

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



A Finnish film crew interviews Dr. Arne Vainio for a documentary about Finndians.

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Local news

By Zachary N. Dunaiski

The Fond du Lac Reservation has lost many great people to retirement over the last several months, and while we're happy for them, it's always hard to see them go.

This time the Black Bear Casino Resort said goodbye to an influential leader over the last several decades, Mike Himango. Mike worked for FDL on and off since the 70s and in total tallied 29 years of service for the Band, his most recent as Executive Director of Fond du Lac Enterprises.

Feb. 3, Mike's last official day, had many people offering him tear-filled goodbyes, and stories of how he has changed so many lives. The overwhelming theme of those stories was clear, Mike saw potential in everyone.

Some thanked him for never giving up on them, while Mike told a story or two about moving good workers to many different jobs because he hadn't found the right fit for them yet. His legacy will be remembered as the guy who helped people find careers they could be proud of and that

they could help Fond du Lac in the best way possible.

During Mike's last directors' meeting, where he asked not to be given gifts, Mike was given a few very meaningful gifts. The most remarkable of those gifts was given to him by Jeff Savage, Director of the FDL museum.

"I searched the far reaches of the Rez and found this in Sawyer," Jeff told Mike. As Mike opened the gift, a dream catcher, Jeff told him that it was made by his mother, Carol Pitman.

"I have never been at a loss for words, but now I am," Mike said looking at the dreamcatcher. Tears filled the eyes of most of the people in the room. This last monthly meeting, that most months Mike had everyone laughing throughout, had a different feeling for his last emotional goodbye.

A few days later was Mike's retirement party, Feb. 6, and very fittingly for someone who did so much for the BCCR was held in the Otter Creek Event Center. Mike said that he wasn't one who usually liked to speak about himself, but did



Mike Himango opening gifts from the RBC.

speaking briefly about his long career. He finished by talking about what we all hope to be doing in our retirement years.

"As Annette got ready for work I told her, 'I'm going back to bed.' I got into my bedroom and then my granddaughter came in and said 'papa.' And then I was up for the rest of the day," Mike said with a chuckle, smiling into the audience at his young

granddaughter. "But I think I'm going to like retirement."

Most people hit a point where they just don't want to work anymore, but that isn't the reason Mike is saying goodbye.

"The reason I'm retiring is not the work load, but it's the fact that on Sunday I had a birthday and I turned 70," Mike said during his goodbye. "I look out and see all these

friends and acquaintances, and it's just tough to go and I mean that."

It was pretty apparent in this moment that Mike was happy to be done, but also sad to go.

"I feel like I could work forever, but 70 said something to me. I don't know why, but it just said 'have some fun'," Mike said with a smile.

The Reservation Business Committee came up to say a

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.

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Local news

few words about Mike, and I'm sure could have said a lot more, as all their lives were affected positively by Mike in one way or another.

"When we look back at Mike's career, we have to look back at family history. A lot of people don't know about the organization of National Indian gaming association. What a lot of people don't know about that organization is that it started here at Fond

du Lac. The first president of the organization was Mike's uncle chairman Bill Houle," District III Representative Roger "Bouda" Smith Sr. said. "At that time there were only 8 Tribes, and now there are over 300. That dream for Indian country started right here. Which Mike was able to carry on and look what gaming has done for Indian country," Bouda said.

"You have to look around Fond du Lac, you look around at every school that we have, the gymnasiums, the community centers, Mike had a part of that. Because he was the GM here and we were able to get the funding to do that. I don't know if Mike looks at the community that way but it is a very great honor," Bouda said. It is a great honor. Many of those that work for FDL wouldn't be here if it wasn't for the many things that Mike has done. Whether

it be for his vision for an FDL school or just the money that the BBCR has brought in that FDL is able to create so many great jobs that the rest of us get to appreciate.

Mike was given some meaningful gifts at his retirement party too. The first came from Bouda.

"One of the greatest gifts you can get in Indian Country is receiving an Eagle feather,"

Bouda said. But Bouda went a step further than that and gave Mike three Eagle feathers. The final one was the feather that showed the most respect to Mike as it was for an honor he hasn't technically earned yet.

"The third one is for all the future little ones that Mike has built this base for and been part of this base for building Fond du Lac and what he's done for the community and for the Band."

I personally loved the concept of this last feather. So many Fond du Lac children will grow up and have great job opportunities and learning capabilities to get there because of all the effort Mike put in.

Bouda ended his thank you with a comment from Mike's brother.

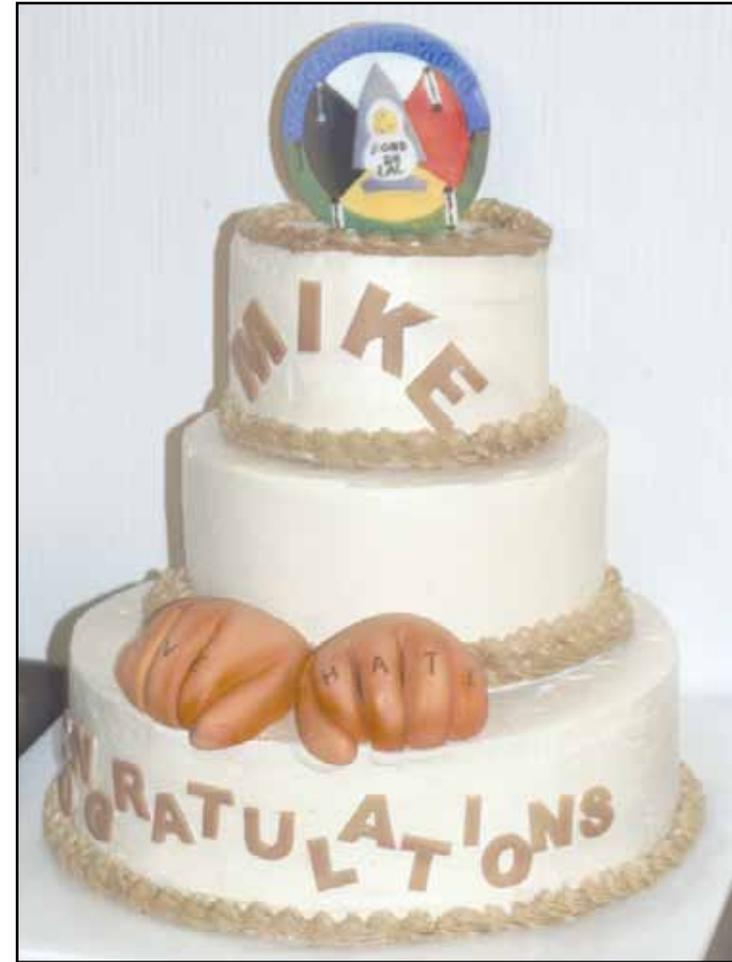
"I was able to speak with Mike's brother George, who wasn't able to be here, but he wanted me to mention that he

was very proud of his brother and the accomplishments that he has done throughout his lifetime and what he's done for our people. We're all very thankful, very grateful, and very proud of your accomplishments. So chi miigwech."

Next to speak was Secretary Treasurer Ferdinand Martineau who had a very heartfelt way of speaking about Mike.

"You guys all know Mike as suit and tie, hair always nicely pulled back and combed, but I know Mike as Mike. We kind of grew up together. So if you want to hear stories about Mike, I'm sure I can tell you a few that would even make Mike blush," Ferd started. Ferd also spoke about how much Mike has done and meant to the Reservation.

"But seriously Mike and I started working together on the Reservation together in 1977. Mike came in and he was our Assistant Education Director. What that meant was he worked for Don Wiesen and we had really nothing for on Rez education, but we had a dream. That dream was to make a school for Fond du Lac. I don't know how many of you know that Mike was instrumental in laying the foundation and all of the footwork for the FDL Ojibwe School. That was part of Mike's hurrah when he was first here. A lot of people don't know that and don't give him credit for that but he did a great job in the education division and he had a vision of what he could see this Reservation being and it was more than what it was. Mike got to work and it took, I think it was 14 years until we finally got the school."



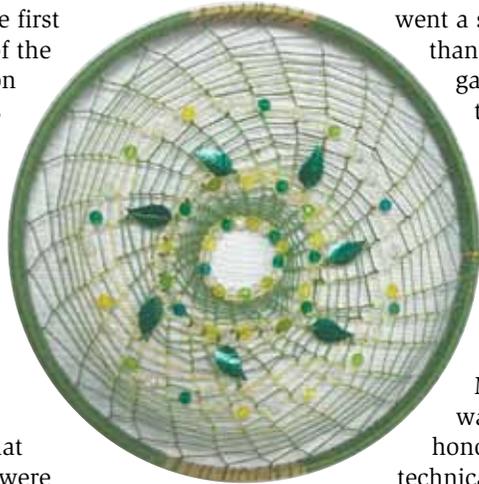
Ferd tried to thank Mike for all he's done, but other than the time constraint of trying to mention that, there were so many things that Mike did, Ferd couldn't even recall all of them.

"So I want to say thank you Mike for the work that you've done for us. Not only in gaming, you've been election judge, and commissioner for our boxing league, I can't remember all the things he's done, but he's done a lot of things."

Finally it was time for Mike's final two gifts and both had to do with Moccasin Mike Rd. He was given two signs of the road. The first was just the

road sign that Executive Director Chuck Walt joked could "be for your bedroom." The second was the much larger sign revealing the road that he had joked with Chuck that he was going to steal. So the RBC and Chuck, with the help of planning director Jason Holliday worked together to get him the sign.

Mike's selfless work for the FDL Reservation over the years has made him many friends. Those friends will miss Mike for his contributions and his friendliness, but we'll all have so many ways to remember all that he did for us.



RBC Thoughts

Boozhoo,

I am marveling at the weather we are currently experiencing. It has been in the high 30's to mid 40's and there is not much change predicted. If this keeps up we will have an early spring and the golf courses could open.

We had another retirement party for a long term employee last week. Mike Himango has worked for the Reservation since the late 1970's but for the last 27 consecutive years in our gaming enterprise. He took our bingo game and made it the casino operation that we currently have. Mike became a guiding force on the Reservation in policy development and gaming opportunities. The RBC would have an idea and Mike was the engineer that would make it happen. I am going to miss him not only for his management insight but for the coffee breaks and friendship we developed over the years.

The State of the Band presentation was Feb. 16. It was to inform Band members of the condition of our Reservation. I was glad to see quite a few younger Band members there as this affects their future. We are going to try to put the presentation in the paper but size may be an issue. I will give you a few figures from my report though. The operating budget for grant funded programs is \$40m, for development \$44.3m and \$137.5m for businesses. The

Band has little or no debt but current spending is exceeding income. The Trump administration has threatened some of our grant programs and taken a stance that is not favorable to sovereignty and our right to govern ourselves.

The expansion for the Min No Aya Win clinic is going along well. I see footing and walls being set throughout the winter. The date for completion is in the fall and the new space will be a welcome addition.

We are also in the process of renovating the building we purchased in Minneapolis for our pharmacy. The facility is located at 2020 Bloomington Ave. about 2 blocks from our current building with 3-4 times as much space. After we open the pharmacy we are going to evaluate the needs of the community and see if there are other services that we can offer.

The last thing I would like to mention this month is how much my wife Betty and I appreciate the outpouring of well wishes from our community. Thank you for all your prayers and well wishes.

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.



Ferdinand Martineau

Sawyer News

Boozhoo,

With the warmer temperatures in February, there were many signs of spring. Such as a lot of melting snow and ice. Be careful walking around buildings and parking lots.

This past month in the State of the Band presentation, an overview of the financial report for the past year and budget for the current year was explained. Each Representative provided information including highlights in each district. It was a great turnout, I appreciate everyone that showed up. Our radio station recorded and archived the presentation. If you would like a copy of the PowerPoint please contact Executive Secretary, Linda Nelson.

People have been asking about high speed internet and to give you an update, the Fond du Lac Fiber Optic Project will start laying fiber optic lines in the ground in the summer of 2017. It will connect each individual home within the Reservation boundaries. We will be hosting community information sessions in the near future. The expected completion date will be in the fall of 2018.

With the warmer weather we have seen more people on bicycles, walking, and running along the roads. Please do not text/facebook and drive.

The Sawyer Center youth went tubing this past month with the Brookston Center. It's always nice to see the FDL youth participating in and enjoying winter activities. Be sure and watch for Language Table schedules and FDL Human Services programming. There is always a lot of positive activity in the community most days of the week.

Sugar makers are upgrading maple equipment in the FDL districts. I always look for-



Bruce Savage

ward to the first boil of sap and the smell of maple syrup. FDL Resource Management is asking that all anglers utilize their log books in order to keep track of fish caught on Mille Lacs. Follow-up with the Resource Management website about upcoming netting/spear- ing procedures.

The spring season moves quickly, hopefully the Sawyer Center Youth 4-H Group will be putting up a high tunnel greenhouse soon. We are hopeful that Natural Resources Conservation Services (NRCS) will help fund this project. Also watch for notices to get community input on a new Cultural Resource Center. We will be looking for community members to help derive that plan.

As most people know, our long standing Director, Mike Himango, retired and we will be posting that position along with the Human Services Director position. There are other jobs that are posted and we always encourage Band members to apply. When we have Band members working, we are really investing back to our community financially and it keeps our future healthy.

In closing, this past month we met with the Minnesota Pollution Control Agency (MPCA) Commissioner, John Linc Stine, on water quality issues around the State of Minnesota. The State of Minnesota has concerns about water quality and at Governor Dayton's request all of his top commissioners are consulting with individual Tribes. We had a chance to express our concerns about the changing of the standards for sulfide levels and how this can affect wild rice stands.

If you have any questions or thoughts, please contact through phone or email. Email is best because I can easily help direct questions to Fond du Lac program staff.

Miigwetch, Bruce M. Savage

School news

News from 4th grade

The 4th grade took their Winter NWEA tests and there were some improvements in reading and math for the most part, but the biggest gain from fall showed in our science tests. It is great to see when students choose to take their time and really understand the questions presented in front of them. Science has such a wide field of topics, but the students pulled through. Now we just need to keep that momentum going for our MCAs this spring.

Students were assigned a laptop and began creating their own fold-

ers. So far they have all been working with Microsoft Word and Paint. They have become more familiar with the "save" icon as a few lost some progress by not updating as they continued to create a story or a picture. Sometimes the best way to learn is to fail or make mistakes. I'm proud that they still keep chugging along. I am excited to see what visual work they can create come sugar bush time. We also hope to expand to newer programs when the wifi is a little stronger.

Please keep encouraging them to read at home.

Miigwech, Mr. Anderson

Juicing In January

Mrs. Martin's and Mrs. Smith's second graders at the Fond du Lac Ojibwe School learned about the health benefits of making juice. Thanks to Amy Louhela, Media Specialist, and Mary Ann Blacketter, Student Support/Circle Leader, the

students were able to try a sample of freshly made fruit and vegetable juice using apples, carrots, spinach, celery, and cucumbers. Students predicted, compared, and tasted different combinations of juice.

Miigwech



21st Century after school regalia making

The girls are showing off the shawls they made in Maryann Blacketter's regalia making class



Track and Field

We are excited to announce that the Fond du Lac Ojibwe School will be offering boys and girls track and field this year as a spring sport.

It will be open to any students interested that are in grades 7-12. The great thing about track and field is there are many different events that athletes can participate in.

These events include multiple running, jumping, and throwing events. We will be starting practice in the middle of March. The coaches will be Jill Goodreau and myself, Nick Thornton. We had a great fall having cross country as a sport for the first time and are extremely excited for track and field this spring.

Kindergarten update

We have had a busy year in Kindergarten. We had our 100th day of school celebration on February 7th and some teachers even dressed up to look 100 years old! We are excited to share that we will be experiencing the butterfly life cycle in our very own classroom this spring. It will be amazing to watch the eggs hatch, grow into a caterpillar, form their chrysalis, and finally emerge into butterflies! We will watch them fly around in an enclosed mesh habitat

for the day and then release them into their natural environment.

As a reminder, we have Kindergarten Round-Up on Friday, Apr. 7 here at the Ojibwe School. This is an open house format from 8 a.m.-4 p.m. Come and meet the teachers, tour the school, learn about our KinderCamp summer program, and enroll your child!

I hope to see you at our Ziigwan Celebration on Mar. 17!

Ms. Nikki

Skateboarding and science

Professional skateboarders joined science to show off their best stuff and explain the magic and science behind the art of skateboarding. Concepts explored were:

- Distribution of Force (safety/how helmets and padding work)
- Center of Gravity (balance)
- Momentum/Inertia (board and skater motion)
- Center of Mass (spins/ollies)

They visited our school on Jan. 30.



More Local news

State of the Band

By Zachary N. Dunaiski

Every year the Black Bear Casino Resort hosts the State of the Band address for any Fond du Lac Band members that wish to attend.

The State of the Band tends to have many recurring themes, and while that was still true this year, it also had many new themes. The recurring themes were the success of the Band, the concern about the effect that drugs have had on the Reservation, and the future plans to continue to grow Fond du Lac in structure and knowledge.

Some of the new topics include the completion of CAIR's expansion, the beginning of the MNAW expansion, the work towards high speed internet, the solar energy project, and the transfer of Wisconsin Point land to the Band. The biggest new topic that both Secretary Treasurer Ferdinand Martineau and Chairman Kevin Dupuis brought up was the new Presidential Administration and the threat they pose to Indian country.

"We'll get to him in a moment," Ferd said when he accidentally jumped past a slide in his PowerPoint presentation and everyone saw the President for a moment. "I hope he doesn't call me fake news tomorrow," Ferd added to laughter from the crowd.

Kevin spoke about the concerns of Indian country towards the new administration, in particular how it relates to the battle with Standing Rock.

"Protecting water resources and Tribal Sovereignty remains a priority," Kevin stated. "This is one of the biggest concerns throughout all of Indian country. As a veteran, the biggest concern with this was to swear

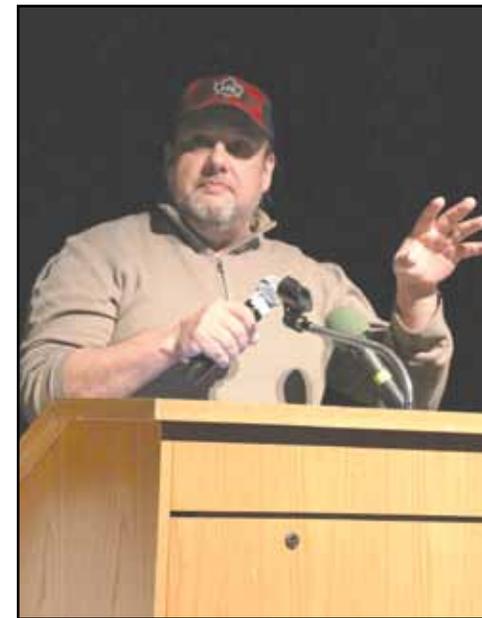
an oath to the constitution of the United States to protect and defend against all enemies foreign and domestic and we're having this atrocity happen within our own country. It is absolutely, ridiculous, disgusting, but as veteran's it puts us in a different position to know that we're sent overseas to settle unrest in a county and then that kind of stuff is happening in our own backyard. And that is absolutely wrong," Kevin said and paused, clearly out of frustration and to collect his words.

"I just want to say this, they're probably going to be out there for a while. So if you ever get a chance to go out there, go out there. See something that you'll probably never see again in your lifetime. It's a beautiful place, it truly is but at the same time it's horrific because of what's happening. To come over the top of the hill last summer and we were out there when the dogs attacked our people. Just to see that many lodges, teepees, tents, cars, and people in one place is absolutely amazing. So if you get the chance, go out there and support others who are defending what we should all be defending."

Then the Chairman spoke about how the RBC passed a resolution that supports the efforts of Standing Rock by stating "it wasn't a hard choice."

Fond du Lac continues to be a leader in the area as an employer, a community, and a Tribal nation.

If you missed the State of the Band address and would like to receive a copy of the annual reports please send a request to Linda Nelson at 1720 Big Lake Road Cloquet, MN 55720 or email her at lindanelson@fdlrez.com.



More Local news

Finnish film crew visits FDL

By Zachary N. Dunaiski

A film crew from Finland came to the Fond du Lac Reservation to do a documentary. This particular one was on “Finndians” Finnish-Indians.

Executive Producer Markos Ananala, Camera operator Eero Karki, and Host Amanda Har-kimo came to learn about the Fond du Lac culture in general.

While learning about the culture, what better place to go than the museum and who better to speak with than Jeff Savage, FDL Museum Director.

Jeff showed them and told stories with just about every item in

the museum. Amanda asked Jeff about the language and the artwork. Jeff admitted that he wasn't all that great with the language, although he understands it very well.

“The creator gives us all gifts, my gift is art for Indian people,” Jeff said. Jeff showed the crew some of the artwork that he had done that was in the mu-

seum, and even played them a song on the drum with Jarvis Paro, Research Assistant, and the flute. He also spoke about how much the artwork impacts the Fond du Lac community.

Dr. Arne Vainio, FDL Clinic Medical

Doctor, spoke about the one Finnish phrase he knows, stating that his grandfather had only taught him how to swear in Finnish while working on the tractor. Which is exactly what Arne had done while working on his tractor just days before the crew came to Fond du Lac.

The item of Dr. Vainio's that the crew was most interested in was his stethoscope, which had

been beaded. Dr. Vainio told a story about how his mother had given him the stethoscope when he graduated from medical school and then later it had been beaded.

The crew also stopped at Black Bear Casino Resort and was their final stop after stopping in several cities around the world making documentaries.



Dr. Arne Vainio showing off his beaded stethoscope.



Jeff Savage, showing the film crew baby moccasins.



Jeff Savage talking about the canoes and how these particular canoes haven't been maintained so now are just for display.

Etc.

Economic Development Committee vacancies

The Fond du Lac Planning Division is looking for applications for the new Economic Development Committee and has five open vacancies.

The Fond du Lac Reservation Business Committee recognizes the importance of economic development activities by the Fond du Lac Band as a way to provide business and job opportunities to the community. With regard towards these purposes, the Reservation Business Committee has created the Economic Development Committee to review and make recommendations about business proposals, advises the Planning Director on matters and issues affecting Fond du Lac business, and to review the Fond du Lac Strategic Plan and Community Economic Development strategy. The meetings will be quarterly. The Economic Development Committee By-Laws, Strategic Plan, and Community Economic Development Strategy documents are located on the Fond du Lac website at www.fdlrez.com. If interested please submit a letter of interest and a resume.

All applications must be turned in by Friday, March 31, 2017 Applications can be turned in to:
Fond du Lac Planning Division
Attention: Jason Hollinday
1720 Big Lake Road
Cloquet, MN 55720
jasonhollinday@fdlrez.com

Fishing permits and logbooks for angling on Mille Lacs in 2017

Eighteen (18) years ago, the Bands required all members fishing on Mille Lacs Lake to obtain a permit and to self-creel their total catch and their harvested fish. Two decades ago, we didn't know how many Band members were utilizing Mille Lacs Lake, and needed to know this for walleye allocation issues.

It's time to survey our anglers again. The state estimates Tribal member angling, and applies that estimate to the Tribal quotas. Fond du Lac contends that the state's estimation of Tribal angling is unreasonably high.

The RBC approved of a one-year creel program for Mille Lacs Lake ONLY. If you plan to participate in hook-n-line angling on Mille Lacs Lake, you need to contact the Resource Management Division for your free permit and daily logbook. For those living locally, please stop by during regular business hours. For those living in the cities, the division can email you the materials. These required logbooks would be much like those used for fall netting. Anglers would identify the dates they've fished, what they caught, and what they harvested. Logbooks would then be turned in at the end of the fishing season.

One added advantage is that we'd be able to ground-truth some of the state's creel data.

The assumption would be that FDL anglers are no better and no worse than the average state angler. If FDL anglers report catch rates of X number fish/hour, but the state reports catch rates of ¼X fish/hour, then we have some solid data to approach the state and to question the state's creel survey protocol and results.

Sign-up for spring spearing/netting

Resource Management Division (RMD) will be using the same plan for distributing permits in 2017 as we did last year. First thing in the morning, RMD staff will be sending out a mass email to all individuals that register for spearing ahead of time (register using the link on the FDL website). This daily email will identify the lakes and number of permits available for that night.

Band members that want to be included in the daily drawing can either respond to the email or call in to the RMD office (218) 878-7155 or on weekends at (218) 721-8317 by NLT 11 a.m. Band members that do not have email may still phone in on a daily basis to find out which lakes are open, and if interested, may request to be in the daily drawings. RMD staff will have a daily drawing to distribute available permits to all of those that can participate. RMD staff will notify the winners daily by 1 p.m. If you don't hear from staff by 1 p.m., you were not drawn for that night. RMD will not be keeping a waiting list for the next

evening's activities.

Winners can either pick up their permit at the RMD office during regular business hours, or at the boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening.

Nagaajiwanaang Genawendangig Anishinaabemowin 2017 language program overview

Submitted by Janis Fairbanks, Anishinaabemowin Coordinator

As we begin the third month of the year, here are a few dates to remember for language program events.

There has been a change of dates for the fifth session of the Waasa Inaabidaa Revisited series:

- Instead of Tuesday, March 7, the fifth session will be held Tuesday, March 14. The topic for that session is Gwayakochigewin: Doing Things the Right Way (Leadership and Decision-Making), with guest speaker Dr. Robert "Sonny" Peacock.
 - Tuesday, March 21 marks the sixth and final session. The topic for that session is Gaa-Miinigooyang: That Which is Given to Us, with guest speaker Julia "Bunny" Jaakola.
 - Present for both sessions will be historian and storyteller Billy Blackwell.
- Dakota and Ojibwe Revitalization Grant Project:
- On Saturday, June 24, 2017,

the language program will unveil the "See and Say" DVD Ojibwe language dialogues, which will run continuously during FDL Enrollees Day. There are 11 DVD's in production, with Legacy grant funding through the Minnesota Indian Affairs Council (MIAC.) Full details of the DVD Release Event will be forthcoming in a future edition.

9th Annual Kiwenz Language Camp

- The camp is scheduled for July 19 – 23, 2017 at the Kiwenz Campground in Sawyer District. Language and Curriculum Specialists Ricky W. DeFoe and Charlie Smith are involved in the planning of this year's event along with Museum Director Jeff Savage, and Anishinaabemowin Coordinator Janis Fairbanks. Updates will be posted to the Fond du Lac Reservation website at <http://www.fdlrez.com> as details are finalized. (Go to Tribal Culture-Anishinaabemowin-Events tab.) You may also find information posted on the Facebook page under Kiwenz Ojibwe Language Camp.

Language Advisory Committee public community meeting schedule for 2017. (Meetings take place from 5:00 p.m. to 8:00 p.m., and light meals plus potluck is included.)

- 2nd Quarter Meeting: Tuesday, April 18, 2017 at Brookston Community Center.
- 3rd Quarter Meeting: Tuesday, July 18, 2017 at Sawyer Community Center.

Etc.

• 4th Quarter Meeting: Tuesday, October 17, 2017 at Cloquet Community Center. Remember also that language tables are scheduled for all three community centers for the remainder of 2017. All ages are welcome and encouraged to attend; Mondays in Sawyer, Wednesdays in Brookston, and Thursdays in Cloquet. Hours are 5-6:30 p.m. at all centers, and food is served, along with any potluck contributions. Full schedule is posted on the Fond du Lac web site under the Culture/Anishinaabemowin/Events tab. We are planning a year-end language table awards event once again for language table students in November, 2017. Learn your language and be recognized for your achievement and progress!

Please send questions or comments on language program activities to Janis Fairbanks at janisfairbanks@fdlrez.com

March Madness

Hello college students across this wonderful nation of ours! March Madness is not only the NCAA Men's Basketball tournament; it is YOUR time as college students to submit your mid-term grades. Most college's mid-terms begin the week of Mar. 13. Every student received the Academic Progress Report in your scholarship packets when you registered for the 2016-2017 academic school year. We'll be glad to scan/fax/e-mail you the form if yours went missing. Remember, we only accept letter grades (no percentages), "C" and above, and the class has to be worth

two credits or more.

Keep up the great work out there.

Rachelle A. "Shelly" West
Scholarship Director
Fond du Lac Band of Lake Superior Chippewa
1720 Big Lake Road
Cloquet, MN 55720
(218) 878-2633
rachellewest@fdlrez.com

What are your internet needs?

The Fond du Lac Band received two USDA grants to install high speed fiber Internet throughout the Reservation. The project is for fiber to the home, which means the fiber optic cable will be installed to your home, for free, if you are in the service area and give permission by June 30, 2017. The service, however, is not free and customers will need to subscribe to internet, telephone, and television if they choose. The terms of the grant limit installation to un-served households or homes that do not currently have access to high speed internet. The project is well underway and is expected to be complete by the end of 2018.

We will have informational meetings on the project during the month of March and will be conducting a survey to better understand your internet needs. Please see the following event schedule. An updated event schedule and more information can be found at www.fdlrez.com as it becomes available.

March 10 and 11- Cloquet Area

Home and Business Show
March 15- FDL Gas and Grocery
March 16- FDL Ojibwe School
Zigwaan Festival
Dates to be determined for FDL Community Centers and greater Cloquet and Carlton Communities

Making Connections A day of discovery for mothers and daughters

This retreat, offered by Planned Parenthood, is a special opportunity for daughters, ages 10-12, and their mothers, aunts, grandmothers or female mentors in the American Indian Community to learn and play together while exploring puberty, healthy sexuality, and family communication and connection. Through discussion and creative projects, mothers and daughters participate together and in small groups as they learn more about each other and celebrate their relationship.

When: Saturday, April 15, 2017

Time: 8:45-5:00pm

Where: American Indian Community Housing Organization 202 W 2nd St Duluth, Minn.

Workshop space is limited. Please pre-register with Rebekah Dunlap.

Questions about the retreat day? Call or text: (218) 721-6060 or email rdunlap@ppmns.org

Participants will receive a

Visa Gift Card and other fun prizes!

BBCR wins at Food for Thought

On Jan. 19 the Fond du Lac Tribal and Community College hosted its annual Food for Thought event. The annual event is aimed towards raising money for student scholarships at FDLTCC.

More than 20 area businesses were on hand to serve up delicious food for people who attended the event and Black Bear Casino Resort's Seven Fires Steakhouse took home first place.

BBCR buffet discounts

The Black Bear Casino Resort buffet will be offering discounted prices two nights every month.

For those 55 years and older the buffet will be 20% off every 3rd Tuesday of the month. For veterans the buffet will be 20% off every 4th Tuesday.

The BBCR would like to thank you for all of your support.

U.S. Department of State announces a public meeting

The U.S. Department of State (Department) announces the availability of the Draft Supplemental Environmental Impact Statement (SEIS) for the Enbridge Energy, Limited Partnership (Enbridge) Line 67 Expansion for public review and comment, as well as the

date and location for a public meeting.

The Draft SEIS may be viewed beginning February 10, 2017 at: The Department's NEPA website at <http://www.state.gov/enr/applicant/applicants/>, or at the following libraries:

A.C. Clark Library
Bemidji Public Library
Cass Lake Community Library
Cloquet Public Library
Duluth Public Library
Grand Rapids Public Library
Hallock Public Library
Northwest Regional Library
Pembina School and Public Library

Superior Public Library

The Department invites the public to comment on the Draft SEIS during the public comment period, which begins February 10, 2017 and ends March 27, 2017. The Department will consider all comments post-marked or received during the public comment period when preparing the Final SEIS. The Department will host a public meeting to enable individuals to obtain information about the proposed project and to provide oral and written comments.

The public meeting will be held as follows:

Date: Tuesday March 7, 2017
Location: Sanford Center, 1111 Event Center Drive NE, Bemidji, MN

Time: 4:30 PM to 7:30 PM

The public meeting will be an Open House format where members of the public can meet with Department representatives. The purpose of the public meeting is to provide information on the NEPA and

Etc.

Presidential Permit processes and to allow the public to submit written, electronic or oral comments (via a stenographer)

regarding the Line 67 Expansion Draft SEIS. Beginning February 10, 2017, comments on the Draft SEIS

may be submitted at www.regulations.gov by entering "Enbridge Line 67" into the search field and following

the prompts. Comments or a request for copies of the Draft SEIS may also be made by contacting: Mary D. Hassell, NEPA Coordinator, by mail at United States Department of State, 2201 C Street, NW, Suite 2727, Washington, DC 20520. Envelopes and subject line should be labeled "Line 67 Expansion SEIS."

sive woody trees and shrubs (buckthorn, Siberian elm, Japanese barberry, oriental bittersweet, etc.).

For pruning apple trees, you want to prune the tree to have well-spaced branches and a balanced appearance, while eliminating problematic branches (those that are broken, diseased, or dead).

General pruning guidelines include: Remove diseased, broken, or dead branches, remove any downward-growing branches, if two limbs are crossed, entangled, or otherwise competing, remove one of them completely at its base, remove any limbs along the trunk that are getting bigger in diameter than the trunk, remove suckers coming up from the roots or low on the trunk, remove watersprouts, which are vigorous vertical branches, make pruning cuts close to the branch collar at the base of the limb, for larger limbs, start the cut from the underside of the limb to avoid tearing the bark, remove large limbs first, starting with the top of the tree.

The procedure for woody plant control is to positively identify the tree or woody plant to control, cut the stump, and treat the stump with herbicide and dispose of the brush. Winter woody tree identification is important because deciduous trees have no leaves. Buckthorn usually has a tiny thorn at the very tip of most branches. Other desirable trees have a bud. Buckthorn has male and female trees. Female trees have purplish-black berries and should be selected to control first to prevent spread.

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

Fond du Lac Social Services is accepting applications for foster care homes.

The mission of the FDL Foster Care Program is to increase the number of Native American licensed foster care homes available for Native American children.

****For more information please call. (218) 879-1227**

"OUR CHILDREN ARE OUR FUTURE"

First-time homebuyer education class

The Minnesota Chippewa Tribe Finance Corporation will once again be hosting their first-time homebuyer education class Saturday Apr. 1.

It will be held in the MCT building at 15542 State Hwy 371 NW in Cass Lake, Minn. First-time Homebuyer Education Class is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Please reserve your spot in this free class by contacting Cyndi Cwikla at (218) 335-8582, ext150 or email ccwikla@mnnchippewatribe.org

No childcare is provided, so please make other arrangements if needed.

Pruning apple trees and woody plant control

Pruning trees especially apple trees is recommended between January and March each year to avoid potential disease and insect problems during the summer months. This winter period is also an excellent time to control unwanted or inva-

Etc.

The most effective brush killers for cut stump treatments include Triclopyr as one of the active ingredients. For winter treatments an oil base and ester formulation is best. Follow label directions. Herbicide treatments are less effective when the sap is flowing. Cut the tree trunk an inch above the

ground and treat the entire bark or cambium layer (outer rim, edges of the stump). If any part of the exposed bark layer is not treated, the tree may resprout. Rope or flag a small plot to facilitate systematic treatment. Monitor treated sites seasonally.

Fond du Lac Band members:

Please join us for an En-bridge Line 3 pipeline route overview with the Minnesota Department of Commerce on Mar. 29, 2017 4-8 p.m. at the FDL Tribal Center. Please contact Jill Hoppe at (218) 878-7129 with any questions in regard to the event.

The FDL Housing Committee,

an advisory board that meets monthly, has openings for a District 1 and District 3 representative. All members of the Committee must be Enrollees of the Fond du Lac Band. They are appointed by the RBC to terms of four years. If you are interested in serving on the Committee, please contact the appropriate RBC member.

Reminder

If you're aware of an FDL Band member who doesn't receive the paper please contact the newspaper office (218) 878-2682 or email me at zacharydunaiski@fdlrez.com to have them added to the list. You can also contact me with name or address changes for you or a family member.

The Fond du Lac Reservation Business Committee

is looking for members to be on the Law Enforcement Review board. They are looking for one Enrolled member to serve on the board for a four year term. This person will be approved by the RBC for the monthly meeting and occasional special meetings. These meetings are open to the public. Anyone interested in being on the board should contact Rita Ojibway (218) 878-2619 ritaojibway@fdlrez.com or Sandi Davis (218) 878-2638 sandidavis@fdlrez.com.

Gitigaan 2017

Schedule of Classes

5:00p.m. to
6:30p.m.



- March 14** Seed Starting
- March 21** TBD
- March 28** Small Ruminants
- April 4** Herb Gardens
- April 11** Natural Dyes
- April 18** Pollinators
- April 25** Planting your Vegetables
- May 2** Simple Garden Recipes
- May 9** NO CLASS
- May 16** Marketing your Produce
- May 23** Farm and Garden Tour
- June 2** Plant Packaging
- June 3** Plant Giveaway

*Seed Packets can be picked up at the Tuesday night classes
Please bring a Tribal ID*

Anyone interested in helping package plants or needs tilling please contact Tammy Anderson at 878-2642 or email TammyAnderson@fdlrez.com

Ashi-niswi giizisoog (Thirteen Moons)

Onaabani-giizis

The new Onaabani-giizis begins March 8. 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; Nika-giizis, the Goose Moon and Ziinsibaakwadooke-giizis, the Sugar Making Moon.

Seed Starting

It's time to start planting seeds!

Starting seeds indoors at home is easy, affordable, rewarding, and fun. First choose whether you want to grow herbs, vegetables, or flowers, and in what amounts. Each kind will be different and required more or less care. To start you will need seeds, containers, and soil. Grow lights can be an option, and are good for starting some seeds earlier, but are expensive.

Seeds

There are many different sources for seeds. They can be a gift from a family member, a friend, a farmer; or be traded or purchased. If buying seeds, your best options are heirloom, organic, open pollinated seeds. Avoid hybrid and gmo seeds, especially if you are thinking of saving seeds from your garden. Purchased online or in stores; seeds coming in packages of 25, 50, 100, 200, by the pound, or more. Depending on the source you may also receive instructions and information about caring for

the plant.

Containers

Newly bought or reused containers, or recycled from newspaper, cardboard, milk, juice, or egg cartons are appropriate for use. Reusable or recycled containers should be cleaned with soap and water before use and should have small holes on the bottom for proper water drainage. Start seeds in small pots or bigger with individual cells, depending on the type seed.

Soil

Soil mixtures for starting seeds are available at garden centers, plants nurseries, and greenhouses.

Planting

Fill your container with soil and water it well. Dig a hole with your finger about 1/2", 1/3", or 1/4" deep. Place your seed in the hole and lightly cover it with the soil to begin the germination. Keep your seeds moist, but don't drown them in water and make sure the container drains well to prevent any disease that can damage the seedling or root system. It is very important that seeds get the correct

amount of light by a window or open sunny area at home. During the germination process light, oxygen, nutrients, and temperature above 70°F are essential for the proper and healthy development. To prepare your seedlings for transplant to the outdoors, you should condition them by bringing outside for a few hours to expose them to the elements, and bring them back indoors. Do this for about a week, increasing the time they spend outdoors and in the sun each day.

Transplant

Once plants have been conditioned for outdoor life, and there is no morning frost in sight for this region, it is time to transplant. After replanting in a place with good soil and adequate sunlight, water them immediately, and continue watering daily for about a week before cutting the water back to every other day. Begish minwaanigoziyeg ani-ziigwang! Hope you all have fun as it becomes spring. Niwii-gitige-ziigwang I'm going to plant this

13 Moons FDLTC Extension Program

Winter Tree Identification & Animal Tracks



Date:
Saturday March 4th
Time: 1030am-2pm
Location: Jay Cooke State Park
Warming House
Carlton, MN 55718

To sign up call or email
Nikki Crowe
218-878-7148
nikkicrowe@fdlrez.com

13 Moons is co-hosting a Winter Tree Identification and Animal Tracking Workshop with Jay Cooke State Park. Participants will learn about winter ecology through tree id and animal tracks along with Ojibwe knowledge of the trees and animals including Ojibwemowin language of trees and animals. There will be track stamps to make, indoor presentations & snowshoeing through Jay Cooke trails. Snowshoes will be available for your use.

Bring your own lunch—Hot Cocoa will be provided!
Dress for the weather, we will be outside.
This workshop is free and open to the public



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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

A P Z N R J V R S U T S N V R O S C W H
 X A A M O O J I X G I J O A Y O M N V N
 M H P O N B Y S F T I C G M E T C V M E
 X R N W O E V I Z J K N F P S V Z D M K
 E A E V Y K J N S F I Q F W A I R I D I
 B B G E M W G E S L J J R E A Z G B J I
 L F O M X A I B M Y A H P L I A T P W H
 R I M D S A G V K J B G X K Z Q B U W S
 Y N H U R W I Q C S I R G R N Q P W I I
 B C W S P I N M F I I H Z I B I H S I M
 V G E S O G U I R M J J O N N I Y P A P
 X M T D W A U F B M E U V P H F G A T Q
 E B G F F N U Q Q O J S M B N S Y P G B
 M I I F V G G P M D X J E N I G O O N S
 U H B T M X N A M E B I N L C D V C A P
 A F E V U V B H A H P I U B G H O L A X
 C A N V W R F H G G N I X D W O N E M G
 K Z I Q U Z I I M Z I L B P N V V K N R
 I X G B N U B O H Z S S B O V F X B X B
 R B E M I G L H D R Q N L V B U L Y E V

— Ojibwe Wordlist —

Mishibizhii lion
 Ojig fisher
 Nigig otter
 Gaag porcupine
 Benisi thunderbird
 Maang loon
 Es clam
 Bekwaawigang camel
 Aamoo bee
 Enigoons ant
 Zagime mosquito
 Namebin sucker
 Jejiibajikii elephant
 Mishiikenh turtle
 Ginebig snake

Word List Source: Nichols and Nyholm 1995,
 A Concise Dictionary of Minnesota Ojibwe

Old Crow vs. Chief Buffalo and the Battle of the Brule River - October 1, 1842

Research by Christine Carlson

Wisconsin Official Marker about the Brule River Erected in 1969

The Brule River flows in the former channel of a larger river which once flowed in the opposite direction and drained melting ice from glacial lake Duluth. The receding glacier created Lake Superior and also carved the valley now occupied by the Brule. Instead of flowing southward out of lake Superior, the Brule now flows northward into it.

A short portage at Upper St. Croix Lake connects the Brule and St. Croix river systems. This route became known to French explorers in 1680 and became so important in the early fur-trade that France built forts at each end for its protection. The French lost their North American colony to England in 1763.

The Battle of the Brule

Old Crow of the Dakota and Kechewaish-ke or "The Buffalo" of the Ojibwa were at the helm of this battle. The date was October 1st in the year of 1842. The place was called Winneboujou which was located at the crossing of the South Shore Road on the Brule River in eastern Douglas County in Wisconsin. This was about fifteen miles from Lake Superior. Scouts brought word to Buffalo that the Dakota were seen in the area. This was challenging to Buffalo as many of his warriors were elsewhere such as LaPointe, St. Croix and with Hole-in-the-Day on the Mississippi. Buffalo was left with about two hun-

dred warriors, the elders and the children. Word was that the Sioux force was much greater in numbers so Buffalo had to come up with a unique strategy and he started planning. Buffalo broke up his forces in thirds. One group was to stay with him on the east side of the Brule. The east side had the advantage of a high river bank so his best warriors could lay low unseen. The Dakota were positioned on the flat, swampy west side of the river. Buffalo sent another one third of his forces through the woods to the left and the other third through the woods to the right and they were far enough away to be unseen but firmly planted behind the Sioux. In the evening, for an eight of a mile many fires were built all along the east ridge. Here Buffalo had the elders in position and instructed them to build these fires and keep them burning and show much activity. He wanted to give the Sioux the impression of much strength.

Reminiscences From the Life of Bnj. G. Armstrong - 1892

In those days fire arms were not plenty with the Indians and ammunition scarce and they did not like to use it in battle but kept it for hunting, and the war club and knife were the instruments of death relied upon for this fight. The center position of his men were concealed near the river bank at a point where the Sioux must cross, and as the ground receded back from the river bank to the bluff their numbers could not be detected by the enemy. All the maneuvers of Buffalo's men were completed before daylight

and at early dawn the fight began with a few gunshots from Buffalo's center, by a prearrangement, began running towards the bluff to show weakness, and the Sioux, quick to discover their apparent fear, dashed into the river in great numbers, expecting to have an easy victory and be able to take what scalps there were between the river and the bluff with the utmost ease and dispatch. The Brule was now filled with a howling, surging mass of Sioux warriors, each trying to gain the lead for the distinction he proposed to get by the addition of numerous scalps to his belt. All this time the braves of Buffalo lay hidden and with hurried breath awaited the appearance of the scalp lock above the bank. They were now in sight and if never before had met a foe that was worthy for all the Sioux in the river then not one set his foot on the east bank. Being in the water they were impelled to scale the bank before their clubs and knives were of any use and the Chippewas brained them as fast as they came in reach.

The Battle Continues

The Sioux in the back of the group realized what was happening and turned to run but there they were met by the left and right flank of Chippewa warriors. There they were trapped and doomed. The river ran red with the blood of the Sioux some floating down river and some sinking to the bottom. The Chippewa were victorious! After each battle there is a call to count the dead. The scalps that were taken from the Sioux were counted.

There were one hundred and one Sioux dead and thirteen Chippewa warriors killed. Each warrior kept their scalps as a token of valor and later delivered them to the Tribal ranks. They then received eagle feathers as a mark of distinction.

Death of Guide Closes Link with Early Days of Ox-Cart - Evening Telegram of July 19, 1945

WASHBURN - When Antoine Dennis 93 died recently at his home near Brule, northern Wisconsin lost one of its most colorful characters and one of the very few residents who were living links with the past of the earliest pioneers. His lifetime spanned the period from ox-cart and dog sled to motor car and airplane. As a boy he heard stirring tales of the battle of the Brule and other encounters between the Ojibway and Sioux from warriors from men who actually had participated in them.

"There were lots of Sioux but not many Chippewas," he said. "The fight lasted three days. The only rifles used were old muzzle loaders." Dennis referred to Chief Buffalo, who commanded the Chippewas in the Battle of the Brule as "The Buffalo." He said that the head chief at that time was "Na-Gon-Ub," who lived on the other side of the bay from "The Buffalo" at the Red Cliff Reservation

Battle of the Brule Memories by Antoine Dennis - Evening Telegram of August 23, 1941

The aged half-breed also remembers stories of the battle which

were told him by his uncle, Frank Hole (Probably Houle), who fought in it. The big fight was on the Brule, but the whole engagement lasted three days, according to Antoine. There were only a few Chippewas and lots of Sioux, but the Chippewas drove their enemies all the way back to St. Paul, says the veteran guide.

The Pipe of Peace - Hostile Indian Tribes in Wisconsin Reconciled after Years of Enmity from the Idaho Statesman of October 6, 1896

At Ashland, Wi., the other day the Sioux and Chippewas, two of the most powerful tribes of American Indians, who have been in bitter enmity for centuries past, smoked the pipe of peace. The Chippewa Indians, 500 in all headed by Chief Gagigebitung, marched to the tepees of the Sioux without music or any demonstration whatever. They were met by Chiefs Flat-iron, Rocky Bear, Bloody Elk and about 300 Sioux. Colonel W. F. Cody represented the Sioux and Lieutenant W. A. Mercer, U. S. A. the Chippewas.

Each of the chiefs carried white flags of truce, and all the Indians were in full war paint and feathers and spoke through interpreters. Wounded-in-the-Knee a Sioux chief refused to take part because Chippewas killed his father in the memorable campaign of 1842 near the spot where they met on the Brule river.

Next month's story will be about Antoine Dennis - Guide on the Brule River

FDL Law Enforcement news

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

- Jan. 1 Gas drive-off reported from the FDLGG
- Jan. 2 Sisters involved in a verbal dispute
- Jan. 3 Female cited for trespassing at Black Bear Casino Resort (BBCR)
- Jan. 4 Greeted and visited with children at the Headstart
- Jan. 5 Report of a vehicle driving fast and all over the road, attempted to locate the vehicle
- Jan. 6 Stood by as children got off the bus
- Jan. 7 Traffic stop on Cary Rd/ Hwy 210, driver cited for speeding
- Jan. 8 Report of a shoplifter at the FDLGG
- Jan. 9 Traffic stop on University/Airport Rd, driver cited for Driving after Suspension (DAS)
- Jan. 10 Extra patrol requested at Supportive Housing
- Jan. 11 Vehicle in the ditch nobody around and it was not a hazard
- Jan. 12 Met with students and staff at the Ojibway School
- Jan. 13 Report of a vehicle driving at a high rate of speed, unable to locate
- Jan. 14 Spoke to staff and guests at BBCR
- Jan. 15 Traffic stop on Lund Road, driver warned for speeding
- Jan. 16 Report of kids climbing on the roof of the Police Station
- Jan. 17 Vehicle on the side of the road checked and is not a hazard
- Jan. 18 Reported theft from the BBCR, cited for theft
- Jan. 19 Unwanted person at FDL Supportive Housing
- Jan. 20 Stray dogs on Hwy 210, referred to FDL Conservation
- Jan. 21 Walk through at BBCR, nothing to report
- Jan. 22 Traffic stop on University Road, driver warned for speeding
- Jan. 23 Cleaned up roofing nails found on the ground on Jarvi/Danielson Road
- Jan. 24 Traffic Stop on Hanratty Rd, driver warned for speeding
- Jan. 25 Stopped at the Sawyer Center visited with staff
- Jan. 26 Traffic stop on Brevator, driver cited no Minnesota Driver's License
- Jan. 27 Traffic stop on Big Lake Rd/Trettel Ln driver warned for stop sign violation
- Jan. 28 Driver cited for speeding on Hwy 210/Lammi Rd
- Jan. 29 Walk through at BBCR
- Jan. 30 Traffic stop at BBCR, driver warned for stop sign violation
- Jan. 31 Greeted children as they arrived at school.

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:

ANKERSTROM, Arthur
 BELGARDE, Elias
 BENNER, Dolores
 CICHY, Gerard
 CICHY, Leslie
 DEFOE, Antoine
 DEFOE, Richard
 DEFOE, Shawna
 DEFOE, Warren
 EDDY, Catherine
 HEAD, Niiyo
 HOULE, Michael D.
 *KING, Julie
 LAFAVE, Bryan
 LAFAVE, Lyman
 LAPRAIRIE, Robert
 LIND, Hal W. SR.
 MAGNUS, Karen
 MARZINSKE, Larry
 MURPHY, LOUISE M.
 NASON, Aprille
 PARKS, Margaret
 SAVAGE, Kyle
 SAVAGE, Mark
 TAYLOR, David

The Fond du Lac Reservation Business Committee

is looking for members to be on the Law Enforcement Review board. They are looking for one Enrolled member to serve on the board for a four year term. This person will be approved by the RBC for the monthly meeting and occasional special meetings. These meetings are open to the public. Anyone interested in being on the board should contact Rita Ojibway (218) 878-2619 ritaojibway@fdlrez.com or Sandi Davis (218) 878-2638 sandidavis@fdlrez.com.



Health News

Spotlight on the Fond du Lac Human Services Division, pharmacy department

FDL Pharmacies provide prescription dispensing services and other programs that are aimed to optimize medication therapy. Pharmacy staff members use a team approach to healthcare. They are trained to provide individualized patient care and more comprehensive service than your average retail pharmacy. Pharmacy registration specialists help patients gain access to services and insurance coverage. Pharmacy technicians tailor prescription processing and billing. Pharmacists work closely with patients and medical providers to ensure that drug therapy is safe and effective.

Prescription medications

FDL Pharmacies are able to fill prescriptions issued from FDL medical providers and providers working at other clinics, as long as the medication is on the FDL pharmacy formulary. If a medical provider prescribes a medication that is not on the formulary, the pharmacist will contact the provider to see if a substitute medication from the formulary can be used. If no substitute is available, the patient will need to purchase the medication elsewhere.

Over-the-counter medications

Over-the-counter medications are available for minor acute health problems.

Private medication consultation

Pharmacists are trained to help patients understand the medications that they are taking. They are happy to answer questions, even if it is about a medication from a different pharmacy. FDL Pharmacies have pharmacy consultation areas that help ensure patient privacy with all medication-related discussions. Please come and speak to one of our pharmacists anytime.

Walk-in blood pressure checks

Pharmacists will provide blood pressure checks upon request.

New licensing ordinance for chemical health professionals

Recently, the Fond du Lac Reservation Business Committee approved ordinance #03/16, Licensing of Chemical Health Professionals which allows for FDL to license their own chemical health professionals to work within the Human Services Division Substance Use Disorder (SUD) Department. The new ordinance has created a pathway for individuals to start a career in the chemical health field and advance, while working to improve the lives of community members struggling with addiction.

SUD programs offer varying shifts and may be able to work around school schedules. Groups start as early as 8 a.m. and run as late as 8 p.m. during the week and until 5:30 p.m. on weekends.

The following is a brief description of the requirements for each of the Alcohol and Drug Counselor (ADC) positions.

ADC-I is for individuals enrolled in college to become a counselor and have taken a minimum number of core classes in chemical dependency. Core classes include

Introduction to Chemical Health, Pharmacology, Counseling Skills, Group Dynamics, and Assessments. ADC-I will work alongside ADC-III or higher gaining experience as a counselor while working towards an ADC-II.

ADC-II is for individuals that have completed their AA or AAS degree in Human Services, Chemical Dependency, or a related field. An ADC-II is equivalent to MN State ADC-T. ADC-II will be assigned a clinical supervisor to help guide and improve their skills.

ADC-III is for individuals with a four year degree in Human Services or related field with the supporting Chemical Dependency education. An ADC-III is equivalent to MN State Licensed Alcohol and Drug Counselor (LADC).

ADC-IV is for individuals who have dual licenses. Individuals must possess a professional license in a mental health counseling capacity accepted by the state or Tribe and completed their required ADC coursework.

ADC-V is for individuals who have a master's degree or higher in

Addiction Sciences.

Other positions to consider within the SUD Department are:

SUD Treatment Technician – This position is an entry level position within the Chemical Dependency field. SUD technicians assist with transportation of clients, group set up with ADC's, drug screenings and data entry in client's charts. Education requirements are high school diploma or GED preferred.

Recovery Case Managers – are responsible for assisting clients with overcoming barriers to their recovery and keeping clients engaged in SUD treatment programs. It is those barriers outside of treatment that contribute to relapse and prevent stabilization of our clients. Education requirements are an A.A. degree in Human Services or related field.

If you or someone you know is looking for work or interested in joining the Chemical Health field, contact FDL Human Resources for more information <http://www.fdl-rez.com/hr/reservationlistings.htm>

Instant potato soup mix

1 ¾ c Instant Mashed Potatoes
 1 ½ c Dry Milk
 2 T Dried Onion Flakes
 1 t Dried Parsley
 ½ t Ground White Pepper
 ¼ t Dried Thyme or Sage
 1/8 t Curry Powder or Cumin
 2 T Instant Chicken Bouillon
 1 t Seasoning Salt

- Mix together and store in a jar.
- To make 1 serving of soup:
Add ½ cup of soup mix to 1 cup of boiling water. Stir until smooth.
- Variation: A ¼ cup of ham, veggies or cheese to soup.

Adapted from:

<http://www.budget101.com/soup-mixes/instant-potato-soup-mix-349.html>



Health News

Patient education and community outreach

Pharmacy staff members are equipped to provide education on many different health and pharmacy-related topics. Please contact one of our pharmacists if you would like us to provide community outreach or a pharmacy educational activity.

- Medication Therapy Management (MTM)

MTM is a program where pharmacists provide an in-depth review of medications with a patient. The aim of MTM is to ensure that patients are on the easiest, safest, and best treatments available. Pharmacists work directly

with medical providers if any concerns are identified. Make an appointment or stop by and ask to speak with one of our pharmacists today!

- Smoking cessation program

The Smoking Cessation program is designed to help patients quit smoking or using other commercial tobacco products. Smoking is the num-

ber one preventable cause of premature death in the United States. We offer counseling and support to help break habits, as well as medications to reduce cravings. Make an appointment or stop by and ask to speak with one of our pharmacists today!

- Anticoagulation Clinic*

The Anticoagulation Clinic is available to help patients who need to take the medications Coumadin® (warfarin) and Lovenox® (enoxaparin) to treat or prevent blood clots. These medications require frequent blood tests to make sure the blood is responding correctly.

- Cardiovascular Clinic*

The Cardiovascular Clinic is a program that helps patients gain control of high blood pressure and/or cholesterol. Patients in this program learn how to monitor, assess, and manage their medications to decrease the risk of heart disease.

- Asthma Clinic*

The Asthma Clinic is a program that helps patients understand more about asthma, and how medications can be used most effectively to control it.

- COPD program*

The Chronic Obstructive Pulmonary Disease (COPD) program is designed to help patients understand more about COPD, and how medications can be most effectively used to control it.

*Program requires medical provider referral
FDL Pharmacy locations

Fond du Lac owns and operates 3 pharmacies:

- Min No Aya Win Pharmacy Cloquet, Minn. (218) 878-2157
- CAIR Pharmacy Duluth, Minn. (218) 279-4142
- Mashkiki Waakaigan Minneapolis, Minn. (612) 871-1989

Please call or stop by anytime!

Pay attention while driving and walking

With warmer weather approaching more people and especially kids will be out enjoying the weather. The Human Services Division's Injury Prevention program would like to share some safety tips with pedestrians and drivers.

- Talk to your kids about how to be safe while walking. It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks.
- Put devices down when crossing the street. Teach kids at an early age to put down their devices and then look left, right and left again

when crossing the street.

- Set a good example by putting devices down when you are driving or walking around cars. If we put our devices down, our kids are more likely to do the same.
- Remind kids to make eye contact with drivers before crossing the street and to watch out for cars that are turning or backing up.
- When driving, be especially alert in residential neighborhoods and school zones and be on the lookout for bikers, walkers, or runners who may step into the street unexpectedly.

February and March health

By Kara Stoneburner,

RDL, Public Health Dietitian

February was National Cancer Prevention Month and March is National Nutrition Month. Food is a major part for both of these months. The American Institute for Cancer Research has created a list of foods that fight cancer. Although there is no single food that can prevent cancer, this list includes foods that contain certain compounds, that when eaten with a variety of other plant foods, can lower the risk of cancer.

Those foods are: apples, blueberries, carrots, cherries, coffee/tea, cranberries, dark green leafy veggies like spinach, dry beans and peas, flaxseed, garlic, grapefruit, grapes, soy, squash (winter), tomatoes, walnuts, whole grains, and broccoli and other cruciferous veggies like brussel sprouts, cabbage, cauliflower, and turnips.

Now that we have a list, how do we eat more from it? The Academy of Nutrition and Dietetics developed a tip sheet called 20 Ways to Enjoy More Fruits and Vegetables. Here are a few examples of those tips.

1. Top your pizza with extra veggies. Try broccoli, spinach, tomatoes, mushrooms, and peppers.
2. Make a smoothie with low-fat milk, frozen strawberries and a banana. Think of other fruit combinations you can try.
3. Roll up a whole-wheat tortilla with low-fat cheese and roasted veggies.
4. Keep cut veggies accessible for a quick snack, a side dish or to throw in a lunch. Red, green, or yellow peppers, broccoli, cauliflower, carrots, celery, cucumbers, snap peas, or radishes work well.
5. Grill vegetable kabobs. Include tomatoes, green and red peppers, mushrooms,

and onions. Fruit kabobs work well too. Try grilling pineapple, peaches, and banana.

6. Add carrots, spinach, cucumber, grape tomatoes, or mandarin oranges to your salad.
7. Keep fruit in a bowl on the table for easy access.
8. Stuff an omelet with veggies such as peppers, tomatoes, onions, squash, and broccoli. Add some low-fat cheese to complete the omelet.
9. Add fruit to your morning meal. Put banana slices or berries in your cereal. Use peanut butter or a small amount of ricotta cheese on your toast and top with apple or pear slices. Add more fruit to your yogurt or smoothie.
10. Add grated, shredded or chopped veggies such as zucchini, spinach or carrots to your meatloaf, mashed potatoes, pasta sauce, and rice dishes.
11. Stock your freezer with frozen vegetables to steam, stir-fry, or add to soups and casseroles.
12. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans) and top with a low-fat dressing.

Ask friends, family and health professionals for more ways you can increase your fruit and vegetable intake. Search the internet and cookbooks too.

Here is a goal to try for the month: Increase your fruit and vegetable intake by adding ½ cup more than what you are eating currently each day. So if you typically eat 1 cup a day of fruits and veggies, bump it up to 1.5 cups each day for the next month. Good luck and enjoy all the benefits.

Resources include: AICR and the Academy of Nutrition and Dietetics



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 March. 15, 2017 for the April 2017 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@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

We want to wish **Phil Savage** (Mar. 7) a very Happy 39th Birthday!
All our love, Alyssa/Dylan/Alyza

Happy birthday to my big brudda, **Phil Savage** (Mar. 7)
Love, PJ and family

Happy birthday to my loving brother **Mike Lind** (Mar. 7) we love you MJ
Love, Lo and Darrell

Happy 6th birthday to **Sewell Tibbetts** (Mar. 8)! You are my heart and my soul. I am so thankful that you picked me to be your mom.
I love you forever son. Love, mom



Happy birthday to my beautiful daughter **Stephanie Shabaiash** (Mar. 14) who turned 27.
Love, mom Eve

Happy birthday **Bonnie "the Cat" DeFoe** (Mar. 16)
Love, your sista LaLa

Happy birthday to my youngest brat **Ryan Shabaiash Jr.** (Mar. 17) who became a teenager.
Love, mom Eve

Happy birthday to my dad, **Jeff Tibbetts** (Mar. 20), I hope

you have a wonderful day! Thank you for everything you have done for me and everything you have taught me. I am grateful to have you as a dad and for my son to have you as his grandpa. We love you.

Love, Sophie and Sewell

Happy birthday to my brother **Dale DeFoe** (Mar. 24)
Love, your sis Anita

Happy 50th birthday **Darrel Brown** (Mar. 25), if you haven't grown up yet you don't have too!

The girls at the clinic

I'd like to wish my husband **Darrell Brown** (Mar. 25) a very happy birthday. I love you more than any words can ever express.
Love always, Lo



Happy birthday to my hobbie **Herb Fineday, Jr.** (Mar. 28), I absolutely love you!
Love, Patti Jo

Happy 8th birthday to my handsome son **Tommy Morgan Jr** (Mar. 30)
Love, mom, dad Ant, Tianna, and your brothers

Thank you

To the sewing ladies who come here (CCC) for sewing on Thursdays, thank you lady's for the flowers. It was a special day for me.
Thank you again, Candace

We would like to thank everyone for coming to the employee holiday party on Feb. 10. It was great getting to see the employees get together. We would also like to thank the following FDL entities that donated prizes for the party: FDL Tribal Council, Cloquet Community Center, Public Works, Enterprise Accounting, Black Bear Casino Resort, FDL Operations, Insurance Services, and BBCR event and bingo staff.
Sincerely, FDL Programs Employee Holiday Party Committee

Memorial

Viola E Foldesi (Mar. 5, 2015)
On the Anniversary of the Day You Went Away Today's the anniversary Of the day that I lost you, And for the time it felt as though My life had ended too. But loss has taught me many things And now I face each day, With hope and happy memories To help me on my way. And though I'm full of sad-



ness That you're no longer here, You influence still guides me And I still feel you near. What we shared will never die It lives within my heart, Bringing strength and comfort While we are apart.
We love and miss you more than words can express, your loving children

Viola E Foldesi (Mar. 5, 2015)
Grandma's Gone To Heaven One quiet day the angels came And took grandma far away But in the stillness of the night I could almost hear her say Dear grandchild ---I will miss you You mean so much to me But Jesus called me to his side In Heaven I will be A place of God's great beauty No tears or earthly cares Only peace & joy forever And love beyond compare So remember all the good times Don't think about the sad Treasure all the special moments Through the years we've always had And if you trust in Jesus I can promise this & more You will get a hug from grandma Someday on "Heaven's golden shore"
Love and miss you from your grandchildren

continued on next page



Community News

Randal Barney Jr. Nigoozis (Aug. 16, 1984-Mar. 20, 2008), missing you forever.

Obituary

Harry Arthur LaFave, age 59, of Duluth, passed away on February 1, 2017 in his home. He was born June 30, 1957 to Frank and Ethel LaFave in Duluth.

He was loved by all those who knew him. He played drums in a band. Harry was a handy man and enjoyed helping others.

He was preceded in death by his brothers, Richard and Robert; and his sister, Cathy LaFave.

Harry is survived by his son, Andrew LaFave; his brother, Kenneth of Duluth; his sister, Debra (John Miltakis) LaFave; and several nieces and nephews.

Ronald Jess “Ron” Houle, of Saint Charles, Missouri, passed away on Saturday January 28, 2017, at the age of 69. Beloved son of the late George J. and Aurelia Houle; devoted father of Taylor C. (Stephanie) Houle, and Clayton R. Houle; dear brother of Nancy O’Leary, Jean (Charles) Tuttleton, and Rick (Han) Houle. He was preceded in death by his brother-in-law, Maurice O’Leary.

Ron served his country proudly in the United States Army during the Vietnam War. He was a member of the VFW Post 2866 and the American Legion 312. He was also proud to be an enrolled member of the

Fond du Lac Indian Reservation in Cloquet, Minnesota. After a 30-year career with Boeing, he spent 10 years as a Registered Nurse. Ron enjoyed fishing, wood working, golf, and weight lifting, but more than anything, he enjoyed spending time with his family and friends. He was dearly loved and will be greatly missed by all those who knew him.

FDL job listings

FT: Full Time PT: Part Time
For more information about any of these open until filled or permanent posting positions contact the Fond du Lac Human Resources Department at (218) 878-2653.

FDL Reservation

Librarian or Media Generalist/Specialist FT FDLOJS
SUD Treatment Technician FT Human Services
Alcohol & Drug Counselor V FT Human Services
Alcohol & Drug Counselor IV FT Human Services
Alcohol & Drug Counselor III FT Human Services
Alcohol & Drug Counselor II FT Human Services
Alcohol & Drug Counselor I FT Human Services
Nursing Assistant/Activities Specialist FT FDL Assisted Living
Industrial Arts Teacher FT FDLOJS
Occupational Therapist PT FDLOJS
Cook Supervisor FT FDLOJS
Substance Use Disorder Recovery Case Manager FT MNAW
Massage Therapist PT MNAW
MIS Project Administrator I FT Tribal Center
Laboratory Technician FT MNAW

& CAIR
Ojibwemowin Teacher FT FDLOJS
Registered Dental Assistant On Call/Temp MNAW
Pharmacy Technician FT CAIR
Foster Care Licensing and Placement Specialist FT MNAW
Clinical Assistant FT/On Call MNAW & CAIR
Instructional Assistant PT/On Call FDLOJS
Mental Health Counselor FT MNAW & CAIR
Custodian FT/On Call/Sub FDLOJS
Pharmacy Technician FT Mashkiki Waakaagan, Mpls
Clinic Physician FT/PT/On Call MNAW & CAIR
Mental Health Case Manager FT MNAW & CAIR
Skilled Laborer 1 FT Tribal Center
GED Teacher PT CCC/BCC/SCC
Reading Buddies PT FDLOJS
Driver’s Training Instructor PT Tribal Center
Driver/Cook On Call BCC
School Secretary/Receptionist On Call/Sub FDLOJS
Cook Helper On Call/Sub FDLOJS
Driver/Cook On Call Tribal Center
Substitute Teacher On Call/Sub FDLOJS
Transportation Driver FT/PT FDL Transportation
Nursing Assistant FT/PT FDL Assisted Living
Recreational Aide 1 FT/PT SCC
Recreational Aide 2 FT/PT SCC
Recreational Aide 1 FT/PT BCC
Recreational Aide 1 FT/PT CCC
Recreational Aide 2 FT/PT CCC
Clinical Pharmacist On Call MNAW, CAIR, Mashkiki
Waakaagan-Mpls.
Pharmacy Technician On Call/ Sub MNAW, CAIR, Mashkiki

Waakaagan-Mpls.
Transit Dispatcher FT/PT/On Call FDL Transit
Bus Monitor PT/On Call FDL Education
Substitute Staff On Call FDL Head Start
Programs Teacher FDL Head Start
Teacher Assistant FDL Head Start
Deli Clerk PT FDLGG
Transit Driver FT/PT/On Call FDL Transit
School Bus Driver FT/PT/On Call FDL Education
Health Care Assistant FT/PT MNAW & FDL Assisted Living
Store Clerk PT FDLGG
Convenience Store Gas Attendant PT FDLGG

Black Bear Casino Resort

Vault Cashier FT/PT
Room Attendant FT
Bus Person FT/PT
Gift Shop Clerk FT
Buffet Host/Hostess FT
Golf Course Groundskeeper FT/PT Seasonal
Steward FT
Arcade Attendant PT
Golf Course Pro Shop Sales Representative PT

Golf Course Ranger/Starter FT/PT
Golf Course Concession Sales Representative FT/PT
Golf Course Cart Attendant FT/PT
Slot Attendant PT
Custodial Associate FT
Gift Shop Clerk PT
Bell Staff PT
Sage Deli Cook FT
Bingo Vendor/Floor Worker PT
Players Club Representative FT/PT
Wait Staff FT/PT
Hotel Laundry Worker/Hauler FT
Hotel Room Attendant/Housekeeper FT/PT
Drop Team Worker FT

Fond-du-Luth

Security Guard/Dispatch FT
Janitor FT/PT
Clean up Worker FT/PT
Beverage Waitperson/Bartender FT/PT
Cage Cashier FT/PT
Players Club Representative FT/PT
Slot Attendant FT/PT
Slot Technician FT/PT



RBC meets with members of the State Dept.

Onaabani-giizis – Hard Crust on the Snow Moon – March 2017

ALR: Assisted Living Residence; BCCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8048; CAIR: Center for American Indian Resources; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Maash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom;

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Cloquet Home, Business, and Sport Show 1-8 p.m. Mar. 10 9 a.m.-5 p.m. Mar. 11 BBCR Free Admission</p>		<p>Chris Janson 7 p.m. Mar. 24 BBCR</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC</p> <p style="text-align: right;">1</p>	<p>Sewing 9 a.m. CCC Get fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">2</p>	<p>GED (call) AA Support 6 p.m. BCC King of the Cage: Violent Confrontation 7 p.m. BBCR</p> <p style="text-align: right;">3</p>	<p>Come & Swim & use the gym AA support 6 p.m. SCC</p> <p style="text-align: right;">4</p>
<p>Come & swim & use the gym</p> <p style="text-align: right;">5</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">6</p>	<p>Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC Waasa Inaabidaa Session 3 5 p.m. CCC</p> <p style="text-align: right;">7</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Driver;s ed 4 p.m. CCC Health and nutrition 5 p.m. CCC Tax Prep 5 p.m. CCC</p> <p style="text-align: right;">8</p>	<p>Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">9</p>	<p>GED (call) Historical Society 12 p.m. CCC Cloquet Home, Business, and Sport Show 1 p.m. BBCR AA Support 6 p.m. BCC</p> <p style="text-align: right;">10</p>	<p>Come & Swim & use the gym Cloquet Home, Business, and Sport Show 9 a.m. BBCR Tax prep 2 p.m. CCC AA support 6 p.m. SCC</p> <p style="text-align: right;">11</p>
<p>Come & Swim & use the gym Elder movie morning 11 a.m.</p> <p style="text-align: right;">12</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">13</p>	<p>Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS AA/NA support 12 p.m. TRC</p> <p style="text-align: right;">14</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC</p> <p style="text-align: right;">15</p>	<p>Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Open meeting 5:30 p.m. MN Chippewa Tribe Building AA Support 6 p.m. CCC</p> <p style="text-align: right;">16</p>	<p>GED (call) AA Support 6 p.m. BCC</p> <p style="text-align: right;">17</p>	<p>Come & Swim & use the gym AA support 6 p.m. SCC</p> <p style="text-align: right;">18</p>
<p>Come & Swim & use the gym Family movie morning 10 a.m.</p> <p style="text-align: right;">19</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">20</p>	<p>Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC Parenting second time around 1 p.m. CHS Waasa Inaabidaa Session 4 5 p.m. CCC</p> <p style="text-align: right;">21</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Tax Prep 5 p.m. CCC</p> <p style="text-align: right;">22</p>	<p>Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">23</p>	<p>GED (call) AA Support 6 p.m. BCC Chris Janson 7 p.m. BBCR</p> <p style="text-align: right;">24</p>	<p>Come & Swim & use the gym Tax prep 2 p.m. CCC AA support 6 p.m. SCC</p> <p style="text-align: right;">25</p>
<p>Come & swim & use the gym Elder movie morning 11 a.m.</p> <p style="text-align: right;">26</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">27</p>	<p>Get fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC</p> <p style="text-align: right;">28</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Tax Prep 5 p.m. CCC</p> <p style="text-align: right;">29</p>	<p>Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">30</p>	<p>GED (call) AA Support 6 p.m. BCC</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">38 Special 7 p.m. Apr. 13 BBCR</p>

Any persons with FDL Writs & Orders of Exclusion are not allowed to attend any FDL Field Trips or Activities.