

# Nahgahchiwanong

(Far end of the Great Lake)

# Dibahjimowinnan

(Narrating of Story)



Kyle Gordon (right) takes a shot against Oglala Lakota during the 32nd annual American Indian High Education Consortium tournament. Destany Johnson Yarbrough (left) hits a free throw against Stone Child College during the women's round robin portion of the tournament.

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# Local news

## FDLTCC hosts Tribal College basketball tournament

By Zachary N. Dunaiski

The Fond du Lac Tribal and Community College hosted the 32nd annual American Indian Higher Education Consortium (AIHEC) national basketball tournament. Games started Mar. 13, and 19 college basketball teams played throughout the weekend. Games were played at both FDLTCC and the Ojibwe School's gym.

The event, which was much like a national championship tournament for tribal colleges, featured games with plenty of excitement. Teams played in the tourna-

ment from all over the country including New Mexico, North and South Dakota, and Wyoming.

The FDLTCC men's team won their first two games of the 5 day tournament. It wasn't until their third game that they lost. FDLTCC was in a back and forth game with Oglala Lakota (OLC) before an unfortunate late turnover blemished their otherwise perfect record.

The loss to OLC in the round robin portion of the tournament left the Thunder at 2-1; they were in third place in their pool and faced off against Salish Kootenai Col-

lege (SKC) in a single elimination game. FDLTCC played their heart out, but couldn't keep pace with SKC and lost 95-88.

The men's championship game was won by Northwest Indian College (NWIC) over OLC 111-107 in overtime. It

was an exciting game for NWIC as this was the second consecutive championship of this tournament. The men's team is very young, having a roster of only freshmen and sophomores, so expect them to be a very competitive team again next year.

FDLTCC's women's team struggled to find their groove through this tournament. At times, however, the women would go on short runs scoring several consecutive baskets. Even though they lost all three of their games, the exciting part about the women's team was the fact that they never gave up.

The women's championship game was won by Turtle Mountain (TMCC) over Fort Berthold (FBCC) 79-71. This game, much like the men's game, remained close all the way through but TMCC was able to hold on to take the championship game. FDLTCC struggled with both of these teams, but at times the women were competitive with both of these schools. Like the Thunder men's team, the women's team is also made up of just freshmen and sophomores.

In the end, this tournament was about more than just several games of exciting and spirited basketball games. It was a chance to show off our Tribal College and the city of Cloquet as well. The teams from all over the country stayed at hotels and ate at restaurants in the Cloquet area, all while getting a chance to see what FDLTCC has to offer.



The Thunder men's team huddles up before their 3rd round robin game against Oglala Lakota.

## FACE 5k to host annual fun run/walk

The Fond du Lac FACE (Family and Child Education) Program will be hosting the 2nd Annual FACE 5k Fun Run/2k Walk on Sat. June, 1.

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

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

The first 150 registered will receive a t-shirt.

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

For more information call: Chas Balut, Adult Education Teacher, at (218) 878-7283 or email at [chasbalut@fdlrez.com](mailto:chasbalut@fdlrez.com).

## 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

## Nagaajiwanaang waaswaawin gaye bagida'waawin

(Fond du Lac Reservation Spearing and Netting Spring 2013)

The 2013 spearing and netting season at Mille Lacs Lake (Misi-zaaga'iganing) is fast approaching. This year the FDL will have a 13,767 pound quota for walleye, and a 2000 pound quota for northern pike. The FDL Resource Management Division (FDLRMD) and the Great Lakes Indian Fish and Wildlife Commission (GLIFWC) will be staffing several public landings for spearing and netting. FDLRMD has negotiated to have GLIFWC issue FDL Band members spearing and netting permits at other available public accesses. FDLRMD will staff one landing on behalf of all the participating Bands. One significant regulation change that has been made

is that there will be no size restrictions on speared fish. In years past, Band members were limited to two fish over 20 inches with one of those two fish being over 24 inches per permit. In an effort to target the larger fish that are preying on juvenile walleye, this regulation change will simplify spearing activities and aid in the long term survival of walleye.

As a gesture of respect for our Elders (52+), the FDLRMD will be providing boat rides for Elders to set their nets. Each individual Elder will be limited to two nets if receiving a boat ride from FDLRMD. This service will only be available at the one landing that FDLRMD will be staffing, which will be

determined by ice conditions. FDLRMD will require the use of a personal floatation device (life jacket), and asks that Elders bring their own life jackets so that they are wearing something that both fits and protects them properly. The FDLRMD will have one boat available to safely accompany Elders. Elders will be responsible for setting and pulling their own nets. FDLRMD is encouraging able-bodied Band members to consider taking an Elder to set a net, or set additional nets yourself and share.

The FDLRMD would like to remind Band members that there are numerous invasive species present in Mille Lacs Lake, particularly zebra mussel, spiny water flea, Eurasian

water milfoil, and curly leaf pondweed. Band members should be aware that the 1837 Ceded Territory Conservation Code requires individuals to take the following actions each time they remove watercraft, trailers, nets, and associated equipment from infested waters:

- Aquatic vegetation must be removed from boats, trailers, nets and associated equipment prior to leaving the landing
- Boat livewells and bilges must be drained prior to leaving the landing
- Bait containers and any other boating related equipment that can hold water must be drained prior to leaving the landing

- All nets and associated fishing gear, including any trap, buoy, anchor, stake, or line must be dried for at least 10 days or frozen for at least 2 days before being used in other waters

The FDLRMD would encourage Band members to talk to their families and friends, and make arrangements to be part of the harvest activities.

Updated information on the 2013 spearing and netting harvest will be posted on the FDL Reservation webpage, community centers, and at FDL Gas and Grocery. If you have any questions, please call the Resource Management Division at (218) 878-7101, or visit the website at [www.fdlrez.com/nr](http://www.fdlrez.com/nr).

### Nagaajiwanaang Ojibwemowin Language Camp Fundraiser

On Apr. 13 the annual language camp will hold a dinner and auction fundraiser starting at 4:00 p.m. at the Sawyer Community Center to raise money for this year's language camp, June 13-16.

The fee for the dinner is \$10 per plate. Anyone interested needs to RSVP by Apr. 5 with Pat Northrup at (218) 878-0245.

The dinner menu will consist of: homemade meatloaf, baked potato, corn, cornbread, and cake. The entertainment will be a fluent Ojibwe speaker, language instructor, and Nagaajiwanaang Ojibwemowin Camp Co-Founder Rick Gresczyk who will act as the auctioneer for the live auction. Gresczyk will

be auctioning the items in the Ojibwemowin language and English.

ATTENTION: Quality donation items are needed for live auction

They are asking for donations for the live auction to help make the fundraising efforts successful. If you are interested in donating an item(s) of value please contact the planning committee members.

The overall goal of this fundraiser is to raise enough funds to help offset our costs for our free 5th Annual Ojibwe language camp at Kiwenz Campground. This fundraiser, and the camp, will help keep our language alive. Chi miigwech in advance for wiidookaage. All proceeds from this event will go towards the Ojibwe Language Camp this summer.

### Graduation for Avance

Avance will host the second annual graduation ceremony for its 2012-2013 participants that have successfully completed their nine month program on May 23 at the Head Start Gym.

Parents and children will receive certificates upon completion of their curriculum. Caps and gowns will be proudly worn by the infants and toddlers up to age three as the families will walk up to the podium with their children to accept congratulations from the local Avance coordinator Betty Anderson and national Avance personnel from its headquarters in San Antonio, Texas.

Third year recruitment information that will be disbursed locally beginning next month

and continuing throughout the summer or contact Betty Anderson at (218) 878-8121 or [bettyanderson@fdlrez.com](mailto:bettyanderson@fdlrez.com) for further details on Avance's third year.

Avance is an extremely successful national parent education and child development program that has been in existence for nearly forty years. Parents are our child's first teachers and a strong educational start is imperative for their future success. Please allow Avance's adaptation to our community to thrive during its third year of implementation in 2013-2014 with your participation if you are a parent with children up to three years of age.

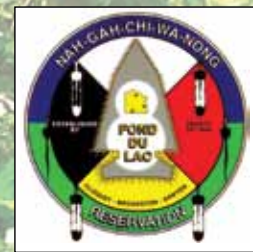
### Child Abuse Prevention Awareness month

**Apr. 19**  
Child abuse prevention conference FDLTCC 2-8 p.m.

**Apr. 26**  
Head Start Child Abuse Prevention "Honoring the Children" Powwow 3-8 p.m. Honor Dance, "Spot Dances" Idle No More, round dance in the evening.

**Apr. 27**  
Child abuse prevention walk/lunch @FDL Head Start 10 a.m.

During the month of April family photos will be taken at the community centers, check the calendar for dates and times. For more information contact Human services (218) 878-2178.



# A few thoughts from RBC members

## From the Chairwoman

If you've been in the Tribal Center recently, you may have noticed the new monitor in the lobby and that the pictures of past tribal council members are not there. The Fond du Lac Museum is working on a project to turn all of the pictures into a digital display. The lobby area was running out of room to put more pictures, and there were dozens of past elected leaders who never had a picture on the wall. If one of your relatives is a past tribal council member, we would



Karen Diver

be grateful if you would go through your pictures. The museum can scan the photo and give it right back to you. The staff plans to develop a historical timeline of the Band and the development on the Reservation, and will show the photos in the era when the leaders were in office. It will be a nice way for our community and visitors to remember our history.

The Reservation Business Committee is spending some time talking with staff from the clinic about how our community can continue to support healthy lifestyles and

reduce drug use. The meth and prescription drug treatment programs, Tagwii program for adults and the adolescent program, are at a full caseload. Much like the broader community, there is a decrease in prescription drug abuse but an increase in the use of heroin. There was also discussion about the use and effects of synthetic marijuana and bath salts, and how incredibly harmful these things are. We were told that one area hospital sees five to ten patients daily in the Emergency Room who are under the influence of synthetic drugs. The discussion to date has been focusing on increased prevention, including increased

activities at the community centers. We welcome feedback from the community on your ideas.

There have been a lot of questions about how the federal sequestration is affecting Fond du Lac. For right now, we are hearing from federal agencies that all conferences and travel are cancelled. Each federal department is currently reviewing whether they have to furlough (layoff) their own staff. Grants will be cut, but they cannot tell us how much yet until they rework their budgets. Many of the agencies are saying that 5-10% cuts are to be expected. At this point, until the federal agencies rework their budgets,

we will not know how much of the cuts flow down to Fond du Lac as a grantee. We'll keep you updated as we hear more. In the meantime for those of you that are politically active, let your congress people know that Indian Country should not bear their brunt of their failure to govern.

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

## Boozhoo niiji,

I got the chance to go see the boy's basketball team play in the playoffs. The first game I saw was in Esko against a team with a similar record. Our boys were quite impressive in the way they handled themselves on the court that evening. They passed the ball well and set up plays to score. They were not chippy with the other team nor were they arrogant when they were leading. They respected the official's calls and never once did they protest what may have been a bad call. They showed



Ferdinand Martineau

me that they had learned to play well as a team but more importantly they showed that they had learned to face adversity when the officials were making some questionable calls that could have changed the outcome of the game and continued to play with respect, dignity, and courage. Congratulations boys, you made the entire community proud with your performance this season.

I had the honor today to present a Band member employee with a gift for her retirement. It made me think about how far we have come as an employer. When I came

to work for Fond du Lac in 1975 there were less than 300 full time employees. I don't remember what type of health insurance we had but I know there was no retirement or life insurance. There were few, if any, employees retiring from the reservation. Times have sure changed for us. We now offer fully funded health care for single employees and very affordable family coverage. We also offer a good 401k package and life insurance coverage. Now we have over 2,000 employees with a payroll in excess of \$60 million and it seems like someone is retiring all the time.

Last year we had closure to some big items, the college lawsuit, the Nelson Act settlement,

the completion of Moorehead Road, the flood damage, and the Fond-du-Luth lawsuit for the most part. We have won in the courts on most of the issues but have the withheld payment issue yet to resolve. This year is not quite as full. We have the veterans housing unit that will be completed and a couple of road projects, Reservation and Cartwright. We are looking at Fond-du-Luth casino and what type of renovation that we could do and the Carter hotel if and when it is put into trust.

The last thing I would like to touch on is the sequestration cuts. Several of our programs have been affected with the automatic cuts mandated by the lack of agreement on the fed-

eral budget. All of our federal programs have been notified about the cuts. We are dealing with them as best we can to ensure that the cuts will have as little affect on the services we currently provide. If we can't absorb the cuts we may have to make some difficult decisions on what to do to keep budgets balanced.

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

Gigawaabamin.



## Hello All

In working with our planning division, I have reviewed the drawing of the hiking trail that will extend from our natural resources building to our C-store. This will run along the south side of Big Lake Road. I was told that construction will start about June 2013. I am looking forward to the completion of this project.

As I had mentioned before, it will include turn lanes and traffic flow upgrades along Big Lake Road making it safer for pedestrians as well as vehicle traffic. I am also looking forward to the construction and completion of



Wally Dupuis

the new replacement bridge on Reservation Road. This project will also start this spring.

Our Community Center continues to be booked with activities. In addition, our community center director is working on the plans for the Enrollee Days weekend for 2013. There are new and added activities being considered for the weekend. I am sure that the schedule of activities and calendar of events will be out soon. Please watch close or call the Tribal Center as summer nears for more information on this.

I was asked by our new Adult Case Manager at the clinic, Melanie Quaderer, to inform folks that she is now on

board as the Adult Case Manager and is willing to help in this area. She can be reached at (218) 878-3752.

On another note, after 17 years of service to the Band as our scholarship director, Bonnie Wallace is retiring. Congratulations Bonnie and good luck on your retirement. Congratulations also to Patty Petite as she will be taking on the scholarship program. Good luck Patty.

*As always, please feel free to call with your questions or concerns, as I look forward to hearing from you. (w) 218 879-8078 (c) 218 428-9828*

Wally Dupuis

## Sawyer News,

Hello. It has been about a month since I have been sworn in, and what a busy month it's been. I am learning much, and one thing I have discovered about this position, it's not just knowing a little about a lot of things, it's knowing A LOT about a lot of things. But the staff has been great and very helpful in helping me grasp some of the finer points of Tribal governance and how things are run here, and I would like to give a big thanks to them because they are the ones who keep this Reservation turning.

My main goal in campaigning for this office was to try to get a Reservation wide concerted effort to address the drug problem. This is a huge mountain to climb not only for the RBC as a whole, but also the communities we serve. Simply stated, we are working hard and using all of the resources available to us to maximize the potential help we can give to people afflicted with this overwhelming problem.

The Sawyer Center will also be a little livelier in the next few months. On Apr. 2 we will be having a gardening club meeting at 5:00 p.m., and some

Master Gardeners will be coming in to show us how to get things started as well as gauge an interest in a youth master gardening program. We will also be having the 13 Moons Drum and Dance program coming in on Apr. 9 and April 16 from 5:00-7:00 p.m. to show people how to sing and drum. This is open to all age groups and I hope to see a lot of people there. They are also setting up a mailing list for monthly event calendars. If you would like to be included on this list, please contact Annette Welsand at (218)878-8185 or stop in the Sawyer Center.



David Tiessen Jr.

Our open meetings at the Sawyer Center have also been gaining momentum. In February we had the Chief of Police Sam Ojibway attending and answering questions the community had regarding law enforcement. It was a good turnout and I would like to thank Sam for attending. The March meeting was focused on drugs on the reservation. We had speakers from Tagwii and the Clinic informing the community on types of drugs and statistics concerning them. It was a great meeting and the community made some real positive headway on how we can tackle this problem together. The April meeting is scheduled for Thursday the 25th.

Again, I hope to see a good turnout and address any questions the community may have.

The youth side is in the midst of implementing a more structured and engaging curriculum for the kids, including homework time. I would also like to start introducing a language program for kids to participate in if they have no homework. I am looking for ways that will make these things fun and/or rewarding for the kids, like incentives and positive reinforcement. They are the future and I think the Community Centers are an excellent way to reach them and engage them in a positive way.

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

*I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at davidtiessenjr@fdlrez.com, or call (218)269-9879, or reach me on Facebook at David Tiessen Jr. Hope to hear from you.*

## Fond du Lac Head Start programs round-up

This year's FDL Head Start will have its program round-up on Apr. 17 in the Head Start Gymnasium from 9 a.m.—6 p.m.

If you are interested in enrolling your child in FDL Head Start Programs, applications for the 2013-2014 school year are now ready. Returning Head Start (HS) and Early Head Start (EHS) children do not need to reapply. EHS children transitioning to HS will need to apply.

- Early Head Start Center Base—children 6 weeks to 3 years of age.
- Early Head Start Home Base—pregnant moms to 3 years of age.
- Head Start children who will be 3 years of age by September 1st, 2013.

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

## Fond du Lac housing committee seeking Brookston Representative

The Reservation Business Committee is seeking an individual from the Brookston District to serve on the Fond du Lac housing committee.

Interested individuals must be an enrolled member of the Fond du Lac Band and reside in the Brookston District. A decision on a new committee member is scheduled for the RBC meeting on Apr. 24. Interested Band members must submit their name to Rita Ojibway at the Tribal Center by 4:30 p.m. on Friday, Apr. 19. Preferred applicants must reside in a home that is managed by the Housing Division. For further information please contact Barb Perttu in Housing (218) 878-8049.

Etc.

## Honoring survivors of domestic and sexual violence

The Minnesota Indian Women's Sexual Assault Coalition with the Mille Lacs Band Family Violence Prevention Program is hosting the 7th annual restoring the Sacred trails for our grandmothers: seeking solutions to end sexual violence. It will be held Apr. 29 - May 1 at Grand Casino.

To register, contact MIWSAC at (651) 646-4800 or (877) 995-4800 or Christine Davidson at cdavidson@miwsac.org. The registration deadline is Apr. 8. This year's conference activity will be a community survivor quilt.

## "Honoring The Children" powwow

Boozhoo, spread the news. Babaamaajikmo. The FDL annual mini powwow will be

held in the Head Start gym Apr. 26. Iskigimtzaige-Giizis.

Everyone is welcome to the powwow. The sign in time is 2:30 p.m. The Grand Entry will begin at 3 p.m. with the feast beginning at 4:30 p.m. Dance for children begins at 4:00 p.m. The final dancing from 5-8:00 p.m.

Hope to see you there, Miigwech.

## MCT to host First-time Homebuyer course

The Minnesota Chippewa Tribe Finance Corporation will host a first-time homebuyer education class from 8:30 a.m. - 4:30 p.m. on Apr. 6 in the Minnesota Chippewa Tribe Building 15542 State 371 NW Cass Lake, Minnesota

First-time homebuyer education is a requirement of the Minnesota Chippewa Tribe

Finance Corporation for qualified buyers.

Please reserve your spot in this free class with Cindy Beaulieu at (218) 335-8582 extension 150 or cbeaulieu@mnchippewatribe.org

No childcare is provided so please make other arrangements.

## Fond du Lac Band of Lake Superior Chippewa Tribal Court Notice of name change:

Case No.: MA-002-13

In The Matter of the Marriage of: John Bwagwachinini McMillen, husband, and Victoria Marguerite Louise Thomas, wife. Notice is hereby given that on March 2, 2013, John Bwagwachinini McMillen and Victoria Marguerite Louise Thomas were united in marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa,

and on March 18, 2013, a Certificate of Marriage was issued changing the name of Victoria Marguerite Louise Thomas to Victoria Marguerite Louise McMillen. Dated this 18 day of March 2013.

## Notice of name change: Case No.: MA-001-13

In The Matter of the Marriage of: Charles Clyde Badmoccasin, husband, and Darla Marie Diver, wife. Notice is hereby given that on February 16, 2013, Charles Clyde Badmoccasin and Darla Marie Diver were united in marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on February 21, 2013, a Certificate of Marriage was issued changing the name of Darla Marie Diver to Darla Marie Badmoccasin. Dated this 18 day of March 2013.

## Notice of name change: Case No.: MA-003-13

In The Matter of the Marriage of: Gerald Leslie Reynolds, Jr., husband, and Candace Elaine Wakonabo, wife. Notice is hereby given that on Mar. 15, 2013, Gerald Leslie Reynolds, Jr. and Candace Elaine Wakonabo were united in marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on Mar. 19, 2013, a Certificate of Marriage was issued changing the name of Candace Elaine Wakonabo to Candace Elaine Reynolds.

## World Café "Reservation Style"

Brookston Community Center Apr. 23 at noon Lunch will be served For more information please contact Wayne (218) 878-7106 Hosted By: RACE (Reservation Academy For Community Engagement)

## Elder's Corner

### Elder Dinner

Apr. 30 at Black Bear Casino

### Elder Abuse Awareness conference

Apr. 16 and 17 at Grand Casino in Hinckley, Minn. Sign up with Deb Topping (218) 878-8053

### Elder Activity Board

A day trip to Minneapolis is being planned for Sunday, May 5 for the Elder's 52 + . It will be the Ring of Fire - the life and music of Johnny Cash. Non-enrollees who attend with an enrollee must pay \$50. The bus leaves at 10 a.m. from the Casino. Do not miss the bus. Breakfast will be served beforehand at 8 a.m. Limit to the first 40 elders. To signup call Jerry (218) 451-0941 or Val Turcotte (218) 879-8326.

## What are YOU doing this summer?

Apply now for a free Center of American Indian and Minority Health (CAIMH) Summer Program at UMD!



### Stepping Stones to Health Careers Camp

July 7-12 and/or July 14-19, 2013

-8th, 9th, 10th & 11th graders-

Stay in the dorms, eat in the dining center, rock climb, use the fitness center and more!

Learn about health careers while also experiencing fun Duluth attractions!

CAIMH activities are supported in part with funding from the Division of Diversity & Interdisciplinary Education, BHP, HRSA, DHHS (D384P10613). UMCAMH SSHC is through partnership with Fond du Lac Reservation DHHS (HS/NH Native American Research Centers for Health (NARCH) Center for Chronic Pain, # U26HS300413A.

### High School Super Stars Program

June 17-July 26, 2013

-10th, 11th & 12th graders-  
-recent HS grads-

Work in teams with doctors to solve medical puzzles, learn how doctors diagnose patients, meet Native American medical students and health professionals and more!

For more information on CAIMH Summer Camps and Programs please contact us! Call (218)726-7235, email [caimh@d.umn.edu](mailto:caimh@d.umn.edu), or visit [www.caimh.umn.edu](http://www.caimh.umn.edu)



Check us out on Facebook!

UNIVERSITY OF MINNESOTA  
Medical School

CENTER OF  
AMERICAN INDIAN  
& MINORITY HEALTH

### Native Americans into Medicine Program

June 17-July 26, 2013

-college students-

Learn more about medical school and other health professions, while strengthening your skills in Chemistry, Anatomy & Physiology, Research and Math!

# FDL Law Enforcement news

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

- Feb. 19 Traffic stop on Hwy 210, driver advised for equipment
- Feb. 19 Gas drive-off at FDL gas and grocery; cited
- Feb. 19 Check welfare at a residence on Drake Dr
- Feb. 19 Client in MASH treatment center picked up and jailed for probation violation
- Feb. 19 Traffic accident in front of the FDL gas and grocery
- Feb. 20 Traffic stop on Hwy 210, driver warned for speeding
- Feb. 20 Break in at the bar in Brookston, under investigation
- Feb. 20 Reported to security alarm at the clinic
- Feb. 20 Assisted with property retrieval in the compound
- Feb. 21 Report of damage to vehicle in Sawyer area, investigated
- Feb. 21 Black Bear security requesting assistance with a room eviction; one was arrested for warrants.
- Feb. 21 Fight at the Black Bear casino, parties separated by Black Bear staff, one issued citation for assault
- Feb. 22 Panic alarm at private residence, false alarm
- Feb. 22 Welfare check at a residence on Mahnomen Rd
- Feb. 22 Traffic stop on Hwy 210, driver cited for driving after revocation (DAR)
- Feb. 22 Traffic stop on Hwy 2 and Maki Rd, driver warned for driving over the fog line
- Feb. 23 Report of a domestic dispute in Danielson area, female left the residence
- Feb. 23 Request from casino to have officer's present at the fights. Officers arrested one male for disorderly conduct.
- Feb. 23 Squad car damaged at the casino while doing extra patrol for Brewfest
- Feb. 23 Assisted state patrol with a K-9 search
- Feb. 23 Report of erratic driver on Big Lake Rd, unable to locate
- Feb. 23 Juvenile assault at MASH treatment center, juveniles cited.
- Feb. 24 Assault on Rustic Ln, medical assistance only
- Feb. 24 Report of damage to property at MASH treatment center, citation issued
- Feb. 24 Traffic stop on County 7/Larch St, driver warned for equipment violation
- Feb. 24 Three packages of synthetic marijuana found outside the bus barn, items were destroyed
- Feb. 25 Gas drive-off at FDL gas and grocery.
- Feb. 25 Vehicle accident in casino parking lot, information exchanged.
- Feb. 26 Traffic stop on Hwy 210/I-35, driver warned for speeding
- Feb. 26 Noise complaint in the compound, advised to keep it quiet for the night
- Feb. 26 State patrol requesting K-9 assistance
- Feb. 26 Assault behind Ojibway school, reports taken
- Feb. 26 Officers requested at basketball game
- Feb. 26 Stop arm violation, citation issued
- Feb. 26 Traffic stop near the compound, driver was arrested for possession of methamphetamine, 3.62 grams
- Feb. 27 Door on house kicked-in in compound area, all that was missing was bread and hotdogs
- Feb. 27 Report of identity theft, under investigation
- Mar. 1 Call to MASH treatment center, uncooperative new client. Client was arrested and taken to jail
- Mar. 1 Unwanted belligerent female arrested at BBCR
- Mar. 3 Banished person escorted off casino property and charged with trespassing
- Mar. 3 Traffic stop near Mission Rd, driver had been drinking but was below the legal limit
- Mar. 3 Black Bear requested assistance for room eviction, a small amount of marijuana was found and all were advised to leave the premises
- Mar. 3 Traffic stop on Hwy 2 near McCamus Rd, driver arrested for DWI
- Mar. 4 Male arrested in compound at a residence for warrants
- Mar. 4 Assisted with a medical on Scotty Dr
- Mar. 4 Assisted with a welfare check on children on Ridge Rd
- Mar. 4 Assisted with a chimney fire on Brookston Rd
- Mar. 4 Assisted with a welfare check on Mahnomen Rd
- Mar. 4 Assisted with property retrieval on Mahnomen Rd
- Mar. 6 Vehicle in the ditch on Moorhead Rd, vehicle was towed
- Mar. 7 Traffic stop on Brookston Rd, search conducted, one gram of heroin located, driver arrested
- Mar. 8 Male very intoxicated, was transported to detox
- Mar. 8 Traffic stop on County 7/Pinewood Dr, driver warned for no front license plate and driving over the center line
- Mar. 8 Assisted the city of Cloquet squads with an intoxicated male banging on the door of a residence
- Mar. 11 Assisted with pushing a vehicle out of a driveway on Mission Rd
- Mar. 11 Employee theft at the FDL gas and grocery, under investigation
- Mar. 12 Traffic stop Maple Dr, driver warned for speeding

## 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:

ABRAHAMSON, Jacque	HARDER, Bruce
ANKERSTROM, Arthur	HOULE, Lenore
“Skip”	LOCKE, Anna Marie
ANKERSTROM, David	NELSON, Catherine
BUDREAU, Deena	OJIBWAY, Jeffrey
GALLAGHER, Beatrice	SEARS, Sharine
GOODREAU, James E. Jr.	SMITH, Jay





## A new way to heal old scars

By Daniel Rogers,  
M.A. Licensed Psychologist

In the late 1980's a psychologist named Dr. Francine Shapiro accidentally discovered a powerful new technique for healing emotional scars caused by trauma. She found that by mildly stimulating both sides of the human brain alternately while that person is visualizing a traumatic event, causes that person to heal quickly from that trauma in most cases.

Dr. Shapiro developed this discovery into a treatment protocol in the 1990's and many psychotherapists have been trained in this procedure. It is called EMDR which stand for Eye Movement Desensitization and Reprocessing. It has been proven to work especially well with patients who suffer from PTSD, post-traumatic stress disorder. It is now the treatment of choice for combat-related

trauma. However, it also works well for traumas caused by loss of loved ones, abuse, assault, rape, witnessing violence, car accidents, and a host of other human traumas.

People no longer have to go through the rest of their life experiencing nightmares, flashbacks, intrusive thoughts, depression, fear and panic attacks caused by traumas. EMDR works most of the time for most types of traumas. When EMDR works its effects are lasting and the beneficial effects of this treatment seem to go deeper than traditional "talk therapy."

EMDR is used effectively and safely with children, teens and adults. This near-revolutionary technique usually only needs to be done once per trauma. For example, if a person has had 3 major traumas in their recent past or childhood they will probably only need 3 sessions of EMDR, one per trauma type.

Another advantage of EMDR is that it usually cuts the length of treatment in half compared to psychotherapy without EMDR. People no longer have to be in therapy for a long time in order to get over a traumatic event.

Three mental health therapists working for FDL Human Services have been fully trained in EMDR therapy. Dan Rogers, LP can be reached at Min No Aya Win at (218) 879-1227. Ellie Schoenfeld, LICSW and Greg Goodrich, LPC, can be reached at CAIR in Duluth at (218) 726-1370.

FDL Human Services would like to invite all trauma victims, especially those veterans returning from combat, to call for an appointment for an EMDR consultation.

For further information you may also visit EMDR.com which is the official website of the EMDR Institute.

## How to Start?

By Kara Stoneburner,  
RDLD, Public Health Dietitian

Eat healthier.... Lose weight.... Diet.... We've all heard it. These are typical phrases people hear when talking about their health. How exactly does one start to eat healthier? Here are some tips for getting started:

- Consult with your health care provider. He/she may also recommend an appointment with a registered dietitian

- Remember, you didn't gain 10 pounds overnight and it won't come off overnight

either. A slow, steady weight loss is a great way to help keep the pounds off over the years. Dropping 10 pounds in 2 weeks doesn't give you or your body time to adjust to the lifestyle changes that are needed to keep the weight off

- Fad diets may work but the results don't usually last. People often experience a weight loss while on a fad diet, but when the diet ends and the food restriction is lifted, the weight comes back on

- Just about all foods can fit into a food plan, with moderation

- Keep food and activity records. Journaling is important for weight loss and maintenance

- Small changes, made slowly over time, can lead to weight loss and lifestyle habits that can last a lifetime

Refer to the "10 tips to a great plate" sheet in the Nutrition Education Series from [www.choosemyplate.gov](http://www.choosemyplate.gov) to get started on improving your health. Other resources include Health Care Providers, Registered Dietitians and Personal Fitness instructors

## Choose MyPlate, 10 tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 tips.

- Balance calories: Find out how many calories you need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.
- Enjoy your food, but eat less: Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- Avoid oversized portions: Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
- Foods to eat more often: Eat more vegetables, fruits, whole grains and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health-including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
- Make half your plate fruits and vegetables: Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

- Switch to fat-free or low-fat (1%) milk: They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- Make half your grains whole grains: To eat more whole grains substitute a whole-grain product for a refined product- such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Foods to eat less often: Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not every day foods.
- Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
- Drink water instead of sugary drinks: Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories, in American diets.

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information. Adapted from the USDA Center for Nutrition Policy and Promotion's ChooseMyPlate.gov Website.





# Health News

## Winners get their blood sugar checked

**H**ave your blood sugar checked at a community screening for your chance to win a \$500 Gift certificate to Gander Mountain or L&M in May, or an iPad in April. There will be 3 more drawings. One held each month for the months of March, April, and May.

A second drawing will be held each month for a \$50 gift certificate for gas. Get a chance to win in this drawing by having your blood sugar screened, receiving tickets for family and/or friends, and referring them into the screenings to have their own blood sugar checked.

To be eligible, participants must be:

- 18 years of age or older on the date of the blood sugar screening
- American Indian

- Eligible for services at the MNAW and/or CAIR clinics
- If diagnosed with diabetes or pre-diabetes you can participate by getting your blood sugar checked at a community screening also.

Each participant may only be screened once in the four month event. Once screened, their name stays in the raffle for the entire four months unless they win. Each participant may only win once.

FDL Human Services medical department, their spouse, and any household members are not eligible.

The contest started Feb. 5 and ends May 31.

Questions? Attend a community screening or look online at [www.fdlrez.com](http://www.fdlrez.com).

*Michael Fosness wins \$50 gas certificate by asking family members to be screened for diabetes and Jessica Fosness won an iPad*



## Helping FDL with rising medical costs

**T**he intent of this notice is to inform enrollees and other Indian people living on the Reservation, or in the service area, why we ask for your health insurance information or ask people to sign up for medical assistance.

With the skyrocketing costs of health care, the Reservation Business Committee has directed the Human Services Division to make every effort possible to recover and/or generate revenues. Over one-half of the health care you receive through direct services and contracted services, are paid for with money collected by billing insurance sources. When you give us your insurance infor-

mation, we are able to bill for your care. The money received gets turned back into more care for you and other community members.

It is important for everyone to understand that the Federal Government does not give us enough money to provide or improve services at our facilities so we ask for your help and cooperation.

When you are referred to another provider (somewhere other than the Fond du Lac clinics) and you have no insurance plan, we require you to apply for Medical Assistance to help pay the medical bills. In recent years, the State of Minnesota has paid for care for

many patients at our clinics. If no one signed up for medical coverage through the state health plans, those costs would have come out of the pockets of those receiving the care. Federal law and tribal policy forbid us from spending money on care that would be covered by Medical Assistance.

Human Services staff in the Patient Advocates office at the Min No Aya Win Clinic and at CAIR, are there to assist you in the application process and to work with the County Human Services on your behalf.

Your cooperation and understanding is truly appreciated.

## Pollinator Conservation

By Danielle Diver

**M**any people already know about the problems currently faced by European honeybees, but it is less commonly known that native bees and other native pollinators are experiencing similar declines. Native pollinators include sweat bees, mason bees, leafcutter bees, squash bees, bumble bees, and some flies, beetles, wasps, moths, hummingbirds, and even bats. Native pollinators, unlike European honeybees, have been co-evolving with native plants for millions of years. They are much more efficient pollinators of native crops like blueberries, cranberries, tomatoes, squash, and peppers. Native bees, since they are adapted to our climate, tend to forage earlier in the day, in lower temperatures, and in worse weather conditions than honeybees do. And even though they do not create delicious honey for our consumption, native pollinators are much more low-maintenance creatures to care for.

There are some very easy things you can do to support pollinator populations in your yard, lot, garden, or farm. These include:

- Don't spray pesticides (or, if you feel you must spray pesticides, choose organic pesticides and never spray plants that are in bloom)
- Plant native flowers with high nectar and/or pollen content that bloom at different times of the year (aim for 3 or more species each for spring, summer, and fall)
- Plant a hedgerow of 3 or more different species of native flowering shrubs
- Leave some bare ground for ground nesting bees (70% of all native bees, including squash bees, the sole pollinators of squash, build their nests in the ground). They tend to build their nests in sandy soil
- Leave dead trees, snags, and wood piles where they are (some bees nest in these things)

If you are interested in learning more about how to conserve pollinators, come to the Ojibwe Garden Program's Pollinator Conservation workshop on Apr. 10 at FDLTCC in Room 188 at 5 p.m. This workshop will feature University of Minnesota entomology professor Dr. Rachel MaKarrall as well as a local beekeepers Brian and Margaret Roth. All attendees will receive a packet of flower seeds to start their own pollinator garden and will have a chance to build their own mason bee nests.

### Men's Health Brunch

Bring your fathers, sons, grandfathers, grandsons, uncles, and friends.

Drawing for a Gill net and \$50 Gander Mountain gift card

Apr. 13 at 9 a.m.

Tribal Center ENP

For more information Call Lola @ (218) 878-3790

# Sons Joseph - Mingogijigweb and Antoine - Bitawash Naganab

## Research by Christine Carlson

Last month's research was on Chief Joseph Naganub. This month's research continues with his two sons and one daughter.

### Joseph – Mingogijigweb Naganab, 1887 FDL Indian Census

Family number 17 is Joe Naganab age 38 and his wife Maggie age 37. Their children are Virginia age 18, Edward age 14, and Antoine age 2.

### Carlton County Death Records

Virginia Naganab a female, single, Indian died on Feb. 5, 1888. She was born in Wisconsin and her parents are listed as Joseph Naganab and Maggie Frank.

### Pine Knot – June 9, 1894

Old man Nagonab, chief of the Chippewas, and also Chief Anamosong died last Tuesday. They were the oldest chiefs in the tribe, being 94 and 86 years old respectively. A peculiar circumstance is that these two noted warriors died within two hours of each other, one just north of Cloquet and the other at Sawyer. John Anamosong has the latest papers from Washington and will probably succeed his father as chief of his particular band. Although Joe Nagonab will undoubtedly make a hard fight for the position. In our opinion these deaths leave Mary Blair in charge, she holding papers as "queen" which are several years old, and undoubtedly authentic, as Mary is married to one of the Anomosong boys, it looks like a strong combination against Nagonab.

### 1895 Minnesota Territorial and State Census for FDL

Family number 53 is Joe Nah Ganinb age 52, Isabella age 35 and Antoine age 19.

### 1898 FDL Census taken at LaPointe

Family number 543 is Joe Nah-gah-nub age 47 and wife Lizzie O-be-quod age 28 and son Antoine age 11.

### 1900 Federal Census of the Chippewa Indian Reservation, Itasca, Minn.

Joseph Nah-gaunub age 51 was an Indian policeman. His wife Mary was age 32 and they were married 2 years.

### Nagonab Attacks Morris Statute – Duluth News Tribune of Jan. 31, 1904

WASHINGTON, Jan. 20 – Hearing was begun today in the district supreme court in the case of Joseph Nagonab, an Indian chief, against the secretary of the interior, involving 300,000 acres of land and timber rights in Minnesota and adjoining states.

The Indians contend that the act of congress, which took away the lands from the Indians was unconstitutional, alleging that it was done without their consent and without provision for payment and that the act violates a trust imposed

in the United States by the Indians.

### Chief Naganab Loses His Case – Equity Court Dismisses Suit to Prevent Forming of Forest Reserve- Duluth News Tribune of June 29, 1904

NEWS TRIBUNE BUREAU, POSTAL BUILDING, WASHINGTON, D.C. June 28 – After waiting seven months Justice Anderson late this afternoon, in equity Court No. 1 rendered a decision in favor of the government as the outcome of the proceedings for injunction instituted last December by Chief Joseph Naganab of the Chippewa tribe of Indians, against Secretary of Interior Hitchcock.



Joseph Naganab photo - reprinted from the Askov American Bicentennial Edition newspaper of July 1, 1976

### Naganab Loses in Supreme Court – Duluth News Tribune of May 22, 1906

Action to Prevent Hitchcock Setting Aside Indian Land is Defeated  
WASHINGTON May 21 –The supreme court of the United States refused for lack of jurisdiction to entertain the suit of Joseph Naganab, a Chippewa Indian residing in Minnesota against Secretary Hitchcock to enjoin the latter from setting off certain pine lands in the Lake Winnibogoshish reservation for

a forest reserve. It was alleged that the act of government would result in the loss to the Indians of the reservation of not less than ten million dollars.

### Chief of Chippewas Dead – Pine Knot of Aug. 11, 1906

Joe Nagonab, the last of the line of hereditary chiefs of the Fond du Lac Chippewa Indians, died at his home on the reservation Saturday night.

Nagonab was the son of Chief Nagonab, who took an active and prominent part in the last treaties between the Chippewa tribes and the white man and was known as a great peace chief, who was very instrumental in the final establishment of peace relations with the early settlers of Minnesota. Although the title has been simply a name for many years Joe Nagonab was the only Indian on the Fond du Lac reservation who could lay hereditary claim to distinction as chief and his death ends a long line of Chippewa leaders.

Funeral services were conducted at the mission church on the reservation Monday.

### Antoine – Bitawash Naganab, 1887 Census of FDL Band

Number 7 is Bitawash age 42, his wife Mary age 37 and their children Sophia age 18, Michal age 16, Mary Ann age 14, Paul age 12, Joseph age 10, Alexis age 6, Catherine age 3, and Edward age 1.

### Naganab's Son – Turned Down by Chippewas and New Chief Chosen - Duluth News Tribune of July 17, 1894

Antoine Naganab, son of the late chief of the Fond du Lac Indians, will not succeed his father. The question of heredity

enters largely into the matter, and it is claimed that the late Naganab was not an hereditary chief. At all events, a council of the tribe has been held, and John Animosson, eldest son of the late Chief Animosson, was proclaimed chief of the entire band, Joe Obequet remaining subchief.

### 1894 Fond du Lac Indian Census

Family number 30 is Be-dah-waush (Antoine Nah-gah-nub) age 49, his wife Mary age 43, Paul age 18, Joseph age 16, Alexis age 12, Catherine age 9 and Edward age 7.

### Pine Knot of June 12, 1897

Many of our readers will remember Antoine Naganob, the eldest living son of the venerable chief who died here in '94, and who lived here himself until within a year or two. Since that time he has been living at Gordon, Wis., a little place on the Omaha about 30 miles from Superior. Antoine is a quiet, inoffensive man, and a devout Catholic.

### Gordon, Wisc. Cemetery Tour

Funny how things happen. Just this morning I was looking for someone else on the internet and found this site called Gordon, Wisconsin Cemetery Tour. It is a great little video tour and the narrator walks around and reads all the grave markers. There are several Naganub folks buried there: Edward Naganub, Mary, Sophie and Michael Naganub, Isabel who died in 1862 and Chief Alec Naganub who was born 1832 and died in 1962.



# Ashi-niswi giizisoog (Thirteen Moons)

## Iskigamizige-giizis

*The new Iskigamizige-giizis, the Maple Sap Boiling Moon, begins April 10. Other names for this moon are Omakakiwi-giizis, Frog Moon; Bobookwedaagime-giizis, Snowshoe Breaking Moon; and Maango-giizis, the Loon Moon.*

## The legend of Spirit Island

By Le Roy DeFoe/  
Obsib biniss

Growing up, I had two friends, who had a father that used to take us camping down by the St. Louis River. At night, we'd sit around the fire, and just joke around with each other. Then finally, came the time of the story telling.

My friend's father was a great story teller. When he was talking, all of us kids would behave, sitting for hours listening to his stories. As for myself, I always had a good imagination, so as he talked, I could picture the story he was telling in my mind.

The Legend of Spirit Island was always one of my favorite stories and I would request it whenever I could. Old Chick knew I liked the story, so sometimes I wouldn't even have to request it, he'd just start telling the story, and I would listen to it like I had never heard it before.

A long time ago, when the Chippewa (Gitchigamiwin-iwug) first came into the St. Louis River Bay area, the land was part of the Great Sioux (Dakota) Empire. We were the invaders, and we were not welcome. Naturally, when two cultures meet, a war broke

out. This wasn't just a regular war; this was a war of total extermination. Our goal was to take this land, no matter what. Their goal was drive us out.

At that time, the Chippewa lived on Clough (Whiteside) Island. This is a big island in the St. Louis River Bay. The island was especially chosen for defensive purposes, and it served its purpose well. The Chippewa numbered in the thousands, because the St. Louis River Bay was where the northern and eastern migrations came together again as one people.

It was during that time; the Chippewa surrounded a large group of Sioux, and after a four day battle, captured about a thousand of them. In those days, capture meant a long, slow, agonizing death. No warrior ever wanted to be captured and so most of the warriors fought to the death, but sometimes they had no choice but to surrender. This was the case for those thousand Sioux.

After the battle was over, came the time of the slaughter. After torturing each warrior separately, the Chippewa would cut the throats of each Sioux warrior, and one by one, the bodies were tossed unceremoniously into the waters of the St. Louis River Bay. So many Sioux were killed that

day that the waters ran red for a week. It is said the souls of the dead Sioux went over to Spirit Island, and have been there ever since.

Shortly afterwards, the War Chief of the Chippewa decided that he must reward his bravest warrior. He offered the hand of his oldest daughter to the brave warrior, but she was gone.

The War Chief did not know that his daughter had been secretly meeting a young Sioux warrior. They had been together up on "Manitouahgebik" while the battle was taking place. They had looked down on the terrible battle, and knew that now they could never be married because of the number of Indians that had been killed.

While the War Chief and his warriors were out searching for the missing girl they failed to see the two lovers come down from the Manitouahgebik. The two lovers went to the bank of Spirit Lake and used a stolen canoe to paddle to Spirit Island.

It was during the night, after the search was called off for the evening, that one of the returning warriors looked and saw a dim fire on Spirit Island. This warrior went and told the War Chief who gathered together a group of his most ferocious warriors and went to

see who was on the island.

In the first light of morning the warriors landed on Spirit Island and found the stolen canoe beached on the shore. After searching the island from top to bottom, all they found were two sets of moccasins, a Larger Sioux moccasin and a smaller Chippewa moccasin, near the remains of a small fire.

It is said that the Love Spirit, "Nesagia" had come down to earth, and had taken the two lovers away in his "Gegicjemon," or sky canoe, to the Indian paradise to live together forever because in this world, the two lovers would never be allowed, by their people, to happily live together.

After the moccasins were found, and the people were told of the moccasins, a great chill went through the Chippewa Nation. To this day, no Chippewa will ever spend the night on Spirit Island because the souls of the dead Sioux warriors are still haunting that sacred island. And truthfully, they probably hate the Chippewa now more than they ever did. And from that day forward this island will be forever known as Spirit Island.

If you look up into the sky at night and a star happens to twinkle at you, don't worry;

this is just a sign from the fire of the two lovers, letting you know that they're safe in the land of never-ending peace and happiness.

This is a much shortened version compared to the story that Chick used to tell. His story would take hours, and except for occasionally adding another log to the fire, we would just sit there fascinated, listening to his every word. Even the frogs would stop croaking until the end of the story, and then when he was done speaking the frogs would start up again. We used to say that the frogs were listening too.

The Fond du Lac Tribal Historic Preservation Office (THPO) is collecting evidence to prove that Spirit Island is eligible for inclusion onto the National Register of Historic Places (NRHP). If we can prove that Spirit Island is eligible for inclusion onto the NRHP, it would be a tremendous help in the protection of this sacred island for the future generations. Any oral histories could prove beneficial. No information is too much, or not enough. Contact Leroy DeFoe with your stories at (218) 878-7129 or e-mail [leroydefoe@fdlrez.com](mailto:leroydefoe@fdlrez.com)

### Upcoming Events:

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

*This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College and Fond du Lac Resource Management.*

# Ashi-niswi giizisoog (Thirteen Moons)

## Ogaawag

Dave Wilsey  
U of MN Extension

March means spring, even if the conditions outside don't always tell the same story. With spring comes the eventual break up of lake ice, and with breakup comes the time for setting nets and spearing ogaawag. Successful netting can yield quite a few fillets, which in turn provide a stock of nutritious food that can feed family and friends for months. Take time to prepare for the coming netting season as a way to honor the changing season, the gifts of akii, and one of the important regional foods that contribute to bemaadizi (livelihood).



## Fond du Lac Sugar Bush Tapping Guidelines

By Fond du Lac Forestry Staff

The intent of these guidelines is to assure area sugar bush (iskigamizigan) resources remain healthy and productive now and into the future. These guidelines are based on published research and on the advice of local experts.

### Site selection

Choose sites that are accessible throughout the entire tapping season. Dirt roads or woodland trails that may be useable in the beginning of the season can often become very muddy and rutted as the frost goes out of the ground and the ground becomes soft. Select sites with good access that do not require crossing wetlands or other sensitive areas that may be damaged, especially near the end of the season.

Choose sites with healthy, large-crowned sugar maples (ininaatig) and/or red maples (zhiishiigimi-iwanzh). Avoid selecting areas where the trees show signs of stress or decline (e.g. dead or dying tops, missing bark, trees defoliated by forest tent caterpillars the previous year, etc.).

Always make sure you have the appropriate permission to tap the trees or to access the land.

### Tree selection

Select healthy, full-crowned sugar maple, red maple, silver maple, or box elder trees that are at least 10" in diameter at chest height (about 4 ½ feet above the ground). Tapping smaller trees will yield little sap and risk the long-term health of the tree. Expect 9-13 gallons of sap per tree

for the season. Flow rates are highest on warm days following cool nights.

Avoid driving ATV's, tractors, trucks, or other vehicles within 20-30 feet of the base of the tree during the tapping season. The ground is soft and the roots can be damaged, affecting the health of the tree. Instead carry buckets or bags by hand to vehicles, wagons, or other maintenance equipment. Healthy roots make healthy trees.

### Spile selection

Smaller spiles are preferable to larger spiles. Research shows smaller spiles will deliver as much sap as larger spiles with less damage to the tree.

Use 5/16" or 19/64" spiles if possible. These spiles should not be placed more than 1 ½" deep.

Older style 7/16" spiles are still acceptable but should be replaced with smaller spiles when possible. This size spile should not be placed more than 2 ½" deep.

Do not tap frozen trees as this can cause the bark to split. Only tap trees when the sap has begun to flow.

Use a drill-bit that is the same size as the tap you are intending to use and wrap a piece of tape around the drill-bit at the desired depth. This will serve as a guide to help avoid drilling too deep.

Holes should be drilled at a slight upward angle so that sap can flow down and out of the hole.

Tap the spiles in carefully to avoid damaging the tree. Avoid tapping discolored or damaged looking bark as these areas may have fungal infections and tap holes may serve as entry points.

### Number of spiles and their placement

The number of spiles per tree should be based on the diameter of the tree at chest height.

Trees that are smaller than 10" in diameter should not be tapped.

Trees 10" - 18" in diameter should have no more than 1 tap per tree.

Trees larger than 18" can have up to 2 taps per tree. No tree should have more than 2 taps.

Spiles should be spaced at least 6 inches horizontally and 2 feet vertically from previous year's tap hole locations. This assures water and nutrients can still flow between the roots to leaves.

Never re-tap existing holes or drill new taps near the end of the season trying to prolong the season.

Spiles should be placed in the tree about 2-4 feet above the ground level.

### When to start and when to stop

Sap will start to flow when the days are in the 40F's and the nights are below freezing, typically mid-March in Northern Minnesota. Flow tends to slow or stop when daytime temperatures are cool or below freezing.

Sap will start to taste "buddy" (bad) when the buds start to expand at the end of the season. When you observe buds expanding, cease collecting sap. Red maples may start to bud before sugar maples.

Be sure to remove all spiles from trees and clean up other equipment from the site at the end of the season. Miigwech



# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons By Charles Smith

Consonants used in Ojibwe make nearly the same sounds that they do in English.

The Vowels are a little different though. Here they are:

- i = ih (like the 'i' sound in 'it')
- ii = ee (like the 'e' sound in 'see')
- o = o (like the 'o' sound in 'oh')
- oo = oo (like the 'o' sound in 'boo')
- a = ah (like the 'u' sound in 'but')
- aa = aa (like 'a' sound in father')
- e = ay (like the 'a' sound in 'say')

Basic Rule for Ojibwe for vowel change when asking questions:

a	-	e
aa	-	ayaa
i	-	e
ii	-	aa
o	-	we
oo	-	waa
e	-	aye

These vowels change when you are asking questions. Question words are: What, how - Aaniin, Why - Aaniin dash or Aaniishwiin, When - Aaniin

apii, What - Awegonen

How it works:  
Izhichige.  
is doing.  
Aaniin ezhichiged?  
What is she doing?  
Aaniin ezhichigeyan?  
What are you doing?  
Aaniin ezhichigeyaan?  
What am I doing?  
Aaniin ezhichigewaad?  
What are they doing?

See, the 'i' changed into 'e' in these examples. The tense markers changes too, try these examples with gii- (past tense marker) or wii- (want). These particular endings meaning 'I', 's/he', 'you', and 'they' are used only when the words end in a vowel.

-d / -g	s/he
-yaan	'I'
-yan	'you'
-waad	'they'

Article Content: Ashi-niswi giizisoog BIGADA'WAA

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

## BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

### Ojibwe Wordlist

- A cool wind- *Dakaasin*
- A nice day- *Mino Giizhigad*
- Clear- *Mizhakwad*
- Cloudy- *Ningwaanakwad*
- Cold- *Gisinaa*
- Foggy- *Awan*
- Hot- *Gizhaate*
- It Freezes Over(lake)- *Gashkadin*
- Nasty Weather- *Niiskaadad*
- Raining- *Gimiwan*
- Slippery- *Ozhaashaa*
- Snowing- *Zoogipon*
- There are Northern Lights- *Waawaate*
- There is a tornado or whilrwind- *Ashibishidosh*
- Thundering- *Animikiikaa*
- Warm and mild- *Aabawaa*
- Windy- *Noodin*



# 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 April 19, 2013 for the May 2013 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy Birthday

Happy late 18th birthday **Courtney Thompson** (Feb. 20), love you muches my girl.

Love, mom, junior, brothers and sisters

Happy belated 37th birthday to **Julie Reynolds** (Mar. 13)

Love, dad, Nikki & family, Jerry Jr. and family, and Eve and the boys



Happy Birthday to **Julie Reynolds** (Mar. 13)

Love Bone, Becky, and Daimon. Thanks for being there for us.

Happy birthday to my baby sister love you lots **Crystal Rae** (Mar. 17)

Love, Daimon, Bone, and Becky

Happy 4th Birthday to our handsome nephew baby **Jaimie Petite** (Apr. 1)

Love you always, auntie Nell, uncle Mel, and cousin Allen



Happy birthday mam, grama, and great grama in heaven **Kathryn "Dena" Howes** (Apr. 2). We'll be remembering you on this birthday and eating jelly beans for you.

You are loved and missed so much, Mar, Bill, Irene, Victor, Max, TJ, Brady bear, Charlie, Shae, Jazzmin, Dyami, Denali, and J.R.

We'd like to wish a very happy birthday to **Dianne Meisner** (Apr. 3)

Happy birthday dear brother **Chico Thompson** (Apr. 3)

Love, your sister Gail

Happy birthday **Jimmy Waller** (Apr. 5)

Love, from your family

We would like to wish **Loretta Erickson** (Apr. 4) a happy birthday. From your loving family, Darrell, Alycia, Cody, Bree, and Savanna

Happy 13th birthday **Brandon Soulier** (Apr. 4)

Love, mom, Lyndzie, Bewissa, Jack, and Bryson

We'd like to wish a happy birthday to the best momma ever, **Loretta Erickson** (Apr. 4).

Love you always, Bree, Lish, and Cody



Happy 4th birthday **Greenlee Fineday** (Apr. 5)

We love you bunches, mom, dad, and Molly

Happy 3rd birthday **Mason Olson** (Apr. 6). Hope your day is as great as you are.

Love always, Gramma, Grampa, Auntie Kasey, and mom



Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy birthday: **Ryan Mickelwright** (Apr. 6), **Jeff Swanson** (Apr. 20), **Cindy Bistis** (Apr. 29), and **Rose Axtell** (Apr. 30).

Happy birthday **Joey Jacobson** (Apr. 7)

From, Kaysee

Happy Birthday **Joey Jacobson** (Apr. 7) the one who makes working here so much fun.

Linda



Happy 13th birthday to our Princess **Jazzmin Blackwell** (Apr. 7). We have enjoyed watching you grow and become a beautiful young lady.

We all love you baby girl, grami, uncle B, auntie Irene, Victor, Max, TJ, Brady bear, baba, Shae, Dyami, Denali, and uncle R

Happy 14th birthday to our big cousin **Dylan Savage** (Apr. 9)

Love, Dannin and Daicin

Happy birthday my sweet daughter **Michelle Smith** (Apr. 9)

Love, mom

Happy birthday **Charles Badmoccasin Sr.** (Apr. 10)

From Charles Jr. and Darla Badmoccasin

Happy birthday **Anthony J. Mainville Sr.** (Apr. 11)

Love, Dee, Dorian, Devin, Dawn, Darlyn Jr., we love you.

Happy birthday to our awesome mom/wife **Viola (Gabby) Foldesi** (Apr. 11) with tons of love your way.

Tom and all your family

Happy birthday **Bonita Osceola** (Apr. 13)

Love, your sister Gail

Happy 60th birthday **Patti Goward** (Apr. 15).

With love from, Sarah, Chris, and kids

Happy birthday to my little sister **Zoe Tibbetts** (Apr. 18) You are funny, beautiful, intelligent and truly one of a kind. I love you Zo-Bug.

Love, Sophie

Happy Birthday **Sue Woods** (Apr. 18) the best sister a girl could ask for.

Love you, Linda

Happy birthday to my youngest sister **Zoe Tibbetts** (Apr. 18). Love you & hope you have a fantastic birthday.

Love, Allie

Happy Birthday grandma **Ellen Bassett** (Apr. 21) we love you. From, Sara, Wes, and the kids

Happy 64th birthday to an angel, my mom, **Ellen Bassett** (Apr. 21). I love you to the Sun, Moon, and Stars.

Jamie

Happy birthday **Dave Merrill** (Apr. 23). Hope you make this your best year ever.

Love, Tammy, Brennin, Jon, and Mikey II

Happy 1st birthday to **Royce Elijah Long** (Apr. 25), have a wonderful day. We all love you so very much, and miss you too, hope to see you soon.

Grandma, papa, uncle Dave, uncle Matt, auntie Angel, auntie Dezzy, auntie Amber, auntie Beana, and uncle James

Happy birthday to my beautiful future daughter-in-law **Stephanie Dietrich** (Apr. 26). Can't wait to have you officially

in our family.

Love you, Linda

Wishing a happy birthday to my best friend **Stephanie Dietrich** (Apr. 26). Only 4 months left until we get married.

Love, Zach

Happy 8th birthday to the best big brother **Dannin Barney** (Apr. 27).

We love you oh so much.

Love, momma, daddio, and Dace

Happy 80th birthday granny **Doris Otis** (Apr. 27)

Love, Robin, Stuart, Kyleigh, Tristin, and Tono





Happy 80th birthday to our mom **Doris (Granny) Otis** (Apr. 27). Hope you have a good one and many more.

*Love, Bev and Jim*

Happy birthday **Rick Sunde** (Apr. 30) the greatest brother, son and uncle. Wishing you the greatest happiness, always.

*Love, mom, dad, and all your loving family*

## Anniversary

Happy anniversary to **Tom and Vi Foldesi** (Apr. 11). Here's to many more.

*Love from all your children*

Happy 20th anniversary **Darrel and Annette Welsand**, (Apr. 14) and happy birthdays (Apr. 5 and 9)

*Love, your family and friends*

## Congratulations

Congratulations Great Granddaddy Ed Jaakola Sr. and Great Grandmomma Carol Jaakola; Grampa Dean and Gramma Lori Jaakola; and Proud Parents Curtis and Jody Jaakola on the birth of **Kayla Kay Jaakola** on Mar. 8, 2013.

*Love, auntie Lorri the Great*



Congratulations Courtney Thompson and Travis Brown, on your new baby boy, Born Feb. 25, **Travis Brown Jr.**

*Love you. Love, mom, Junior, and sisters and brothers*

Congratulations to **Charles and Darla Badcoccasin** on their marriage Feb. 16.



## Thank You

The family of **Raymond Smith Jr.** would like to express a heartfelt thank you for the enormous community support when we needed you the most. *Miigwech!*

## Memorial

In Memory of **Terra Bishop Lind** who passed away 10 years ago.

As we loved you, so we miss you. In memory you are near, loved, remembered, thought of always bringing many a silent tear. We love and miss you Terra; dad, mom and family

In loving memory of **Cheylie Marie Clark** (Mar. 18)

Nineteen years has gone by, still think about you Cheylie. You will always be in our hearts and never will be forgotten. It hurts not having you with us, it was your time. God needed an angel and he had chosen ours. To this day I can see your little tiny face Cheylie, we love and miss you. There will always be secret tears. You are still our bright star that shines at night.

*Love you, sadly missed by grandma Marge and grandpa Ken Clark.*

## Obituary

On behalf of our recently departed husband and father **Ray Smith Jr.** we would like to thank all those who were supportive of us during our most difficult time. Our appreciation goes out to all who attended services, sent beautiful flowers, gifts, and sympathy cards. They are a great comfort to the whole family following Ray's passing. Words cannot adequately express our gratitude and sincere appreciation. Your generosity will always be remembered.

To: Chris Durfee, we know it wasn't an easy task for you to bring the sad news to our family, your professionalism and support

went beyond more than words can express.

Thank to Handevit's Funeral and Cremation for all the services they provided to the family and friends during this time.

Thank to Deacon Terry Twomey for his time, services, and great words of comfort.

We would like to express our gratitude to the pall bearers: Mike Peacock Jr., Jack Thompson, Tony Fish, Roger "Bouda" Smith, Clint Houle, Jared Ojibway, and John Peacock for carrying and honoring Ray. We value your strength and what a blessing it was to have your support at a time when you yourself were also grieving.

Special thanks to Eleanor (Smith) Diver for her unconditional love, support, and the much needed time she spent with the kids. We are forever grateful and much love goes out to her.

Also Special thanks to the whole Peacock and Thompson families and Carolyn Lawrance for all their much need love and support.

*Thanks again from the bottom of our hearts. Michelle, Jared, Cherokee, Stephen, Toby, Baby Ray, and Shelly Rae Smith*

**Irene J. Loudon (Ahy-goshi-yndt) "Little One"**, 72, of shell lake died Mar. 9.

Irene was born Sept. 15, 1940, in Royal Oaks, Mich., to Ira and Evan Loudon.

Irene was a nature lover and enjoyed picking berries and fishing, teaching most of her grandchildren how to fish. Irene also enjoyed spending hours beading.

She was preceded in death by her daughter, Joyce; her parents, Ira and Eva Louden; brother Russell Louden; and sister Marilyn Burkoltz.

She is survived by her children, Luther (Jerry) Icard III, Denise Wehling, Terrance Icard Sr., Austin (Alice) Denotter, and Shane (Melissa) Denotter; her many grandchildren and great-grand-

children; sisters Carment (Stub) Burford, Carol (Ed) Peterson, and Janeane Apsinall; along with many nieces, nephews, other relatives, and friends.

**Charlene R. Barten**, 71, of Ladysmith, died on Feb. 23 at the Mayo Clinic Health System in Eau Claire, Wisc.

Charlene is survived by 9 brothers and sisters; Margie and Dale Hebard of Holcombe, Wisc., Delorase Beaudin of Hayward, Wisc., Nita Hebard of Copperopolis, Calif., Kath and Rodney Williams of Ladysmith, Wisc., Peter and Pat Barten of Kalispell, Mont., Theodore and Donna Barten, Jr. of Sheridan, Wyo., Charles and Maureen Barten of Tony, Wisc., Ed and Donna Barten of Ladysmith, Wisc., and Tom and Pat Barten of Steven's Point, Wisc.; and nieces and nephews.

**Betty Ann Porter**, 60, of Saginaw, passed away unexpectedly on Mar. 2, at her home.

**Kim M. (Bassett) Johnson**, 51 of Duluth, after a courageous battle with cancer, passed away Mar. 2, at the Solvay Hospice House with her family beside her.

She was born Apr. 4, 1961 in Cloquet, Minn., to Jack and Bergie Bassett.

Kim had previously worked for Fond du Lac Health Services and Education Division and for the past 18 years for Wells Fargo Bank. She happily married Jeff Johnson June 9, 2012. Kim's life centered on her children, grandchildren, and extended family.

She is survived by her husband Jeff; parents Jack and Bergie Bassett; sons Jeremiah, Joshua (Amanda), and Justin (Rachel) Kubat; stepchildren Samantha, Alex, Linda, and Lila Johnson; brothers Clayton (Penny) and Scot (Edith) Bassett; sister, Rita (Anthony) Vinopal; grandchildren Victoria, Karisa and Jaeda Kubat; father and mother-in-law

Roger and Cleo Johnson; and numerous nieces and nephews.

**Janet C. Gouge** passed away peacefully on Feb. 23, at the age of 69, following complications of graft vs. host disease after a bone marrow transplant. Dearest mother of Cheryl (Daniel) Lueneburg and Linda (James) Hauerwas. Wonderful granny of Elizabeth Hauerwas, Jordan Hauerwas, Katherine (Steven) Millerd, Andrew Lueneburg, and Julianna Lueneburg. Special great-grandmother of Colin and Adyson Millerd. Beloved sister of Wilfred A. (Dianne) Jr., Yvonne (the late Carl) Swanson, Mavis (David) Kowalski, Margaret Kalfsbeck, Charles (Marjorie) Gouge, and former sister-in-law of Lois Gouge.

The family would like to extend its heartfelt thanks to the outstanding doctors and staff at Froedtert Memorial Hospital, Blood and Marrow Transplant Unit, in the care of Janet these past five years.

**Lester Eugene "Gene" Thompson**, of Anniston, died Mar. 12 at RMC. In accordance to his wishes, no services were held.

## Home For Sale

**1507 Lockling Rd Cloquet, Minn.**

Built in 1989, 1 bedroom plus loft, 1 bath, 992 sq. ft., and 6 acres of land.

Detached garage. NOT on FDL leased land. Asking \$103,000. Call (218) 879-6572 or (218) 409-5394 for more info.



# Iskigamizige-giizis – Maple Sugar Moon – April 2013

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Elder exercise 9 a.m. CCC GED 10 a.m. DC Yoga 12 p.m. MNAW Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC Water aerobics 6 p.m. CCC Aikido 6 p.m. CCC <b>1</b>	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GED 12 p.m. BCC AA/NA support 12 p.m. TRC Flute circle 3:30 p.m. CCC Garden Club 5 p.m. SCC Tax prep 5 p.m. CCC Gitigaan Garden 5:30 p.m. SCC Water aerobics 6 p.m. CCC <b>2</b>	Elder exercise 9 a.m. CCC GED 10 a.m. DC Elder concern 10 a.m. CCC Adult game day 12 p.m. CCC FDLOJS swim class 3:15 p.m. CCC Zumba 4:45 p.m. OJSHS GED 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC <b>3</b>	Matter of Balance class 9:30 a.m. CCC Simply Good eating 12 p.m. CCC Get Fit 12 p.m. CCC GED 12 p.m. BCC Youth dodgeball 3:15 p.m. CCC FDLOJS scuba 3 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC Ojibwe language 5 p.m. CCC Water aerobics 6 p.m. CCC <b>4</b>	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Adult dodgeball 12 p.m. CCC Youth swim 3 p.m. CC Red Cross swim 5 p.m. CCC (pool reserved) Youth & young adult basketball 5 p.m. CCC <b>5</b>	Adult golf 9:30 a.m. CCC Tax prep 10 a.m. CCC Beading 11:30 a.m. CCC Acrobats of Hebei China 7 p.m. BBCR <b>6</b>
Water aerobics 10 a.m. CCC Volleyball net up 10 a.m. CCC Beading 11:30 a.m. CCC <b>7</b>	Elder exercise 9 a.m. CCC GED 10 a.m. DC Yoga 12 p.m. MNAW Zumba 4:45 p.m. CCC Cribbage 5 p.m. CCC Aikido 6 p.m. CCC Water aerobics 6 p.m. CCC <b>8</b>	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GED 12 p.m. BCC AA/NA support 12 p.m. TRC Flute circle 3:30 p.m. CCC <b>Family pictures 5 p.m. SCC</b> Tax prep 5 p.m. CCC Gitigaan Garden 5:30 p.m. CCC Water aerobics 6 p.m. CCC <b>9</b>	Elder exercise 9 a.m. CCC GED 10 a.m. DC Elder concern 10 a.m. CCC OTM pickup 12 p.m. CCC Adult game day 12:30 p.m. CCC FDLOJS swim class 3:15 p.m. CCC Youth dodgeball 3:15 p.m. CCC Zumba 4:45 p.m. OJSHS GED 5 p.m. CCC 52+ Elder meeting 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC <b>10</b>	Matter of Balance 9:30 a.m. CCC Get Fit 12 p.m. CCC GED 12 p.m. BCC FDLOJS scuba 3 p.m. CCC (pool reserved) Youth Dodgeball 3:15 p.m. CCC Ojibwe language 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC Ojibwe language 5 p.m. CCC Water aerobics 6 p.m. CCC <b>11</b>	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Adult dodgeball 12 p.m. CCC Ceramics 1:30 p.m. BCC Youth swim 3 p.m. CCC Red Cross swim 5 p.m. CCC (pool reserved) Youth & young adult basketball 5 p.m. CCC <b>12</b>	Men's Health brunch 9 a.m. CCC Adult golf 9:30 a.m. CCC Beading 11:30 a.m. CCC Language Camp dinner & auction 4 p.m. SCC <b>13</b>
Water aerobics 10 a.m. CCC Volleyball net up 10 a.m. CCC Beading 11:30 a.m. CCC <b>14</b>	Elder exercise 9 a.m. CCC GED 10 a.m. DC Yoga 12 p.m. MNAW Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC Aikido 6 p.m. CCC Water aerobics 6 p.m. CCC <b>15</b>	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12 p.m. BCC AA/NA support 12 p.m. TRC Flute circle 3:30 p.m. CCC Gitigaan Garden class 5:30 p.m. BCC Ceramics 5 p.m. FDLSH Water aerobics 6 p.m. CCC <b>16</b>	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Adult game day 12:30 p.m. CCC FDLOJS swim 3:15 p.m. CCC Zumba 4:45 p.m. OJSHS GED 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC <b>17</b>	Matter of Balance 9:30 a.m. CCC Get Fit 12 p.m. CCC GED 12 p.m. BCC RBC open meeting 1:30 p.m. BCC FDLOJS swim 3:15 p.m. CCC Youth dodgeball 3:15 p.m. CCC Ojibwe language 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC Ojibwe language 5 p.m. CCC <b>Family pictures 5 p.m. BCC</b> Water aerobics 6 p.m. CCC <b>18</b>	Water aerobics 8:15 p.m. CCC GED 11 a.m. SCC Adult dodgeball 12 p.m. CCC Child Abuse Prevention Conference 2 p.m. FDLTCC Ceramics 5 p.m. CCC Red Cross swim 5 p.m. CCC (pool reserved) Youth & young adult basketball 5 p.m. CCC <b>19</b>	GYM reserved for special event <b>20</b>
Water aerobics 10 a.m. CCC Beading 11:30 a.m. CCC <b>21</b>	Elder exercise 9 a.m. CCC GED 10 a.m. DC Yoga 12 p.m. MNAW Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC Aikido 6 p.m. CCC <b>22</b>	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12 p.m. BCC AA/NA support 12 p.m. TRC World Café – Reservation Style 12 p.m. BCC Flute circle 3:30 p.m. CCC <b>Family pictures 5 p.m. OJSHS</b> Gitigaan Garden class 5:30 p.m. SCC Water aerobics 6 p.m. CCC <b>23</b>	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Adult game day 12:30 p.m. CCC FDLOJS swim 3:15 p.m. CCC Zumba 4:45 p.m. OJSHS 52+ Elder meeting 5 p.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC <b>Sobriety Feast 6 p.m. CCC</b> <b>24</b>	Matter of Balance 9:30 a.m. CCC GED 11 a.m. SCC Get Fit 12 p.m. CCC GED 12 p.m. BCC FDLOJS scuba 3 p.m. CCC Youth dodgeball 3:15 p.m. CCC Ojibwe language 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC Ojibwe language 5 p.m. CCC Water aerobics 6 p.m. CCC <b>25</b>	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC FDL Mini powwow 2:30 p.m. OJSHS Ceramics 5 p.m. CCC Red Cross swim 5 p.m. CCC (pool reserved) Youth & young adult basketball 5 p.m. CCC <b>26</b>	Adult golf 9:30 a.m. CCC Child Abuse Prevention Walk & lunch 10 a.m. OJSHS Beading 11:30 a.m. CCC <b>27</b>
Water aerobics 10 a.m. CCC Beading 11:30 a.m. CCC <b>28</b>	Elder exercise 9 a.m. CCC GED 10 a.m. DC Diabetes group 12 p.m. CCC Yoga 12 p.m. MNAW Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC Aikido 6 p.m. CCC <b>29</b>	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC Flute circle 3:30 p.m. CCC Gitigaan Garden 5:30 p.m. CCC Ceramics 5 p.m. FLDSH Water aerobics 6 p.m. CCC Elder dinner <b>30</b>	<b>Elder day trip: Tribute to Johnny Cash "Ring of Fire" May 5, 2013</b>		<b>Avance graduation May 23, 2013</b>	

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