

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Playing with a heavy heart over the tragic passing of a family member, Fond du Lac Boys Basketball Forward Cameron Thompson gives his mother Danielle Martineau a flower and a hug on Senior Night; the final FDL Boys home game of the regular season on Feb 10. The senior led all scorers with 22 points in the game. Cameron and his mother were also photographed with James Korby Jr.

Photos by Dan Huculak

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Local news



Sawyer Representative David Tiessen speaks to the crowd at the State of the Band.



Brookston Representative Kevin Dupuis talks about the important things occurring on the Reservation.

State of the Band address

By Zachary N. Dunaiski

The State of the Band address is an important time of the year for Band members to get a chance to hear about the current state of the Band and all of the accomplishments taking place on the Reservation.

This year was no different, but there was also a tribute to John Smith, an employee at Fond du Lac for 40 years.

After the RBC expressed their gratitude for Smith's many years of service, council members District III Representative Kevin Dupuis and District II Representative David Tiessen spoke about the state of the Band more specifically their districts (Brookston and Sawyer respectively) while also shedding light on the things that affect the Band as a whole.

Both Dupuis and Tiessen spoke very passionately about their concerns regarding the drug issues on the Reservation and about working hard to meet with the community and try to figure out what everyone thinks is best for the Band.

They both spoke of how the issue is bigger than just one member, or even the entire council as a whole, and that everyone would need to work hard together to find ways to help rid the Reservation of its drug problem.

District I Representative Wally Dupuis chose not to speak, but wanted everyone to know that he can be reached on his phone, email, or by stopping in the Tribal Center if you would like to speak with him. Which is true of all our council members. Secretary Treasurer Ferdinand Martineau spoke about the specific numbers from 2014 for FDL. While most of what Martineau said can't be printed, the most important thing that he said was, "It doesn't mean that we're in danger." He also went on to add that, "We've approved the per capita payment for this year, that's going to be the same and employment is still safe."

Finally Chairwoman Karen Diver spoke about the future goals for Fond du Lac while also looking back at what has been accomplished in this last

year.

Karen spoke about the Fond-du-Luth case and how it is still going, she spoke of Montana's Senator Jon Tester's visit, the success of FDLTCC and FDL Band members in their pursuit of higher education, the success of our clinics, efforts with Blandin Broadband Community, the water main expansion project, as well as many other topics for success.

She then began to speak about the plans moving forward into, and in some cases beyond, 2015. The several million dollar CAIR expansion, a smaller expansion to the Min No Aya Win Clinic, the walking path along Big Lake Rd, the upgrades to Cartwright and University Roads, and a few other plans, some even spanning into 2016.

Fond du Lac's Reservation Business Committee continues to be very busy, and 2015 doesn't appear to be any different. FDL Band members should be proud of the growth and prosperity that the Band enjoys each and every year.

Nahgahchiwanong Dibahjimowinnan

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

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Editor: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news

John A. Smith 40th Year of Service



Ferdinand Martineau shakes John Smith's hand as he and the rest of the council thank John for 40 years of hard work.

By Zachary N. Dunaiski

The State of the Band address wasn't just a time for speaking about the future, but also to talk about the past. During the night's festivities, The RBC surprised Chief Conservation Officer John Smith with a congratulations for his forty years of service. John started with the FDL Conservation Enforcement Department in December of 1975.

Ferdinand Martineau gave a very heartwarming thank you to John, and spoke of many of their times together. Martineau even joked that Smith, who had served as a member of the RBC as the Brookston Representative, was a council member "back when you had to drag someone from Brookston to be a Representative."

But at the time, John did more than just serve on the RBC, he also worked as FDL's first Conservation Officer.

John Smith has been an extraordinary asset for Fond du Lac Band for many reasons. He was a Brookston Tribal council Representative for eight years while still being the Chief Conservation Officer, served on the Fond du Lac Conservation Committee, was the Director of Fond du Lac Natural Resources, and served as Chief of the Fond du Lac Police Department. John Smith is a strong Tribal Treaty rights advocate.

John has also greatly improved working relationships with the many jurisdictional enforcement agencies within the Ceded Territories and has been a dedicated and dependable employee for all the years of service.

John has given many great years of service to Fond du Lac, and I don't think enough can be said about how many great things he has done.

The FDL police make a big bust

The Fond du Lac police department performed a traffic stop on a vehicle leaving a residence on Mahnomen Road. The driver was known to have revoked driving status. Officers spoke with the driver and passenger. Officers talked to the male passenger, who gave a false name and date of birth. The male was detained and transport began to Border Patrol to help with identification. While enroute to meet with Border Patrol the male identified himself. Officers

than transported him to the St. Louis County Jail where he was being lodged for the false information to police. A search of the male was conducted. 4.3 ounces of heroin was found along with \$2590 in cash. The street value of the heroin is approximately \$60,000.

Basketball teams going strong

The Fond du Lac Ogichidaag boys and girls basketball teams have both had great seasons. Their seasons are coming to an end, so start getting ready and excited for another strong

playoff push from both of our teams.

Smoke free government buildings

On Sunday, Feb. 15, 2015 the Fond du Lac Reservation Smoke Free Government Building Policy went into effect. Visit the Fond du Lac website for a copy of the policy as it was approved by the Reservation Business Committee on Feb. 4, 2015. Smoke free celebrations were held for all three community centers.

If you need assistance in quitting smoking, please contact

Roberta at (218) 878-2639.

Miigwech to the RBC, community members and staff for your efforts to implementing this policy and helping to promote a healthier community and working environment here at Fond du Lac.

FDL Historical Society

Meeting will be Friday Mar. 6 at 10 a.m. to 1 p.m. at the Conservation Resource Management building on the corner of Big Lake Road and University.

We are presently working on preserving photos and

documents to become part of the archives as well as family trees, Indian censuses, burial records, etc.

Everyone is welcome to join and help with this project. For more information contact Carol Jaakola at (218) 879-9296 or (218) 393-9284 or Sharon Shuck at (218) 728-5340.

Goof on the Roof

WKLK will be accepting charitable donations of money or food during their Goof on the Roof campaign to help the Carlton County Food Shelf on Mar. 24.

A few thoughts from RBC members

From the Chairwoman

Thank you to everyone that attended the State of the Band this year. It's important to hear for yourselves what the happenings are for the Band and the direction we are going.

For a brief overview of the highlights: The Fond-du-Luth litigation continues to progress with the Band prevailing at nearly every level. The biggest open question seems to be back payments from 2009-2011. There is also the litigation the city has against the federal agencies (National Indian Gaming Commission and the Department of Interior). Infra-

structure improvements were key accomplishments, bringing fiber optic broadband to Band facilities, as well as road and waterline upgrades. The Band's Resource Management Division continued to provide good stewardship by advocating for clean water and air protections. The Band partnered with the nonprofit One Roof Housing to rehabilitate homes in Cloquet to serve members interested in homeownership opportunities.



Karen Diver

For 2015, the Band will continue to strengthen our police department and move more towards a community policing model. The investment in a language coordinator will help to develop more compre-

hensive and coordinated access to Ojibwe language learning opportunities. There will be a major expansion at the Center for American Indian Resources (the Duluth branch of our clinic). There will also be an expansion to the main clinic building on the Reservation. Designs are currently being worked on for a rehabilitation of the Fond-du-Luth Casino building. The Band is also seeking funding to bring broadband internet services to the home. If successful, the Band would operate this as a utility service.

The Minnesota Chippewa Tribe is trying to move some of the constitutional reform processes forward. Of interest to most of the people I have spoken to is the enrollment

criteria. The Constitutional Reform Committee attempted to have discussion about what enrollment options should be explored further, and how to facilitate communication within and among our communities. There was too much disruption from audience members to continue the discussion, so the MCT will create a draft timeline for us to review.

The State of Minnesota legislative session is underway. Last year, Governor Dayton vetoed a nearly unanimously passed piece of legislation that limited the growth of the state lottery. This session there are bills being introduced again to limit lottery expansion. There are a number of bills being proposed that would impact the sulfide standard in a negative way. The

bills would allow for higher discharges of sulfides. Science clearly shows this impacts mercury in fish, as well as degrades the vitality of wild rice. These bills are not expected to have much impact beyond their public relation value, as the Environmental Protection Agency would certainly have objection, and they likely result in litigation from environmental groups.

Please let me know if you have any questions or comments at karendiver@fdlrez.com or by phone at (218) 878-2612.

Boozhoo,

I have to say that the winter has not been too bad this year. I am looking forward to the spring though when things begin to come to life again.

Most of the time I am dealing with problems that people need to solve. There are very few people that come in and say how you doing, just thought I would say hi. It does happen and it makes me smile. Well the other day I was invited to our casino employee apprecia-

tion dinner. I like this event because I get to see the cream of the crop from our casinos. This year's dinner again made me proud of the staff that we have working in our place. We gave away 5, 10, 15, 20, 25, and even a 30 year service pin to quite a few employees. We also had over 100 employees with perfect attendance.



Ferdinand Martineau

That is about 10% of our staff at both places that did not miss one minute of time last year. I guess that's why I don't deal with these guys over the year.

We sponsored the Beargrease again this year. Quite a few of the race events were held at the casino this year but I have not received a report about the impact on our floor yet. I hope it has a positive impact for us so we can look at a longer term commitment to the race.

The RBC passed a resolution to make all governmental buildings smoke free on February 15, 2015. There was quite a discussion over this move as tobacco use is part of our culture. We discussed ceremonial use and how the smoke free resolution would affect it. We discussed the health benefits of

not smoking. We discussed the "rights" of smokers and non-smokers and finally decided to go smoke free. It will be interesting to see what happens in the next few weeks.

Over the past few years I have written about my parents and some of the issues that we have faced with them. I like to share those feelings with you because I want you to know how really precious life is and how I value having them here. My cousin and friend lost her daughter this month and my heart goes out to her and her family. My words to her are shallow at this time as she is facing something

more consuming than most of us will ever have to bear, the loss of a child. Although we all know the circle of life and what is going to happen, when it is your child it does not seem right.

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

Gigawaabamin

RBC Thoughts (continued)

Sawyer News

Boozhoo! At the end of January, myself along with the rest of the RBC made a trip to Mystic Lake to partake in mediation with the City of Duluth. We spent 3 long days in one room while the City and their attorneys were in another and a mediator went back and forth to try to come to some type of settlement concerning all of the litigation that has been



David Tiessen Jr.

going on for the past few years. Unfortunately, we could not reach an agreement that would be mutually beneficial to both parties, so onward we will go.

I know I spoke at some length in last month's article about the smoking ban at all Fond du Lac Government Buildings, but I just wanted to give a little update. At the time of me writing this article, it has been only 4 days since the implementation of the smoking ban, and you

can already tell the difference at the Tribal Center. The air smells better, the offices seem brighter, and the staff (myself included) seem to be breathing easier. I would like to send out a big thank you to Roberta Marie and staff of her program in helping people transition to a non-smoking environment. She has already set up anti-smoking tables in the past couple of days at all three community centers where they handed out literature outlining the benefits of a smoke free environment. There were prizes and food as well.

The three centers were recently given a plethora of tickets to a Minnesota Swarm Lacrosse game. All three centers loaded up busses with children and adults and were able to watch a game in Minneapolis at the Excel Energy Center. This was an awesome trip for all involved. The youth that I have spoken to are now taking a keen interest in playing Lacrosse. It was good to see all of the districts together on a trip and to see them have as much fun as they did.

My next Community Meeting will be on March 18th at

5:00pm at the Sawyer Center. As always, it will be potluck, so bring something good to share.

I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at davidtiessenjr@fdlrez.com, or call my Smoke-free office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Be good and Love each other!

Brookston News

Boozhoo!

I hope everyone is well and is enjoying the new year. It's been a while since I have placed an article in our newspaper, there have been so many things occurring throughout my days that it's hard to find a quiet time to write an update. I apologize and I will try to fit as much as I possibly can, but please don't hesitate to call my work, cell, or text me and I will try to get back to you as soon as I am able. I know at times it seems that calls go unanswered but that isn't an indication that I am not working on solutions or finding the reply to your questions.

There has been a lot of discussion about the minor's per-cap distribution with the RBC. I would like some input, from

you the Band members, on what you would like to see as requirements for the minors to meet prior to being presented with an enormous amount of money. A few ideas that I have presented to the rest of the RBC is meeting a high school diploma or GED requirement, and/or serving the minors with a financial class in preparation of receiving their built up per cap. These are a couple ideas, but I am sure that we all can come up with something that we agree on.

I want to continue to discuss the drug issue that we face on the Reservation as well as for those that live off the Reservation. Our people are succumbing to this addiction daily, and it can't be stressed enough that the time is now that we do something to care for our brothers and sisters that are facing this addiction. Not only do we assist those that are ad-

dicted but also try to assist the loved ones that are affected by the addiction of the loved ones by offering support groups, listening, talking, and caring. It really hasn't been that long since we opened our doors as a community and offered support to one another, opening our hearts, opening our traditional ways, and doing this did not promote judgment, or resentment or gossiping, its offering our brothers and sisters a way of healing.

Another aspect of healing is planning for a Ceremonial Hall. I have been having discussions regarding moving forward with a Ceremonial Hall in our community. We need a place to honor our traditional ways, the gyms and the community centers are not the places for funerals and other cultural ceremonies. If you have any suggestions on placement for a hall please forward your ideas.

Another enhancement for our community is requests for

more community gardens, I have looked in the Brookston area and I have found several open areas for placements of a community garden. In upcoming open meetings I will discuss these further and then in future articles share thoughts and suggestions.

The Brookston District members, the speed bumps for Mahnomen, Rustic, and Migizi have been approved and will be put in place this spring. Hopefully, this will slow down traffic and allow a safer area for the kids to be riding bikes and walking to the center. Unfortunately, East Pine, and all the Duck roads have not been approved at this time. Also, still in the planning stage is the idea for an outside basketball court, I am also hopeful for a fully functioning softball/baseball diamond to be implemented as well, hopefully it will come together. With all of these I will be continuing to share the progress as time

passes.

Being a Representative I want to hear what the community feels and thinks. This will generate a positive movement that needs to happen. We have been going backwards in prosperity and growth. To change this, we need to come together to make a stronger, and healthier community. So, to start this drive of togetherness, I'm going to hold monthly meetings since the monthly meetings have been changed to quarterly. I am your Representative and I work for you, I am not afraid, I will not hide behind the doors, I will serve you the Community with the oath I have taken. I encourage all Band members to attend and together we will and can make a difference.

RBC Thoughts (continued)

Cloquet News

Hello All

I would like to pass on this message and motorist tips from our school officials: There have been several motorist that are not stopping for flashing bus lights in or near the unloading zone of the Fond du Lac Ojibwe School. This is a serious reminder that all motorists need to stop for FLASHING RED LIGHTS. The following are school bus safety tips for motorists.

Motorists must stop at least 20 feet from a school bus that is displaying red flashing lights and/or its stop arm is extended when approaching

from the rear and from the opposite direction on undivided roads.

Red flashing lights on buses indicates students are either entering or exiting the bus

Motorists are not required to stop for a bus if the bus is on the opposite side of a separated roadway (median, etc.) — but they should remain alert for children. Altering a route or schedule to avoid a bus is one way motorists can help improve safety; in doing so, motorists won't find themselves behind a bus and as a result, potentially putting children at risk

Watch for school crossing patrols and pedestrians; reduce speeds in and around school zones



Wally Dupuis

Watch and stop for pedestrians — the law applies to all street corners, for both marked and unmarked crosswalks (all street corners) — every corner is a crosswalk.

We recently met with our Natural Resource staff as they are in the process of setting up the spring spearing, netting, and fishing regulations. They have a lot of data and other issues to consider as they develop manageable harvest regulations. It is a tough job for the staff as they realize our treaty rights in each of the treaty areas. I am sure we will have spring fishing regulations out to the public soon.

Our Cloquet Community Center has continued providing quality programming and our interim Director, Cheri Kozlowski, has done a great

job keeping things going. Donna Ennis has recently taken over as the Community Center Director and has her hands full. I am sure Donna will do a fine job and we wish her well. If you see Donna please wish her well and maybe offer some ideas as to what activities you would like to see in our center. Please see the calendar of events on the website, in the newspaper, or posted throughout the center for upcoming activities.

I would also like to congratulate Phil Petite as he recently certified as a Life Guard for our Community Center. One Roof housing will be at the Community Center on Feb. 21 to offer a home buyer workshop. This work shop will help identify and address obstacles in

obtaining a mortgage, help in understanding credit reports, help to learn about specialty mortgages for tribal members, and will also help with learning about down payment options for mortgages. Please visit www.1roofhousing.org or call (218) 727-5372 for more information. This is a great opportunity for tribal members wishing to purchase a home on their own. Some of the homes One Roof Housing have rebuilt are exclusively for tribal members.

As always, Please feel free to call or write me with any questions or concerns (218) 878-8078 office, (218) 428-9828 cellphone, or email at wallydupuis@fdlrez.com

Etc.

Anishinaabemowin Community Program

On Saturday, Mar. 7 from 11 a.m. to 5 p.m., at the Fond du Lac Ojibwe School in the gymnasium, the Language Advisory Board for the official Fond du Lac language program Nagaajiwanaang Waakanawendangig Anishinaabemowin will introduce the new Anishinaabemowin Coordinator, Dr. Janis A. Fairbanks, who will talk about program development, introduce special guests,

and act as Master of Ceremonies for the event.

The special guests are Leslie Harper and Waasobiik Anna Gibbs. Leslie Harper, former director of Niigaane Immersion School on the Leech Lake Indian Reservation, will discuss starting an immersion school, and Waasobiik Anna Gibbs, respected elder from Red Lake Indian Reservation, will be there to show her bi-lingual video "Gaa-ondinang Dakwaanowed Makwa (How the Bear Got It's Short Tail). There will be several language table activities

set up for all ages and levels of language learners. Prizes will be awarded for participation.

The MC for the event is Dr. Fairbanks, a member of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation. Her lifelong and doctoral areas of study include Anishinaabeg language, history, literature and culture of the Ojibwe people of the Great Lakes area. She also recently joined the board of directors for the Fond du Lac Historical Society and believes that the Anishinaabeg language is and

should remain tied to history, culture and literature of the Ojibwe people.

The language revitalization initiative being introduced at this event was formalized on Dec. 7, 2010 by RBC Resolution 1421/10, which declared that Anishinaabemowin is the official language of the Fond du Lac Reservation. The purpose of this initial gathering of community members and language activists on Mar. 7 is to create an awareness that the language initiative is going forward, and Dr. Fairbanks will be on

hand to meet with community members who are interested in having their ideas heard and included in the Fond du Lac language program.

Transportation to the event at the Fond du Lac Ojibwe School gymnasium from Brookston and Sawyer Community Centers will be provided by an FDL transit bus, which will run between 10 a.m. and 6 p.m. the day of the event.

In addition to the language activities tables, there will also be drumming and a hand drum contest at the event. Hope-

Etc.

fully, there will be drum groups or singers who can perform Ojibwe words with their songs, but any hand drum individual or group is encouraged to come and sing. A major prize will be awarded, along with door prizes and prizes for participation.

Want to know what's going on? Come and join us! Free chance to meet, mix, mingle, share in the feast, and win a prize.

For more information, email janisfairbanks@fdlrez.com

FDL Summer Youth Employment program

The Fond du Lac Reservation Summer Youth Employment program is now accepting applications.

Applications can be picked up at the WIA office, Cloquet, Carlton, Albrook school district, Indian education office, and the Fond du Lac district community centers. You must be between the ages of 14 to 17. Applications will be accepted through Apr. 17.

Applications will not be accepted after this date. The closing date will be adhered to and applications will NOT be accepted after.

For more information contact Brenda Houle at (218) 878-2698 or Annette Himango at (218) 878-2618.

Public comment invited

Fond du Lac Tribal and Community College is seeking comments from the public about the College in preparation for its periodic evaluation by its regional accrediting agency.

The College will undergo a comprehensive evaluation visit

Apr. 20–22, by a team representing The Higher Learning Commission of the North Central Association of Colleges and Schools. Fond du Lac Tribal and Community College has been accredited by the Commission since 1998. The team will review the institution's ongoing ability to meet the Commission's Criteria for Accreditation.

The public is invited to submit comments regarding the college:

Public Comment on FDLTCC
The Higher Learning Commission
230 South LaSalle Street,
Suite 7-500
Chicago, IL 60604-1411

The public may also submit comments on the Commission's website at: <https://www.ncahlc.org/HLC-Institutions/third-party-comment.html>

Comments must address substantive matters related to the quality of the institution or its academic programs. Comments must be in writing and signed; comments cannot be treated as confidential.

All comments must be received by Mar. 20.

CAFD wants you to stand by your pan

By Sarah Buhs,
CAFD Captain/Public Education Coordinator

How often has the doorbell rung or a child interrupted you while you were cooking, causing you to forget about the chicken you left sizzling on the stove - until smoke filled the house?

If this sounds familiar, I hope you'll read on, because you're running the risk of having a dangerous fire. As Public Edu-

cator for the Cloquet Area Fire District, I often talk to people about the way they can stay safe in their homes. Too often we have that talk after they've suffered a damaging fire.

It's my hope that people reading this article won't have to learn the hard way. If I could give just one fire warning, I'd say "stand by your pan!" Why? Because cooking is the leading cause of home fires, according to the nonprofit National Fire Protection Association (NFPA). Latest statistics from NFPA say that two out of every five home fires started in the kitchen and more than 150,000 fires a year are related to cooking.

And guess why most of these fires occur? If you said it's leaving cooking unattended, you got it right.

Often when we're called to a cooking-related fire, the residents tell us they only left the kitchen for a few minutes. Sadly, that's all it takes to go from routine to disaster.

The bottom line is that there's really no safe period of time for the cook to step away from a hot stove. A few key points to remember:

- Never leave cooking food on the stovetop unattended, and keep a close eye on food cooking inside the oven
- Keep cooking areas clean and clear of combustibles (e.g. potholders, towels, rags, drapes and food packaging)
- Keep children away from cooking areas by enforcing a "kid-free zone" of three feet around the stove; keep pets from underfoot so you do not trip while cooking
- Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated
- Always keep a potholder,

oven mitt and lid handy; if a small fire starts in a pan on the stove, put on an oven mitt and smother the flames by carefully sliding the lid over the pan, turn off the burner, don't remove the lid until it is completely cool; never pour water on a grease fire and never discharge a fire extinguisher onto a pan fire, as it can spray or shoot burning grease around the kitchen, actually spreading the fire

- if there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing
- if there is a microwave fire, keep the door closed and unplug the microwave, call the fire department and make sure to have the oven serviced before you use it again; food cooked in a microwave can be dangerously hot, remove the lids or other coverings from microwaved food carefully to prevent steam burns.

A cooking fire can quickly turn deadly. I have seen too many homes destroyed and people killed or injured by fires that could have been easily avoided. Please heed these simple safety rules.

Child Car Seat Safety Clinics

Did you know that crashes are the leading cause of death for children from age 3 to 14? Using a car seat correctly can prevent many of these injuries and deaths. However, if car seats are not used correctly, serious injuries can occur.

Most Common Child Passenger Safety Mistakes:

- turning a child from a

rear-facing restraint to a forward-facing restraint too soon; American Academy of Pediatrics recommends keeping children rear facing until 2 years old or until they outgrow height or weight requirements of their car seat

- restraint is not secured tight enough - it should not move more than one inch from side to side at the belt path
- harness on the child is not tight enough
- retainer clip is too high or low, it should be at the arm-pit level
- the child is in the wrong restraint; be sure the restraint fits the child AND the vehicle
- all children under 13 years old should ride in the back seat.

Parents are encouraged to stop by a Car Seat Safety Clinic to have their child's car seat inspected free of charge. When a parent arrives, a certified car seat safety technician climbs into the vehicle to inspect child safety seats. Necessary adjustments will be made so the seats are properly installed to protect children in the event of a crash. The technician will also answer parents' questions or concerns about car seat safety.

Child passenger safety clinics are held monthly at the Cloquet Area Fire District. No appointment necessary. People will be helped first come first serve basis. If you have any questions please call Sarah at (218) 499-4258. Parents are asked to bring their child(ren), car seats and cars to ensure proper restraint fitting.

March's Car Seat Safety Clinic is Mar. 17 11 a.m. to 1 p.m. at the Cloquet Area Fire District Station #1, 508 Cloquet Ave.



Health News

March is National Nutrition Month

By Kara Stoneburner,
RDLD, Public Health
Dietitian

The Academy of Nutrition and Dietetics provides a wealth of information on nutrition. Below is an educational tip sheet from the Academy of Nutrition and Dietetics.

Eat right

Food, Nutrition, and Health Tips from the Academy of Nutrition and Dietetics
Everyday eating for a healthier you

2010 Dietary Guidelines for Americans offers a practical roadmap to help you make changes in your eating plan to improve your health.

Balancing calories to manage weight

The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases.

The Dietary Guidelines recommend shifting eating patterns to eat more of some foods and nutrients and less of others. A healthy eating pattern will allow you to meet the recommendations while staying within your calorie needs.

Foods and nutrients to increase

The Dietary Guidelines encourage Americans to eat more:

- **Whole grains:** Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta; make at least half your grain servings whole grains

- **Vegetables:** Eat a variety of vegetables, especially dark-green, red, and orange vegetables plus beans and peas; most adults need 2 ½ cups of vegetables per day

- **Fruits:** Add fruit to meals and snacks—fresh, frozen, or canned—to get about 2 cups each day

- **Low-fat or fat free milk, yogurt and cheese or fortified soy beverages:** Include 3 cups per day for calcium, vitamin D, protein and potassium; lactose-free milk is also an option

- **Vegetable oils such as canola, corn, olive, peanut, and soybean:** These are high in monounsaturated and polyunsaturated fats; use in moderate amounts in place of solid fats

- **Seafood:** Include a variety of seafood more often in place of some meat and poultry.

Foods and food components to reduce

More than one-third of all calories consumed by Americans are solid fats and added sugars.

The 2010 Dietary Guidelines recommend eating less:

- added sugars
- solid fats, including trans fats
- refined grains
- sodium

The recommendation for sodium remains the same—no more than 2,300 milligrams of sodium—for most people. However, a reduction to 1,500 milligrams per day is recommended for people over age 51, African-Americans, and those with a history of high blood pressure, chronic kidney disease, and diabetes.

Suggestions for reducing sodium:

- prepare food using little salt or fewer high-sodium ingredients; for example, skip using salt in cooking pasta, rice, cereals, and vegetables
- taste food before salting it; lightly salt food only as needed, not as a habit
- eat fresh fruits and vegetables which are naturally low in sodium
- use herbs, spice rubs, and fruit juices in cooking in place of salt
- check food labels comparing like items and choose lower sodium foods; also watch for terms like “low sodium” and “no added salt”
- eat fresh, lean meats, poultry, fish, dry and fresh beans and peas, unsalted nuts, and eggs, all of which contain less sodium.

Fats: For optimal health, most people should reduce their intake of solid fats and trans fat by replacing them

with monounsaturated and polyunsaturated fats. Solid fats are found in fatty animal-based foods such as well-marbled meat, poultry skin, bacon, sausage, butter, and whole milk products. Trans fat is found in foods made with vegetable oils that have been partially hydrogenated such as cookies, donuts, pastries, and crackers. Most fats should be polyunsaturated or monounsaturated such as liquid vegetable oils like canola, olive, corn, peanut, and soybean. Plant-based foods like nuts, seeds, olives, and avocados also contain these healthy fats.

Eating right with MyPlate

Get a personalized eating plan at www.choosemyplate.gov. Your MyPlate plan will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian nutritionist for a customized plan.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

This tip sheet is provided by: Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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Caregiver Depression?

Try This

Debra Johnson-Fuller,
Caregiver Program

If caregiving has you feeling overwhelmed or stressed you may actually be depressed, you're not alone.

A recent survey conducted by Home Instead Inc. showed that 31 percent of family caregivers experience significant stress. Caregiving can be very rewarding, but it also contributes to feelings of anxiety, isolation, and guilt.

If you believe you may be experiencing caregiver depression, take heart. Research conducted by Harvard Medical School found that exercise may work well as anti-depressant medications in easing symptoms of depression.

If you hate exercise or wonder how on earth you're supposed to find time for fitness during your hectic caregiving day, I have some tips to help. Try these approaches:

Pick an activity before you try finding time for it. Many experts advise making fitness a priority by scheduling it on your calendar to ensure you honor your commitment. But it's easy to skip the workout if you hate exercising. To solve this problem, try choosing a fitness activity before you commit to exercising regularly. It's easy to find time for doing something fun.

Try different types of fitness activities to find the right fit. Exercise is like shoes: you often have to try on several pairs to find the one that feel best. If you find it boring to walk every day, try signing up for an exercise class. If the idea of exercising with a group of other people puts you off, try popping a fitness DVD into your player at



Health News

home. Keep trying out different types of fitness until you find something that fits your tastes.

Reach back into childhood for fun ideas. What activities did you enjoy as a kid? Shooting baskets? Nature walks? Dance class? Treat yourself like a kid again by taking up an activity you haven't done for a long time. You may find it's just as fun today as you remember it being when you were a kid.

Don't make things complicated. Aim for 10 minutes a day of physical activity to start with. It can be something as simple as dancing around the living room to your favorite music. Anything to get your blood pumping.

Create a respite plan to ensure you have time for exercise. If your loved one can't be left alone for even half an hour, you probably need some caregiving help. Enlist the aid of other family members, friends, a neighbor, or a paid caregiver to give you some breathing room. You will be a better caregiver if you keep yourself in good health.

Exercise with loved one. Exercise benefits elders in many ways. If you can't get away to exercise on your own, try finding a class or program that will allow both of you to get fit together. Or simply go walking. Refresh your body and spirit with a little exercise during the coming weeks and see if it lifts your mood.

For more information on Fond du Lac Caregivers Program please contact Community Health Services at (218) 878-2130.

Parent to parent mentor program: birth & postpartum doulas

The Parent to Parent Mentor Program:

- offers Doula support services in the birth and postpartum period for families
- mentors are American Indian community members with experience in birth and parenting, who have also received specialized training and certification by Doulas of North America (DONA)
- mentors receive specialized training in peer breastfeeding support through the Fond du Lac breastfeeding program.

A Doula is a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth.

- it recognizes childbirth as a key experience the mother will remember all her life
- understands the birth process and emotional needs of a woman in labor
- facilitates communication between the woman, her partner, and clinical care providers
- perceives her role as nurturing and protecting a woman's memory of the birth experience

A Postpartum Doula:

- assists the family in welcoming the little one into the family by offering emotional support, help with household tasks, and ensuring the new family is supported emotionally, physically, and spiritually

- helps families succeed with breastfeeding by offering emotional support and encouragement, facilitating communication, and getting help when needed

For more information contact Laura Garza, PHN/CLC, at (218) 878-2147. Our Mentors are Nacie Polonia, Tammy Dixon, Rebekah Dunlap, and Dixie Dorman

Importance of smoke free homes and cars

You may already know that secondhand smoke is dangerous for anyone, especially children, but did you know that smoke can stay in a room for a long time after someone smokes there?

After smoke has been in the air, it settles on surfaces in rooms throughout the building. This smoke can be ingested by children, making them sick with ear infections, bronchitis, pneumonia, or Sudden Infant Death Syndrome (SIDS). The smoke can be inhaled by children, or ingested through putting items in their mouths.

It is important to understand that opening a window, sitting in a separate area, or using ventilation, air conditioning, or a fan cannot eliminate secondhand smoke exposure. If you cannot quit smoking, it is important to maintain a smoke free environment in areas where children live or play.

Tips to keep a smoke free home:

- never smoke inside your home, even when it's cold outside; smoking indoors one time is enough to contami-

nate the rest of the house, even if you're in a room with the doors closed

- create a comfortable place to smoke outdoors for both yourself and any visitors who smoke
- keep a special 'smoking jacket' or other shirt you wear when you smoke, so you don't bring clothes full of smoke back into a smoke free home
- keeping an umbrella near the door will help encourage you to go outside to smoke even when the weather is bad
- let guests know that your house is smoke-free and show them the smoking area
- consider posting a sign to remind visitors that there is no smoking in your house.

Tips to keep a smoke free car:

- do not smoke, ever, in a car that transports children; smoking in your car even once can fill the seats and

other materials with toxins, even if the windows are open

- remind passengers not to smoke in your car
- try to time your smoking to coincide with times when you know you will be without children at another location; you will keep your child healthier, as well as your car
- keep a jacket and umbrella in the car to use in case you need to stop and smoke and the weather is bad
- store your cigarettes in the trunk or in another out-of-reach area while you drive
- consider putting up a sticker or decal on your car that reminds passengers that it is a no smoking vehicle.

If you have any questions about secondhand smoke please contact Roberta Marie at (218) 878-2639, Miigwech.

This information from www.healthychildren.org



Karrie Sorenson (left) and Nichole Diver celebrate during the festivities to kick-off the new smoke free building. Photo courtesy of Sophie Tibbetts.

Neiashi Minnesota Point Part Two

photo courtesy of the Duluth Public Library.

Research by Christine Carlson

Charlie Lippert

LeRoy Defoe told me about a man called Charlie Lippert. Charlie is an air quality technician for the Dept. of Natural Resources at Mille Lacs. I called Charlie and this is what he said about Minnesota Point.

Culturally, Minnesota Point was important not because it was Minnesota Point but because of its proximity to Spirit Island. Spirit Island was the location of the Sixth Stopping Place where the great Miigis appeared and where Little Otter made his last definitive appearance.

Minnesota Point provided a safe area protecting the estuary from the lake. Due to diverse bird habitats the Fond du Lac Band's ancestors used Minnesota Point as place to gather eggs for food. The wetlands that no longer exist today provided place for waterfowls stopping and staging point, and the Fond du Lac Band's ancestors took advantage of that by hunting them for food.

Reminiscences of R. E. Carey

In 1865 we moved to Minnesota Point in the Town of Duluth where all were Indians. Here I went to school with them and played in their wigwams, and I never heard young or old swear.

Mr. and Mrs. Jay Cooke staying in Superior, Wisc.- August 1867

Jay Cooke and his wife were staying at the Avery House in Superior. Mr. Cooke wanted to see Duluth so he hired a teenager by the name of George M. Smith. George earned his spending money by rowing people around or across the bay. Mr. Cooke hired George and across the bay they went. Then they rowed along the shore of Minnesota Point to a spot opposite what was now called Oatka Beach. There they saw an Indian encampment that Mr. Cooke wanted to visit and he then gave silver coins to every man, woman, and child.

Duluth Minnesotian – September 4, 1869

The peninsula known as

Minnesota Point had ever been a favorite resort for the Lake Superior bands. Here ascended the blue smoke of their camp fires, here their grand medicine dances were held.

Reminiscences of Mrs. Ann E. Thomas in the 1870's. – Superior Public Library

There was quite a settlement of Indians on Minnesota Point at that time, also two Indian burial grounds, and we nearly always had Indians for neighbors and they were always very good and kind to us, never molesting us in any way. I often had rides in their birch bark canoes, and whenever they returned from the wild rice fields they gave to us bountifully. One of our Indian neighbors, Mrs. Martle, had several grandchildren who always called their grandmother Ninnie, meaning little black bear. I always had one or more Indian children for playmates and at that time could understand nearly everything spoken in the Chippewa language.

The Indians used to encamp early in the summer; their ar-

rival was accomplished without the least noise or sound; one would awake to find the wigwams erected, the fires glowing and the beach lined with birch bark canoes, and they would as silently slip away about the time the wild rice ripened.

History of St. Louis County – Reminiscences of Old Settler John G. Rakowsky

The site of Duluth was then covered with timber, pine, and to make up for the lack of white people there were hundreds of Indians, who camped out on the Point, along the shore and on the hills. There was only one occupation that I could see for money making, and that was in trading with the Indians. I had made up my mind to that in St. Paul and had brought a stock of goods along with me to start in.

"I chose the future site of Duluth as my base of operations and put up a little building on the shore east of Minnesota Point. In those days this was a great fur country, and the Indians used to bring in mink, marten, otter, bearskins,

muskrat, fox and other kinds of pelts. Their women were also very expert in beadwork, and they would make buckskin garments most beautifully embroidered, long sashes, moccasins, and other articles, all of which there was a good market for. The trade was always by barter. The Indians would want flour and other kinds of provisions, clothing, tobacco, blankets, calicoes for their women, beads for their embroideries, cooking utensils, etc. There was no cash used, except in very rare cases and then only for a small amount. Pelts were the main object of exchange.

Business proved very good. I made friends with the Indians, always treated them squarely, and in time they came to rely upon me and would pass by rival traders and bring their furs to me. The Indians, I want to say, are good fellows. If you treat them square they will treat you square. I never had any trouble with the Indians.

FDL Law Enforcement news

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

- Jan. 1 License plate found at Black Bear Casino, registered owner of the plate was found
- Jan. 2 Report of cell phone stolen at Black Bear Casino, phone was recovered
- Jan. 3 False alarm reported on Airport Rd, Officer's checked area and everything was fine, just a windy day
- Jan. 4 Report of home broken into, but nothing was stolen
- Jan. 5 Report of suspicious party claiming individual won large sum of money, but requesting they open a credit card for payment of the money
- Jan. 6 Report of single vehicle accident due to slippery roads, thankfully no injuries
- Jan. 7 Gas drive-off reported at FDLGG
- Jan. 8 Vehicle found in the ditch, slid through intersection due to road conditions, no injuries reported
- Jan. 9 Individual stopped and cited for speeding
- Jan. 10 Individual arrested for trespassing at Black Bear Casino
- Jan. 11 Officer's assisted individual with a ride to CHUM
- Jan. 12 False alarm reported at Housing, child pulled the alarm
- Jan. 13 Report of a skinny dog, dog taken to the shelter for care
- Jan. 14 Officer's advised an individual that their head light was out
- Jan. 15 Report of a dog bite, owners notified to keep the dog on a leash while outside
- Jan. 16 Report of suspicious activity, female was just another worker trying to reach her car keys through the window
- Jan. 17 Report of a motor vehicle accident involving a deer, minor damage done to the vehicle, and the deer got up and walked away
- Jan. 18 Report of vehicle in the ditch, driver was arrested for DWI
- Jan. 19 Report of a vehicle in the ditch, once on scene only a spare tire and jack were found the vehicle was no longer in the ditch
- Jan. 20 Report of a home being broken into and a flat screen TV being stolen
- Jan. 21 Report of a gun being stolen, gun was recovered and will be returned to the owner
- Jan. 22 Diaper bag found and brought back to the Fond du Lac Police Department will attempt to find owner
- Jan. 23 Officer's assisted an individual in gathering their belongings from a property
- Jan. 24 Report of dogs chasing another party's live stock, officers spoke to an individual caring for the dogs and advised them that they needed to be kept leashed
- Jan. 25 Individual stopped and given a citation for speeding
- Jan. 26 Individual cited for trespassing at Black Bear Casino and warned they will be arrested next time
- Jan. 27 Officer's advised an individual that their license plate light was out
- Jan. 28 Report of an unwanted person, the individual in question agreed to leave and was given a ride by officers to another residence
- Jan. 29 Individual stopped and given a citation for speeding and advised to slow down
- Jan. 30 Individual stopped and given a warning for speeding
- Jan. 31 Report of 3 dogs chasing vehicles on Pine and Teal Dr.

Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. *The one year period commences with the first publication.

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

AMMESMAKI, Shawn	LAPRAIRIE, Robert
ANKERSTROM, Arthur	MAKI, Hazel
ARCHIBALD, Janine	MARZINSKE, Larry
BARNEY, Wendy	NEWAGO, Susan
CICHY, Gerald	SAVAGE, Mark Anthony
CICHY, Leslie	SMITH, Ralph
DAVENPORT, William	STAR, Ione
DEFOE, Candace	THOMPSON, Joseph
DEFOE, Richard	TIESEN, David Sr.
FISHERMAN, Gilbert	
FOX, David	
GOODREAU, James E.	
Jr.	
GRAVES, Kenneth	
HOULE, Ambrose	
HOULE, Michael Dean	

Ashi-niswi giizisoog (Thirteen Moons)

Onaabani-giizis

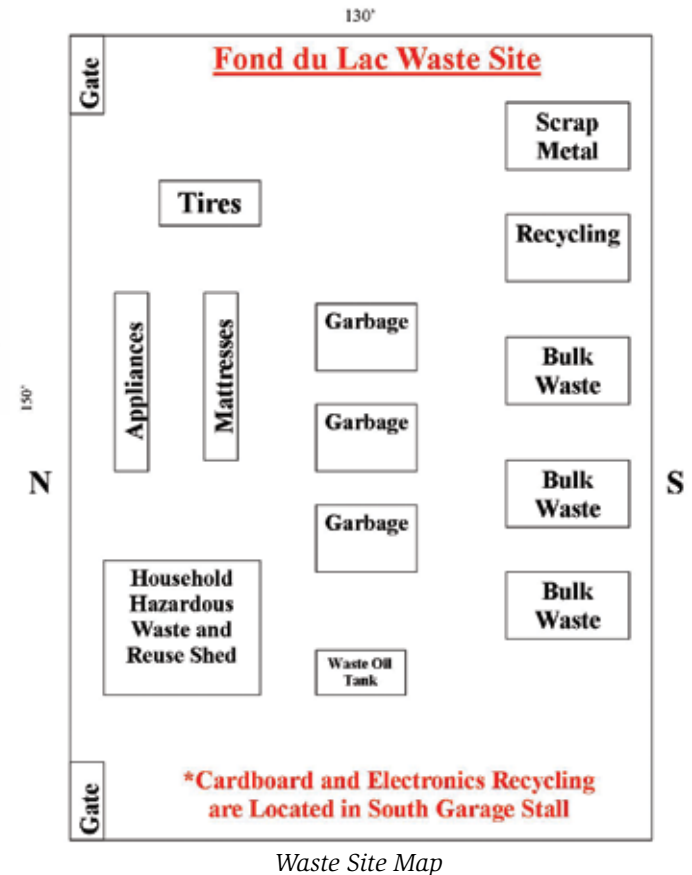
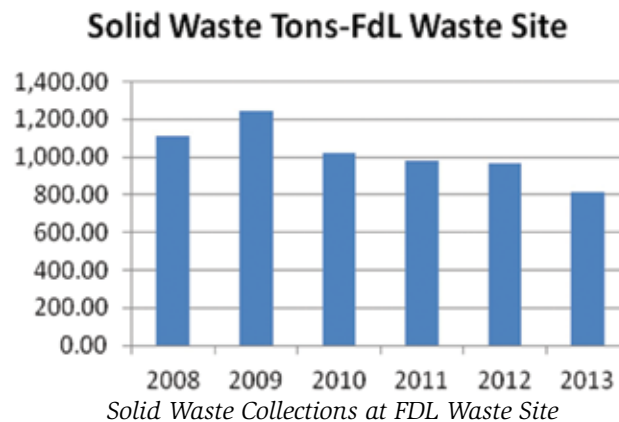
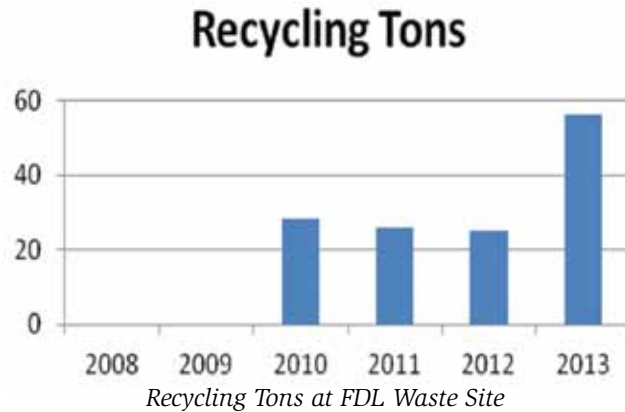
The new Onaabani-giizis begins March 20. This is the Hard Crust on the Snow Moon. Other names for this moon are Bebookwedaagime-giizis, the Snowshoe Breaking Moon; Aandego-giizis, Crow moon; Niki-giizis, the Goose Moon and Ziinsibaakwadooke-giizis, the Sugar Making Moon.

Ganawenjigewin (Taking Care of Things): Fond du Lac Solid Waste Management program update

We would first like to begin by saying Chi-Miigwech to all community members for your efforts to recycle, reduce waste and properly dispose of all trash and other items. Since 2008, there has been a 27% reduction in household garbage, saving landfill space and creating a savings of \$50,000 a year. Recycling doubled in 2013 compared to the amount previously collected annually. When you recycle, you are not only saving landfill space, you are reducing the need for mining or manufacturing these materials from scratch. This conserves natural resources, reduces energy use and helps reduce pollution from mining and manufacturing processes.

Reducing and reusing have even more benefits than recycling. Consider using reusable containers and haul unwanted reusable items to a thrift store or reuse center rather than throwing them away.

On Feb. 11, 2015, the Reservation Business Committee approved the Fond du Lac Integrated Solid Waste Management plan. This plan reviews the past and present solid waste management program and policies and proposes changes and goals. This update



proposes continuation of the Reservation's current solid waste programs, and expanding and improving certain programs with an emphasis on waste education, waste reduction, and waste recycling. Specific goals include:
 1) 5% waste reduction annually
 2) 60% recycling rate by 2020,
 80% for event recycling

3) 75% food waste reduction rate by 2020.

Reminder, if your program is hosting an event, the waste site has recycling bins to loan out for the occasion free of charge. And did you know, Black Bear Casino Resort began separating out food waste and scraps in early 2014 to be hauled to the WLSSD composting facility

instead of being hauled to a landfill. There are very few facilities like this that separate out food waste, so great job!

Expansion of the FDL waste site

As many of you have probably noticed, the waste site on University Road was expanded in 2014. See map.

Please remember to recycle

your electronics by bringing them to the garage stall containing the cardboard baler. They contain toxic metals and cannot be placed in a landfill. Fond du Lac is fined \$35 for every appliance or electronic item that is in the trash dumpster.

Upcoming Events:

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

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

Ma'iingan

The Fond du Lac Resource Management Division (FDLRMD) has been working in cooperation with the Minnesota DNR to capture and collar wolves on and around the Reservation for the last 2 years. These efforts help biologists to understand causes and rates of mortality for wolves. By tracking the movements of collared wolves, biologists can get estimates of territory size and observations of collared wolves are used to determine estimates of pack size. Data from average territory and pack size are used to generate statewide wolf population estimates and help FDLRMD staff better understand wolf populations in and around the Reservation. The collars collect a GPS location 6 times a day, and periodically transmit the information back to the biologists.

Three wolves, all females weighing between 57 and 60 pounds and probably yearlings, were caught and collared in and around the Reservation in August and September. One pup weighing 40 pounds was caught and released without a collar near Upper Dead-

fish. One female was caught and collared near the Spirit Lake Road. She was killed in September near Highway 210 between Sawyer and Cromwell. The circumstances of her death were human related and suspicious, but the investigating DNR officers couldn't find enough evidence to press any charges. A second female was collared on the Johnson Road. She moved around a bit in the Headquarters Lake area, and then it appeared she may have joined up with the Ditchbanks Pack last fall. Unfortunately, her collar failed in November, and we haven't gotten a report from her since.

One male wolf was caught and collared in October of 2013. Track counts last December collected by FDL's Natural Resource technicians indicate there are at least 4 members of this pack. Aerial observation of this pack has so far been unsuccessful. Natural Resources have placed some trail cameras in their territory to see if we can't get additional pack counts.

Last December a Band member photographed the third collared female and a member of

the Deadfish Pack and 9 pack mates together on the pipeline. In early January aerial observation counted 13 members of the pack together. In August and early fall she stuck to the southwest corner of the Reservation. Later in the fall she began making longer movements down towards Kettle Lake and into the territory of the Ditchbanks Pack. She may have been making exploratory movements prior to striking out to set up a new territory somewhere. In mid-January she crossed I-35 just south of the casino and was killed in a snare set for fox and coyotes outside of Carlton. The Minnesota DNR and US Fish and Wildlife Service are investigating.

Last December, a FDL member east of Moose Lake, captured a photo of a collared wolf on a trail camera. After conversations with state, a federal and tribal wolf biologist in Minnesota and Wisconsin, our best suspect is a female wolf with a failed collar that was originally captured on the Menominee Reservation in 2009.



Ma'iingan



Ma'iingan and Wabooz



Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Mar. 17, 2015 for the April 2015 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiki@fdlrez.com.

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

Happy Birthday

Happy 5th birthday to our lil' munchkin **Jordyn Peacock** (Mar. 4)

Love you bunches, dad, mom, brothers, sister and the rest of your family

Happy birthday to my beautiful sister **Cassandra Wright** (Mar. 4)

Love your big sis, Tash

Happy birthday to our big brudda **Phil Savage** (Mar. 7)

Love always, Patti Jo and Leah



Happy birthday to **Phil Savage** (Mar. 7), getting crabbier and older every year, but your family still loves you!

Love from, the wife and kids



Happy 4th birthday to my handsome, smart, amazing, funny, sweet son **Sewell Tibbetts** (Mar. 8), you mean the world to me, my little love. You are my everything. I love you.

Love, mama

Sending very special big 4 birthday wishes to the coolest dude I know, my nephew **Sewell Tibbetts** (Mar. 8). I love you with all my heart, nephew, you are sunshine to me. Wishing my dad, **Jeff Tibbetts** a happy birthday (Mar. 20). Miigwech for all you do and who you are, dad.

I love you very much and hope your birthday is wonderful.

Love, Allie

Happy birthday **Kristofor Cloud Sr** (Mar. 10)

Love, Tash, Kiara, Kris Jr, and Kean

Happy Mar. 10 birthday to my son, **Monte** and Happy Mar. 20 birthday to my daughter **Becky**.

Love, your mama

Happy Mar. 29 birthday to our dear sister, **Shirl Girl...**

Love, Bon and Juan

Happy birthday to our auntie **Gidget Netland** (Mar. 15). We love you to the moon and back.

Love your wonderful nieces, Noel, Taylor, and Brooke

I would like to wish my sister a happy birthday to **Gidget Netland** (Mar. 15), have a wonderful day.

Love your sister, Terri

Happy birthday to my awesome lil bro **Jon Wright** (Mar. 17)

Love your sis, Tash

Happy 7th birthday to **Billy Diver** (Mar. 18). Happy birthday to **Sheila Diver** (Mar. 11). *With love, grandpa and dad*

Happy 19th birthday **Alexis Kettelhut** (Mar. 22), wishing you an amazing day!

Love you, mom, Trey, Clay, Aliza, and ClayJ



I would like to wish **Darrell Brown** a happy birthday (Mar. 25)

I love you babe. Love, Lo

Happy birthday **Charlene Moj Holmes** (Mar. 28)

All our love, Evie and John

Happy birthday to our loyal employee **Brian Bushnell** (Mar. 29). Thank you for all of your hard work you do for us. We appreciate it and hope you have an excellent birthday.

Love, your Fond du-Luth family

Happy birthday **Kim Fohrenkam** (Mar. 31) have a wonderful day.

We love you, your big sis Evie and Bro-in-law John

Thank you

The family of **Lynn Bishop**, who passed away peacefully on January 12, 2015, while surrounded by her family, would like to thank everyone for their presence, prayers, and gifts during this difficult time. We would especially like to thank Tammy Anderson for providing and preparing the wonderful meal following the service, along with help from Tina Foldesi, Tom Foldesi Sr., and Sonya Skoglund. The fry-bread prepared by Pat Diver was also very much appreciated.

Obituary

Autumn Marie Martineau, 24, passed away on Feb. 10, 2015.

Service was held on Feb. 13, 2015 in the Sawyer Community Center.

Pamela Marie Anderson, age 64 of Cloquet, went to heaven to be with her Lord and Savior, Jesus Christ on Tuesday, January 27, 2015. She was born August 31, 1950 in



Cloquet to Stuart and Marlys Anderson. Pam graduated from Cloquet High School in 1968. While she was raising her four children as a single parent, she returned to school and graduated from Duluth Business University. Pam was employed for 17 years at Advanstar Communication in Duluth.

Pamela was an amazing, loving and devoted mother to her children Chad (Jen Kluver) Stoinski, Tammi Stoinski, Angela (John) Sundquist, and Natalie (Jon) Pollema. She was loved and adored by her precious grandchildren Molly, Emma and Andrew Sundquist, and Levi, Kirsten and Kaylee Pollema. Grandma Pam treasured time spent with her grandchildren and enjoyed taking them to the park, shopping, going out to eat, watching movies, reading books, and bringing them to her church's VBS during the summer. "Grammy Pammie" cherished every moment spent with her grandchildren. She truly felt that they were the greatest gifts her heart would ever know!

Pamela was a friend to many and was always one to send a birthday card or note of encouragement, and loved to go out for a Diet Coke. She always had her best friend, Mary Beckrich, by her side throughout their many years of friendship. Auntie Pam had one special niece Tennille (Heath) Hansen and great nephews Wyatt and Ethan; and a special nephew Tom (Nyree) Anderson. Pam loved her sister Nancy Anderson; and her brother Tom (Laurel) Anderson. A favorite tradition of Pam's was going to her mom, Marlys' house, for coffee after church or a family barbeque after a parade. She was preceded in death by her father, Stuart Anderson.

The family would like to thank St. Luke's Hospital

Community News



Kindergarteners kick off with musical introduction for "I Love to Read" Month in February. Photo courtesy of Maria Defoe.

doctors, nurses and staff who provided such wonderful care for Pam. A big thank you to both Dr. Goueli and Dr. Kendall for the compassionate care and love you gave to Pam.

Aurelious J. Connors, 81, passed away peacefully on Feb. 15, 2015.

Joanne Carol Oates, 85, of Cloquet passed away on Feb. 15, 2015 in her home.

She was born March 28, 1929 in Cloquet to Lloyd and Carol Olson.

She graduated from Cloquet High School in 1947. She married Donald Oates on Sept. 2, 1950.

Joanne worked at Marshall Wells in Duluth, Diamond Match in Cloquet, Duluth Avionics during the Vietnam Era, and the Johnson Company and Ketola's before retiring.

She was a member of the Fond du Lac Band of the Lake Superior Ojibwe and was active in several groups. Joanne was a very good artist and especially liked to draw. She and her husband designed, built and decorated four of their homes. In 1956 they built their home in Scanlon; in 1973 their home in Britt; in 1983 their home in Gardenville, Nev.; in 1993 their home in Cloquet and in 1994 she helped with her son, Perry's house in Duluth Township. Among her many interests, her favorite was shopping.

Joanne was preceded in death by her parents; husband, Donald Oates; and her beloved dog, Jake.

She is survived by two sons, Gregory A. (Sue) Oates of Two

Harbors and Perry J. Oates of Duluth Township; brother, Don Olson of Cloquet; and three step grandchildren, Jeremy and Michael Schock, and Rachel Lockwood.

The family would like to thank the Cloquet Police Dept., Fire Dept., the medical examiners office, and the Atkins Northland Funeral Home for their compassion and care.

Chili cook-off

The day shift custodial department at the Black Bear Casino Resort had a chili cook off Feb. 2. A lot of good chili, oh my.

Those that participated were: Lois Schepper, Skye Goad, Carol Schuster, Karen Habert, and David Goodman.

The Judges were: Corey VanGuilder (Hotel Manager), Richard Grandieri (Slots Manager), Marcie Goodreau (Inventory Control Manager), and Dennis McCully (from surveillance).

We had 1st, 2nd, & 3rd place winners. Since there were only 5 that participated, they all received a prize. Of course I (Ginger Savage) could not be a judge but I tasted all the chili and in my mind they were all winners!!!!

A very big thank you to everyone who helped make this a fun and memorable event. It was a fun time and brought moral up in the department.

Stop for buses

There have been several motorists that are not stopping for bus flashing lights in or near the unloading zones of the Fond du Lac Ojibwe

School. This is a serious reminder that all motorists need to stop for flashing red lights. The following are school bus safety tips for motorists:

- motorists must stop at least 20 feet from a school bus that is displaying red flashing lights and/or its stop arm is extended when approaching from the rear and from the opposite direction on undivided roads
- red flashing lights on buses indicates students are either entering or exiting the bus
- motorists are not required to stop for a bus if the bus is on the opposite side of a separated roadway (median, etc.) — but they should remain alert for children
- altering a route or schedule to avoid a bus is one way motorists can help improve safety; in doing so, motorists won't find themselves behind a bus and as a result, potentially putting children at risk
- watch for school crossing patrols and pedestrians; reduce speeds in and around school zones
- watch and stop for pedestrians—the law applies to all street corners, for both marked and unmarked crosswalks (all street corners)—every corner is a crosswalk.

FDLTCC budget team receives

Financial Management Award

Several teams and individuals at Minnesota State Colleges and Universities system institutions were recently recognized

for excellence in financial management leadership during 2014. The Budget Committee at Fond du Lac Tribal and Community College received an Outstanding Service Award.

Outstanding Service Awards are presented to individuals or teams who provide outstanding service at the campus level. Award criteria focused on those who have made significant systemwide contributions that warrant recognition.

The Budget Committee at Fond du Lac Tribal and Community College was recognized for providing transparency of the budget process to the college community, incorporating a process to match the budget to the college mission and campus initiatives, and showing a commitment to improve the college's financial standing through thoughtful dialogue and suggestions to college leadership.

"These awards go to the often unsung heroes on our campuses, leaders who are dedicated to the health and success of our colleges and universities," said Minnesota State Colleges and Universities Chancellor Steven Rosenstone. "They have provided innovative solutions to seemingly intractable problems. I am particularly impressed by how many of this year's winners worked as teams to collaborate on complex challenges."

Budget Committee members at Fond du Lac Tribal and Community College include Larry Anderson, Susan Bumann, Brian Clark, Don Carlson, Paula Hagenah, Stephanie Hammitt, Louise Lind, Mary

Monson, Mary Gayle Pucel, Keith Turner, Tom Urbanski, and Loran Wappes.

The Outstanding Service Awards were first presented in 1997 and publicly recognize outstanding contributions of college and university employees who work in financial management or serve on campus committees and teams related to fiscal management.

The Minnesota State Colleges and Universities system includes 24 community and technical colleges and seven state universities serving more than 410,000 students. It is the fifth-largest higher education system of its kind in the United States.

Fond du Lac Community Visioning Session

Blandin Broadband Communities

- What can broadband or high speed internet do for your community?

Join us for a community visioning meeting focused on broadband

We want to hear your ideas!
When: March 18th from 5:00 – 7:00

Where: Cloquet Community Center

There will be a light dinner starting at 4:30

Please RSVP to Vicky Kirsik at 218-878-7485/ VickyKirsik@fdlrez.com Or Diane Soden-Groves at 218-878-7491/ DianeSoden-Groves@fdlrez.com

