sobriety Walk planned for September

The Fond du Lac Human Services Department Tagwii Outpatient Treatment Program is sponsoring the second annual Sobriety Walk at 10:15 a.m. on Sept. 11, 2010 at the FDL Head Start gymnasium, 33 University Road in Cloquet.

Registration for the 5K event begins at 9 a.m., followed by a blessing at 9:45 a.m.

Each participant will receive a free t-shirt. A feast and prize drawings will follow the conclusion of the walk. Sobriety medallions will also be awarded.

If you would like to volunteer, or to request more information about the event, call (218) 878-3870 or (218) 878-3876.

Berries: good tasting and very good for you

Berries pack a "nutritional powerhouse," with vitamins, minerals, and plant-based chemicals known as phytonutrients.

- **Cranberry and blueberry juices** can prevent bacterial from adhering to the bladder wall, and help to prevent urinary-tract infections.
- **Blueberries and strawberries** contain substances that help to reduce inflammation in brain blood vessels. A new study showed that a glass of blueberry juice with each meal every day for three months improved the memory of people who experienced mild memory loss. A Chicago study showed that women who regularly ate strawberries had a slightly slower rate of cognitive decline.
- **Blueberries and strawberries** may prevent the growth of breast and colon cancer cells.

Look for firm fruit that has a sweet aroma. Store them unwashed in an airtight container in your refrigerator. Eat fresh or frozen berries instead of jam or jelly, which are often packed with added sugar.

Men's Health Brunch to be held at Cloquet Tribal Center

The Fond du Lac Public Health Nursing Department and FDL Cancer Program are hosting the 5th annual Men's Health Panel Discussion and Brunch from 9 a.m. to noon on Sept. 18, 2010, at the Cloquet ENP room.

The FDL Human Services Division will conduct blood sugar screening, cholesterol screening, and blood pressure screening.

Prizes being raffled for the guests include a gill net, wild rice knockers and a pole, and \$100 Gift Card to Gander Mountain.

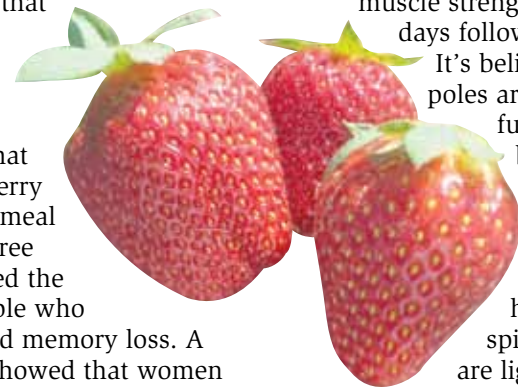
Men of all ages are invited to attend. For more information, call (218) 878-3726.

Hiking pole use shows lots of benefits

Walking poles protect muscles and make hiking feel less strenuous, reports a Medicine and Science in Sports and Exercise study in May.

Volunteers hiked seven miles up and down a mountain. Those who went uphill reported using less physical exertion, and less muscle pain. In addition, they showed less loss of muscle strength for several days following the exercise.

It's believed that the poles are especially useful for people with balance or joint problems. They can ease the weight load on ankles, knees, hips and the spine. Quality poles are lightweight and have comfortable grips, adjustable lengths and are retractable, for easy packing. The story was reported in the August "On Health" from Consumer Reports.



Health mini-briefs

- The sooner a **stroke victim** is taken to an emergency room, the greater his or her chance for survival and recovery. Yet almost 40 percent of people who recognize common stroke symptoms would not call 911, according to a survey. The advice offered: call 911 when you note someone who has trouble speaking or understanding, numbness or weakness on one side of their body, and/or difficulty seeing from one or both eyes.
- **Mild dehydration** can make you tired and confused, especially if you are older. Never wait until you are thirsty to get a drink. Instead, have a beverage before exercising or working outdoors, especially on hot days.
- **Drug costs** are rising, according to the Agency for Healthcare Research and Quality. The average cost of a prescription jumped from \$79 to \$161 between 1996 and 2006, when adjusted for inflation. The percentage of income spent on drugs rose from 10 percent to 18 percent. *Consumer Reports "On Health" 2010*



 **People
at work**

Justice Skowe, Roberta Welper and Darrell Reynolds-Couture visit behind the Cloquet Community Center in late August.

New Cloquet Community Center Manager eager to improve features, attractions, and activities in her new role

Picture and story by
Dan Huculak

Roberta Welper is fairly well-known at Fond du Lac, but what some may not know is this: she was recently appointed to fill the opening for the Cloquet Community Center Manager. Her first day on the new job was July 26.

Described by one of her former co-workers as a go-getter with an excellent work ethic, Welper appears to be adjusting well to her new position.

Previously she served for two and one-half years as the Smoking Cessation Educator for the FDL Human Services Division, and before that, she worked as the FDL Ojibwe School Community Activity Director for four years.

Welper, the oldest of five kids, followed in her mother's footsteps and pursued a military

career. Her entire family served in the U.S. Army, including her sister, Brookston District Representative Mary Northrup. Their late mother Joyce Loons Troseth was stationed in Okinawa during the Korean Conflict.

Welper served as a Huey Helicopter Mechanic for three years in the Army, and as a Mess Sergeant for four years in the Army Reserve. She also serves on the FDL veterans committee and the honor guard.

Did she ever consider a career as an aviation mechanic after her stint in the Army? No, Welper said. Her advice to younger people looking for a career path through the military: "It's better to choose something you know you want to do when you get out."

Still, her Army career brought clear benefits. Welper said she learned organizational skills and how to effectively work

with others to get things done.

Her career as a mechanic also proved beneficial. She can fix things around the house. For example, Welper drew a wiring diagram for the "one room shack" she lived in for two years.

Working along with her supervisor, FDL Community Services Director James Kyle, Welper is working to make the Cloquet Community Center an active place for members of all ages to enjoy. That means creating more activities for adults, and helping to create a destination where people feel comfortable. Her goal: to "make it a place I would want to come to." She plans to add more structured activities for youth, but more activities for adults as well.

A few new adult activities include board games and activities like charades and possibly the formation of scrapbooking and

sewing groups. A dessert potluck will be held from 6-8 p.m. on Aug. 27 in the ENP room, and a prize will be awarded for the best baked goods.

One of the things she learned about her smoking cessation job was to keep people active, give them something to do. "If you quit smoking, you have more time and money. She added: You don't want to go back (to smoking), so you need to keep people busy and productive.

As a former smoker herself for 25 years, Roberta's goal is to be doing positive things in the community; and basically being on the right path.

Welper likes to go with the flow, and stay positive. But as a result of being raised by a military mom, she also learned discipline.

"I am kind of a to-the-point person," she said. "I'm the person who gets things done. That

is me, and why I am here."

Her mother, who was independent, had a good work ethic, Welper said.

Her spare time is spent sewing Ojibwe dance outfits. At the recent FDL Veteran's Powwow, seven dancers wore outfits made by Welper. One dress she just finished recently had 365 jingles. She worked on that dress for six months.

She likes to shop, and decorate wedding, birthday, and special event cakes. She's currently designing a cake for a women's golf league that will feed 150 people. The cake will feature an aerial view of the golf course. She also designed the gigantic cake for the Resource Management Grand Opening in June, a cake that served 350 people.



Review Page

The Temps and the Tops deliver classic Motown sound at Black Bear

Photo and review by
Dan Huculak

Some of their original members are no longer around, but the timeless music by The Temptations and Four Tops on Aug. 7 at Otter Creek had guests on their feet with their distinct brand of top 40 music.

The Four Tops took to the stage moments after the 8 p.m.

scheduled starting time, and they quickly entertained the Black Bear crowd with “Bernadette,” “Walk Away Renee,” “Can’t Help Myself,” and many of their hits from the 60s and 70s.

During the show, vocalist Roquel Payton performed an emotional solo rendition of Luther Vandross’ “Dance with

My Father” in a tribute to his late father, Lawrence Payton, one of the founding members of the group.

Later, the legendary Temptations followed the Four Tops’ performance with the rhythm and blues music that so many of us still love to sing and dance to 50 years later.

Members of the group joked

around with the audience, and even summoned a member to sing baritone with the group on stage. Many of the large Black Bear crowd sang along with the group as they performed songs like “My Girl,” “Ain’t too Proud to Beg,” and “Can’t Get Next to You.”

Otis Williams is the lone surviving original member of the

group. He and Bruce Williamson provided most of the vocals and the well-choreographed movement of the five main members of the group, dressed in matching bright orange suits, was a familiar sight for their fans.

It was a great night for music and a fun evening overall.

A leap into understanding Tom Peacock’s recent book explores racism

By Dan Huculak

“To Be Free: Understand and Eliminating Racism” by FDL Band Member

Thomas Peacock and Marlene Wisuri is a direct leap into the ugly world of racism and its effects on all of us.

Dr. Peacock, Associate Dean of the College of Education and Human Services at the University of Minnesota-Duluth, implores readers, students, their parents, and educators to acknowledge that racism exists, but also to discuss actions to overcome the issue of racism in our society.

Peacock’s latest publication

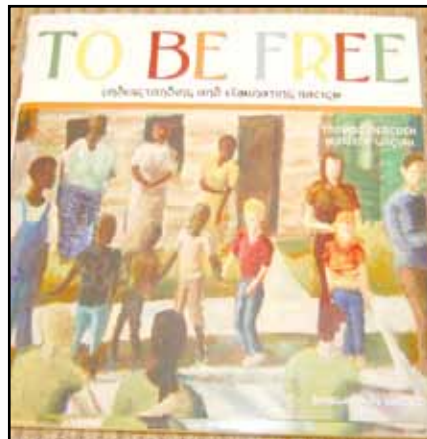
cites many different cases of racism throughout history, in the United States and in foreign countries.

This book, Peacock’s seventh, also includes personal examples of racism throughout his life, and he brings the issue into the forefront in a some-

times painful, yet powerful way.

By sharing his personal experiences with racism, Peacock took this reader back into his own childhood brushes with racism, as well as experiences with racial intolerance as an adult.

Historical photos dating back as far as the late 19th century, along with excerpts of



Dr. Martin Luther King Junior’s famous 1963 “I Have a Dream” speech in Washington D.C. give a reminder to readers of a much different period in our nation’s history to readers.

The book is written with the intent of defeating racism by teaching young people before they solidify their own thoughts or beliefs about other races or ethnic groups. Racism is a learned behavior, and thus, writing a book geared toward helping children understand and prevent the continuation of racism is a good audience with which to start.

In the foreword, Dr. Eric Jolly,

president of the Science Museum of Minnesota, refers to the book as “a gift, one that will enrich your life and will help us grow together as a society.”

Afton Historical Society Press is the publisher of “To Be Free,” as well as three previous book collaborations between Peacock and Wisuri. For more information on how to purchase the book, call (651) 436-8443 or (800) 436-8443 toll free. You can also reach the Afton Press website at www.aftonpress.com.

A taste for chocolate

How many of you knew that cocoa beans are a traditional Native food? The bean originated in Mexico, Central and South America and its earliest documented use was 1100 BC. The Aztecs brewed a beverage called xocolátl. Today most cocoa bean production takes place in West Africa.

The above is the Wikipedia (online encyclopedia) take on chocolate. Mine is found below, in the form of favorite recipes collected over decades. For those who believe that the easiest brownies come from a box, consider the Best Cake Brownies from the Taste of Home cookbooks. This brownie has a soft, creamy

Best Cake Brownies

(from the *Taste of Home cookbooks; numerous editions*)

Watch your baking time with these. I start checking the brownies with a toothpick after 20 min. A toothpick poked into the middle of the pan should come out clean. For the glaze, I make one and one-half times the recipe for a thicker frosting.

- 1/2 C butter, softened
- 1 C sugar
- 4 eggs
- 1 can (16 ounces or 2 C) chocolate syrup
- 1 t vanilla
- 1 C flour
- 1/2 teaspoon salt

GLAZE:

- 1 C sugar
- 1/3 C butter
- 1/3 C milk (I use evaporated milk)
- 2/3 C semisweet chocolate chips
- 2/3 cup miniature marshmallows

In a large bowl, cream butter and sugar until light and fluffy.

Add the eggs, one at a time, beating well after each addition. Beat in chocolate syrup and vanilla. Add the flour and salt until blended. Pour into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 15-20 minutes.

For glaze, combine sugar, butter and milk in a saucepan. Bring to a boil; boil until the sugar is dissolved. Remove from the heat; stir in chocolate chips and marshmallows until melted. Pour over the brownies and spread evenly. Makes 3 doz.

Velvet Chocolate Fudge

(from the "Always on Sunday" cookbook (2007) by Eleanor Ostman)

This recipe cuts in half easily, and still makes lots of candy. I use 2 C of walnuts and 2 C of raisins in the half recipe.

- 4 1/2 C. sugar
- 1 T. corn starch
- 1/2 t. salt
- 1 13-oz can evaporated milk
- 1/2 C. butter
- 16-oz. regular size marshmallows (about 1.5 bags)
- 1 12-oz. pkg. semi sweet chocolate chips
- 1 milk chocolate candy bar, 7 oz., broken up
- 2 t. vanilla
- 2 C. chopped walnuts

In heavy five-quart Dutch oven or large saucepan, combine sugar, corn starch and salt. Stir in milk and butter, cook over medium heat, stirring, until mix comes to a rolling boil. Boil for 8 min, stirring frequently. Remove from heat, stir in marshmallows,

chocolate chips, chocolate bar pieces and vanilla. Beat until smooth. Stir in walnuts. Pour into buttered 10 x 15 inch jelly roll pan. Cool. Makes 8 dozen pieces.

Toffee bars

(based on the *Better Homes & Gardens* cookbook)

The crust has to be watched carefully so it does not over-bake. Also, be sure to constantly stir the toffee mixture and remove it when it becomes a golden yellow.

- 1/2 C. butter
- 1/2 C. sugar
- 1/4 t. salt
- 1 C. flour
- 1-14 oz. can sweetened condensed milk
- 2 T. butter
- 2 t. vanilla

texture and fabulous flavor, and it's just as easy as a boxed mix. A few years ago a friend, Eleanor Ostman, recommended the Velvet Chocolate Fudge recipe from her cookbook, "Always on Sundays." The fudge is foolproof, and as good as any you'll buy in a specialty candy shop. The cookies contain a surprise ingredient; the toffee bars are a little tricky but delicious.

Happy baking, stirring, chopping, whatever it takes to create these confections.

Deborah Locke

In medium mixing bowl, beat butter, sugar and salt with electric mixer on medium until combined. Using a wooden spoon, stir in flour. Press into bottom of ungreased 13 x 9 inch baking pan. Bake in 350 degree oven about 15 min. or until edges are lightly brown. As crust bakes, heat milk and 2 T butter in a medium size heavy saucepan over medium heat until bubbly, stirring constantly. Cook and stir for 5 min. more (mixture will thicken and become smooth). Stir in 2 t. vanilla, spread over baked layer, bake for 12 to 15 min. or until golden. Remove from heat and let cool. Melt ten 1.55-oz. milk chocolate bars in the microwave or on the stove. Spread on toffee layer.

Fudgy Fruit Cake Drops

(From the *Star Tribune*)

They were described as the best cookies of all time in the Star Tribune food section. So I rushed home from work to make them, and discovered that they were pretty darn great. So far no one who samples them can identify the taste of grape jelly.

- 1/4 C. butter
- 1/2 C. sugar
- 1 egg
- 1/2 C. grape jelly
- 1 t. vanilla
- 1 C. flour
- 1/4 C. cocoa
- 1-1/2 C. raisins
- 2 t. baking powder
- 2 C. walnuts
- 1 C. chocolate chips

Beat butter with sugar until fluffy. Add egg, jelly, and vanilla and beat until blended. Add dry ingredients, mix and drop by tablespoon on greased sheet.

Bake for 10 min. at 350 degrees. Cool on wire rack.



Early wireless stations

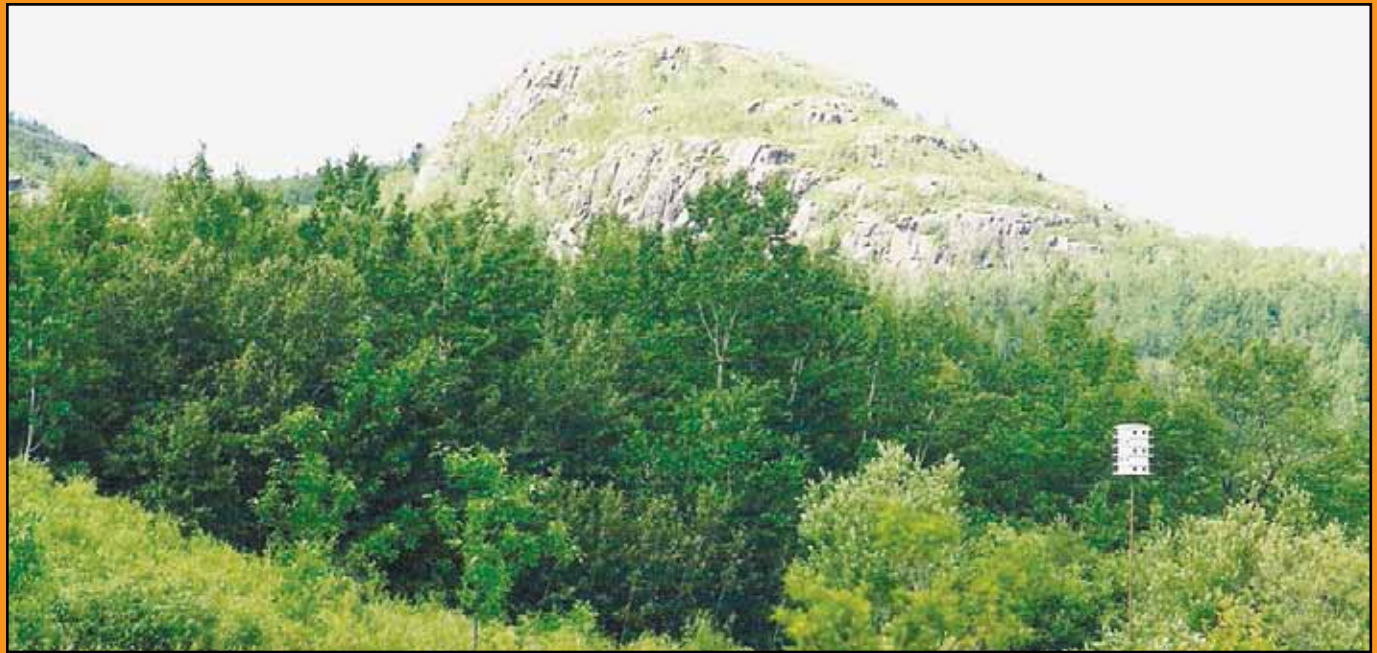


Photo and story by
Christine Carlson

Two of the most beautiful views in the area are from Wadjiwin (Ely's Peak) and Manitou Ahgebik (Spirit Mountain). Each is located in the western end of the city of Duluth and hold particular interest to the Ojibwe.

Some of the higher spots are sacred spots. Standing on either of the peaks presents one with an incredible view of the winding St. Louis River and beyond. The St. Louis River was the life blood of the area where the Ojibwe lived and camped. It was their main transportation route and provided food and furs.

The Ojibwe could drink and cook with the river's fresh pure water.

Wadjiwin means "there is a mountain." It is also known as Ely's Peak. Wadjiwin is located above the town of Gary or a mile west of the Morgan Park stop light entrance. This peak reaches 1,354 feet.

To get there you must cross over the old bed of the Duluth Winnipeg and Pacific Railway which is now a bike and hiking trail. The trail that goes up the mountain is located before the old train tunnel. The trail is rugged but there are places to stop for a rest. At the top are several huge, flat, rocks and an amazing view of the sprawling St. Louis River.

The Ojibwe lived up and down this stretch of the river. John and Liola (Chiever) LaGarde lived for years on 80 acres of land which was

later the property of the United States Steel Corporation in Morgan Park. The land was taken by non-Indians with the Treaty of 1854.

From the Wadjiwin mountain top to the far right you can see the mile-long hill on the way out of the old village of Fond du Lac. At the top of this long hill, is a nice look-out spot dedicated to veterans.

Vision quests on Wadjiwin

An article written by Anna (Smith) Larson in The Steel Plant News of April 3, 1943 states:
One hundred years ago this rock was often the scene of a rite staged by the Chippewa youth to prove his manhood. He fasted for ten days. At the end of the fifth day his parents, from the

Indian village of Fond du Lac, brought him water to quench his thirst. If he was able to continue his fast for another five days, the trial was complete and he was considered a man. Visions of his future life came to him while in a trance and he governed his course of life accordingly.

Manitou Ahgebik (or Spirit Mountain) was also known as Bardon's Peak. It is located above Riverside and West Duluth. Its height is about 1,280 feet above sea level. Presently it is an all-season recreational area. In August of 1984, the first Ni-Mi-Win Pow Wow was held at this special place.

John Bardon, a pioneer resident of Superior, Wis. tells about this special place in a Duluth News Tribune story from

Jan. 4, 1925. He wrote:
One of the earliest uses of this commanding and rugged peak, called by the Chippewas 'Manitou-ah-ge-bik' (Spirit Mountain) was a place of safety, observation and signaling. It was, no doubt, marked on the maps as being a vantage point commanding the best view of the St. Louis River, being nearly midway between Fond du Lac and Lake Superior. From this point could be observed the canoes traversing the rivers, signal fires, also, could be made and seen. In fact it was the 'wireless station' of the times.

Christine Carlson researches history and is a national and local award-winning photographer.

Elder essentials

The final NICOA planning meeting before the NICOA Conference will be held from 5 to 7 p.m. on Sept. 2, 2010. The meeting will be held at the Cloquet ENP meeting room. This is a potluck dinner meeting. Bring your favorite

dish.

The 52+ Elder meetings are held the second and fourth Wednesday of each month, from 5 to 7 p.m. ALL Elders are welcomed. The Sept. 8, 2010 guest speaker will be Cindy Capin from Volunteer Attorneys.

Cindy will discuss Wills and Estates. Additionally, Dr. Terry Setterquist will discuss chiropractic treatments and your back. On Sept. 22, Bob Grydahl from the Duluth Human Rights Office will address the group.

The Elder Activity Fund meetings are held the second Tuesday of each month in the back meeting room of the Cloquet Community Center Library at 1 p.m. Please bring in ideas as to places to go and things to do.

A presentation on traditional Ojibwe culture and history will take place at the Cloquet Community Center meeting room at 4:30 p.m. on Sept. 21, followed at 5 p.m. by a light dinner. The event is sponsored by "Age 2 Age."

etc.

Meeting notice

The September open meeting with the Reservation Business Committee will be held at 1:30 p.m. on Sept. 16, 2010 at the Cloquet Community Center on Big Lake Road. All are invited to attend.

Ojibwe School powwow scheduled for Sept. 10

The FDL Ojibwe School Mino-azhegiwewag Powwow will be held on Sept. 10, 2010 at the Ojibwe School gym, 49 University Road, Cloquet. The feast is at 5 p.m. and Grand Entry is at 6 p.m. Rick DeFoe will serve as Spiritual Advisor. The Master of Ceremonies will be Frank Goodwin. The Arena Director will be Charlie Smith. Host Drum is from the FDL Ojibwe School.

An honorarium will be given for the first five drums that are registered and each drum must have at least five singers. An honorarium for registered dancers will be given for the first 50 adults and the first 50 children. If you have questions, please call (218) 878-7261. Interested vendors should call (218) 878-7241.

Bear boasts big time country concert on Labor Day, 2010

The Black Bear Otter Creek 2010 concert schedule features an outdoor country music tripleheader beginning at 6 p.m. on Saturday, Sept. 4. Heidi Newfield takes the stage at 6 p.m., followed by Clint Black, and Josh Turner.

The outdoor concert stadium will be located behind the parking structure, just east of the golf course clubhouse. Gates open at 3 p.m., and seating for the show is general admission. Otter Creek Event Center Man-

ager Todd Edkins recommended that concert goers arrive early, and bring a patio or lawn chair. Edkins also said that the show will go on "rain or shine."

Heidi Newfield was formerly the lead singer of the country music band Trick Pony from 1996 until she pursued a solo career in 2008. Her debut single "Johnny and June," a song that described the loving relationship between Johnny Cash and June Carter Cash, reached no. 11 on the Hot Country Songs charts in September, 2008.

Clint Black began his music career in 1989, with his first album "Killin' Time." That album had five singles reach number one in the Hot Country Singles charts, and the songs "A Better Man" and "Killin' Time," the title track, reached the year end ranking of number one and number two, the first time a country album featured the top two positions at year's end in 36 years. Other hits from Black include "Like the Rain," "Something That We do," and "The Shoes You're Wearing."

Josh Turner began singing lead and bass in his church choir during his youth. Turner has 11 country singles since his debut; three of which reached number one. Notable hit songs by Turner include "Your Man," "Would You Go With Me," "Long Black Train," and "Firecracker."

To celebrate Black Bear Casino Resort's 17th anniversary, tickets are priced at \$17. Tickets can be purchased by visiting a Black Bear cashier cage between the hours of 8 a.m. - 11 p.m.; or by calling Ticketmaster at (800) 745-3000, or through the Ticketmaster.com website.

Casino guests can earn their concert tickets by playing their favorite slot machine. On Mondays through Thursdays until August 31, players who earn 100 slot points in one day can swipe their player's card at any of the kiosks to receive a coupon good for one complimentary ticket at

the cashier cage. Players must print their kiosk ticket on the same day they earn their points, and players are eligible to receive one ticket per week.

Symphony Orchestra to perform at Bear

The Duluth Superior Symphony Orchestra will perform at the Black Bear Otter Creek Arena at 3 p.m. on Sept. 26, 2010. Tickets are \$20 for general admission, and \$10 for students. Tickets can be purchased at the Casino cashier cage between 8 a.m. - 11 p.m.; or by calling Ticketmaster at (800) 745-3000,

or through the Ticketmaster.com website.

New community services director hired

In early May, Jim Kyle started work as the new FDL Community Services Director. Jim is responsible for daily operations of the three district community centers. Also, he oversees the Food Distribution, Energy Assistance and Elderly Nutrition Program, FDL Transit, the Elder Advocacy, and Veterans.

Jim was the program director for the Thunder Bird and-

Wren House halfway houses in Duluth, a position he held from 1991-'93. He worked as a chemical dependency administrator in Philadelphia.

He is an FDL Band Member, is the son of Adrienne Bosto, and grew up in Minneapolis. Jim has a M.H.S. from Lincoln University. He entered the U.S. Marine Corps in 1970 and served in Vietnam for 18 months. After his honorable discharge in 1974, Jim entered a treatment center for addictions in Minnesota. His success with that program inspired him to help others overcome their addictions.

**Fond du Lac summer construction projects update**

The Supportive Housing complex and the Resource Management building have been open for two months. The Tagwii building is nearly complete. Other projects underway include Moorhead Road improvement and expansion, the Center for American Indian Resources (CAIR) building, the radio station studio construction, and the Assisted Living building.

The former FDL Ojibwe School bookstore is being converted into studio space for WGZS, the new radio station, and should be finished by late August. There will be two sound studios inside the radio station office. After the walls and a window between the two studios are finished,

installation of the electronic equipment - the nerve center of the station, will start. A list for purchasing studio equipment is nearly complete, and construction for the tower to transmit the station's signal will follow shortly afterward. It is expected that the station will be operational sometime between January and March, 2011.

CAIR building renovations are nearly complete. A new ramp for people with disabilities, some foundation repairs, and interior and exterior renovations are part of the \$525,000 project. Renovations will be completed in early fall.

The Assisted Living building features ten units. A large kitchen is planned for the

occupants, as well as a community room in the front of the building. Steel beams for a covered front entrance have already been installed. Framing for the building continues on a daily basis, along with the installation of the roof joists. Current water and sewer mains needed to be extended in order to reach the new building, and that part of the construction is also under way. Total cost of the building will be \$3.9 million.

The Moorhead Road construction will continue until winter, and resume next spring. Expected completion of the road rebuilding and paving project is next summer.

Your legal rights

Elders who need help with paying property taxes; judgments and garnishments

Dear Senior Legal line: My wife and I are having trouble paying the property taxes on our house. We live on a fixed income of Social Security benefits and do not have any savings to dip into to pay the taxes. We do not want to get a reverse mortgage at this time. We do not want to sell, since we have lived in our home for over 25 years and, even though we are both over 75, we are still able to live independently. Is there a way to get help paying our property taxes?

Elmer
Dear Elmer: The Minnesota Department of Revenue has a program that may help: the Senior Citizen Property Tax Deferral program. The program is designed to help seniors who are having difficulty paying their property taxes. It is not a tax forgiveness program – it is basically a low interest loan from the state.

If you qualify, you will apply and the state determines what your portion of the property taxes will be under the program. Your portion is limited to three percent of your annual household income. So, for example, if your and your spouse's annual income totals \$25,000, the annual property taxes you would pay would be three percent of \$25,000, or \$750. Your portion does not change while you are on the program. The state pays the rest of the taxes, called the deferred portion, to your county. The portion that the state pays is a loan to you and it will accrue interest (up to a maximum of 5 percent per year). It also becomes a lien on your home.

To qualify, at least one homeowner must be 65. The other spouse must be at least 62 years of age. The total household annual income must be below \$60,000. At least one of the

homeowners must have owned the house as his or her homestead for 15 years prior to the date of application. The home must be free of any federal or state tax liens or judgment liens, and the mortgages and other encumbrances on the home cannot exceed 75 percent of the assessor's estimated market value of the home. In your case, you appear to qualify since you are over 65, your only income is social security benefits so it is likely your household income is less than \$60,000, and you have lived there for more than 15 years. If you do not have any federal or state tax liens, other judgment liens, or excessive mortgages on the property, you seem to be eligible.

Also, when you apply, in order to prove what sort of encumbrances (liens, mortgages) are on the property, you have to pay for a report. If your home is an Abstract property, then it will probably cost approximately \$50 to have an abstractor do the "Owners and Encumbrances" report. If your home is a Torrens property, it will cost approximately \$10 for a copy of the original "Certificate of Title" from the County Recorder's office. If you do not know what kind of property you have, contact your County Recorder's office.

The application deadline is July 1st, in order to defer the following year's property taxes.

The advantages of the program are affordability and predictability. While on the program, you know what your taxes will be and since it is three percent of your income, it will probably be affordable to you. You won't have to sell your home and won't lose your home to tax forfeiture since you will be able to pay your taxes.

Of course, since it is a loan, it will eventually have to be paid

back. The state will get repaid while you are on the program by getting any income tax refunds, lottery winnings, or refunded political contributions that you are entitled to. While on the program, you won't be entitled to any property tax refunds. You can continue on the program as long as you stay eligible. The program will stop if you sell or transfer the property; the home no longer qualifies as your homestead; you voluntarily stop the program; or if your income climbs above \$60,000 per year.

If your income goes above \$60,000 you must inform the state so that the state's payments to the county will stop. If your income falls again, then you may go back on the program. If you fail to inform the state that your income increased over \$60,000, then you are subject to penalties. Once the program stops, the amount that the state paid out on your behalf has to be repaid to the state.

The program may be a nice alternative to a reverse mortgage. If you have any questions about the program, you may contact the Minnesota Department of Revenue at (651)296-0333 or (651)556-6088, or go to their website at www.taxes.state.mn.us. You may pick up the application from your local County Auditor's office.

This column is written by the Senior Citizens' Law Project. It is not meant to give complete answers to individual questions. If you are 60 years of age or older and live within the Minnesota Arrowhead Region, you may contact us with questions for legal help by writing to: Senior Citizens' Law Project, Legal Aid Service of Northeastern Minnesota, 302 Ordean Bldg., Duluth, Minn. 55802. Please include a phone number and return address.

You and the Law: What to do about a judgment and garnishment

A series of articles presented by the Indian Legal Assistance Program, Duluth

If a creditor obtains a judgment against you, the creditor can try to collect that judgment by way of attachment or garnishment. In other words, the creditor will try to take part of your wages directly out of your paycheck or your bank account. There are even instances where creditors can garnish without a judgment. If you receive a "Notice of Intent to Garnish," you must act quickly to possibly avoid garnishment.

There are some protections for persons threatened with garnishment. If you receive any of the following benefits, you are generally exempt from garnishment: Aid to Families with Dependent Children (AFDC), Medical Assistance, Minnesota Supplemental Aid, Supplemental Security Income (SSI), General Assistance, or assistance from some other needs programs. Benefits placed in a bank account are also exempt if you can show that they come from exempt sources and only for limited time periods. If you have wages and are receiving Social Security or Unemployment Compensation benefits, your wages can be garnished, but the benefits themselves cannot be garnished.

At some point before the creditor attempts to garnish your wages, you should receive a "Garnishment Exemption" form in the mail. You must fill this out and return it to the

creditor immediately if you are receiving any of the above-listed benefits. This form tells the creditor that your money cannot be garnished. If you forget to fill out the form and claim your exemptions, you may not lose them; however, the creditor will take the money and then you will have to attempt to get it back from them. Sometimes the creditor gets carried away and may take an exempt asset. At that point, you can get the money back but you must go to court to do so.

If you do not fill out the exemption form, the creditor will contact your employer to get information on how much money you are paid and how often. Generally, creditors cannot garnish more than 25 percent of your net wages. Creditors also cannot take your home, car, furniture, employee benefits or insurance proceeds up to certain values.

Try to avoid garnishment. It is best to work out a voluntary payment schedule for a judgment, rather than wait for garnishment. Contact the creditor and see what they are willing to work out with you. There can be many extra costs associated with garnishment that you will have to pay along with the judgment.

If you have any topics you would like addressed in future columns, please write to us at: Indian Legal Assistance Program, 107 W. First St., Duluth, Minn. 55802.

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.

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 Sept. 15, 2010 for the October 2010 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to danielhuculak@fdlrez.com

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and your name with anything you submit. Materials will be edited for clarity and length.

Birthdays

Margaret Needham would like to wish the following CAIR staff members a Happy Birthday for the month of September: **Carol Deverney**, Lead Social Worker, (Sept.) 7; **Gail Omundson**, Medical Records (Sept. 29); and **Cindy Olson**, Pharmacy Technician – Sept. 30.

Happy Birthday to **Dannell Savage**, (Sept. 2). You are a strong, beautiful, and loved lady. *Darci and family*



Happy 13th Birthday **Donovyn and Faryn Dupuis**, (Sept. 26) They are getting old, they're teenagers now! *Love the two of you lots, "Beans" (Tasheana)*

Happy Birthday to **Russ Rule** (Sept. 28), the world's Best Dad and Grandpa. We love you so much! *Love, "Beans" (Tasheana), Kevin, Miah, Mom Jamie, Jayden, Jolana and our buddy, "Twoshot"*

Happy Birthday to my Sis-in-law **Debbie Ammesmaki** (Aug. 18)! Happy Birthday to my Brother **Jodi Ammesmaki** (Sept. 17)! Happy Birthday to my Nephew **Matthew Ammesmaki** (Sept. 16)! Happy Birthday to my Brother **Shawn Ammesmaki** (Sept. 28)! *Love to all, "Koko" Nicole*



Happy 35th Birthday to **Travis Paulson** (Sept. 1) *Love, Jalen, Cordell, and Mom*

Happy Birthday **Shaydon** (Sept. 15) and **Shayna Thompson** (Sept. 8).

Love you always, Mom, "Meemah-Jeanne," Lu and Derrick



Happy 11th Birthday to **Danielle Lynette Delores Vick** (Sept. 1). Sending hugs and love always.

Mom, Dad, James, Joshua and Samara

Happy 3rd Birthday to **Samara Patricia Vick** (Sept. 4). We love you forever, Angel. *Love, Mom, Dad, James, Joshua and Danielle*



We want to wish our daughter, **Kaylee Besch**, (Aug. 24) a happy belated 12th birthday!! You are our princess, and we love you very much. *Mom, Dad, Ryan, Matt, Dominick, Lucas and Samantha and Grandma and Papa Besch, Grandma and Grandpa Fox.*

We want to wish, **Timothy Fox-Aho**, a very Happy 14th Birthday (Sept. 25). *Love You! Auntie Toni, Uncle Rob, Matt, Ryan and Kaylee.*

Happy Belated Birthday to **Sabrina Leith** (Aug. 17). *Love, Mom and family*

Thank You

Many thanks to the Fond du Lac Band for its continued support and sponsorship of the FDL WIIDOOKAAGE ("They help each other") Clan Relay for Life team.

From the Fond du Lac WIIDOOKAAGE clan members

Stolen scooter

To whomever or anyone who might know who took my Honda Scooter Limited Edition Metropolitan from our garage the week of Aug. 16, please know that it was an anniversary gift from my husband, so it has real sentimental value. Please return it, no questions asked, no police involvement, no contact with me. Park it anywhere near the garage. Also, please do not damage it, or alter its unique design. This model is irreplaceable.

Memorials

In loving memory of our beloved Daughter, Sister, Mother, Grandma, Wife and Friend, **Trina Louise St. Germaine Langenbrunner** (Sept. 12, 1966 – Sept. 3, 2000)



In Memory I Live On

By Constance Jenkins

Weep not for me though I am gone, into that horrific night. Grieve if you will, but not for long, upon my soul's sweet flight.

I am at peace, my soul's at rest, there is no need for tears. For with your love I was so blessed for all those many years.

There is no pain, I suffer not, the fear now all is gone. Put now these things out of your thoughts, in your memory I live on.

Remember not my fight for breath, remember not the strife, please do not dwell upon my death, but celebrate my life.

Trina, you are not forgotten. We miss you and love you. *From your family*

In loving memory of my sister, **Nancy Howes** When someone you love becomes a memory, The memory becomes a treasure.

Missed by Mary

Two years ago, August 15, 2008, (Niwiwiban) my life partner **Leia Rae Grant/Goodbird** crossed over. This was one of the most difficult times I had to face in my life. This loss continues to challenge me.

I want to thank the friends and family members who helped me in this time of grief with ceremonies, prayers, words of comfort, cards, phone calls, money, food, and the times of long visits. There

Community News

are too many names to mention here, but I'll never forget those individuals who shared their friendship, guidance, hospitality, and most of all, love. I love you all.

Leia Rae meant everything to me. We made a house together, and I loved coming home to her. I loved her smile, I loved her voice, I loved her hands, I loved her walk, and I loved her name. Leia Rae was and will always be beautiful to me.

Leia walked by my side on a spiritual path in life; Leia gave me a chance to be strong again. Leia Rae was someone who made me feel good about living. Leia and I were learning about and living life together; we were growing. Leia accepted me as I am. I felt protected, secure, and sheltered. Leia gave me support and comfort whenever I needed it. I had been looking forever for real love and it was beautifully found with Leia Rae Grant/Goodbird. I never question the mysteries of life and death, but I often wonder! I thank the Great Spirit for the life and times I've had by Leia's side. I'll cherish Leia forever.

Ricky W. DeFoe

Obituaries

Margaret Mae Robideaux, 74, of Cloquet, passed away Aug. 5, 2010, at St. Mary's Medical Center in Duluth, Minn. She was born Jan. 21, 1936, in Balaton, Minn., to Clarence and Carrie Thurk.

Margaret worked as a MIS telecommunications engineer for the Fond du Lac Reservation for over 27 years. She was a very loving wife, mother and grandmother. Margaret had a deep love and commitment to her family and shared their love of sports. She was a devoted coach, cheerleader and hockey Grandma for not only her own family but for anyone in need of encouragement. She was an active member of Our Savior's Lutheran Church for many years and her long-term position as Sunday school superintendent shows her love and dedication to her faith, and again her commitment to the children in her community.

She loved cats, reading, crossword puzzles, chocolate, and most especially her family.

Margaret was preceded in death her parents, Clarence and Carrie Thurk; her step-mother,



Great job!

Congratulations to the **Lake Superior U14 girls fast pitch softball team, the Sawyer Raging Qways**, for a fun and competitive season. The players are: Nikki Ojibway, Alissa Wakefield, Shana Peacock, Kayla Jackson, Cedar Savage, Courtney Thompson, Faryn Wilson, Drewrez Budreau, Sara Fineday, Prairie Northrup and Meny Sandoval. An extra special thanks to Coaches/Manager Naomi Mohr and Gordon Ojibway.

From the families and parents

Doris Thurk; and her husband, John Robideaux.

She is survived by her sons, Robin (Julia) Robideaux of Wellington, Colo., Randy (Carol) Robideaux of Chippewa Falls, Wis., Scott (Victoria) Robideaux of Grafton, N.D., and John (Shelley) Robideaux of Cloquet; one daughter, Lori (Mark Wilson) Robideaux of Baltimore, Md.; one brother, Kenneth (Jackie) Thurk of Villard, Minn.; 10 grandchildren, Michael Robideaux, Frank McHenry, Casey (Jenn) Robide-

aux, Mandy (Satch) Hrdlicka, Jess (Ben) Anderson, Keri (Darin) Bergeson, Jillian Robideaux, John Robideaux, Casey Wilson, Tanner Robideaux and Lexi Robideaux; four great-grandchildren, Lukas, Eathen, Kiersten and Caleb Robideaux; and several nieces and nephews.

Visitation was held Aug. 9 at Our Savior's Lutheran Church. A luncheon in the church social hall followed funeral services.

Memorials may be made to the Margaret Robideaux Memorial Hockey Fund for Underprivileged Children. For more information on that fund, call Nelson Funeral Care, (218) 879-3225.

Edward Francis "Red Cloud" DeFoe, 83, of Cloquet, entered into the spirit world on July 31, 2010, at his home. He was born June 13, 1927, in Cloquet to Frank and Katie (Laundry) DeFoe. Edward was a veteran of the U.S. Army. He worked for Cloquet's Wood Conversion and Fond du Lac Security and

retired from Challman Welding.

He was preceded in death by his wife, Josie Smith DeFoe; son, Jeffery; grandchildren, Owen, Sandra, Karen and Lightening; and 16 siblings.

Edward is survived by his children, Beverly (Olie) Kier, Debbie (Richard) Anderson, Patsy (Richard) Knight, Arlene (Corvin) Londo, Anita (Dave Tiessen) DeFoe, Dale (Barbara) DeFoe, Bonnie (Delmar Des-Jarlait) DeFoe, Pamela DeFoe, Rosemary (Edward) Flocken, Barbara (Kenny) LaChapelle, Lee (Tammy) DeFoe, Josa (Gary Martineau) DeFoe and Ted (Lurinda) DeFoe; many grandchildren, great-grandchildren and great-great-grandchildren; and many nieces and nephews.

The visitation was held Aug. 3 in the Fond du Lac Head Start gym and continued through the evening until the 11 a.m. Traditional Funeral Service on Aug. 4, also held in the gym. Interment was in the Old Holy Family Cemetery.

For sale

Cabin for sale -- \$35,000 or best offer. Located on Lake View Dr., Big Lake, lease lot no. 25 of Big Lake West. For more info, call (218) 879-9054.



Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990.

Two bdrm., 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$245,900. Call (218) 879-5617 for more info.



Manoominike Giizis - Wild Rice Moon September 2010

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185;

CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center;

NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLC: Fon du Lac Casino

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Elders Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC Turbo Kick 12 p.m. CCC GED 4 p.m. CCC 1	Get Fit 12 p.m. CCC Walk/Jog 12 p.m. MNAW Bimajii 4:30 p.m. CCC Ojibwe Language 5 p.m. CCC Atlantis 6 p.m. FDLC Eddie Money 7:30 p.m. FDLC Money Booth FDLC 2	Wild Rice Camp 9:15 a.m. CCC Storytime 3:30 p.m. CCC Women's Night 6 p.m. CCC Mocassin Games 6 p.m. CCC Intro to Drum/Singing 6 p.m. CCC 3	2010 Outdoor Music Fest 6 p.m. BBCR 4
	CLOSED 5	Walk/Run Group 12 p.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GA 3 p.m. MNAW Native Youth Group 4 p.m. CCC AA/NA 6:30 p.m. CCC 6	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC Elders Concern 10 a.m. CCC Adult Games 12:30 p.m. CCC After School Program 3 p.m. CCC GED 4 p.m. CCC Bimajii 4:30 p.m. CCC 8	MNAW PHN Cooking 12 p.m. CCC Get Fit 12 p.m. CCC Walk/Jog 12 p.m. MNAW Ojibwe Language 5 p.m. CCC After School Program 3 p.m. CCC Native Youth Group 4 p.m. CCC 9	After School Program 3 p.m. CCC Storytime 3:30 p.m. CCC Laughs and Crafts 6 p.m. CCC Women's Night 6 p.m. CCC Mocassin Games 6 p.m. CCC Intro to Drum/Singing 6 p.m. CCC 10	Sobriety Walk 5K 9 a.m. CCC Home Buyers 8 a.m. CCC 11
	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC Cribbage 5 p.m. CCC 12	Walk/Run Group 12 p.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GA 3 p.m. MNAW Native Youth Group 4 p.m. CCC AA/NA 6:30 p.m. CCC 14	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC Elders Concern 10 a.m. CCC GED 4 p.m. CCC I CAN COPE 5 p.m. MNAW 15	Walk/Jog 12 p.m. MNAW Get Fit 12 p.m. CCC Bimajii 4:30 p.m. CCC Ojibwe Language 5 p.m. CCC 16	Storytime 3:30 p.m. CCC Native Youth Group 4 p.m. CCC Women's Night 6 p.m. CCC Mocassin Games 6 p.m. CCC Intro to Drum/Singing 6 p.m. CCC 17	Men's Health Brunch 9 a.m. CCC Open Sewing 9 a.m. CCC 18
Vikings vs. Miami 12 p.m. CCC 19	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC 20	Walk/Run Group 12 p.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GA 3 p.m. MNAW Native Youth Group 4 p.m. CCC AA/NA 6:30 p.m. CCC 21	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC Elders Concern 10 a.m. CCC GED 4 p.m. CCC Bimajii 4:30 p.m. CCC 22	Walk/Jog 12 p.m. MNAW Get Fit 12 p.m. CCC Ojibwe Language 5 p.m. CCC Gigigaan Harvest Feast 6 p.m. CCC 23	Storytime 3:30 p.m. CCC Native Youth Group 4 p.m. CCC Laughs and Crafts 6 p.m. CCC Women's Night 6 p.m. CCC Mocassin Games 6 p.m. CCC Intro to Drum/Singing 6 p.m. CCC 24	Open Sewing 1 p.m. CCC 25
	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC 26	Walk/Run Group 12 p.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA 6:30 p.m. CCC 27	Elder Aerobics 8 a.m. CCC Elder Exercise 9 a.m. CCC Elders Concern 10 a.m. CCC GA 3 p.m. MNAW GED 4 p.m. CCC Bimajii 4:30 p.m. CCC 29	Walk/Jog 12 p.m. MNAW Get Fit 12 p.m. CCC Ojibwe Language 5 p.m. CCC 30	<i>No information submitted from Brookston or Sawyer for Sept.</i> If you would like your activities included in this calendar – please get them to the newspaper office by the 15th of the month. Thanks!	