

Nah gah chi wa nong

(Far end of the Great Lake)

Di bah ji mowin nan

(Narrating of Story)



At left: Secretary-Treasurer Ferdinand Martineau Jr. and District II Representative Sandra Shabiash are shown sharing cake cutting duties following their swearing-in ceremonies on July 12 in the Cloquet ENP room. Both of the newly elected officers began their second terms of office. See story on page two.

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Local news

RBC Members sworn in at the Tribal Center

The swearing in ceremony for FDL Secretary-Treasurer Ferdinand Martineau Jr. and District II Representative Sandra Shabiash was held in the Cloquet Community Center Gymnasium on July 12, 2010. Martineau's mother, Loretta, performed the swearing in of Ferdinand Martineau, while Shabiash was sworn in by her daughter, Brenda Blackwood. About 30 people attended the event.

Following the brief ceremony, Martineau said he wanted to thank the voters who elected him, and added that he would represent the people of Fond du Lac with honesty and integrity.

Shabiash said she, too, would represent FDL Band Members with honesty.

The newly re-elected officers shared a lunch buffet with everyone at the Tribal Center ENP meeting area. A festive cake was served for dessert.

Meet Jim Kyle, FDL Community Services Director

In early May, Jim Kyle started work as the FDL Community Services Director. Jim is responsible for the day-to-day operations of the three district community centers. In addition, he oversees the Food Dis-

tribution, Energy Assistance and Elderly Nutrition Program, FDL Transit, the Elder Advocacy, and Veterans.

Jim was the program director for the Thunder Bird and Red House halfway houses in Duluth, a position he held from 1991-'93. More recently, Jim worked as a chemical dependency administrator in Philadelphia.

He is a FDL Band Member, and was born in the old Indian Hospital. He's the son of Adrienne Bosto, and grew up in Minneapolis. Jim has a M.A. in Human Services from Lincoln University in Pennsylvania. He entered the U.S. Marine Corps in 1974 and served in Vietnam for 18 months. After his honorable discharge, Jim entered a treatment center for addiction in Pennsylvania. His success with that program inspired him to help others overcome their addictions.

Jim lives in Cloquet. His leisure time is spent creating videos and fishing. Music is a hobby: years ago Jim was a drummer in Minneapolis and Philadelphia bands.



FDL's CHS graduates, Class of 2010

A hearty congratulations to the following members of the Cloquet High School Class of 2010. All

graduates were affiliated with the District's Indian Education Program. Commencement exercises were held on June 4, 2010.

Amanda Ammesmaki; Joseph Anderson; Haley Bassett; Timothy DeFoe; Dylan Follett; Amber Gregg; Jonathon Hammitt; Cayla Lund; Delania Martin; James Odegaard; Logan Pallin; Katie Pappas; August Reynolds; Elizabeth Rilea; Angela Sanchez; Rachel Smith; Brittini Unterberger; and Winona Urrutia.

Input wanted on content for new FDL radio station

The Fond du Lac Band of Lake Superior Chippewa is building a non-commercial FM radio station, 89.1/WGZS. The station is being created to serve the specific needs of the FDL community, and should be broadcasting by early 2011.

We need your input on programming content! Please come to an informational meeting from noon to 2 p.m. or from 5 to 7 p.m. on Aug. 3, 2010 at the FDL Tribal Center classroom.

Firearm Safety Training class (for all ages) to be held in August

Classes will be held from 5 p.m. to 7 p.m. from Aug. 9 - 14, 2010 at

the new Resource Management/Tribal Court building (Conservation meeting room) on Big Lake Road. The class will also be held on Aug. 15, 2010 and the time and place will be announced later.

Firearms certification is available to students who are 11 years of age or older. The state Department of Natural Resources requires certification from everyone born after Dec. 31, 1979. The fee for the class is \$7.50. Checks should be made out to the MNDNR and mailed to DNR Safety Training Section; 15011 Hwy 115; Little Falls, Minn. 56345.

If you have any questions, call the FDL Resource Management office, (218) 878-7101

Covenant Church holds annual meeting in August

The "Fond du Lac Reservation Three Days of Inspiration" annual meeting will be held at the Sawyer Chapel on August 11-13, 2010. The event is sponsored by the Big Lake Covenant Church Bible Study. The guest speaker will be Pastor Dolby Weasel. Meetings will be held nightly at 6 p.m. There will be other events scheduled; food will be provided on Thursday and Friday. Transportation is available by calling Pastor Bill at (218) 393-7011. For more information about the event, call Jane or Ruth at (218)476-2623.

FDL newspaper wins two national awards

The Fond du Lac newspaper received a first place award for best layout and design for a tabloid-size newspaper at the annual Native American Journalist Association awards banquet held in St. Paul on July 23, 2010. Deborah Locke, newspaper editor, received a second place award in the environmental story category for a monthly newspaper.

Judges who evaluate a newspaper design focus on the balance between news and photographs, picture quality, and the general attractiveness of the publication.

The November story that received the environmental story award, "Buckthorn be gone," described the challenges to Reservation and county foresters to contain and eradicate the invasive buckthorn plants.

About 140 people attended the award ceremony and dinner held at the Crowne Plaza Hotel on the St. Paul Riverfront. Daniel Huculak, the FDL news writer who was hired in January, was also in attendance.

The ceremony was a highlighted feature of the three-day conference that drew American Indian journalists from across the U.S. and Canada.

Nah gah chi wa nong Di bah ji mowin nan

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

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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

Over the upcoming months, we will profile people and businesses at the Fond du Lac Reservation, starting with this segment on the FDL gas and convenience store on Big Lake Road.

Better inventory recordkeeping and more stuff for sale: changes to FDL gas/grocery 'trading post' in 2010

Story by Deborah Locke;
photos by Dan Huculak

It would be pretty hard to not know where the “place of trade” is located on Big Lake Road just over the Reservation border. The FDL Gas & Grocery store has what must be the biggest gas/convenience store sign this side of Canada.

The “Nahgahchiwanong Adaawewigamig” store averages between 1,700 and 2,000 transactions each day said Marcia Dupuis, store manager. New cash registers installed this spring will indicate what products are hot sellers and what products need to be retired.

Additionally, a new distributor was hired in recent months, who arrived with ideas of shelf reorganization and the best use of space. The 10,000-square foot store now offers

more deli foods and FDL-grown wild rice, as well as its usual product lineup: meat, groceries, candy, chips, pop, magazines, greeting cards and much more.

The store sells over 5,000 items, including car washes and propane gas. At about the same time that this newspaper comes out, the store will start to feature fresh baked cinnamon and caramel rolls. Store hours are 6 a.m. to 11 p.m. daily; the meat counter is open from 9 a.m. to 6 p.m. daily.

Candy is the most popular sales item, Dupuis said, followed by chips and pop. Tobacco products do well: the store sells between \$2,500 to

\$3,000 in tobacco products each day. That adds up to about \$21,000 per week.

The store opened in 2004, and has four full-time employees which include two full-time meat cutters. Twelve part-time clerks rotate at the cash registers, and three gas attendants take turns providing full gas service to pumps one and two which are located closest to the store entrance. The mid-shift (11 a.m. to 5 p.m.) brings in the most customers, Dupuis said. Weekends are often quiet. “It depends on the weather,” she said. “If it’s nice, customers will come out. When the weather is bad, we don’t see anyone.”

A sunny, barbecue-perfect day usually increases the sales for the store’s popular rib eye and porterhouse steaks. The meat counter features meat bundle specials at \$50, \$75 or \$100. The rib eye steak and ribs are the most popular meat items, Dupuis said.

To encourage customers to hang around a little while, tables and chairs have been added to the meat counter area so customers can enjoy a quick lunch or coffee. Oh, and six custom-flavored doughnut holes will soon become a part of the morning menu. The flavors will include chocolate, cinnamon and strawberry.

Late last week a sign was hung inside the store with a translation of the store name. The word “Nahgahchiwanong” refers to the FDL Reservation, located at the edge of a big lake or more poetically, located where the waters stops flowing. “Adaawewigamig” means place of trade or trading post.

On Aug. 6, 2010 a customer appreciation day will be held at the FDL Gas & Grocery. Food samplings like wild rice bratwurst, chicken and pizza will be available and prizes will be awarded, including a sailboat ride for four. The hours will be 11 a.m. to 4:30 p.m.



Service with two smiles: John Durfee (left) is handing customer Denise Olson her purchase from the meat counter at the FDL Gas and Grocery.



Mike Doonan Savage (left) watches as cashier Chuck Fosness rings up his purchase at the FDL Gas & Grocery Store



A few thoughts from RBC members

From Chairwoman Karen Diver

The annual Veteran's pow-wow was well attended. It is always heart-warming to shake a veteran's hand and thank them for serving our country. The Elder's Picnic was held on one of the most beautiful summer days we've had, with good food and even better company! Youth day camp is buzzing with activity and the Lacrosse camp was held at the end of July. Band Members are starting to utilize the new marriage ordinance, so we have

those celebrations happening as well. In preparation for the completion of the strategic plan, and as a course of normal management activities, departments are increasingly being asked to create and standardize reporting. We would like to learn where we are efficient, where we excel at services, where we can improve, and develop ways to communicate with Band



Karen Diver

Members about governmental services. Many of our departments are quite complex. For example, the Clinic has dozens and dozens of different services. It is interesting to see the reactions we get when we ask for more information, especially from those departments which we may not hear about frequently. The Conservation Department handles hunting, fishing and gathering regulations. Not long after being

asked to develop a way to communicate regularly, the rumor mill started to swirl that the department budget was being cut in half, and the director was going to be forced to retire after over 30 years of service. It would be humorous except that these types of rumors create uncertainty for our staff. I was glad that the program director called right away to verify that the rumors were not true. There are no updates on the Nelson Act or Wisconsin Point. I attended a meeting in Washington D.C. in mid-July (after this column was submitted)

to try to prod things along. Hopefully there can be updated information in the September newspaper. I hope that you and your families are having a safe and enjoyable summer. *I can be reached at the office at (218) 878-2612 or by cell, (218) 590-4887 or by email at karen-diver@fdlrez.com*

From Ferdinand Martineau

To the Fond du Lac Band Members: I am writing this column today which is my 25th wedding anniversary. The time has gone by quite rapidly. It has been a good 25 years. I asked Betty the other day how she has put up with me for that long. My mother performed the swearing in ceremony wonderfully. I am so happy that both my parents were there to see it. They have been a big part of me becoming who I am, and it makes me proud that they were there. I am glad that my wife also stands by my side. I said

during my acceptance speech, which was short, that I am truly honored by the faith and support that the Fond du Lac community showed in me during the last election. I hope that over the next four years that I will be able to keep that faith by doing the best that I can do for you and our Reservation. The assisted living unit is now under construction. It is going to be a 10-bed unit with onsite staff to assist clients. The funding came through



Ferdinand Martineau

stimulus funding. The staffing for the unit will come through our Clinic so it will not be an expense to the Reservation. As with all the projects that we have undertaken, funding has come from other sources, not the Reservation. The BIA road project is beginning in Sawyer. Our construction company is going to rebuild Moorhead Road. We will be working on the west side this year and then the east side next year. There will be some inconvenience, but the road will be

upgraded for safety with ditches and blacktop. There are several other roads that will be upgraded over the next few years under this program. The last thing that I want to touch this month is the evictions that are taking place. The Council took serious the community meetings that we had with you. We listened and implemented the policies that were discussed and developed during that six-month period. This is the result. It does not feel good to tell someone that they have to leave their place of residence, but to make this a safe and secure community we must take the appropriate ac-

tion. If we can continue to have the support of the community, we can make Fond du Lac the safe and secure place that we all desire. *Again, I am always interested in hearing any new ideas, so please feel free to call me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com* Miigwich ! *RBC columns continued on next page.*

From Mary Northrup

Boozhoo everyone! It's 5 a.m. and I'm getting ready for a three-day weekend of working on the Black Bear Golf Tournament, keeping our fingers crossed for good weather!

Our Fond du Lac Veterans Powwow was once again a huge success! The Powwow Committee would like to thank Fond du Lac Tribal Council for again

showing their full support for all Veterans.

I would also like to thank my co-chair Chuck Smith, and Committee Members Brenda Rice, Dan Houle, Jon Pensak and my big sister and fellow Veteran, Roberta Welper. Also a big thank you to everyone who worked;



Mary Northrup

you did a great job!

I do feel the need to address some of the younger people in our community. The Veterans Powwow was created as a time to honor and respect Veterans. We will continue to have zero tolerance for drinking, drug use, fighting and gang activity. Please

show your respect for your mothers, fathers, grandfathers, grandmothers and other family members who served honorably so all of us have what we have today.

So kids, let's leave the fighting to our Veterans!

The Brookston Center is busy with many activities and trips for all ages. We are currently planning our 10 year Anniversary Celebration in late August.

The exact date will be announced later this month.

As always, if you have any questions or concerns, please feel free to call me or email me at the following: (218) 878-7583 or (218) 393-2107 or at marynorthrup@fdrez.com.

Miigwetch

From Wally Dupuis

Hello all: Many were in attendance at a number of activities that occurred this month. Enrollee Day drew a large gathering from youth to elders. The food was great and the fireworks at the end of the day were awesome. The Language Camp held at the camp grounds was a great success. I am not sure of the number of participants but I am sure that attendance was up from last year. As I participated, I found myself laughing and learning at the same time. This is truly a great educational social event.

Likewise, the Museum staff again held their birch bark

canoe building event, incorporating language lessons and community into the building process. They turned out another beautiful piece of work. The Elder Picnic was very well attended offering a good meal and lots of prizes. The annual Vets Powwow was also well-attended. The weather held out for most of the time; however, a rain storm with strong winds cut it short on Saturday. This event is a sight to see. I would like to thank each and every volunteer and participant for making these events so



Wally Dupuis

successful.

Recently the RBC was confronted with some tough decisions regarding evictions for criminal activity and behavior detrimental to the well being of our communities. As I have mentioned in the past, it is the community that can make a difference in addressing these behaviors. Recently, a couple of Band Members were arrested for drug sales activity. The newspaper articles stated clearly that the investigation and ultimate arrest was due to the

numerous citizens' complaints to the police.

The RBC has been informed by the community through community meetings, open meetings and general discussions that this type of behavior should not be tolerated in our communities. As such, the RBC is left making the tough decision of immediate eviction. Also, after receiving repeated police calls to certain homes for various reasons, a number of additional tenants were evicted. The RBC is required to look at the safety and security of the community as a priority. Housing is a limited resource. Our housing program is supposed

to allow our families a way to achieve their own self sufficiency. It is not intended to support a life style that contributes to the deterioration of our community. The RBC will continue to follow Band and housing policies that will allow our housing resources to help grow our community in a positive way, and to hold people accountable to their community in how they use housing resources.

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

Elder Essentials

July Elders Picnic well attended

With sunny weather and temperatures in the mid-70s, a crowd of about 250 people gathered at the Ojibwe School powwow grounds for the annual Elders Picnic on July 9.

An excellent picnic feast of burgers, hot dogs, chicken, baked beans, potato salad, sweets from the bakery, and a fruit salad was provided.



Rosemary Blanchard

FDL Band Member Arnold Bassett is the oldest Band Member at age 95, but was unable to attend. His brother Bob, age 90, accepted a boutonniere for Arnold.

Rosemary Blanchard, soon to be celebrating "the 51st anniversary of her 39th birthday," was presented with the women's corsage as the oldest female Elder at the picnic.

Sign up for the Vista Fleet cruise

Ahoy mates! Sailors from the Activities Board are planning a Vista Fleet dinner cruise on Lake Superior at 7 p.m. on Aug. 20, 2010. All Elders age 52 and above are invited.

The cost of the cruise is a

\$50 deposit for Enrolled Elders, which will be returned to you when you arrive at the dock. The \$50 cost will not be reimbursed for those who are attending and are not enrolled elder FDL Band members.

A bus will leave the Cloquet ENP at 6 p.m., and will return after the cruise.

The dinner menu features prime rib and champagne chicken. There will be a cash bar for adult beverages.

Sign-up for the cruise ends Aug. 13, which is also the cut-off date for cancellations.

For more information, contact Greta at (218)345-6304, Heidi at (218)348-0533, or Jerry at (218)879-9412.

Meetings and announcements

The Elders' Concern Group meetings are scheduled for every Wednesday from 10:00-12:00 in the Cloquet ENP.

The final NICOA planning meeting before the NICOA Conference will be held from 5 to 7 p.m., Sept. 2, 2010. This is a potluck dinner meeting. Bring your favorite dish. Hope to see you there!

The 52+ Elder's potluck meetings are held every second and fourth Wednesday from 5 to 7 pm. The Aug. 12 Speaker is MNAW pharmacy staff; the Aug. 25 guest speaker will be a representative from the FDL Housing division.

The Age 2 Age Traditional

Speaker is scheduled at 4:30 p.m. on Aug. 17 and Sept. 21. Come for the talk and enjoy a light dinner served at 5 p.m.

Wisdom steps is having its 7th annual "Step-up and tee off for fun" golf scramble, Aug. 20, 2010. The event is limited to a maximum of 36 teams. If you are interested or know someone who is interested, hurry and register by calling (888)231-7886

A pancake breakfast will be held from 7:30 to 9:30 a.m. on Aug. 27, 2010 at the ENP meeting room. Proceeds will go toward the Wisdom Steps activities.




Health News

Smaller Band Member turnout in 2010, but the annual Health Fair still draws hundreds for health screenings, helpful info and prizes

The 2010 FDL Human Services Division hosted its 32nd annual Health Fair on June 10 at a new location: the FDL Ojibwe School gym. Attendance was down slightly from last year.

FDL Human Services Health Care Assistant Denise Houle said that 661 Band Members at-

tended the event. Of those, 257 children under the age of 17 attended the Fair.

Noteworthy attractions included the Min no aya win blood glucose screening and cholesterol screening areas, where Band Members received a quick reading of their blood sugar or cholesterol levels; and the Germ

City Tent, which provided a shocking illustration of what the germs on a person's hands look like under a black light.

At the germ tent, participants applied a special lotion to their hands which enhanced germs under the black light. The "before and after" images showed how well each did when they

washed their hands. The Minnesota Department of Health brought the display to the FDL Health Fair for the second year in a row. Minnesota Public Health Sanitarian Jason Saloum said the display is offered for health-related events around the state.

A total of 90 different vendors

participated in the Health Fair, and displays from FDL Human Services provided information to the community about a variety of different services available.

Prizes were given away at many of the displays, and prize drawings were held inside the gymnasium throughout the day.

Getting involved for a healthier community

The following is the last in a series of Heart Health columns from the FDL Public Health Nursing Dept.

Heart disease is the leading cause of death in American Indian communities. It is not just a problem for the individuals who suffer from heart disease and die from heart attacks or strokes. It is also a problem for their families who grieve the loss of a loved one. And it is a problem for our community.

We need to come together as a community to find ways to reduce the loss of our tribal

members from heart disease. Here's a good way to start: sponsor health fairs like the one held at FDL in June where people can have screening tests for blood pressure, blood cholesterol and diabetes. Heart disease prevention education can be presented at all types of community activities, from high school basketball games to elder exercise sessions.

We need to create an environment that can support a healthy lifestyle. That means making sure that foods low in saturated fat and cholesterol are available

in our local store, in our school lunch program and at our senior food program. It also means making our tribal offices, bingo halls and other public buildings smoke-free. It means offering nicotine patches, classes and support groups to help people quit smoking cigarettes.

We need to honor our healthy cultural traditions, including traditional foods that are low in saturated fat and cholesterol. Our dances and games provide healthy physical activity.

We can encourage everyone to be more physically active,

and make use of community center amenities like the Tribal Center swimming pool and exercise equipment. Walking groups and gym nights are good ways for us to come together, have fun and stay active. These activities need volunteer organizers and strong supporters. Youth sports activities, like basketball teams, always need more adult coaches.

When we work together to make our community a healthier place, we see ourselves differently. We can take charge of our health. We can overcome

the growing tragedy of diabetes and heart disease. We can start our children down the path to an active and healthy future. We can strengthen our culture as we strengthen our hearts.

Although this series is ending, you can still call Amber at (218) 878-3709 if you want more information about FDL's Public Health Nursing Department and the services we offer.

FDL Law Enforcement news

Police reports

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

- 6/19/10 Report of an intoxicated juvenile at Black Bear Casino; juvenile was transported to CMH and released to mother.
- 6/20/10 Traffic stop on Brevator Rd.; driver arrested for DWI
- 6/20/10 Traffic stop on Hwy. 210; driver cited for speeding.
- 6/21/10 Report of domestic assault in the compound; parties separated.
- 6/21/10 Assisted Cloquet Officers with locating an individual who was making suicide threats; located person and brought to CMH.
- 6/22/10 Report of intoxicated person at the Tribal Center, person located and advised to stay away.
- 6/22/10 Traffic stop at Black Bear Casino; driver was cited for drug paraphernalia and small amount of marijuana.
- 6/23/10 Report of intoxicated person at the bus barn, located person and sent on his way.
- 6/23/10 Report of intoxicated person on Danielson Rd.; located male and brought to detox.
- 6/24/10 Officers advised a parent about a child's curfew violation.
- 6/24/10 Report of loud music from Loop Dr.; one arrest was made.
- 6/25/10 Report of car driving on the wrong side of the road; located the vehicle.
- 6/25/10 Reports of damage to a vehicle at the FDL Headstart.
- 6/26/10 Report of male out of control on Twin Lakes Rd.; located male and brought to detox.
- 6/27/10 Report of small child on the side of the road by Loop Dr. and Trettel Lane, child transported to the shelter.
- 6/27/10 Report of a fight in the compound; 2 parties brought to jail.
- 6/28/10 Report of a gas drive off; driver located, and returned to pay.
- 6/29/10 Driver arrested for DWI.
- 6/29/10 Assisted Anoka County with a suicidal male, located the male and brought to CMH.
- 6/30/10 Report of female refusing to pay her bill at Black Bear Steak house, female arrested for theft and obstruction.
- 7/1/10 Traffic stop on Birch St.; driver was warned for illegal window tint.
- 7/2/10 Report of disturbance at Cloquet Elderly Building, located a male that was intoxicated.
- 7/3/10 Report of 2 males fighting on Maple Ct.; males separated.
- 7/3/10 Reports of BMX bike missing from Sugar Maple Dr.
- 7/4/10 Report of a car with possible intoxicated driver; located the driver; arrested for DWI.
- 7/4/10 Traffic stop on County Road 7; Officers located stolen items from a burglary in Carlton County; driver was arrested for possession of the property.
- 7/5/10 Reports of assault and medication taken from house on Sugar Maple Dr.
- 7/6/10 Reports of a house being broken into on Enger Rd.
- 7/7/10 Report of theft of 6 gas cans from the Face program.
- 7/8/10 Report of intoxicated male at Gas and Grocery; male left in a car before officers arrived.
- 7/8/10 Report of intoxicated person at the bus barn; located person; arrested for public intoxication.
- 7/9/10 Assisted Cloquet Police Officers with an assault at the River Inn.
- 7/9/10 Reports of a car theft; located vehicle.
- 7/10/10 Report of vehicle driving erratically; driver arrested for DWI.
- 7/10/10 Report of large party on Reservation Rd.; kids ran into the woods.
- 7/10/10 Reports of assault on Maple Dr.; multiple arrests made.
- 7/11/10 Report of underage drinkers at Black Bear; brought to detox.
- 7/11/10 Reports of an assault at a party on Jarvi Rd.
- 7/12/10 Report of found property from a prior theft; Property turned over to its owner.
- 7/13/10 Report of intoxicated female walking in and out of traffic on Reservation Rd.; located female and she had a ride coming.
- 7/14/10 Reports of trees down on Airport Rd.
- 7/15/10 Report of assault on Jarvi Rd.; located person and brought to jail for assault and outstanding arrest warrants.

The Fond du Lac Police Department adds Community Police Officer position

In July, FDL Police Officer Vanessa Northrup started her new duties as the Community Police Officer. Northrup will act as a liaison with

community members.

The Community Officer is also available for all community events and any public contact.

If you have questions or concerns, or wish to report any suspicious activity, call Officer Northrup at (218)393-7820.

Heart healthy recipes

From the MayoClinic.com Website

Honey crusted chicken

Serves 2

Ingredients

8 saltine crackers
1 t paprika
2 boneless, skinless chicken breasts
4 t honey

Directions Preheat oven to 375 degrees. Lightly coat a baking dish with cooking spray. Crush crackers on a cutting board, place crumbs in bowl with paprika. Mix well. In a separate bowl, mix the chicken and honey. Dredge chicken in crumbs and place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes.

Note: don't give honey to children less than a year old. In babies, honey can cause infant botulism, a food poisoning that affects a baby's nervous system.

Spinach berry salad

Serves 4

Ingredients

4 packed c torn fresh spinach
1 c sliced fresh strawberries
1 c fresh, or frozen, blueberries
1 small sweet onion, sliced
1/4 c chopped pecans, toasted
Salad Dressing
2 T white wine vinegar, or cider vinegar
2 T balsamic vinegar
2 T honey
2 t Dijon mustard
1 t curry powder (can be omitted)
1/8 t pepper

Directions In a large salad bowl, toss together spinach, strawberries, blueberries, onion and pecans. In a jar with a tight fitting lid, combine dressing ingredients. Shake well. Pour over salad and toss to coat. Serve immediately. Nutritional Analysis: 158 calories; 5 g fat; 4 g fiber; 4 g carbohydrate

The end of the war, the end of a job, the end of a certain innocence Delia Moreland's mid-1940s reflections

In the summer of 1989, I interviewed five elderly Ojibwe women for a research paper titled "From Rabbit Snares to Riveter Guns: Minnesota Ojibwe Women During World War II." The women's stories reflected the larger society as Americans each did their part to bring a victorious end to world war. Hundreds of Ojibwe men and women left reservations for the first time in their lives for government and wartime work, be it overseas combat or employment with a plutonium-producing plant.

The very delightful Delia Moreland, now deceased, was one of the women who told me about her life. Delia's surviving children gave permission to publish their mother's wartime story in this newspaper. Readers owe a debt to Paige Shields, Jack Wallace, Bonnie Wallace, Shirley Schelert, Donald Wallace, Juanita Wallace and Robert Wallace for their generosity with their mother's story and pictures.

This is the third and last installment about a woman who stepped forward to do what was then men's work in the Cloquet mills while the men were in the service. The interview with Delia was punctuated with laughter, opinion, patriotism and popular culture. Working with her for a few days and later writing from her words was one of the greatest honors of my life.

Deborah Locke

My mom and sister and I lived on Fairview Avenue in Cloquet. I remember posters from that time, especially war bond posters. Also, posters to recruit people to go into the Army. I heard of people growing victory gardens, you'd read it in the paper. I had a little garden that my mother cared for. She did the canning.

Then there were people who watched the sky at night for enemies, who might be in different kinds of airplanes. I read about them in the paper.

I'm an avid reader. I read all the time. I read the Saturday Evening Post, Life, Look, and True Story. I started during the war. We went to movies but never subscribed to a newspaper. I used to buy the Cloquet Pine Knot.

Movie stars went on tour to sell war bonds, like the Andrew Sisters. Carol Lombard, maybe you don't remember her but she was married to Clark Gable. She was one for selling bonds. She left for a tour and was killed in a plane crash. The newspapers really praised her up because she was an actress and they didn't think actresses would find time to do stuff like that. But a lot of good people toured all over the United States selling bonds. I've thought a lot about those people.

I never swapped ration coupons with others. But when my husband would come home (on leave from military service), he'd bring 12 cartons of cigarettes that he bought cheap in the Navy. They could get all they

wanted. My sister and her husband were always buying cigarettes from me; they were the only ones I would sell them to. I wanted to keep them myself because otherwise I was rolling my own! (laughter) It was a luxury to have a good cigarette.

Mill work

The attitude toward women from men at the mills was good. They'd joke around with you. I remember old Benson on the (Wood Conversion Co.) cutters. He'd come over and push me and then he'd talk and joke. Sometimes he'd buy me a Coke.

The men treated the women well. There was no bickering about women taking the men's jobs because the women had to do it! Everyone knew there was a war.

But the women had lower paying jobs than the men. The men always seemed to make more. The women didn't get worse jobs to do. The men were there before we were hired. They already had their jobs and would train women for the work. They would be machine tenders and would teach. They were deserving of their jobs because they were there first. It wasn't like they were promoting the men all of the sudden and the women were coming in to take the lesser jobs.

We had to work 30 days before we could join the union. Some women couldn't do the work so they would get laid off! So they'd hire another woman. They thought women could do the



Delia DuFault Moreland outside her parent's home in Sawyer around 1942.

from previous page

jobs and a lot of them couldn't do the job. Some women couldn't lift or couldn't work fast enough to take the stuff coming out from the machines. So they would try them on other jobs. I don't know if the other women didn't have coordination or what it was.

What work taught

I worked with whites and Indians both, mostly whites. My working didn't bother my husband. Working outside the home helped me in many ways. I think it was good. I learned how to handle money; I learned how to do things for myself. I never had a husband to pay bills or handle finances. I could give more to my children after I went to work. I learned how to get along with other people and be out in the public. I'd say a lot of positive things about it. I have a lot more confidence because of my job.

But nothing today reminds me of that time. The war years were hard years. It's all behind me.

We respected the flag then. We didn't jump on it and burn it and stuff. You couldn't let the flag touch the ground. Now look at what they are doing with the flag. It irks me. That flag means something to me still, I respect it. It represents freedom and the fact that I'm living in a good country.

There has always been prejudice, though. I married a white man and I didn't get along too

well with his sister. She didn't like it that he married me. His mother was really good to me.

But it seems like there has always been prejudice, long before the war and up to today. I don't understand it; it doesn't make sense to me. The flag represents America and we were the first Americans! The flag represents the country, the land, not the people.

Assimilation

Indians became more white because of the changes, changes, changes, all the time.

Indians had

to go along with the changes in order to survive.

Indians are wising up now, getting their education. They return to their reservations to help their people, some are lawyers, doctors. My daughter says a lot of the students who graduate from college return to the reservation where they help for maybe two years. They feel an obligation to return home to work, and then they go somewhere else. They don't want to be stuck on the reservation all their lives.

The war ends

I remember when the war ended. I was at home and my sister came over with her husband.

"Come on," they said. "Let's

celebrate!"

"Celebrate what?"

"The war is over!"

So we all went out to Mike Curtis' tavern. You could hardly find a parking place. Cars were parked on both sides of the road and everyone was whooping and hollering and drinking and we just squeezed in with the rest of them and had a good old time.

The next day my sister came down in her car and said come on, get your kids ready. We're going for a big long ride. She had filled the tank up with gas and we went riding all over! During the war you had to use your gas for work! Everybody was so happy!

The bomb

I read about the way the war ended with bombs dropping on Japan. I felt scared. I

read about how terrible it was and everything that bomb did. When I went to school, the teachers said atoms couldn't be split! Guess what happened! They split them. I thought there would be revenge and that dimmed my happiness about the war ending. I thought they would all be building atomic bombs.

I was worried for my sons that if they ever went to war, how terrible it would be. Two of my sons were in the service. My daughter was in the intelligence corp. She tested well. There was a lot of stuff she couldn't tell me. When she got out of the service, she said she would have been on the front lines with her unit and if the enemy got to that unit, they would press a button and the whole thing would blow up so the enemy couldn't get any information.

Post-war poverty

There was a lot of stuff you could get after the war. A lot couldn't be manufactured, like iron and stuff, because raw materials went for the war effort. After the war we were able to start getting nice things.

It never bothered me that I couldn't buy those things. I've been poor all my life. What you don't have you never miss. I didn't care if I didn't have what my neighbor had! If they had nice clothes, I was happy for them. But I'm not a clothes horse! If I have something nice, clean and decent to wear to work, I'm satisfied. If I haven't got a nice home like some of these Indians with their nice homes, I'm happy. I don't envy them.

I remember when the war ended. I was at home and my sister came over with her husband. "Come on," they said. "Let's celebrate!" "Celebrate what?" "The war is over!" So we all went out to Mike Curtis' tavern. You could hardly find a parking place.



From left to right: Delia's mother, Elizabeth McCarty DuFault; Delia's grandmother, Isabelle Dakota Anymahsung; Delia DuFault Wallace Moreland; Delia's daughter, Bonnie Anne Wallace

2010 VET'S POWWOW



Story and photos by Dan Huculak

The 2010 Veteran's Powwow was held July 9-11 at the Mash ka wisen Treatment Center grounds in Sawyer, Minn. Nearly 3,000 people attended the powwow on Saturday, which featured 35 Drums, 870 registered dancers and 122 veterans. Vanessa Northrup and Mike Diver were the head dancers. The Host Drum was Cedar Creek. Dan Houle and Pete Gahbow shared Master of Ceremony duties for the second year in a row.

In an interview, FDL Veteran's Powwow Committee Chairman Chuck Smith reported that the FDL veterans received strong support from the Tribal Council, as manifested by the powwow celebration. "All veterans are our heroes," he said. Activities included the Drum vs. Drum tug of war; Host Drum Cedar Creek won the event. Little Otter won the hand drum contest. Jenny Joseph won the jingle dress contest, and Pat LeGarde won the grass dance contest.

A tremendous storm blew through the area late Saturday night, and electricity was knocked out for many local residents. Most of the brave individuals who pitched tents or parked their RVs at the temporary campground braved the storm and stayed around for the end of the Powwow. A couple of tents were blown over as a result of the storm. Fortunately, there were no reports of any injuries.



Left to right: FDL Chairwoman Karen Diver, Secretary-Treasurer Ferdinand Martineau Jr., District Representatives Mary Northrup, Sandra Shabiash, and Wally Dupuis, with the Fond du Lac Honor Guard, as they prepare to meet veterans from across the U.S. and Canada. The FDL Veterans Powwow is one of the largest in the State of Minnesota.



Above: Chuck Smith, a U.S. Marine Veteran, and chairman of the FDL Veteran's Powwow Committee.



Left: Karen Diver chats with head dancer Vanessa Northrup. On the left is Ferdinand Martineau, Jr.; Wally Dupuis is in the center



Right: World War II Veteran Bob Bassett, with daughter Darlene Mostrom.

Bottom of page: Visiting veterans are accompanied by FDL veterans and women dancers in their colorful regalia.





Kyra Paitrick is sewing sections of the canoe with spruce roots.



A close-up view of splitting the spruce roots used for stitching the canoe.



Paitrick watches as Alyxis Feltus and Savanna Howes apply spruce pitch to waterproof the canoe

An attitude of teamwork Wiigwaasi-Jiimaan reflections, year two

By Kyra Paitrick

This past June marked my second year in the Wiigwaasi-Jiimaanikewin Project at the Fond du Lac Cultural Museum. Wiigwaasi-Jiimaanikewin is the Ojibwe way of saying “The Making of the Birch Bark Canoe.” The three-year project was started by Jeff Savage, Museum Curator, and is funded by a grant from Administration for Native Americans.

Our core group includes about twelve people of varying ages and skill levels. Each summer, we spend three weeks building a birch bark canoe and learning the Ojibwe words and phrases relating to most everything we are doing.

The expert in canoe building is Marvin Defoe, a member of Red Cliff Reservation. He has been building canoes for over 30 years. I first met him and became involved in canoe building three years ago when I

was part of a cultural exchange project through the Duluth Sister Cities Commission. A group of students and adults from Fond du Lac traveled to Petrozavodsk, Russia to build a canoe alongside a Russian team of Karelian boat builders. I had learned some basics about canoe building, and was eager to stay involved with any future canoe projects.

I believe Jeff Savage was very careful in choosing his team for this project. We have two local language teachers, Niib (Dave Aubid) and Rick Defoe. Bill Howes is our videographer, but also a director of the Ojibwe Language and Culture Education Program at the College of St. Scholastica. Charlie Nahgahnub works with Natural Resources. We have Joe Rodaks, a cedar strip canoe builder, and myself, a teacher for Cloquet Public Schools. The other members are all Fond du Lac

members and volunteers with different connections and work experience. As I spend more time with each member of the group, I realize how important each one of us is to the project.

My official position within the group was Assistant Project Leader. Last year I spent much of my time observing and helping Marvin with the 16-foot ricing canoe that we built. I was put in charge for about half of the time this year. I was a little nervous and hesitant at first as I wasn't sure if I knew enough to teach and direct the group. However, I realized that we had already learned and remembered much more than we thought as we got to the end of the first week. I remembered many of the Ojibwe names for our tools and I remembered how to work on parts of the canoe without thinking twice about it.

This project was similar to

teaching in many ways. Each year brings changes and new challenges.

Our progress could be viewed on the Internet via the Canoe Cam that we hooked up in our waganagon. We had a few new and welcome faces in the group this year. Brett moved up from Indiana to start college, Alexis was an intern from UMD, and Robert was a professor from Winona State. “We decided to build a narrower, traveling canoe and the building process changed because of the style difference and the quality of bark we found. Therefore, with the variety of skills and materials to work with, we spent some time each morning discussing what needed to be done and how to go about it. I believe the attitude of teamwork is what makes our project successful.

The project is special for many reasons, but I appreciate

its openness with the community. Anybody could come over to see us build. We had visits from Head Start children, tribal officers and leaders, college students, elders, family members, and people from other reservations. I enjoyed talking about what we were working on and meeting everyone.

Next summer will be our last year of the project. I expect we will plan some sort of ceremony to launch our canoes on the lake and make a presentation on our three years of canoe building. I will be focusing on learning more language and leading the group, but my hope for everyone else is to learn as much as they can and take advantage of this opportunity.

Kyra Paitrick can be reached at this email address: kyrajo24@gmail.com

Ashi-niswi giizisooog (Thirteen Moons)

Manoominike Giizis

Manoominike Giizis is the rice moon. The rice moon is also known as Basikwa'o Giizis (flying moon) and Odatagaagomini Giizis (blackberry moon). Manoominike Giizis begins its cycle as a new moon on August 10.

Women and Ricing

By Misty Peterson
FDL Intern

Harvesting wild rice (ricing) has been a part of the Ojibwe culture around Lake Superior for centuries. Harvesting the wild rice was a community event that everyone from kids to grandparents could take part in. Historically the role of women in harvesting the wild rice was knocking while the husband would pole. Knocking the wild rice was a task that was a bit tougher for the women, but that did not cause any separation in the division of labor or work with harvesting. Since ricing was usually a days worth of work, they would often bring lunches out on the lakes with them. They would fry potatoes over the fire and make tea and sandwiches, truly making this a fine family tradition. People would start the ricing process as early as 9 a.m. and would not be off the lake until 4 or 5 p.m. One would normally rice where they could see the darkheads, or in other words, where the rice was most abundant and ripe. The ricers would often leave a lot of the rice for the birds to eat as an offering. Alvie Tiessen recalls: "My grandmother would put tobacco down for a good season, but she would thank great manitoo anyways for letting them rice." So was ricing more honored back in those days then it is today? "Yes" she agreed. Even though times have changed and the money is a factor that is appealing to some ricers today, it remains a good tradition in our culture and great past time to those who remember it that way.

Gaa-Miininangoog Ganawenjigewin (Taking care of what was given to us by them)

By Tom Howes
Gaa-Miininangoog
Ganawenjigewin Naagaanizid

This is the time of year when many begin to think about manoominike (ricing). The Natural Resources Program really never stops thinking about manoomin (wild rice). Early in the spring, we are removing beaver dams, adjusting water control structures, and planning where we will be using our giishkizhige-jiimaan (cutting boats).

This year like many in the past, we are removing ginoozhegoons (pickerel weed) from Perch Lake. As summer progresses we are able to see how successful last season's restoration efforts really were. About 75 percent of the 116 acres that ginoozhegoons was removed from last year is full of manoomin. Some areas

in the southern part of the lake will require a little more reseeding this fall. We are on track to remove approximately 100 acres of ginoozhegoons from the northern end of the lake this year, so next year head behind the minis (island) and up toward the narrows if you are looking for manoomin at Perch Lake. The wild rice this year is about two weeks early in its development. As I write this, the rice has been standing for more than three weeks, and some plants are beginning to flower. Following is a brief update on wild rice conditions at Nagaajiwanaang, with this scale of conditions: poor, fair, and good: Perch Lake: fair rice density, some areas will be unriceable due to restoration underway; Jaskari Lake: fair; Rice Portage Lake: good; Deadfish Lake: good; Mud Lake: poor.



Photo: Aerial view of restoration efforts at Perch Lake (taken 07/13/10). The dark green vegetation in the lake is pickerel weed; the light green vegetation is manoomin. If you look closely, you can see the equipment near shore towards the bottom of the photo.

There are many places outside the Reservation to harvest wild rice as well, and the 1854 Treaty Authority website is a good place for updates on manoomin conditions outside

Nagaajiwanaang. As always we encourage Band Members to bring someone new with them as they head out to harvest, thus strengthening our traditional ways.

What is Ginoozhegoons (aka pickerel weed, moose ear, pontederia cordata), and why is it such a problem in wild rice lakes?

By Thomas Howes

Pickerelweed is a perennial species of native origin that likes the same conditions as wild rice. Shallow, rich organic sediments are ideal conditions for both species, but pickerelweed has the advantage of being perennial. Pickerelweed colonies get bigger and

bigger each year, while wild rice is an annual plant, growing from an individual seed to plant each year. Because we want rice every year, water levels are held in a steady state that is good for wild rice growth. Unfortunately, this water level is ideal for pickerelweed as well. One option being considered is to flood

out the pickerelweed every four or five years, mimicking nature's cycles. This would mean sacrificing the rice for the year as well, but may be one of the tools to use in managing for the long term.



Area news

Wisconsin parents raise money for Woodland Indian village

A Stevens Point, Wis. parent group is raising money for a Woodland American Indian village to be built in the Wausau School Forest. The group, Indigenous Circle of Nations, expects to raise \$8,000 for the village that will feature the traditional life and culture of the Wisconsin's 11 woodland tribes. The state's Department of Public Instruction requires all school districts to teach American Indian history; the village will help the Wausau School District meet that requirement. The news brief was published in the Stevens Point Journal.

A story of early cooperation between Indians/non-Indians

A new book, "North Country: The Making of Minnesota" by Mary Wingerd has received positive notices for its thorough depictions of early intermarriage, kinship and the fur trade. Wingerd took a fresh look at the way cooperation and reciprocity were key dynamics in mid-17th century to mid-19th century Minnesota.

During that period, interpersonal and commercial cooperation between the Ojibwe, Dakota and European Americans reigned until the mid-19th century when exploitation became common. The exploitation spawned Minnesota's most violent period, the 1862 war in southwestern Minnesota that led to hundreds of deaths and forced nearly every Dakota man, woman and child into exile.

Wingerd is a St. Cloud State University associate professor of history. The 448-page book was published by University of Minnesota Press.

White Earth church celebrates contributions of Indian minister

An Episcopal church on the White Earth Reservation is celebrating the annual Feast of Enmegahbowh, honoring the first American Indian to be ordained an Episcopal priest in the U.S.

Enmegahbowh was born in Canada around 1807. He converted to Christianity in 1850, and helped establish a new Episcopal mission in Crow Wing in 1858. He tried to be a peacemaker during the period of the 1862 Dakota War, and later joined a group of Ojibwe who settled on the White Earth Reservation.

The St. Columba Episcopal Church celebrated in June with a Sunday service followed by a powwow.

Breath of life reintroduced at Red Cliff Rez VFW Post

In 2003, the Red Cliff Veterans of Foreign Wars Post appeared to be on its way out. The small run down clubhouse was soon to be permanently shuttered until Daniel Gordon took over as new Commander.

Gordon, a Vietnam veteran, owned a bar at Red Cliff and heard about the proposed closing. He was invited to serve as post commander, and within a short time, attracted 40 lifetime members and a women's auxiliary of 44 members. Those members raised \$30,000 to rebuild the small clubhouse that was dedicated on May 30, 2010 and renamed the Duwayne Soulier Memorial VFW Post 8239. Soulier was a U.S. Marine who was killed in action in Vietnam in 1967.

Eventually a kitchen will be added to the building so Friday night fish fries and benefits will be possible. The revitalized post was awarded a Perpetual Charter in 2006. The story was reported in the Pioneer Press.

Family members appear in new Pipestone monument video

Members of the Thomas Cain family are featured in the new Pipestone National Monument Visitor Center historical reenactment video. Cain, formerly of Ponemah, appears with his wife Vivian Delgado, and their daughter.

Thomas plays an 1840s pipestone carver. This was the family's second historical reenactment. Pipestone National Monument is consists of a quarry in southwestern Minnesota where Indians from tribes over countless generations dug for pipestone, a sacred red, fine-grained

catlinite used for ceremonial pipes.

The finished video includes an interview with an Indian woman who explained why she quarries. The testimony was "tear-jerking," Thomas Cain said. Vivian's previous historical re-enactment was in 2003 as Cheyenne Chief Black Kettle's wife in a documentary about the 1864 Sand Creek Massacre. The story was reported in the Bemidji Pioneer.

Ojibwe is official language at Red Lake

In April the Red Lake Tribal Council declared Ojibwe as the official language of the Red Lake Band of Chippewa Indians. The resolution stated that the country's Indigenous languages are disappearing, and should be preserved or promoted. Steps have previously been taken at Red Lake to preserve the language – a language summit was held in June 2008, and language instruction is available online and in classrooms.

No "Chief Oshkosh Saloon" in downtown Oshkosh

Oshkosh, Wisconsin's Mayor Paul Esslinger planned to open the "Chief Oshkosh Saloon" in July.

Instead, he opened the "Old Oshkosh Saloon" after renovation to the downtown building was completed.

The name change to the Main Street tavern came about after Esslinger was contacted by the Menominee Indian Tribe of Wisconsin, which Chief Oshkosh led from 1827 until his 1858 death. Tribal members had expressed concerns about the use of the chief's name, so Esslinger opted to change the name and avoid conflict later.

Esslinger said Chief Oshkosh will remain a part of his Founder's Table, a mug club for regular patrons. He said mug club members can earn a T-shirt with themselves depicted with many historical figures from the Oshkosh's past.

"Chief Oshkosh will remain in a historic context as part of the Founder's Table," he said. "When I spoke with the tribe, they thought it was an excellent idea." The story appeared on the Northwestern.com website.

Will state learn from treaty rights experience?

The following is from a May 26, 2010 editorial in the St. Cloud Times. The editorial is used with permission of the St. Cloud Times.

Having "been there and seen that" during the 1980s and '90s, we ask just one question of all Minnesotans as they watch the latest "treaty rights" clash between the state and the Leech Lake and White Earth bands of Ojibwe.

Which is the best of these options?

A. Acknowledge the two bands have rights to hunt, fish and gather, and work with them to protect the resources amid this increased pressure. (Know that cultural tensions will remain no matter what happens.)

B. Fight their claims to the fullest extent, up to and including a decade-long and multimillion-dollar legal battle. (Know that cultural tensions will remain no matter what happens.)

C. Negotiate a settlement, which really means Minnesota taxpayers pay off the bands in exchange for the bands agreeing not to pursue these rights. (Know that cultural tensions will remain no matter what happens.)

First, we hope you have picked up on the key phrase here: Know that cultural tensions will remain no matter what happens. That's the real-world impact of this brewing battle. Look no farther than Central Minnesota's own backyard -- Mille Lacs Lake.

Almost 20 years ago the state selected "B" as its answer after the Legislature gave serious consideration to "C." But "B" it was, and ten years and millions of dollars later, the state lost.

In the decade since that U.S. Supreme Court ruling, the first answer -- "A" -- has essentially become the norm at Mille Lacs,

including the phrase "know that cultural tensions will remain no matter what happens."

Indians pursue their harvest rights, most notably every spring when walleye spawn, and many Minnesota sportsmen and women shudder. Through it all, Mille Lacs remains one of the best trophy walleye fisheries in the Upper Midwest, thanks in part to voluminous amounts of data compiled in part to help manage the lake through Indian harvests and intense angling pressure.

With those lessons in mind, Minnesotans watched in May as some members of the Leech Lake and White Earth bands netted on Lake Bemidji the day before the 2010 walleye opener. Their goal was simple: Be cited for breaking laws so they could go to court. In that process, they believe courts would re-establish their right to hunt, fish and gather on more than 13 million acres of northern Minnesota land, all of which is outside reservation boundaries.

Based on case law and at least one legal analysis so far, they probably are correct, which means it's reasonable to believe Minnesota again will be confronted with choices A, B or C.

Of course, it's pretty clear this time that the state doesn't have the money for "C" -- a buyout of rights -- or even B, a protracted legal battle.

So what about answering "A" now? At the least, that should allow for long-term resource protection -- knowing that cultural tensions will remain no matter what happens.

Signals: finding the *real* message in a child's behavior

By Lucy Carlson, M. A.

Last month we talked about the signals that children sometimes send. These uncharacteristic behaviors often are a child's way of communicating something they can't express with words. So, they act it out. Usually these signals are messages to someone else, like a parent, that convey a feeling or need which is too complex or scary to talk about in the usual way. These signals are important because they say "Please pay attention!"

Behaviors such as lying, bed wetting, and temper tantrums are normal at certain childhood stages. Yet these same behaviors in a much older child could be a signal. So, **age** as well as **what the behavior is** makes a difference in whether it needs to be identified as a signal.

Finding the message contained within your child's signal takes effort and detective work. Yet it is important because signals indicate some level of personal distress in your child. So, when we think our child's behavior indicates a signal, where do we begin our detective work? Ask these questions and look for evidence of patterns:

• **When does the signal occur?**

See if the signal happens repeatedly at a certain time of day and every day. For instance, if a child signals, by having a tantrum every night right before bed, it might be that he is trying to put off bedtime because of his real fear: the dark. Parents may interpret the tantrum as a ploy to watch more TV. Note if a signal occurs after some particular event. Does an indi-

vidual "trigger" the response? Are you the trigger?

- **In what setting does the signal occur?** Does your child's signal happen both inside and outside the home? Signals often occur in school and not at home because they contain a message for peers. When your child's signal occurs, is he alone or with others? Are there unusual aspects in the setting, like family chaos or sibling rivalry? A child may only have a temper tantrum during a tense argument between her parents. Her tantrum signals a desire to distract the adults from their argument.
- **Who is most affected by the signal?** A parent may think all messages are sent to him or her. But some messages are meant for other people in your child's life. A behavior may stem from sibling rivalry and be directed at the child who is envied. Perhaps when a child steals, he is "getting even" with another child who has bullied him, rather than rejecting the parent's values.
- **Does my child have the vocabulary to send a "straight" message?** Few children have the ability to express loneliness, rejection, failure or insecurity. Many talk about fights, rewards, material wants, or injuries. But it is often beyond a child's capabilities to express ideas about values, philosophies, or longings. Parents will, therefore, often see signals coming from younger children who use fewer words. At the same time, we must be cautious about overestimating the vocabulary of older children. Teenagers have different kinds of problems

than younger children, and these problems can be very difficult to talk about. A teenager can often talk adequately about loneliness, but cannot easily find words to express sexual urges or fear of the future. The signal in this case would be the inability to find the words to describe what is going on, the same as in a younger child.

- **What is the response given to the signal?** Do you respond to your child's signal with attention, punishment, concern, anxiety, or conversation? Your child's signal is meant to bring out one of those responses. Your response is your clue to finding the message in your child's signal. Then you ask yourself, "Why does my child want that response? What is missing in his life that he wants attention, punishment, or anxiety from me?" When he repeats the signal, does he always get the same response? If so, then you are onto something! Do you always overreact when your child is sick? In that case, physical complaints will be your child's best signal to attract attention to a hidden problem. Figure out in this way what reaction he might want and you will be able to focus on several reasons why he might want it. Remember, don't let your automatic response blind you to seeing the underlying cry for help. Work backwards from your response to the signal so you can find your child's motivation for his actions.
- **Is my relationship with my child open and comfortable enough to allow the child to send me a "straight" mes-**

sage without using signals?

When thinking about this, try to be calm and objective. If your child is having trouble communicating with you and has to signal, it does not mean you are to blame. Almost all children at some time have trouble communicating with parents. After you have gotten the message is the time to think about the positive and negative parts of your relationship with your child. At that time you will be able to ask yourself if your child has enough time with you to communicate or if your relationship allows the freedom necessary to talk openly with. First, discover the message and act on it.

- **How uncomfortable does the signal make me feel?** Signals often hit a point of vulnerability in the parent. For instance, a child might make fun of a spiritual tradition the family holds sacred. Or maybe his manners become atrocious in a family where mealtime is important. Are you offended by your child's messy appearance or lack of cleanliness? The dirty child upsets the orderly, neat parent. In trying to find the message, ask yourself what it was about the signal that made you angry, resentful, or hurt. In other words, what was your child trying to provoke in you? And why? If your child really pushed a sensitive "button" in you, the message is probably very important to her. She is telling you, "Stop! Pay attention to me!" If the signal does not push any buttons that are particularly sensitive, it may be meant for someone else. You can use this cue to discover

both who the message is for and the emotion behind it.

Once you have your cues, you will be able to put the pieces together and find out what your child is really telling you. Think through what your child really means by what she says and does and how you can help her. Maybe you will need the help of a friend, mate, elder, or professional to come up with a plan of action.

Often signals carry more than one message. So, the last step is to ask yourself if the message you have discovered is the only message contained within the signal. It is easy for a parent to miss an important cry for help, by stopping the search for messages after finding only one. Be sure to be as thorough as possible.

Usually, observing your child's behavior, analyzing signals, and looking for messages does not take a huge amount of time. For most of the signals your child will give, your observation and a few well-placed questions will be sufficient to discover and interpret the signals and messages. And a happy outcome of this will be a more open and positive communication between you and your child.

Information taken from Signals: What Your Child is Really Telling You, by Paul Ackerman, PhD. and Murray Kappelman, M.D. Lucy Carlson specializes in early childhood education. She writes regularly on parenting matters for this newspaper. Her email address is Carlsonlucy@aol.com

Hurt and suffering need not destroy Education an important part of the path to a better life

When I reflect on Roxanne Peterson's academic and personal journey, the words "fortitude" and "courage" come to mind. An elder from Montana once told me that fortitude means "enduring hardship without complaining" and that courage means "to walk where your family has never walked before." This recent graduate of FDL Tribal & Community College's Licensed Practical Nursing Program is blessed with both of these traits and more. Her story is one of struggle, like so many Native women, but it is also a story of overcoming these struggles and moving forward in a positive way, grounded in her Anishinaabe history, culture, and spirituality.

Bonnie Wallace,
FDL Scholarship Director

My name is Roxanne Peterson, My Anishinaabe name is Red Eagle Woman and I am Bear Clan. I am from the FDL Reservation and have three children and six grandchildren.

I have gone through many challenges throughout my life which includes becoming a young parent and then tragically losing a child from drowning. As a result I experienced severe depression and turned to alcohol to deal with my pain. Along with alcoholism, I was dealing with poverty and a lack of self esteem.

I decided that I wanted to change my life. I received help for chemical dependency by going to treatment, and I realistically returned to our Anishinaabe ceremonies which helped me develop strength,

direction, focus, and discipline. All of those helped me become a good student.

Recently, I graduated from the FDL Tribal & Community College with a Nursing Degree. I've reached part of my goal but I am still continuing to further my goal to become a registered nurse, which is a four year program. Since I was a child, I wanted to be a nurse but always thought of reasons why I could not pursue my goal. Finally, I decided to think of all the reasons why I could and should be a nurse. Once I realized how important my goal was, I continued to move forward in a positive way each day.

I would like to educate our Native American communities with the knowledge I have

gained on how to break the cycle of abuse, alcoholism, and emotional confusion some families may live with. I want to share ideas, values, and beliefs, which can create important ways to change lives.

I would like to create an awareness of a better quality of life through sharing information necessary for better nutrition, mental health, and prevention of disease.

My academic and life experiences have convinced me that our hurt and our suffering do not have to destroy us, and I know that becoming a nurse will open more doors for me to grow and develop new skills to become successful in my community and in my life.

Roxanne Peterson



Roxanne Peterson

Tribal College receives grant money

The Fond du Lac Tribal College, which is separate from the FDL Tribal & Community college and is still in the planning stages, recently received \$19,500 from the First Nations Development Institute of Longmont, Colorado to support the efforts of the College's language immersion training program. The goal of this program is to assist Ojibwe language instructors, teachers, and students from Fond du Lac Tribal College and eleven (11) other feeder schools toward developing fluency in speaking

the Ojibwe language.

Revitalizing a language is never easy. Successful programs need to encompass many dimensions, such as fluent speaking teachers at home, school, at work and at play. If the language lacks fluency among those who would teach it than errors in the language are passed on from teacher to student. Total language immersion programs such as the program at Ottertail Ojibwe Language Immersion Training Camp helps to avoid this pitfall by providing a program for students

and teachers who are already knowledgeable in the language, but continue to be motivated to learn Ojibwe.

In addition to Camp Ottertail, funds from First Nations Development Institute will be used to develop an integrated twelve-week immersion curriculum to assist students and teachers in learning and teaching the Ojibwe language. Specifically, a phrasebook appropriate for learners from high school through adult covering conversational Ojibwe and an audio CD will be developed.

Curriculum will reinforce, through practice, different elements of the language currently taught in college courses at the beginning, intermediate and advanced levels while simultaneously introducing students to Ojibwe culture through stories, songs, food, historical events, crafts, music, spirituality, art and other traditional skills.

Finally, the College was also successful in receiving matching dollars from the Minnesota Indian Affairs Council in the amount of \$75,000. These funds will be used to expand

the Camp Ottertail program and for Fond du Lac's Language Camp expenses in 2011. A Chi-Miigwech to First Nations Development Institute and to the Minnesota Indian Affairs Board for their assistance and support in our efforts to retain our language. Perhaps in my grandchildren's life-time Ojibwe will become the "Official Language" again among the Nah gah chi wa nong Anishinaabeg.

Robert "Sonny" Peacock,
Tribal College Director

Legal Notice

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

BARNEY, Norman; **BEGAY**, Raymond Sr.; **BRIGAN**, Calvin; **CHRISTENSEN**, Terry; **CROWE**, Gary; **GANGSTAD**, Harold; **GLASGOW**, Edith; **HERNANDEZ**, Phyllis; **HUHN**, Cheryl; **JEFFERSON** (Drucker), Mary; **JONES**, William Sr.; **JOSEPHSON**, Charles; **CAST**, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **MARTINEAU**, David; **OLSON**, Daniel G. Sr.; **PETERSON**, Beverly; **SHARLOW**, Gerald D.; **SHAUL**, Joseph; **SMITH**, Carl; **SORENSEN**, Kenneth; **STANFORD**, Cathy; **TROTTER-CHAUDE**, Rex.

August open meeting

The August open meeting with RBC members will be at 1:30 p.m. on Aug. 19, 2010 at the Brookston Center. All are welcomed.

Women's Wellness Gathering 2010

More than 80 women attended the 2010 FDL Women's Wellness Gathering held at the Cloquet Forestry Center May 20-21. Attendees learned traditional teachings from Elders Rosemarie DeBungie and Dorothy Sam, and the "Water Song" from Gladyce Nahbenayash. Patricia Peterson, General Crime Advocate, shared stories of growing up at FDL.

After hearing our Elders' stories on Thursday, we heard from young women who are survivors of domestic abuse, sexual assault, and chemical dependency—their stories of abuse, recovery, and healing. We shared our own stories in making Telling Our Story Bookmarks, brought to us by the Sacred Hoop Coalition. Sharing laughter, tears, and hugs brought the women together in healing, as did the Talking Circle and Sweat Lodge. We enjoyed ceremony, teachings, sitting around the fire, visiting, good food, and giveaway drawings throughout the two days.

In closing, we experienced the healing power of our voices, singing with the Oshki-Giizhik Singers. If you missed the gathering this year, you can connect regularly with other community women at our weekly Women's Groups: Wednesdays 5:30 to

7 p.m. (except the last Wed. of the month) at Min No Aya Win (contact: Marcia Kitto, Sexual Assault Advocate (218) 878-3782 or December Bird, Domestic Abuse Advocate (218) 878-3783. A Women's Group meets Mondays from 1:30-3 p.m. at the Center for American Indian Resources in Duluth (contact: Patricia Peterson, General Crime Advocate (218) 878-3784.

Marcia Kitto

The Temptations and Four Tops preview

Motown comes to Minnesota at 8 p.m. on August 7, 2010, when legendary performers The Temptations and Four Tops play at the Otter Creek Event Center.

The Temptations are known around the world for legendary hits such as "Get Ready," "My Girl," and "Ain't Too Proud to Beg."

The Four Tops signed with Motown Records in 1963, but actually began recording ten years earlier as high school students in Detroit. Hits include "It's the Same Old Song," "Baby, I Need Your Loving," and "Bernadette." The Four Tops have sold more than 50 million records worldwide.

Tickets are \$36, \$41, and \$46, and are available at the Ticketmaster.com website, or by phone at (800) 745-3000.

Clarification on medication from FDL Pharmacist

A health news brief from the July 2010 issue described the use of aspirin or ibuprofen as pain relief. The brief was taken from a Mayo Clinic newsletter. FDL Pharmacist Shari Gentilini wanted to clarify some issues from that health news brief. She wrote this:

Aspirin and Ibuprofen are in the same class (non-steroidal anti-inflammatory drug). They essentially carry the same risks. Acetaminophen (Tylenol) is not the same as Aspirin - they are two separate classes of medications.

Aspirin is used at "low doses" (81mg/day) for the prevention of heart attacks and strokes. We do not want to imply that this is not safe or that patients should stop this medication. Acetaminophen will not give the same anti-platelet effect that is provided by aspirin.

Aspirin is dosed at higher doses only when it is used for pain control. This is not considered the safest pain reliever for many patients.

Acetaminophen (Tylenol) is not a non-steroidal anti-inflammatory drug. This is considered the safest pain reliever for many patients when taken at the appropriate dose.

USDA invites producers, business owners, and governments, to Tribal Summit

The U.S. Department of Agriculture will hold a Tribal Summit to highlight programs and funding opportunities for tribal producers, business owners, governments, service providers and residents on Aug. 9-10 at the Seven Clans Casino, Red Lake.

Staff from the Farm Service Agency, Rural Development, the Natural Resources Conservation Service and the University of Minnesota Extension will give program overviews and be available to answer questions. Other USDA agencies providing information at the Summit include: Risk Management Agency, Animal and Plant Health Inspection Service and the Forest Service.

There are also two scholarships per reservation available to tribal producers, business owners, etc. to pay for registration, lodging, food and mileage. The USDA Summit is held in conjunction with the Northern Minnesota Reservation Economic Development Summit & Trade Show, scheduled for Aug. 11-12. For more information, contact Dave Wise, Natural Resources Conservation Service Tribal Liaison at (218) 879-0863.

Busy construction season continues with Moorhead Road project now underway



FDL Construction workers are excavating dirt in a field just south of the Sawyer Community Center. The field will be the source of the fill dirt for "west phase" of the Moorhead Road construction project. Photo by Dan Huculak

One of the final roadblocks has been removed in the \$3.5 million Moorhead Road construction project, which means that actual roadblocks - the construction kind - will soon follow.

Improvements to the two-phase project that includes 3.8 miles of road will include the addition of a paved surface and ditches along the shoulders. The new paving will stretch from Cary Road West to Minn. Highway 210.

The FDL Band and the U.S. Army Corps of Engineers cooperated on obtaining a permit to excavate the wetland areas of the road west of Church Road. This part of the construction will be

much larger than paving the road itself.

Obtaining the Army Corps permit was necessary to remove the logs and roughly 180,000 cubic yards of mud from the area of road surrounded by wetlands.

After culverts are placed in the area, another 180,000 yards of new sand and gravel will replace the original mud. A total of 360,000 yards of sand, mud, and gravel will be excavated. This area of Moorhead will be closed for several months during the construction.

The Moorhead road project is expected to be completed next year, with a new asphalt coating applied as the finishing touch.

Community News



FDL 2010 Veteran's Powwow

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths.

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Monday, Aug. 16, 2010 for the September 2010 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to daniel-huculak@fdlrez.com

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

Birthdays

Happy Belated 7th Birthday to **Darnell Diver** (July 1)
Love, Auntie Heather and family

Happy Belated 12th Birthday to **Richard Diver, Jr.** (July 2)
Love, Heather and family

Happy Belated Birthday to **Jalcia Foster** (July 12)
Love, Heather and family

Happy Belated Birthday to **Derrick DeFoe, Sr.** (July 26)
With love from your boys

Happy 7th Birthday to **Tye Diver** (Aug. 16)
Love, Heather and family

Happy 96th birthday to **Arnold Bassett** (August 16).
Love, Carolyn, kids, grandkids, and great-grandkids

Margaret Needham reports on birthdays for the Center for American Indian Resources Human Services Staff. The August birthdays are: **Danielle Lebon-Gort** Public Health Nursing August 6; **Alexis Drake** Medical/Administration (MEDICAL RECORDS) August 14; **Kara Stoneburner** CAIR/MNAW Public Health Nursing/WIC August 19; **Char Bodin** WIA August 27; and **Carol Wuollet** Supervising Nurse/RN August 31. Happy Birthday to all!

CAIR would also like to welcome **Felicia Martineau** to our staff as our new Behavior Health Secretary.

Happy 18th Birthday **Daimon Reynolds** (August 5)
Love, Mom and Bone



Daimon at 4

Happy birthday to my nephew **Brian Rich** (August 21)
Love you, Auntie Gladys, and the Gundys boys

Happy 9th Birthday to **Jalen Paulson** (August 30)
We love you. Mom, Dad, and Cordell



Happy 8th Birthday to our nephew **Alexander Micheal Petite**
Love, Auntie Nell and Uncle Mel

Happy 7th Birthday to **Darrell Reynolds-Couture** (August 6)
Love, Mom and Daimon



Happy 2nd Birthday to **Aadyn Zacher** (August 1)
Love, Papa and Gramma Antus



Happy 14th Birthday to **Jeremy DeFoe** (August 13),
We love you, Mom and Gary

Happy Birthday to our brother,
Jeremy DeFoe
Love, Richard, Kristopher, Shawna, Cotee, Brian and James

Happy 9th Birthday to **Kaliyah Houle** (August 28).
With love, from your family



Happy Birthday Mom/Grandmother **Ann Rule** (August 22)
Hope you have the best birthday!
We love you lots, Beans, Miah jo, Jayden, Jolana and Twoshot.

Happy 19th Birthday to **Shane Defoe** (August 8)
Love from Mom and Meia

Happy 26th birthday to **Sheree Defoe** (August 19)
Love Mom, Rolo and Meia

Happy belated Birthday to **Chris Zacher** (June 25)
Love, your dad, and your grandma Jean

Happy Birthday Dad , **Richard Stiffarm** (Aug. 22)

We love you.
Jessica, Aidon I'liana

Birthday party

The children of **Rosemary Blanchard** are hosting a 90th Birthday Open House Celebration for Rosemary from 1-4 p.m. on Aug. 21, 2010 at the Fond du Lac ENP Dining Hall. Pastries, coffee and tea will be served. Simply having your presence is the gift in celebrating our mother's milestone.
Dianne, John, Ellen and Rosemary

Congratulations

Congratulations to **Chase Fuller** (grandson of Band Member **Jim Romero**), a 6th grader at Buffalo Community Middle School in Montrose, Minn. Chase holds a 4.0 grade point average, and takes advanced math and English classes. Chase likes to play baseball, football, and go snowboarding in the winter.



Way to go

This is to honor **Billie Jo DeFoe-Robinson** for her service to America in the U.S. Navy,

and for 14 years of food service to FDL. Also, thanks to Billie Jo for her involvement and help with the Veteran's Powwow. Billie Jo has shown that she is selfless and caring, in all the things she has done. I am so proud of her. As her mother, all I can say is I wish that every parent could have a child like Billie Jo. She honors me with her character and responsibility. Happy Belated Birthday (July 20), and may you have many, many more happy birthdays.
Love from Mom, J.D. and Princess Pinkie

Thank You

I'd like to thank everyone for the care and concern my mom, **Dorothy Bassett**, was given the day of the Elder's Picnic when she had to be taken by ambulance to the hospital.
Darlene Mostrom

I would like to express sincere thanks to everyone who helped me following the passing of my brother, **Leonard M. Houle**. I'm especially grateful for the support from family and friends who helped at this difficult time. A special note of thanks to the Fond du Lac Band for the financial help with the funeral costs, the Cloquet Honor

Guards, the FDL Honor Guards, the Cloquet ENP for all of the good food, and Nelsons Funeral, Cloquet
Norman Houle

Many thanks to the Brookston Center ENP staff for cooking our traditional feast, the Ma'iingan Drum Group for opening ceremony songs, the Cedar Creek Drum Group for hand drum songs at our feast, the FDL Honor Guard, and finally, the Black Bear Casino Resort staff. Our Native American Fish and Wildlife Conference would not have been nearly the success that it was without your help.
The FDL Resource Management Staff

I would like to express my gratitude to all the people who were there and stood by me in my time of grief following the death of Norman Barney. All the care, kindness, support and sympathy was and always will be greatly appreciated. Many megwitches to Dr. Stapleton, St. Mary's Hospice, the RBC, the ENP, FDL Construction, the original FDL boxing team, Handevit's, Skutevik's, Community Printing, Deacon Terry Twomey, our spiritual healer Dilah, and all my friends. A

very special thanks to Norman's brother and sisters.

Most of all, I'd like to thank my family - my brothers, sisters, and my children. Without you guys I would have never made it. The strength you gave will be in my heart forever.
Thanks again.
Dawn Barney

Memorial

In loving memory of **Mahali Agaton Howes**: gone but not forgotten.
With love from your auntie

Lost and Found

The Veteran's Powwow Committee had a men's and women's dance outfit turned in to us. The outfits were stolen from a Hinckley, Minn. residence about two years ago. We held a ceremony at the Powwow for whoever stole them, and for whoever they belong to.

The outfits are currently at the FDL Police Station, and need to be identified by their rightful owners. If they belong to you, please contact the Fond du Lac Police Department (218) 878-8040.

For sale

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



Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm., 1.5

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



Paid Pine Journal subscriptions to end in August

Pine Journal subscribers who wish to continue with uninterrupted service received letters from the newspaper in July about a special re-subscription offer. If you wish to continue to get the newspaper at the special rate, call that office at (218) 879-1950.

Up until August, the FDL Band paid for the annual Pine Journal subscriptions for Band Members who requested one. That amenity has been cancelled because of budget constraints.

Waatebagaa Giizis – Changing Leaves Moon

August 2010

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--|--|---|---|---|--|-----------------------|
| 1 | Youth Board Games CCC | Arts & Craft CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR | Arts & Craft CCC Elder's Concern CCC 10 a.m. I CAN COPE 5 p.m. MNAW | Play Day CCC Get Fit 12 p.m. CCC Bimajii 4:30 p.m. CCC FDL Language table 5 p.m. CCC | Movie & Popcorn CCC Story Time 3:30 p.m. CCC Intro to Drum and Sing- ing 6 p.m. CCC Women's Night 6 p.m. CCC Moccasin game 6 p.m. CCC | Game Afternoon CCC Temptations and the Four Tops 8 p.m. BBCR | |
| 8 | Youth Board Games CCC Firearm Safety 5 p.m. Tribal Summit - Red Lake | Arts & Craft CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR Firearm Safety 5 p.m. Tribal Summit - Red Lake | Arts & Craft CCC Elder's Concern CCC a.m. Firearm Safety 5 p.m. | Play Day CCC Get Fit 12 p.m. CCC Bimajii 4:30 p.m. CCC FDL Language table 5 p.m. CCC Firearm Safety 5 p.m. | Movie & Popcorn CCC Story Time 3:30 p.m. CCC Firearm Safety 5 p.m. Intro to Drum and Singing 6 p.m. CCC Women's Night 6 p.m. CCC Moccasin game 6 p.m. CCC | Game Afternoon CCC | |
| 15 | Youth Board Games CCC | Arts & Craft CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW | Arts & Craft CCC Elder's Concern CCC a.m. | Play Day CCC Get Fit 12 p.m. CCC Open Meeting 1:30 p.m. BCC Bimajii 4:30 p.m. CCC FDL Language table 5 p.m. CCC | Movie & Popcorn CCC Story Time 3:30 p.m. CCC Intro to Drum and Singing 6 p.m. CCC Women's Night 6 p.m. CCC Moccasin game 6 p.m. CCC | Game Afternoon CCC | |
| 22 | Wisdom Steps Golf | Youth Board Games CCC | Arts & Craft CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW Sobriety Feast 6 p.m. BBCR | Arts & Craft CCC Elder's Concern CCC a.m. | Play Day CCC Get Fit 12 p.m. CCC Bimajii 4:30 p.m. CCC FDL Language table 5 p.m. CCC | Pancake Breakfast 7:30 a.m. CCC Movie & Popcorn CCC Story Time 3:30 p.m. CCC Intro to Drum and Singing 6 p.m. CCC Women's Night 6 p.m. CCC Moccasin game 6 p.m. CCC | Game Afternoon CCC |
| 29 | Youth Board Games CCC | Arts & Craft CCC Get Fit 12 p.m. CCC | <p>If you would like your activities included in this calendar – please get them to the newspaper office by the 15th of the month. Thanks!</p> | | | | |
| 30 | | | | | | | |
| 31 | | | | | | | |