

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



With a little help from his father, Joe Shelafoe II, Joe III is inverted on the Velcro wall at FDL Enrollee Day. Hundreds of Band Members enjoyed the full day of events. See story page 4.

In This Issue:

Wisdom Steps conference3

Enrollee Day.. . . .4

Resource Management activities.. . . .5

RBC thoughts6-7

Supportive housing7

Delia's war years10-11

Grads. 12

Community news18-19

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Local news

Shabiash wins re-election bid for Sawyer (District II) position

FDL Sawyer District Representative Sandy Shabiash won her bid for a second term by defeating challenger Russ Northrup by a vote of 122-99 in the June 8 general election. The vote total was 221.

Shabiash took 55.2 percent of the vote. She edged Northrup by 93-85 votes cast at the Sawyer Community Center. Additionally, the incumbent received 29 of the 43 absentee votes received.

Voter turnout was higher than in the March 30 primary election, when only 171 votes were cast. The results were certified by Election Board Chairman Lyman Lafave.

An appeal of the election results was filed by Russ Northrup, followed by a June 21 hearing in the Tribal Courtroom. In his complaint, Northrup contested the absentee voting method used for the election, and told the court of the possibility that voters' ballots cast at the Sawyer Community Center could somehow be tracked by the sign-in sheets.

Judge Suzanne Ojibway-Townsend ruled in favor of Minnesota Chippewa Tribe attorney Henry Buffalo's motion to dismiss

the case, based on a lack of sufficient evidence to back Northrup's claim.

Judge Ojibway-Townsend said the election rules are set to a high standard by the Minnesota Chippewa Tribe, adding that Northrup failed to meet the burden of proof required to overturn the election results.

The Judge also set aside a ruling as to whether any election violations had occurred, citing the same lack of evidence.

Martineau receives national award for natural resource achievements

FDL Secretary-Treasurer Ferdinand Martineau, Jr. was honored for his contributions in natural resource management and protection of Indian hunting and fishing traditions from the Native American Fish and Wildlife Society. He received the "Glen Miller Tribal Leadership" Award on June 8 at the Society's annual conference hosted by the FDL Reservation.

Martineau served as director of the FDL Resource Management Division from 1995 to 2006. He was a key part of a group that planned for construction of the new building on Big Lake and University Roads that houses the Natural Resource Division.



The FDL Ojibwe School sports banquet took place on May 24 at the Otter Creek Event Center. Above left to right are Betty Martineau, Ferdinand Martineau, guest speaker Ernest L. Stevens Jr., Jean Zacher, and Wayne Dupuis. All shared a laugh as Athletic Director Ken Fox was "roasted." (photo by Dan Huculak).

Martineau has also been involved with the state of Minnesota on the 1854 treaty agreement. "Ferd is actively involved in the process of reaching a settlement," said Reginald DeFoe, Sr., the current Resource Management Division Director.

The Reservation is 100,000 acres in size; its ceded territory is nearly 6.3 million acres.

Approximately 270 people attended the conference with visitors from as far away as Maine, Arizona, North Carolina, and Alaska.

Former Haskell basketball star addresses FDL Ojibwe School sports banquet in May

Ojibwe School student athletes were told in no uncertain terms that if Ernest Stevens could finish his college degree and work toward his potential, so could they.

Stevens, a former basketball player at Haskell Indian Nations University and chairman for the National Indian Gaming Association, spoke at the May 24 sports banquet held at the Otter Creek Event Center. About 75 people attended the banquet.

Stevens described his early years as an at-risk youth who used drugs

and alcohol. He has a permanent loss of hearing in one ear as the result of being hit in the head during a fight. Today his mode of operation is more civilized: he spoke of turning the other cheek when challenged.

Part of the address included a Dean Martin-type roast of Ojibwe School Athletic Director Ken Fox, which gave the audience a few laughs. After the laughs ended, student athletes were honored for their contributions and talent.

Nah gah chi wa nong Di bah ji mowin nan

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

TABLE of CONTENTS

Local news	2
Wisdom Steps Conf.	3
Enrollee Day	4
Resource Management	5
RBC thoughts	6-7
Supportive housing.....	7
13 Moons	8
Area news	9
Delia Moreland	10-11
Graduates/youth	12
Parenting page.....	13

Law enforcement.....	14
Etc	15
Health news.....	16-17
Community news	18-19
Calendar	20

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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

2010 Wisdom Steps Conference at FDL

Gold medalist Mills recalls overcoming challenges

By Dan Huculak

Billy Mills, the first and only American to win the Olympic 10,000 meter race, spoke to an estimated crowd of 400 conference attendees on June 17 about overcoming challenges including overt racism during his early years.

The Pine Ridge South Dakota native and Oglala Lakota Sioux Indian was orphaned at the age of 13. He and his older brother attempted to borrow money from a local bank to give their mother a proper burial.

Mills said a bank representative told him that loans were not made to Indians because Indians didn't pay them back. The brothers

could not get a loan to bury their mother.

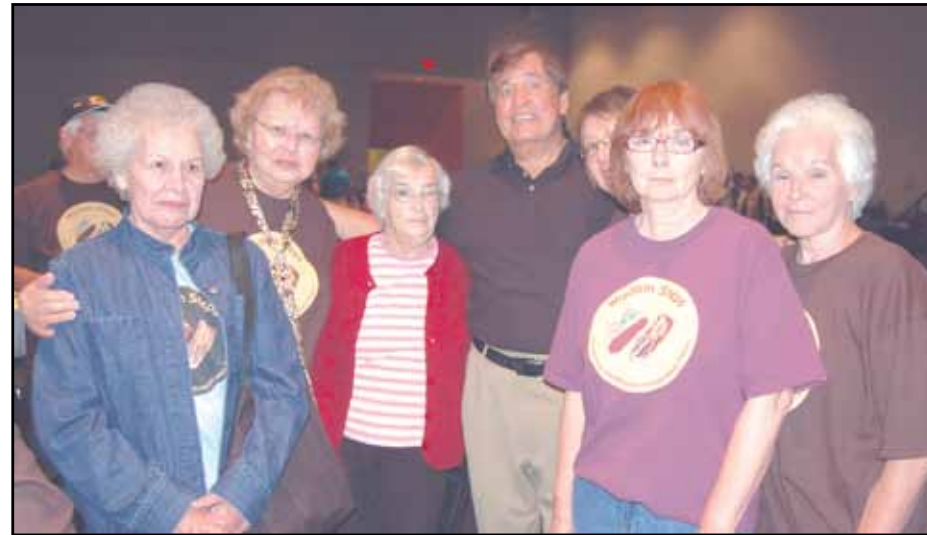
Other experiences with racism in Mills' life include being shunned from pictures with fellow All-American athletes in track and field (Mills was a three-time All-American at the University of Kansas); and he couldn't join a fraternity while attending Kansas because he was an Indian.

After graduating with a degree in Physical Education, Mills enlisted in the U.S. Marine Corps. Mills competed in the 1964 Olympics in Tokyo, Japan while he was a First Lieutenant in the Marine Corps Reserves.

Mills also shared his Olympic race experience with the

audience; he spoke of being hypoglycemic, hallucinating as he got close to the finish line, and how he won the race – as a virtual unknown who had never finished any of his previous races – with a time nearly a minute lower than his previous best personal race time.

Mills also spoke of the value of teaching young people the virtues of generosity, accountability, and humility. He also discussed how American Indian women are more susceptible to domestic violence than other ethnic groups.



More than 220 people were registered to attend workshops, enjoy special meals and keynote addresses and visit. The "Wisdom Steps Walk" was held on June 17 to promote and encourage Elder health. Olympic gold medal winner Billy Mills spoke on June 17 about racism, perception and becoming an Olympic champion. He is shown here with Pat Eells, Mary Davis, Izzy Whelan, Billy Mills, Pat Rasch, Darlene Mostrom, and Evelyn Christenson.

Mere memory loss or the start of dementia?

Experts discuss ways to keep your mind sharp

By Deborah Locke

You put your car keys down and can't find them.

Yesterday you walked upstairs to get something and forgot what it was.

Do you have the start of Alzheimer's Disease, the most common form of dementia, or is your forgetfulness a natural symptom of the aging process?

Turns out it's a natural symptom, said Esther Gieschen, northern regional director of the Alzheimer's Association,



Esther Gieschen and Fran King

Duluth. She and Fran King with the Indian Area Agency on Aging spoke on "Understanding Memory: living with Changes" on June 16 at the 2010 Wisdom Steps conference. About 75 people attended the two sessions.

Gieschen said that misplaced keys are no cause for alarm. However, if you placed the keys in the refrigerator, or forgot what the keys were for – call your medical provider, Gieschen said.

Memory is complex, Gieschen said, and as we age, our minds

are far more chock full of information than they were at the age of 20. It's normal to forget what you had for breakfast yesterday, but it's not normal to forget what you ate 15 minutes ago. In the latter case, consult a medical provider to learn if you have one of the reversible forms of memory loss due to malnutrition, dehydration, high blood pressure, interactive medications, depression or thyroid malfunction.

All of those can be treated. American Indians most commonly have vascular dementia, or a stroke that affects memory loss. To lessen the chance of having a stroke, keep a close watch on your blood pressure and get regular medical check-ups. Also, attempt to alleviate your stress level.

"If you catch it early, treatments are more effective," Gieschen said. "Be aware when symptoms indicate that something abnormal is going on. Talk to your physician and if your doctor does not take you seriously, go to a different doctor." Sometimes a symptom can be due to a Vitamin B-12 deficiency, which is easily treatable.

Gieschen gave these tips for exercising your mind:

- Take a class, learn to play a musical instrument, read books and newspapers, interact with others
- Exercise, start slow and increase your activity. Your brain needs nutrients and exercise helps supply them. Also, exercise decreases stress and will improve your mood. Even people in the late stages

of Alzheimer's think better and function better when they get out of doors and move.

- Eat fruits and vegetables and a low-fat diet. Bad nutrition is damaging.
- Decrease stress. Stress interferes with memory and you can't concentrate.
- Make time for relaxing activities. Take a break to refresh your brain.
- Remember that you can't remember everything. Be selective, and know that forgetting is important, too. Avoid worrying about retaining trivial information.
- Be an active listener, repeat information to yourself.
- Keep a positive attitude. Optimists live longer and happiness is good for the senses.



Enrollee Day, 2010

Children participate in a race across the football field during the Enrollee Day family Olympics events. Photos by Dan Huculak.

After a month of rain, the sun made a debut on June 26, casting the FDL 2010 Enrollee Day celebration in light. Scattered drops fell later in the evening during a part

of the fireworks display, but not enough to dim the show.

The day began with a pancake breakfast at the Elder Nutrition Program meeting area. Breakfast proceeds benefitted the Wisdom Steps Program.

Later about 60 people took part in the 2k walk

and 5k race, according to Nate Sandman, Lead Health Educator for FDL Human Services Division.

Kids of all ages competed in the family Olympics games. There was

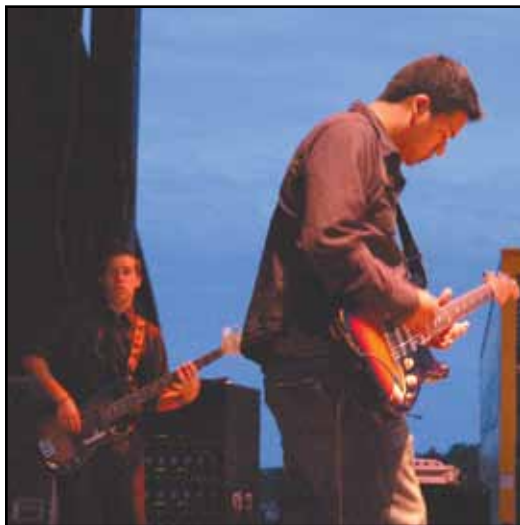
a relay race as the final Olympics competition. About 87 children participated in the competition.

Late in the afternoon a crowd gathered for the entertainment

portion of the day: the Kevin Locke native dance ensemble, musician Keith Secola, and the well-known band, "Indigenous." The long, eventful celebration ended with a huge fireworks show.

"I'm glad it's over," Bryan ("Bear") Bosto said at the end

of the day. Bosto served as event organizer. He said that 1,509 people registered for the drawings. There were 200 winners of the \$500 cash prize.



"Indigenous" guitarist Mato Nanji performs during his concert as darkness settles in.



Cloquet Community Center Lead Recreational Aide Ann Rule is about to blast a double during the FDL Enrollee Day softball tournament. Ann's team took first place in the tourney.



Kasey Shabiash competes against another player in the simulated football game/tug of war during the Enrollee Day games. Players won the game by placing a Velcro football on the goal posts in the end zone before their opponents.



Natural Resource Division hosts national conference; new building officially opens



The Fond du Lac Resource Management Division staff had an extremely busy two week period in May and June while moving into a new building and finalizing plans for the Native American Fish and Wildlife Society annual conference.

About 270 people from across the country traveled to FDL for the June 6 to June 10 conference held at the Black Bear Casino Resort.

Attendees were kept busy with a wide assortment of panel

discussions and activities that included a golf tournament the first day. Experts led numerous sessions on a wide field of subjects including fish habitats, prairie dog poisoning, fish and wildlife diseases, cougar research, marten resting sites and small mammal conservation.

The FDL Perch Lake wild rice harvesting project was featured during one of the bus tours around the Reservation.

The location of the conference rotates through the seven regions of the NAFWS. Those

regions are: Northeast, Great Lakes, Great Plains, Northwest, Southwest, and the Alaska Regions. The last time FDL hosted the conference was in the mid-1990s.

The conference went smoothly, said Resource Manager Tom Howes. He added that he received emails from some of the guests who said they had a great time.

At left Tom Howes explains the Perch Lake wild rice harvesting project to a group of conference attendees.

Close to 300 people were on hand on June 25 to witness the grand opening of the FDL Resource Management and Tribal Court Building, 33 University Road.

The opening was held in the Head Start gym across from the new building. Tours of the facility were conducted after the ceremony.

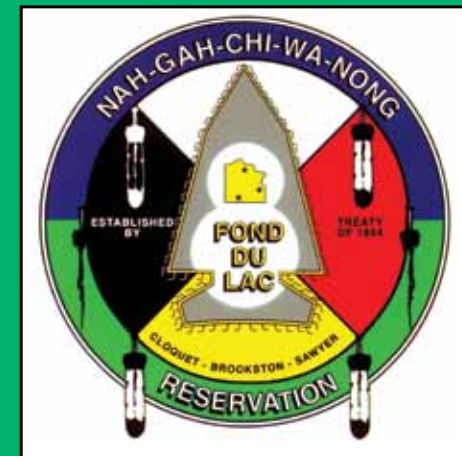
In her address to the crowd, Chairwoman Karen Diver acknowledged the Shakopee Mdewakanton Sioux Community and the U.S. Department of Housing and Urban Development for their cooperative

funding efforts toward the \$4.5 million project, which is a candidate for LEED certification. The LEED certification, (Leadership in Energy & Environmental Design), is an internationally recognized building certification system that verifies that a building or community was built using strategies leading to energy savings, water efficiency, carbon emissions reduction, improved indoor environmental quality, and stewardship of resources.

The grand opening included a feast at the Head Start Gymnasium.



The new Natural Resource and Tribal Court building on University and Big Lake Roads



A few thoughts from RBC members

From Chairwoman Karen Diver

For some of you who enjoy spending time at Black Bear Casino/Resort, you may have been invited to participate in a focus group to look at marketing and promotions. Your feedback is important as we try to grow our business and to see what guests most enjoy and what will bring them back. We have engaged a marketing firm knowledgeable about gaming to help us with this process. We are also using a consultant to review our hotel operations to improve customer service and

provide feedback to management on efficiency. The Reservation Business Committee, along with Black Bear management, strongly believe that we cannot continue to do what we've always done and remain competitive in the market.

Congratulations to Ferdinand Martineau for winning re-election to Secretary-Treasurer in the primary, and to Sandra Shabiash for winning re-election to District II in the general election.



Karen Diver

As I write this in mid-June, the grand opening for supportive housing and resource management buildings is coming up. Enrollee Day is all planned out for your enjoyment, and the final touches are being put on the Veteran's powwow. The Tagwii building project for chemical dependency treatment is near completion, and the assisted living building project is getting started. There is a flurry of graduation parties, weddings and other special occasions. While it is

often easier to look at the things that we may not be happy with and to focus on the negative, all of these projects and upcoming events remind me of what we can be grateful for. Our community is continuing to grow, both in terms of employment and new services for Band Members. There are opportunities for people to change parts of their lives in order to have a better future.

Just because we are always asked, there are no updates on either the Nelson Act distribution or on the transfer of Wisconsin Point. For those of you who may be interested,

there is a Facebook page for descendents of Chief Osaugie (of Wisconsin Point). (See the notice on the Community News page.) There is a reunion planned for his descendents at Wisconsin Point on Saturday, August 14, 2010 starting at noon until 10 p.m.

Best wishes for a safe and enjoyable summer for you and your families.

Please feel free to call with any questions or comments, (218) 878-2612 (office) or (218) 590-4887 (cell) or email karendiver@fdlrez.com.

From Ferdinand Martineau

To the Fond du Lac Band Members: I hope this month's column finds you in good spirits and health.

The past six months have been a whirlwind of activity with the elections going on and trying to keep up with the day-to-day business of running the Reservation. Now that the District II election is over, we can start getting back to normal. Sandy Shabiash won her second term. She is a good person and has her district at heart. It will be an honor to serve another term with her.

It seems that there is never

enough time to do all that you have to do. There have been plenty of graduation parties to attend, both high school and college. There are a lot of birthday parties and a few weddings. Also, I took my celebration after being re-elected to the communities. I figured that the community people supported me, so I wanted to show appreciation to them. Quite a few Band Members said that they did not hear about the community parties so I have decided



Ferdinand Martineau

to have one more celebration at my house after the July seating of officers. (The seating ceremony takes place at 9 a.m. on July 13 at the Tribal Center Gym.) I will let you know when that next celebration will take place. I was quite surprised during the national Native American Fish and Wildlife Society conference hosted at the Black Bear. The

Great Lakes region held its meeting a few days prior. I have been a member of this organization for more than 20 years.

Each year we give awards for the biologist, the technician, the conservation officer and the tribal leader of the past year. This year I was honored to be presented with the tribal leader of the year award. It feels great to know that the staff here would nominate me for such an award.

I am working with the newspaper staff to begin to have the minutes of our council meetings printed for you to read for your information. There are some things that will not be placed in the paper, but, you will see what is happening on your Reservation.

The last thing I would like to

say is that we said goodbye to a good friend and elder Band Member, Leonard "Mickey" Houle. He was a good friend, a good family man and a terrific uncle. He was my friend. The lives that he touched can be seen in the faces of all that knew him.

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

Miigwich !

RBC columns continued on next page.

RBC thoughts

From Sandra Shabiash

On June 8, over 55 percent of the voters in the Sawyer District gave me their vote of confidence in the general election. I am again honored to serve our community for the next four years.

On the local Sawyer scene: Summer is here and school is out! The Sawyer Center is buzzing with a variety of events. The youth have already taken a trip to Gooseberry Falls on the North Shore and Canal Park in Duluth. Their next ad-

venture is to Taylor Falls Water Park. It's nice to see the number of parents signing up to go with their children. The center is also busy getting the fishing poles ready to take the children out to the local lakes and rivers.

The Center staff are also busy getting fishing kicked off summer with a family day that included a barbecue followed by games that included a water balloon contest, a big foot



Sandra Shabiash

race, a pie eating contest and a 10,000 rummy tournament.

A pot luck tournament took place on June 14. As I entered the center around 5 p.m., I was surrounded by the smell of fresh cooked hot dishes that community members brought in to share with all.

June 24 to 27th were important dates! Nagaajiwanaang Ambe Ojibwemodaa (Ojibwe Language Immersion Camp)

held its second annual gathering. Many people and organizations worked diligently on this event for months. The camp was held at the Kiwenz Park in Sawyer on the shores of Big Lake.

A Father's Day brunch took place on June 20th. On July 3rd, the center will hold its 4th of July party. The day's activities will end with a large fireworks display at the center.

The Jerry Fairbanks Powwow will take place the last weekend in August at the MashKaWisn grounds.

Our Sawyer Elder Complex is getting ready for a new look. Two screened in pagodas will be constructed to allow the elders to enjoy the outdoors without being bothered by those pesky mosquitoes. A water pond is also being put in with shrubs and flowers to follow.

In closing, I wish everyone an enjoyable summer, and miigwetch for your support.

Contact information: (218) 878-7591 (office); (218) 879-3667 (home)

From Wally Dupuis

Hello all: It is graduation time again. I would like to congratulate all graduates and wish you success in your future endeavors. I was attended graduation at the Early Head Start program. A number of young children received their diplomas, some appearing nervous and anxious. I also attended the Fond du Lac Ojibwe School graduation as well as

the Cloquet School District Indian Education graduation. I watched and listened as they received their diplomas. When the graduates spoke to the audience, it was clear that they were speaking from their hearts. Congratulations and best wishes to you all.

The Cloquet Community Center held



Wally Dupuis

its second annual Powwow and softball tournament. The weather was good and overall, it was a great success.

By the time this article is printed, we will have had the grand opening for the new Natural Resources Building and the Supportive Housing Building.

The Natural Resources staff has moved into the new building. I think they are all excited to be in their new surroundings. The Health Fair was held on June 10 at a new location, the Ojibwe School facilities, rather than at the Tribal Center. They had a great turn out and things appeared to go well.

This column was written before Enrollee Day on June 26th. I look forward to seeing and

speaking with all of you.

Our staff is working hard on the beginning stages of the Assisted Living facility project and the preliminary paperwork is being completed and processed. The digging has started and construction should start soon.

Feel free to contact me any time. (218) 879-2492 (home); (218) 878-8078 (work); (218) 428-9828 (cell).

Grand opening for Supportive Housing Complex attracts reps from federal, state, and tribal agencies to FDL

A crowd of about 150 people attended the grand opening for the Fond du Lac Supportive Housing project on June 24, 2010.

The \$4.6 million project was the cooperative effort of more than a dozen different funding sources, and is being viewed as a model program for addressing the needs of the growing number of homeless. At the present time, it is only the second development of its kind in Indian Country, according to Amy Wicklund, FDL Economic Development Planner.

Several dignitaries from the State of Minnesota were on hand for the event, including Laura Kadwell, Director for

Ending Long-Term Homelessness; Dexter Sidney, Director of the Minnesota office of the Department of Housing and Urban Development (HUD); and George Stone, Program Director for the Corporation for Supportive Housing.

"The number of homeless people in the Indian community is disproportionate - 11 percent of homeless are American Indians, who represent only one percent of the population in Minnesota," Kadwell said in her statement to the audience.

Stone added, "This program is symbolic of ending homelessness. The figures that Laura mentioned about Indian homelessness are appalling;

the racism; the lack of funding."

A group from the Ho Chunk Nation, including District 5 Representative Robert Twobears, also came to Cloquet to see the housing project geared toward providing housing for American Indians. Twobears said he wished to see an example of the way best practices were applied to the project.

A tour of the 24 units revealed both single bedroom efficiency-type apartments, and townhomes of up to three bedrooms in size. There is also a com-



Above is one of three buildings that make up the FDL Supportive Housing development.

munity building with a laundry area and a playground nearby.

The Supportive Housing grand opening is the result of five years of planning and effort, said FDL Chairwoman Karen Diver. "Developing the funding

partnerships and understanding the needs of long-term homeless families will assist the Band in serving the community now and into the future," she added.

Ashi-niswi giizisooog (Thirteen Moons)

Aabita niibino giizis

Aabita niibino giizis is the half-way or midsummer moon, likely a reference to its timing. All moons have different names, due to the geographic range over which the language is spoken, and they reflect historical events. One more modern interpretation is baapaashkizige giizis, or independence moon.



Planting seeds for the future: meet the RMD summer intern

By Misty Rose Peterson,
RMD Summer Intern

As I write this we are entering the new moon phase. Traditionally this is a time to start new projects and "plant new seeds" for your future and for the generations to come. This is what I have currently been doing in my life.

My name is Misty Rose Peterson (daughter of Leo and Connie Peterson). I am the new college intern for the Resource Management Division at the Fond du Lac Reservation. I recently attended Dawson College in Montreal, Quebec, Canada for environmental studies. As of this writing, I have only been at work with Resource Management for a week and just attended the 28th annual national Native

American Fish and Wildlife Society conference, hosted by Fond du Lac at the Black Bear Casino.

This was my first work-related conference and I admit I got a lot more out of it than expected. I enjoyed learning about the different projects that people in natural resources fields have going on. I also enjoyed getting a feel for the different kinds of work and tasks that are available in this field, for my future direction in environmental science.

The highlight of the conference was the keynote speaker, arctic explorer Will Steger. Steger displayed some really honest and bold information about his research and findings on climate change. These issues are of utmost importance and concern to me since

it is my generation and those after that have to live and survive in this environment in 60 or so years, when many of the changes predicted by Steger will come to pass.

Other highlights of the conference were the opening ceremony and invocation done by the drum group and my cousin, Rick DeFoe. I thought this was a perfect way to open (and close) the conference. The tours were interesting and the feasts were always delicious. The Wednesday night comedy jam was a definite plus.

So in retrospect, my first week of work was great and filled with tons of opportunities. I'm looking forward to this internship this summer, and learning and experiencing all I can with Resource Management staff.

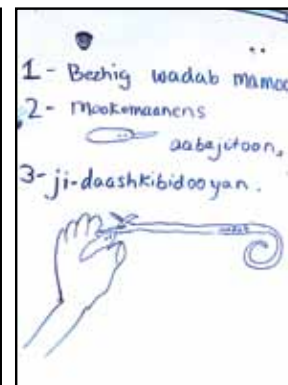


It's berry time!

By Dave Wilsey, University of Minnesota Extension

Boozhoo! The waxing of the **Aabita niibino giizis** reminds us all that it is once again the time for mawinzowin, harvesting berries. By this time we should be seeing or have already seen the inviting red fruits of the **ode'iminan**, or wild strawberry. Soon to ripen will be the **miskominag** (raspberries) and **miinamiin** (blueberries). Sometimes overlooked are the delicate **odatagaagomin** (thimbleberries) and abundant **gozigwaakominag** (juneberries, also known as service berry and saskatoon). Join the birds, bears, and other creatures in this seasonal feast! And don't forget: fresh berries can be frozen and enjoyed all winter.

Photos left to right: Odatagaagomin (*Rubus parviflorus*); the Wigwam for the Wiigwaas Jiimaan (birch bark canoe) project at the FDL Cultural Museum; Instructions in Anishinaabemowin for splitting spruce roots, which are used in the construction of the Wiigwaas Jiimaan.



Area news

Carlton County struggles with forced budget cuts

Carlton County must find an additional \$396,927 in cuts from its 2010 budget.

The cuts are in addition to roughly \$500,000 in cuts already achieved by the county, due to unallotments in funding by the state that originated with Gov. Tim Pawlenty.

The county finance committee determined that the cuts should be distributed over the majority of the county departments based on the percentage of revenue received.

Two areas expected to have trouble meeting budget cuts are General Operations and Community Corrections departments. Carlton County Economic Development Director Pat Oman is exploring several grant opportunities as potential funding sources.

Isle Royale wolf population declining; moose numbers lower, though less problematic

The wolf population in Isle Royale declined by 21 percent over the past year due to what researchers are calling “toxic” inbreeding and battles for domination between packs.

Researchers from the Michigan Technological University said the extinction of two packs follows a winter with fewer moose as well as the “toxic” effects from inbreeding and attacks from rival wolves.

Researchers concluded in 2009 that wolf deformities such as weak vertebrae is the direct result of inbreeding. A spinal deformity has been found in 100 percent of wolf skeletons tested on the island.

Wolf numbers dropped from 24 in 2009 to 19 this year, and two of the four wolf packs on the island have disappeared. They were first spotted on the island around 1950. Population numbers have ranged from a low of 11 in 1993, to a high

of 50 in 1980.

Moose numbers, in decline when compared to historic figures, are actually stabilizing. Researchers estimate that 510 animals live on the island, roughly the same figure as last year. The moose population was estimated at 650 two years ago.

Researchers believe the effects from global warming may now be more of a threat to the animals than wolves. Winter ticks and other stressing factors due to the warmer summer, and winter weather in recent years, have hit moose hard. However, last summer was slightly cooler and wetter, and tick numbers were down.

Scientists were on the island from January to March to study and count the wolf and moose populations in what was considered the longest-running study of a simple predator-prey relationship with almost no human intrusion on the ecosystem.

Isle Royale, a U.S. National Park, sits about 15 miles from Grand Portage, Minn., and is primarily a wilderness area. The story was published in the Duluth News Tribune

Study: Homeless numbers in Minnesota rising to highest levels; more than one-third of homeless are children

The number of homeless in the state has risen 22 percent in the past three years, according to initial findings from a statewide study by Wilder Research of St. Paul.

Analysts blamed the weak economy for the results; now at the highest level since the Wilder Foundation began conducting the survey two decades ago.

According to the latest survey, there were 9,452 men, women, and children in shelters, transitional housing, and on the streets. The results of the one-day survey conducted in October, 2009, were

up from 7,751 in 2006.

More than one-third of the homeless were children. There were 3,251 children among the homeless last year, up 500 from the previous survey. The average age of children with homeless parents was 6 ½.

More preliminary findings and data by the Amherst Wilder Foundation and Wilder Research: 74 percent of homeless youths said they have been homeless before, on average at age 15; 46 percent of homeless adults have a chronic health condition; 23 percent have been diagnosed with a drug or alcohol abuse disorder; 44 percent of adults are on waiting lists for public housing, up from 33 percent in 2006; 20 percent of adults said they had some employment, down from 28 percent in 2006.

Minnesota has been working at a plan to end homelessness for five years and has helped many people, said Laurie Kadwell, director of the project at the state Department of Human Services. “We know what to do,” she said. “Get people into housing – with supportive services if they need it. Then you can make progress getting jobs, effective health care, chemical addiction, things like that. It helps people and it’s the fiscally responsible thing to do.”

Despite the availability of the programs for the homeless, the effects of the recession have offset some of the work. The poor economy has overwhelmed efforts, said Greg Owen, director of the Wilder survey every three years since the survey began in 1991. “People like to blame the shrinking safety net, but that was well under way in 2006.”

Thanks to the addition of recent federal economic stimulus money, agencies were given the ability to provide emergency help to some of the homeless. But that has only replaced emergency assistance that was cut from the state budget last year, Kadwell said. The story was published in the Star Tribune.

Anti-fraud workshop taught seniors to fight and/or report fraud cases

Seniors are targeted for fraud because that’s where the money is, said Minnesota Attorney General Lori Swanson at a Golden Valley conference last spring.

A 2009 study from MetLife revealed that victims of elder financial abuse lose \$2.6 billion each year. What’s worse, many of the perpetrators are friends, family members, and caregivers of the victims.

The American Association of Retired Persons, The Minnesota Attorney General, the U.S. Commerce Department, and the Better Business Bureau sponsored the workshop.

There are many types of scams directed at the elderly, such as these:

- phone calls announcing fake lottery winnings
- “assistance” in reducing credit card debt
- fake health insurance
- home improvement scams

New scams pop up all the time as scammers adapt to the economic events of the day.

Hundreds of victims and potential victims report scams each day. Unfortunately, that’s just a small percentage of the actual number of crime victims.

Victims are sometimes too embarrassed to report that they were taken by a con artist. Often they don’t want to talk about the event; they’d rather it just go away.

It’s important to remember that if a free offer sounds too good to be true, it probably is.

If you are the victim of a fraud or need to report a scam, the following agencies are available: AARP: www.aarpfraudfighters.org or 1-866-554-5381; Better Business Bureau: <http://minnesota.bbb.org> or (800) 646-6222; FBI: www.fbi.gov/majcases/fraud/seniorsfam.htm; Internet Crime Complaint Center:

www.ic3.gov/default.aspx; Minnesota Fraud Enforcement Partnership: www.mnscams.org or (866) 347-0911; Minnesota State Attorney General: www.ag.state.mn.us or (651) 296-3353;

National Crime Prevention Council: www.ncpc.org/newsroom/current-campaigns/senior-fraud.

The story was published in the Star Tribune.

Bemidji group trying to improve race relations

In Bemidji, a local group is looking to replace an older statue of the Indian Chief for which the city is named. Some say the current statue is not a very flattering depiction of the Indian leader.

Chief Bemidji was known for befriending early white settlers in the late 1800s. Unfortunately, the majority of present day Indians in the area do not feel the Bemidji community is welcoming to people of all races, including Indians.

Shared Vision group members are working to change that perception, and improve relations between Native Americans and whites in the community.

The group began to convince local businesses to display greetings and say words of thanks in the Ojibwe language. Since that effort began roughly one year ago, more than 100 businesses and public buildings now display Ojibwe greetings.

Shared Vision hopes to replace the 1950s-era statue of Chief Bemidji with a modern, life-sized bronze sculpture.

While some see the Ojibwe greetings and a new statue as symbolic gestures, they are a legitimate starting point from which to improve race relations. The story was reported in the Pioneer Press.

A visit from Eleanor Roosevelt, a Pearl Harbor premonition, and a living wage until the men came marching home

Delia Moreland and the war years

In the summer of 1989, Deborah Locke interviewed several Ojibwe women about the impact of World War II on their lives. The oral histories were part of a history project. FDL Band Member Delia Moreland, now deceased, happily recounted her war years at the Cloquet mills where she made a good wage for the first and last time of her life. The June issue of this newspaper described Delia during the 1930s in Sawyer; the final chapter next month will cover more of Delia's immediate post-war years.

I graduated when I was 17, in 1939. My parents were strict with us when we started going out. I wore makeup then, in fact I wore it at Haskell when I was 15 or 16. We went to dances. (at Haskell) I wore store bought clothes by then. We also went to a lot of sport activities since Haskell was near Kansas U.

My earliest memory of larger events was when Orson Welles said there were men from Mars on the radio. I also remember that Mrs. (Eleanor) Roosevelt came to our school to visit, which means a lot to me now. She came in a big limousine. There were police and military cars. The whole student body and superintendent presented her with a beautiful Indian blanket and they gave her a peace pipe. She was a popular first lady, well known the world over. She did a lot of good things but she wasn't a very good looking woman. She looked ordinary, a plain Jane.

I also remember when they first had trouble with Hitler in 1939, before World War II. We received news about trouble in

Germany. I remember hearing how Hitler was trying to get into power, how he had his own people, you know, like the Democrats have theirs. I didn't pay much attention to it because I was a young girl, not interested in world events. Few of us had radios, there were no TVs.

After high school I returned to Minnesota to work in the Indian hospital as a cook. I did it for a couple years, and stayed there in a room upstairs.

Pearl Harbor

I definitely remember Pearl Harbor. I'll never forget Pearl Harbor! Something strange happened. Early that December morning I was in the kitchen. Old Susan Madwayosh worked as housekeeper and we ate breakfast together. I felt uncomfortable eating in the dining room with all the nurses, although we were friends.

That morning the radio was on and an announcer came on saying Japan attacked Pearl Harbor. Just before that, Susan said she had something to tell me about what happened last night. I said oh, what? She said she took down Joe's (Susan's husband) drum, one of his old drums. Joe had died and Susan felt lonely so she took his drum down and started playing it. Susan was kind of medicine woman, too. She started meditating while playing that drum. She was in a trance or something.

She stopped playing the drum and a huge puff of smoke appeared. Inside the smoke was a man who looked Indian but he wasn't Indian. The man was covered with pearls. Susan didn't know what it meant but knew it meant something. She said she was going to meditate

again later to see if she could learn the meaning.

My, right after she told me this the announcement came about Pearl Harbor. She said that is it! The puff of smoke must have been the bomb. The man in the smoke looked Indian but must have been Japanese! And he was covered with pearls for Pearl Harbor. Susan told me this before the 6 a.m. news!

Years later I went to visit her son, John LaFave, and his wife. Mary LaFave told me the same thing about old Susan, the puff of smoke when Japan bombed Pearl Harbor. Isn't it interesting how those old Indians not up with the news in other parts of the world can see things? Oh my God, I will never forget that! I will never forget Pearl Harbor.

I married a guy in the Navy in, I think it was 1941. I knew him before he went into the Army. We went together off and on when I'd come back from Haskell.

He wanted me to marry him my senior year but I said no. His name was Jack Wallace. I met Jack through my girlfriend, Betty. The three of us went to Jay Cooke Park. I was a third party because Jack was going with Betty. He wanted to know where I was from. That's the first time I met him. When I ran into him later we started going together. We would go to movies about wartime brides, how they would meet and the man would have to go into the service, leaving behind girlfriends and wives. There were a lot of movies about stuff like that at the Cloquet Theatre and the Leb Theatre.

We were married. I got pregnant right away. Jack was stationed in Virginia and Florida.

He went back into the service



Delia DuFault Moreland (front, center) in about 1953, taken in her little two room house on Big Lake Road. Delia's relatives from left to right: Gladys Morrisette Klatt, Ada Fairbanks Gurno, Elizabeth DuFault (Delia's mother), and Helen DuFault (Delia's sister)



Delia Moreland in about 1944

from previous page

but his mother was here when I had my son Jack. My first child was out of wedlock and I had it before I met my husband. Every time Jack came home I'd get pregnant! (laughter) There was no birth control. It's a good thing the war ended! (laughter)

Rationing

Following Pearl Harbor men left for the service and women replaced them at work. I worked in the mills here in Cloquet with my sisters. Stuff was rationed like gasoline and shoes. You couldn't buy shoes when you wanted them. I beat that system by having a baby. I had two kids. I bought booties for the babies and Ma made them little moccasins. Then I used their ration stamps to buy my shoes. Sugar was rationed, meat and cigarettes. After Jack, I had a daughter Bonnie, then a son, Donald. Then who? I've got so damn many kids I can't remember them all! (laughter) Shirley, Juanita, Nada...

The women go to work

We knew jobs were available. You know how talk gets around. We heard through word of mouth. My sister and I were working in Duluth at the time. We came home and heard they said they were hiring at the Wood Conversion. We put in our applications and got hired right away. It was easy getting a job. I had to have a physical exam to work at both mills but no written exam.

I worked at Wood Conversion Company until I was five months pregnant. Geez, it was hard work. It was much different from the paper mill. My sister and I worked on the cutters next to the drying machine where they dried wall board. We had to cut that stuff into 8 foot and 12 foot lengths. Then we had to pile it on skids.

I worked different places

there. I worked on packing boxes, I worked on the slap bed where you take away ceiling tiles, I worked on the coating machine. They taught you on the job -- there was no time to train anybody. We worked in different shifts, morning, afternoon or midnight. Around the clock, that mill never stopped. There were older men there or men who couldn't go into the service.

I went to work at Wood Conversion for the money. It was definitely better money than

at the hospital. I was only making \$30 a month at the Indian hospital. My wage must have tripled at the

mill. I had a savings account but I never had a checking account. I helped my parents out in Sawyer. They had nothing, they were real poor and getting old. So I went down to talk to the Sawyer storekeeper. Mother and Dad had credit there and mother would spend just so much on groceries and then they would go without. I told that storekeeper to give my mother and dad what they wanted and I would take care of the rest of it. I made sure they had enough food.

I worked until I was five months pregnant and quit. I didn't tell them why I quit. Then I had the baby. The Wood Conversion wrote a letter and said they wanted to see me. I wondered why since I didn't work there anymore. I got kinda

scared and thought maybe I did something wrong.

When I got there they asked why I quit and I told them I had a baby. They said you have a lot of insurance money coming, money you already paid the doctor. They asked why I didn't tell them I was pregnant! I said I didn't want to! I never used to like telling anyone when I was pregnant. In them days they never talked about stuff like that!

I don't recall if Wood Conversion

was directly involved with the war effort. They may have been making insulation for battle ships or something. I know you could buy war bonds at work. I bought bonds. The cost was taken from my paycheck.

After Jack was born I went back to the Wood Conversion for a little while and then started at the paper mill. It was much different there. I worked in the finishing room and it was clean. In fact, you could go to work all dressed up and after work take the bus and go down to Duluth, that's how clean it was. The work was easier and the pay was better. Mother cared for my children. By that time my dad passed away. My sister Helen lived with me.

I don't remember how long I worked at the mill. They started laying off women when the men started coming back from the service. All the married women were laid off. I felt really bad about that. When I started at the mills they never gave us any indication that they

would be laying off women at the end of the war. They laid me off, too.

Jack never came home. He made a career of the service and wanted me to go with him. I didn't want to go. I didn't want to be following him around everywhere. By this time I had four or five children. The mills were laying off lots of women. The attitude there among the women was the same as mine.

I was in a union but it didn't protect us at the end of the war. That's just the way it was. They told the women later on that the men were entitled to their jobs back since they were serving our country. They were family men, you know.

What difference did the job make in my life? Well, I didn't ever have it as good again. The money was never that good.

Even though I had it good during the war, I'd go through hell before wanting to see another one. So many of our people were killed over there! It isn't worth it. We were poor, we lived off the land and never had jobs. I would go without before I'd want another war.

Post-war

We both remarried. After the mill laid off the women, I lived off government money I got for my kids. My next full-time job was when I worked for the Indian CAP (Community Action Program) on the Reservation. I started in 1963. They called me a guidance aide. We helped the counselor. I headed all the schools here, Sawyer, Brookston and Cloquet. If any Indian kids missed school, I'd be the person the schools would call. I'd have people go to the homes and see why the kids were missing and if there was any way they could take them to school that day. Sometimes the parents were hung over. But we tried to keep the kids in school all the time.

When I was young Indians never drank like they do now.

In those days they had no transportation for getting around. They weren't allowed to go into taverns or liquor stores. My brother came home from the army and lived south of the Museum tavern. He walked home from town in his uniform and stopped at the Museum. He ordered a beer and was turned down flatter than a pancake.

He said I get my two beers every day in the Army. I'm fighting for this country. Why can't I get a beer? The bartender said it's because you're Indian. Well, says my brother, I'll tell you another thing. Years ago there was a law that said no Indians were to go overseas to fight and they're sending them over there every day! He got into an argument with the bartender so the bartender called the sheriff. The sheriff came over and said give this boy all he wants to drink. He's fighting for our country and he's entitled to it.

Young Indian men were fighting for the country. I've never heard of any Indian who was reluctant or didn't want to go. But there were a lot of white guys who would take off for Canada or would do something to themselves, hurt themselves so they wouldn't pass the physical.

I don't know why Indians were less reluctant to fight the war. They were paid in the service but not much. I think my brother got \$21 a month. His family got something, of course. Before the war he cut pulpwood and drove a cab. Then after the war he worked in the shipyards. There was no work here (on the reservation). They didn't let my brother go overseas because he had flat feet.

My mother was worried about my brother, we all worried about him. We were thankful he didn't go overseas. He never mentioned his service time to me.

I also remember when they first had trouble with Hitler in 1939, before World War II. We received news about trouble in Germany. I remember hearing how Hitler was trying to get into power, how he had his own people, you know, like the Democrats have theirs.

The Class of 2010

Congratulations to the following area graduates!

Carlton High School

Lee Grund, Joshua LaFave, Allen Davis, and Brian Olfen

FDL Ojibwe School

Sarah Jean Ammesmaki, Jamie Lee Blue Bird, Kim James “K.C.” Conners Jr., Vanessa Mary Fox, Aliza Susan Gingras, Brenden Thomas Greenleaf-Gingras, Larissa Ann Greensky, Christina Marie Martineau, DawnaRae Martineau, Tyler James Murto, Ria Storm Peterson, Krysta Ann Reynolds, Selena Renay Rockensock, Cory Loy Shaw, Cherokee Rebecca Smith, and Josephine Antoinette Sueling-Loons.

Note: the names of the Cloquet Senior High School and AlBrook High School graduates will be published in a future edition. The names will be available at the end of the summer school session.

Inaugural SADD Award given to FDL Ojibwe School grad

FDL Ojibwe School graduate Jamie Bluebird received the first-ever Outstanding Student Against Destructive Decisions (SADD) Award during the May 26 commencement ceremony. Jamie, who was involved with the program for eight years, was praised for her many contributions that included community outreach, leadership, and working with younger students.

Jamie worked on the buckle up safety campaign, how to deal with bullies, saying no to drugs and cigarettes, the prevention of distracted driv-

ing, and child passenger safety.

Holly Kostrzewski, advisor to the SADD program, said in her remarks that Jamie worked hard, achieved her goals, and always had a smile on her face.

The award plaque with Jamie’s name will hang in the school administration office and begin the series of outstanding SADD leaders at the Ojibwe School.

Jamie received a trophy that read “Be the change you wish to see in the world” (Gandhi), and “Ojibwe School Outstanding SADD student 2010.”



Holly Kostrzewski (left) and Jamie Bluebird worked together for eight years on Students against Destructive Decisions (SADD) initiatives at the FDL Ojibwe School. In her speech at the May 26 graduation, Kostrzewski acknowledged Bluebird’s contributions, and pondered losing such a key part of the school program.

Krysta Reynolds, Ojibwe School athlete, looks back at her playing career and forward to college

By Dan Huculak

Krysta Reynolds, a two-sport athlete who just graduated from the FDL Ojibwe School, had mixed feelings about her high school experience and athletic career coming to an end. Of course she’s happy she graduated. At the same time, Krysta admits to feeling sad because she will miss her teachers and friends from high school. Krysta is a 2010 graduate who played for the Ogichida volleyball team. She was a forward on the girl’s basketball team. Krysta was reluctant to talk about herself during an interview, but brightened when asked about her favorite sport to play: basketball. Why? She cited the teamwork, running plays and getting to shoot the basketball as her main reasons.

Her favorite athlete is NBA star Carmello Anthony of the Denver Nuggets. She likes to watch Anthony for his

ability to take over games, and score from outside with three-pointers. Additionally, like Krysta, he’s a mid-range shooter.

In her best game early in the season, Krysta and Amber Fox were the high scorers on the team. She said she shot a three-pointer, and got to shoot technical free throws when a player on the other team fouled her.

“It was a flagrant foul,” she said. “I don’t remember exactly how many points I had that game. It was around 16 to 17 points.”

Krysta’s role model is her father, George Reynolds. She said he had always been a good influence and was there for her. “He gave me everything I have ever needed,” she said. “Thanks to him, there’s never a dull moment.”

Her father added that he raised Krysta alone. There were rough times between the dad and daughter. Krysta has been

applying to colleges, which makes her dad proud.

“I am proud of her for finishing high school,” he said.

As for the future, Krysta said that the University of Minnesota-Morris contacted her out of the blue. She has applied to that university for acceptance and financial aid. At the same time, there’s a strong chance she will start college at the Fond du Lac Tribal & Community College in Cloquet.

She hasn’t decided on what to major in as she moves ahead in her life, but added that she would like to learn more about the Ojibwe language.

Her favorite subject in high school was art class. She enjoys beading, drawing, and writing. “I like to try new things,” she said.

Krysta likes to watch television or listen to rap music star “Tech N9ne” in her spare time.



Dad and grad: Krysta Reynolds poses with her father, George Reynolds during the Class of 2010 graduation ceremony at the FDL Ojibwe School.



Parenting Page

Accurately reading signals: What your child is telling you

By Lucy Carlson, M.A.

Last weekend, I spent a couple of hours at a friend's home. Her 15-month-old grandchild was visiting. As I watched the baby, I was fascinated to observe how he got his needs met without using much language. I noticed what signals he used. He goes to Early Head Start, so he has learned signs for some of the things he wants. He used these signals with his grandmother mostly to ask for milk and water and to indicate "please."

He also responded to his grandmother's verbal signal when she said the Ojibwe word, "Gaawiin," for "No!", when he began to open a cupboard door.

As is typical of children at this stage, he does not have many words he can use to be understood by others. And he is much more able to understand than express himself in words. So, he uses other signals to communicate his wants and needs to others. His body language was coupled with sounds of distress if he felt frustrated. He held out a toy when he wanted an adult to play. He found his cup and made the sign for "water" to an adult when he wanted water.

The signals at his disposal included facial expressions, utterances in both Ojibwe and English that were not yet clear words, crying, body language, and sign language.

I also noticed that this communication was not one-sided. For the child's signals to be effectively communicated, the adults around him had to be tuned in and responsive to his

signals. As the baby moved around the room, the adults listened, watched, evaluated and acted. The result was mutual understanding.

But, what about behaviors that do not make sense, when children do things we don't understand. Examples are a three year old who has temper tantrums and holds her breath so long that she passes out, or the siblings who bicker and fight on a long trip or the boy, 14, who starts to act like girl or the girl, 16, who is sexually active.

In the above examples, the ways of behaving can be called signals. They are a child's way of telling us something that she or he can't express in words, or through usual conversations. They are messages to someone else—usually a parent—that convey a feeling or need that is too complex or scary to talk about in the usual way. A signal is an alternate way of communicating, a method that usually says: please pay attention.

Behaviors such as lying, temper tantrums and bedwetting are normal at certain childhood ages. Yet these same behaviors in a much older child could be a signal. As parents, we need to figure out what the signal is and the message within the signal. Then we are able to act on that message. How? Think as if you were your child. Ask: "What does this mean to my child?"

Consider a shy 15 year old who is painfully aware of her rapidly growing body. She has a secret. She is very bright. But she does not let anyone know because the kids she hangs around with make fun of

"brains." She loves reading at home and gets a lot of satisfaction from it. Also, she thinks she is in love with Jimmy, and would do anything to keep him interested. Jimmy earns "C's" and "Ds," and says he hates intelligent students. She is afraid Jimmy will drop her if he finds out she is an "A" student. What signals might she send?

She needs to hide her intellect, while meeting her parent's and her own expectations about good grades. To understand her signals, we could think about what's most important to her: good grades and adult approval, or a very important boy? Do you think she might:

- Decide Jimmy would see her high grades and realize she is ok after all?
- Fail her semester exams, by choice, playing sick that week?
- Tell her parents about her dilemma, continue the good grades, and then lie to Jimmy about her report card?
- Lower her grades systematically by late papers, poor test scores, and sloppy work, letting no one know why she's slowly slipping in school?

The last choice is probably the answer, because her parents would have little control over the outcome and she would keep Jimmy.

Here are some tips about signals: They occur when a child thinks a parent will not listen to her words. They are a substitute for words. They are sometimes learned. For example, a child will say he is sick and then receives attention from adults. Sometimes a child sends him-

self a signal when he is trying to fool himself into thinking he has one problem instead of another. He won't eat, saying he's not hungry rather than saying he wants attention from Mom and Dad now because he's afraid they will abandon him.

Signals have less obvious characteristics. They almost always make a parent uneasy, anxious or angry. They represent unexpected actions from your child that make you think they are directed at you even when they aren't. They represent a challenge to family rules and values. They push a parent's buttons. If the signals are labeled as lying, stealing, promiscuity or male effeminate behavior, adults most likely react with strong negative feelings. Look under the label to learn the real reason. Remember, the more a signal gets you upset, the more important it is to your child.

Signals can be physical or mental; temporary or permanent; they can use words or body language; they can be directed against the family or self-directed; subtle or obvious; simple or complex. The only thing they have in common is they are a substitute for words and are started by the child.

They vary in children of different ages. Wetting the bed is normal for a three year old, but has a very different interpretation in a thirteen year old. Some signals almost never occur in childhood and some childhood signals become much more serious when they occur in adolescence. Signals cannot be generalized. Each one needs to

be looked at within the context of the age and maturity level of the child who sends it.

Signals are not easy to recognize and understand. We parents have to give thought and effort to our perceptions of our child's signals.

So, now what? Your child has signaled. You know it because you feel it and see it. Something vague and unpredictable is happening in your child's behavior and it worries you. Your child is in some kind of distress. But, what? What is she trying to tell you? How can you help her? What is the message that lies buried somewhere in what your child is doing or saying?

It is always hard to figure out the message behind the signal and it always takes time to figure it out.

Next month we will look further into signals and finding their message. We will look at why it is doing our child an injustice to simply label his signal by saying, "He wants more attention," when he is really saying, "I feel nobody pays any attention to me because I am so quiet."

The "because I am so quiet" part makes all of the difference in how we help our child. If we take the time to discover the child's real message, the end result will be a happier, healthier child.

Lucy Carlson specializes in early childhood education. She writes regularly on parenting matters for this newspaper. Her email address is Carlsonlucy@aol.com

FDL Law Enforcement news

Seatbelt enforcement campaign yields 75 citations at FDL

During the statewide “Click It or Ticket” enforcement effort (May 24 to June 6), the FDL Police Department issued 75 seat belt and child restraint citations.

More than 400 law enforcement agencies statewide participated in the state Department of Public Safety-coordinated enforcement effort aimed at increasing seat belt and child restraint use among motorists. Each year in Minnesota, unbelted motorists account for more than one-half of all motorist deaths.

“Enforcing seat belt use is not just the job of law enforce-

ment, it’s up to every motorist to speak up and tell your passengers to buckle,” said FDL Chief Jeremy “Sam” Ojibway in a prepared statement.

“Unbelted motorists are not just endangering themselves. In a crash an unbelted passenger can slam into and injure others in the vehicle,” he said.

The campaign was the first major enforcement of the primary seat belt law this year, and marks the one-year anniversary of passage of the law. The law requires passengers in all seating positions, including the back seat, to be buckled up or seated in the correct child

restraint. Now law enforcement officers can stop and ticket motorists solely for seat belt violations, including unbelted passengers. A seat belt fine is \$25 but can cost more than \$100 with court and administrative fees.

The campaign also included enforcement of Minnesota’s strengthened child passenger safety law that requires children to be in the correct restraint until they are eight years old, and 4 feet 9 inches tall. This law requires booster seats for kids usually starting at age four to ensure adult seat belts fit them correctly.

Special nighttime belt patrols conducted during the campaign resulted in 40 citations. The department focused on nighttime patrols to combat a disproportionate number of unbelted traffic deaths during nighttime hours. During 2006–2008, 64 percent of nighttime (9 p.m. – 3 a.m.) fatal crash victims were not wearing seat belts.

Fond du Lac Police Dept conducted a seat belt observational survey prior to the seat belt enforcement in the area, and reported that 87 percent of motorists were belted. In a post-enforcement survey, belt use jumped to 90 percent.

Each year, unbelted motorists account for more than half of all vehicle occupants killed. Non-belt use is especially an issue in Greater Minnesota communities. Annually, nearly 80 percent of unbelted traffic deaths occur on Greater Minnesota roads. Belt use is especially poor among teens and young adults.

The Click It or Ticket enforcement effort is a component of the state’s Toward Zero Deaths (TZD) initiative. TZD is a multi-agency approach to address traffic issues regionally through enforcement, education, engineering and emergency trauma care.

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

- 5/13/10 Theft from FDL Gas and Grocery store
- 5/14/10 Traffic stop on Brookston Rd.; driver cited for no seatbelt
- 5/15/10 Traffic stop on Big Lake Rd.; driver cited for driving without drivers license
- 5/16/10 Traffic stop on Maple Dr.; driver arrested for driving after Cancelled Inimical to Public Safety
- 5/17/10 Report of suspicious males walking around the church on Mission Rd.; gone when officers arrived
- 5/18/10 Report of suspicious person on Maki Rd.; unable to locate person
- 5/19/10 Report of domestic assault on Coffey Rd.; person arrested for assault. Also on this call: another person was arrest for DWI
- 5/20/10 Report of hearing someone outside of house on Ridge Rd.; officers located the person.
- 5/21/10 Report of intoxicated person in the compound and hitting a vehicle with a shovel. Located male and brought to jail.
- 5/22/10 Report of domestic assault on Drake Dr.; individual taken to jail
- 5/23/10 Traffic stop on Hwy 2; driver arrest for 7.8 grams of marijuana
- 5/24/10 Traffic stop on University Rd.; driver cited for driving after suspension and no seatbelt
- 5/25/10 Report of dog bite on Mahnomen Rd.; dog was quarantined for 10 days
- 5/26/10 Report of cabins being broke into on Big Lake
- 5/27/10 Report of dog bite on Moorhead Rd.; dog was quarantined for 10 days
- 5/28/10 Officer located a small child on the side of the road with no adults around. Child brought to uncle’s home.
- 5/29/10 Report of car being broken into and spray painted; car located on Mukwa Rd.
- 5/30/10 Report of garbage on Central Hall Rd, officers located the owner and owner cleaned up the mess
- 5/31/10 Car being illegally entered on Ridge Rd.
- 6/1/10 Assist Cloquet officers with a pursuit
- 6/2/10 Report of gas drive off at FDL Gas and Grocery; owner came back and paid for the gas
- 6/3/10 Report of intoxicated person walking on Ridge Rd.; unable to locate person
- 6/4/10 Report of suspicious car in the compound; owner unknown
- 6/5/10 Report of burglary on Coffee Rd.; person located and brought to jail
- 6/6/10 Report of domestic assault at the compound; one individual was taken to jail
- 6/7/10 Report of house spray painted in the compound
- 6/8/10 Report of assault in the compound; two individuals advised to stay away from each other
- 6/9/10 Report of people fighting at the FDL Gas and Grocery; juveniles arrested
- 6/10/10 Report of house being entered on Mahnomen Rd.
- 6/11/10 Report of suspicious kids on Northrup Rd.
- 6/12/10 Report of assault on Waagosh Rd.; individuals separated
- 6/13/10 Report of a camper on fire on Cary Rd.; located the fire; owner was at the scene
- 6/14/10 Report of damage to the Ojibwe School playground fence

Sara Evans concert in July at BBCR

Female country music star Sara Evans will perform at 8 p.m. on July 10 at the Black Bear Casino Resort.

Some of Evans' notable song titles include "No Place That Far," "Born to Fly," and "Suds in the Bucket."

Tickets are \$44, \$49, and \$55, and can be purchased at Ticketmaster.com website, or by calling (800) 745-3000.

Vet's powwow

The annual FDL Veteran's Powwow will be held July 9, 10 and 11, 2010 at the Mashkawi-

sen Powwow Grounds, U.S. Hwy. 210 and Mission Road, Sawyer.

- The July 9 Grand Entry will be held at 7 p.m.
- The July 10 Grand Entries will be held at 1 p.m. and 7 p.m. Veterans will be honored at a special ceremony at 1:30 p.m., and a feast will be held at 5 p.m.
- The July 11 grand entry will be held at 1 p.m.; lunch follows at 3 p.m.

Dance specials include the Women's Jingle, Men's Grass Dance and Hand Drum Contest. Pete Gahbow and Dan Houle will serve as co-Master of Ceremonies. The Arena Directors

Hilton. Great job, Heidi! There are more activities proposed for future months, so be sure to check the paper, check the event boards in the community centers, or give a call to Deb Topping, Elder Advocate, (218) 878-8053. You could also call me at (218) 879-9412, Greta Klason, (218) 345-6304 or Heidi Hilton, (218) 348-0533.

Jerry Setterquist

July activities

- The always-popular Elder Picnic will be held from 11 a.m. to 3 p.m. on July 9, 2010 at the Cloquet Tribal Center Powwow Grounds (behind the Ojibwe School). Drawings will be held for fabulous prizes.
- The age 52-plus Elder meeting that includes a potluck meal will be held from 5 p.m. to 7 p.m. on July 14 at the Cloquet Community Center. Speaker Andrea Junker will talk about Environmental Health, along with FDL nutrition educator Amber Ahonen. All are invited.

will be Jaimie Petite, Steven Smith, Charlie Smith, and Jay Smith. Cedar Creek will serve as Host Drum. Head Dancers are Mike Diver and Vanessa Northrup.

Alcohol and drugs are prohibited.

For more information, call Chuck Smith at (218) 878-2670, or email chucksmith@fdlrez.com

Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased Band Members

contact the Fond du Lac Legal Affairs Office at (218)878-2632 or toll-free at (800)365-1613 to assist the Band in distributing the trust money to the appropriate heirs:

BARNEY, Norman; **BEGAY**, Raymond Sr.; **BRIGAN**, Calvin; **CHRISTENSEN**, Terry; **CROWE**, Gary; **GANGSTAD**, Harold; **GLASGOW**, Edith; **HERNANDEZ**, Phyllis; **HUHN**, Cheryl; **JEFFERSON** (Drucker), Mary; **JONES**, William Sr.; **JOSEPHSON**, Charles; **KAST**, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **MARTINEAU**, David; **OLSON**, Daniel G. Sr.; **PETERSON**, Beverly; **REED**, Marie; **SHARLOW**, Gerald D.; **SHAUL**,

Joseph; **SMITH**, Carl; **SORENSEN**, Kenneth; **STANFORD**, Cathy; **TROTTERCHAUDE**, Rex.

Youth basketball tournament in July

The 2010 Youth Basketball Tournament will start at 9 a.m. on July 10 at the Tribal Center gym. The tournament is open to boys and girls age 10 to 17. Trophies will be awarded for first, second and third place, and t-shirts will be given away. For more information call Becky Reynolds at (218) 878-3804 or call the Community Center desk at (218) 878-7510.

Elder Essentials

Hello to all Fond du Lac Elders, and a cheery greeting from your activity board! The board meets on the second Tuesday of every month to discuss activity proposals or to help plan an activity.

All activities are for elders 52 years of age and older who are Fond du Lac Enrollees. Our meetings are open and everyone is invited to attend.

Presently, we still need a board representative from Sawyer and Brookston. Come and join us for a good time.

On June 12, 38 Elders traveled for an overnight stay to the Cass Lake Palace Casino. The highlight of the trip was to attend a play at the Paul Bunyan Playhouse in Bemidji. We enjoyed Neil Simon's "Biloxi Blues." The production took place at a U.S. Army base during World War II in Biloxi, Miss. There were lots of laughs and applause as the play went on. It was a very nice outing.

Let's have a "hip, hip, hooray" for the excellent work from our chaperone, Heidi

- Frank Goodwin, Cultural Coordinator at the Mashkawisen Treatment Center will be the Traditional Speaker on July 20, 2010 for the Age 2 Age Program at the Cloquet ENP room. The feast will be held at 4:30 p.m. and the address will start at 5 p.m. and end at 7 p.m. All are welcome to attend!
- On July 16, 2010 the Wisdom Steps Youth group will host a Taco Sale in the Cloquet ENP room from 11 a.m. to 2 p.m. Delivery is available for orders of five or more tacos. The cost is \$4.50 taco, fifty cents for a soda, \$1 for frybread. Call Debra Topping at (218) 391-8051 with questions or to schedule a delivery.
- The Wisdom Steps Youth Pancake Breakfast will be held from 7:30 a.m. to 9:30 a.m. on July 30. The breakfast cost is \$5 and includes pancakes or potatoes with oatmeal, sausage, bacon, orange juice and coffee. Hope to see you there!



Travis signs autographs during June 4 show.

Randy Travis wows Creek crowd

By Dan Hucalak

Country and Gospel music star Randy Travis played to a packed Otter Creek Convention Center on June 4.

Backed by his band featuring six guitar players, a fiddle player, a drummer, and a keyboard player, Travis played his repertoire of traditional country hits from a career beginning in the 1980s. The show included classic country hits such as Roger Miller's "King of the Road."

Travis introduced Eamonn McCrystal, an up-and-coming young vocalist from Ireland who specializes in easy listening and spiritual music. McCrystal performed two songs, including "You Raised Me Up," a song popularized by Josh Groban in 2003.

Travis saved two of his best hits for last during the performance: his 2003 hit "Three Wooden Crosses," and "Forever and Ever, Amen,"

Once rejected by nearly every record label in Nashville, Randy Travis since has sold more than 25 million records; has 22 number one hits, six number one albums, six Grammy awards, and a star on the Hollywood Walk of Fame.



Elders can lead in heart disease prevention

From the FDL Public Health Nursing Department

Elders are the keepers of knowledge about traditions that strengthen hearts. Traditional foods are often the most healthy foods. Our traditional lifestyle involved much physical activity. Our elders can tell us about those activities.

We know that soda pop has been terrible for our people, contributing to diabetes, high

blood pressure and heart disease. A healthier alternative is to drink teas made from plants where we live. Our elders can teach us which plants to pick and how to make tea.

Elders also know how to prepare foods for feasts and celebrations. This knowledge is passed from generation to generation. Now, as heart disease is the leading cause of death in our communities, we need our elders to help us find healthier ways to prepare

those foods.

Elders can be leaders in heart disease prevention by reducing the amounts of saturated fat, cholesterol and salt when cooking traditional foods. This can be done, for example, by cutting the fat off meat before cooking it, skimming the fat off soups and stews, and draining the fat off ground beef. Substitute low-fat dairy products for those that are high in saturated fat or cholesterol. Cook food with small amounts

of vegetable oil or margarine, instead of lard or butter. Instead of using salt, elders can add more of the other traditional spices to flavor our traditional foods.

Traditional foods prepared with less animal fat and salt will keep older people healthier. It will also help future generations prepare traditional foods in ways that will strengthen their hearts. Young people will learn to love the taste of food prepared in a healthier way because they will associate

it with the feasts and ceremonies that are special in their lives. And they will remember grandmother preparing it just that way!

Next month: Getting Involved for a Healthier Community.

Call Amber at (218) 878-3709 for more information about Fond du Lac Public Health Nursing Department services.

Lubricants for the soul Crying heals emotional scars

By Dan Rogers

The following three statements are common myths according to almost every mental health professional in the world.

- Crying is a sign of weakness. Crying is actually considered a sign of strength because it takes guts to cry, especially for men. Crying is a very healthy outlet for sadness and frustration. People who are able to “let go” by crying are often stronger than those who can’t get in touch with their pain and release it through crying. Crying heals our emotional scars and can prevent some people from “cracking up” because crying can act as a pressure valve to release pent up emotion. Crying is not “breaking down” but rather “letting go.”

Also, scientists now know that human tears of joy are

chemically different than the chemical makeup from tears of sadness or frustration. Crying tears of sadness/frustration can be very cleansing emotionally and perhaps even physically. Most people feel better after a “good cry.”

Humans are the only species capable of sobbing. Therefore, some believe that the Creator gave us the gift of sobbing so that we could use it to heal our emotional scars.

- Asking for professional help is a sign of weakness. Actually, asking for help is a sign of strength because it takes courage to admit to a problem, face up to it and do something about it. People who have issues but cannot ask for help are usually more fragile than those who can ask for help and face up to those issues. Also, asking for help is very empowering because you

have decided to make positive changes in your life. Having your own therapist is even considered fashionable and prestigious on the East and West coast.

- Taking any kind of medicine is a sign of weakness. Instead, it is a sign of strength to face up to your problems and do something about them such as taking needed medicine. Also, having a biochemical imbalance in your brain (such as depression) says no more about your character than having diabetes says about you as a person.

Remember, your tears are lubricants for your soul.

Dan Rogers is a licensed psychologist with FDL Human Services

Heart healthy recipe: Southwestern Turkey Stew

(from the American Heart Association Website) (serves 8)

Ingredients

- ¼ C all-purpose flour
- 1/4 t salt
- 1/8 t black pepper
- 1 1/2 pounds boneless, skinless turkey breast, cut into 1/2-in. cubes
- 2-14 1/2-oz. cans no-salt-added tomatoes, chopped
- 10 1/2-oz. can fat-free, low-sodium chicken broth
- 10-oz. pkg. frozen no-salt-added corn
- 1 C chopped onion
- 4-oz. can chopped green chili peppers
- 2 t bottled minced garlic
- 1 1/2 t ground cumin
- 1 1/2 t dried oregano, crushed
- 1/4 C chopped fresh cilantro

Cooking Instructions

In a large plastic bag with a tight-fitting seal, combine flour, salt, and black pepper. Add turkey cubes; shake until well coated. Shake off excess flour.

In a Dutch oven or other large pot with a cover, combine coated turkey with remaining ingredients except cilantro. Place over high heat and bring to a boil. Reduce heat, cover, and simmer for 25 minutes or until turkey is no longer pink in center, stirring occasionally. Stir in cilantro.

Microwave method: Halve ingredients listed above. Prepare turkey cubes as directed. Combine coated turkey and remaining ingredients except cilantro in a 2-quart microwave-safe casserole. Cover and cook on 100 percent power (high) for 15 minutes or until turkey is no longer pink in center, stirring twice. Stir in cilantro.

Nutritional Analysis: 175 calories, 1 g fat, .5 g saturated fat, 58 mg of cholesterol, 215 mg sodium, 4 g fiber, 5 g sugar, 23 g protein.

Obesity and diabetes among Indians: A little bit of good news on the horizon

According to the Centers for Disease Control and Prevention, 70 percent of Indian adults are overweight or obese. That's slightly higher than the 68 percent of adults in the United States who are overweight or obese.

American Indian adults are nearly three times more likely as whites to be diagnosed with type-2 diabetes. Indians are also twice as likely to die from the disease, according to the U.S. Department of Health and Human Services.

Diabetes and obesity are closely linked together. When a person has Type-2 diabetes, the body does not produce enough insulin. Without insulin, blood sugars get too high.

The disease can be controlled with insulin injections, exercise and a healthy diet. But if left unchecked, the condition can lead to blindness, kidney failure, and even amputations.

There is no single reason why American Indians have the highest rate of diabetes in the country. Studies suggest there may be a predisposition to getting the disease.

But at the turn of the 20th century, diabetes cases were rare among Indians. After being pushed onto reservations, Indians were pressured to give up traditional hunting and gathering habits. That led to a shift from wild game and forest greens to unhealthy foods heavy in fat, salt, and carbohy-

drates.

There may be an indication of some improvement, however: American Indian health experts say that although the diabetes rates are indeed a bad sign, people in Indian communities are becoming better educated about diabetes and are taking better care of themselves, said Dr. Steve Rith-Najarian, a diabetes expert with the federal Indian Health Service in Bemidji, Minn.

According to Rith-Najarian, diabetes rates among Indians appear to be stabilizing. The rates of kidney complications and the need for dialysis are on the decline. And limb amputations, once common in Indian communities, have declined by as much as 80 percent on some reservations, according to Indian Health Service.

Part of the improvement is in the degree to which the communities and individuals have taken ownership of diabetes. Twenty-five years ago, it was rare to be doing self blood-glucose monitoring. Now, it's very commonplace, Rith-Najarian added. Information for this story came from the Pioneer Press and a National Public Radio report.

Experts: chances of getting breast cancer reduced with diet and exercise

Breast cancer rates could fall by as much as one-third in western countries if women ate less and exercised more, researchers at a European conference said in March.

Early diagnosis, mammogram

screenings, and better treatment methods have dramatically slowed breast cancer, but experts said the focus should now shift to changing behaviors such as diet and physical activity.

"What can be achieved with screening has been achieved. We can't do much more," Carlo La Vecchia, head of epidemiology at the University of Milan, said. "It's time to move on to other things."

At the March conference in Barcelona, Spain, La Vecchia cited figures from the International Agency for Research on Cancer, which estimates that 25 to 30 percent of breast cancer cases could be avoided if women were thinner and exercised more. The agency is part of the World Health Organization.

Additionally, Dr. Michelle Holmes, of Harvard University, said people might wrongly think their chances of getting cancer depend more on their genes than their lifestyle.

"The genes have been around for thousands of years, but if cancer rates are changing in a lifetime, that doesn't have much to do with genes," Holmes said.

Breast cancer is the most common form of cancer in women. More than 190,000 new cases were reported in the United States last year alone, and 40,000 deaths related to breast cancer were also reported.

The chances of a woman getting breast cancer in her lifetime are about one in eight. Obese women are up to 60 percent more likely to develop any cancer than normal weight women, according to a 2006 study by a group of British researchers.

This Associated Press story

was published in the Star Tribune.

Aspirin or ibuprofen – which is the safest form of pain relief?

Is low-dose aspirin treatment safe? Yes and no.

The March 2010 Mayo Clinic Health Letter reported that acetaminophen, better known as aspirin, is still the safest nonprescription pain reliever available. However, taking more than the recommended dose can result in serious or even fatal liver damage.

Mayo Clinic doctors state that nonsteroidal anti-inflammatory drugs like Tylenol are not without risks, even when taken within recommended doses.

The current recommended maximum dose for adults per 24 hours, in doses taken every four to six hours, is 4000 milligrams. Some patients, including those who have liver trouble, regularly consume alcohol, or are elderly, may be instructed by their doctor to take no more than 3250 milligrams daily.

The safest way to find a treatment plan that fits you the best is to consult with your doctor. The doctor can determine the best choice after reviewing what current medications you may be taking.

The FDL Human Services Division achieves national accreditation

The FDL Human Services Division achieved accreditation by the Accreditation Association for Ambulatory Health care

(AAAHC) on April 8.

In achieving the accreditation, FDL Human Services met nationally recognized standards for the provision of quality health care by the Accreditation Association.

Ambulatory Health care organizations seeking AAAHC accreditation must undergo a thorough self-assessment and an independent survey by the Accreditation Association's surveyors at the care facility site. The surveyors are made up of volunteer physicians, nurses, and administrators who are actively involved in health care at facilities that provide ambulatory medical care.

The survey also presents best practices in health care to help an organization improve the care and services it provides.

Nationally, there are nearly 5,000 ambulatory health care organizations with AAAHC accreditation. The AAAHC awards are specifically for health care organizations that provide diagnostic or health care on an outpatient basis.

One interesting note: FDL became the first Indian Tribe in the country to win accreditation as a "Medical Home Agency," a new element in the evaluation process that focuses specifically on high quality family practice medicine.

The story and pictures from the 2010 FDL Health Fair will appear in the next issue of this newspaper.



Community News

Theater Students from The University of Minnesota-Duluth performed "Pirates of the Carrot-Bean" for students at the FDL Ojibwe School on May 18. The Fond du Lac Diabetes Prevention Program contracted with the UMD Fine Arts Academy to bring this performance to area schools attended by American Indian children.

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 July 15, 2010 for the August 2010 issue. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com

The telephone number is (218)878-2628. 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

Margaret Needham reports on birthdays for the Center for American Indian Resources Human Services Staff. The July birthdays are: **Chuck Ells** (Associate Director) July 12; **Josie Barney** (Registered Nurse) July 31; **Lesla Turnbull** (Families First Social Worker) July 18; and **Jenny Howard** (Pharmacist) July 8.

We'd also like to welcome our newest staff member **Josie Barney** (Registered Nurse). Welcome!

Bunny Jaakola reports on birthdays for the Min no aya win Clinic staff - **Mary Ann Erickson**, July 13; and **Marilyn Grover** July 14.

Happy 20th Birthday **Jeremiah "Miah" Rule** (July 27). Love you lots!
From your sister

Happy 22nd Birthday **Samantha "Sam" Branley** (July 27).
Love u lots!
Love always, your Sister Beans



Happy 8th Birthday to **Brady Petite** (July 9).
Love, Mom, Dad and Darren

Happy Birthday to **Bruce Weske** (July 10).
Love, Your Family

Happy Birthday to **Derrick Defoe Sr.** (July 26).
Love, your twin sister Jessica; Joe, and kids



Happy Birthday to **Branden King** (July 28).
From Uncle Jarvis and your cousin, Justice
Wishing Our Nephew **Branden** a very happy

17th birthday!
We love you so much and can't wait 'til you come home.
Love, Auntie Nell & Uncle Mel

Happy 18th Birthday to our niece, **Kwanita White** (July 24).
Love, Auntie Janelle and Uncle Mel

Happy 9th Birthday **Alyssa Strand** (July 7).
Love, Auntie Janelle and Uncle Mel

Happy 16th Birthday **Trey Kettelhut** (July 20).
Love you!
Love, Mom, Dad, Clay and Lexie



Happy 25th birthday to **Danny Barney** (July 3), the best daddy ever. I love you, Dad.
Love, Danni
Happy Birthday to my brother **Danny!**
From your big brother Mel Barney

Thank You

Don and Becca Jones would like to thank the following for making their wedding day spectacular! **Muff and Gail** for the delicious frybread, and for helping out in the kitchen; **Sandy Shabiash** for the wild rice; **Brenda Blackwood** for use of the Sawyer Center; **Sharon Shabiash** for making delicious cakes; **Sharon Luing** for being our camera person; **Raft Blacketter** for after-festivities clean-up; **Pastor Bill Sutter** for usage of the church and for performing the marriage ceremony; **Mace Fonoti** for his awesome DJ services, and **Diana Sutter** for coordinating



the wedding. A special thanks to all who brought food for the potluck. Thank you everyone.

Happy Birthday to a wonderful mom and a very awesome grandma, **Sandi Savage** (July 26).

Love, Patti Jo, Danny and Dan-nin

Happy 30th birthday to my favorite Auntie, **Alyssa Marttila-Savage** (July 22).

Love, Dannintello

Happy Birthday to **Jerron Ojibway, Terron Ojibway, Heather Ojibway,** and **Realyn Ojibway.**

From, Gramma Joanie

Happy belated birthday to **Diane Mrozik** on June 9!

We love you!

From your children, grandchildren, and great-grandchild

Happy birthday to **Torrey Petite**, who turns 16 on July 7, 2010.

Mom, Dad and your brothers and sisters

Happy belated birthday to **Marita Jones Yellowhammer** (June 20). You are our Sweet Sixteen. We love you very much.

Donny and Rhonda Petite and your brothers and sisters



Anniversary

Happy First Anniversary to **Phil and Alyssa Savage** (July 31)

Love Patti Jo and family, Dylan and Alyza

To my wonderful wife **Alyssa**, Happy First Anniversary!

I Love You!

Love, Phil

Way to go!

Congratulations **Mike Savage-Doonan** for receiving your high school diploma.

From the Savage Family

Congratulations to the **Sawyer Girls' U-14 fast pitch softball team**, for winning their tournament June 5.

From the Sawyer community

City and Rez to flush water mains June - August

The Cloquet Water Department will begin flushing water mains on June 28 and will continue through the month of July. Flushing will occur between the hours of 7 a.m. and 4:30 p.m., Monday through Friday.

Area water customers may temporarily experience rusty or dirty water during the system flushing program. The Water Department advises anybody washing clothes during the week to check their water prior to washing.

System flushing for water mains in the Fond du Lac Reservation will begin immediately following the completion of the Cloquet systems, and is expected to begin in

late July or early August. If dirty water persists, contact the City Engineer's office at (218) 879-6758.

To Chief Osaugie family members

If you are a descendant of Chief Joseph Osaugie, please feel free to join the Facebook group entitled "Descendants of Chief Joseph Osaugie." I created this page as a gateway for family members to communicate with each other. To date we have more than 200 family members using the site. We have included old family photos and informative links to family events. You must join Facebook to join the group. Facebook is a free Internet service and you can join at www.facebook.com. If you have questions, please feel free to email me at Profotogal@aol.com.

Tina Slis

Memorials

In loving memory of my mother, **Katherine Berglund**, who passed away July 27 1966, and in memory of Johnny Wood who passed away July 2, 2005. I miss them dearly

Joanie Lee

In loving memory of our beloved mother, **Delia Moreland** (June 7, 1921 - July 8, 2006)

We miss you in so many ways.

We miss the things you used to say.

And when old times we do recall, It's then we miss you most of all.

Forever with love,

Your children

Obituaries

Eugene "Turk" Martineau, (Jan. 18, 1928 - May 20, 2010) 82, of Sawyer, passed away peacefully on May 20, 2010 in Chris Jensen Health Care Center. Turk was born on Jan. 18, 1928 to Eustis and Josephine (Peterson) Martineau in Cloquet.

During most of Turk's life, he loved to travel especially by railroad.

Turk was preceded in death by his parents, sister Cecelia Barney and

brothers George and Vincent Roy Martineau.

He is survived by his brother Ferdinand "Bill" (Loretta) Martineau and several nieces and nephews.

A traditional funeral service was held at 11 a.m. on May 24 at the Handevit Funeral Home in Cloquet. Burial was at the Sawyer Cemetery.

Eleanor Louise Diver, (May 29, 1941 - April 28, 2010), 68, of Cloquet went to be with her Creator on April 28, 2010 at St. Mary's Medical Center, Duluth.

She was born May 29, 1941 to John and Agnes (Woods) Diver at the Cloquet Indian Hospital.

Eleanor enjoyed spending time with her grandchildren and playing the "Whales" at Black Bear Casino. She also loved to fish and camp.

She was preceded in death by her parents John and Agnes; brothers Dana, John Sr. and Ernest Sr.; sisters Bernadette, Beverly and Elizabeth; son Larry Gault; daughter Yvette Denzler; and two grandchildren Jennifer and Quinten.

Eleanor is survived by her children, Dennis (Penny) Gault of St. Anthony, Minn., Ralph (Dawn) Reynolds of Barnum, Kim Ammesmaki of Duluth, Barb (Steve) Hilton of Brookston and Yvonne Shabaiash of Cloquet; numerous grandchildren and great-grandchildren; and brothers Harold Diver Sr., Richard Diver, Robert Diver Sr. and David Diver Sr.



Visitation was held on May 1 at the Fond du Lac Head Start Gymnasium, and continued until the 11 a.m. funeral service on May 3, also held in the gymnasium. Interment was at the Old Holy Family Cemetery, Cloquet.

Leonard M. ("Mickey") Houle, 80, of Cloquet, passed away June 5, 2010, at the Veterans Administration Hospital in Minneapolis.

He was born December 22, 1929, in Cloquet.

Leonard spent his career in the U.S. Army from October 27, 1947, until March 31, 1968, and had served in the Korean War. He retired with the rank of Staff Sergeant. Leonard worked as a FDL Land Lease Officer from Jan. 18, 1982 until Oct. 24, 2003.

He was preceded in death by his mother, Julia Houle Anderson, and one sister, Elvera Bauer.

He is survived by a brother, Norman A. Houle of Cloquet; two aunts, Dorothy Houle Mullen of Cloquet and Beatrice Houle Niemi of Wash.; and numerous nieces and nephews.

Visitation was held at 9 a.m. on June 15 followed by a memorial service at Nelson Funeral Care in Cloquet. Inurnment services were at the New Holy Family Cemetery with full military honors presented by the Cloquet Combined Honor Guard.



For sale

Historic Fond du Lac home located in the Cloquet District -- former Indian Hospital Nurses Quarters/Rupert Smith property. Three bedroom, 1 bathroom, 2 stories, covered front porch/deck. Many interior and exterior updates. Beautiful landscaped, fenced-in yard with detached garage. Property near Tribal Center, Clinic, and Store. Priced to sell at \$74,000. Call (218) 269-1356 to view.

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.



Aabita Niibino Giizis – Half Summer Moon July 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; FDLTCC: Fond du Lac Tribal & Community College

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Summer literacy reading puppets show at Early Head Start in July A puppet show luncheon for kids will be held at noon on July 15, 2010, in the Early Head Start Library, located at 41 University Road in Cloquet. Head Start families are invited to attend with their children. Lunch will be served. “The three Little Pigs and the Big Bad Wolf” and the “Three Billy Goats Gruff” will be performed by the young puppeteers. Afterward, the kids will make their own paper bag puppets.</p>				<p>Get Fit 12 p.m. CCC Bimajii 4:30 CCC Language table 5 p.m. CCC Galactic Cowboy 7 p.m. FDLTCC</p>	<p>Story time 3:30 p.m. CCC Women’s Night 6 p.m. CCC Moccasin games 6 p.m. CCC Intro to Drum & Singing 6 p.m. CCC</p>	<p>Fireworks at dusk SCC</p>
<p>HAVE A SAFE 4TH OF JULY</p>	<p>CLOSED</p>	<p>WIC 12 p.m. CAIR Get Fit 12 p.m. CCC Massage 4 p.m. SCC</p>	<p>Elder Concern’s mtg 10 a.m. ENP Potluck 5:30 p.m. SCC</p>	<p>Get Fit 12 p.m. CCC Massage 4 p.m. SCC Bimajii 4:30 CCC Language table 5 p.m. CCC Dennis Weaver 7 p.m. FDKTCC</p>	<p>VETERANS POWWOW Elder’s picnic 11 a.m. CCC powwow grounds Story time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC AlBrook 50 year Reunion</p>	<p>VETERANS POWWOW AlBrook 50 year Reunion</p>
<p>AlBrook 50 year Reunion</p>	<p>Open pool tourney 5 p.m. SCC</p>	<p>Seating of RBC officers 9 a.m. Tribal Center Gym WIC 12 p.m. CAIR Get Fit 12 p.m. CCC Massage 4 p.m. SCC</p>	<p>Elder Concern’s 10 a.m. ENP I CAN COPE 5 p.m. CCC Elder’s Potluck 5 p.m. CCC</p>	<p>Get Fit 12 p.m. CCC Massage 4 p.m. SCC Bimajii 4:30 CCC Language table 5 p.m. CCC McInnis’ Kitchen 7 p.m. FDLTCC</p>	<p>Wisdom Steps Taco sale 11 a.m. CCC Story time 3:30 p.m. CCC Women’s Night 6 p.m. CCC Moccasin games 6 p.m. CCC Intro to Drum & Singing 6 p.m. CCC</p>	<p>Game Night 5:30 p.m. SCC</p>
<p>Treasure Island Trip SCC</p>	<p>Game Night 5:30 p.m. SCC Bill & Kate Isles 7 p.m. FDLTCC</p>	<p>WIC 12 p.m. MNAW Get Fit 12 p.m. CCC Frank Goodwin 4:30 p.m. MKW</p>	<p>Elder Concern’s mtg 10 a.m. ENP Yahtzee Potluck 5:30 p.m. SCC</p>	<p>Get Fit 12 p.m. CCC Massage 4 p.m. SCC Bimajii 4:30 CCC Language table 5 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Rock-a-Billy Revue 7 p.m. FDLTCC</p>	<p>Story time 3:30 p.m. CCC</p>	<p>Open Cribbage 2 p.m. SCC</p>
<p>Rummy 5:30 p.m. SCC</p>		<p>WIC 12 p.m. MNAW Get Fit 12 p.m. CCC Massage 4 p.m. SCC</p>	<p>Elder Concern’s mtg 10 a.m. ENP Game Night Potluck 5:30 p.m. SCC</p>	<p>Get Fit 12 p.m. CCC Bimajii 4:30 CCC Language table 5 p.m. CCC Sobriety Feast 6 p.m. BBCR Intro to Drum & Singing 6 p.m. CCC Lehto & Wright 7 p.m. FDLTCC</p>	<p>Youth basketball tourney 9 a.m. CCC Story time 3:30 p.m. CCC</p>	<p>Paintball at Hinckley SCC</p>