

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



Karen Diver, MaryAnn Walt, and Ferdinand Martineau share a laugh during the ground breaking ceremony.

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Local news

Fond du Lac grows within Duluth

By Zachary N. Dunaiski

For far too long the Fond du Lac Band has waited for the chance to update their two building within the Duluth city limits. This summer finally provided a good opportunity to make major changes to the Center for American Indian Resources (CAIR) facility as well as upgrading the Fond-du-Luth Casino.

CAIR is a very popular spot for FDL, for Band members who either can't or choose not to come all the way to the Reservation to go to Min No Aya Win clinic. The new facility will provide 30,000 square feet of medical, pharmacy, physical therapy, behavioral health, and chemical dependency treatment along with additional public health and social services.

Currently, CAIR has around 50 employees. Over the next 5 years, we expect that number to grow to over 100. The facility will cost over \$13 million in construction and furnishings and will be paid for entirely with Band resources.

"Tribes, at that time, in the 70's were able to tell the federal government that they wanted to provide their own service delivery. One of the first things we picked was healthcare," Chairwoman Karen Diver said about the beginning of the CAIR facility during its ground breaking ceremony. "We had a lack of services with the closing of the Indian Hospital."

The CAIR building, which seemed older than it probably was, was purchased back in the 80's for FDL to be able to provide medical services for their members. Over the last 30+ years, it served as a place for Fond du Lac to help its Band members stay healthy. With that in place, Fond du Lac moved quickly to begin filling positions to get the clinic in Duluth up and running.

"We hired a young man with social justice in his heart, Phil Norgaard and secondly hired a nutritionist, Chuck Walt," the chairwoman added. "We saw the scourge that inadequate healthcare had on our commu-

nity. The average age of death for a native person in the 70s was 56."

It was for that very reason that FDL wanted to start its own healthcare system and protect its people to live to a much older age.

"Investing in our wellness and not just treating illness is something that was incredibly important to the Fond du Lac Band," Chairwoman Diver added about the beginning of CAIR, but a statement that is just as true and important today.

Aug. 12 was the beginning of the destruction of the old house next to CAIR, and the piece of land next to it began to go through a major renovation. It was only a few days later, Aug. 14, that the RBC and a few select people who helped make the new building possible, were there with brand new gold shovels to dig into the ground for a ground breaking ceremony.

CAIR wasn't the only improvement being made in Duluth. Months earlier, the



The old CAIR building being torn down to make room for the new CAIR facility to help bring health services to Band members and other eligible people.

Fond-du-Luth construction began, and even opened the second floor up for activity on July 13. The grand opening for the facility is currently planned for Aug. 31 with a ribbon cutting ceremony. While the court ruling in Fond du Lac's favor certainly helped the casino get to this updated state, it wasn't a necessary factor as the construction began long before the potentially final court ruling.

While there are many things to be excited about at the updated casino, many are

interested, worried, or curious (or some combination of all three) about the effect the non-smoking floor will have on the outcome of the income. While some may complain about the non-smoking floor, Fond du Lac has taken great strides to keep the health of Band members as its most important goal.

For the Fond du Lac Band members and non-members who live off the Reservation and in the city limits of Duluth, these are very welcome changes.

Nahgahchiwanong Dibahjimowinnan

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

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Editor: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news



RBC members and other FDL employees who had a big impact on the expansion of the CAIR facility ceremoniously dig to start the construction of the new facility.



The hole on the backside of the CAIR facility just shortly after deconstruction began.



The council thanks members of the community who came to the ground breaking ceremony and speak of where FDL will go in the future.

Out with the old ...



... and in with the new!



Pictures taken in approximately the same place showing the drastic changes and the new look for the Fond-du-Luth's second floor remodel.



A few thoughts from RBC members

From the Chairwoman

The Fond du Lac Band has been a part of a collaborative in the northeast region of Minnesota that has been working on bringing broadband to rural Minnesota. As a part of this partnership, the Band was able to install fiber optic internet to the commercial buildings on the Reservation, an initiative called "middle mile". The Band continued to work in partnership to get funding for "last mile" fiber optic, which would connect households to this service.

In late July, the partnership was notified that it received \$6 million in funding specifically for the Fond du Lac Band to connect households within the Reservation to the fiber optic network. This would include the whole Reservation except a portion along Big Lake Road which already has access to high speed internet. In the future, this area may be connected, but not with these grant funds. While there are many details yet to work out, it is expected that installation will begin late this year or early next year. This is very exciting, and will no longer mean technological isolation for our community.

There was another win for the Band in the ongoing saga over revenue sharing with

the City of Duluth from the Fond-du-Luth Casino. Previously, the 8th Circuit Court of Appeals ruled the District Court failed to consider the intent of Congress in interpreting the provision related to the protection of tribes and the "sole proprietary interest" tribes must have in their gaming enterprises in the Indian Gaming Regulatory Act. With that direction, District Court Judge Susan Nelson issued a new opinion stating that the Fond du Lac Band does not have to pay the City of Duluth funds it withheld from 2009-2011, valued at \$10.4 million.

It has been very frustrating for the Band during this litigation because of the ongoing rhetoric that comes from the City of Duluth. Some facts that are often obscured by the media include: 1) The city never owned the building. The Band bought it from Sears. The "rent" payments to the city were actually just a share of the profits. No other business has to share their profits with the city. 2) The Band is not responsible for the lack of repair of Duluth's streets. In fact, nowhere in any of the agreements does it say how the city should use the money. Duluth made that decision, and then used the proceeds for many other reasons than roads. The city has been on notice since

before 2009 that the Fond-du-Luth agreements may not be legal. It is certainly not the Band's problem if the city failed to make an alternative plan, like property taxes usually used, to fund their streets. 3) The city says that the Band pays nothing for city services like snow plowing, policing, etc. In truth, the Band has paid the city over \$80 million. If this was taxable property, the Band would have paid about \$50,000 per year in city property taxes. Given that, the Band has actually paid 1,600 years of property taxes. Despite that outrageous figure, the Band has offered to pay the city for services, and the city responded that it would take its chances in court.

The Band broke ground on a major expansion for the Center for American Indian Resources (CAIR) in Duluth. CAIR is operated by the Human Services Division, and provides medical, dental, social services, etc. to Native Americans living in Duluth and surrounding areas. The \$13 million expansion will allow for expanded services including the addition of outpatient treatment services. This project is funded solely by the Fond du Lac Band.

If you have any questions or comments, please let me know at the office (218) 878-2612 or by email at karendiver@fdlrez.com.



Karen Diver

Boozhoo,

Each year I am reminded of the circle of life. The seasons change right before our eyes and I realize how much influence they had on our ancestor's daily lives. How they had to be in tune with the seasons and what they had to do almost by the day to prepare for their survival with the next season. I am also reminded of this each time I have to deal with the passing of a Band member. I think back to a simpler time when I would talk to my grandfather and he told me that passing on to the spirit world was the final act of our life. That each of us will pass into that world at some time. The hard thing to deal with is the shortness of the time here for some.

The 23rd annual Black Bear Golf Tournament is complete. 658 golfers were treated to a weekend of golf. The tourney is large enough to require the use of three 18 hole courses. The home course has been used for women's and championship flights and Nemadji has been used for the other flights. There were some changes made in the tournament format this year that were not very well received and I will be bringing them forward for reconsideration by the RBC for next year's tournament.

There is plenty of excitement in our Center for American

Indian Resources staff. We are going to be building them a new building to house all the current services with room to expand some needed services in the Duluth American Indian community. A ground breaking ceremony was planned for the 14th of August, so we hope you were in the neighborhood and able to stop by and feel the excitement.

If you have not already heard we were victorious in the Fond-du-Luth court case again. In short, the court ruled that the Band should be the sole beneficiary of the profits from FDLIC. We have not been given a free ride for use of any services that the city provides such as police and fire protection. As we have

in the past we will continue to pay for our lights, water, sewer, and ambulance service. When all the dust and rhetoric clears I am sure that the city will come back to the table and we will pay our fair share of the fee for services that we should. Right now it just feels good to bask in our victory and be told that we were right in our decision to stop payment.

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

Gigawaabamin.



Ferdinand Martineau

RBC Thoughts (continued)

Brookston News Band Members!

I hope everyone is well, summer is coming to an end and school is nearing for our kids. It's hard to believe that another summer is almost over, but this signals our time to harvest rice. This past weekend I was out driving around the ricing lakes, and they look great, the lakes are full of rice! I hope everybody gets a chance to go out and rice. Deadfish Lake has been designated for the elder's lake this year. The ricing regulations are the same as they were last year.

There are few issues of concern that I would like to address. The first is the Secretarial Election that the Minnesota Chippewa Tribe TEC (Tribal Executive Committee) is proposing. As of now there hasn't been any information given to the Tribal membership. It's alarming to realize that we as enrolled members of the Tribe have not been properly informed of what all of this entails. There are countless concerns of what ramifications the Tribe will encounter. Some may not even have been taken into consideration or even thought about without

knowing what information the TEC is basing their decision on for this referendum. All of this should be leaving you with questions in your mind, as it does with me. I have been requesting information and to date have not been informed, therefore I still am holding meetings regarding the constitution, everyone is welcomed. I encourage all of you to read the constitution.

Secondly, the drug issue on the Reservation. I continue to write about the affects of the drug problem that we face on our Reservation. Not only do we have to help those that battle the addiction, but



Kevin Dupuis

we can't forget those that live with it in other ways, such as: the children that see parents, family members and other loved ones using, and family members, neighbors, friends taking care of children of those that are addicted, deaths of loved ones, ODs of family members, friends, community members. The drug issue has an effect on all of us, so together we have to support each other, come together, and we need to try to help stop this and help support each other.

Thirdly, the quarterly meeting was held in the

Twin Cities. The meeting had about 20 people that attended. I was made aware that the flyer regarding the time and date didn't make it out in time, but I plan on heading to the cities once a month to keep in contact with the members in the cities. At this meeting an 18 year old spoke from his heart. He spoke of the drug issue, talked about his friends and other kids ODing, hearing about kids as young as 12 using, he said he wants a change, he wants to have all the Reservation kids know that there is a life out there, things do matter. This young man also asked many other questions of the RBC, it was an honor to have this young man speak his mind, he was heard, and I will be meeting again with the youth to hear and to listen. It's time we all do.

Finally, I plan on having a schedule available of my meeting times regarding the constitution and on the same night my monthly Brookston meetings. Along with these meetings I will also schedule once a month a day and time to meet with the youth.

I appreciate your calls, your opinions, and your support. It doesn't go unnoticed, Thank you.

Cloquet News

Hello All

We received yet another court ruling from the District Court stating that we, the Fond du Lac Band, do not have to pay the city of Duluth, back payments, of approximately 10 million dollars for the years 2009 - 2011 as it relates to our Fond-du-Luth Casino. This is appealable by the city of Duluth, and I suspect that they probably will appeal. I am completely amazed at the work our legal staff has done for us on this case as well as the many other issues they are working on regularly. I would like to thank our entire legal team for what they have accomplished. Nice work all.

The Black Bear Native American golf tournament was held in August. I am aware that some items were cut from previous years, however, those years showed a loss of income ranging in the amounts of thousands of dollars. Upon evaluating this loss, the RBC had no choice but to approve a budget that allowed for a break even event this year. Some of the participants were unhappy about the cuts made. However, I heard it went well and within budget. Good job staff and tournament committee.

We were able to break ground on our CAIR clinic facility in Duluth this month. This is a major investment in off Reservation clinical services for all Tribal members

and others that wish to use our services. I am excited to get this project underway.

Recently, the RBC was faced with making a decision about having a Moose hunting season this year. Unfortunately, the Fond du Lac Band will again, not have a moose hunt season. Results from the moose population survey indicate the population has declined approximately 50% since 2005 and has not shown signs of recovering or stabilizing. The research data indicates adult mortality remains higher than average due to predation and health issues and moose calves are dying before they are 4 months old. Moose hunting for subsistence purpose remains an important treaty right, as well as continuing our cultural and historic ties.

This is a tough decision, but I assure you that the RBC is committed to restoring and safeguarding the moose population. Our ancestors, through treaties, held the rights for us to hunt, fish, and gather. It is quite disturbing that such decisions have to be made.

On another note, I visited some of the wild rice lakes recently, the crop looks to be in pretty good shape. Our natural resources department is monitoring the lakes and will soon have the regulations set for harvesting.

As always, please feel free to contact me any time, (218) 879-8078 (office), (218) 428-9828 (cell), or wallydupuis@fdlrez.com



Wally Dupuis

More Local News



A new teaching drum for FDLTCC

The Fond du Lac Tribal and Community College (FDLTCC) didn't have a drum, or at least not one that wasn't in desperate need of repair, and often would borrow one from Jeff Savage and the FDL museum. That changed this summer.

Jeff Tibbetts built the base of the drum, and Charles Smith worked on the hide for the top of the drum.

This drum will fill a major purpose as a teaching drum at FDLTCC starting during this upcoming school year.

Right: The drum just moments after it was stained by Jeff Tibbetts a day before the hide was put on to complete the drum. Left: The drum being used for the first time.



Flag exchange

Fond du Lac held a meeting with the Minnesota Department of Transportation (MnDOT) on July 21. MnDOT had been going around the state meeting with all the Minnesota Tribal Governments to discuss a wide range of issues related to transportation. While many of the meetings that take place in the tribal chambers are intense and rather serious, this one was drastically more light hearted and had many of the council members joking with the members of MnDOT.



The FDL RBC present their flag to the Commissioner of the Department of Transportation Charles A. Zelle.

Attention Parents | Coaches | Athletes!!

Fond du Lac Human Services Division wants you to be prepared for the game. We have blocked out time in each of our providers schedule specifically for your sports physical needs in **September**. Call for a list of our current providers for the FDL HSD Medical Clinics.

Can't get in with your provider before the big game? We have you covered!

We will also be hosting Walk-in Sports Physical Clinics at the Min No Aya Win Clinic... call triage for further details!

Don't get benched!

**Call 218-878-2190 to get in with your primary provider!
Or for more information on the walk-in clinics call triage @ 218-878-2120.**

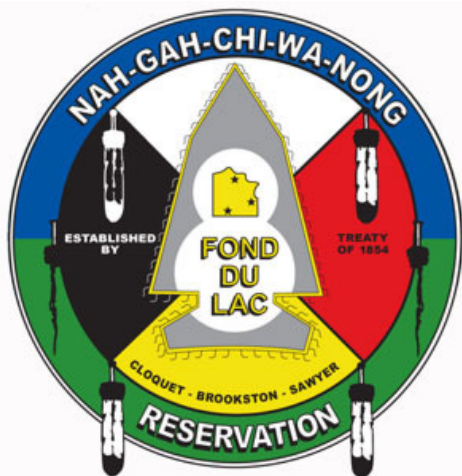


Any minor child 17 and younger must be accompanied by a parent or guardian.



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Medical Department

10TH ANNUAL FDL VETERANS GOLF TOURNAMENT



Saturday, September 5, 2015
Black Bear Casino Resort Golf Course

Registration 7:30am
Shotgun Start 9:00am
Steak Dinner 3:00pm
Awards 4:00pm

Rain or Shine

4 PERSON SCRAMBLE

MEMBERSHIPS NOT APPLICABLE

\$75.00 PER PERSON

FDL VETERANS GOLF FOR FREE!

DD 214 MUST BE ON FILE AT FDL VETERANS OFFICE

2 FLIGHTS

TOP 3 TEAMS IN EACH FLIGHT
WIN CASH PRIZE!

SKINS GAME \$40.00 PER TEAM
MULLIGANS \$20.00 PER TEAM
OTHER ON COURSE EVENTS

DRIVING RANGE IS AVAILABLE AT NO CHARGE FOR TOURNAMENT PARTICIPANTS, DONATIONS WILL BE ACCEPTED.

SHOOT OUT TO FOLLOW GOLF

ALL GOLFERS ARE WELCOME, YOU DO NOT NEED A VETERAN ON YOUR TEAM TO PARTICIPATE.

FOR TOURNAMENT INFORMATION: TOM WHITEBIRD AT 218.878.2670
THIS IS A FUNDRAISER FOR FOND DU LAC VETERANS

More Local News

FDL partners with NESC

Minnesota's Northeast Service Cooperative (NESC) will receive two \$3 million grants for two projects to provide broadband service to subscribers on the Fond du Lac Reservation.

Fond du Lac has worked diligently over the last several years to improve technology as well as internet services for their Band members and this will just be another step toward improving technology on the Reservation.

MCT to take mortgage applications

The Minnesota Chippewa Tribe Finance Corporation will be at the Fond du Lac Government center Tribal Administrative Conference room # 1235, Wednesday Sept. 23 from 8-10 a.m. to take mortgage applications for their home loan program.

If you are interested in applying for a mortgage loan or have questions regarding our Home Loan Program, contact Cyndi Cwikla at (218) 335-8582, extension 150 to schedule an appointment.

The Fond du Lac Ojibwe School board is seeking representatives for all three Reservation districts; Cloquet, Sawyer, Brookston. Interested candidates should submit a letter of interest to: Jennifer Trotterchaude, Administrative Secretary, Fond du Lac Ojibwe School 49 University Rd. Cloquet, MN 55720 or (218) 878-7241, (218) 878-7263, jennifertrotterchaude@fdlrez.com

Etc.

September Phrases

- 1 **Aaniin enaandeg o'o? What color is this?**
Makadewaa It's black
- 2 **Aaniin enaandeg o'o? What color is this?**
Oginiwaande It's pink
- 3 **Aaniin enaandeg o'o? What color is this?**
Miinaande It's blueberry-colored, purple
- 4 **Aaniin enaandeg o'o? What color is this?**
Akiwaande It's earth-colored, brown
- 5 **Aaniin enaandeg o'o? What color is this?**
Okosimaan-inaande It's pumpkin-colored, orange
- 6 **Aaniin enaandeg o'o? What color is this?**
Waabishkaa It's white
- 7 **Aaniin enaandeg o'o? What color is this?**
Miskwaa It's red
- 8 **Aaniin enaandeg o'o? What color is this?**
Ozhaawashkwaa It's blue
- 9 **Aaniin enaandeg o'o? What color is this?**
Waabaande It's gray
- 10 **Aaniin enagindeg o'o? How much does this cost?**
Bezhiywaabik \$1
- 11 **Aaniin enagindeg o'o? How much does this cost?**
Niizhwaabik \$2
- 12 **Aaniin enagindeg o'o? How much does this cost?**
Niswaabik \$3
- 13 **Aaniin enagindeg o'o? How much does this cost?**
Niiwaabik \$4
- 14 **Aaniin enagindeg o'o? How much does this cost?**
Naanwaabik \$5
- 15 **Aaniin enagindeg o'o? How much does this cost?**
(N)ingodwaaswaabik \$6
- 16 **Aaniin enagindeg o'o? How much does this cost?**
Niizhwaaswaabik \$7
- 17 **Aaniin enagindeg o'o? How much does this cost?**
(N)ishwaaswaabik \$8
- 18 **Aaniin enagindeg o'o? How much does this cost?**
Zhaangasweaabik \$9
- 19 **Aaniin enagindeg o'o? How much does this cost?**
Midaaswaabik \$10
- 20 **Aaniin enagindeg o'o? How much does this cost?**
Ashi-bezhigwaabik \$11
- 21 **Aaniin enagindeg o'o? How much does this cost?**
Aabitawaabik Half dollar
- 22 **Aaniin enagindeg o'o? How much does this cost?**
Niizh zhooniyaans Two bits (a quarter)
- 23 **Awegonen waa-adaaweyan? What do you want to buy?**
Babagiwayaan A shirt
- 24 **Awegonen waa-adaaweyan? What do you want to buy?**
Gijipizon A belt
- 25 **Awegonen waa-adaaweyan? What do you want to buy?**
Giboodiyegwaazon Pants
- 26 **Awegonen waa-adaaweyan? What do you want to buy?**
Makizinan Shoes
- 27 **Awegonen waa-adaaweyan? What do you want to buy?**
Azhiganan Socks
- 28 **Awegonen waa-adaaweyan? What do you want to buy?**
Babiinzikawaagan A coat
- 29 **Awegonen waa-adaaweyan? What do you want to buy?**
Biitooshkigan Underwear
- 30 **Awegonen waa-adaaweyan? What do you want to buy?**
Wiiwakwaan A cap

Thanks for the Memories

Michael Rabideaux

I want to thank all the past and present students, community members, and colleagues on

our Reservation and in our Ojibwe School for the opportunity to have served as teacher, principal, and superintendent over these past many years. It's been a great personal experience to have worked with so

many dedicated and knowledgeable people. Thanks to our collective efforts we have been able to build on our successes and take on new challenges with a focused view to make things just a little bit better with each action and step.

I think I'm on the downward path of what Tom Peacock has described as the third hill; now looking down from that hill I guess I see the fourth hill in the near distance. In my acquired life experiences working with so many talented people, both on and off the Reservation in education matters, I can reasonably tell the difference be-

tween a puddle, a pond, a lake, and an ocean. I make reference of these things in comparison to challenges and needs; I'm still learning that a puddle to me might well be an ocean to someone else.

I'm extremely proud of our students and what they continue to achieve. Again I thank my colleagues for their support and tolerance over these many years. I wish everyone the best; and thanks for the great memories.

A farewell from the FDLOJS

On August 13 we bid fair well to a man who has been a part of the Fond du Lac Ojibwe School community since its earliest days. Mr. Michael Rabideaux, Superintendent of the Fond du Lac Ojibwe School, has retired. During his career at the Ojibwe School he has served as the high school English teacher, building principal, and superintendent.

It has been a pleasure working with him over the years. During these years we have



Etc.

watched him work tirelessly for the Ojibwe School and Indian Education. He was on the team that spent over 10 years working with the Bureau of Indian Education to get the present Ojibwe School built in 2000. He has also been actively involved on numerous boards and committees dedicated to improving education for Native American students in Minnesota and across the nation.

The Fond du Lac Ojibwe School community will miss the leadership, experience, and friendship of Michael Rabideaux. The staff and students at the Fond du Lac Ojibwe School would like to say Chi Miigwech Mr. Michael Rabideaux for your dedication and years of service.
Fond du Lac Ojibwe School

Aaniin Gakina-Awiiya

I would like to introduce myself and tell you a little bit about my new position. My name is Kyra Patrick. I am of American Indian descent through my grandmother, Joanne (Greensky) Olson, who is an enrolled member of Fond du Lac Reservation. I grew up

in Cloquet and have many connections to the community.

I was involved with the Wiigwaasi-Jiimaan Project at the FDL Cultural Museum. I have been teaching in the Gidaakiimanaaniwigamig NASA STEM Camps and have also been involved with the 13 Moons program. Many may recognize me as the American Indian education teacher from Washington Elementary. I had been working in Cloquet public schools for 13 years as a Kids Corner Childcare aide, After School Excel teacher, 4th and 5th grade teacher and Indian Education teacher.

Recently, I took on a new position as the 4-H Community Program Coordinator for American Indian Youth Programs in the Fond du Lac Reservation community. I feel fortunate to have the opportunity to develop and deliver brand new programming for the youth connected with the Fond du Lac community. The programming is provided by the University of Minnesota Extension's center for youth development. The long-term intent of the tribal youth program is "to develop and engage American Indian youth in qual-

ity, culturally-based programs through the seasons that focus on quality learning and leading experiences for youth through cultural clubs, and other high-impact education experiences. This position will use and adapt the current program model which was developed through five years of needs and assets assessments across tribes in Northern Minnesota" (Regents of the University of Minnesota, 2015).

The program has three common themes that will be implemented throughout, which are 1) Build American Indian youth programs with traditional knowledge and culture at the core of the work, 2) Integrate natural resources into programming and connecting American Indian youth to the outdoors, and 3) Create opportunities for youth leadership and development.

The wonderful part of this program is it is entirely new, which enables us to build it however we see fit to meet the needs of the youth where we are. The program was only created for the Fond du Lac and White Earth Reservations in Minnesota. I have been collaborating with White Earth to discuss ideas and visions for the program. We have decided it would be best to create an advisory committee to steer our program development. We hope the advisory committee would be a group that could bring their ideas, expertise, and resources to the program. Ideally, it would include people with cultural knowledge, connections to important organizations within the community

and a commitment to youth development.

The collaboration has already begun. First, community members were brought in to guide the application and interview process. Professionals and youth from Resource Management, Fond du Lac Tribal and Community College, and area schools gave their insights about what would make an ideal candidate to carry out this work and what kinds of responsibilities they would have. The interview itself included three youth, three Extension staff, and two adult community members connected with natural resources, education, and 4-H. I was asked to prepare an 8-minute presentation for the interview to lay out my approach to this work and the strategies I would use to address the goals. Although there were many questions about my experience and background, I enjoyed being asked how to make an Indian Taco, and explained that I learned from my grandmother and was always taught to make sure I put loving and caring energy into my food.

I have also been around the community introducing myself at various meetings and events. I attended the Mikwendaagoziwag Sandy Lake Memorial in McGregor, Minn. I attempted to paddle across the lake, but was humbled by the strong winds and had to be rescued after the birch bark canoe capsized under the three-foot waves.

Currently, I am working with the community center staff to get the FDL 4-H Tribal Youth Mentor Program started. We

are planning to match up youth with mentors who will work with them on life and career-development skills. This program will also host family nights once a month and get the youth involved in service learning.

I have only been on the job since July 6, but my hope is that by next summer I will have a working advisory committee and a few more programs started. I look forward to making quality programs available for the abinoojiiyag (the children). Please contact me if you have any questions about the program and would like more information. Kyra Patrick, e-mail at kpatrick@umn.edu or call (218) 726-6475.

Chi-mewinzha (Long Ago) Anishinaabemowin Bilingual Stories From Leech Lake

Whipple, Dorothy Dora.
Chi-mewinzha: Ojibwe Stories from Leech Lake. A Bilingual Collection. Edited by Wendy Makoone Geniusz and Brendan Fairbanks. Illustrations by Annmarie Geniusz. Minneapolis: University of Minnesota Press, 2015.

Review by Janis Fairbanks

The power of oral history is evident in the simple, culture-based stories told by fluent Ojibwe elder Dorothy Dora Whipple Mezinaashiikwe, who comes from Leech Lake Indian Reservation in Minnesota. Mezinaashiikwe was born Nov. 9, 1919, and spent a number of years working to help preserve the Ojibwe language before



Kyra Patrick working with youth

Etc.

making a decision to tell her own personal stories, rendered in Ojibwe, and later transcribed by Wendy Makooone Geniusz and Brendan Fairbanks.

The author is the younger sister of Maud Kegg, a member of the Mille Lacs Band of Ojibwe Indians. Kegg's book, *Portage Lake: Memories of an Ojibwe Childhood*, another bilingual collection of stories, was published in 1993. Kegg was born in 1903 and walked on in 1996. Whipple was born in 1919 and was age 94 at the time her collection of stories was being transcribed and edited. The fifteen year age difference between the sisters offers a valuable glimpse of the similarities in worldviews and lifestyles of family members who grew up in different Ojibwe communities, but who shared similar memories of growing up immersed in Ojibwe cultural activities. Both books offer interested language learners an opportunity to self-study the Ojibwe language, since both are written in Ojibwe and English side-by-side formats.

The introduction by the editors gives a biographical sketch on Whipple, and an historical overview of the Leech Lake Reservation, which help the reader understand more about the natural environment Whipple describes in her stories of activities. For example, we are told that Whipple "worked on many Ojibwe language revitalization projects, and students from all over the United States and Canada have learned from her language materials." She made five CD's, "including one in which she makes a series

of baby swings in a grove of flowering crabapple trees while describing what she is doing entirely in Ojibwe." For those who do not know what an Ojibwe baby swing is, it is a little hammock-like structure, and outdoors, the ends are usually attached by clothesline between two trees. The hammock is created by wrapping a blanket around the clothesline. It is safe and secure, and babies love the motion when the hammock is in motion. This is what I imagined when I read the editor's description of Whipple making baby swings.

Whipple describes activities that reveal a lifestyle that followed Ojibwe seasonal rounds, such as harvesting wild rice, making maple syrup, fishing with a net, making offerings of tobacco, and storytelling about a giant leech, thunderbirds, and an owl. One story illustrates the effect of language loss in her immediate family, in the story titled "Shut up!" about an older sister who returned from boarding school speaking only English. "Shut up!" She would always tell us that. We didn't understand why she was saying, "Shut up!"

We finally got caught peeking around over there when we used to raise hell. We'd tell her, "Shut up!" We thought that was her name.

Mii-sa apane eta-go izhiyangid i'iw, "Shut up!" indigonaan. Mii-sago apane ezhiyangid i'iw. Gaawiin ninisidotawaasiwaanaan i'iw wegonen wenji-ikidid "Shut up!"

Azhigwa-sa gegapii-go azhig-

wa gaagiimaabamangid iko ishigiwaniziyaa, "Shut up," indinaanaan iko. Mii iw wzhini-kaazod gaa-inendamaang, "Shut up."

There is more to that story, but that remains for the individual to find the book and read it all. Each story is illustrated with drawings meant to help readers understand and visualize what is happening in the stories.

Some stories are funny, some are wistful, some show an awareness of changes in the environment, but virtually all of them indicate a deep respect for history, a way of life, and the ancestors.

An excerpt from "*I Made an Offering There on the Rock*" illustrates the author's respect. She was visiting Colorado (the faraway land), looking for a place to offer tobacco. While looking and walking around, she made the following observations:

"Mii-sh idi gii-pabaamoseyaan idi, baa-naanaagadawen-damaan chi-waasa idi babaa-ayaayaan chi-waasa akiing. Nimandidoowendam idi ganawabandamaan i'iw aki. Mii-sh igo gii-mikwenimagwaa ingiw. Chi-mewinzhakammig anishinaabe omaa gii-ayaadogenag gaye wiinawaa. Miziwe gigii-ayaamin omaa akiing. Miziwe anishinaabeg gii-ay-aawag."

"I was walking around thinking when I was in a faraway land. I was thinking sacredly looking at that land. I was thinking about the people who lived there way before the white man. Long time ago, there were probably Indians

there too. We Indians were all over on this land. There were Indians all over."

This wonderful book has much more than a bilingual text and stories with cultural content. It is an opportunity for students of Ojibwe to indulge in self-study of grammatical constructions and spelling conventions. As editor Brendan Fairbanks states, "I often see tattered language resources in the hands of language students, and I hope that Chi-mewinzha will also become one of those well-worn books familiar to learners in the pursuit of becoming fluent in the Ojibwe language."

According to the publisher, the original audio recordings of Ojibwe Elder Dorothy Dora Whipple telling her stories have been made available online free of charge through the Ojibwe People's Dictionary. <http://ojibwe.lib.umn.edu> Listening to the audio recordings while following along in the book may help students learn pronunciation of the written words.

I highly recommend the book, *Chi-mewinzha*, and it has already found a place in my personal library. Happy reading!

Gidoodenawimin Gitigaanimin Ate'wewin

Community Farm Market

The community farm market will be held on Saturdays next to the FDLGG 9 a.m. to 12 p.m.

Vegetable and craft vendors welcome. Open through Oct. 24 (weather permitting).

For more information on spaces and fees, contact the market manager Mary McConnell (218) 341-6219 cfmfmfdl@gmail.com

Attention all FDL veterans and family

I need the names of all Korea veteran's who served during war from 1950 to 1953. Call Tom Whitebird at (218) 878-2670. Thank you.

Parent Advisory Group

The Fond du Lac Ojibwe School has an active Parent Advisory Group (PAG). The primary goal of PAG is to assist students to live the good path of the Anishinaabeg. As such, PAG is dedicated to supporting the school's Mission Statement to ensure all students receive a quality education. The Parent Advisory Group assists in communication lines between the school and community.

PAG also recommends activities and/or classes that best utilize the school facilities and support the students academically and culturally. If you would like more information or you would like to become involved, please contact Skye Northbird at (218) 878-2410. We will be meeting monthly at noon on the same day as the School Board meetings at the Fond du Lac Ojibwe School.

Our next meeting will be Sept. 15. Please join us for lunch and a meeting. There will be a raffle for excellent prizes! Parents, guardians, and

Etc.

community members are welcome. Miigwech, The Parent Advisory Group

GED Classes

GED classes will be starting up after Labor Day and are available at the three community centers. Classes are open to students over 16 years of age. Students 16-19 must be withdrawn from their school district. Teachers can also help individuals with the reading, writing, and general math skills to help prepare for college or improve job potential.

Students must be FDL enrolled, FDL family members of a federally recognized tribe, or FDL employees. For more information, contact Joan at (218) 878-2658.

Energy Assistance

Energy Assistance applications will be mailed out to clients, who applied for and received assistance last year, during the first week of September. Applications are mailed directly from the state of MN.

For people interested in applying that did not receive the state mailing, applications will be available after Sept. 15. There are some changes on the applications so make sure you read the instructions and complete the entire application before sending it in. Please remember that we will need income verification from the three previous months and 2015 social security documents for households that

receive that benefit. If you have questions call Joan (218) 878-2658 or Patti Jo (218) 878-2603.

First-time homebuyer class

The Minnesota Chippewa Tribe Finance Corporation will be hosting a first-time home buyer education class Sept. 19 8:30 a.m. to 4:30 p.m. in the Minnesota Chippewa Tribe building 15542 State 371 NW, Cass Lake, Minn.

Course topics at the class will include:

- Budgeting for a home
- Obtaining a mortgage with MCT
- What to look for in an existing home
- Procedures for new construction
- Fee land/lease land
- Working with a real estate agent
- Closing your loan
- Maintaining your home
- Avoiding delinquency, no childcare will be provided.

Ogichidaak-wezenz/Gwiiwi-izenz Gagwejitooon Pow-wow

Waatebagaa Giizis 25, 2015 Ambe gakina-awiiya! NIIMI-IWIN

Biindigeshiimo 1 p.m.
Ogichidaakwe/Ogichidaa gagweji'toon 1:30-3 p.m.
Wiikonge 5:30-6:30 p.m.
Dewe'igans gagwejitooon 5:30-6:30 p.m.
Biindigeshiimo 7 p.m.

Dewe'igan daashkaw Ziiibaaska'iganagooday gagwejitooon
Inini gete izhichigewin gagwejitooon

Notice:

As of this school year's sporting season, there will be a \$2 admissions fee charged to everyone ages 5-52. This will include all volleyball and basketball games held at the FDL Ojibwe School home gym.

FDL Historical Society

The first meeting of the season will be on Friday Sept. 18 from 10 a.m. to 2 p.m. at the Fond du Lac Resource Management Center on the corner of Big Lake and University Rd.

For info: Please call Carol Jaakola at (218) 393-9284.



The FDL Historical Society would like help identifying people in this photo. If you know anyone or anything about the photo, please contact them or attend a meeting.

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

Fond du Lac Social Services is accepting applications for foster care homes.

The mission of the FDL Foster Care Program is to increase the number of Native American licensed foster care homes available for Native American children.

**For more information please call. (218) 879-1227

“OUR CHILDREN ARE OUR FUTURE”

Fond du Lac Human Services
Contract Health Services
has a new name...

Purchased/Referred Care

Call for answers to your PRC questions.

“I had an emergency room visit over the weekend, what do I do?”

“I have a follow-up visit for my referral, do I need to notify PRC?”

“Do I have to pick up my referral from PRC?”



Fond du Lac Human Services Division
Purchased/Referred Care
(218) 878-3733

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Administrative Services Department

Ashi-niswi giizisoog (Thirteen Moons)

Waatebagaa giizis

Waatebagaa giizis is the Leaves Changing Color Moon. Other names for new September moon are Mandaamini giizis (Corn Moon) and Moozo giizis (Moose Moon).

How not to turn trees into cattails

By Christian Nelson,
Fond du Lac Forester

In 2002 emerald ash borer (EAB), a small flying green beetle native to Southern Asia, was discovered in Detroit, Mich. It was thought to have been there for a few years before anyone noticed or was able to identify this tiny insect that probably hitched a ride in packaging material on a ship inbound from China. The insect is now found in dozens of states and has killed millions of ash trees across the U.S. It was discovered in the Minneapolis area a few years ago, and it was found just over the highway 53 bridge in Superior, Wisc. in 2013. In nearly every case the insect is hitching a ride with people moving firewood from an infested area to a new area.

Minnesota has more ash trees than any state in the nation, almost 870 million

trees! Fond du Lac Forestry has mapped over 200 black ash dominated stands on FDL-owned lands that total over 1,400 acres. That's over 2 square miles of black ash! That also means we have a lot of trees at risk.

Unfortunately, there is no practical remedy for EAB. And the beetle will attack any species of ash large or small, young or old, and is fatal even to strong and healthy trees. Parasitic wasps have been released that help reduce EAB's numbers and slow the rate of spread, but the wasps don't eradicate the insect. Chemical insecticide treatments can be applied to individual trees, but the treatment is expensive and must be repeated every 3 years, forever.

Of more concern is the unique nature of black ash swales (the low, wet areas where black ash grows here). These swales can have shin deep water in the spring

after snow melt, but can be almost crunchy dry by late summer, and only black ash seems to grow well in those harsh conditions. Like all trees, black ash continuously pumps water from the roots up to the leaves and into the air (a process called transpiration) all summer long. This keeps the water table relatively low during the summer months. So what happens if EAB kills the ash trees growing in these swales and all that transpiration stops? Right now it'd seem that they will turn from forested wetlands to alder swamps or even cattail marshes. A cattail marsh is very different than a forested black ash stand, especially if you are a bird, frog, snake, or other animal.

We can't seem to stop EAB from killing ash trees, but perhaps we can stop black ash swales from turning into something besides forested wetlands. Fond du Lac For-

estry, in cooperation with the wetlands program, with help from an Environmental Protection Agency grant, has started a 3 year project to see if other tree species can be planted and successfully grown in existing black ash stands. If these non-ash species can tolerate the unique conditions of the black ash stands they may be able to transpire enough water to keep the water table low, even if all the ash are killed, and keep the forest, well, forested.

We have selected 6 sites around the Reservation and this fall will plant over 1,600 tree seedlings of 7 different native species chosen for their ability to survive in other wet areas and their potential tolerance of climate change: silver maple, red maple, white cedar, white pine, hackberry, American elm, and swamp white oak. We'll track their survival, health, and growth, as well as monitor the hydrol-

ogy of the site. We hope we'll find two or three tree species that can be grown successfully in these stands. If we do we will make efforts to plant these species before emerald ash borer destroys the black ash trees, allowing the new trees to grow before the water table rises.

In the meantime, you can help by not moving firewood and looking for signs of emerald ash borer in your own yards or while out and about. You can learn more about what to look for by visiting this website: <http://stopthebeetle.info/signs-symptoms/> For more information about this project you may contact Christian Nelson, Fond du Lac Forester, or Shannon Kesner, Fond du Lac Wetlands Specialist, at the Resource Management Office (218) 878-7101.

Upcoming Events:

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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

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

“Zh”- sounds like the “su” in measure
 “a”- sounds like the “u” in sun
 “aa”- sounds like the “a” in father
 “i”- sounds like the “i” in sit
 “ii”- sounds like the “ee” in feet
 “o”- sounds like the “o” in go
 “oo”- sounds like the “oo” in food
 “e”- sounds like the “ay” in stay

Weather

It is...
 A cool wind- Dakaasin
 A nice day- Mino Giizhigad
 Clear- Mizhakwad
 Cloudy- Ningwaanakwad
 Cold- Gisinaa
 Foggy- Awan
 Hot- Gizhaate

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

— Ojibwe Wordlist —

Wiininaamowinair pollution
 Wiinichigaade..... be polluted
 Waanichigaadegpollution
 Bagidanaamo breathe
 Minwaasin..... good wind
 Noodin..... windy
 Gichinoodin very windy
 Minwaanimad favorable wind
 Mashkawaagamibe strong
 Waawiidookaage
 helps more than one person

Artist Eastman Johnson – Pokegama Bay, Superior and Fond du Lac

Research by Christine Carlson

Fond du Lac Elders viewing the new Eastman Johnson Display at the Depot – June 29, 2015

I was invited by Carol Jaakola to attend the new Depot display of Eastman Johnson's works in Duluth. We were feeling very special to get this first-hand look. The space is indeed grand and of course Johnson's works are amazing. What concerned me was that Grand Portage seemed to get the press as far as the identifying information on Johnson's works. In all the historical information about the art, Grand Portage was the main place mentioned. This did concern me and I pointed it out to Carol, the Collections' manager, and several others. Don't get me wrong, I have nothing against Grand Portage and I have a several friends who are Grand Portage members. What concerns me is the omission of Fond du Lac and Superior people who lived at the Head of the Lakes.

There are currently 15 works of Johnson displayed and 9 of them have a reference to Grand Portage and none to Fond du Lac.

Duluth News Tribune Article of July 31, 2015

While having lunch at a local restaurant, I just happened to see an article in the Duluth paper regarding the Ojibwe Gallery Finds Home at the Depot. Once again Fond du Lac was omitted. This is getting to be too much. So here I am at home searching through my historical information to set the story straight.

Johnson's Sister Lived in Superior

Sarah (Johnson) Newton was Eastman's sister and she lived in Superior with her husband William H. Newton. He was an agent and attorney for the early proprietors of Superior.

Stephen Bungo was Johnson's Trusted Friend, Interpreter, and Guide

Stephen Bungo was a Fond du Lac Band member who lived at Pokegama Bay with his family. Stephen was listed in the 1850 Census of the Fond du Lac Band. Bonga and Eastman Johnson were friends, neighbors, and they worked together.

Eastman Johnson Pioneer Artist by John A. Bardon

I have been in the cedar log cabin on Pokegama River, that Bungo said originally was built by and belonged to Eastman Johnson, and he not only used it for hunting purposes but as a studio as well. It had a Southern Style, broad fire-place and wing chair, crane and bake oven. In my early boyhood a young Chippewa half-breed and myself used to hunt on the Pokegama in the early spring-time, with headquarters in this Johnson cabin. Bungo often told of trips that he had taken with Eastman Johnson: in fact he acted as his guide and interpreter most the time while he was in this locality. They made their trips among the Apostle Islands and down the north shore of Lake Superior as far as Isle Royale. Mr. Johnson became an expert birch-bark canoeist, and was a most likable man to work for.

There was a trail from the original settlement of Superior, running west along a section line, terminating on Pokegama Bay. It was a passable road in

the winter, but usable only on foot in the summer. It was in general, in constant use both among Indians and whites, who wished to make quickest time up the St. Louis River.

Eastman Johnson had a brother, also located in Superior, who owned and operated a fifteen thousand foot daily capacity sawmill on Detroit Pier, now 23rd Avenue. His name was Reuben C. Johnson. Both Johnsons were interested in Land and Timber around the Head of the Lakes.

Eastman Johnson's Little Studio in the Town of Superior

Eastman Johnson had a studio located at 2318 East 2nd Street in Superior during his first visit in 1856. This studio was just two blocks away from the center of this little settlement. It was at this studio that Johnson showed many of his works for the local people to view.

Historical Picture Collection Arrives - Duluth News Tribune of December 21, 1908

The Eastman Johnson Collection comprising 28 paintings and crayons depicting early scenes in Duluth, which was presented to the city recently by R. F. Crane, a wealthy manufacturer, have arrived in the city and are being hung in the Masonic Temple.

Indian Paintings Will Be Hung in City Hall Soon -Duluth News Tribune of January 26, 1929

The pictures are valuable because of their historical nature. Many of them are portraits of leading Indian leaders on the Head of the Lakes area, while others are scenes of Indian villages in and near Duluth.

The Name Fond du Lac Means "End of the Lake," and that is Where Pageant Will be Held in August – Carlton County Vidette of April 25, 1935

The St. Louis County Historical society has in its possession some thirty-two pastels and oil paintings, the work of Eastman Johnson who painted them in 1856, when he was living at the hamlet of Superior. Among these paintings are many of Fond du Lac Indians and river scenes near the Indian village.

Typical Indian Mother – Duluth Herald of August 5, 1935

This is a drawing by Eastman Johnson of an Indian woman with child, who lived at Fond du Lac 75 years ago. Her name was "Kay be sendayway WeWin," meaning "Who Walks Over Prairie, With Wife."

Eastman Johnson's Work Perpetuated Early Scenes – Duluth Herald of August 5, 1935

In addition to the portraits of the Indians, there are several scenes of Duluth and Fond du Lac. One, an oil painting, shows the village of Fond du Lac in 1857 with its Indians and small trading posts. Another shows the Duluth-Superior harbor entry in that year with old Superior in the distance.

Duluth News Tribune of Feb. 27, 1938 (Four of Eastman Johnson's works are pictured in the article)

In the pictures – Eastman Johnson, famous American painter of the 19th century, spend part of 1856 and 1857 at the Head of the Lakes and he painted and drew pictures of many Indians and Indian scenes.

Picture No. 2 and 3 are of Indian women he knew at Fond du Lac, the group picture being

an oil painting and the other a charcoal drawing. No. 1 is a front view of the American Fur Co. buildings at Fond du Lac.

A Pioneer Artist on Lake Superior – Duluth News Tribune of July 20, 1941

Whatever may have been his reason, Johnson saw "a new raw land" at the Head of the Lakes. He won over the Chippewas. He built himself a primitive studio camp in the woods and wore blanket and moccasins in an effort to adopt frontier life and habits. He drew and painted the Chippewas at their work and rest, in their canoes and wigwams, at Fond du Lac, on Minnesota Point and at Grand Portage.

Lounsberry Radio Show from April 7, 1948

Eastman Johnson had no difficulty finding subjects. There was no scarcity of Indians down by the river in those days and it was here he painted most of the pictures that comprise the Lake Superior Collection, although he did make a trip to Grand Marais that summer and did some painting up there.

In Conclusion- Please Correct the "Sins of Omission"

I hope I have given enough historical information to show that the artist Eastman Johnson lived and worked in the Superior/St. Louis River area. Will someone at the Depot please make the appropriate additions? Please give the Head of the Lakes where the Fond du Lac Band has been for hundreds of years its place in history and the life of this great artist.

FDL Law Enforcement news

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

- July 1 Report of a mailbox being smashed
- July 2 Two individuals were asked to leave the Community Center as they acting suspicious
- July 3 Report of vandalism to an owner's property
- July 5 Report of fireworks being shot off, individuals were told to call it a night as it was after midnight
- July 6 Report of an individual refusing to pay for their cab ride, another individual paid for the ride and all was good
- July 7 Driver stopped and warned for speeding
- July 9 Report of a person walking down the road with a rifle, but it turned out to be a stick upon further investigation
- July 10 Report of equipment being stolen from Fond du Lac Construction
- July 11 Report of a child being bitten by a dog, the dog was transported to the shelter and will be quarantined for 10 days
- July 12 Report of an intoxicated male at the Black Bear Casino, male was transported to detox
- July 14 Report of a domestic assault, the male party was arrested and taken to the Carlton County jail
- July 15 Report of hearing gun shots, turned out just to be fireworks
- July 16 Report of a male causing a disturbance at the Black Bear Casino, contact was made with the intoxicated male and he was arrested for outstanding warrants and possession of hypodermic needles
- July 17 Report of someone letting dogs out of the reporting parties kennel 3 days in a row
- July 18 Report of a fire, turned out the owner forgot a pan on the stove and it caused a lot of smoke but no fire
- July 19 Individual caught on video stealing a Kindle, individual was arrested for theft and trespassing as they were banned from the Reservation
- July 20 Drug paraphernalia found alongside the road and was brought back to the Police Department and was disposed of properly
- July 21 A female was found walking down the side of the road and given a ride home
- July 22 Individual warned for parking in a handicap zone and for driving after suspension
- July 23 Report of 3 marijuana joints found, they were confiscated and destroyed
- July 24 Individual given a ride to the FDLGG
- July 25 Report of 2 dogs running at large, one of the dogs appeared to be full of porcupine quills
- July 26 Report of loud music, people were advised and agreed to keep the noise down
- July 27 Driver stopped and warned for speeding
- July 28 Report of a dog biting a child and scratching the mother, owner advised the dog needed to be quarantined for 10 days and told to keep the dog tied up when outside
- July 29 Report of a fight, one individual was taken to jail for disorderly conduct
- July 30 Driver stopped and warned for speeding
- July 31 Report of an individual being drunk and disruptive, individual was taken to detox.

Legal notice

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ANKERSTROM, Arthur
 ARCHIBALD, Janine
 CICHY, Gerald
 CICHY, Leslie
 DAVENPORT, William
 DEFOE, Candace
 DEFOE, Richard
 FISHERMAN, Gilbert
 FOX, David
 GRAVES, Kenneth
 HOULE, Ambrose
 HOULE, Michael Dean
 LAPRAIRIE, Robert
 MARZINSKE, Larry
 SMITH, Ralph



Health News

Breakfast

By Kara Stoneburner, RDL, Public Health Dietitian

Even though breakfast is a very important meal, many have said “I don’t have time for breakfast!” Breakfast helps wake our metabolism up. It can help with weight loss or control and blood sugar control. It can help you eat healthier throughout the day and is a great way to get more vitamins, minerals, and fiber in your diet.

Many people skip breakfast in an effort to lose weight. However, as the day continues, your body is starving and you will tend to replace these skipped calories with mindless nibbling and binging for the rest of the day. The foods eaten mindlessly typically consist of high calorie, high fat snacks. You may also overeat at the next meal. Breakfast skippers tend to consume more calories throughout the day because their body is craving food and energy.

Blood sugars can be harder to control without breakfast. Overnight, your body experiences a fast. By skipping breakfast, the fast continues. Energy stores are not replaced and snacking on foods that may not be the best choice could cause blood sugars rise and fall too quickly.

Breakfast can help people meet their nutrition goals. Breakfast can be your biggest meal of the day or it can be a small meal. Make an effort to include breakfast in your

day. Making healthy choices at breakfast doesn’t need to be expensive or difficult. Try to avoid sugary cereals, high calorie pastries, and meats high in saturated fat and sodium such as bacon or sausage. Include a protein source, a carbohydrate, and a fruit and/or vegetable. It is a great opportunity to eat more fruits and vegetables. It also is a great time to get more fiber in your diet. Fiber can come in the form of fruits and veggies or whole grains.

Breakfast ideas:

Whole grain toast with peanut butter; whole or multi-grain waffles or pancakes; oatmeal or whole grain cereal with low-fat or fat-free milk; small, whole grain bagel with low-fat cream cheese; trail mix or nuts; tortilla roll-up (peanut butter and a banana or scrambled egg and low-fat cheese); hard cooked egg; omelets; veggie omelets; Canadian bacon slice; ham slice; tofu; low-fat cheese; low-fat/fat-free yogurt; fresh/frozen/canned fruit; Vegetable juice; smoothies (fruit, ice and milk or fruit and yogurt); or leftover veggie pizza

Plan ahead. Prepping or preparing your breakfast the night before saves time in the morning. Pull the toaster out so it’s ready to go. Make tortilla roll-ups or smoothies and refrigerate. Pre-mix waffle batter and place covered in the fridge until morning.

Breakfast will also benefit children heading back to

school. Breakfast can improve concentration, produce better behaviors in the classroom and promote healthier weights.

Information collected from ADA, Mayo clinic and WebMD

Breakfast Burritos II

Cook Time: 5 mins

Serves: 1

Using egg whites to replace whole eggs in a recipe is a great way to cut fat and cholesterol. It will also increase the volume of food your kids get to eat.

Ingredients

- Vegetable cooking spray
- 2 egg whites
- 2 whole wheat tortillas
- 1/4 cup fat-free cheese
- 1/4 cup rinsed canned beans (such as pinto beans or black beans)
- Salsa (to taste)

Directions

1. Spray vegetable cooking spray into a frying pan.
2. Scramble the egg whites in the pan and cook to the desired degree of doneness.
3. Place the cooked eggs on the tortillas.
4. Sprinkle the cheese over the eggs.
5. Place the beans over the cheese and eggs.
6. Roll each tortilla into a wrap.
7. Microwave for 30 seconds.
8. Spoon salsa on top.

Recipe is from: Women'shealthmag.com

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Fond du Lac Human Services Diabetes Prevention Program participant success story – Crystal Brown

Crystal Brown has prevented diabetes for over 4 years! She joined the Fond du Lac Diabetes Prevention Program in spring of 2011.

Why did you join the Fond du Lac Diabetes Prevention Program? I wanted to get healthy and not depend on medication to help with preventing diabetes.

What changes have you made in your lifestyle to prevent diabetes? Cut out sweets, increased my activity, and monitor my food intake.

What motivates you to keep going? My granddaughter and future grandchild.

What did you accomplish in the program that you are most proud of? Recognizing my sugar/carbohydrate intake and cutting back.

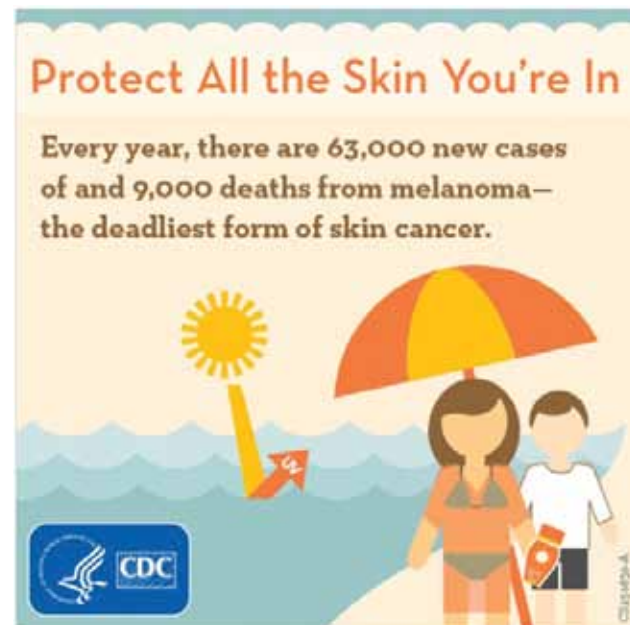
Who has given you support? My two boys, my mom, sister, and the rest of my family.

What advice would you give to others trying to make healthy changes in their lives? Take one day at a time and increase your activity. Try anything once!

Skin cancer is the most common form of cancer in the U.S., and melanoma is the most deadly type of skin cancer.

More than 90 percent of melanoma skin cancers are due to skin cell damage from ultraviolet (UV) radiation exposure.

Contact Emily Smith, Fond du Lac Cancer Outreach Worker, (218) 878-2626.



Fond du Lac hosts LAX-4-Life camp



This player escaped the group with the ball and had a chance to take a shot.



The spin move is a great way to protect the ball from a defender trying to steal it.

Players try not to run into each other as they figure eight while cradling a ball.

By Zachary N. Dunaiski

For almost 1,000 years the sport of lacrosse has existed, for significantly less time, Fond du Lac has hosted the Lax-4-Life camp.

This year was the sixth annual Lax-4-Life camp, July 20-24, and it had a different feel than the previous couple of years. Sure it still had the usual staples of the FDL lacrosse camp like learning from the Minnesota National Guard and the FDL police officers (a camp favorite being the taser demonstration), but this year's camp felt different because of the lack of campers.

Fond du Lac had its usual strong numbers, but

for a number of different reasons, other Minnesota Bands weren't able to attend the camp. The smaller numbers, weren't necessarily a bad thing. The boys and girls got a chance to get more one on one attention to help them hone

the skills that they were working on all week. The smaller group also made the game more exciting. With the small numbers, and an incredibly hot day for their scrimmage, the field was shortened, and there were more opportunities to score.

Next year Fond du Lac hopes the number come back up and other Bands attend, but for this one

year, it was a nice opportunity for the campers to get some more individualized training.



Players learn how to start a game just moments before the big scrimmage.

Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Sept. 17, 2015 for the October 2015 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy 20th birthday to my handsome son **Psalm Flatt-Northrup** (Aug. 14), it seemed like yesterday I was holding you in my arms. I am blessed to have such a great son.

I love you son with all my heart and hope your 21st birthday is a blast

Happy 3rd birthday to my sweetest angel **Ana'Rae Marie** (Aug. 16).

Love you lots, momma Judie and Tony

Happy birthday to **Randi Jr.** (Aug. 16) who would have been 32 years old.

We love and miss you dearly

Happy birthday to my fiancé **Tony Barney** (Aug. 30)

Happy 10th birthday **Ian Proulx** (Sept. 1)

From mom, dad, and sister, love you lots my boy



Happy 40TH birthday to **Travis Paulson** (Sept. 1), we still love you, even though you're old.

Love,

Bridget, Jalen, and Cordell

Happy birthday to **Leann Reynolds** (Sept. 2)

Love, Robin and Vickie

Happy birthday **Dannell Savage** (Sept. 2), you are beautiful, inside and out, you are my favorite, if you're a bird, I'm a bird. It's your month, enjoy!

Darci



Happy birthday to **Tanisha Martineau** (Sept. 3), we love you Eash!

Love, Court, Trav, and Baby Trav



Happy 2nd birthday to my baby

Keira Ammesmaki (Sept. 3)

Love you babe, mommy and daddy

Happy birthday **Jon Hill** (Sept. 4), you are such a blessing to the family and we love you.

Love, grandpa Tom, aunties, uncles, and cousins

Happy birthday **Jon Hill** (Sept. 4), you are such a blessing to the family and we couldn't have picked a better son-in-law.

Love you, Tammy and Carl

Happy 18th birthday to a special young man, **Michael Nykanen II** (Sept. 6), you are so loved and make us so proud.

Love, your grandpa, aunties, uncles, and cousins

Happy 18th birthday to my miracle **Mikey Nykanen** (Sept. 6), you have always been a gift from God and greatly appreciated

Love you more than the stars, mom and Carl

Happy 9th birthday **Raymond Smith III** (Sept. 7)

Love, grandma

Happy 9th birthday **Raymond Smith III** (Sept. 7)

Love, Cherokee, Toby, Shelly, Stephen, and mom

Happy birthday to my beautiful sister **Heather LaPrairie** (Sept. 8), I

hope you have a wonderful birthday, my love. I love you very much.

Love, Allie



Happy birthday to my big sister **Heather LaPrairie** (Sept. 8), I hope your birthday is as beautiful as you. Love you lots!

Love, Sophie and Sewell

Happy 9th birthday **Anthony Wright** (Sept. 9)

Love, dad, mom Erin and your brothers, and sister Tianna

Happy birthday to my older sister **Vanessa Northrup** (Sept. 11), we love you sissy pants.

Love, Vickie and family

Happy birthday to our sister, **Jodi White** (Sept. 15), we love you to the moon and back!

Cathy and Joyce

I would like to wish my daughter

Sabrina Wise (Sept. 18) a very happy 29th birthday

Love and hugs always, mom and Darrell



Happy birthday **Sabrina Wise** (Sept. 18)

Love, Alycia and Cody

Happy birthday to my lovely sister **Jessica Wentland** (Sept. 23) who would've been 37 years old.

Rest in peace my sister

Happy birthday to my boyfriend, **Weazie Carpenter** (Sept. 29). I'm

so lucky to have you in my life. You brighten up any room with your jokes and laughter.

Love you much babe. How much and who?

Love Donna



Memorial

In loving memory of **Cheryl Diver Schultz** who passed away on September 22, 2002.

Love and miss you, all your family

In loving memory of **Norma Graves** who passed away September 22, 2007.

Love and miss you, all your family

Obituary

JoAnne Angeline Barney, 66, of Fond du Lac Reservation died on June 16, 2015 in Minneapolis. She was born on June 3, 1949 in Cloquet to Simon and Angeline (DeFoe) Barney.

JoAnne loved being a mother and grandmother.

She was preceded in death by her parents; brothers, Norman, Leslie, Frankie, Robert and Warren.

JoAnne is survived by her children, Christina, Lewis, Michael, Jerome, Jermaine and Jamie Jo; many grandchildren and great-grandchildren; siblings Catherine Follett, Loretta Martineau and Ruth Ann Barney; many nieces and nephews.

Darwin J. Diver, 47, of Cloquet, passed away unexpectedly on July 14, 2015. He was born on March 15, 1968 in Sandstone, Minn. to Harold Diver Sr. and Linda Shabaiaish. Darwin enjoyed hanging out with his family and friends. He was a huge fan of the Dallas Cowboys and the Minnesota Twins. Darwin was employed at the Min No Aya Win Clinic and was a member of the Fond du Lac Band of Lake Superior Chippewa. He enjoyed going to the races and picking sage.

Darwin was preceded in death by his parents, maternal and paternal grandparents Joseph Sr. and Delphine (Benjamin) Shabaiaish and John Sr. and Agnes (Woods) Diver. He is survived by siblings Deb (Dan) of Cambridge, MN, Harold

Jr. (Beth), Doreen (Kevin), Darla (Charles) Badmoccasin, Doug, and Darrell (Missy) Shabaiaish all of Cloquet, he had a special place in his heart for his nieces and nephews.

Pallbearers were Charles Badmoccasin, John "Jumbo" Forneris, Leroy Shabaiaish, Dereck Diver, Jorden Diver, and Willie Reponen.

William H. Wuollet Jr., 56 of Cloquet, passed away on July 27, 2015 unexpectedly at his home. He was born on April 17, 1958 in Cloquet to William Howard and Vivian Carol (Beebo) Wuollet.

William worked construction for Fond du Lac for many years. He enjoyed hunting, fishing, and golfing. William was a proud member of the Fond du Lac Band.

He was proud to be an uncle.

He was preceded in death by his parents and infant sister Gail.

William is survived by his brother Don "Duck" (Carol); nieces and nephews Nicole, Blair, Gabrielle, Kyle and Wyatt; great nieces Candice and Samantha; uncle Marv "SP" Wuollet.

Melissa Kaye Jourdain, "WAMNI MANI CIKALA CAHA OPCA INAPHA" 24 of Cloquet, passed away peacefully on August 4, 2015 in Duluth. She was born on September 1, 1990 in Minneapolis to James Houle and Edie Jourdain.

Melissa enjoyed spending time with family and friends and she especially loved being a mom to her son Anthony James.

She was preceded in death by her father.

Melissa is survived by her son Anthony James Meger; mother Edie; siblings, Vincent James Jourdain, Daniel Terrence Jourdain, Michela Terren Jourdain and Sonny Green-sky; grandfather Edward Leonard Rust; nieces Leah Rose Bethke and Phoenix Rayne Oakgrove; many other relatives and friends.

Fond du Lac Resource Management 5th Annual Ganawenjigewin Maawanji'idiwin *Taking Care of Things Gathering*



Join us to celebrate and learn more about protecting our natural resources and traditional foods in a changing climate

To reserve a table for the Artist & Farmer's Market call:
Bruce Savage
218-878-7137
or
Nikki Crowe
218-878-7148
There is no charge to set up a table.

Inclement Weather - School Gymnasium and Cafeteria



Thursday Sept 10th 1pm-6pm

49 University Road,
Powwow Arbor Behind FDL Ojibwe School
Cloquet, MN 55720

Contact: Shannon Judd
218-878-7123
shannonjudd@fdlrez.com

Activities for all Ages!

Lake Superior Zoo Animal Programs

Archery

Foraged Foods Sampling

Demonstration Beehive

Wild Rice Demonstration

Artisan & Farmer's Market,

Information Booths

Climate Change Raffle

Supper served at 4:45pm

Presentations at 5:15pm



Congratulations Dave Couture on 40 years of sobriety, he caught this fish 45 minutes into opening day.

Waatebagaa-giizis – Leaves Changing Color Moon – September 2015

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10th Annual Veteran's Golf Tournament see page 7	5th Annual Ganawenjigewin Maawanjidiwin "Taking Care of Things Gathering" Sept 10 1 p.m. FDLOJS	WIC 12 p.m. CAIR AA/NA/Support 12 p.m. TRC Language 4:30 p.m. CLR 1	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC 2	Sewing 9 a.m. CLR Adolescent grief support 6:30 p.m. CCC 3	 4	Come & swim & use the gym 10th Annual Veteran's Golf Tournament 5
Come & swim & use the gym 6	Elder exercise 9 a.m. CCC Cribbage 5 p.m. CCC 7	WIC 12 p.m. CAIR Caregiver Support Group 12 p.m. CHS Elder activity 1 p.m. CCC AA/NA/Support 12 p.m. TRC Language 4:30 p.m. CLR 8	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC 52+ Elders 4 p.m. CCC 9	Sewing 9 a.m. CLR 5th Annual Ganawenjigewin Maawanjidiwin 1 p.m. FDLOJS Adolescent grief support 6:30 p.m. CCC 10	George Thorogood 7 p.m. BCCR 11	Come & swim & use the gym Wild Rice harvesting 9 a.m. Kettle Lake boat access 12
Come & swim & use the gym Wild Rice processing 9 a.m. FDLOJS 13	Elder exercise 9 a.m. CCC Cribbage 5 p.m. CCC 14	WIC 12 p.m. MNAW AA/NA/Support 12 p.m. TRC Parenting 2nd Time Around 1 p.m. CHS Language 4:30 p.m. CLR 15	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC 16	Sewing 9 a.m. CLR Adolescent grief support 6:30 p.m. CCC 17	FDL Historical Society mtg 10 a.m. RMD 18	Come & swim & use the gym 19
Come & swim & use the gym 20	Elder exercise 9 a.m. CCC AA/NA/Support 12 p.m. TRC Cribbage 5 p.m. CCC 21	WIC 12 p.m. MNAW Cooking 12 p.m. CLR AA/NA/Support 12 p.m. TRC Language 4:30 p.m. CLR 22	Elder exercise 9 a.m. CCC Elder concerns 10 a.m. CCC 52+ Elders 4 p.m. CCC 23	Sewing 9 a.m. CLR Adolescent grief support 6:30 p.m. CCC 24	 25	Come & swim & use the gym 26
Come & swim & use the gym 27	Elder exercise 9 a.m. CCC AA/NA/Support 12 p.m. TRC 28	AA/NA/Support 12 p.m. TRC Language 4:30 p.m. CLR Cribbage 5 p.m. CCC 29	Elder exercise 9 a.m. CCC Elder concerns 10 a.m. CCC 30	12 Moons Manoomin Camp "Wild Rice Camp" Sept 12 Harvesting at Kettle Lake boat access and Sept 13 Processing 9 a.m. FDLOJS		King of the Cage November 21, 7 p.m. BCCR

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