

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



Left: FDL Police Sgt. Casey Rennquist, teasing his wife Annette about missing the target at the dunk tank fundraiser June 25 at the annual Fond du Lac Enrollee Day. Rennquist found the cold water in the tank moments later, thanks to a perfect strike thrown by Kevin Holshouser. Story on page 9.



### In This Issue:

- Local news . . . . . 2-3
- RBC thoughts . . . . . 4-5
- Law Enforcement . . . . . 6
- Enrollee Day . . . . . 8
- Dunk Tank Fundraiser . . . . . 9
- Alexander Paul.. . . . 10-11
- 13 Moons. . . . . 12
- Health News . . . . . 13
- Community News. . . . . 14-15

1720 BIG LAKE RD.  
CLOQUET, MN 55720  
CHANGE SERVICE REQUESTED

Presort Std  
U.S. Postage  
PAID  
Permit #155  
Cloquet, MN  
55720

# Local news

## FDLRMD's Wiecks honored for her work toward improving air quality

By Dan Huculak

Joy Wiecks has worked for the Fond du Lac Resource Management Air Quality Department since 1998. She has more than 15 years of air quality experience and she specializes in air permitting issues and federal Clean Air Act rules.

Wiecks has a Bachelor's Degree in chemical engineering and a Masters Degree in Air Resource Management from the University of Wisconsin-Madison.

"After I graduated, it was just luck. I had heard that Fond du Lac was looking for somebody in air quality and was just lucky enough to get the job," she said.

According to Fond du Lac Environmental Program Manager Wayne Dupuis, Joy was instrumental in FDL acquiring "treatment as a state" when working with the Environmental Protection Agency (EPA) in matters such as air and water quality

standards.

Her background includes environmental consulting and permit-writing, and she has been active in bringing tribes to the table in state, local, and federal workgroups. Her research into air related issues brings much credence to comments and other inputs that Fond du Lac gives in relation to developments within the ceded territory, Dupuis said in a written statement.

In June, Wiecks was presented with the Virgil Masayesva Excellence Award at the National Tribal Forum on Air Quality Management in Spokane, Washington.

The award is made in honor of Virgil Masayesva, a Hopi Tribal member, co-founder, and former director of the Institute for Tribal Environmental Professionals (ITEP) at Northern Arizona University.

Wiecks said she needed to change her travel plans after hearing that she had been selected as this year's recipient. "I actually wasn't going to go to the conference because I was traveling the week before. But

I heard... gosh I don't know, it must have been two months ago that I was getting the award."

Her input regarding the various Environmental Impact Statements being put out by the mining interests is critical for tribal concerns throughout the ceded territories. Joy has initiated much discussion and put forth tribal concerns related to pollutants associated with the current mining operations and the many proposed ventures that may take place, Dupuis added.

People tend to think about mining's impacts on water quality and rightfully so. But mining operations create ripple effects for air quality standards as well.

"Mercury gets into the air, but it comes down into the water, and gets into the fish. The mines control air pollution and take out sulfur from when you burn the coal, or when you manufacture the ore, you get sulfur coming out of your smokestacks. The mines put on wet scrubbers and the water has to go somewhere, and the release of the water is causing problems in water quality," Wiecks said.

About Masayesva, for whom the award was named, Wiecks added, "Virgil was such a great guy. He was really warm and a really good listener. If you were new, he would always come up to you and want to hear about your reservation and what you were doing and he tried to put you in contact with people who could help you."

The annual award is presented by ITEP, the Tribal Air Monitoring Support Center, and the EPA Radiation and Indoor Environments National Laboratory in Las Vegas, Nevada.

## Stepping Out Program offers outdoor fun for students and their families

The University of Minnesota Extension is looking for students in the 3rd through 7th grades to get outside and get active this July in the 4-H Stepping Out Program.

Students and their families are welcome to participate from 9 - 4 p.m. July 11 at the Fond du Lac Ojibwe School; and from 9 - 4 p.m. July 23 at Camp Miller. Topics covered in the program include:

- Gardening
- Animal Tracks
- Geocaching (using a GPS)
- Plant Scene Investigator
- Outdoor Cooking
- Yoga
- Astronomy
- Archery
- Weather Survival
- Camp Miller Activities include: kayaking, horseback riding and swimming

The program is free of charge, and lunch and snacks will be provided. Participants must provide their own transportation to the Ojibwe School. Transportation from the Ojibwe School to Camp Miller will be provided. Participants should dress in order to be comfortable for outdoor activities.

To register, contact Susan Beaulieu at (218) 828-2323 or Maria Defoe at (218) 878-7571.

## Ojibwe Healing Circle news

The 2011 "Healing Circle" Run/Walk will occur from July 9-15. The run/walk will connect eight Ojibwe reservations in northern Wisconsin, Michigan, and Minnesota. The 2011 Heal-

ing Circle Run/Walk is intended to be a prayer for healing.

This year's Healing Circle will begin at the Lac Courte Oreilles Reservation and end at Lac du Flambeau on July 9. The second day ends at Mole Lake July 10. Day three will end at Lac Vieux Desert July 11; Day four at Bad River/Red Cliff July 12, Day five at the Fond du Lac Black Bear Casino Resort July 13; Day six at St. Croix July 14; and finally, back at Lac Courte Oreilles July 15.

During the Healing Journey Run ten years ago, participants thought of a teaching on healing - "for a nation to heal, it must begin with the individual. As a person heals, then that person can help heal his/her family. As a family begins to heal, they can help heal their community. As communities heal, they can help the nation heal. As nations heal, they can help Aki (the earth), our plant and animal relatives to heal.

The 2011 Healing Circle Run/Walk is an opportunity for people to come together to pray for healing for themselves, their families, their communities, their nation, Aki, and our relatives.

Participants from Fond du Lac will run / walk from Superior, Wisconsin to the Ojibwe School Powwow Grounds. All participants must assume personal liability, and must provide their own transportation and expenses.

For more information or if you are interested in participating as a core runner / walker, from the Fond du Lac Band, please contact Veronica Smith at (218) 878-2681.



Joy Weeks seated at left

# Local news

## Important time-sensitive message from the FDL Scholarship Program

By Bonnie Wallace,  
FDL Scholarship Director

As per our program guidelines and as a part of our scholarship awarding process, we include a confirmation roster along with the scholarship check we send to either the school the student is attending or directly to the student if it is an approved reimbursement. Textbooks that are purchased outside of the college bookstore are included in this program.

The confirmation rosters must be signed, dated and returned by either a school official, training site official or by the student. Returning these is a requirement for continuing to receive assistance from the FDL Scholarship Program.

With the end of the academic school year now complete, we are now reviewing our confirmation roster file and see that we have hundreds of unreturned rosters out there. This notice is to alert school officials, training site officials and

students, that all future requests for assistance are now on hold until these rosters are signed and returned.

Please check your files or records and if you have misplaced the roster let us know and we can email or fax you a copy. It is imperative for students to check with their financial aid office or business office to make sure they have signed and returned the roster with their name on it.

Our fall term funding cycle will soon begin for the 2011-12 school year but we will not process any scholarship awards if your previous confirmation rosters are not returned. If you have any questions please contact Veronica Smith or Bonnie Wallace at (800) 365-1613 or (218) 879-4593 Ext. 2681.

## School clothing checks to be mailed in August

School Clothing Assistance checks will be issued to enrolled children in the beginning of August for the 2011-2012 school years. The amount of assistance is based on your child's

age as of Sept. 1, 2011:

- 3-6 years of age \$250
- 7-12 years of age \$300
- 13-17 years of age \$350

Enrolled members over age 16 or less than 6 years of age as of Sept. 1 must provide proof of school enrollment to Rita Ojibway.

Checks will be issued directly to each child, so please make sure that their mailing address is correct.

For program information, call Rita at (218) 878-2619; for address changes, call Patti at (218) 878-2674 or Dorothy at (218) 878-2676.

## Women's Wellness Gathering held at Forestry Center

By Marcia Kitto,  
Fond du Lac Human Services Division

Nearly 100 women from at least 10 reservations met May 23-24 at the Cloquet Forestry Center to participate in FDL Human Services annual Ziigwan Women's Wellness Gathering.

The gathering included an opening pipe ceremony with

four grandmothers sharing our healing medicines, followed by traditional teachings with Rose Marie DeBungie, a Ponemah elder; and presentations on topics geared toward women's healing and growth. The women shared gifts and stories throughout the gathering.

Christine Davidson of the Minnesota Indian Women's Sexual Assault Coalition (MIWSAC) presented Fond du Lac with the honoring survivors community quilt, created at the MIWSAC Conference held here in April. The quilt was full of messages from survivors of sexual assault and domestic violence; of hope and healing. She also shared the solidarity shawl project with us, and participants worked on the red shawls throughout the gathering. Sarah Agaton-Howes conducted a journaling workshop and women created individual journals the first day.

FDL Human Services workers Debra Johnson-Fuller and Sandi Savage stirred up lots of feelings and interest during the second day with their digital stories. Nikki Crowe of 13 Moons also shared a digital

healing journey story, and some of the women went on a nature walk. The gathering included many circles of healing around the sacred fire, including our talking circle on Monday and closing with the Oshkii-Giizhik Singers on Tuesday. The gathering concluded with a sweat lodge ceremony led by Anna Wait.

We were treated to a visit with two "Mary Northrup's;" our District III Representative, and Human Services Division Cancer Outreach Worker (now Mary Durfee). The two women took a picture with the community quilt which was gifted to us by MIWSAC.

Chi Miigwech to all who helped and participated to make this our most successful Women's Gathering. We invite all women to participate in FDL Advocates' Women's Groups held at Min No Aya Win from 5:30 - 7 p.m. on Wednesdays, and at CAIR from 1:30 - 3 p.m. on Mondays.

For more information, call Marcia Kitto at (218) 878-3782 or Patricia Peterson at (218) 878-3784.

## Nahgahchiwanong Dibahjimowinnan

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

### TABLE of CONTENTS

Local news .....	2-3
RBC thoughts .....	4-5
Law Enforcement .....	6
Enrollee Day .....	8
Dunk Tank Fundraiser.....	9
Alexander Paul .....	10-11
13 Moons .....	12
Health News .....	13
Community News.....	14-15

Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720.

Editor: Daniel A. Huculak

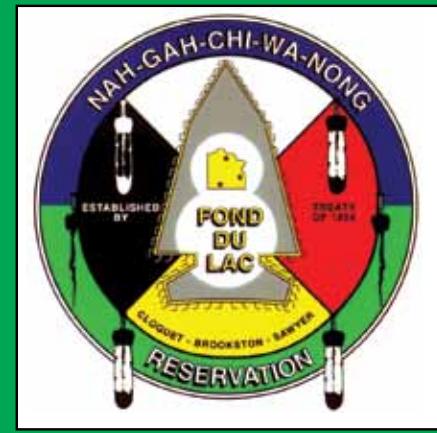
The mission of this publication is to provide the Anishinaabeg community of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation, with news and information that will be of help to them in their everyday lives. In addition, our goal will be to highlight many of the honors, accolades,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

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

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

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

Corporate Member of the  
Native American Journalists  
Association



# A few thoughts from RBC members

## From Chairwoman Karen Diver

It's so much fun to come to work every day and see the youth that are enjoying the activities planned by our community centers and the prevention/intervention program. The staff is making sure that the kids have fun, are safe and have an enjoyable summer. I'm sure that our parents feel some comfort knowing their children are well cared for. Thank you to all of the staff who work with our youth, not only in the summer but all year round.

If you're looking to participate in cultural activities, the museum will be building a birch bark canoe again, and tying in that process with language

learning. If you can't come in person, you can check in on the live web cam. Just go fdlrez.com and click on the Museum tab, and you will see a link to the web cam. Last year's canoe building is on there as well, with language audio. By the time you read this, the language immersion camp will have occurred. I hope that many of you were able to attend that event, or one of the powwows that happen in the summer.

We have been hosting visits for quite a number of other tribes who are interested in

our supportive housing project. As only the second tribe in the country with this type of housing, word is getting around about the benefits to our families as well as the leverage that can be used to bring more financial resources to housing on reservations. Many of the referrals for visits have come from staff at the Department of Housing and Urban Development, and they are encouraging tribes to develop new housing programs. It is hoped that as more tribes implement the model that more funding will follow. Thank you to the families at Support-



*Karen Diver*

ive Housing for allowing these visitors to come into your units during the tours. With all the Supportive Housing units being filled, we can no longer show vacant units. I believe that it gives more meaning to the visitors of the program to visit a unit that is someone's home. There is a bit of anxiety over the impacts that state of Minnesota or federal budget impasses might have on the operations of the Band. Some grants may not be able to be billed. Staff in the affected departments will be talking with the granting departments to make contingency plans. Overall, it is anticipated that cuts will happen, especially in next year's grants. On a good news note, there were

no expansions to gaming in Minnesota in the last legislative session. When the legislature convenes to deal with the budget, we will be watching closely to make sure that gambling is not put back on the table as an alternative. Summer always seems a little too short. The gardens are in and the grad parties, weddings, powwows and events are in full swing. I hope you all enjoy a safe and happy summer!

Please feel free to call at the office at (218) 878-2612, or cell (218) 590-4887, or email [karen-diver@fdlrez.com](mailto:karen-diver@fdlrez.com).

## From Ferdinand Martineau

Boozhoo niiji, Our life is run by seasons. The calendar pretty much guides us. We are in the graduation season right now and I am going to two or three parties a week. It is really great to see these young Band Members beginning their trek into adulthood. The pride in their eyes is refreshing and to spend a few minutes talking to them about their plans for the future gives me confidence that our future is secure. These kids are talking about going on to become lawyers, teachers and doctors. We have a lot of bright

shining stars in our future.

One of our pillars at the Bear is retiring this week - Jerry Savage. I had the privilege to work with Jerry for the last five years. He has given his all to make our casino a success. When you use your per cap card this next month think about Jerry and say thanks because he is a part of having that available to the band membership. The reorganization is moving ahead now at a brisk pace. The general



*Ferdinand Martineau*

manager is here and the new gaming director, operations director and marketing director are working as of June 15, 2011. As a customer you should start to see some differences in our advertising, the games on the floor and our customer service. As a worker I am sure you will begin to notice changes in small ways with scheduling and days off, but this is to make for a more efficient running casino. If you are one of the three

plus million people that have gone through the buffet in the last three years you will notice there are some renovations taking place. The carpet and the booths were well worn. The new colors are similar to the old ones as the walls were not in need of repair. There will also be some native artwork displayed that will showcase some of our local artisans. I am sure that you will be impressed as I am with the quality and detail in each.

Now that summer is here I have to go cut my hayfield.

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](mailto:ferdinandmartineau@fdlrez.com).

*Gigawaabamin.*

RBC columns continued on next page.



### From Mary Northrup

**B**oozhoo everyone!  
Hope you are all enjoying your summer so far! The Fond du Lac Veterans Powwow is coming soon. We will be honoring all Veterans at the 1 p.m. grand entry on Saturday, July 9, 2011. There is further information on the powwow in this edition of the paper. You can also contact Clarence "Chuck" Smith at (218) 878-2670 or (218) 206-1568. In addition you can contact me or Brenda Rice at the FDL Tribal Center. It's going to be a lot of fun; a lot of good food, and of course our reason to be there: honoring all veterans. Please take the time to stop in and say miigwetch to a veteran. We will also



Mary Northrup

be honoring our deceased Veterans, starting Friday night; there will be an opportunity for you to let us know who you would like remembered.

We are looking forward to seeing everyone, and again, give us a call with any questions concerning the powwow.

The Black Bear Golf Tournament will be held July 16-17, 2011. The senior and junior tournaments will be held on Friday, July 15. If you have any questions contact

Corey Van Guilder at (218) 878-2330, or Chuck Smith at the numbers listed above.

Just a reminder that I can assist you in getting a dumpster delivered if you have some spring cleaning planned;

give me a call if you do. The clean-up crews are doing a great job, and we appreciate all they do. As a reminder, if you would like to know what's going on at the Brookston Center, you can contact Bryan "Bear" Bosto at (218) 878-8033, or Becky Salmon at (218) 878-8150.

A good friend of mine passed away recently, Bruce LaDuke. I would like to express my sympathy to all of his family, he was a man that was proud of his family, proud to be a Veteran, and proud to be part of this community. He always had something funny to tell me, and I will miss him.

*As always, if you have any questions or concerns, I can be reached at (218) 878-7583, or (218) 461-7986, or email at [marynorthrup@fdlrez.com](mailto:marynorthrup@fdlrez.com). Miigwetch!*

### From Wally Dupuis

**H**ello All,  
Summer activities at the Cloquet Community Center have begun and have included activities such as youth baseball, family kickball, and a district softball tournament between each of the districts. I have attended the youth baseball games held at our FDL field and found the parking lot to be full, with many families from not only our communities, but surrounding communities as well.



Wally Dupuis

Our first district softball game in which Cloquet vs. Sawyer was successful and the Cloquet group came out on top, even with one of our female players having to play in bare feet.

The Cloquet Community Center also held a family kickball event which was also successful. The kids seemed to enjoy this. On June 6, community center staff had the folks from Duluth Zoo come up to the center with some of their reptiles for the kids to see. This was very informative for the kids.

I would like to thank the entire Cloquet Community Center staff, as well as the volunteers for all of their hard work in organizing and overseeing these events.

On June 9 the annual health fair was held at the Ojibwe School. They had many booths and events going on and it drew a good crowd once again. Good job, Min No Aya Win staff.

The staff at each of the community centers worked on planning the activities for the Enrollee Day celebration. We hope that everybody had a great time.

*Please feel free to contact me. You can call me at (218) 878-8078 (work) or (218) 879-2492.*

### From Sandra Shabiash

#### On the local Sawyer scene:

The Jerry Fairbanks Powwow took place in Sawyer on June 10-12. There were 233 registered dancers and fifteen drums represented. Chairwoman Karen Diver gave the welcome which was appreciated by all in attendance. Janelle Barney and Herb Fineday led the dancers as Head-Lady and Head-Man. Eric Gahbow was the emcee and Jamie Petite was arena director. Spiritual advisor was Bill Blackwell. A special thanks goes out to Clarence Rainey, for his hard work keeping things running smoothly all weekend. This powwow is sponsored



Sandra Shabiash

by the Sawyer Community Center and the entire staff worked relentlessly all weekend. Good job!

Traditionally, hand-made quilts were always given out at dances. This tradition continues at this powwow. Sharon Shabiash and Juanita Fineday made fifty quilts that were distributed to the drums and honor guard. A special dance was held whereby each individual who received a quilt danced giving thanks. It

was beautiful to see the dancers raising their quilts in the air. Lee Goodman took first place in the men's traditional dance contest. The teenagers in Sawyer were on the cleanup crew and did an excellent job keeping

up with garbage. Rhonda Petite was their supervisor and did an outstanding job with the youth. The grounds were cleaned and as to be, the area was left cleaner than when entered.

In closing, this is just another reminder about the heavy traffic on the Moorhead Rd. construction project. Remind your children on safety issues when walking or riding their bikes.

*Any questions or concerns, please contact me at: (218) 878-7591 (office) or (218) 879-3667 (home), or by email at [sandrashabiash@fdlrez.com](mailto:sandrashabiash@fdlrez.com).*

# FDL Law Enforcement news

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

- 5/18/11 Report of a fight in the compound; one party arrested for outstanding warrants.
- 5/18/11 Traffic stop on Hwy. 210; driver was cited for no driver's license.
- 5/18/11 Report of a domestic assault on Rustic Lane; male left prior to officer's arrival.
- 5/19/11 Report of gas drive off at the Gas and Grocery.
- 5/19/11 Report of male making suicidal threats; taken to hospital for evaluation.
- 5/19/11 Traffic stop on Central Hall Rd.; driver arrested for DWI and property damage.
- 5/20/11 Report of assault in the compound; one male brought to jail on assault charges.
- 5/20/11 Traffic stop at the Gas and Grocery; driver cited for driving after suspension and no proof of insurance.
- 5/20/11 Traffic stop in clinic parking lot; driver arrested for DUI.
- 5/21/11 Traffic stop on Reservation Rd.; located drug paraphernalia.
- 5/21/11 Assisted State Patrol at accident on Hwy. 210.
- 5/21/11 Report of a domestic assault on Enger Rd.; male arrested later for assault.
- 5/22/11 Report of gas drive off at the Gas and Grocery.
- 5/22/11 Traffic stop on Big Lake Rd.; driver arrested for driving after revocation and no insurance.
- 5/22/11 Report of female walking on Big Lake Rd.; located female and transported her home.
- 5/23/11 Report of intoxicated female refusing to leave Black Bear Casino; located female and brought to jail for disorderly conduct.
- 5/23/11 Traffic stop on Heritage Lane; driver was arrested for DWI and attempting to flee on foot.
- 5/23/11 Traffic stop on University Rd.; driver arrested for DAS and theft; passenger arrested for possession of a controlled substance.
- 5/24/11 K9 Officer assisted State Patrol on a traffic stop; located marijuana.
- 5/24/11 Assisted Cloquet Officers at the scene of a jackknifed semi-trailer on Hwy. 33.
- 5/24/11 Report of vehicle in the ditch near Belich Rd.; driver arrested for DWI.
- 5/25/11 Traffic stop on Hwy. 210; driver arrested for DWI and domestic assault.
- 5/25/11 Traffic stop on Big Lake Rd.; driver cited for no seat belt.
- 5/25/11 Report of a car accident near Carmen's; driver's info exchanged.
- 5/26/11 Traffic stop on Airport Rd.; driver cited for DAR.
- 5/26/11 Report of person passed out on Hwy. 210; located person and brought home.
- 5/26/11 Traffic stop on Hwy. 2; driver cited for no seat belt and speeding.
- 5/27/11 Assisted Carlton County with a drug recognition expert (DRE) test.
- 5/27/11 Responded to a noise complaint at supportive housing.
- 5/28/11 Traffic stop on Big Lake Rd.; driver cited for open container; passenger cited for underage consumption.
- 5/28/11 Report of a gas drive off at the Gas and Grocery.
- 5/28/11 Responded to reports of an assault in the compound.
- 5/29/11 Assisted area law enforcement agencies with traffic control at Cloquet National Guard Armory.
- 5/29/11 Traffic stop on Big Lake Rd.; driver cited for DWI.
- 5/29/11 Traffic stop on Hwy. 210; driver cited for no seat belt and no insurance.
- 5/30/11 Traffic stop on Brookston Rd.; driver cited for no seat belt.
- 5/30/11 Traffic stop on Big Lake Rd.; driver cited for a faulty tail light and no seat belt.
- 5/30/11 Traffic stop on Reservation Rd.; driver cited for speeding.
- 5/31/11 Responded to a theft on Ridge Rd.
- 5/31/11 Traffic stop at the Gas and Grocery; driver cited or DAR.
- 5/31/11 Traffic stop on Airport Rd.; driver warned for failure to signal.
- 6/1/11 Traffic stop on Hwy. 210; driver cited for speeding.
- 6/1/11 Report of intoxicated male at supportive housing; individual was taken to hospital, then to jail.
- 6/1/11 Report of accident in the parking lot of the bus barn; driver's info exchanged.
- 6/2/11 Traffic stop on Pine-wood Drive; driver was warned for faulty head light.
- 6/2/11 Traffic stop at Black Bear Casino; driver arrested for DAR.
- 6/2/11 Traffic stop on Reservation Rd.; driver cited for DAR.
- 6/3/11 K9 Officer assisted Cloquet Officers; nothing found.
- 6/3/11 Traffic stop at Black Bear Casino; driver cited for no insurance.
- 6/3/11 Traffic stop on Brevator Rd.; one arrested for outstanding warrants.
- 6/4/11 Report of gas drive off at the Gas and Grocery.
- 6/4/11 Traffic stop on Big Lake Rd.; driver cited for no insurance and child restraints violations.
- 6/4/11 Report of an underage party at the Black Bear Hotel; all individuals cited.
- 6/5/11 Report of an intoxicated male walking on Big Lake Rd.; located male and brought home.
- 6/5/11 Assisted Cloquet Officers with a female having a psych incident.
- 6/5/11 Report of hit and run at Black Bear Casino.
- 6/6/11 Report of an assault on Jarvi Rd.; victims didn't want to press charges.
- 6/6/11 Traffic stop on Brevator Rd.; driver cited for DAR.
- 6/6/11 Assisted Cloquet Officers with domestic assault.
- 6/7/11 Call to Broadway Little Store for a female passed out in her car, female brought to CMH.
- 6/7/11 Responded to a report of a fight in the compound.
- 6/7/11 Traffic stop at Black Bear Casino underage driver cited for "not a drop of alcohol" violation and marijuana.
- 6/8/11 Traffic stop on Big Lake Rd.; driver cited for DAR.
- 6/8/11 Traffic stop on Hwy. 210; driver cited for speeding and no insurance.
- 6/8/11 Report of underage party at Black Bear Casino; party located and cited.
- 6/9/11 Report of intoxicated male walking in the compound; located male and brought home.
- 6/9/11 Report of people doing drugs in the parking lot of the Black Bear Casino; located the people and brought to jail.
- 6/9/11 Assisted Cloquet Officers with a bar fight incident.
- 6/10/11 Report of loud music on Ridge Rd.; located individual and directed him to lower the volume.
- 6/10/11 Report of a one-car accident at Black Bear Casino.
- 6/10/11 Report of horse running loose on Hwy. 2; located the owner of the animal.

etc

## Legal Notice

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

**BARNEY**, Frances; **BEGAY**, Raymond Sr.; **BRIGAN**, Calvin; **CHRISTENSEN**, Terry; **GANGSTAD**, Harold; **GLASGOW**, Edith; **HERNANDEZ**, Sherry; **HUHN**, Cheryl; **JEFFERSON** (Drucker), Mary; **JONES**, William Sr.; **JOSEPHSON**, Charles; **KAST**, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **LIVINGS-TON**, Bruce; **MARTINEAU**, David; **OJIBWAY**, Steven; **OLSON**, Daniel G. Sr.; **PALMER**, AGNES (AKA **ROCK**, AGNES); **SHARLOW**, Gerald D.; **SMITH**, Carl.

## July Tribal Court Clerk hours

The Clerk's hours are from 1 - 5 p.m. Mondays through Thursdays. Traffic court is held the first Mon-

day of the month, except during July and Sept. The July court date will be July 11; the Sept. court date will be moved to Sept. 12 due to Labor Day.

Court forms are available in the hallway outside the courtroom. You must fill out and file the applicable forms with the Court Clerk. Available forms include: divorce, marriage, domestic partnership, small claims plaintiff and defendant forms, and name change for adults and/or minors.

The Court Clerk will be absent July 14, please leave a message at (218) 878-7151 if you need assistance.

## New hours at the Fond du Lac Motor Vehicle Office

To better accommodate our customers, The Fond du Lac Motor Vehicle Office will now be open through lunch hour. The office is now open from 8 a.m. - 4 p.m., Monday through Friday. The office is closed weekends and holidays.

If you have any questions, please call (218) 878-8072.

## Veterans Powwow

The annual Fond du Lac Veterans Powwow will be held July 8 - 10 at the Mash Ka Wisen Powwow Grounds, located at 1150 Mission Rd., Sawyer.

Grand Entry starts at 7 p.m. Friday, at 1 p.m. and 7 p.m. Saturday, and 1 p.m. Sunday. Veterans will be honored in a special ceremony at 1:30 p.m. Saturday.

Dance specials include the Women's Traditional and the Men's Traditional, and a Hand Drum Contest.

Pete Gahbow and Dan Houle will be Co Master of Ceremonies again this year. Cedar Creek will serve as the Host Drum. Charles Smith will be the Spiritual Advisor. Head Dancers are Mike Diver and Vanessa Northrup.

Alcohol and drugs are prohibited on the Powwow Grounds.

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

## Don Savage Memorial Golf Outing to be held in August

The 5th annual Don Savage Memorial Golf Tournament will be held at 10 a.m. August 6 at the Headwaters Country Club, in Park Rapids, Minn.

Prize drawings will be held, and prizes will be given away for longest drive and closest to the pin. Proceeds from the golf scramble will benefit the Don Savage Memorial Fund.

The entry fee is \$75 per person and includes 18 holes of golf, cart, and a meal. To register, contact the Headwaters Pro Shop at (866) 250-4224. Registration ends July 25.

## Adult driver's education course offered at CCC

Adult Drivers Education will be offered from 5 - 7 P.M. July 12 - 14 in the Tribal Center Library Classroom. The course is open to anyone

over 18 needing to prepare for the written portion of the drivers exam or who is just interested in refreshing their knowledge about driving in Minnesota.

Topics to be covered include: seat belt laws, what to do after an accident, and freeway driving.

Cost for the six hour class is \$40. The class will not be held if there are less than six students registered. Pre-registration is required. For more information, contact Joan Markon at (218) 878-2658.

## Veterans Day early registration at Powwow

Peacetime Veterans are being honored at this year's Veterans Banquet, Nov. 11, at the Black Bear Otter Creek Event Center.

There are more peacetime veterans than any other era in military era. With a larger group of veterans, there are more people to register for the banquet, and more jackets to order. According to FDL Veterans Service Officer Chuck Smith, only four veterans have signed up as of June 20.

Although November is several months away, planning the event is not a quick or easy assignment. "It takes time to order the jackets; more time to get the lettering done," Smith said.

Veterans are urged to submit their DD214 discharge information in advance of the banquet in order to avoid delays in receiving their jackets. Discharge forms can be sent to Chuck Smith, 1720 Big Lake Rd., Cloquet, MN 55720; or by email at [chucksmith@fdlrez.com](mailto:chucksmith@fdlrez.com).

## Gitigaan:

**"By the numbers:"**  
315: The number of people participated in the ten week program this year.

112: Number of seed packets given away.

112: People picked up vegetable plants.

## MashkaWisen is seeking applications for the following open positions:

### Chemical Dependency Counselor

The Mash-ka-wisen Treatment Center is seeking a qualified chemical dependency counselor to join a comprehensive team to provide treatment services to Native Americans suffering from alcoholism and/or drug dependency. The candidate should be licensed in the State of Minnesota as an Alcohol and Drug Counselor or eligible for licensing. The Candidate must be knowledgeable in dependency, addiction, and recovery processes.

Basic responsibilities are to work as a team member with clinical supervision to address client needs, individual and group counseling, along with lecturing on relevant topics or recovery. Documentation and record keeping is a must. Salary range is dependent upon education and experience.

### Treatment Technician

The Mash ka Wisen Treatment Center is seeking part-time and full-time treatment technicians to fill all shifts. Applicants must have a valid driver's license and one year of documented sobriety if chemically dependent. The position offers a competitive salary.

Mash-ka-wisen is located on beautiful Big Lake in Sawyer, Minnesota. Mash-ka-wisen has been a national leader in providing chemical dependency treatment services to Native Americans for thirty-three years.

Please contact Jennifer McIntosh MA LADC, P.O. Box 66, Sawyer, MN 55780; or email [jenniferm@mashkawisen.com](mailto:jenniferm@mashkawisen.com). American Indian Preference E.O.E.



*Jerry Savage (at left), Black Bear Casino Resort Assistant General Manager, standing with former Black Bear General Manager and current FDL Executive Director of Tribal Enterprises Mike Himango at Jerry's retirement party June 17 at the Otter Creek Event Center. About 175 people stopped by and wished Jerry farewell after 23 years of service.*

# 2011 Enrollee Day

The 2011 Fond du Lac Enrollee Day was another successful event for the Fond du Lac Band. Enrollee Day Coordinator Bryan Bosto said that 1485 people registered for the \$500 cash drawing. At the Ojibwe School gymnasium, 1,320 meals were served.

According to Lead Health Educator Nate Sandman, 169 people registered for the walk/run. Sandman estimated that more than 200 people participated in the family Olympics.

The live entertainment included the Larry Yazzee

Dance Troupe, comedian Ryan McMahon, and a blues/rock doubleheader featuring Gary Farmer and the Troublemakers and Micki Free. "I would like to thank the department heads that helped put the whole thing together," Bosto said.

"Bryan Bosto, Roberta Welper, Nate Sandman, Reggie Defoe, Maria Defoe, Todd Edkins, and the entire staff did an outstanding job coordinating the event," Cloquet District Representative Wally Dupuis said afterward.

*Below: Hailee Schmitt, looking at her dad while she's upside-down on the Velcro wall.*



*Above: A large group of teens skipping down the football field during the family Olympics; while Suzanne Monahan (top right) celebrates the completion of the Elders race.*



*Left: a Traditional dancer performs next to guitarist Micki Free on stage; Gabriel Depoe (above) grabs comedian Ryan McMahon by his nose backstage, while his mother, Diana Fairbanks captures the moment with her camera phone.*

# Dunk tank raises money for K-9 drive



A steady stream of people lined up to pay for a chance to dunk their favorite member of the law enforcement community June 25, at the Coins for K-9s dunk tank next to the Cloquet Community Center.

The cold water notwithstanding, Carlton County Sheriff Kelly Lake volunteered her time and even took a couple throws afterward. In addition to Lake, FDL Police Chief Sam Ojibway, Sgt. Casey Rennquist, Chad Pattison, Mel Barney, and Vanessa

Northrup volunteered their time for the cause. Mike Diver, Joe Bauer's stepfather, also volunteered for Joe fundraiser. The dunk tank raised \$540. As of June 28, the total cash raised from the Coins for K-9s is

\$944.89. In addition to cash raised, the Kans for K-9s collected 550 pounds of aluminum cans. Duane Isaacson saw the story in last month's issue of the newspaper and decided to help. With the help of his mother and

grandmother, Duane donated 17 bags of aluminum cans. The aluminum cans raised an additional \$364.83. The total raised through June 28: \$1309.72.

An early photo of Paul Avenue in the village of Fond du Lac.



# The Guide Paul and Alexander Paul the Trader

By Christine Carlson

I grew up on Paul Avenue in the old village of Fond du Lac. As a child I wondered about this avenue and even thought it was named after my late neighbor and friend Paul “Warney” Shea? Or maybe Paul was the last name. There were even some kids I went to school with at Stowe Elementary with the last name of Paul. I wondered and wondered. When researching my book on Fond du Lac, I did find out it was

named after a licensed trader named Alexander Paul. He was also one of the first trustees of the town. That was about all I knew. I always wanted to write a story about him but just didn’t have enough information. I found very little that had been written about this trader from Superior...until now.

## Superior Public Library

It was at the end of May that I started looking through the earliest newspapers on microfilm

at the Superior Public Library. The earliest paper called the Superior Chronicle started in the year of 1855. It was in those wonderful newspapers that I learned about Alexander Paul. It takes me about three hours to look through just one year of microfilm. These copies of microfilm in Superior are 25 cents each so I brought along a lot of quarters. After making three trips to Superior, viewing microfilm for over fourteen hours, looking through six years of newspapers and making one hundred and thirty-four copies, I finally have enough for my story. It is amazing what other historical information I found along the way.

I have come to the conclusion that there was a guide with the last name of Paul and the trader Alexander Paul. At times I think it could be the same person but not sure. I was so happy to have found several articles written by old settlers or some who were just passing through the Head of the Lakes. Some of these stories mention their Ojibwe guides. There was no way these folks could have survived without them. I have much admiration and respect for these guides. There will be more stories about them in the

future. There were two guides mentioned. One guide with the last name of Paul may be Alexander Paul and one by the last name of Connoyer may be Antoine Courneyor.

## Paul the Ojibwe/French Guide Tells a Story of Patience

This guide with the last name of Paul talked about voyages on Lake Superior. Paul was thought to be about forty years old and the story was written in 1857 in the Superior Chronicle. This would make his birth about 1817. Paul tells the story about an Ojibwe from Lapointe who was ice fishing. The Ojibwe way of ice fishing was to lie down on boughs and cover oneself up with blankets so it is dark, therefore able to see down in the water. This ice fisherman didn’t realize the ice had parted from the shore and went out in the lake:

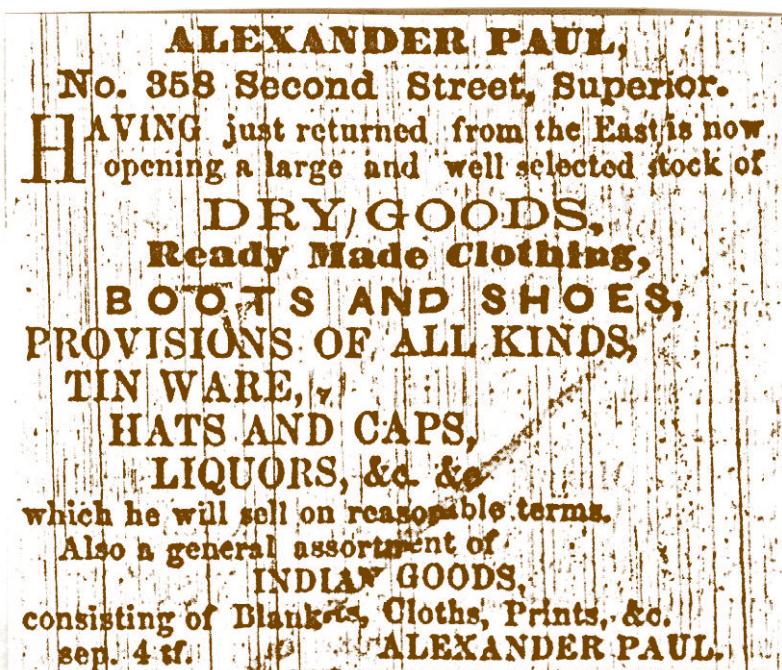
In the story, Paul says, *there was but one resource, and this the Indian has at command on all occasions. It is patience. He rolled himself in his blanket and laying upon the snow, watched the outlines of the mountains as they sometimes receded and sometimes approached, for four days, when the field came back to land.*

## Paul Watches a Bear Catch Fish

*He seated himself on the ground, his legs spread out before him. That, he said, was Monsieur Mukquaw (bear in Chippewa) sitting in the rapids on his haunches watching for fish. His legs pointing up stream form a small weir, into which the scaly victims run. It is well known that, clumsy as this creature appears, the movements of his paws are rapid as thought. There he sits, the waters of the stream pouring over his legs, looking with intense interest for his game. When he sees one within striking distance he seizes it in his paws and throws it down his throat in a wink.*

## Baptismal Records

Alexander Paul and Elisabetha Nawitkamigokwe were parents of Carolus who was born in July 1856 in Superior and baptized on Jan. 22, 1857. The sponsor was Maria Cadotte. Alexander and Elisabeth were also parents of Ludovicus who was born on Dec. 6 and baptized in May of 1859. The sponsors were Josephus Medweigwan and Maria LaCerte which may be a misspelling for Cadotte. (This information was typewrit-



A superior Chronicle advertisement of Alexander Paul’s store, taken from a microfilm image.

ten from original records that may have been hard to read and or transcribe. Keep in mind you must be open minded when doing research. Thinking Maria LaCerte and Maria Cadotte may be the same name is indeed a leap of faith but certainly a possibility.)

**Alexander Paul the Fur Trader**

In 1855, Alexander Paul had the monopoly on the fur business in Superior and had a general store. It was a well established business. He sold a variety of dry goods, medicine, clothing, shoes and canoes. Peter E. Bradshaw was a partner with Alexander in 1860, and then later bought out Alexander Paul's store in Superior. In the previous story about fishing, I mentioned the Bradshaw Brothers. They pretty much ran the big fishing business in the Superior area. In essence they had their start in business from Alexander Paul.

**A fur trading article from the Superior Chronicle from September 29, 1857:**

*Since the disorganization of the American Fur Company, the fur trade of this vicinity and Northern Minnesota has been conducted wholly by private individuals, and so quietly is it managed that few persons have*

*any idea of its extent. Foremost among the persons engaged in this business is Alex. Paul, Esq, of Superior, who for a number of years has carried it on rather extensively. Last year Mr. Paul had five different out-fits in this region' one stationed at Lake Winnibegtashish, near Red Lake; one at Sandy Lake; Vermillion Lake; one on the North shore of Lake Superior, and one at Lake Couteras. The outfits for these several posts started from Superior in August, 1856, and returned again between the first and tenth of last June, having been gone nearly one year. The goods are conveyed to the several posts in canoes, and by packers, of the furs are returned by the same means- a very slow and tedious process. The value of the furs collected last year for this manner by Mr. Paul is about \$17,000; less than one-fourth of which were sold in New York, and the remainder shipped to England. The following table, for which we are indebted to Mr. Paul, exhibits the variety and number of furs exported by him from Superior the present season:*

<i>Rats</i>	<i>15,000</i>
<i>Minks</i>	<i>2,000</i>
<i>Martins</i>	<i>1,600</i>
<i>Beaver</i>	<i>400</i>
<i>Fishers</i>	<i>200</i>
<i>Lynx</i>	<i>160</i>

*Otters 150  
Foxes, red and grey 60  
Also small quantities of Buffalo,  
Wolves and Coon Skins*

- June 1858  
Alexander Paul has received from his trading outfit's \$16,000 worth of furs. These furs are taken by the Ojibwe in the neighborhood of Red Lake, Sandy Lake, Vermillion Lake and the Upper St. Louis and Mississippi. They are of bear, wolf, lynx, fox, otter, beaver, fisher, martin, mink, raccoon and muskrat. Citizens were invited to his store to see the furs during business hours of the day.
- August 1858  
Alexander Paul has sent his Traders over \$20,000 worth of goods to be used in the purchase of peltries. Mr. Paul has sold this summer over \$20,000 worth of furs collected during last winter in this neighborhood.

**Paul Owns Trading Post in Fond du Lac**

Paul had a trading post in the town of Fond du Lac. From an August 1860 deed I found Paul sold that land in the town of Fond du Lac to Peter J. Peterson. It was the same land that was earlier the Astor Trading Post. Alexander Paul was also

**FOND DU LAC**  
 — DULUTH'S WINTER SPORTS PLAYGROUND —  
 (30 Minutes from the Heart of the City)

- THE OJIBWAY SKI BOWL
- THE DULUTH SKI CLUB SKI TOW
- DULUTH'S 60-METER SKI JUMPING HILL

*A 1949 brochure of the FDL Ski Program, courtesy of U.S. National ski jumper Adrian Watt.*

one of three Supervisors for Douglas County in 1855. A supervisor at that time met in the Registrar's Office and looked after county and road business. This was an important job because the Military Road was coming into the area.

**At the end of Paul Avenue was the Famous Ojibwe Bowl**

For years this street was called Paul Avenue. Now I think it is considered 131st Street. In the day, it was quite famous. For those who may remember, at the end of Paul Avenue was the famous Fond du Lac Ski Jumping area. The hill was originally called Ojibwe Bowl. The building of the ski jump and park area was a Works Progress Administration (WPA) project. This was a successful government program during the depression that created jobs and put people to work.

The Fond du Lac Recreational Area had a 60 meter hill with

a 62 foot scaffold leading to a 300 foot slope on which a jump of 240 feet was possible. Experts say that it was one of the most perfectly engineered ski jumps in the country. This place was wonderful because the skiers were sheltered from the north winds and there was plenty of parking. The ski jump was dedicated on February 2, 1941. There were usually over a hundred skiers and thousands who attended these world class events.

The Carlson family lived just a few houses away from the hill. My sisters and a lot of our friends helped our parents and community members at the chalet and concession stands. After the contests were over for the season, the kids had great fun sliding down that steep hill. You were lucky if you had a piece of cardboard. Otherwise you just slid down on your hind end. It was a fast, wild ride. Those were the good old days.

**“There was but one resource,  
and this the Indian has at  
command on all occasions.  
It is patience.”**

*A 1955 photo of the Ojibwe Bowl - Fond du Lac Ski Hill.*



# Ashi-niswi giizisoog (Thirteen Moons)

## Miini Giizis

*Miini Giizis is the blueberry moon and begins its cycle as a new moon on July 1. Other names used for this moon include Aabita niibino giizis (mid-summer moon) and Miskomini giizis (raspberry moon) and Baashkaw'e o giizis (flying moon).*

## Learning Ojibwemowin: Don't miss out!

By Dave Wilsey,  
*University of Minnesota Extension*

I hear one message over and over in program development: It is critical that members of the Fond du Lac community are exposed to their language. For this reason, one of the goals of Thirteen Moons is to help connect community members to culture and language. In the three years that I have worked with Fond du Lac, I have seen a blossoming of language-focused events in the community. Thirteen Moons cannot take credit for these events as most were developed by dedicated FDL community members. I am proud to say, however, that Thirteen Moons partially supports these events financially and in other ways. Because this is such an important topic, I want to highlight two large Ojibwe language efforts underway this season.

June 13 kicked off the third year of the Wiigwaasi Jiimaan Immersion Camp. This workshop is held on the FDL Cultural Museum grounds and runs daily through early July. Participants are immersed in the process and language of birch bark canoe building. Fluent speakers are on staff.

June 24 - 26 marks the third year of Ambe, Ojibwemodaa (Come on, let's speak Ojibwe) Language Immersion Camp. This event is held at the Kiwenz campground (formerly Molstad's). Campers are exposed to language and traditional, natural resource-based arts through various activities and events. Fluent speakers are on staff and make sure that Ojibwe is spoken, and spoken well. I'm sure there is more out there but these two events are not to be missed.



*Vern Zacher practices daashkibijigewin*

## Remembering Awsawdum through Gitigaan

By Jason Holliday,  
*FDL Planning Director*

The Fond du Lac Reservation gardening project started in 1995 in cooperation with the University of Minnesota Extension Service. Jim Sutherland coordinated activities under the Pathways to Educational Partnership (PEP) program. At that time the Gitigaan Program, as it is known now, was called "Project Grow". PEP and Project Grow were a part of a larger statewide project that included all Minnesota Ojibwe tribes. Each tribe had what was called a "Planning Circle" comprised of staff, community members and other volunteers that worked on three main focus areas: youth education, health/nutrition, and horticulture. Other aspects were also incorporated such as wellness, traditional

foods, and native plants. Through the use of gardening, the planning circles addressed the areas of youth education, health/nutrition, and horticulture. A series of ten weekly classes was the tool to address these ideas. Classes were originally held at the University of Minnesota Forestry Center and had between 8-10 attendees each night. At the end of each year, there would be an annual meeting of all the Planning Circles to discuss each program and how to improve it for the following year. The PEP Program concluded in 2001 when grant funding ended. Tribes at this time were left on their own to continue programs.

Awsawdum (Leland Debe) was always active in this program since its beginnings in 1995. He promoted the program whenever and wherever he could. He served on local and national boards based on his desire

and knowledge on gardening, community and traditions. He was very proud of his time on the NRCS National Committee. On Fond du Lac, Leland became a central figure and spokesperson of the Gitigaan Program. This was important after the PEP Program concluded, as he stepped forward to keep it moving. Unfortunately for other Tribes, their programs ceased to function or were drastically reduced without the financial or administrative support of PEP. The Fond du Lac program continued and has increased in size over the years, with class sizes up to 50 people. This is quite a change from the eight the first year. Awsadum was instrumental to the Gitigaan Program: I thank him for his time, effort and patience.

## Straw Bale Gardening...

By Shannon Judd,  
*Environmental Outreach Coordinator,  
FDL Resource Management Division.*

If you missed last month's issue, straw bale gardening involves growing your plants right out of a straw bale. The straw bale acts as the container and seedling can be placed directly in the straw. Or, seeds can be started by just placing them in an inch or two of soil on top of the bale. Almost everything I planted is doing well, but I do need to replant some: I assume that having old seeds is the reason.

I was concerned about the mushroom forest popping up in almost every bale. Mushroom growth IS a good sign that the composting process is happening, but there were tons of them. I pulled many out to clear space for planting and they really have not seemed to be a big deal. They are mostly Inky Caps, which are known for decomposing straw bales and dropping black blobs that look like ink. One observation I did make is that you do not want your plant leaves right near the mushroom heads because when they drop their ink, it sticks to the leaf. One question I have heard from a few people is if I have had a problem with snakes around the bales. I have not seen any yet but I will keep you posted.



*Shannon's straw bale squash row in mid June*



## New grant funding helps FDLHSD launch chronic pain rehabilitation partnership with Mayo Clinic

By Crystal Greensky, Assistant Clinic Administrator, Fond du Lac Human Services Division

The mission of the Fond du Lac Human Services Division is, "To elevate the health and social well-being of Indian people living in the service area through the provision of services, research, education, and employment opportunities."

American Indians suffer from a myriad of health disparities. One of the major health concerns articulated by this community is the increasing number of individuals suffering from chronic pain.

The Fond du Lac Human Services Division was recently awarded a Native American Research Center for Health

(NARCH) grant providing opportunities consistent with every major objective in our mission statement; new services, research, education, and employment opportunities.

NARCH is a joint partnership between the Indian Health Service (IHS) and the National Institute of General Medical Sciences (NIGMS) of the National Institute of Health (NIH). NARCH supports partnerships between American Indian tribes, or tribally based organization and institutions that conduct intensive academic-level biomedical, behavioral, and health services research.

The NARCH funding has presented the Fond du Lac Human Services Division with the opportunity to conduct research,

research training, and faculty development to meet the unique needs of our community.

Through the grant process Fond du Lac will help to build a tribal research infrastructure across Indian Country, including the core component for our own capacity building, and the possibility of reducing the many health disparities so prevalent in American Indian communities.

Only federally recognized tribes, tribal organizations, and tribally authorized health boards are eligible to form partnerships with research institutions and apply for funding to create a NARCH. University based and other non-tribal researchers are not eligible to receive a NARCH grant.

In order to participate in the NARCH program, non-tribal entities must be sub-contracted from an eligible tribe or tribal organization. The purpose of this is to keep the tribal community in charge of the research. Research in Indian Country has been plagued with a history of unethical research; we are always being researched but rarely the researcher. It is critical that research being conducted is linked to the health concerns articulated by the tribal community and not an outside researcher.

Through our NARCH we have partnered with the Mayo Clinic Pain Rehabilitation Center (PRC). The PRC has a proven model of chronic pain rehabilitation and over 30 years of

experience helping people who suffer with chronic pain live healthier, better quality lives. Through this research we will create a chronic pain rehabilitation program specifically tailored for the Fond du Lac community; the first of its kind.

*A two day Pain Rehabilitation Education Program (PREP) will be held at the Min-No-Aya-Win Human Services Center July 7 - 8. Anyone who suffers from chronic pain is encouraged to attend. The PREP is free, meals will be provided, and transportation is available. If you are interested in attending the PREP or would like to know more about the research please call (218) 878-2190 and mention the chronic pain program.*

## Nutrition and Physical Activity Guidelines for Cancer Prevention

Part four in a series of nutrition and physical activity recommendations and guidelines for cancer prevention.

By the Fond du Lac Wiidookaage Cancer Prevention Team

### Recommendation #4: Limit intake of red meat and avoid processed meat

The evidence that red meat and processed meat is a cause of colorectal cancer is convincing. The recommendation is to reduce red meat to less than 18oz a week and to avoid or drastically reduce the intake of processed meat.

Red meat refers to beef, pork, lamb and goat from domesticated animals. Processed meat refers to meat preserved by smoking, curing or salting or adding chemical preservatives to foods such as ham, bacon, pastrami, hot dogs, sausages and salami.

- Poultry, wild game, fish and beans are encouraged over red meat options
- When you eat red meat, choose lean cuts and eat smaller portions
- Prepare meat by baking, broiling or poaching, rather than by frying or charbroiling.
- Cooking meat, poultry and fish at high temperatures, especially over an open flame, causes cancer-promoting substances called HCAs (heterocyclic amines) to form on the surface of the meats. When the fat from the meat drips into the fire, the smoke and flames that rise up onto the food leave behind carcinogenic substances called PAHs (polycyclic aromatic hydrocarbons).
- Cut the fat. Choose lean meats and trim away any visible fat to reduce flare-ups from dripping fats.
- Marinate. Research shows that marinating meats can prevent the formation of HCAs by as much as 90%.
- Pre-cook meats. The longer the meat stays over an open flame the higher the cancer risk. Bake or microwave the fish, poultry or meat until almost done, then finish it up on the grill for flavor.
- Avoid "flare-ups." Keep juices from dripping into the fire by using aluminum foil or by not placing meat directly over the flame.
- Cut away and discard any burnt or charred parts of the meat before eating.

#### To grill safely:

- Skip the meat altogether. Replace with grilling vegetables, quesadillas or veggie burgers

Sources: World Cancer Research Fund, American Institute for Cancer Research, American Cancer Society

## Recipe of the month: Grilled Cedar-Planked Salmon

- 1 untreated cedar plank (14x7x1 inch)
- ½ cup Sun Dried Tomato Vinaigrette Dressing
- ¼ cup finely chopped fresh parsley
- ¼ cup finely chopped oil-packed sun-dried tomatoes
- 1 Tbsp oil
- 1 salmon fillet (2 lb), 1 inch thick

1. Immerse plank in water, placing a weight on top of plank to keep it submerged. Soak 4 hours or overnight.
2. Heat grill to medium heat. Mix dressing, parsley and tomatoes; set aside. Brush top of plank with oil; top with fish. Place on grill; cover grill with lid.
3. Grill 10 min. Brush fish with dressing mixture; grill 10 min. or until fish flakes easily with forks. Keep a spray bottle on hand, if needed for flare-ups. Salmon can also be grilled on a sheet of heavy-duty foil instead of the plank.

Recipe from kraftrecipes.com



# Community News

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

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

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

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

## Birthdays

Happy 30th Birthday **Deanna Kay (Blanchard) Wisneski** (July 23)  
*I love you honey, "Aunty El" Ellen*

Happy Birthday to our little "Boo-Boo," **Chase Bassett**, who turned 1 on June 30!  
*Love, Dad, Mom, Kaylee, Zach, and Maddie*



Happy first Birthday to my beautiful, wonderful grandson, **Chase Bassett** (June 30)  
*Grandma Ellen loves you so much*

Happy belated 13th Birthday **Jasmin Boudreau** (June 9)  
*Love, Mom, your family, and your friends on the Rez*



Happy Birthday to our big brother **Jay Hooley** (July 23)  
*Your sisters Sue and Linda*

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



Happy Birthday to our dad **Bruce Weske** (July 10)  
*Love Toni & Matt*

Happy Birthday to our Grandpa **Bruce Weske**  
*Love Darren & Brady*

Happy 3rd Birthday **Antonio Northrup** (July 4)  
*Love, your family*



Happy "60" Birthday to **Patty Svale-son** (July 4). You're my #1 "fire-cracker."  
*Love ya lots, Mom*

Happy Birthday to **Judy Johnson** (July 26)  
*Love, your daughters, grand-daughters, and Mason*



Margaret Needham would like to wish a Happy Birthday to the following CAIR staff: **Josie Barney**, RN (July 31); **Lesla Turnbull**, Families First Social Worker (July 11); and **Jenny Howard**, Pharmacist, (July 8). Margaret would also like to welcome new staff members: Dawn Shoberg, ARMS worker; and Gail Dahl, Adult Benefit Specialist, to our family here at CAIR!

Happy 14th Birthday **Warren Mountain** (July 27)  
*We love you, Mom & Gene*

Happy Birthday to mom and grandmother, **Beanie Savage** (July 4)  
*From, the kids*

Happy Birthday **Jesse Abramowski** (July 26)  
*Love Ma and Boo*

Happy 14th Birthday **Dexter "Dex" DeLille** (July 16)  
*Love, Mom, Tom, Shania, and Morgan*

Happy 7th Birthday **Davis Barney** (July 7)  
*Love, Mom and "Bullhead" (John)*

Happy 2nd Birthday to our nephew, **Braylon Timothy Richard Goette** (July 7) we love you!  
*Love, Auntie Nichole, Uncle Bud, and Keith*

Happy Birthday to my favorite twin brother, **Derrick DeFoe** (July 26)  
*Jessica*

Happy Birthday **Tara Tiessan** (July 22)  
*Love you, Jessica*



*Congratulations Cloquet Bar & Lounge Billiards Champions second year in a row.*

Happy Birthday to my "BFF"  
**Maureen Rivera** (July 7)  
*Love you, Jessica and the kids*

Happy Birthday **Bill Blackwell**  
(July 28)  
*Love, Mom, Charlie and J.R.*

Happy Birthday to **Bill Blackwell**, the best Baba in the world!  
*Love, your son TJ*

Happy Birthday "**Uncle B**" **Bill Blackwell**  
*Love and kisses, Jazzmin, Dyami and Denali*

Renee Sutherland, Slot Administrative Supervisor, at the Black Bear Casino Resort would like to wish the following employees in the Slot Dept. a happy birthday: **Jason Priem** (July 4); **Michelle Fetters** (July 13); **Deanna Fall** (July 24); **James Abrahamson** (July 25)

Happy birthday **Lee Tibbetts**  
(July 3)  
*Love, your sister Beth and Dereck Ray Jr.*

Happy 5th birthday **Landen Peacock Olson** (July 20)  
*I love you, Grandma Beth*

Happy Birthday **Landen Peacock Olson**  
*Your cousin Dereck Ray Diver Jr.*

Happy Birthday to my sister **Maryann Erickson** (July 13)  
*I love you, Beth Diver*

**Congratulations**  
Congratulations **P. W. Durfee**, Cloquet Senior High School Class of 2011!  
We are very proud of you!  
*From Mom, Dad, Vanessa, and Vickie*

Congratulations **Celena and Kristen** on the adoption of your daughter!  
*Love Grandma Carla*

Congratulations **Cailey E. Thompson-Mullen**, Denfeld High School, Duluth, class of 2011. Cailey is attending UMD in the fall.

The passing years are bitter-sweet for me. Anticipation in watching you grow, yet wishing time could stand still for us. Learning to let go but remaining in the shadows – just in case I am needed.  
Cailey, it has not always been easy but it has always been worth it. I am so proud of you, not only for graduating, but for the person you are becoming. The times are yours now; the world will be what you make of it. Treat it with kindness and optimism and let your light shine! Lub x 10!  
*Love always, Mom*

**Cailey**, I'm very proud of you. I wish we were closer than we are. I'll try to spend more time with you and your sister. Just remember, I love you both.  
*Love, Dad*



Congratulations **Nicole Schultz** on your graduation from Cloquet Senior High School  
*With love, from your family*

### Birth Announcements

The Siciliano and Buck families are proud to announce the birth of **Alexander Paul Siciliano**, born April 26, 2011. Weight:



10 pounds 10 ounces; 21 inches long.  
*Parents Troy & Christine Siciliano*

*Grandma Alice Buck  
Grandpa Roger Buck  
Nana Michele Siciliano  
Grandpa Paul Siciliano*

Patti Jo Savage and Danny Barney would like to announce the Birth of their son, **Daicin James**



**Barney**. Born May 31 2011, weighing 10 pounds 9 ounces; 20 inches long.

### Thank you

Thanks to the MNAW Clinic staff at the Health Fair, and the FDL RBC for the great information they provide, as well as the drawing for the canoe. It was truly a "Bob Barker-Price is Right" moment. And thanks to Les and Judy Northrup for transporting the canoe home for us.

*Karen and Val Turcotte*

### In Loving Memory

In loving memory of **Delia Moreland**, who would have turned 90 years old June 7, and passed away July 8, 2006.

On this 5th anniversary of your passing, know how greatly you are missed and will forever be in our thoughts and in our hearts. We love you so much Mom.

*Love, from all of your family.*

**How Can We Say Goodbye**  
Mom it's been five years now since



God and his angels called you away. Oh, how the Angels rejoiced as you walked through those Pearly Gates that day! Mom, you were an angel here on earth, we learned so very much from you. You were so gentle and so kind, your touch would always see us through. Mom, we can never say goodbye to you because we could never bear the pain. Instead we say we love you Mom until we meet again. A tribute to Delia Moreland from daughter Shirley and grandchildren

### Obituary

**Bruce Henry LaDuke**, 66, of Cloquet, Minn., died June 13, 2011, in Bayshore Health Center in Duluth, Minn.

Visitation was held June 16, until the Traditional Native American service at 10 a.m. Friday, June 17, in the Fond du Lac Head Start Gymnasium. Burial was held in New Holy Family Cemetery.

### For sale

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm., 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$235,000. Call (218) 879-5617 for more info.



# Aabota Niibino Giizis – Half Summer Moon July 2011

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; TRC: Tagwii Recovery Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lacrosse camp call NOW to register (878-8048)</b>			<b>Elder Picnic July 8 • 11 a.m. OJS</b>		Youth Fun Friday 7:45 a.m. CCC Yoga 12 p.m. MNAW Water Aerobics 5:30 p.m. CCC  1	Basketball 1 p.m. CCC          2
Volleyball nets up 12:30 p.m. CCC Water Aerobics 1 p.m. CCC Vietnamese Concert 8 p.m. BBCR          3	Have a Safe and Happy 4th of July          4	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA 6 p.m. TRC          5	Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 4:30 p.m. SCC          6	WIC 9 a.m. CAIR Get Fit 12 p.m. CCC AA/NA 6 p.m. TRC Pain Rehabilitation Education program MNAW          7	Youth Fun Friday 7:45 a.m. CCC <b>Elder Picnic 11 a.m. OJS</b> Yoga 12 p.m. MNAW Water Aerobics 5:30 p.m. CCC <b>Veterans Powwow 7 p.m.</b> Sawyer Powwow Grounds Pain Rehabilitation Education program MNAW          8	Basketball 1 p.m. CCC <b>Veterans Powwow 1 p.m.</b> Sawyer Powwow Grounds Healing Circle Run/Walk ends at Lac du Flambeau          9
Volleyball nets up 12:30 p.m. CCC Water Aerobics 1 p.m. CCC <b>Veterans Powwow 1 p.m.</b> Sawyer Powwow Grounds Healing Circle Run/Walk ends at Mole Lake          10	Water Aerobics 8:15 a.m. CCC 4-H Stepping Out program 9 a.m. OJS Elder Exercise 9 a.m. CCC Heart Health 12 p.m. CCC GED 4:30 p.m. SCC Cribbage 5 p.m. CCC Healing Circle Run/Walk ends at Lac Vieux Desert          11	Get Fit 12 p.m. CCC Elder Activity fund board mtg. 1 p.m. OJS Adult drivers ed 5 p.m. CCC AA/NA 6 p.m. TRC Healing Circle Run/Walk ends at Bad River/Red Cliff          12	Elder Exercise 8:30 a.m. CCC Elder Concern 10 a.m. CCC On the Move pickup 12 p.m. CCC FDL Nutrition Ed 1 p.m. CCC GED 4:30 p.m. SCC Adult Drivers 5 p.m. CCC 52+ Elder Group 5 p.m. CCC 1 CAN COPE 5 p.m. MNAW Healing Circle Run/Walk ends at BBCR          13	Get Fit 12 p.m. CCC Adult Drivers Ed 5 p.m. CCC AA/NA 6 p.m. TRC Healing Circle Run/Walk ends at St. Croix          14	Youth Fun Friday 7:45 a.m. CCC Yoga 12 p.m. MNAW Water Aerobics 5:30 p.m. CCC <b>JR &amp; SR golf tournament</b> Healing Circle Run/Walk LCO          15	Basketball 1 p.m. CCC <b>BBCR golf tournament</b>          16
Volleyball nets up 12:30 p.m. CCC Water Aerobics 1 p.m. CCC <b>BBCR golf tournament</b>          17	Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 4:30 p.m. SCC Cribbage 5 p.m. CCC          18	WIC 12 p.m. MNAW Get Fit 12 p.m. CCC AA/NA 6 p.m. TRC          19	Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 4:30 p.m. SCC          20	WIC 8:30 a.m. MNAW Get Fit 12 p.m. CCC AA/NA 6 p.m. TRC          21	Youth Fun Friday 7:45 a.m. CCC PHN Cooking Class 12 p.m. CCC Yoga 12 p.m. MNAW Water Aerobics 5:30 p.m. CCC          22	4-H Stepping Out program 9 a.m. Camp Miller Basketball 1 p.m. CCC          23
Volleyball nets up 12:30 p.m. CCC Water Aerobics 1 p.m. CCC          24	Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 4:30 p.m. SCC <b>LaCrosse Camp call BCC 878-8048</b> Cribbage 5 p.m. CCC          25	Get Fit 12 p.m. CCC <b>LaCrosse Camp call BCC 878-8048</b> AA/NA 6 p.m. TRC          26	Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder Concern 10 a.m. CCC GED 4:30 p.m. SCC <b>LaCrosse Camp call BCC 878-8048</b> Sobriety Feast 6 p.m. CCC          27	Get Fit 12 p.m. CCC <b>LaCrosse Camp call BCC 878-8048</b> AA/NA 6 p.m. TRC          28	Youth Fun Friday 7:45 a.m. CCC <b>LaCrosse Camp call BCC 878-8048</b> Yoga 12 p.m. MNAW Water Aerobics 5:30 p.m. CCC          29	Basketball 1 p.m. CCC <b>3rd Annual Big Game Bingo 4 p.m. BBCR</b> <b>LaCrosse Camp call BCC 878-8048</b>          30
Volleyball nets up 12:30 p.m. CCC Water Aerobics 1 p.m. CCC          31						