

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



During Sen. Al Franken's visit to the Fond du Lac Reservation on Jan. 21, FDL Human Services Director Phil Norrgard (at left) discusses information with the senator regarding the Min No Aya Win Clinic. Also in the photo are Daniel Fanning, Deputy State Director for Sen. Franken (center), FDL Chairwoman Karen Diver, District I Representative Wally Dupuis, and Secretary-Treasurer Ferdinand Martineau Jr. Story on page 2.

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Local news

Franken visits Fond du Lac to discuss health care, environmental and other important local issues

By Dan Huculak

U.S. Senator Al Franken (DFL-Minn.) visited the Min No Aya Win (MNAW) Human Services Center Jan. 21 to meet with Reservation Business Committee members, Executive Director Chuck Walt, and FDL Human Services Director Phil Norrgard to discuss several important topics.

During his visit, Sen. Franken was given a tour of the MNAW Human Services Center and participated in a presentation on the many successes of the Human Services Division. The presentation covered such topics as how many types of treatment are offered by the Human Services Division; how the division operates within its budget; the number of facilities, patients, and employees; and the growth of the division since MNAW opened in 1986.

One of the highlights during Sen. Franken's tour of the facility was seeing the Brain Wave Optimization Program offered by FDL Human Services. FDL Human Services Treatment Counselor, Tawny Smith Savage, showed Sen. Franken how the process works, and explained which patients could benefit from the program.

The senator also met with Pharmacy Coordinator Tiffany Elton. She explained to Sen. Franken how the pharmacy operated without a cash register,

showed him the consultation rooms for patients, and provided a general overview of the pharmacy operations.

After the MNAW building tour, the group went to the McKnight Room for additional discussion. Human Services Director Phil Norrgard shared a power point presentation showing each of the Human Services facilities around the Reservation, in Duluth and in Minneapolis.

Norrgard explained to Sen. Franken that the FDL Human Services Division has representatives from other Indian health care agencies visiting six or seven times per year, to see best practices by the Human Services Division; in areas where outside human services agencies would benefit from adopting.

Sen. Franken asked several questions about the programs offered, funding sources, then asked what ideas Norrgard had to solve some of the problems related to the Indian Health Service.

Norrgard told the senator that he would provide him with a list of the top ten experts; people in Indian Country - none of whom were currently federal employees - and he would get that group to meet as a panel, either in Washington D.C. or elsewhere, and come to a consensus on the six most important recommendations to fix their top health care-related concerns. Norrgard offered to



FDL Human Services Pharmacy Coordinator Tiffany Elton answers Sen. Franken's questions regarding the Min No Aya Win Pharmacy, as Secretary-Treasurer Ferdinand Martineau Jr. (center) observes.

provide that list to Sen. Franken after the presentation.

FDL Chairwoman Karen Diver and Secretary-Treasurer Ferdinand Martineau Jr. also shared their comments with the group regarding health care.

Before the meeting ended, the chairwoman added a few thoughts regarding the proposed mining operation in the north-

ern part of the state. Referring to the Polymet issue specifically, Diver said, "We are not anti-development in the Iron Range, but we don't want to get cancer from it later. Smart development is okay. As long as you (Polymet) are following federal and state laws, we're okay, but we will not accept short cuts."

The chairwoman also issued

a request for Sen. Franken to meet with Rep. Chip Cravaack to settle the ongoing Nelson Act legislation.

Local news

Annual State of the Band Address and 2011 Open Meeting schedule

The State of the Band Address is scheduled for 5:30 p.m., Feb. 17 at the Otter Creek Event Center. All Band Members are welcome.

Remaining open meeting dates for 2011:

- March: 1:30 p.m., Mar. 17, Cloquet Community Center, Cloquet.
- April: 1:30 p.m., April 21, Brookston Community Center, Cloquet.
- May: 1:30 p.m., May 19, Sawyer Community Center, Cloquet.
- June: 5:30 p.m., June 16, Minn. Chippewa Tribe Building, Minneapolis.
- August: 5:30 p.m., Aug. 18, CAIR Building, Duluth.
- September: 1:30 p.m., Sept. 15, Cloquet Community Center, Cloquet.
- October: 1:30 p.m., Oct. 20, Brookston Community Center, Cloquet.
- November: 1:30 p.m., Nov. 17, Sawyer Community Center, Cloquet.

Free income tax preparation at the Fond du Lac Ojibwe School

Business students from Fond du Lac Tribal and Community College and the University of Minnesota Duluth will once again offer free tax preparation to any family or individual with an income of \$50,000

or less.

The tax prep sessions will be held from 10 a.m. - 1 p.m. Saturdays beginning Feb. 12, and from 5-8 p.m. Tuesdays, beginning Feb. 15., at the Fond du Lac Ojibwe School library, located at 49 University Rd, Cloquet.

You will need to bring your W-2 forms; 1099 interest statements; social security card; your children's social security numbers; if you rent, a certificate of rent paid; a current valid picture I.D., and last year's tax return if available. Other forms may be needed, depending on individual tax/income status.

The college students volunteer as part of their Personal Finance classes.

Participants are requested to park and enter at the back entrance of the school.

There will be no tax service during spring break, March 12-19. Additionally, there will be no tax service if school is canceled due to inclement weather. For more information, call (218) 879-0701.

Fond du Lac Forestry is seeking qualified candidates for Temporary Wildland Firefighter positions

The Fond du Lac Resource Management Forestry Department is seeking qualified candidates to help fill its roster for the upcoming fire season.

The majority of the job duties performed by the wildland firefighters are outdoors in all weather and terrain conditions. Most duties are related to prescribed burning, wildfire suppression, and fire preparedness. These duties include serving as a firefighter or engine operator during prescribed burning and wildfire suppression activities and conducting regular maintenance and repairs on various types of equipment such as fire engines, chainsaws, and hand tools.

You may be asked to assist other agencies with prescribed burning. When not involved in fire related activities you will be required to assist with other tasks as assigned. It is imperative that you work and communicate well with others.

Qualified candidates will be required to achieve an arduous rating on the "Pack Test," which requires you to complete a three mile walk in 45 minutes or less, while wearing a 45lb. weight vest.

If selected for a firefighter position, you will be expected to wear protective and safety equipment. Most of the necessary items will be issued. You will be required to provide leather boots with a minimum ten inch boot height. It is a good idea to break the boots in before the first day of work.

Employment is on an as needed basis depending on the weather, budgets, and the fire season. Spring fire season normally starts around the beginning of April and ends

about the end of May. Some positions may require non-standard work schedules such as weekends and holidays, extended work hours, etc.

A basic firefighter/fire behavior training course will be provided. Basic firefighter training is contingent upon passing of the work capacity test (pack test).

Interested individuals are encouraged to attend our information and screening session at 8:45 a.m., Feb. 21, at the Resource Management Forestry Garage.

For additional information, contact Travis Blacketter at (218) 878-7147.

Viking legend one of the guest speakers at the annual Fathers Forever event

Minnesota Supreme Court Justice and NFL Hall of Famer Alan Page will headline the 3rd Annual Minn. Fathers Forever event from 9 a.m. - 3 p.m., March 5, at Fond du Lac Tribal and Community College in Cloquet.

Page, who was recently named one of the top 50 Minn. Vikings of all time, is also the founder of the Page Educational Foundation. Page will speak about the importance of higher education, strong families, and responsible fatherhood.

In 2009 and 2010, Minn. Fathers Forever assisted over 300 people. This year, it is expected that even more fathers will participate in the

event, as more and more area dads are accepting the fact that they play a critical role in the lives of their children. Men of today realize that they need information and support to be the best dads that they can be.

Minn. Fathers Forever is an informal event that reaches fathers and families from across the Arrowhead region connecting them with information and resources to help them succeed.

In addition to the presentation by Justice Alan Page, this year's free event will include a presentation to better personal finances from Kristi Gordon of Fathers and Children Together; a "Cooking with Dad Class" taught by award winning local chef and food blogger Dave Plowman, of Catering by Grace; and an informal family law clinic.

This Free event for area fathers and families will also include the opportunity to meet with St. Louis and Carlton County Child Support Officers; to obtain a possible partial waiver of Child Support arrears and possible drivers license reinstatement for those who complete a reasonable child support modification order. There will also be parenting classes and numerous local vendors and exhibitors. Free childcare is available during the event.

For more information about Minn. Fathers Forever event, Contact the Fond du Lac Min No Aya Win Human Services at (218) 878-2145, or go to MN Fathers Forever on Facebook.

Nahgahchiwanong Dibahjimowinman

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

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Editor: Daniel A. Huculak

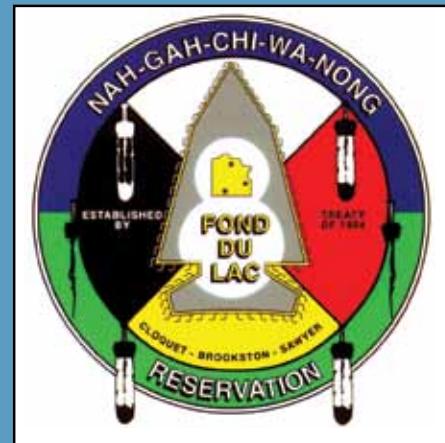
The mission of this publication is to provide the Anishinaabeg community of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation, with news and information that will be of help to them in their everyday lives. In addition, our goal will be to highlight many of the honors, accolades, 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



A few thoughts from RBC members

From Chairwoman Karen Diver

Please mark your calendars for the State of the Band address to be held at the Otter Creek Convention Center at Black Bear on Thursday, Feb. 17 at 5:30 p.m. The RBC will be sharing highlights from the last year as well as a few things you can expect next year. There will be a presentation on the results of



Karen Diver

the strategic planning process that Band members were asked to help with. We hope to see you there! There are no updates yet about the Nelson Act settlement or the transfer of Wisconsin Point. We have reached out to Congressman Chip Cravaack for a meeting to bring him up to speed on tribal issues, including those two items. Senator Franken visited the

Fond du Lac Human Services Division on Jan. 21 to see all of the great things we have going on here and to learn about our challenges. During Sen. Franken's visit, I urged him to lead Congress to settle the Nelson Act, and we also shared our concerns regarding the rapid pace to push the approval of the proposed mining operation in our state. The new Speaker of the House for the State of Minnesota, Rep. Kurt Zellers, and the Commerce Committee Chair Rep. Joe Hoppe, came for a visit in early January. The number

one priority that we had for state issues was the opposition to any expansion of gaming. As many of you are aware, Governor Mark Dayton has proposed developing a state run casino to be located by the Mall of America. We asked that they oppose any efforts to expand gaming. The following points were made: More gaming will hurt rural Minnesota. Tribes are the largest rural employer. The market is saturated and will impact all tribes not just those that are closer to the Twin Cities. States that have gaming are still

facing deficits. Gaming helps tribes provide services to their communities that help us to be more self-sufficient. Balancing the state budget on the backs of rural Minnesota or tribes is not acceptable. We encourage you to call Governor Dayton and let him know that you oppose expansion to gaming in Minnesota: phone (800) 657-3717 or email at mark.dayton@state.mn.us. Please let me know if you have any questions or comments at (218) 878-2612, or cell (218) 590-4887, or email karendiver@fdlrez.com.

From Ferdinand Martineau

To the Fond du Lac Band Members, I hope that the holidays were good for you. I want to wish you the best for the upcoming year. I hope that you are successful in accomplishing the goals you set for yourself. My holidays were busy, happy and sad. During December we have four birthdays to celebrate; my mother, two sisters and mine. I was also involved with the planning of our family Christmas party for 65 partici-

pants. We had dinner and Santa came to give out the presents. The entire party took about 3 hours, but everyone seemed to really enjoy it. The kids got so excited having Santa there. Plenty of photos were taken and lots of memories were preserved for each of us to enjoy in the years to come. I did an unusual thing this year. I bought a photo frame and



Ferdinand Martineau

asked my sister if she could prepare a photo for it, as I wanted to give it to my parents as a gift for Christmas. She was able to coordinate a family photo to place in the frame so we could give it to our parents that evening. That was a good thing as my sister Lou passed away two days later. She had a good time that night and was able to spend the next

day, Christmas, with her family. I would like to say thank you to all the people for their condolences over the past few weeks as it does make it a little easier to know that my sister Lou touched so many people in so many ways and that so many of you care as much as you do. I know that Lou is in a better place now and that she will be waiting to help me in the journey when my time comes to join her. There have been a lot of other things going on here that I will

be reporting on at the upcoming State of the Band on February 17, 2011. I hope to see you there. 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. Gigawaabamin.



Wally Dupuis

From Wally Dupuis

Hello All: The holiday season has come and gone, I hope it went well for all of you. Our Cloquet Community Center staff has been working on the implementation of a youth weight lifting/exercise program. This would encour-

age our youth to participate in a healthy organized activity sponsored and monitored by trained adult staff. On Feb. 5 starting at 11:00 a.m., the Cloquet Community Center is holding a Homemade Soup and Lug contest and a Swap your Stuff meet. Prizes and trophies will be

awarded for the event. In the past, food contests have been very successful and a good time was had by all. On Jan. 20, the 13 Moons Workshop, Inaadziwin Ojibway Language training was held at the Cloquet Community Center. Also, on February 17, the State of

the Band Address will be held at the Otter Creek Event Center at the Black Bear Resort. I hope you can all attend. As always please feel free to contact me. You can call me at (218) 878-8078 (work), or (218) 879-2492. RBC columns continued on next page.



Mary Northrup

From Mary Northrup

Boozhoo everyone! I hope everyone had a safe and happy holiday! Events at the Brookston Center have been well attended, and the staff continually does a great job! On Jan. 8, approximately 25 students traveled to the Xcel Energy Center for the Minnesota Swarm

indoor lacrosse season opener. The students participated in a warm-up on the field and received some advice from Swarm coaches and players on how to improve their game. The next trip is planned for Jan. 29; it's a positive program for our youth and it's great to see so much participation!

Due to a staffing issue on Jan.

14, the Brookston ENP was not open. We are working on a plan for notification to the individuals that receive meals, so that in the future you will be able to plan accordingly. Hopefully it will not happen again in the future, and we apologize for any inconvenience this may have caused.

In closing, I would like to ex-

press my deepest sympathies to all the families that lost their loved ones recently, they will be missed.

Please contact me with any suggestions or concerns that you may have at (218) 878-7583, or on my cell at (218) 464-8877. My email address is marynorthrup@fdlrez.com. Miigwetch.

**From Sandra Shabiash
On the Local Sawyer
Scene:**

The Sawyer center brought in the New Year with a community dinner get together. The youth have been enjoying the snowy weather. Maintenance has been building a mound of snow by the center which turned out to be an ideal sliding area for the kids. It was nice to see the gigantic thank you card presented to the council from the children in Sawyer. They had pictures from their Christmas party and each child signed their name to the card. Miigwetch to the Little Rascals,

the Girls and Boys Club! February 19 is an important date: Thirteen Moons Story Telling at the Sawyer Center. Mark it on your calendar. Adults and youth welcome and best of all it is free! There will be storytelling, a silent auction, fifty-fifty raffle, and youth activities. See you there.

Reservation Wide:

Seeing last month's column reflected on accomplishments for 2010, let's just take a quick look at what is on the Reservation's

agenda for 2011.

The most important item is the Fond-du-Luth agreement. This agreement is based on fifty years, with the stipulation that at the end of the first twenty-five years, it must be renegotiated. We are asserting that the present agreement with the City of Duluth violates the Indian Gaming Regulatory Act's requirement that tribes have the



Sandra Shabiash

sole proprietary interest in and responsibility for the conduct of gaming and that the present payment constitutes a tax on

tribal gaming revenues.

We also have an ongoing issue with the Bureau of Indian Education. They have ruled that the Fond du Lac Tribal and Community College is not a Tribal College and are seeking repayment of funds from the reservation that were given to the college. They based their determination on the fact that in order to be a Tribal College, fifty percent of your student population must be Indian. Presently we are seeking separate accreditation.

Wisconsin Point has been on our plate and we have been diligently working on this issue.

Hopefully this will be concluded during this year.

The Black Bear Casino is currently under new reorganization. The new administration will consist of three departments under the General Manager: Gaming Manager, Operations Manager, and a Marketing Manager. This structure reflects the gaming industry of today.

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

FDL Law Enforcement news

- 12/15/10 Assisted with traffic control on Ditchbanks Rd. during a controlled fire.
- 12/15/10 Traffic stop on Reservation Rd.; driver cited for driving after revocation of driver's license.
- 12/16/10 Traffic stop on Hwy. 2; driver warned for faulty headlight.
- 12/16/10 Traffic stop on Hwy. 2; driver cited for expired registration and no insurance.
- 12/17/10 Traffic stop on Stevens Rd.; driver was warned for faulty headlight.
- 12/17/10 Traffic stop on Hwy. 210; driver cited for speeding and no insurance.
- 12/18/10 Report of hit and run at B & B Market; driver located on Reservation Rd. and arrested for DWI.
- 12/18/10 Traffic stop on Big Lake Rd.; K-9 used; located marijuana.
- 12/19/10 Responded to a reported assault on Mission Rd.
- 12/19/10 Responded to a report of a snowmobile on its side; nobody at the scene.
- 12/20/10 Report of a car in the ditch on Reservation Rd.; car was removed.
- 12/20/10 Traffic stop on Brevator Rd.; driver cited for driving after suspension and no insurance.
- 12/21/10 Traffic stop on Hwy. 210; driver arrested for DWI, reckless driving, speeding and an open container of alcohol.
- 12/21/10 Report of a gas drive-off at FDL Gas & Grocery.
- 12/22/10 Report of a car vs. deer accident; no one injured.
- 12/22/10 Responded to a report of a stolen truck with plow.
- 12/23/10 Assisted Cloquet Police with a warrant pick up; located person and brought to jail.
- 12/23/10 Report of a fight at Black Bear Casino; located the females and both brought to jail for disorderly conduct.
- 12/24/10 Vehicle stopped at Black Bear Casino; 3 males arrested for possession of drug paraphernalia, hypodermic needles, drug residue and heroin.
- 12/24/10 Reports of a house being broken into on Big Lake Rd.
- 12/25/10 Report of underage drinking at Black Bear; one female arrested for outstanding warrants.
- 12/25/10 Report of threats being made; while investigating the threats, found the person who broke into the house on Big Lake Rd. and arrested on those charges.
- 12/26/10 Traffic stop on Hwy. 33; driver taken to Cloquet Memorial Hospital.
- 12/26/10 Traffic stop at Black Bear Casino; driver warned for making an illegal U-turn; driver cited for marijuana.
- 12/27/10 Traffic stop on Big Lake Rd.; driver cited for speeding.
- 12/27/10 Report on intoxicated person on Ridge Rd.; brought to Black Bear Casino for the night.
- 12/28/10 Reports of theft of tools from FDL Construction vehicles.
- 12/28/10 Traffic stop at Black Bear Casino; driver cited for possession of marijuana.
- 12/29/10 Report of gas drive-off at FDL Gas & Grocery.
- 12/29/10 Report of car in the ditch on Connors Rd.; stood by with lights for tow truck.
- 12/30/10 Responded to a report of a home invasion.
- 12/30/10 Report of intoxicated male wandering around the old hotel trying to get into rooms, located male and his room.
- 12/31/10 Report of car in the middle of the road; car was moved off the roadway; ran out of gas.
- 12/31/10 Responded to a report of unruly female at Black Bear Casino; female taken to jail for disorderly conduct.
- 1/1/11 Reports of cars in the ditch due to icy roads.
- 1/1/11 Traffic stop on Brevator Rd.; car almost hit squad car head-on; driver was texting on phone and not paying attention.
- 1/2/11 Report of shots being fired on Brookston Rd.; located the house and advised the homeowner to stop for the night.
- 1/2/11 Traffic stop on Belich Rd. for broken tail light; advised to have it fixed.
- 1/3/11 Report of intoxicated person not wanted in the area; removed intoxicated person.
- 1/3/11 Report of a car being hit while parked at the Tribal Center.
- 1/4/11 Report of intoxicated male not wanting to leave Black Bear Casino; removed male from property.
- 1/4/11 Traffic stop on Moorhead Rd.; driver cited for speeding and warned for driving conduct; driving too fast on icy roads.
- 1/5/11 Assisted during a room eviction at Black Bear Casino; arrested the male party for disorderly conduct.
- 1/5/11 Assisted Carlton County Deputy with DWI testing.
- 1/6/11 Traffic stop on Reservation Rd.; driver cited for DAR, speeding, and no insurance.
- 1/6/11 Report of horses on Cary Rd; located owner and brought home.
- 1/7/11 Traffic stop on Big Lake Rd.; driver warned about speeding.
- 1/7/11 Traffic stop on Hwy. 210; driver cited for speeding.
- 1/8/11 Report of minivan rolled over on Big Lake Rd.; two people transported to hospital for injuries.
- 1/8/11 Located a car on its side on Hwy. 2; no one at the scene when officers arrived.
- 1/9/11 Report of a car rolled over on Hwy. 2; one person transported to the hospital for injuries.
- 1/9/11 Report of a dog taken from a house on Bass Creek Rd.
- 1/10/11 Report of gas drive-off at FDL Gas & Grocery; person came back and paid for gas.
- 1/10/11 Responded to a report of a vehicle in the ditch on Big Lake Rd. and Connors Rd.; no one at the scene when officers arrived.
- 1/11/11 Traffic stop on Mission Rd.; driver cited for no insurance.
- 1/11/11 Report of a jacket taken from Cloquet Community Center.
- 1/12/11 Report of intoxicated male walking down Reservation Rd.; located male and brought to Detox.
- 1/12/11 Traffic stop on Hwy. 2; driver warned for driving conduct.



FDL students travel south to see “Creator’s Game”

Swarm goalie Nick Patterson enters the field during player introductions before the game. The youth participants in the pregame scrimmage created a human tunnel with their lacrosse sticks for the players.

By Dan Huculak

On a cold Saturday morning in January, 24 students from the Fond du Lac Reservation boarded a motor coach to attend the Jan. 8 season opener of the Minnesota Swarm indoor lacrosse team. The Swarm also announced the opening night event as Native American Heritage Night.

The students ranged in age from second grade to high school. Though most of the kids lived in the Brookston area, students from each of the three FDL communities attended the game.

The kids were allowed to walk down to the field and participate in stretching exercises, warm-ups and lacrosse passing basics, supervised by Swarm coaches and staff.

Also present during the scrimmage: FDL Brookston Center Manager Bryan “Bear” Bosto; Native American Law Enforcement Summit (NALES) President Clint Letch; Darrel Shingobe, a youth worker for the Mille Lacs Band; Swarm assistant coach Aime Caines; and defenseman Travis Hill. All of the adults in attendance participated in the inaugural Lax4Life lacrosse camp at the Fond du Lac Reservation in Cloquet last summer.

“We wanted these kids to know about the game and that they can be leaders of their communities instead of being leaders of gangs,” Letch told the Pioneer Press. “Their willingness to lead may save many lives down the road.”

Letch addressed the kids and a few parents who attended the game in the (media room) after the scrimmage.

“We did not want to be a one-pony show that goes to your community — ‘Hey, look how great we are’ — and boom, we leave,” Letch said. “We’re not going anywhere. We are here for the long run, but you guys have to do the same.”

“Make healthy choices,” he said. “Keep eating right. Stay away from alcohol and using tobacco in a bad way. If you keep making good choices, we will make good choices along with you. You have my word on that.”

As for the game itself, the Swarm fell behind early; rallied to take a two goal lead in the 4th quarter against the visiting Rochester Knighthawks, but the Swarm couldn’t close out the game. In a chippy, physical, and action-packed contest, the Knighthawks won the game in sudden death overtime by a score of 11-10.

The evening also featured a halftime exhibition lacrosse game by the Oneida Warriors. The Oneida game was played similarly to the original lacrosse; complete with more players on the field than the current “box” version of the game; none of the players wore helmets or protective padding, and a wooden post was used as a goal.

Bosto coordinated the trip to St. Paul for the Fond du Lac Band. He commented about the kids’ experience afterward.

“The (scrimmage) players got that “jock talk,” meeting the owner, and shaking hands with the owner and the players. You won’t get that response from any other professional sports team.” Bosto said.

Even though the inaugural Lax4Life camp in 2010 was a boys-only event, several girls went to the Jan. 8 contest and enjoyed the game. Sara Fine-day, a seventh grade student from Brookston, and Drewrez Budreau, a Cloquet 9th grader, weren’t able to participate in the Lax4Life camp, but it didn’t seem to show in their play during the scrimmage. Both girls were out on the Xcel Energy field competing against the boys during the scrimmage.

The two girls were asked to

share their game day experience. “Drewrez said, “At first it was awkward, but we went with it. It was fun. More girls should play it. I can’t wait ‘til the next camp.”

Sara added, “The fun part was the fighting (during the game), and hitting my brother with the thunder sticks.”

What about adding girls in the plans for future lacrosse camps? “There was interest there,” Bosto said. “We were instructed to do a boys and girls camp. I know we can’t do one without the other.”

Cloquet District Representative Wally Dupuis also attended the game, and commented following the kids’ game day experience in St Paul. “They were socializing and networking with one another in an organized activity,” Dupuis said.

Bosto added, “We opened the door for other kids in the community. I was checking my Facebook page the next day; one of the parents left a comment that her kid definitely wants to work out before attending the next lacrosse camp.”



Swarm defenseman Rory Smith (#24) and Rochester’s Troy Bonterre (#12) mixing it up in a brawl during the game. Both players were rewarded with a five minute fighting penalty for their efforts.

Area news

Proposed settlement in Cobell Indian Trust lawsuit; local meeting scheduled

After 14 years of litigation, there is a proposed settlement of the Cobell v. Salazar class action lawsuit.

A meeting will be held at 9 a.m. Feb. 4, at the Fond du Lac ENP, located at 1720 Big Lake Rd., Cloquet.

The settlement includes Indians who held an Individual Indian Money (IIM) account any time between approximately 1985 to Sept. 30, 2009; or had an individual interest in trust land as of Sept. 30, 2009; or are heirs to deceased IIM account holders or owners of land held in trust or restricted status.

For more information regarding the proposed Cobell settlement, call (800) 961-6109 or visit www.IndianTrust.com.

Battle over North Dakota Fighting Sioux nickname continues

If the ongoing legal battles are any indication, it appears as though the controversial Fighting Sioux nickname and the University of North Dakota (UND) mascot won't be changing anytime soon.

The State Board of Higher Education ruled in April 2010 that the Fighting Sioux nickname and logo may no longer be used by the university.

According to the ruling by the state board, UND Chancellor William Goetz advised School President Robert Kelley to begin to transition away from the 80 year old logo and nickname. The school's athletic teams

could continue to use the logo and nickname through the 2010-2011 school year while the school considered alternative nicknames.

The story took yet another turn on Jan. 10, when the Republican leader in the state House of Representatives said he will introduce a bill to write the controversial symbols into state law.

"People want to keep the logo," Majority Leader Al Carlson, R-Fargo, told the Grand Forks (N.D.) Herald newspaper.

Carlson's proposal would give state sanction to intercollegiate athletic teams sponsored by UND calling themselves the Fighting Sioux, and neither UND nor the State Board of Higher Education "may take any action to discontinue the use of the Fighting Sioux nickname or the Fighting Sioux logo in use on Jan. 1, 2011."

Provisions of the Carlson bill also state that any actions taken previously by UND or the board to discontinue use of the nickname and logo "are preempted by this act." If the NCAA were to penalize UND for using the symbols, the attorney general "shall consider filing a federal antitrust claim against that association."

A separate bill, sponsored by Rep. David Monson, says the university may not drop the nickname or logo unless the Standing Rock Sioux Tribe holds a referendum and tribal voters deny UND permission to continue using them.

Supporters of the nickname and logo remained hopeful that both could be retained if the Standing Rock and Spirit Lake Sioux tribes endorsed them.

The Spirit Lake tribe held a referendum in April 2009, with 67 percent of voters in favor of keeping the nickname and logo. The Standing Rock Sioux's tribal council has declined to hold a referendum.

UND had planned to eliminate most instances of the nickname by August. Sellers of Fighting Sioux memorabilia have until June 30 to clear out their inventories.

Goetz's directive to the school president followed a State Supreme Court ruling, in a lawsuit filed by a group of Spirit Lake nickname supporters, concluding that the state constitution gave the Board of Higher Education authority to drop the nickname and logo.

Attorney General Wayne Stenehjem said the Supreme Court's decision would pose problems for the Carlson and Monson bills.

"The obstacle that they're going to face is the provision of the North Dakota Constitution that says that the Board of Higher Education has full authority over the institutions of higher education in North Dakota," Stenehjem said.

Custer's flag sells at auction

The lone remaining symbol of Gen. George Custer's last battle at the Little Bighorn River in 1876 was sold at a December auction at Sotheby's in New York.

The price: \$1.9 million. A buyer's premium raised the final purchase price to \$2.2 million. The winning bid was made by telephone, and the buyer's name was not revealed.

Proceeds from the sale went to the Detroit Institute of Arts (DIA), which has owned the pennant-like guidon for the past 115 years.

"We'll be using the proceeds to strengthen our collection of Native American art, which has a rather nice irony to it I think," said Graham Beal, director of the DIA, in an interview with MSNBC.

The flag — considered more of a historical artifact than art — was purchased by the Detroit Museum of Art in 1890 for \$54; about \$1,300 in today's dollars. Years later, the Detroit Museum of Art became the DIA, which preserved the flag behind glass. The guidon was mostly kept in storage.

Custer and more than 200 soldiers were defeated by Lakota Sioux and Northern Cheyenne warriors in the infamous 1876 battle in which no U.S. soldiers survived. Of the five guidons carried by Custer's battalion only one was immediately recovered, from beneath the body of a fallen soldier. The other flags were believed to be captured by the victorious Indians.

The recovered flag later became known as the Culbertson Guidon, after Sgt. Ferdinand Culbertson, the member of the burial party who recovered it. Made of silk, it measures 33 inches by 27 inches, and features 34 gold stars. The story was published in the Detroit News.

White Earth awarded \$18M in casino case

The White Earth Band of Chippewa won an \$18 million Tribal Court judgment against a Pennsylvania-based gambling

company that conspired with former Chairman Darrel (Chip) Wadena to steal profits from Shooting Star Casino.

Attorneys representing Angelo Medure and Gaming World International (GWI) Ltd. filed an appeal to the Tribal Appellate Court.

According to a Tribal news release, the judgment caps a 14-year battle by the White Earth Band to collect illegal gambling profits from GWI and Medure.

Medure was found to have conspired with former Tribal Chairman Wadena to deprive the people of White Earth of the benefits of the White Earth Land Settlement Act.

The suit alleged that Medure and former Chairman Wadena entered into an agreement which required Medure to provide management services for the construction, development and operation of the Shooting Star Casino, and GWI had no employees at the Shooting Star Casino at any time. In spite of having no GWI employees at the casino, GWI and Medure were paid \$10.1 million in profit distributions. The management agreement required GWI to pay back the White Earth Land Settlement Act funds before any profit distributions were made to GWI.

The White Earth Band will be seeking to execute recovery of all assets of Medure and GWI to collect on monies owed.

Collection efforts by the Band will continue unless a bond is posted to cover the money judgment during the appeal. The story appeared in the Indian Country Today newspaper.

Ashi-niswi giizisoog (Thirteen Moons)

Makoonsag-gaa-nitaawaadigiizis

When the bear cubs are born is the name for the moon that begins its cycle on February 14. Other names are Migizi giizis (Eagle Moon) and Namebini giizis (sucker fish moon), named for the fish that lives throughout northeastern Minnesota's streams and lakes.

Nahgahchiwanong Ozhiga'ige

By Nikki Crowe

Iskigamizige giizis is coming and I would like to take time to share a few facts about **wiishkobaaboo** and to profile some **Nahgahchiwanong** tappers.

According to the 2007 Agricultural Census on Specialty Crops, the US had 8,121 Maple Syrup operations producing more than \$1,000 worth of product. Only 23 were Native owned. One of these operators was a Fond du Lac band member. Through my inquiries into the local tappers, I came up with six, most selling less than \$1000 worth of product. I feel this news tells me the tradition is not lost and that we have much to learn from our own community. With the threat of invasive species and climate change, ongoing threats to the Ojibwe language, it's a good time to thank the tapper in your life for keeping the art of the sugarbush alive. I spoke with Charlie (Tuna) Nahgahnuub and Bruce and Tawny Savage about their experiences in the sugarbush.

Experience

Charlie has thirty years learning from Russ Northrup and ten years on his own. Russ and Charlie still help each other out from time to time. Bruce and Tawny have forty years of experience, Bruce started when he was nine.

Traditional Ecological Knowledge.

To know when to begin,

Charlie looks for opening buds, appearance of sap suckers, and cawing **aandeg**. Bruce mostly agrees, but is not above digging in the undisturbed snow at work to see if the frost is gone. Tawny looks for the puddles in the road to know if the frost is coming out of the ground. Scientifically, Bruce says, it's all about the daily environment: temperature, barometric pressure, and frost condition.

To boil the sap, Charlie uses "Cadillac wood" – essentially, dead standing maple (**aninaatig**) with no bark - or dry tamarack (**mashkiigwaatig**). Both generate less ash.

When I asked Bruce and Tawny about a plant I saw in the woods last year, they recognized my drawing of **miskod-jibik** (Bloodroot, *Sanguinaria Canadensis*); they tell me when you see this plant the sugar bush has come to an end. Forestry's Steve Olson also shared that bloodroot indicates a site with rich soil qualities.

Size

Charlie taps two acres, placing about 50-100 taps, depending on reliability of his help. Bruce's Spirit Lake sugarbush has around 60 acres.

Both operations are wood-fired, although Charlie uses treaty kettles and an old beer keg (left behind from a long-forgotten '49') for a 16-gal preheater.

Bruce uses a few modern amenities to produce the larger amounts. Bruce shared that to

do this work efficiently; you must have a combination of traditional ecological knowledge and the modern technology.

Economy

Bruce and Charlie both use the syrup as a food source for their family, while Charlie uses his surplus for trade and gifting, the Savages use theirs for the children's activities.

Tawny says, "We value the ability to harvest food, we pass onto our children the knowledge and respect required to run a sugarbush.

Final thoughts

Help is always needed but Bruce recommends that those interested in learning "Don't come out expecting a peaceful moment: there is work to do! It takes a lot to make a little; it takes more than one day to get the full appreciation for what it takes to run this operation. If you come out to volunteer and expect some maple syrup in return, expect to work, and bring a pot of food with you...no one has time to cook when the sap is running."

In past winters, I agonized over cold temperatures and lack of sunlight, I realize the sugarbush for me is a place to shake off the long winter days and look forward to my spring work and garden planning! I know I will be bringing out a pot of food and spending some time with the Savages, and over at Charlie's too. Hope to see you there.

Ashi-Nisiwi giizisoog: Iskigamizigan



This image of a sugarbush camp was created by Karen Savage Blue's art students for last year's Thirteen Moons page, we thought it was worth another showing.

Logo contest

We are looking for an image that represents 13 Moons, Fond du Lac's Tribal College Extension Program. The program's mission is to connect Fond du Lac Band and community members to:

- Natural resources, by increasing awareness of and knowledge about traditional and other resources;
- Knowledge networks, by providing new opportunities for social interaction and education in the context of traditional and other natural resources;
- Ojibwe culture, by highlighting and honoring the importance of natural resources in the traditional and contemporary Ojibwe lives and livelihoods.

Consider incorporating one or more of the following into your

design:

- Ojibwe seasonal activities such as ricing, sugarbush, fishing, hunting, gathering berries, birchbark, etc.
 - A turtle design representing the 13 moons or changing seasons
 - The Ojibwe floral design
- This contest is open only to enrolled Fond du Lac'ers of any age. The creator of the winning design will receive \$200.00. Six runner up designers will receive gift baskets. Any submitted designs may be featured in this paper. Thirteen Moons holds all rights to the winning logo and submissions. Submit your design to Nikki Crowe by 4:00 pm on April 1st, 2011. Print or electronic submissions welcome.

Upcoming Events:

Dibaajimowini maawanji'idiwin, February 19, 1pm - 6pm (Doors open at 12:15), Sawyer Community Center

This page addresses culture, ecology, and natural resource management and is a monthly production of the Thirteen Moons, the FDL Tribal College Extension Program. Thirteen Moons is funded by a USDA grant and supported by FDL's Resource Management Division and University of Minnesota Extension.

Ojibwe Legends

A pair of yellow Lady Slipper Orchids. Photo by Christine Carlson



When the snow covers the earth, it is time for legends and this is my favorite one. I call these beautiful spring flowers moccasins but another name is yellow lady slipper orchids or in Ojibwe makisin. There is a different legend about the pink lady slipper but this one is about the yellow one. Here is the Ojibwe legend as how the yellow moccasin or lady slipper orchid came to be.

By Christine Carlson

The Moccasin Legend

There was a couple who lived in the northern woodlands. They lived a traditional life of hunting, fishing and gathering. After years of life together they were finally blessed with the birth of a daughter. They were so happy to have a young one in their life. Through the years their daughter Minoquay learned to love the woodlands. Their life revolved around the seasons and the family traveled to different camps and locations.

Minoquay was a fast runner and loved the freedom of being in the wilderness. She preferred the life of the outdoors rather than learning the ways of her

mother who was skilled with the needle made from a bone of the deer. Minoquay's mother made all their clothing and moccasins.

It was in the fall of the year and the weather was rather hot, dry and humid. One evening, there was lightening seen in the distance and word later came that there was a large fire. Minoquay did not come home that afternoon or night or the next day. The parents were filled with grief and looked in all directions for her. Days, weeks and months passed but there was no sign of their dear daughter.

The search for Minoquay continued. It was in the early month of June and the mother never stopped looking for her

dear lost daughter. She had traveled a long distance and sat to rest a while. It was there that she saw two beautiful blooms growing together. The yellow blossoms were shaped just like the moccasins she made for her daughter. They were even of the same shape and color. Her search was finally over. The mother was sure she found the burial place of her daughter.

Kitchi Manito led the mother to the place and gave her the gift of these beautiful blossoms in honor of her daughter. Ever since then, the yellow moccasins have been growing to the delight of all who visit the northern woodlands.

I always learn things when I write these stories and I have learned that there are 2 kinds

of yellow moccasins. There are two variations of yellow lady slippers called *Cypripedium calceolus*. One larger variety is *pubescens* and the other smaller variety is called *parviflorum*. They bloom in May to July and have spiral twisted petals. They grow to the height of 1 ½ to 2 ½ feet tall and are usually found in clusters. They grow thick on the southern hillsides of Jay Cooke State Park and the blooms last about 2 weeks. All the lady slipper orchids, whether yellow or pink, are protected by law and should not be picked.

"Kitchi Manito led the mother to the place and gave her the gift of these beautiful blossoms in honor of her daughter."

A Legend from 1826 told at the Old Village of Fond du Lac

By Christine Carlson

In August of 1826, the first treaty between the Ojibwe and the United States government was signed at the old village of Fond du Lac. This village is found in the most western part of Duluth. The Ojibwe Nations granted the United States the right to mineral exploration and mining within Ojibwe lands north of the Prairie-du-Chien line. Here a thousand or more Ojibwe had gathered from all over the northern country from Fond du Lac, St. Mary's, LaPointe, River St. Croix, Ottoway Lake, Lac du Flambeau, Sandy Lake, Ontonagon, Vermillion Lake, Snake River, River de Corbeau, and Rainy Lake. This treaty was signed by over 80 chiefs and headmen. Nine men signed from Fond du Lac. They are Shin-goop or the Balsam; Mon-e-to-gee-zi-so-ans or Little Sun Spirit; Mong-a-zid or Loon's Foot; Ma-ne-too-gee-zhig or Sky Spirit; O-jau-nee-mau-son; Mis-kwau-tais or Painted Turtle; Nau-bu-nay-ger-zhig or One side of the Sky; Un-nau-wau-bun-daun; Pau-tau-bay, and Mi-gee-see or the Eagle.

This is a legend from the diary of Thomas L. McKenney, a commissioner from the Indian Department in Washington, D.C. This legend was told to McKenney by an old Indian Chief regarding the making of the world. The chief was asked through an interpreter who

made the world and this was his answer:

It was made by Nanibojou. Nanibojou and two wolves went out hunting. After the first day's hunt one of the wolves parted and went to the left, and the other continued with Nanibojou, and Nanibojou adopted him for his son. Nanibojou knowing that there were devils in the lake, he and his son went to war with them, and destroyed all the devils that lived in one lake, and then pursued their way hunting, but every deer the wolf would start and give chase to, would run into another of the lakes.

Nanibojou and the Devils

One day the wolf chased a deer. It ran upon the ice in the lake; the wolf pursued it — the ice broke in at the moment the wolf had caught the deer and both fell in. The devils caught both the wolf and the deer, and devoured them. Then Nanibojou went up and down the lake shore crying, when a loon in the lake heard him, and called to know what he was crying about.

Nanibojou answered that he had lost his son in the lake, and the loon replied, the devils have eaten him; and if he wanted to see the devils, he might by going to a certain place as the devils would come out there to sun themselves. Nanibojou went accordingly and saw the devils; in all manner of forms; in the form of snakes, bears, and other things. And when the two head devils got out on the bank, they saw something of

uncommon appearance and which they had not seen before and halting, they sent a very large devil, in the form of a snake, to see what this strange sight was.

Nanibojou, seeing the devil coming, assumed the appearance of a stump.

The devil coming up, threw himself around it and drew upon it with all his strength, and squeezed so hard, that Nanibojou was on the point of crying out, when the devil uncoiled himself a little, and then wound round him again, and drew if possible, harder than he had before; and so severe did Nanibojou feel the pressure to

be, that he was just about crying out, when the devil relaxed his hold, and returned to his companions, and told them that it was nothing but a stump.

Whereupon the veils all went to sleep in the sun as the snakes do, when Nanibojou, on being convinced that they were all asleep, shot with arrows the two great devils. When the rest of the devils awoke, and found their principal devils had been killed, they all pursued Nanibojou with a great flood of water. Nanibojou, hearing it coming, fled before it, and ran from hill to hill, until he got to the tops of the highest mountains, and there climbed the highest pine tree that he could see.

Waters Follow Him

But the waters followed him to the top of this tree, when he prayed that the tree might grow. It did grow, but the waters rose still higher. He prayed again, being almost covered with water, it being now up to his chin. He prayed a third time, and the tree grew only a little. Then, looking around him upon the waters, he saw a number of animals swimming in different directions, and amongst them, a beaver, an otter, and a muskrat.

He called them brothers, and said come to me; we must have some earth or we shall all die. They came, and the beaver went first after some earth by diving into the waters, but drowned before he reached the bottom. Next the otter went

down. He got within sight of land, but lost his senses before he got a bite of it. Then the muskrat went down, and got the bottom, and just as he got a bite of it, he lost his senses and floated up to the top of the water.

Nanibojou had them all brought to him, when he examined all their claws, beginning with the beaver but found no earth in any of them, except a little in those of the muskrat. He took it in his hand, and rubbed it, and dried it in the sun, then blew it all around him over the water and dry land appeared.

The Ojibwe author George Copway in his book "[The Traditional History and Characteristic Sketches of the Ojibway Nation](#)" says, "The Ojibways have a great number of legends, stores, and historical tales, the relating and hearing of which form a vast fund of winter evening instruction and amusement.

There is not a lake or mountain that has not connected with it some story of delight or wonder, and nearly every beast and bird is the subject of the story-teller, being said to have transformed itself at some prior time into some mysterious formation of men going to live in the stars, and of imaginary beings in the air, whose rushing passage roars in the distant whirlwinds.

FDL Museum announces 2011 Language Immersion and Birchbark Canoe project information

The Fond du Lac Cultural Center and Museum will hold its annual Language Immersion Birchbark Canoe Building Project June 13 through July 1 at the FDL Museum, located at 1720 Big Lake Rd, Cloquet.

Everybody is welcome to visit and/or participate. Anyone who would like to participate should contact the Fond du Lac Museum at (218) 878-8179 or (218) 878-7582 for further information.

The Museum will be live streaming its project during the building phase. You can watch the live web streaming at www.FDLREZ.com on the Cultural Museum page.

Minnesota State parks offer free entrance stickers for disabled U.S. veterans

A free annual park permit is being offered to disabled veterans by the Minn. Department of Natural Resources.

To qualify, any veteran who has a total and permanent service-connected disability must present a copy of their military determination letter for a free annual sticker.

For more information, contact the Minn. Department of Natural Resources at 1-(888)-LinkVet (546-5838), or online at www.dnr.state.mn.us/licenses/military/index.html.

Wisdom Steps meeting planned for February at the CCC

Attention Elders 52 & older: Please mark your calendars for Feb. 8. We are having a Wisdom Steps meeting at 5:30 p.m. in the Cloquet ENP.

A light supper will be provided. There will be transportation provided from the Duluth CAIR building at 4:30 p.m. and will return to CAIR after the meeting. If you have any questions please call Patti Svaeson at (218) 878-2606; Char Bodin at (218) 279-4119; or Debra Topping at (218) 878-8053.

Snow snake festival and competition reminder

The third annual snow snake festival will take place March 4, 2011 at the American Indian Resource Center on the campus of Bemidji State University.

Students in 5th - 8th grades who are interested have one month to harvest and craft their snow snake in preparation for the festival.

Additional questions concerning snow snakes, the curriculum and the upcoming festival please contact Stephan Carlson by phone at (612) 624-8186 or via email at carls009@umn.edu.

Cloquet School District recognizes its Indian Education honor roll students

The Cloquet American Indian Education Program would like to congratulate and recognize the following students for their hard work and striving for A/B honor roll and attendance:

1st Quarter Cloquet

Senior High:

"A" honor roll:

Brandt Straub; Christina Roy; Chasce Mercer; Kendra Pallin; Alycia Erickson; Joseph Hedman; Tatianna Pollak; Landen Staub; Marcus Hunt; Frank Saice; Kierra Johnson; Thomas Olson

"B" honor roll:

Bradley Durfee; Samanthia Johnson; Gerard Sordelet; Dillon Johnson; Alexandra Hopper;

Hailey Bridge; Zackery Strom; Alissa Wakefield; Adrianna Pollak; Drewrez Budreau; James Councillor; Randi Nikko; Shana Peacock; Preston Jackson; Cody Erickson; Tanaya Smith; Haley Misquadace; Alexandria Reynolds; Cassandra Roy; Deven Stillday; Dana Houle-Mcfatridge; Janica Tanner-Fahrlander; Bradley Butcher; Courtney Thompson; Jacob Barney; Nicholas Allard; Josyaah Budreau; Saydee Lanes; Trever Hero; Owen Wilton; Ashley Defoe; Courtney Jackson; Mariah Smith; Megan Schilling; Danielle Prince; Eric Lee; Blair Hayes

Cloquet Area Alternative Ed Program (CAAEP)

Students to be recognized for Academics and Attendance:

High School:

Morgan Delille*
Justice Lundquist
Natasha Ojibwe*

Amber Petite
Tanner Stangel
Austin Tellinghuisen
Chanel Wachsmuth

Junior High:

Gabe Blacketter*
Dylan King*
Keenan Diver-Northrup
Randy Shelley

(*Means this student has the highest GPA, no behavior reports or nearly perfect attendance.)

Cloquet Middle School; A/B Honor Roll:

6th Grade:

Kolby Barney; Jasmin Budreau; Talon Day; Clair Friedman; David Granholm; Samuel Koss; Krista Norton; Sara Norton; Trayton Olson; Evan Pokornowski; Araya Reynolds; Trentin Russell; Brayden Smith; Ari Straub

7th Grade:

Allydia Diver; Marilyn Ellis; Riley Howes; Duane Isaacson; Kelsea Jaakola; Siera Lafave; Rebecca Lund; Jasmine Murray; Emily Roy; Mickey Smith; Ashley St Germaine;

8th Grade:

Lila Diver; Annika Hammitt; Gye Houle-Mcfatridge; Patricia Osuna; Alex Peil; Tyler Peil; Gabriel Sanchez-Eno;

Attendance:

6th Grade:

Jasmin Budreau; Talon Day; River DeMars; Kamara Langenbrunner; Devin Reynolds; Brayden Smith;

7th Grade:

Marilyn Ellis; Taylor Houle; Siera LaFave; Bronson Wehr;

8th Grade:

Jordan Defoe; Lila Diver; Vivian Hall; Annika Hammitt; Kayla Hansen; Alex Peil; Tyler Peil; Brian Robinson

The Cloquet American Indian Education Program would like to congratulate and recognize the following students at Churchill Elementary for making their Accelerated Reading Goals for the 1st trimester:

Brady Barney; Raymond Greyhair; Naomi Francis; Darrell Reynolds Couture; Jalon Foster; Bobby Coombs; Damien Cloud Smith; Allen Rengo; Jaden Warren; Mireye Moose; Kierra Defoe Torminen; Cody Tibbets; Jordan Diver; Devan Paulson; Dakota Antell; Natasha Francis; Brady Petite; Markus Pokornowski; Jennifer Murray; Rylie Doherty; Trevor Olson; Nicolette Sadler; Derek Rengo; Abigail Roberts; Mikey Springer; Memphis Lund; Kylie Smith; Emily Peacock; Uriah Aubid; Alex Abramowski; Gavin Sordelet; Lukas Johanson; Arianna Rabideaux; Teniah

Thunder Hendrickson; Sam Buchanan; Gavin Williams; Darren Sayers; Jاليا Foster; Ty Lund; Skylar Illikainen; Katie Stapleton; Chloe Danielson; Anthony Spears; JayLynn Foster; Raihlee Melin; Drakkara Day; Joe Bauer; Zak Howes; Parris Houle; Jayce Johanson; Demitree Hall; Emily Lockling; Shane Mullen; Tim Pokornowski; Tyler Moose; Dasan Fonoti; Tyler Wise; Spencer Wehr.

Washington Elementary Perfect Attendance:

Olivia Anderson; Bailey Reynolds; Hope Smith; Gabriel Meyen; Dakota Stover; Sophia Diver; Hunter Werner; Katrina Ziells; Shaylen Reynolds; Champ Zacher
Congratulations to all!

Legal Notice

The following is a list of deceased band members who have monies in trust with the Fond du Lac Band. We are requesting 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 monies to the appropriate heirs.

BEGAY, Raymond Sr.; **BRIGAN**, Calvin; **CAMERON**, Leona; **CHRISTENSEN**, Terry; **CROWE**, Gary; **GANGSTAD**, Harold; **GLASGOW**, Edith; **HANDY**, Jonathon; **HERNANDEZ**, Sherry; **HUHN**, Cheryl; **JEFFERSON** (Drucker), Mary; **JONES**, William Sr.; **JOSEPHSON**, Charles; **KAST**, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **LEMIEUX**, John; **LIVINGSTON**, Bruce; **MARTINEAU**, David; **OJIBWAY**, Steven; **OLSON**, Daniel G. Sr.; **SHARLOW**, Gerald D.; **SMITH**, Carl; **STANFORD**, Cathy.

How to cope with bullying

By **Dan Rogers**,
*Mental Health Therapist,
Fond du Lac Human
Services Division.*

The bullying of some students by others has become a major problem in American schools.

Bullying others can be very hurtful and can even lead, in extreme cases, to more extreme violence, such as school shootings!

If you are a bully I would ask you several questions:

1. What gives you the right to treat people so cruelly?
2. How would it feel to you if your peers treated you

as cruelly as you treat others?

3. If the only way you can feel strong and powerful is by hurting others what does that say about you as a person?
4. Many bullies were abused as little kids. If you bully someone you are basically announcing to the whole school that you were abused as a kid. Do you want the whole school to know this about you?
5. If you enjoy bullying others, it probably means that you have serious psychological issues. Do you want the whole school to know

you have mental problems?

If you are a target of bullies at school perhaps the following belief system will help you to get emotionally hurt less or not at all.

What comes out of the mouths of bullies is about them, not about you. If they say something terrible to you that means there is something seriously wrong with them, not with you. This belief is very powerful and can protect you from getting your feelings hurt. You should say to yourself: "They must be crazy to say something terrible like that to me."

Furthermore, if a bully

can get you to blow up that means they will do it again. When you blow up that means the bully is controlling you and "pushing your buttons." It makes bullies feel very powerful if they can get you to blow up. If you never react to bullying, they will eventually stop bullying you since it does not make them feel powerful if you don't react or overreact. They like the feeling of power over others and when that is no longer there they usually bully someone else eventually.

Dan Rogers is a child psychologist at FDL Human services.

New Programming Behavioral Health Department available through FDL Human Services

Priscilla Robinson is available to provide Adult Rehabilitation Mental Health Services (ARMHS) to the Fond du Lac population. Following an assessment these services may include goal setting and skills building to sustain an independent lifestyle. A minimum of monthly visits occur with the worker to review progress toward the stated goals and to identify and address any new barriers to achievement. Priscilla has an office in the Supportive Housing complex and will see "drop in" people 18 years old and over, or she can be reached by calling (218) 878-3882. Priscilla has experience in this field and

can answer any questions you may have regarding ARMHS.

American Indian children residing in the Fond du Lac service area are eligible for services from a Children's Mental Health Case Manager at Min no aya win. Karie Kroon, MSW, is a case manager for children up to 12 years old and will be teaming with the staff therapists to assist the children and family members in the identification of problem areas and further, how to adjust behaviors that will enable them to be successful students and reduce the stress in the family. The therapists and case managers have been trained specifically for younger children. Linda Dunaiski will continue as the case manager for youth 12 years old and over. She can be reached at (218) 878-2162.

Leading nutrition expert to speak in February

The FDL Human Services Diabetes Program is sponsoring "Diets: Good News & Bad News, featuring Registered Dietitian Marian Franz, at 4:45 p.m. Feb. 3, at the Cloquet Forestry Center auditorium, located at 175 University Rd., Cloquet.

Franz is a Certified Diabetes Educator and a Registered Dietitian. She is an award winning nutrition expert and an author of more than 200 articles and books on diabetes, nutrition, and exercise.

Advance registration is required, and space is limited. To register, call (218) 878-2146.

Diabetes blood screening dates planned for February

The Fond du Lac Human Services Diabetes Program has announced six blood screening dates for the month of February. Here are the scheduled locations, times, and dates for interested Band Members:

10 a.m. – 2 p.m., Feb. 1, MNAW; 11 a.m. – 1 p.m., Feb. 4, FDL Gas and Grocery; 11 a.m. – 1 p.m., Feb. 7, Cloquet Center; 11 a.m. – 1 p.m., Feb. 14, Sawyer Center; 10 a.m. – 2 p.m., Feb. 15, CAIR; 11 a.m. – 1 p.m., Feb. 28, Brookston Center.

The screening dates will also be listed on the calendar page of this newspaper.

Munchy Trail Mix

Ingredients

- 2 cups Cheerios
- 2 cups Chex cereal
- 2 cups Kix cereal
- 1 cup raisins
- 1 cup M & M's (*Optional: You can substitute golden raisins or dried cranberries or craisins for raisins*).

Directions

1. Mix all ingredients.
2. Store tightly covered.
3. Makes 14 servings (1/2 cup each).

Nutrition information:

1/2 cup = 80 calories

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact Fond du Lac Public Health Nursing Department's Nutrition Education Assistant at (218) 878-3709.

Disney Contest runs until May 31

Have your blood sugar checked at a community screening for your chance to win a trip to Disney World. The winner will receive an all inclusive trip for four to Walt Disney World for four nights and five days (approximate retail value \$4,550).

To be eligible, participants must be:

- 1) 18 years of age or older on the date of the blood sugar screening;
- 2) American Indian;
- 3) Eligible for services at the MNAW and/or CAIR clinics;
- 4) If diagnosed with diabetes or pre-diabetes you can participate by getting an A1C blood test at a community blood sugar screening.

Fond du Lac Human Services medical department employees, their spouses, and household members (whether related or not) are not eligible.

The contest started Jan. 14, and ends May 31. The winner will be announced at the annual FDL Health Fair.

Interested participants should attend a community screening for more information.

Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Feb. 15, 2011 for the March issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to danielhuculak@fdlrez.com

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

Birthdays

Happy belated Birthday to **John Smekofske** (Jan. 13)
Love, Eve

Happy Birthday to my papa **Brian Shabiash Sr.** (Jan. 30)
Love your # 1 son, B.J.

Happy Birthday to **Grandma Eve** (Feb. 10)
Love, Ellie and Aydrain

Happy 3rd Anniversary of your "12th Birthday" leap year baby, **Dean Jaakola** (Feb. 29)
With love, your sister Lorri



Happy 38th Birthday **Dan LaPrairie** (Feb. 25)
Love, your Unk Ira Che; cousin Damion; and Chris Ojibway

Margaret Needham, receptionist at CAIR would like to wish a Happy Birthday to the following staff for the month of February: Cassie Peterson, Public Health Nurse (Feb. 3); Mary Johnson, Certified Nurse Midwife (Feb. 12); and Chally Topping Thompson, ICWA Case Aide (Feb 12). *Happy Birthday to all of you!*

Happy 28th Birthday to **Michael Richard LaFave** (Feb. 2)
Love, Dad & Jody

Happy 28th **Mike LaFave**
Love, Jenn & Josh

Renee Sutherland, supervisor at the Black Bear Casino Resort would like to wish a Happy Birthday to the following employees for February:

Mark Blackwood, (Feb. 1); **Joel Steiner**, (Feb. 10); **Linda Wagner**, (Feb. 18); and **Raymond Lorincz**, (Feb.26).

Happy Golden/Sweet Sixteen **Cedar Savage!** (Feb. 16) We love you so much!
Love Patti Jo, Danny and Danni

Happy Birthday to my daughter **Amanda Reynolds** (Jan. 18), and granddaughter **Nylea**



Durrant (Jan. 19)
Love you Mom and Grandma!

A Happy 11th Birthday to **Hunter Jaakola** (Feb. 7)
From Gran

Happy "5.75th Birthday" for my granddaughter **Amanda Johanson**, who was born on Leap Year Day 1980
From Gran



Happy 9th Birthday **Noel Redding** (Feb 18)
Love, Mom

Wishing a Happy Birthday to my special granddaughter, **Noel Redding** on her 9th birthday
Love, Grandma Ella

Wishing my Baby Daughter **Kim Seacord** a Happy 30th Birthday (Feb. 25)
Love, Mom

Wishing my big brother **Jason Petite**, a Happy 33rd Birthday (Feb. 20)
Love, Janelle

Happy 14th Birthday to **Dylan King** (Feb. 16)
Love Auntie Janelle & Uncle Mel

Happy 25th Birthday "**Burner Bugs**" **David L. Petite Jr.** (Feb. 21)
Have a good one. Love you, Mom, Lonnie, Matt, April, Dezzy, Amber, Sabrina, James

Happy 33rd Anniversary to **Grampa Les and Gramma Judy Northrup** (Jan.14)
From Noozhis Davis

Birth Announcement

Welcome to the world **Eleanor Louise Diver**, born Dec. 10, 2010 to Stephanie Shabiash and Cody Walker
Love, Grandma Eve and Uncles James, Ty, and B.J.



Congratulations **Steph**, on your baby girl. You did a wonderful job. *Love you very much, Ma.*



Wedding announcement

Tammy L Nykanen and Dave Merrill would like to announce their engagement. The couple will be married April 30, 2011. Tammy is a Community Services Administrative Assistant in the Energy Assistance office, and she is an FDL Enrollee. Dave is employed with Van Technology in Duluth.

continued on next page



Community News

Valentine's Day Greetings

Happy Valentine's Day to my handsome husband, **Denny Martin**

A special world for you and me; a special bond one cannot see. It wraps us up in its cocoon, and holds us fiercely in its womb.

Its fingers spread like fine spun gold,

gently nestling us to the fold. Like silken thread it holds us fast,

Bonds like this are meant to last.

And though at times a thread may break,

a new one forms in its wake.

To bind us closer and keep us strong,

in a special world, where we belong.

I Love & Appreciate you so much,

*XOXO** Carissa Grace **XOXO*

In Loving Memory

In loving memory of **Nada K. Joseph "Bear Heart Woman,"** born Sept. 19, 1958, and walked on Jan. 28, 1999.

We remember.

Love, your family



Obituaries

Donald S. Tyman, 72, of Matteson, Ill., passed away peacefully at Chicago Heights Hospital Jan. 2, 2011, surrounded by loved ones.

He was born Dec. 12, 1938 in Milwaukee, Wis. to Raymond and Mildred (Bassett) Tyman. The family moved to Duluth in 1948 where he attended Stowe School and graduated from Morgan Park High School in 1956.

Donald entered the skilled labor trades as an iron worker (as his father was) and labored in that field until his retirement in 2002. He worked on

and "topped off" some of the nation's largest structures, including the Sears Tower in Chicago.

Don was preceded in death by his parents and his first wife Carolyn.

He is survived by three children; Terrence, Chicago, Ill.; Bryan, Indiana; and Dawn Marie (Atlanta, GA), his wife Gail (Munson) of rural Chicago, Ill.; brother Timothy of Tracy, Ill.; and several grandchildren.

Don will be sorely missed by

his many friends and loved ones as well as Ironworkers Local #1 in Chicago.

Lucille Julia Diver, 67, of Cloquet, passed away Jan. 11, 2011.

She was preceded in death by her parents, George and Emma; and daughters Patty and Linda Moyer.

Lucille is survived by her daughter, Lisa (Brian) Magnuson; grandchildren Martin, Kevin, Jenny and Bryant; great-grandchildren Shane and Jas-

mine; siblings Ann Friedman, Ray, Willie, Ron and Mary Jane Diver; nieces and nephews; and her beloved pets, Maxine, Rex, Savanna and Vane.

Visitation was held from 5-8 p.m. Jan. 14, in the Handevdt Funeral Home, Cloquet; and 10 until the 11 a.m. service Jan. 15, in the Holy Family Catholic Church, Cloquet.

Interment at New Holy Family Cemetery, Cloquet.

For sale

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.



**Informational meeting
for Cobell Indian Trust
Settlement at 9 a.m.
Friday, Feb. 4,
at the Cloquet ENP**

**State of the Band Address
5:30 p.m., Feb. 17
at the Otter Creek
Event Center**

Namebini – Sucker Moon February 2011

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; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Orientation 9 a.m. CCC Blood Sugar screening 10 a.m. MNAW Orientation 9 a.m. CCC WIC 12 p.m. CAIR Get Fit 12 p.m. CCC Teen X-Box 3 p.m. CC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC	GED 4:30 p.m. SCC Elder Exercise 8:30 a.m. CCC Elder Concerns 10 a.m. CCC Game Day Adults 12:30 p.m. CCC Teen X-Box 3 p.m. CCC Zumba 4:45 p.m. OJSHS Beading at FDL Museum 4:30 p.m.	WIC 9 a.m. CAIR Get Fit 12 p.m. CCC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC Diets: Good News Bad News 4:45 p.m. CFC Ojibwe Language Class 5 p.m. CCC	Cobell Indian Trust Settlement 9 a.m. CCC Blood Sugar screening 11 a.m. FDLGG Teen X-Box 3 p.m. CCC Water Aerobics 5 p.m. CCC	SWAP YOUR STUFF Homemade Soup & Lug 11 a.m. CCC Teen Workout Time 4 p.m. CCC
		1	2	3	4	5
Open Indoor Adult Golf Practice 10 a.m. CCC Teen Workout 4 p.m. CCC	Elder Exercise 8:30 a.m. CCC Blood Sugar screening 11 a.m. CCC Teen X-Box 3 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC	Get Fit 12 p.m. CCC Elder Activity Brd 1 p.m. CCC Teen X-Box 3 p.m. CCC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC Wisdom Steps 5:30 p.m. CCC	Elder Exercise 8:30 a.m. CCC Elder Concerns 10 a.m. CCC On the Move 12 p.m. CCC Game Day Adults 12:30 p.m. CCC Teen X-Box 3 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading at FDL Museum 4:30 P.M. 52+ Elders 5 P.M. CC I CAN COPE 5 p.m. CCC	Tax Preparation 10 a.m. OJSHS Get Fit 12 p.m. CCC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC Age to Age Headstart Regalia 4 p.m. Kellie Pickler 7 p.m. BBCR	MNAW PHN Cooking Class 12:00 p.m. CCC Teen X-Box 2 p.m. CCC Water Aerobics 5 p.m. CCC	Teen Workout 4 p.m. CCC
6	7	8	9	10	11	12
THIRTEEN MOONS Storytelling SCC Open Indoor Adult Golf Practice 10 p.m. CCC Teen Workout 4 p.m. CCC	Elder Exercise 8:30 a.m. CCC Blood Sugar screening 11 a.m. SCC Teen X-Box 3 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC Happy Valentine's Day	Blood Sugar screening 10 a.m. CAIR WIC 12 p.m. MNAW Get Fit 12 p.m. CCC Teen X-Box 3 p.m. CCC GED 4 p.m. CCC Teen Workout 3:30 p.m. CCC Age to Age 4:30 p.m. CCC Tax Preparation 5 p.m. OJSHS	Elder Exercise 8:30 a.m. CCC Elder Concerns 10 a.m. CCC Game Day Adults 12:30 p.m. CCC Teen X-Box 3 p.m. CCC Beading at FDL Museum 4:30 p.m. GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS	WIC 8:30 a.m. MNAW Get Fit 12 p.m. CCC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC Wiidookaage Relay for Life Kick-off 5 p.m. CCC STATE OF THE BAND 5:30 p.m. BBCR	Wisdom Steps Breakfast Fundraiser 7:30 a.m. CCC Teen X-Box 3 p.m. CCC Water Aerobics 5 p.m. CCC	Tax Preparation 10 a.m. OJSHS Volleyball Tournament Fund Raiser at CCC Teen Workout 4 p.m. CCC 13 Moons Storytelling 1:00 p.m. SCC THE GREAT TWIN PORTS TASTE TOGETHER 4 p.m. BBCR
13	14	15	16	17	18	19
Open Indoor Adult Golf Practice 10 a.m. CCC 52+ Brunch 11 a.m. BB & Premiere Movie Teen Workout 4 p.m. CCC	President's Day closed	Get Fit 12 p.m. CCC Teen X-Box 3 p.m. CCC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC Tax Preparation 5 p.m. OJSHS	Elder Exercise 8:30 a.m. CCC Elder Concerns 10 a.m. CCC Game Day Adults 12:30 p.m. CCC Teen X-Box 3 p.m. CCC Zumba 4:45p.m. OJSHS Beading at FDL Museum 4:30 p.m. 52+ Elders Meeting 5 p.m. CCC GED 4:30 p.m. SCC SOBRIETY FEAST 6 p.m. BBCR	Get Fit 12 p.m. CCC Teen Workout 3:30 p.m. CCC GED 4 p.m. CCC Age to Age Headstart Regalia 4 p.m.	Teen X-Box 3 p.m. CCC Water Aerobics 5 p.m. CCC	Tax Preparation 10 a.m. OJSHS Teen Workout 4 p.m. CCC
20	21	22	23	24	25	26
Open Indoor Adult Golf Practice 10 a.m. CCC Teen Workout 4 p.m. CCC	Elder Exercise 8:30 a.m. CCC Blood Sugar screening 11 a.m. BCC Teen X-Box 3 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Caregivers Support Group 5 p.m. CCC Cribbage 5 p.m. CCC					
27	28					

**State of the Band Address
5:30 p.m., Feb. 17 at the Otter
Creek Event Center**