

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



Minnesota Lt. Governor Yvonne Pretzner Solon (above photo at center) visited the Cloquet Community Center Oct. 26 to see the many services offered by the FDL Human Services Division. See related story on page 2.

(Top right): The FDLHSD Diabetes Prevention team, after receiving American Diabetes Association award for innovation Sept. 28. See related story on page 11.

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Local news



Brookston District Representative Mary Northrup, speaking with Yvonne Prettner Solon during her visit Oct. 26.



Lt. Governor Yvonne Prettner Solon is answering questions and comments from a group of elders during her visit to the Fond du Lac Reservation Oct. 26. About 30 people attended the meeting inside the Cloquet ENP

Lieutenant Governor visits CCC

Some local elders were in for a bit of a surprise during their Oct. 26 elder exercise group meeting at the Cloquet ENP when they were paid a visit by Lt. Governor Yvonne Prettner Solon.

Also in attendance: Connie Greer, Director of the Minnesota Office of Economic Opportunity; and Joanne Mulbah, Minnesota

Chippewa Tribe Supplemental Nutrition Assistance Program (SNAP) Education Program Manager.

Prettner Solon came to the Fond du Lac to see the services provided through SNAP, the Fond du Lac Human Services Division and the Cloquet Community Center.

Community Center Man-

ager Roberta Welper took the Lt. Governor on a tour of the gymnasium, pool, and fitness center.

“I think it was good to be picked for her visit; Fond du Lac has a wide variety of services offered to our community.”

Amber Ahonen, Fond du Lac Public Health Nutrition Education Assistant said afterward.

Cloquet Community Center Manager Roberta Welper took the Lt. Governor on a tour of the gymnasium, pool, and fitness center.

After the tour, Prettner Solon fielded questions and comments from those in attendance. Among the topics mentioned, the proposed sulfide mining operations in the Iron Range as

it relates to our air and water quality and future wild rice harvests; the proposed new Vikings stadium, which is currently meeting plenty of opposition state-wide; and federal health care reform, and concerns of how it affects health care services at the state level and in Indian Country.

Nahgahchiwanong Dibahjimowinnan

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

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Editor: Daniel A. Huculak

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news



Building a dabinoo'igan

By Tara Dupuis

A group of community members got together recently and built a dabinoo'igan (shelter) behind the Fond du Lac Ojibwe School.

With the dabinoo'igan at the Ojibwe School, we will be able to include all aspects of our culture and language. It will be an area where the students, teachers and community can gather to finish rice, boil sap, learn to trap, tan hides, and many other traditional practices. The dabinoo'igan will help ensure that all students experience our traditions.

The goal of the dabinoo'igan is for our students to return full circle to our traditional manner of education. This will also ensure that our Anishinabe culture is passed on to future generations.

Chi - Miigwech to Deb Johnson-Fuller, her husband Dan Fuller, daughter Willow and son Dominic; Mike Murray, Vanessa Northrup, Tony Fish, Ray Smith, Joseph Bruce, Jen Johnson, and Ziigwan Lees. It was wonderful how they all pitched in to build the dabinoo'igan. It was nice to see everyone enjoying themselves. Everyone's help was truly appreciated!

Black Bear Casino Resort Honors Veterans with Musical Salute

By Rocky Wilkinson,
Fond du Lac Media Relations Specialist

Black Bear Casino Resort is honoring veterans with a free musical salute featuring the music that entertained our troops during wartime. The event will take place at 7:30 p.m. Nov. 10, at the Otter Creek Event Center.

The music performed will span the years from American Revolution bugle songs to the big band swing sounds of World War II and the Korean War. "A Musical Salute to Our Veterans" show is homage to the brave men and women of the United States Armed Forces who have laid their lives on the line to earn and protect our freedom.

The complimentary tickets are available at the Bear Bear Players Club. Seating is limited and tickets are limited to four per person.

High Test Scores to Learning Levy Questions

By Ken Scarbrough,
Cloquet School Superintendent

Recent student test scores released by the state of Minnesota are very encouraging for the Cloquet School District. Cloquet students are far outscoring state average test scores, and the Cloquet School District is one of the few in our area that is making AYP (Adequate Yearly Progress). School officials do not have much time to celebrate these results, however, because they now are working hard to build public awareness about the school learning levy elec-

tion.

On Nov. 8, the district will be asking voters to decide two learning levy questions, as across Minnesota, over 130 school districts will be asking the same kind of questions. This is the largest number of schools seeking referendum levy authority in one election in over a decade. These elections are the result of several hard economic issues for schools: The state is delaying school aid payments by 40 percent this year. There is a promise to repay this money next year, but only as another 40 percent delay is implemented.

Over the last two years, the Cloquet District has received \$1.3 million in federal support from the stimulus and jobs programs. This money has gone away. Since 2003, as measured by inflation, state funding has remained flat at best. Projected costs such as for energy and borrowing money due to the delay in state payments are increasing educational costs greatly.

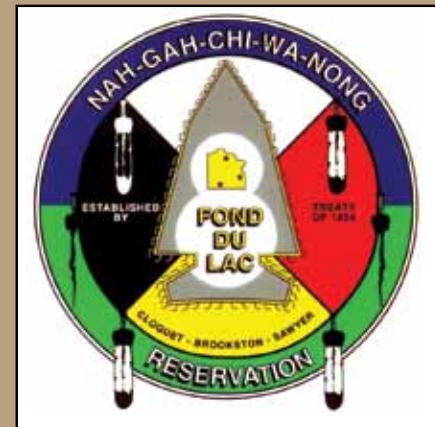
The Cloquet ballot will have two questions. The first question is not a tax increase, since it just extends the current referendum of \$97.61 per student. The second question would

increase the referendum authority \$275 per student, raise about \$973,000, and cost the average appraised home in the City of Cloquet about six dollars per month.

If both questions are approved, the Cloquet School District's referendum authority will be \$372.61 per student. The statewide average per student covered by a referendum is about \$1,000. Over 25 percent of the revenue from these learning levy questions would be paid by the state.

The school district is presenting these questions to the voters so it can keep school text

books and curriculum material current, keep providing our students technology for learning, provide more help to those students struggling in reading and math, and to better maintain current class sizes and programs for students. If the levy questions fail, school officials will be struggling with which learning programs and activities will have to be cut, reduced, or have fee increases. These same officials are saying that the most important thing now is to make the public aware of the issues and to encourage people to vote.



A few thoughts from RBC members

From Chairwoman

Karen Diver

You may have noticed a film crew around the reservation at the end of September. The Harvard Project on American Indian Economic Development has been partnering with the documentary filmmakers on a film that would show contemporary tribal governments. They feel that much of America sees tribes as historical entities. They want to highlight for a general viewing audience the roles that tribes play as governments, regional employers and policy makers. One of the producers is Robert Kenner, and award-winning producer best known recently

for his work, Food, Inc., which explored American food systems. The other individual involved is a Native film maker by the name of Sterlin Harjo. They will be highlighting several tribes, and it looks likely that Fond du Lac will be one of them. The crew told me that they are in the middle phase of production where they make a short film to show to national groups which they hope will agree to finance the full and final version of the film.



Karen Diver

The country of Turkey is in-

terested in developing ties with Native American tribes. They find that many of the cultural traditions that tribes in American have are similar to theirs. They are looking for ways to assist tribes to develop infrastructure and with economic development. A delegation of tribal leaders went to Turkey last year to begin exploring ways to collaborate. This year, a smaller group will be going to further refine specific ways that ties can be established. The National American Indian Housing Council nominated me for this

next group, with travel expenses paid for by Turkey. By the time this gets published, I will have returned, hopefully with good information for Indian Country on how to build ties to Turkey.

During the last year, the RBC has asked for community input regarding whether the per capita plan should be changed with regards to minors when they turn 18. A committee of Band Member volunteers developed a set of recommendations that have previously been published in the newspaper. Feedback to the RBC has been widely varied with no clear consensus. The RBC does not feel it can make a decision at this time without reviewing the existing recom-

mendations, as well as explore other options and any additional implications to the decisions. For these reasons, there will be no change to minor per capita on Jan. 1. We hope that the additional review will continue in a timely manner with any recommendations coming before the middle of the year. We appreciate your patience as we try to come up with options that have community support.

If you have any questions or comment, please call at the office (218) 878-2612, cell (218) 590-4887, or email karendiver@fdlrez.com.

From Ferdinand Martineau

Boozhoo niiji, Life is so interesting. On December 26, 2010 my family lost a sister (Lou) due to the complications of diabetes. On September 26, 2011 my family got a sister (Karen) back through the miracle of transplant. Karen had complications from diabetes and her kidneys and pancreas were not functioning properly. She had been on dialysis and the transplant list for the past three years. Her opportunity came with a match when a young man on the west coast who was an organ donor passed on. She went through the final tests and the operation

at the University Hospital in the twin cities about three weeks ago. I am very happy to say that she is now home and doing terrific. The wonders of modern medicine never cease to amaze me.

The council, as you know, has been dealing with next year's per capita payment plan. We had several Band Members volunteer their time over the last year to help develop some recommendations on how to best distribute the money to minors as they turn 18. It boiled down to 3



Ferdinand Martineau

plan options. Each one offered some options that appealed like a high school diploma or GED. Some that did not appeal like splitting the distribution up. We were not able to reach a consensus as several other options were raised during our discussions. So we decided to leave it the same for the coming year and if any changes are to be made they will happen in 2013. If your child is turning 18 next year please talk to them about their options on using their payment and finishing high school.

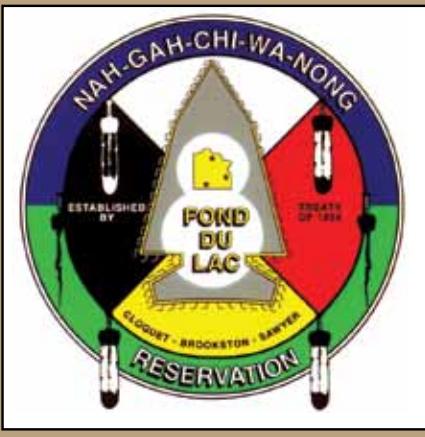
With the change of colors fall begins and so does hunting season. It is always an exciting time for me. I like to go out to check all the places that I used to hunt. I like to see the animals that are there and see if I can still track them like I used to. I do not carry a rifle as I did when I was younger as I have not taken a deer in 20 years. I will shoot a partridge once in a while, but usually all I do is track now. I do not see as many young Band Members as I used to out there. Maybe that is why the deer are overabundant here. It is important to teach our children to hunt. My father taught me how to track because it was important to not leave an

injured animal in the woods. He also taught me to make an offering of tobacco to the spirit of the animal that gave its life so I could nourish mine.

If you have any questions or comments please feel free to contact me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com.

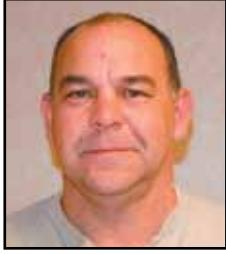
Gigawaabamin.

RBC columns continued on next page.



From Wally Dupuis

Hello All,
As the winter months approach, our construction company is busy getting the Moorhead Road and Davis Road projects closed up for the winter. They are also completing some of the sewer projects and other lingering projects in preparation for



Wally Dupuis

the winter months. As I visited some of these projects, I was impressed with the results. Good job to all construction staff. Our Cloquet Community Center and staff continues to provide events that are well attended and enjoyed by the participants. They had a Halloween event scheduled for the end of

the month, Oct. 30, and we are expecting a record attendance again this year. On Oct. 15, they, in conjunction with the Human Services Division, held a chili and fry bread contest complete with a craft and bake sale. A lot of people participated in this event as well.

In speaking with our planning department, they have held the first public meeting regarding a walking / hiking trail to stretch between the Tribal Center and

the C-store area. This is in early planning stages and is a work in progress for now. Hopefully they can include some speed limit changes and intersection upgrades at the same time.

The Black Bear Casino Resort held its employee appreciation event on Oct. 12. The employees I spoke with were very appreciative and all had a good time. They held drawings and events for the employees to participate in and a few lucky

winners even got their car hand washed by staff. I would like to thank the staff that organized and volunteered for this event. I would also like to say thank you to all of our employees at the Black Bear for your service.

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

FDL Law Enforcement news

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

- 9/16/11 - Traffic stop on Big Lake Rd.; driver cited for driving after revocation (DAR).
- 9/16/11 - Report of toddlers walking on the road; located toddlers and the party looking for them. Toddlers wondered off.
- 9/17/11 - Assisted Cloquet Officers and Carlton County Deputies in locating a missing child; child was found.
- 9/17/11 - Report of unwanted male at Black Bear Casino; male was brought to jail for disorderly conduct.
- 9/18/11 - Assisted Cloquet Officers with transport to detox.
- 9/18/11 - Traffic stop on Hwy. 210; driver cited for speeding.
- 9/19/11 - Assisted Floodwood Police with a 911 hang up call.
- 9/19/11 - Report of 2 car accident; one driver cited for inattentive driving.
- 9/20/11 - Traffic stop on Brevator Rd.; driver cited for possession of drug paraphernalia.
- 9/20/11 - Traffic stop on Hwy. 31; driver warned for faulty equipment.
- 9/21/11 - Report of hit and run at Tribal Center parking lot; driver located and cited.
- 9/21/11 - Assisted Cloquet Officers with a fight.
- 9/22/11 - Traffic stop on Brevator Rd.; driver cited for speeding.
- 9/22/11 - Report of gas drive off for \$8.
- 9/23/11 - Report of a slumper in front of Super One; located slumper and brought home.
- 9/23/11 - Report of domestic assault; male arrested on a number of charges.
- 9/24/11 - Report of horse in yard; owner cited for animals at large.
- 9/24/11 - Traffic stop on Hwy. 210; driver cited for possession of methamphetamine.
- 9/25/11 - Located a cow in the middle of Paul Rd.; located the owner who came to get the animal.
- 9/25/11 - Traffic stop on Brookston Rd.; driver cited for speeding and no proof of insurance.
- 9/26/11 - Report of a small fire in the parking lot of supportive housing, fire was extinguished.
- 9/26/11 - Traffic stop on Reservation Rd.; driver warned for speeding.
- 9/27/11 - Report of unwanted male refusing to leave Black Bear Casino; male was brought to jail for Obstruction without force.
- 9/27/11 - Report of male riding dirt bike and just left it. Located dirt bike and found it was stolen; located owner and he came and got it.
- 9/28/11 - Traffic stop on Big Lake Rd.; driver warned for speeding.
- 9/28/11 - Traffic stop on Twin Lakes Dr.; driver cited for speeding.
- 9/29/11 - Traffic stop on Cary Rd.; driver cited for speeding.
- 9/29/11 - Report of gas drive off for \$5.
- 9/30/11 - Report of gas drive off for \$50; driver came back and paid.
- 9/30/11 - Assisted Floodwood Police with a domestic assault incident.
- 10/1/11 - Report of gas drive off for \$22.68.
- 10/1/11 - Report of underage drinkers at Black Bear Casino; juveniles cited.
- 10/2/11 - Report of a missing 2007 Red Arctic Cat 700 4 wheeler.
- 10/2/11 - Traffic stop on Airport Rd.; driver cited for speeding.
- 10/3/11 - Traffic stop on Hwy. 2; driver warned for speeding.
- 10/3/11 - Traffic stop on Hwy. 31; driver warned for speeding.
- 10/4/11 - Traffic stop on Hwy. 210; driver cited for speeding and no insurance.
- 10/4/11 - Traffic stop on Hwy. 2; driver cited for speeding.
- 10/5/11 - Traffic stop on Big Lake Rd.; driver arrested for warrants.
- 10/5/11 - Traffic stop on Cary Rd.; driver arrested for DWI.
- 10/6/11 - Assisted Cloquet Officers with a traffic stop at the compound.
- 10/6/11 - Report of domestic assault in Brookston area; one taken to jail.
- 10/7/11 - Traffic stop on Brevator Rd.; driver cited for DAR.
- 10/7/11 - Assisted Sawyer Elders with no power.
- 10/8/11 - Assisted Carlton County Deputy on traffic stop.
- 10/8/11 - Assisted Cloquet Officers with a physical disturbance incident; one brought to jail.
- 10/9/11 - Report of domestic assault in Cloquet area; one taken to jail.
- 10/9/11 - Assisted Cloquet Officers with domestic assault incident.

French Occitans honor the Ojibwe with gift of land



Ojibwe delegates with French students after tree planting ceremony.

Editor's note: Janis Fairbanks, a doctoral candidate and a Fond du Lac Band Member, traveled to France in late Sept. to participate in ceremonies honoring the Ojibwe people and share our culture with the Occitans. Some English words (in quoted statements) in the story are spelled differently in Europe and were left intact.

By Janis Fairbanks

Why would a group of people known as the Occitans, people living in Southern France, want to honor the Ojibwe nation by the ceremonial gift of land?

When I became aware of the planned ceremony in Saint Pierre, France, I wanted to go and find out more about these people and the reason for their plans to gift the Ojibwe nation with a ceremonial plot of land in France.

I was invited to attend as lead delegate for Fond du Lac by the President of the French organization OK-OC, Gerard Maspis, whose letter of invitation explains the purpose of their organization. His letter states:

"The Association Oklahoma Occitania (OK-OC) was created to commemorate facts that date back to 1829: during the harsh winter a group of Osage Indians from Oklahoma arrived to Montauban (south of France) after roaming aimlessly all over

Europe in search for a better life. They were in such pitiful condition that the town fed them, cured them and arranged for them to travel back home to Oklahoma. Through OK-OC the friendship born in those remote days lives on.

For over 20 years now OK OC has been setting up yearly happenings meant to make Native American culture and traditions better known. It has welcomed delegations from many an Indian nation, among which Osages, Lakotas, Cheyennes, Seminoles, Innus, Choktaws, Crees, Poncas, Hopis, Navajos, etc.

OK-OC is well aware of the importance and respect that Indian nations nurture for Mother Earth. In order to make this acknowledgment more authentic, OK-OC organizes "gifts of land" with the towns and villages that wish to do so. In a symbolical way a small plot of land is donated to an Indian nation. The gift becomes a moral commitment between OK-OC, the town or village and the Indian nation. It fastens the links of friendship and opens a possibility of cultural exchange in the future. The town remains the legal owner of the plot of land and looks after it but must not break the moral contract and the link of friendship with the Indian nation.

This year, OK-OC has elected Minnesota Ojibwe Indians for its "Indian Summer" and wishes

to invite Janis Fairbanks as the leader of the delegation owing to her implication in the promotion of the culture, language and traditions of her nation."

Thus, with the approval of the Reservation Business Committee, I accepted the invitation and traveled to France as a delegate of the Ojibwe nation, Fond du Lac Band for a cultural exchange with the Occitans.

I found that these people share similar history and cultural activities with indigenous people of the United States, including the current concern for preservation of their indigenous language, a love of music and dancing, and a concern for the earth.

During the cultural exchange, the six United States indigenous

representatives toured ten villages of south France. Our group performed dance exhibitions, met and visited with local dignitaries,



Janis Fairbanks, standing beside Mayor Joel Bouche of Saint Pierre, France at the site of the "Giving Back the Land" ceremony dedicating a plot of land in Saint Pierre to the Ojibwe nation. The indigenous Occitans of south France are very sympathetic to indigenous nations of North America and share many common cultural concerns.

visited local schools for performances and Q & A, attended a museum exhibition of Lakota and great plains artifacts of the eighteenth and nineteenth century, and as a final activity of a weeklong "Indian Summer" tour and celebration, we accepted a "Gift of Land" to the Ojibwe nation from the Occitans, who each year commemorate a gift of land to a United States Indian tribe in memory of the land loss the U.S. tribes suffered.

Event organizer Angeline Bouche said, "The planting of the tree in Montauban, the "Giving back the Land" at Saint Pierre were moments of such emotion that some people told me they had

tears in their eyes." Fond du Lac now has a strong bond with Saint Pierre and the Occitans.

This "Giving Back the Land" ceremony annually commemorates the 1829 bond between the Occitans and the Osage nation when six Osage people arrived lost and starving in Montauban, having been abandoned in France by Buffalo Bill's Wild West Show. The local Occitans took them in, fed them, and collected enough money to pay their fares back to the United States.

Of the six Osage, three lived to make the journey home, thanks to the friendship of the Occitans. That friendship still exists today through an organization called Oklahoma-Occitania also called OK'OC. More information and pictures may be found at <http://oklahoccitania.canalblog.com/>

This year's land ceremony took place in the village of St. Pierre. Activities were planned by the Occitans and Angeline Bouche, wife of Saint Pierre's Monsieur le Maior, Joel Bouche (mayor). Angeline Bouche donated a maple tree for the event. A local sculptor, Sarah More, carved and donated the stele placed as a monument to the Ojibwe nation. Both the tree and the stele are pictured with Mayor Bouche and Janis Fairbanks holding the Fond du Lac Ojibwe Band logo.

Legal Notice

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

BARNEY, Frances; **BANKS**, Robert; **BEGAY**, Raymond Sr.; **BRIGAN**, Calvin; **CHRISTENSEN**, Terry; **GLASGOW**, Edith; **HERNANDEZ**, Sherry; **HILTON**, Lois; **HOULE**, Jamey; **HUHN**, Cheryl; **HYLTON**, Tina; **JEFFERSON** (Drucker), Mary; **JONES**, William Sr.; **JOSEPHSON**, Charles; **KAST**, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **LIVINGSTON**, Bruce; **MARTINEAU**, David; **OLSON**, Daniel G. Sr.; **PALMER**, **AGNES** (AKA ROCK, AGNES); **RAISCH-DAY**, David; **SHARLOW**, Gerald D.; **SMITH**, Carl.

Registrar and surviving family members seeking information

Your help will be appreciated if you have knowledge about Lavina DeCora. She was buried in the old Fond du Lac Reservation Holy Family Cemetery in 1970.

Her children want her remains to go home to Nebraska. There is no marker indicating her burial. If you knew or remember Mrs. DeCora, please contact Kristine Shotley, Fond du Lac Graves Registrar at (218) 878-8011, or email kristineshotley@fdlrez.com.

Legal Notice

Attention allotment stakeholders:

We are trying to reach allotment holders of the following allotments along Pfiefer, University, and Brookston Roads on

the Fond du Lac Reservation:

Allotment Numbers: 405-68, 405-207, 405-269, 405-209 & 405-A6

Fond du Lac Band of Lake Superior Chippewa (FDL) and Bureau of Indian Affairs (BIA) in cooperation with Carlton County plan to reconstruct portions of Pfiefer, University, and Brookston Roads.

Preliminary plans have been drawn up, and we are now arranging to meet with allotment owners. We are looking to update contact information of allotment holders and seeking right of way acquisition from those holders.

If you are part of the listed allotment holders, please provide updated contact information to Diane Mrozik at Fond du Lac Housing at (218) 879-2610 or email dianemrozik@fdlrez.com or Shelly Micke at Carlton County at (218) 384-9150 or email shelly.micke@co.carlton.mn.us.

Allotment 405-68

Mary Gage, Estate of: Lorraine Ostowski, Herman Douglas,

Allotment 405-207

Estate of: Robert Eugene Bartlett, Theodora Ilde Harder Fosness,

Allotment 405-269

Wayne J Bosto, Carol J Deverney, Ernest W Diver, Louis Diver, Ronald Diver, Anna L Friedman, Jesse J McEiver, Mike D Munnell, Estate of: Kenneth M Bosto, Eleanor Martin, Kathleen C Munnell Headbird, Beverly J Peterson, George Glen Rodgers,

Allotment 405-209

Wayne Bosto, Ernest W Diver, Carol J Deverney, Ronald Diver, Louis Diver, Anna L Friedman, Jesse J McEiver, Mike D Munnell, Gerald A Novacinski Jr, Estate of: Florence S Berglund, Dorothy Baily, Calvin Eugene Brigán, Kenneth M Bosto, Mary Jane Cobenais, Elizabeth I Crider, Carlete Dickenson, John

F Diver, Victoria Flasch, Phyllis Hernandez, Eleanor Martin, Edward F Morrissette, Lucille J Moye, Kathleen C Munnell Headbird, Beverly J Peterson, Yvonne Quintero, Leo Rabieaux, Julia Rennquist, Sewell S Tibbetts, Rachel E Whitebird, David Whitebird,

Allotment 405-A6

Aprille S Nason, Frances E Nason, Tracy L Nason, & Estate of: Barbara A Nason.

Ojibwe School hosting book fair

The Fond du Lac Ojibwe School Fall Book Fair is coming! The fair will be open daily from noon to 4 p.m. Nov. 2-4 at the Ojibwe School.

We also have an on-line fair option this year, located at <http://www.scholastic.com/schoolbookfairs/2965115>. The online book fair will end Nov. 10.

Caregivers Support Group meeting

The Fond du Lac Caregivers Program Support Group will meet at 10 a.m. Nov. 19 at the Cloquet Community Center Library. For more information, contact Sue Roberts-Passero at (218) 878-2135 or suepassero@fdlrez.com.

Reminder to update and return your Per Capita form

Attention Fond du Lac Band Members, your form for the 2012 Per Capita distribution has been sent to your last known address. Please complete and return this form by Dec. 1, 2011 if you would like a monthly payment in Jan. 2012.

If your address has changed and you have not received a form call Patti at (218)878-2674 or Dorothy at (218)878-2676.

Timber Auction Notice - Fond du Lac Reservation

At this time only Fond du Lac Band Members are eligible to bid on these timber sales.

Lund Road Sale – Carlton County SW Sec. 7, T49N, R17W

48 acre clearcut with reserves and select cut. 13" DBH aspen 1,123 cords (51% aspen, 39% red maple, 10% paper birch)

FDL Creek Sale – Carlton County SESE Sec. 17 & NWNE Sec. 20, T49N, R17W

59 acre clearcut with reserves. 9-13" DBH aspen 1,281 cords (58% aspen, 29% red maple, 13% paper birch)

The Auction Deadline will be 2pm, Friday, December 2, 2011

No bids will be accepted after this deadline. If no valid bids are received, these sales will be re-advertised on the open market. A \$1,000 bid deposit will be required for each bid. This amount will be applied to the 25 percent advanced payment if you are the auction-winner, or promptly returned if you are not.

For more information, bid forms, maps, and timber sale details, please contact Christian Nelson at (218) 878-7118 or Steve Olson at (218) 878-7105, or by email (staff directory is on the FDL Resource Management website) or stop into the Forestry Office in the Fond du Lac Resource Management Office during normal business hours (Mon.-Fri. 8 a.m.- 4:30 p.m.).

Energy Assistance available; guidelines apply

The Customer Affordability of Residential Electricity (CARE) Program offers income-qualified Minnesota Power households an opportunity to receive a discount on monthly electric bills.

The program is limited to 5,000 customers at a time, on a first-come, first-served basis.

Households enrolled in the CARE program receive a reduction on their electric utility bill. Bills are averaged over a twelve month period making them easier to pay and at the time of enrollment, and any outstanding balance at time of enrollment will be averaged into your bill over the next 24 months.

Only residential service, low income qualified customers are eligible for the CARE Program. Residential customers must apply and qualify for Energy Assistance with their local Energy Assistance Provider. Low income eligibility is determined by the agency, following the 2011-2012 Income Eligibility Guidelines.

To apply for the Minn. Power CAIR program contact Fond du Lac Energy Assistance at (218) 878-2658 (218) 878-2603 or AEOA Energy Assistance at (800) 662-5711 ext. 218.

Reminder: "Cold Weather Rule" energy policy under way

The fall heating season began Oct. 15. Many residents mistakenly believe that the utility companies cannot disconnect their heat during the winter months. That is not true. Utility companies can and do turn off service when customers are behind on their payments.

To keep your heat on, you need to contact your utility company to apply for protection from having your heat shut off from Oct. 15 through April 15. This means you must make and keep a payment plan.

If you cannot make your current payments, call your utility company immediately to set up a new payment plan. This Cold Weather Rule only covers natural gas and electric heat.

For more information, contact Minnesota Power at (800) 228-4966, or Lake Country Power at (800) 421-9959.

Legal Notice

These Tribal Members have money on deposit at the Office of the Special Trustee for American Indians or maintain ownership in trust land. The U.S. Department of the Interior, Min-

nesota Agency would like to locate these Tribal Members and get them to update their Individual Indian Money (IIM) account with a current address and telephone number.

If your name appears on the list, Please call the Office of Special Trustees at (218) 751-4338 to update your account.

A-C

ABRAMOWSKI, BRIAN L
 ABRAMOWSKI, DAWN M
 AIKEN, ALBERT RANDOLPH
 AIKEN, DAVID ALEXANDER
 AIKEN, LAWRENCE R
 AMMESMAKI, JOEL JAY
 AMMESMAKI, NICOLE
 ANDERSON, CHESTER
 ANDERSON, CLAUDE
 ANDERSON, CLYDE
 ANDERSON, JEAN
 ANDERSON, SAMUEL
 ANGUS ROSE, LENORE
 MARLENE
 ANKERSTROM, CATHERINE LORRAINE
 ANKERSTROM, DAVID JONATHAN
 ANKERSTROM, SUZANNE MARIE
 ATHERTON, HAROLD
 ATHERTON, MARTHA
 ATOL, PATRICIA
 BABICH, STEVEN
 BABICH, WESLEY
 BAILEY, RANDALL G
 BALDUC, HOLLIS
 BARNEY, DERRICK G
 BARNEY, JESSICA T
 BARTEN, RAYMOND P
 BARTEN, RICHARD F
 BARTLETT, EVELYN
 BATHRICK, MARGARET
 BATSON, JOYCE M
 BATSON, LILO
 BEARGREASE, CORA D
 BEARGREASE, ELEANOR L
 BEASLEY, BRENDA
 GANGSTAD
 BECHTOLD, EDITH A
 BEGAS, BEN
 BEGAY, FERRIS E
 BEGAY, ROBERT L
 BELLECOURT, MELODY

M
 BERG, KEITH R
 BERG JR, GERALD
 BERGLUND, JOANNA LEE
 BERNARD, MARGARET A
 BERZILL, HENRY JOSEPH
 BLACKETTER, KRIS
 BLACKETTER, SCOTTIE R
 BLACKETTER, SPENCER D
 BLAIR, GRACE N
 BLAIR, LOUIS
 BLAIR, SUSAN
 BOSTO, WAYNE J
 BOURDON, MATILDA
 BOYER, ROBERTA J
 BRAXTON, EARL N
 BUCHOLTZ, MARILYN L
 BUCK, ALICE
 BULLOCK, SHARON MAE
 BUNGO, DOROTHY E
 BURNSIDE, BONNIE J
 BUSCH, PARTICIA JO
 BUSCH, ROBERT DOUGLAS
 BUSCH, JR, FLORIAN JOSEPH
 CADOTTE, MARVIN C
 CARIBOU, JEFFERY L
 CARROLL, DONNA
 CHADWELL, MARCY A
 CHAPMAN, CLYDE
 CHAPMAN, GILBERT J
 CHAPMAN, LYLE
 CHAPMAN, MARGARET
 CHAPMAN, MELINDA
 CHAPMAN III, ROBERT
 CHRISTENSON, JOHN L
 CLAASEN, EDWARD
 CLARK, AMOS
 CLOUTIER, MARTHA
 CLOUTIER, MARTIN
 CLOUTIER, MATTHEW
 CLOUTIER, MICHAEL
 CLOUTIER MONTREY, JUDITH
 COFFEY, RUSSELL W
 CONNOR, ARNOLD

CONNOR, GAIL
 CONNOR, IDA
 CONNORS, BERNICE
 CONNORS, BERTHA TULLOS
 CONNORS, CLYDE
 CONNORS, ELLEN
 CONNORS, HARRY
 CONNORS, JENNIE INGALLS
 CONNORS, RALPH
 COUTURE, JAMES D
 COUTURE, JEAN
 COUTURE, JUSTIN
 COUTURE, PHYLLIS
 MARY ANN
 COUTURE, SUSAN
 COUTURE JR, JOSEPH J
 CRAFT, JERETTA M.
 CRANFORD, BERNARD
 CRANFORD, JOSEPH
 CRANFORD, WILLIAM
 CROW, RUTH A
 CROWE, ALEXANDER
 THOMAS
 CROWE, THOMAS M

D-F

DALEY GALLAGHER, BEATRICE J.
 DAY, RONALD
 DEBROCK, RAYMOND P
 DEFOE, AMY S
 DEFOE, ANNA E
 DEFOE, DEAN T
 DEFOE, JOSHUA E
 DEFOE, LEDA VALEN
 DEFOE, RICHARD
 DEGRIO, MAUREEN
 DELGADO, ANGEL MARIE
 DEMPSEY JEWELL, FERN
 DERAGON, JAMES KENNETH
 DEVERNEY, CAROL J
 DITTRICH, WARREN A
 DIVER, DAVID J

DIVER, ERNEST W
 DIVER, KAREN
 DIVER, KENNETH
 DIVER, LOUIS
 DIVER, MELISSA A
 DIVER, MELODY J
 DIVER, RONALD
 DIVER JR, JOHN F
 DIXON, TAMMY L
 DIXON, WILLIAM J
 DONAHUE, ANN C
 DONAHUE, MABEL E
 JOHNSON
 DFAULT, DONALD
 DFAULT, JULIA
 DFAULT, LAVONNE
 MARIE
 DFAULT JR, PETER J
 DURFEE, BETH A
 DURFEE, EDWARD
 DURFEE, MARTIN A
 DURFEE, MICHAEL A
 DURFEE, MICHELLE
 DURFEE, PAUL
 DURFEE, STEVE
 DURFEE, TIMOTHY J
 DURFEE, WILLIAM
 EGAN, JR., JAMES
 ELSENPETER, M J
 ENGEN, CINDY
 ENGSETH, KAREN
 ENO, VERNON
 ERICKSON, LOIS M
 FAIRBANKS, RALPH
 FAIRBANKS JR, BERT A
 FELS, GORDON A A
 FERCHO, JESSICA M
 FISHERMAN, LEONARD J
 FRANKLIN, DEBBIE M

G-I

GABLE, GEORGE
 GAGE, MARY
 GALLANT, SHAI A
 GANGSTAD, BART CLINTON
 GANGSTAD, BRIAN CURT

GANZEL, CORRINE E
 GEORGE, MYRA
 GHEEN, JOANN OSMUNDSON
 GHNA KWADOO K, ZAY
 GODFREY, MAX J
 GORDON, JENNIFER
 GORDON, JOYCE
 GOUGE, DELMA
 GOUGE, RICHARD B
 GOUGE, RICHARD B
 GRALEWSKI, ROBERT
 GRANT, BERTHA D
 GREIG, MARY
 GRIFFITH, BONNIE LOU
 ANGUS
 GRIFFITH, CATHERINE
 GRUENTZEL, LOUISE
 JANE
 HARNOIS, CHARLOTTE
 HEBARD, JUANITA M
 BARTEN
 HECKARD, EVELYN
 HEELAM, DOROTHY MARIE SLEVA
 HEIM, TERRY
 HEINKEL JR, HARRY H
 HENDRICKSON, HENRY
 HENZIE, CYNTHIA L
 HILL, NELSON D
 HILTON, TINA M
 HOFFMAN, ROBERT A
 HOGUEHAGE, EARLEN
 JEAN
 HOGUEHAGE, ELIZABETH ANN
 HOLMES, JAMES
 HOLMES, LAWRENCE J
 HOLSCHUH, JILL
 HOLTEN, AUDREY
 HOULE, AMBROSE T
 HOULE, DAVID R
 HOULE, MICHAEL D
 HOULE, PATRICK P
 HOULE, PHILLIP M
 HOULE SR, CHARLES J
 INGALLS, ROBERT STANLEY
 INGALLS-HEFNI, KATH-

LEEN MARIE
 ISRAELS, PAUL EDWARDS

J-L

JACKSON, GEORGIA
 JACOBSON, LOUISE
 JARSKI, BERNICE S
 JENSEN, VIRGINIA M
 CLARK
 JOHANSEN, ANNE
 JOHNSON, DOROTHY M
 JOHNSON, FEBRA JO
 JOHNSON, HOWARD
 DUANE
 JOHNSON, MICHAEL R
 JOHNSON, MICHELLE
 JOHNSON, ROY ERNEST
 JOHNSON, SCOTT EARL
 JOHNSON DEFOE, JUDITH E
 JOHNSON SCRIVEN, SUZANNE BABETTE
 JOHNSON SMITH, JULIANNA MARIE
 JONES, DANIEL P
 JONES, GEORGE R
 JONES, HELEN
 JONES, MARY
 JONES HARVEY, JOANN
 KANGASS, BOBBIE
 KANZ, STEPHANIE M
 KARING, MICHELLE
 KARJALA, ERVIN
 KAST, DAVID J E
 KAUFER, CINDY L
 KIRK, AMY L
 KITTLESON, PAULA J
 KITTO, BEATRICE
 KNIEBES, LILLIAN
 KORTISMAKI, WAINO
 KRAMER, LUANA
 KRIENKEHOGUE, SHIRLEY JEAN
 LABARGE, DANIEL LEROY
 LABARGE, DONALD

LACHAPELLE II, BARBARA J
LAFAVE, DESARAY
LAFAVE, ROBIN
LAGARDE, BRENDA L
LAMOREAUX, CLARENCE
LAPRAIRIE, ELIZABETH D
LAPRAIRIE, ROBERT H
LAROCK, DAHNE
LARUE, JOE
LAVEIRGE, GARY M
LAVEIRGE, MARION R
LAVEIRGE, STEPHEN W
LEGORE, CONNIE
LEGORE, TERRI
LEGORE, VICKI
LEMIEUX, EST OF LUCILLE M
LEMIEUX, KATHERINE L
LEMIEUX, KENNETH R
LEWANDOWSKI, LYNDON
LEWANDOWSKI, MARK
LEWANDOWSKI, TINA
LINCUM GUNSON,
ROSEMARY LEE
LIND, MICHAEL J
LITTLE, TRACY L
LIVINGSTON, DIANE L
LIVINGSTON, MARY J
LONGSYO, YVONNE
SHAUL
LORD, CHRISTINE L
LORD, LEE C
LORD, LEE C
LORD II, JOHN
LUND, PATRICIA
LYNCH, JUDY

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MAGNUS, DAVID
MAGNUS, ROBERT
MAIN, CHARLES A
MAIN IV, CHARLES A
MAINS, MONTA L
MAJOR, BARBARA MAGNUS
MALLORY, ROSELLA
MALLOTT, CANDY R
MANN, MARY
MANZINOJA, ANDREW
MARIANI, BONITA J
MARKIEWICZ, VERA
CONNERS
MARLOWE, JAMES
MARTIN, ROSETTA

MARTIN, STEVEN R
MARTINEAU, BERNARDE
MARTINEAU, DALE
MARTINEAU, DAVID
MARTINEAU, KAREN
MARTINEAU, PHILLIP JR
MARTINEAU, STEVEN B
MARTINSON, EVERLYN F.
FRANCES SLEVA
MATHIS, PATRICIA R
MATHISON, ADRIAN S
MATHISON, JOANN
MATHISON, MICHAEL A
MCCAULEY, JOHN
MCCAULEY, STEPHANIE
MCCONNELL, JOHN F
MCEIVER, JAMES A
MCEIVER, JESSE J
MCFADDEN, RAYMOND P
MCGLONE BUSCH MC-CATHRAN, PHYLLIS K
MCLAUGHLIN, PATRICIA A
MCNAUGHTON, JACK
RAYMOND
MCNAUGHTON, MICHAEL JOHN
MCPHEE, MARGUERITE
MEDHURST, VIOLET
MEHTALA-HOWES, MELISSA
MELLINGER, DONA MAE
SLEVA
MIKITA, GLENDA GRAY
MIRANDA, CATHERINE L
MISQUAHDACE, BERNADETTE
MISQUAHDACE, DENISE
MISQUAHDACE, JOHN
MISQUAHDACE, VERNON
MISQUAHDACE, WANSIA
MOELLER, JASON
MOELLER, JEFFREY
MOELLER, JOHN
MOELLER, LAURIE
MOORE SHARLOW POLASKI EST, MARGARET
MORRISSETTE, JOHN
MUNNELL, MIKE D
MURRAY, MARY C. ABBOTT
MUSHKOOB, WINFRED L
MYERS, LISA
NASON, APRILLE S
NAYLOR, FRANK
NEUKOM, WILLIAM R

NEWAGO, KIMBERLY D
NEWAGO JR, MICHAEL
NEWMAN, APRIL A
NIEMI, DONALD
NIGGELER, FLORENCE
NORTHRUP, SUSAN J
NORTHRUP, VERNON J
NORTHRUP LAFAVE,
RICHARD D
NOVACINSKI JR, GERALD A
O'LEARY, MARGARET
MARY
OJIBWAY, DONALD
OJIBWAY, JEFFREY TODD
OJIBWAY, JERROLD
OJIBWAY, NANCY JO
OJIBWAY, ROBERT
OJIBWAY JR, MARUICE

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PAIGE, JOSEPH B
PALMERTON BUSCH,
LUCILLE
PAPPAS, CHRISTOPHER
PAPPAS, DEAN
PASSMORE, ALVENA
PASSMORE, ED
PATTERSON, MICHAEL P
PATTERSON, SHANNON L
PAYNE, WALTER J
PEACOCK, THOMAS B
PELLERIN, EVELYN
PEQUETTE, SAVANNA
JEAN
PETERSON, ROXANNE M
PETERSON, SHEILA R
PETITE HITESMAN, VICTORIA
PICKUS, CAROL J
PINEAU, RUDY
PLACHECKI, CYNTHIA
POIRIER, ERNESTINE M
PORTER, DAVID SCOTT
POTTER, ELLEN
POULSEN, CRAIG G.
POULSEN, LARRY SCOTT
POULSEN STEPLER,
KAREN SUE
PUTNAM, MARGARET
RABIDEAU, FRANK J.
RABIDEAU, JOHN
RABIDEAU, MICHAEL A
RABIDEAU TRULUCK,
PATRICIA K

RAISCH, GERALD W
RAISCH, LILA R
RANDA IV, JOHN J
RANDALL, JOHN
RATH, PATRICIA R
RELOPEZ, DELFIN D
RENQUIST, MARTHA T
RIEDASCH, LINDA M.
RISING SUN, CYNTHIA A
RISING SUN, CYNTHIA A.
RITCHIE, BONNIE
ROCHON, KEVIN M
RODAKS, THOMAS EDWIN
ROMERO, GREGORY
ROSENE, JUDY
ROSENE, MARNY
ROSS, NAPOLEON JAMES III
ROSS, ROSEMARY
ROY, FELESHIA A
ROY, JOEL A
ROY, PHILLIP A
ROYER, FRANCIS D
RUNSTONE, BRADLEY A
RUSSELL, HENRY J
RYGG, ROBIN
SAM, ARTHUR
SAVAGE, DEREK J
SAVAGE CHAVEZ, NAOMI
MARIE
SAVAGE JR, RUSSELL
LEROY
SAVAGE NORMAN, TONI
RENEE
SAVAGEWASHAKIEGILBERT, NANCY ANNE
SAVOYE, MARIE
SCHNEIDER, ARTHUR
SCHULL, ELIZABETH
SEAT, CLIFFORD LOYD
SEAT, GENE HUBERT
SELLAM, SADIE M
SHABAIASH, JARED B
SHABAIASH, KEVIN
SHABIASH, BENJAMIN
VINCENT
SHARLOW, GEORGIA
SHARLOW, VIRGINIA
SHARLOW JR, JOHN
SHEEHY, DEBBIE M
SHEREK, MARY
SILVERS, CHERYL L
SIMONSON, MARGARET
SJOLANDER, JANET
SMITH, ALEXANDER
SMITH, AUDREY D

SMITH, EUGENE L.
SMITH, HARRY
SMITH, JAMES A
SMITH, JOSHUA D
SMITH, KATHRYN J
SMITH, RUTH E.
SMITH, STEVEN D
SORDELET, GERARD D.
SORDELET, MACARIA
SORDELET, PHILLIP D.
SORDELET, RICHARD
SPODEN, BONNIE BERNICE
STADLER, DANA J
STJOHN, WILLIAM J
STONER, NICOLE A
SULINGARF, ANGELICA M
SUTTEN, WAUBUNOQUY D
SWARTOUT, BECKY
SYVERSON, HOWARD J

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T F MCNAUGHTON,
TEPNER, GWENDOLYN C
THOMAS, GENEVIEVE
THOMAS, JOHN JR
SMITH, JAMES A
SMITH, JOSHUA D
SMITH, KATHRYN J
SMITH, RUTH E.
SMITH, STEVEN D
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STJOHN, WILLIAM J
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SULINGARF, ANGELICA M
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SYVERSON, HOWARD J
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THOMAS, GENEVIEVE
THOMAS, JOHN JR
THOMAS, MELBA
THOMAS, SHIRLEY
THOMPSON, DEBBIE
TROTTERCHAUDE, HER-

MAN B.
TUTTLE, ELSIE L
TYTECK, JUDITH A
UTA, REBECCA L
VANERT, MARGARET A
VANNA, MICHAEL L
VENNIE, JEANNE BATTSON
VERLEY, MICHELLE M
VERLOOY, LAURIE B
WACHS, LUCILLE ISRAELS /L/
WAIT, BRIAN
WAIT, GREG
WAKEFIELD, LEROY
WAKEFIELD, LEROY G
WALT, CHARLES ROBERT
WALT, MARY ANN LORD
WARD, AUDREY
WARDLE, MICHAEL R.
WARNER, ELIZABETH E C
WATKINS, STEPHEN A
WEGENER LEDUC, ADELINE M
WELSAND, SARAH A
WENDLING, TODD B
WERGELAND, KEITH
IVER
WERNER, CECEILA
CAROLYN
WEWASSON, SHARON
WHITE, KEITH CHAPIN
WHITE, RAWSON KENT
WHITEBIRD, LOLITA B
WICK, CHARLES R
WICK, DAVID A
WIGGINS, FREDERICK A.
WIGGINS, JOHN T.
WILKIE, LOUISE
WILLIAMS, JOANNE
WILLIS, RACHAEL K
WILLITS, ROBIN H
WILSON, RUTH CAIRNS C
WILSON, SHIRLEY CONNORS
WILTON, THOMAS J
WOOD, CLARENCE E
WRIGHT, SOPHIE
WYNN, CAROL JOY
YADON, DOROTHY E
YOUNGBIRD, RENATA J
ZUBEC, JILL E



Health News

Decision Making 101

By Dan Rogers,

Licensed Psychologist,
FDL Human Services

Making decisions can be challenging for many of us, especially when it comes to making the best choices. Making the best life choices can help us make our lives much better. Making poor life decisions can cause all kinds of problems and suffering.

Using the following common sense guidelines about decision making can be good advice for all of us.

1. Whenever possible, never make a major life decision when you are exhausted, stressed out, depressed, angry, sick or grieving. It is very difficult to think rationally at times like this. Waiting until we feel better can really help us make the best choices. The more irrational our thinking is the more likely we are to make a bad decision.
2. Never make a major life decision while under the influence of a chemical substance such as alcohol, pills or street drugs.
3. Try to discuss your choices with as many loved ones and friends as possible beforehand. They might see some aspects of the issue we missed. This does not mean we have to take their advice but listening to their viewpoint can give us a broader view of the issues. Remember, two heads really are better than one.
4. Always "sleep on it" as many nights as possible before deciding. The choices might look different a couple of days later.
5. Never make decisions impulsively. Taking time to think them through can result in bet-

ter choices.

6. It can be very helpful to write up a list of the advantages and disadvantages of each possible decision. This can really help to clarify things.

Time to enroll in Fond du Lac Medicare D Program

Once again it is enrollment time for the Medicare Part D (drug) program. Due to a change in federal policy, we started earlier this year than ever before. Enrollments began Oct. 15.

Fond du Lac has an award winning program which has been a success thanks to the help of the Medicare participants. With your help and cooperation, we can bill for medications and bring in the much needed revenue to keep the services we already offer and to even expand care to our patients.

If you have questions about your coverage or need to enroll because of a change; or if you are new to Medicare, our Adult Benefit Specialists at Min No Aya Win Human Services Center are ready to assist you. Please contact us at (218) 879-1227.

Nutrition and Physical Activity Guidelines for Cancer Prevention

By the Fond du Lac Wiidookaage Cancer Prevention Team

Recommendation #8: Mothers should breastfeed their babies.

Human milk is the natural, complete food for infants. There is no completely adequate substitute. Mothers should exclusively breastfeed their babies

(nothing but breast milk) for six months and continue to breastfeed with complementary feedings thereafter.

Breastfeeding reduces a mother's risk for breast cancer and there is limited evidence suggesting that it helps protect against ovarian cancer as well. For the infant, breast milk helps prevent obesity in children (being overweight or obese can increase cancer risk).

Breast milk also provides numerous other benefits to the infant such as protection against infections in infancy, protection against other childhood diseases; decreases the risk of diarrhea and respiratory infections and increases the infant-mother bond. For women, breastfeeding reduces postpartum bleeding, enhances self-esteem as the mother, saves money and strengthens mother's bond with baby.

Fond du Lac offers education, breastfeeding support and a variety of other services to pregnant or recently postpartum women, infants and children. Contact the FDL WIC program or the Maternal and Child Health/Public Health nurses by calling (218) 879-1227. Also available are doula services, peer breastfeeding helpers and an internationally board certified lactation consultant.

FDL Human Services completes study of men's experiences related to prostate cancer testing

November is prostate cancer awareness month. For men in the United States, prostate cancer is the second most commonly diagnosed cancer and the second-leading cause of cancer-

related deaths. Past research has found that American Indian men in the Northern Plains region have some of the highest rates of death due to prostate cancer compared to white men. Why might this be and what can be done about it?

In 2008, a team of researchers from the Mayo Clinic in Rochester, Minn. approached the tribal health directors and council members from three tribes in Minnesota including Fond du Lac. They wanted to shed some light on the reasons for the higher rates of death due to prostate cancer in American Indian communities. They wanted to study follow up care after men got the "PSA" blood test -- a protein produced by the prostate gland in men. The PSA test can detect prostate cancer.

About the study

From 2009 to 2011, the Mayo researchers looked at the medical records of 28 American Indian men from our region between the ages of 50 and 80 years who had had a newly elevated PSA test. Mayo researchers confidentially reviewed medical charts to determine the timing and frequency of doctors' appointments after the new elevation, referral information, and whether the patient had other diseases or conditions at the time of the PSA elevation.

They also interviewed men who had an abnormal PSA test. From our region, 23 men, including 5 from Fond du Lac were interviewed about their experience with doctors, clinics and the PSA test.

What did the researchers find?

From the medical record review, the researchers learned that 44 percent of men whose records they reviewed were

referred to a specialist following their PSA elevation, and that 82 percent of the PSA tests performed were done to screen for prostate cancer. They also learned that the majority (58 percent) of men in the study received "timely" care (within 90 days) following their new PSA elevation, while 11 percent of men received no follow-up care.

Men reported feeling respected by their doctors, traveling long distances to specialists and challenges in scheduling appointments. They expressed concern about the doctors always leaving their clinics and the challenges they face in dealing with their health.

Where do we go from here?

Although many men with an elevated PSA did receive timely and appropriate follow-up care, there are plenty of opportunities to improve the process. Making sure tests are followed up quickly and that care is delivered in a respectful manner is everyone's responsibility. If you get tests and you don't hear back from the clinic after a few weeks, call and ask if the results were ok.

Every man is different. If you are a man over the age of 40, ask your doctor whether getting the PSA test is right for you.

The men who participated in the study were very generous with their time. Min No Aya Win clinic staff helped with study details, organization, administration, and planning. Nate Sandman, Lead Health Educator, served as the principle contact person for the work that was done at Fond du Lac. This study demonstrates that our people can work to fight cancer with experts from Mayo Clinic and elsewhere.



Health News

FDLHSD Diabetes Prevention Program wins American Diabetes Association Award

By **Lynne M. Kosmach**,
Diabetes Prevention Coordinator,
Fond du Lac Human Services
Division

The Fond du Lac Human Services (FDLHS) Diabetes Prevention Program was presented with the American Diabetes Association “John Pipe Voices for Change Award” in recognition for its innovative diabetes services in American Indian communities. The award was presented Sept. 28 at the

National Indian Health Board’s (NIHB) 28th Annual Consumer Conference in Anchorage, Alaska.

A “word of mouth” community-wide advertising campaign about diabetes prevention was developed and implemented by the FDLHS Diabetes Prevention Program this past year in

response to a community focus group recommendation that information is spread best at FDL through friends and family interaction.

The campaign included a community competition for an all-inclusive trip for 4 to Disney World. In order to be eligible, each person needed to complete

a blood sugar screening for diabetes. News of the competition was spread via word of mouth, as community members were asked to recruit family and friends for the event in order to have more chances of winning the prize themselves.

During the four-month competition, 491 community members were screened for diabetes and prediabetes; 51 members were diagnosed with prediabetes and eight were diagnosed with diabetes. The winner was a young

man who was screened because his father, who has type 2 diabetes with complications, asked his son to be tested for diabetes.

FDLHS has had a Diabetes Prevention Program since 2006. They have graduated over 80

community members from an intensive 16-week curriculum program of healthy lifestyle behaviors based on the original Diabetes Prevention Program (DPP) National Study.

The Diabetes Prevention Program is part of FDLHS’s comprehensive Diabetes Program supported by the Special



David Trieschmann, winner of the Disney World trip drawing given by the Fond du Lac Human Services (FDLHS) Diabetes Prevention Program, standing with Lynn Kosmach a few days after he won the trip June 9 at the Fond du Lac Health Fair.



MNAW Diabetes Prevention Coordinator Lynn Kosmach (at left), with Dr. Yvette Roubideaux, MD, MPH, Director of Indian Health Services, Sept. 28 at the National Indian Health Board’s 28th Annual Consumer Conference in Anchorage, Alaska.

Diabetes Program for Indians (SDPI) and accredited by the American Diabetes Association. Both programs are directed by Mary Jo Koszarek, CNP-RN, CDE, an adult nurse practitioner and certified diabetes educator. Lynne Kosmach, CNP-RN, CDE, the Diabetes Prevention Program coordinator, accepted the award on behalf of FDLHS at the NIHB conference.

“Diabetes affects American Indian communities at an alarming rate,” said Charles Kendall, M.D., FDLHS Medical Director. “The John Pipe Voices for Change Award recognizes programs, such as the Fond

du Lac Human Services Diabetes Prevention Program, that empower Native American communities with culturally grounded approaches to improve their health and prevent type 2 diabetes or diabetes complications.”

The award is in memory of long-time diabetes supporter John Pipe of Wolf Point, Montana, who was a dedicated diabetes advocate and served as a member of the Diabetes Association’s Awakening the Spirit Subcommittee. His longstanding advocacy efforts reached from his local community to Washington, D.C., and affected

countless tribal communities.

The SDPI continues to give Indian health programs and tribal communities the resources and tools they need to both prevent and treat diabetes. It funds nearly 400 community directed programs, offering local tribes and health programs the opportunity to set priorities that meet the needs of the community, whether it be prevention activities or treatment. For over a decade Congress has provided funding for the SDPI and the American Diabetes Association has played an integral part in promoting this important program.

Area news

Elouise Cobell, plaintiff in landmark case against the U.S. Government, dies

Elouise Cobell, the Blackfeet tribal member who led a 15-year legal fight to force the U.S. government to account for more than a century of mis-managed Indian land royalties, died Oct. 16. She was 65.

Cobell died at a Great Falls, Montana hospital of complications from cancer, according to a hospital spokesman.

She was the lead plaintiff in a lawsuit filed in 1996 claiming the Interior Department had misspent, lost or stolen billions of dollars meant for American Indian land trust account holders dating back to the 1880s.

After years of legal wrangling, the two sides in 2009 agreed to settle for \$3.4 billion, the largest government class-action settlement in U.S. history. It is estimated that about 500,000 people will be beneficiaries as a result of the settlement.

Congress approved the deal and President Barack Obama signed it last December, a year after it was first proposed. A federal judge approved the settlement in June, though there are still appeals of the settlement pending.

Cobell discovered she had cancer just a few weeks before

the judge's approval in June. She traveled to the Mayo Clinic in Rochester, Minn., for surgery. The story was published in the Billings Gazette newspaper.

Statement by the President on the Passing of Elouise Cobell

"Michelle and I were saddened to hear about the passing of Elouise Cobell yesterday. Elouise spoke out when she saw that the Interior Department had failed to account for billions of dollars that they were supposed to collect on behalf of more than 300,000 of her fellow Native Americans. Because she did, I was able to sign into law a piece of legislation that finally provided a measure of justice to those who were affected. That law also creates a scholarship fund to give more Native Americans access to higher education, and give tribes more control over their own lands. Elouise helped to strengthen the government to government relationship with Indian Country, and our thoughts and prayers are with her family, and all those who mourn her passing."

Campaign focused on Native youth launches for American Indian and Alaska Native Heritage Month in November

The future of the almost 1.7 million American Indian and Alaska Native youth will be the main focus of this year's American Indian and Alaska Native Heritage Month, celebrated every year during the month of November. The announcement of this year's theme was made by a group of leading national American Indian and Alaska Native organizations in collaboration with a number of tribal and federal government offices. The group also announced the launch of AIANHeritage-Month.org which serves as a resource for youth, the general public, and organizers of Heritage month events.

"November is an important time for everyone to celebrate and reflect on the contributions of American Indian and Alaska Native peoples. The next generation of tribal leaders and citizens have held and will always hold a revered place in Native culture and society," said Jefferson Keel, President of the National

Congress of American Indians (NCAI), one of the organizations leading Heritage Month efforts. Keel, the Lt. Governor of the Chickasaw Nation, also serves as a member of the board of advisors at the Center for Native American Youth at the Aspen Institute, a Heritage Month organizing partner.

Native youth are a growing population with almost 1.7 million Native youth under the age of 18, representing 31.6 percent of the 5.2 million American Indian and Alaska Natives counted in the 2010 Census. These numbers indicate a growing Native youth population that will be more active in society, including voting in elections, participating in the work force, and seeking higher education.

Though many statistics related to Native youth underscore various challenges, Heritage Month will highlight the positive stories and opportunities that are inspiring the youth based resurgence of tribal cultures and economic

opportunity.

In November, the Center for Native American Youth and the National Association of Broadcasters will release a public service announcement featuring Red Sox star Jacoby Ellsbury (Navajo), former Senator Byron Dorgan, and NCAI President Keel to raise awareness about issues facing Native youth.

"Native youth are our most sacred resource and a focus on youth must start in our homes. The home is the center of our family and it's where teaching begins," said National American Indian Housing Council (NAIHC) Chairwoman Cheryl A. Causley (Bay Mills Tribes of Chippewa). "As Native nations we must share with the world our reverence for Native youth, and continue to educate our youth about our cultures and traditions, and the importance of community involvement." Information for the story was provided by a NCAI press release.

First Speakers: Restoring the Ojibwe Language wins Midwest Emmy

By Michael Meuers,
Red Lake Public Relations

Twin Cities Public Television (tpt) recently announced that the station was awarded an Upper Midwest Emmy for First Speakers: Restoring the Ojibwe Language, a documentary funded through Minnesota's Legacy Amendment.

First Speakers follows a new generation of Ojibwe scholars and educators racing against time to save one of Minnesota's native languages. The station

had received 26 nominations in 20 different categories for the Upper Midwest Emmy® Awards.

A language is lost every fourteen days. One of those endangered tongues is Minnesota's own Ojibwe language. Now this new generation of educators is working with the remaining fluent-speaking Ojibwe elders, hoping to pass the language on to the next generation.

As recently as World War II, the Ojibwe language was the language of everyday life for the Anishinabe and historically

the language of the Great Lakes fur trade. Now this indigenous language from where place names like Bemidji, Biwabik, Sheboygan, Nebish, and Mahnomen received their names is endangered.

Anton Treuer, historian, author and professor of Ojibwe at Bemidji State University and featured in the documentary, estimates there are fewer than 1,000 fluent Ojibwe speakers left in the U.S., mostly older and concentrated in small pockets in northern Minnesota with fewer than one

hundred speakers in Wisconsin, Michigan and North Dakota combined.

First Speakers takes viewers inside two Ojibwe immersion schools: Niigaane Ojibwemowin Immersion School on the Leech Lake Reservation near Bena, Minnesota and the Waadookodaading Ojibwe Language Immersion Charter School on the Lac Courte Oreilles Reservation near Hayward, Wisconsin. In both programs, students are taught their academic content from music to math entirely

in the Ojibwe language and within the values and traditional practices of the Ojibwe culture. Unique to the schools is the collaboration between fluent speaking elders and the teachers who have learned Ojibwe as their second language.

Much of the documentary was filmed on the Red Lake Indian Reservation at Ponemah. Michael Meuers (Red Lake Public Relations and Bemidji's Ojibwe Language Project) and Shared Vision received recognition in the closing credits.

Ashi-niswi giizisoog (Thirteen Moons)

Gashkadine-giizis

The new Gashkadine-giizis begins Nov. 24. This is the Freezing Moon. Another name for this month is Adikomemi-giizis, the Whitefish Moon.



Lobelia

Asemaa and Apaakozigan

By Nikki Crowe

Native American Nations have a long tradition of using asemaa (tobacco) for smudging and prayer. I heard a story told once by an Elder about asemaa. He said, “the Creator did not give us fur or thick skin and shells to keep us warm and protected like he did other animals, nor did he give us claws, antlers or the speed needed to pursue food; what the Creator gave us was asemaa to ask for what we needed and to give thanks for what we were provided.” This practice is still done at ceremonies to honor the earth and spirits as well in the daily lives of our community members.

There are several ways to procure tobacco for use; purchasing a pouch of Prince Albert from the Fond du Lac Gas and Grocery, growing your own in the garden, or harvesting from the land.

Two different plants are grown for tobacco, nicotiana spp. and Lobelia spp. Jeff Savage, Fond du Lac Museum curator and gitigaan grower gives seeds and plants of nicotiana rustica every spring to the Fond du Lac Gitigaan program. Jeff cautions, “When gathering your own plants

for tobacco, it is good to take what you need and leave some behind.” His hope is to see community members using more tobacco grown from the gitigaan (garden). The plants can be found right here at Fond du Lac, usually on forest edges, wetlands, or by lakes and ponds; sometimes in your backyard.

A common way of using asemaa was to create apaakozigan (kinnikinnik) using the inner bark of red willow with other medicinal plants, such as the leaves of bearberry. Sumac, mullein, cedar, sweet grass, and sage are other common plants used in apaakozigan. A quick search of Daniel Moerman’s ethno botany database, found at <http://herb.umd.umich.edu/> revealed over 300 medicinal uses of nicotiana spp. and lobelia spp. by tribes

of North America.

Les Northrup, a Fond du Lac Elder, says he didn’t always use tobacco for prayer and smudging, but he did use it as a tea with yarrow. In 1965, Les was advised by a spiritual adviser to use the tobacco in the “red pouch” for ceremony and at funerals. Les said the convenience of buying tobacco at the store is what keeps many from going out to harvest their



Nicotiana

own materials for ceremonial asemaa.

For more information on using tobacco in a good way you could bring some asemaa to an Elder in the community; asking in this respectable way could provide knowledge of harvesting and growing your own asemaa and apaakozigan. Miigwech.

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, and University of Minnesota Extension.

Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Nov. 14, 2011 for the December issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to danielhuculak@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Full names, including individual last names are required.

Please remember to include the date of the birthday, anniversary, etc. in your greeting.

Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

Birthdays

Happy 91'st Birthday to my wonderful Grandma **Helen Sanda** (Nov. 12) I love you so much! Happy Birthday to my beautiful sister **Sophie Tibbetts** (Nov. 18); you are my BFF and I am so proud of you, sister! Love you; Happy Birthday to both my eldest and youngest nieces, **Sage LaPrairie** (Nov. 27) and **Nellie Tibbetts** (Nov. 16) I hope you both always know how much I love you!
Love, Allie

Margaret Needham would like to wish the following CAIR staff a Happy Birthday for the month of November; **Kevin Walsh**, PA, (Nov. 17) CAIR/MNAW; **Kathy Whelan**, ICWA Case Aide, (Nov. 26) CAIR; and **Laura Garza**, PHN, (Nov. 30) CAIR/MNAW.
Happy Birthday to ALL!

Also the CAIR staff would like to welcome **Kathy Whelan**, ICWA Case Aide, Social Services, to our family!



Happy 8th birthday **Joshua Tiessen** (Dec. 3) and Happy 7th birthday **Christopher Houle** (Oct. 23)

With love, from all your family

Happy Birthday **Rodney King** (Nov. 23)

Love from your daughter, Kathy Jo King

Happy 8th Birthday to my beautiful niece **Alyza "Muffy" Savage** (Nov. 10)
Love Always, Auntie PJ

Happy Birthday to my big sister **Leah Savage** (Nov. 20)
Love, the one & only Patti Jo

Happy Birthday to my wonderful dad **Jeff Savage** (Nov. 28) I love you with all my heart!
Love, your favorite daughter, Patti Jo



Happy Birthday to our Grandpa **Jeff Savage**, You're the best!
Love Dannin & Daicin

Happy birthday to **Jen Dupuis** (Nov. 27) Love you lots!
From Dad and Jody

Happy 92nd Birthday, "Dad" (**Bobby Bassett**) on Nov. 23.
Your family

Happy 8th Birthday to **Jazmine Ojibway** (Nov. 7)
From, Dad, Beah, Heather, Son, Louie, Chris, Realynn, and Grandma Kunze



Happy 15th Birthday to my handsome son **Cameron Thompson** (Nov. 14) Love you muches!
Love, Mom,

Jr., Courtney, Tanisha, Tamara, Talayah, and Chazz

Happy Birthday **Lee St. John Sr.** (Nov. 3). We love you and hope you have a great Birthday.
Love, Marcus and Elizabeth

Happy Birthday to my wife **Katie Ammesmaki** (Nov.

3) *From, your husband Matthew*

Happy 37th birthday **Tony Defoe** (Nov.28)

From your loving sister Sherry

Happy 13th Birthday **Tyler Ojibway** (Nov. 10) Mom and dad can't believe you're a teenager already! We are so proud of you!



Love you! Mom, Dad, Trev, and Sam

Happy Birthday **Aliza Gingras!** (Nov. 8) Wishing you a wonderful day filled with happiness and special moments.

Love you, Dannell, Trey and Alexis

Happy birthday to **Joyce White**, the best big sister in the world, (Nov. 26) I love you!
Your favorite roommate, Cathy



Happy Sweet 16, **Tayden Savage!** (Nov. 6) I am proud of you son.
I love you, Mom

Happy 5th Birthday **Denali Blackwell** (Nov. 22)
We love you, Grami, Uncle B, Auntie Irene, Victor, Max and TJ, Uncle R, Jazzmin and Dyami

Happy Birthday **Jacob Dunlap** (Nov. 30) Miss and love you!
Auntie

Happy 3rd Birthday **Taliyah!**
Love Gamma and Papa!

Happy 21st Birthday **Marissa** on 11-11-11!

I am so proud of what a wonderful young woman you are becoming.

Love Mom and Jonathan



Happy Birthday **Emilee Dunaiski** (Nov.24)
Love, your friend, Maria



Happy 72nd Birthday **Joe W.** (Nov. 23)

Love Violet, kids, grandkids and great-grandkids

Happy Birthday to my beautiful niece **Tannia Misquadace**
Love Always, Auntie Rea

Happy 20th Birthday **Dezzy Petite** (Nov. 1) my girl, we all love you and wish you the best
Love, Mom, Dad, Davey and Kaleah, Matt and Angel, April and Doug, Amber, Sabrina, and James

Happy 32nd Birthday to **Jeff Sadler Jr.** (Nov. 7)
Love, Nichole, Bud, Keith and Kason

Happy 5th Birthday to **Uncle Peanut!** (Jay Sadler, Nov. 25)
Love, your nephews Keith, Kason and Braylon

Happy Birthday **United States Marine Corps** (Nov 10th)
Thank you for your service



Congratulations

to **Haley Psyck** (age 16) for winning first place at the Western Saddle Club Association 2011 Championship Horse Show; held Sept. 23-26 at the State Fairgrounds Coliseum in St. Paul Minn. This is the fourth year that Haley has been state champ. Haley is pictured with the two horses. BOO (5 years old, on left) and Chesney (8 years old).

Love, Mom

Marines - Joesph Waller, Chuck Smith, and Travis Blacketter

Happy Birthday **Joe Waller** (Nov. 4)

You are the greatest nephew, cousin brother and son!
Love, your family

Happy Birthday **Tim Phipps** (Nov. 6) Have a great one!
Love, your wife and family

Happy Birthday **Tina Foldesi** (Nov. 5); we are so blessed to have a great sister, daughter, auntie and wife.
Love, your family

Happy Birthday **Thomas Foldesi Jr.** (Nov. 17); we are thankful everyday to have you in our lives!
Love, your family

Happy Anniversary
Happy 31st Anniversary to **Dick and Judy A. Sheehy** (Nov. 29)
Love, your family

Thank You

AVANCE Program in partnership with Fond du Lac Head Start, would like to thank all the parents who are participating to learn about their child(ren)'s developmental stages. As Parent Educator/Coordinator, I want to

thank the great staff on board, Ms. Jennifer Tibbetts/Child Teacher, Jenny Opland/Teacher Assistant, and Tim Bouvine/Driver. A special thanks to Ms. Marilu Johnsen as she continues to guide our program.

If you are interested in finding out more about the program, please contact Betty Anderson at (218) 878-8121. Our registration deadline is Nov. 16.

In Loving Memory

In Loving Memory of **Sharyn Heikkila**, 3/24/1959 ~ 11/7/2010

"I Love You More"

Melly, it's been a year without you already and oh, how I miss you!
You have always given my heart such joy from the day you were born.

Your heart held many loved ones and your genuine, loving spirit shined on everyone lucky enough to cross your path. That was you...so good.

Anyone will say that in their time of need, there you were... "sittin on go!"

I miss all our long talks on the phone and you keeping me up on the latest news!

You and I would hurry to beat

one another to the store when Stephen King had a new book out! Ha! I thank you for mailing me the box of gifts the end of last October. Your last gift to me... and finally now since breaking a leg recently, I'm almost finished reading "Under the Dome," which was in that special, thoughtful cardboard box! I know you would have come to care for me with this broken leg if you could have. Millions of memories live on beautiful sister and there is some comfort in your passing, knowing you are pain free, happy, and in the presence of our Savior! I'll meet you there one day when it comes my time to leave!

Until then, my precious sister, I love you more. Sandy

Going Home on Eagle's Wings

One year ago, **Kenneth Michael Bosto** (chi Miigwan) left us at the age of 51 years old. So young and so strong; not yet to be an elder. He was the greatest uncle to his nieces and nephews, the best brother to his sisters and brother, and a good friend to joke with.

Our hearts are broken because his life ended too soon. His spirit was carried home on the

Great Eagles' wings. I can see him with all our loved ones who went before him but are still here in spirit. We all loved him and will always remember the fun times we had with him.

His love and kindness is something we all should have learned from him because that's who he was. To our Bosto family who stays together through all our differences, we all band together and put aside those differences because all we have is family.

I love you all and know we all love each other. Michael Joe Bosto.

Obituary

Tina Marie Begay Hylton, 53, passed away Sept. 25, 2011 at her residence.

She was born May 2, 1958, in Rehoboth, New Mexico, to Elmer Begay and the late Geraldine Begay. Tina retired from the U.S. Army at the rank of E-7 with 21 years of service to her country.

In addition to her mother, she was preceded in death by her husband, John Allen Hylton.

Survivors include her fiancé, Benny Whitt; her three daughters, Dixie Hylton, Kelsey Marie Hylton, Savannah Hylton Simpson and husband Jacob;

father Elmer Begay; one sister, Loretta Begay, of Ozark, Ala.; three brothers, Bobby Begay of Phoenix, Ariz.; Charles Begay of Duluth, Minn., and Ferris Begay of Casa Grande, Ariz.; and one grandchild, Benjamin John Castillo.

Memorial services, with military honors, were held Sept. 30, at the chapel of Fuqua-Bankston Funeral Home, Ozark, Ala., with the United States Army Chaplain officiating.



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

