

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Students react to seeing a bat for the first time during the bat presentation put on by the Zoo in the Fond du Lac Tribal Center.

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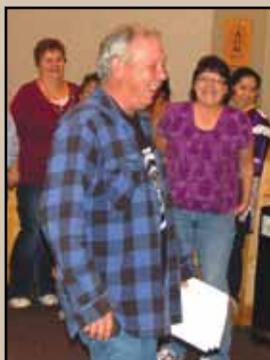
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Local news

Terry Bassett retires

By Zachary N. Dunaiski



Terry Bassett, 64, the Director of Facilities Management, retired after 17 years at the position and over 20 years total for the Fond du Lac Band.

Bassett said that he and his wife don't have any immediate plans, but that he'd just like to relax. He did say that he and his wife are going to visit their daughter in Louisiana for Thanksgiving.

The one thing that Bassett will not miss over anything else is shoveling and, "freezing my butt off."

Bassett was also excited to not have to get up early and come into work now that he's retired.

While Terry is a very straight forward guy who wanted everyone to know that he was most excited not to have to deal with snow removal, he also mentioned how much he'll miss everyone.

"The people are what I'll miss most. I made so many good friends over the years," Bassett said. Bassett also wanted to thank those he's worked with during his time as the Director of Facilities Management.

"Working with all the other directors through the years, has been a good experience, and all the admin and all the RBC. I appreciate letting me work with them and for them over all these years. It's been fun."

Veteran's Supportive Housing gets first residents

By Zachary N. Dunaiski

On July 12, the Veteran's Supportive Housing had a ceremony for its grand opening and on Oct. 6, the first resident moved in occupying the first unit.

Sherry Lee moved into the unit on that day after the paper work was filled out. There were a few people there to greet her at the door to the Veteran's Supportive Housing; one of those people included her sister Roberta Marie.

Lee had driven half-way across the country to have a place to live and be closer to her sister. All of Lee's siblings and even her parents

served their country in the military.

The group of people who were waiting for Lee to arrive got to be there to see the exciting moment when she went into her new home for the first time. She was very happy and emotional as she hugged those who came to visit her at her new residence.

Later that week, the Veteran's Supportive Housing had more activity as the first male moved into the new facility. While the numbers are currently low for the new building, the building is presently fulfilling its purpose of giving Veteran's a warm safe place to live.



Sherry Lee becomes the first resident of the new FDL Veteran's Supportive Housing Unit, later that month the first male moved into the facility.



Secretary Treasurer Ferdinand Martineau releases one of the fingerlings on Sept. 30 as part of the restocking effort in the upper St. Louis River.

Upper St. Louis River stocking

On Sept. 30 the FDL Band stocked 294 advanced fingerlings into wintering areas of the St. Louis River just off of Hwy 31 in Brookston.

This isn't the first time the FDL has stocked the upper St. Louis River, in fact it was the seventh time since the mid-90's. But the stocking efforts were stopped in the mid 2000's because of Viral Hemorrhagic Septicemia (VHS), which is a deadly disease among many different types of fish.

Another move as part of the effort to increase the numbers in the upper St. Louis River, 22 transmitters over the last several years have been placed on the fish to track where they live and where they spawn. This way FDL Resource Management staff can collect both males and females to do some of the spawning in a controlled environment.

FDL thanked those who were involved and made the stocking efforts possible, Henry Quinlan (USFWS, Ashland FRO), Ed Baker (MI DNR), Nancy Auer (MI Tech University), Mark Brouder (USFWS, Ashland FRO), as well as others.

Nahgahchiwanong Dibahjimowinnan

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

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Editor: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news

Abandoned trailer notice

This notice is to any person who may have interest or ownership in a trailer located on Fond du Lac tribal land described as follows: T48 R 18 S5 (Government Lot 4) Physical address: 3492 West Moorhead Rd, Cloquet, Minn. The trailer will be considered abandoned and will be removed 30 days after publication of this notice if owners do not contact the Fond du Lac Land Department by mail at 1720 Big Lake Road, Cloquet, MN 55720, by telephone at (218) 878-7143 or (218) 878-7128, or by email to kathrynpeil@fdlrez.com or timothykrohn@fdlrez.com.

LaPorte and Fox join the school board

On behalf of the Ojibwe school board I would like to welcome Joyce Laporte from Sawyer and Roberta Fox from Brookston as new school board members. We look forward to working with Joyce and Roberta to make our school a better place to provide learning opportunities for all members of our community. The following is a short bio from each new board member.

Joyce LaPorte: I am an elder from the Sawyer district, I live in the elder housing unit, I am an artist, and I make traditional faceless dolls. I am a gatherer of wild teas you will see at ditch-bank in the fall, I also gather red willow for dreamcatchers. I spend time with my grandchildren. I also am a water aerobics instructor at the pool for the elders on Monday, Wednesday, and Friday. I like being in the woods, my kids took my rifle, but they bought me a four-ten so I can continue to hunt par-

tridges.

Roberta Fox: FDL Students, parents, and community members, I am proud to serve as the Brookston rep. on the Ojibwe School Board. My husband Ken and I have 5 children and 5 beautiful grandbabies, so the success and future of the Ojibwe School is extremely important to all of us.

I have 2 daughters that have graduated from OJS, another that is a Senior this year, and one in the 8th grade. Currently I am employed with the Operations Division at FDL, some of you may know me as the "Rice Lady."

Our Native traditions, culture, and language is a part of my daily life and strive to share that with my children. During the summer you can find us on the powwow trail. You may also find me cheering (very loud) at many of the sporting events.

I am looking forward to seeing more parents at our school board meetings.

Veteran's dinner

Nov. 11 4:30 p.m.
Otter Creek Event Center
Spouses welcome

Diabetes and chronic pain workshop

- Featuring Guest Speaker—Dr. Hooten from Mayo Clinic
- Cloquet Forestry Station—Auditorium
- Friday, Nov. 8, 8:30 a.m.—12:00 p.m.
- To register Call Amanda (218) 878-3769 or Jenn (218) 878-2146
- Breakfast and incentives included

The Food Distribution Program has new income guidelines and deductions that are in effect now.

You can stop in the office or call for more information, Monday – Thursday at (218) 878-7505, (218) 878-8027, (218) 878-7512.

Weight room sessions

Meet with a personal trainer who will show you how to properly use weight room equipment while helping you set up a routine.

- First Monday of the month (Tribal Center) 12 p.m. and 4:30 p.m.
- Second Monday of the month (Sawyer Center) 12 p.m. and 4:30 p.m.
- Third Monday of the month (Brookston Center) 12 p.m. and 4:30 p.m.
- For more information call (218) 878-3795.



The Bat hanging upside down in his cage as the students learn about different types of bats.

A Bat in the Tribal Center

By Zachary N. Dunaiski

Just a few weeks before Halloween, on Oct. 16, Jessamy Schwartz a woman from the Lake Superior Zoo came to the FDL Tribal Center to teach children about bats. Many of the children were excited to learn about bats, and few shied away at the opportunity to get a close look at the bat who was left in his cage. While many of the students admitted to being afraid of bats, they were all excited to see the bat up close.

The students didn't just get to see a bat, it was also a very informative presentation where the students learned about the different kinds of bats and also learned about their sizes. Did you know that one type of bat even has a 6 ft. wingspan?

All the students were excited when Schwartz finally uncovered the bat, which had been covered so that it could sleep. It was a very enjoyable and informative presentation.



Fogbow

This photo was taken by Jason Hollinday of a "Fogbow." A rare rainbow that forms in the fog.

A few thoughts from RBC members

From the Chairwoman

Probably not a day goes by without the RBC being asked for housing assistance. People see houses vacant and wonder why they do not get filled quicker. The last time we looked at the housing vacancies, four of the homes had belongings in them that the previous tenants did not remove. At some point, housing will discard the items, but we also understand that it's hard to lose housing, and



Karen Diver

all your belongings as well. We have seen an increase in the amounts of damages to homes which also delays making it available for other families. The struggle is that someone is waiting for that home. There is a program to help with first month's rent and deposit for Band members in the service area. It can only be accessed once every three years. Band members report that credit and background checks often make them ineligible for units off the reservation. Some-

times, they have already used the program, and they haven't reached the three year period. Some do not want to pay as much as required in off-reservation rental properties. Often we get requests for emergency housing. The Band does not use the hotel for emergency housing needs. The Housing Division and the Social Services departments have referrals that can be made to shelters and other emergency services. It is critical that people keep their applications up to date at housing, especially with contact information. One unit was kept open for over a month be-

cause housing had no current way to contact the applicant, and mail to them was returned. The home was then given to another family. There is no doubt that housing remains a need in the community. The Band weathered the federal government shut down without any large problems. Grants were drawn down the week before the shutdown. The longer term concern continues to be the sequester which mandates that the federal budget be cut by 5% each year. The 5% cuts are not uniform with each federal agency, with some departments making deeper cuts

within some programs to balance the overall needs within the agencies. A part of the deal made to keep the debt ceiling from expiring and ending the shutdown was to create a committee of legislators to balance the budget, with the hopes of creating less devastating across the board cuts. The Band will be keeping a close eye on this process, and work with others to make sure the needs in Indian Country are understood. *Please let me know if you have questions or comments, karendiver@fdlrez.com, or office (218) 878-2612, or cell (218) 590-4887.*

Boozhoo,

The fall season is in full swing with the leaves changing colors. The frost is starting to form in the morning on the grass. I see hunters going out to seek their quarry. The ducks and geese are starting their annual migration south and the true sign of fall for all the locals is "Gordy's" has closed for the season. I attended the Sawyer community meeting. It was a potluck and it was pretty well



Ferdinand Martineau

attended. Their main concerns were the drugs and violence in their community. Each person there spoke about what they saw and how they feel about it. They talked about how they can combat the issues in a positive way and how their community is their responsibility. The attendees were very proactive with their approach to some very serious issues. It felt good that the citizens of Sawyer want their community to be a safe place to live and raise their children and were willing to do

what it might take to accomplish that. This past month has been very busy with budget work. The council accepted the per cap plan for next year at the same level as the past few years. That means for you that the payments will continue for next year. There are some rumors out there that I said the plan will not continue in 2015. They are not true, the council approves the plan for one year at a time and is based on the income from the previous year. The plan for 2015 will be on our agenda in September 2014 again for approval.

The government shut-down is over for now. Congress and the president have come to some agreements over raising the debt ceiling and now hopefully they will approve a budget. If not, sequestration will make some automatic cuts and we will be hit with a reduction in our federal grants again. I was able to attend the "Night at the Bear" again. There were over 500 in attendance. It was nice to see so many having a good time out. It is difficult to plan this dinner and entertainment, but the staff did a wonderful job again. The event center staff made

sure the room was ready. The banquet staff made sure that the meals were served hot, and the host department made sure the accommodation for rooms and free play were taken care of. If you have any suggestions on how to improve this event please let me know as it is your night. *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.

Cloquet News

Hello All

Just to give you an update on a few things. The paving crew has finished paving or is currently working on finishing a number of our tribal roads. Crews have started the rework and overlay on Brevator Rd, and the new bridge on Reservation Rd is coming along nicely. I believe they have scheduled Nov. 1, as opening for traffic. And our first residents of the Veterans Supportive Housing have moved in. Tenants are going to love this facility and what it has to offer.

Our Cloquet community center has a number of ongoing activi-



Wally Dupuis

ties scheduled. Aikido training is scheduled the first three Tuesdays of each month and Jujitsu is scheduled the first three Wednesdays of each month. Beading classes are scheduled five days a week. In conjunction with the Arthritis Foundation, water aerobics training and recertification will be held on Nov. 14 for the staff and volunteers. Water aerobics will then be held five days a week following the recertification and training.

Our elders will be holding a Bake Sale at the Community Center from 11:30 a.m. - 1:30 p.m. on Nov. 15. Cloquet community center will be holding holiday drawings on the 15th. On Nov. 22 they will be holding an all FDL

business card drawing at 11:30 a.m. Please be sure to participate.

Also, I would like to mention that Leah Savage has taken on the task of Assistant Community Center Director and has been a great addition to our staff. Welcome Leah and thanks. If you have any questions or suggestions for activities for our community center, please feel free to call Roberta, (218) 878-2621, or Leah, (218) 878-7563, as they are always looking for new ideas.

As always, please feel free to call or write me anytime with your comments or concerns, I look forward to hearing from you.

Wally Dupuis, Cloquet District Representative. Office (218) 878-8078, Cell (218) 428-9828, or email wallydupuis@fdlrez.com

Sawyer News

I am writing this article only hours before the Community Gathering which I spoke of in last month's article, so on that end I have nothing to report. I do intend on having these Community Gatherings on a monthly basis and they will be potluck, so if you missed this meeting, fear not! There will be more from here on out.

I am now 8 months into my term in office, and honestly, I am still losing what little hair I have left, and the hair that does remain is turning a sad, gray color. There have been ups and downs in my adjusting to office, but I am always learning. I think that is what is causing my hair to abandon ship.

Anyways, I was fortunate to attend the Global Gaming Conference in Las Vegas, NV during the last week in September. This was my first trip anywhere, but I was greeted by my cousin (who lives in Vegas) at the airport. She was holding a big sign, and



David Tiessen Jr.

written in big, black letters was the name "HARRY PAJOGIN". It got a chuckle out of me as I am sure some of you are chuckling at this moment. It was a sensory overload for me, having rarely left Sawyer. A constant mill of people bustling about, the lights, the mountains silhouetted off in the distance made me feel like a slack-jawed fool with my mouth open, but I eventually did recover.

The Conference itself was a sight. It seemed there were miles and miles of new slot machines, surveillance systems, food vendors, and entertainment companies vying for possible new cliental. I deftly avoided those vendors and made my way to the conferences themselves. There were numerous conferences going on at the same time, so I picked the ones that were particularly useful to a Tribal Council member, including putting land into trust, State and Tribal gaming compacts, Human Resources, and Financing 101 among others. It was a good trip. Recently, I was accepted into

the Native Nations Rebuilders Program which is run through the Bush Foundation. This program focuses on honing Tribal leadership skills and networking with other bands in order to strengthen Native Communities and Tribal Government. They only select a few people to attend this program, so I feel very fortunate to have been selected. Maybe they will show me how to keep my hair from escaping? Either way, I am honored to have the chance to increase my skills.

I have an office at the Sawyer Center. It is located on the youth side, and barring any kind of meeting or prior engagement, I will be there on Tuesday mornings from 8:00am-12:00ish pm and Friday afternoons from 12:00pm-4:30ish pm.

I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at davidtiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Please pray for my poor, bald head.

Brookston News

Hello Band members

Just want to write a few lines on some of the issues and concerns that have been boiling over. These issues have a great affect on the production and morale of our work force.



Kevin Dupuis

The policies and procedures that have been approved by the RBC are designed to be fair and equitable to all of the employees. They are designed to be used under and with the chain of command. It's a process that if followed, the integrity of the structure would insure the fairness and equality that it was designed to do. In some cases I'm not sure this happens. No one person or a department is exempt from this.

The policies and procedures were designed to be used in a manner that gives the employee a chance to rectify problems that exist with their employment. It also gives the management the ability to address these problems with the employee and their department. In no way was it designed to bypass this process. An employee can be suspended or termed due to the severity of the issue.

That's understandable, what is not is when an employee is termed or suspended without the progressive discipline process and in some cases there have been no documentation that there was a problem with the employee. And if there was it was not filed or brought forward to make the suspension or termination legitimate. Another issue of concern is that progressive discipline process does not follow the same process with managers and directors. They are put at a different level. This can't be, the policy does not give that directive. There is only one policy, the RBC. All directors, managers, and employees are under the same policies. Nobody is exempt from these policies.

We wonder why there is so much division within our Reservation and our workforce. This has been brought up in our open meetings. The RBC is the governing body, but we wear two different hats. One hat is the RC and the other hat is management Inc. It is our fiduciary responsibility to uphold the policies and procedures that have been approved and adopted by the RBC/mgt Inc. to ensure that there is a fair, equitable, and harmonious workplace.

Another issue of concern is our grievance process. There have been employees who have followed this process, that is established in the grievance policy and have given up or who have withdrawn their grievance due to the time period that it takes to get a committee together. This is unacceptable. The employee is given a time table that is established in the policy. It's a great concern when the employee follows the criteria. Why should they have to wait for months to have a grievance hearing? If directors can make the RBC meetings as a priority, then why wouldn't an employee's grievance also be a priority?

Thank you for your time, Kevin Dupuis Sr.

Etc.

Last opportunity for AVANCE registration

The third year of the AVANCE program in the Fond du Lac community will continue to accept new registrants until Nov. 8 for sessions that will enrich participants in the upcoming months until graduation in May 2014.

AVANCE'S parent education and support program has been adapted to fit members from our local community. The weekly sessions offer valuable assistance to parents in a wide variety of ways designed to increase opportunities for tomorrow's leaders, our current children.

Aside from receiving parental information and assistance, our local AVANCE participants enjoy special events like our recently completed field trip to Hawk's Ridge in Duluth along

Skyline Road. The bus was packed with parents, children, and staff as our group was able to see and learn about the majestic hawk migration that occurs each fall.

Did you know that the migration of hawks from points as far north as the Arctic to the continent of South America concentrate in numbers at the western tip of Lake Superior because hawks are reluctant to cross large bodies of water? Our members were able to experience first-hand the region's best annual observation point that attracts researchers and interested viewers from around the country.

Please call Betty Anderson at (218) 878-8121 or e-mail her at BettyAnderson@FDLrez.com for further information. AVANCE is located in the Early Head Start Building at 41 University Road.

Attention Fond du Lac Band Members

Your form for the 2014 Distribution has been sent to your last known address. Please complete and return this form by Dec. 1 if you would like a monthly payment in January 2014.

If your address has changed and you have not received a form call Sharon at (218)878-7496 or Patti at (218)878-2674.

Notice of name change

In the matter of KRISTINA KAY SAMPSON, petitioner. Case No.: NC-002-13, NOTICE OF NAME CHANGE. Notice is hereby given that on July 25, 2013, an Order was issued changing the name of KRISTINA KAY SAMPSON to KRISTINA KAY LAFAVE.

NOTICE

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class III-Video and Class III-Blackjack at the FOND-DU-LUTH CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on Dec. 4, 2013, 9 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minn.

NOTICE

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class II Gaming, Class III-Video, and Class III-Blackjack

at the FOND DU LAC BLACK BEAR CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on Dec. 4, 2013, 9 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minn.

First Nations staff visit reports valuable lessons

Staff from the Assembly of First Nations visited on September 17th. They met with the Biomonitoring Advice Council and gave a presentation on the First Nations Biomonitoring Initiative in the evening. Their project measured chemical exposures in 13 First Nations communities across Canada. This study was the first of its kind, and it established baseline information about chemicals in First Nations people. For many of the chemicals tested, their results were similar or lower than the general Canadian population. Two communities had higher amounts of metals—lead in one community and manganese in another. The source of contamination in both cases was identified and removed. Their results also suggested that traditional foods provided excellent health benefits with low levels of chemicals contaminants, with the exception of some large mammal organs that should not be consumed.

Mallery to graduate in spring, plans to be a Dr. at MNAW



Jordan Jewerl Mallery is a Fond du Lac Band member and is the son of James & Debbie William Mallery II, is the brother of James William Mallery

III, and the grandson of Julia Reynolds.

We are very proud of Jordan and look forward to watching Jordan grow as he studies his way through medical school.

Jordan Mallery is 22 years old and will graduate from University of Wisconsin-Superior in the spring of 2014 with his Bachelor Degrees in Chemistry and Biology with a minor in Physics. Mallery's plan after completing his undergrad schooling is that he plans on going to University of Wisconsin for medical school. Mallery's main goal in life is to become a doctor. He plans on working at the Min No Aya Win Clinic as a doctor in the future. He wants to work for his own people on the Fond du Lac Reservation where he grew up.

Mallery is currently working at the Assisted Living Center for Elders as a Certified Nursing Assistant. He wants to work his way up from the bottom so that when he becomes a doctor he will remember that it takes a team of people to work for the people in our community.

Jordan was recently honored this year by the McNair Program at UWS. Jordan will be published for his research



FDL first graders took a learning hike

The 1st Grade Students are learning about living and nonliving things as well as habitats. To get a better look at these concepts, our class took a nice hike through the nature trail. The students sketched items that were living and then discussed nonliving items. We also talked about how the Ojibwe people of the past might have used living things to help them in their way of life. Along the way, many students were very observant of the change in colors and the fallen leaves. This led to a nice chat about changing seasons and also the position of the sun. It was a great experience and they hope to take hikes throughout the year as nature changes its course.

Etc.

in Chemistry/Biology on Microwave Assisted Extraction of North American Hazelnut. The need for biodiesel that has a low freezing point is especially important in the colder climates found in areas of the Northern United States. Triacylglycerides (TAG's) are the main renewable oil source used to prepare biodiesel that an engine utilizes for energy.

A significant problem in using soybean-based biodiesel as an alternative to nonrenewable transportation fuels is that the TAG's of soybean, from which the biodiesel is derived, contain large enough quantities of saturated fats for the biodiesel to cloud at temperatures well above what can be experienced in the winter months of the Northland. As a result, vehicles that utilize soybean biodiesel at these low temperatures can be rendered useless due to plugging of fuel filters. It is important to identify other renewable oil sources which can be used to produce biodiesel with improved cold temperature properties. In order to identify potential new plant-derived oil source for this purpose, it is necessary to be able to quickly extract oil from small amounts of plant samples. The most widely used method to extract oils from seeds is called Soxhlet Extraction (SE). In this research, it is hypothesized that Microwave Assisted Extraction (MAE) may be a better alternative to SE in that less solvent is used, less seed is required and less time is needed.

Researcher: Jordan Mal-

lery, Studied under Dr. James Lane, Department of Chemistry.

Mallery's family is very grateful and feel blessed for the support that Patty Petite, Scholarship Director, and Veronica Smith Scholarship Assistant, as well as the RBC for all of their help.

FDL school board meeting minutes

Regular meeting on Tuesday, September 10, 2013 6:00 p.m.

1. Call to Order
2. Roll Call
3. Reading of Mission Statement & Vision
4. Approval of Agenda
5. Approval of Minutes August 6, 2013 regular meeting
6. Review the Ledger
7. Supervisor Report
 - Michael Rabideaux, Superintendent
 - Jennifer Johnson, Principal
 - Dan Anderson, Education Grants and Accountability Manager
 - Sharon Belanger, Special Education
 - Earl Otis, Athletic Program Manager
 - Maria Defoe, Activities
 - Mel Buckholtz, Behavior
 - Lorraine Fosness, FACE
8. New Business
 - LEA Title 1A Assurances
 - Interagency MOU for Pre-school Services
 - Compulsory Attendance Provisions - Draft
 - Manoominike Celebration September 20, 2013
9. Old Business
 - School Board Positions
10. Other
11. Adjourn

The Transit corner

The Transportation Division is proud to announce advancements in the Transit Division. Two new buses were delivered on Oct. 18 and will go into service shortly thereafter. The new buses feature advances in safety such as side and rear cameras, wider view angles for side mirrors and more comfortable seats for our ridership. Following careful safety checks, radio installations, and lettering the new buses should roll into service on or before Nov. 1. Also, the Deviated Fixed Route has been upgraded to include more stops and the deletion of those stops that were rarely used. The attached schedule will provide a glimpse into that new schedule. The new timetable is scheduled to go into effect Monday, Nov. 18 (this date is subject to change). Please contact the Transit Dispatch Office with any questions about the new Deviated Fixed Route schedule.

We'd like to thank all those who were involved in this upgrade. In addition there is an effort to improve the radio

call-in process due to the understanding there are still glitches in call response. Management has developed innovative timetables for the dispatcher's in an effort to reduce "down-phone time." Management has also been diligent in researching programs/software that will advance the call-response process. We appreciate the community's patience in understanding the dispatch office is doing it's very best to keep up with the call load. Also, we urge the community to continue to use the assessment tool found on the Fond du Lac website to evaluate the effectiveness of the transit department. From all of us in the transit department we appreciate your patronage as we continue to grow and develop safer modes of transportation.

Deviated fixed route schedule

Sawyer Center			
7:14	10:55	2:36	
Sawyer Elderly			
7:16	10:57	2:38	
Brookston Center			
7:40	11:21	3:02	
Tribal Center			
7:51	11:32	3:13	
MNAW			
7:56	11:37	3:17	
Cloquet Elderly			
8:00	11:41	3:22	
Wal-Mart			
8:10	11:51	3:32	
FDLTCC			
8:15	11:56	3:37	
BBCR			
8:25	12:06	3:47	
Little Store (Central Ave.)			
8:45	12:26	4:07	
Holiday (27th Ave. W)			
8:50	12:31	4:13	
Walgreens (12th Ave. E.)			
9:05	12:46	4:28	
St. Mary's (3rd St.)			
9:10	12:51	4:38	
Fond du Luth			
9:15	12:56	4:38	
CAIR			
9:20	1:01	4:43	
Holiday (27th Ave. W)			
9:30	1:11	4:53	
Little Store (Central Ave.)			
9:35	1:16	4:58	
BBCR			
9:55	1:36	5:18	
FDLTCC			
10:05	1:46	5:28	
Transit Yard			
10:20	2:01	5:43	

Elder's corner

Nov. 6 **Elder's concern group** 10 a.m. CCC
 Nov. 11 Off
 Nov. 12 **Elder Activity fund board** 1 p.m. Library back room. Call Russ Savage (218) 878-1134
 Nov. 13 **Elder concern group** 10 a.m.
 Nov. 13 **52+ Elder meeting**, potluck, and speaker 5 p.m.
 Nov. 15 **CAIR foot clinic** 8:30 a.m. Mike Jenkins (218) 726-1370
 Nov. 15 **CAIR Elder meeting** 10 a.m.
 Nov. 19 **Age to Age** traditional speaker Mr. Mike Dahl of White Earth 5 p.m. light dinner, 5:30 p.m. speaker. All are welcome, questions call Deb Topping (218) 391-8051.



October 16th was Boss's Day and the CAIR clinic support staff gifted their Supervisor with lunch and a gift basket. From left to right: Rhonda Johnson, LPN, Brenda Peterson LPN, Renee Gibbs LPN, Patrick Boyle CNP, Angela Buffalo, RN, PHN, Andrea Larsen CMA, Katie Sampson CMA.



MNsure Q&A's

With the debut of Minnesota's new health insurance marketplace, MNsure, there have been a lot of questions and concerns related to American Indian Health-care. In the Affordable Care Act, enrolled members of federally recognized tribes are afforded special benefits and protections including an exemption from the individual mandate, special monthly enrollment options, and special cost-sharing reductions. American Indians who are eligible for services through an Indian health care provider or who are eligible for services through the Indian Health Service are also eligible for a hardship exemption from the individual mandate. FDL Human Services Patient Advocates have been recently completing MNsure Assister trainings so they can better serve FDL Human Services patients. Please stop in and see them with your questions regarding you and your family's eligibility for Medicaid, MinnesotaCare, or MNsure.

I'm an American Indian. What do I need to know about MNsure?

MNsure will benefit American Indians by providing opportunities for affordable health coverage. You might be eligible to enroll in a private health plan in MNsure or you might be eligible for Medicaid or MinnesotaCare. There will be one application to determine if you're eligible.

Why do I need health insurance coverage if I receive services from the Indian Health Service (IHS), a tribal program or an urban Indian health program?

The Affordable Care Act does not change your right to get

health care through the IHS, tribal, or urban Indian health programs (I/T/U). American Indians, who enroll in a MNsure Qualified Health Plan (QHP), Medicaid, or MinnesotaCare, can continue to receive services from their I/T/U the same way they do now. But by enrolling in a MNsure health plan, Medicaid, or MinnesotaCare, American Indians benefit by having greater access to services that may not be provided by their local I/T/U, and the tribal communities benefit through increased resources to their I/T/U programs.

As an American Indian, am I required to have health care insurance?

No, members of federally-recognized tribes and their descendants who are eligible to receive health care at an IHS/tribal facility will be exempt from (don't have to pay) the shared responsibility payment (the individual mandate to purchase insurance). Thus, you do not have to apply for health insurance, but you must apply for this exemption.

What if I already have insurance through my job or am already on Medicaid?

If you have health insurance through your employer or have health care through a Government sponsored program, e.g., Medicare, Medicaid, MinnesotaCare, or other programs such as VA or TRICARE, there is nothing you need to do.

Will American Indians be able to enroll in MNsure, Medicaid or MinnesotaCare even if they qualify for an exemption?

Yes. An exemption from the shared responsibility payment won't prevent American Indians from enrolling in a MNsure QHP, Medicaid, or MinnesotaCare.

Will American Indians be able to get assistance with paying the cost of their premium if they enroll in a MNsure QHP?

While American Indians are NOT exempt from paying premiums, they may be able to get lower costs on monthly premiums through a new tax credit that is paid to insurance plans by the federal government to reduce an individual's premium. Eligibility for the tax credit depends on income, family size, and access to other coverage.

Are there special protections for American Indians who enroll in Medicaid?

American Indians who are eligible for or get services from an I/T/U, including Contract Health Services, are exempt from Medicaid premiums and enrollment fees and, if they have ever used one of these programs, they are also exempt from other cost sharing, such as co-payments, co-insurance, and deductibles. Certain Indian resources and payments are not counted for Medicaid eligibility. American Indians can continue to get services through an I/T/U even if the I/T/U is not a provider in the American Indians managed care network.

Are there special protections for American Indians who enroll in MinnesotaCare?

American Indians enrolled in a U.S. federally-recognized Tribe, their descendants (IHS/Tribal eligible) and their household members are exempt from all cost sharing, and certain Indian resources and payments are not counted for MinnesotaCare eligibility. American Indians can continue to get services through an I/T/U even if the I/T/U is not a provider in the American Indians managed care network.

Some people in our family are Indian and some are not. Does that affect the cost of insurance? What should we do?

To receive the special provisions for American Indians, household members who are American Indians, except for

MinnesotaCare enrollees, need to be enrolled in plans separate from non-Indian household members.

I work for my Tribe, but it is too expensive for me to enroll my spouse and family members. Can they enroll in an Exchange plan?

Yes.

My spouse is employed in the summer. Can they sign up for insurance when their employee insurance runs out?

Yes. Unemployment qualifies as a life changing event. Refer to www.healthcare.gov for more information.

What about if I receive services outside of my I/T/U clinic, will I have to have insurance?

If you are uninsured and do not have a CHS referral, you may be financially responsible for services received.

What does "exempt from cost sharing" mean and who is exempt?

Under the ACA, plans within MNsure may require the payment of deductibles or co-pays. To increase access to care, American Indians who are enrolled in a federally-recognized Tribe and have incomes below 300% federal poverty levels (\$34,470 individual/\$70,650 family of 4) will be exempt from cost-sharing requirements. All Indians will be exempt from cost-sharing requirements when they obtain services from or receive a CHS referral from I/T/U providers.

What is a health coverage sponsorship?

The ACA permits small businesses to pay premiums for their employees who are enrolled in a QHP. Tribes, tribal organizations and urban Indian organizations are also authorized to pay premiums on behalf of American Indians who obtain health insurance through MNsure, if they

choose to. Please see your Patient Advocates for more information.

The flu (influenza) vaccine

By Bonnie LaFromboise, Public Health Nurse

Autumn is flu shot season. My coworkers and I begin to check our supplies and schedule community flu shot clinics. The community flu shot clinics offer an opportunity for people to get a flu shot in a convenient way. Through the years I have heard many reasons why community members want and don't want the flu shot. On a personal level, I am an advocate for flu shots (and other immunizations).

First of all, influenza (the flu) is a contagious respiratory illness. It is not the same as the "stomach flu." I am relaying this difference since sometimes people do think they are the same. Influenza is caused by flu viruses and it can cause mild to severe illness, and at times can lead to death. Symptoms can include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

Some people may have vomiting and diarrhea, though more common in children than adults.

People at higher risk of developing serious flu-related complications include people over 65, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children. The flu shot is available for anyone over 6 months of age.



According to the Center for Disease Control and Prevention (CDC) most people who get influenza recover in a few days to less than two weeks. Some people develop complications such as pneumonia, bronchitis, and sinus and ear infections. Influenza is unpredictable and can be severe. Between 1976 and 2006 estimated flu-associated deaths in the U.S. range from 3,000 to 49,000 people. A worst case scenario would be the 1918 flu (also called the Spanish Flu) where it traveled worldwide (known as a pandemic) and killed between 20-40 million people. This happened because an influenza virus dramatically changed its genetic structure and became a new flu virus. Influenza pandemics occur several times over a century. When a new flu virus emerges it is passed from human-to-human and, because it is a new strain, there is low, or no, immunity to the virus among most people.

We have heard many times that our body has an immune system. This immune system is what helps us to fight off bacteria and viruses that can cause us harm. Our immunity system is like having an army of troops in our body that are ready to fight. The need does arise on a regular basis and they fight off things that can harm us. We don't even realize that this is happening because our immune system fights things off before they cause us to have symptoms and before we get sick.

When we get a flu shot what we are doing is giving our body a little bit of a dead flu virus so that our troops can fight it

off quickly. When they do this they also keep a record of the virus, and next time the flu virus enters our body the troops fight it off much faster before it can multiply.

One major reason I have heard from people as to why they don't get the flu shot involves safety of the vaccine. Some people don't believe the flu shot is safe. However, it is a fact that hundreds of millions of Americans have safely received flu vaccines over the years. Also, the CDC and the Food and Drug Administration (FDA) closely monitor the safety of seasonal influenza vaccine. It is very rare for a person to develop a severe reaction to the flu shot. Also, the viruses in the flu shots are either killed (inactivated) or recombinant (don't contain virus particles), so you cannot get the flu from a flu shot.

It is good to remember that good hand washing and eating highly nutritious foods help greatly too in combating the flu.

Thawing and temperatures for meat

By Kara Stoneburner, RDL, D, Public Health Dietitian

Over the next several months, people will attend several family gatherings, feasts and holiday celebrations. Food is often present at these events. To prevent food-borne illnesses from the meat you serve keep the following things in mind. To thaw meat safely, it should never be left on the countertop. According to the USDA there are only 3 safe ways to thaw: the refrigerator, cold water, or the microwave.

Refrigerator thawing

- Plan 24 hours for every 4-5 pounds of meat in a refrigerator set at 40°F or colder
- Place meat in a container to prevent juices from dripping on other foods
- Once thawed, cook meat within 1-2 days
- Whole turkeys:
 - 4-12# turkey allow 1-3 days
 - 12-16# turkey allow 3-4 days
 - 16-20# turkey allow 4-5 days
 - 20-24# turkey allow 5-6 days

Cold water thawing

- Plan on 30 minutes for every 1 pound
- Place meat in a leak-proof plastic bag
- Place in full container of cold water
- Change water every 30 minutes, until thawed
- Cook immediately after thawing

Whole turkeys:

- 4-12# turkey allow 2-6 hours
- 12-16# turkey allow 6-8 hours
- 16-20# turkey allow 8-10 hours
- 20-24# turkey allow 10-12 hours

Microwave thawing

- Follow the microwave manufacturer's instructions on defrosting
- Cook immediately after thawing

Once the meat is thawed, it is time to cook it. Important tips to remember include, always roast meat in an oven temperature of 325°F or above to prevent the meat from remaining in the "Danger Zone" (temperatures of 40°-140°F) for too long, causing bacteria to multiply. A stuffed turkey will take longer to cook and always use a food thermometer to test internal temperatures of the meat. Take the temperature, in several areas, from the thickest part of the meat. Internal temperature guidelines are:

Turkey	165°
Beef/veal	145°
Lamb	145°
Pork	145°
Wild game-bird	165°
Venison	160°

After the meat reaches the appropriate internal temperature, remove from oven. Allow meat to "rest" for at least 3 minutes before carving and consuming. Allow a whole turkey to rest for 20 minutes before removing stuffing and carving.

Now you can relax and enjoy your meal knowing you prepared the meat as safely as you could. Questions can also be answered at USDA Meat and Poultry Hotline, answered year-round at (888) 674-6854.

Sources include USDA Food Safety and Inspection Service.

Study enrollment nears goal of 500

As of Oct. 1, over 400 people have taken part in the Biomonitoring Study. Share the word, there are only a limited number of appointments available through the end of October for people we have contacted to take part. Please call today if you are interested (218) 878-2193.

Improve your indoor air

Poor indoor air quality can expose you to many pollutants such as volatile organic compounds, fine particles, and biological contaminants like mold. To improve indoor air in your home: open your windows for fresh air, avoid smoking and using air fresheners, dust and vacuum often, and store chemical products in a garage or shed.

Eat organic

Chemicals, like pesticides, may be present on commercially produced fruits, vegetables, and in animal products. When

it's not possible to eat organic, eat a variety of foods in your diet to avoid repeated exposure to the same pesticides. Always wash your fruits and vegetables thoroughly before eating them.

Choose chemical free lawn and garden care

Use special care when using chemical lawn applications. Better yet, avoid herbicides and pull weeds by hand or with hand tools. When you mow your lawn, you can mulch (instead of bagging) the clippings to keep nutrients in the lawn. Cut your grass a little taller to keep it healthier and help prevent weeds from germinating.

Use insect repellents carefully

Many bugs, like mosquitoes, are attracted to dark colors and smells. Also, limit your outdoor activities at dawn and dusk, when bugs are more likely to be out. If you choose to wear a mosquito repellent, use it sparingly and make sure it contains no more than 30% DEET (10% for children). While the number of mosquitoes that can cause infection in humans is relatively small, bugs can put a damper on your backyard barbecue. Dump or drain standing water from outdoor pots, kiddie pools, garbage cans, buckets, and tires.

No need for toxic cleaning products

Many cleaning products contain chemicals that may affect people's health. Instead consider making your own cleaners at home with vinegar, baking soda, vegetable oil, and lemon juice.

Chemical Highlight: 1-Hydroxypyrene

The chemical 1-Hydroxypyrene is just one in a large

continued on next page

from previous page



group of over 100 different chemicals that are commonly called polycyclic aromatic hydrocarbons (or PAHs). PAHs form when coal, oil, and gas, garbage, or any other organic substances are burned. People are exposed by breathing air contaminated with PAHs. Exposure to PAHs can occur from smoking or chewing tobacco products; smoke from grilling, fireplaces, wood stoves, campfires, and forest fires; and exhaust from cars, trucks, and buses. Foods that are grilled, smoked, or fried can also contain PAHs. Historically, PAHs were also released into the lower St. Louis River during production of coke from coal.

Some of the possible health concerns of exposure to PAHs include: an increased risk of cancer, reduced fertility, interference with the body's natural hormones, asthma, bronchitis, and other respiratory problems. PAHs may also affect the developing fetus, including effects on growth.

There are several ways you can reduce your exposure to PAHs. Limit your consumption of grilled, smoked, fried, and roasted foods. Cook using lower temperature methods to avoid charring or burning food. Try steaming, boiling, stewing, or poaching your food. You can also take steps to reduce common PAH pollutants in air: do not smoke or allow others to smoke in your home or car; use exhaust fans or open your windows when cooking indoors; avoid burning wood in open fireplaces or poorly ventilated stoves, especially for home heating; avoid or limit burning of candles and incense; and do not idle cars inside garages, especially if your garage is attached to your home. Because PAHs can be in indoor and outdoor dust, wash your hands often, especially before eating or preparing food. Clean your floors regularly and use a damp cloth to dust.

FDL Law Enforcement news

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

- Sept. 1 Report of a verbal domestic on Lakeview Dr, parties were separated for the night
- Sept. 2 Report of damage to property at supportive housing, charges will be filed on male involved
- Sept. 3 Report of a verbal argument in the FDL homes area, male party was given a ride to another residence
- Sept. 4 Report of a theft from a house in Danielson area, under investigation
- Sept. 5 Gas drive-off from gas and grocery, charged with theft
- Sept. 6 Theft of \$150 from Sawyer Store, charges filed
- Sept. 7 Male arrested at the Black Bear Casino for DWI
- Sept. 8 Intoxicated female at casino was arrested for possession of pills, lodged at the jail, charges filed
- Sept. 9 Panic alarm at clinic, false alarm
- Sept. 10 Report of missing adult from the casino, media was notified and individual was located a short time later
- Sept. 11 Report of damage to property at supportive housing, under investigation
- Sept. 12 Assisted with property retrieval at a residence on Moorhead Rd
- Sept. 13 Intoxicated male at Black Bear needed a ride home, officers located someone to give him a ride to his residence
- Sept. 14 Intoxicated male at Black Bear casino slapped bartender in bar area, male was escorted from property and advised not to return
- Sept. 15 Theft of a dog from a residence on Scotty Dr, officers checked for the animal unable to locate
- Sept. 16 Traffic stop on Reservation Rd and Jarvi Rd, male was advised of a headlight out
- Sept. 17 Report of theft from the gas and grocery, male returned and paid for items, it was a misunderstanding
- Sept. 18 Traffic stop Reservation Rd and West Carlton Ave, male was cited in tribal court for no driver's license
- Sept. 19 Traffic stop Hwy 210 and CR 5, male was cited for Driving after Revocation (DAR) and valid driver picked up the vehicle
- Sept. 20 Officers assisted with property retrieval at a residence on Reservation Rd
- Sept. 21 Vehicle crashed into the ditch on Brevator Rd, vehicle was stolen out of Illinois, under investigation
- Sept. 22 Report of people hunting near Airport gravel pit, individuals were cited for small amount of marijuana and drug paraphernalia
- Sept. 23 Traffic stop Cary Rd and Magney Dr, male driver was warned for speeding
- Sept. 24 Gas drive-off from gas and grocery, issued citation for theft
- Sept. 25 Male reported being robbed near Ditchbanks Rd area by a male with a gun, male was later arrested for filing a false report
- Sept. 26 K-9 walk through at the Ojibway School
- Sept. 27 Pick-up a male with a warrant at Mash Ka Wisen
- Sept. 28 Check welfare on adult female on Jarvi Rd, everything was fine
- Sept. 29 Report of an abandoned 4 wheeler, 4 wheeler was earlier reported stolen and was returned to owner
- Sept. 30 Traffic stop Hwy 210 and Davis Rd, male was warned for registration

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
BUDREAU, Deena
CICHY, Gerald
CICHY, Leslie
DEFOE, Richard

LAPRAIRIE, Robert
MARZINSKE, Larry
OJIBWAY, Jeffrey
SAVAGE, Torrence
SMITH, Jay

Nemadji Cemetery, yesterday and today

Research by Christine Carlson

The Nemadji River in Chippewa means left hand and pronounced nemadjiticquayoch. My son and I live on a little lake east of Nickerson called Net Lake. This lake flows into the Nemadji River and then into Lake Superior. It is kind of cool to think that this same water goes right through Namadji and then to Lake Superior.

Two Separate Cemeteries – Nemadji and St. Frances Xavier

I had a misunderstanding about these cemeteries. I thought that the Nemadji Cemetery was the same as the St. Frances Xavier Cemetery. I was talking to Lorrie Madden at the Osaugie Reunion and she cleared up the matter. They are two different cemeteries in the same area. The St. Frances Cemetery is the Catholic cemetery and Nemadji is the

Protestant one.

Concerns about the Nemadji Cemetery Way Back Then

As shown in the two following articles of 1896 and 1904, this cemetery was of a concern to many. Why was it chosen for the burial of the Wisconsin Point Ojibway?

A New Cemetery – Perennial Agitation for a respectable Burying Ground Across the Bay – Duluth News Tribune of Dec. 10, 1896

The public burying ground situated on the banks of the Nemadji river between West Tenth and West Eleventh streets is not only nearing the limit of its capacity, but its condition is otherwise such that repugnance frequently compels friends of dead to inter in other cities. During the wet season the enclosure is invariably flooded with water and the hundreds of mounds marking the resting places of the dead are washed

away notwithstanding the diligent efforts of the sexton to prevent such deplorable occurrences.

Sexton William Schuster

Mr. William Schuster was the sexton for the Nemadji Cemetery for over 30 years. He gave up those duties approximately 1894.

Discuss Matter of Nemadji Cemetery – Health Board Secretary Calls Meeting to Hear from Interested Parties – Duluth News Tribune of Oct. 3, 1904

The health board has taken prompt action in the matter of the Namadji cemetery which was reported at the last meeting of the council as being unsanitary. Neil Smith, secretary of the board, has called a meeting tonight at the Euclid hotel for all persons who have reason to believe the condition of the cemetery is unsatisfactory.

A cemetery that is unsani-

tary and unsatisfactory yet the Wisconsin Point bodies were removed there.

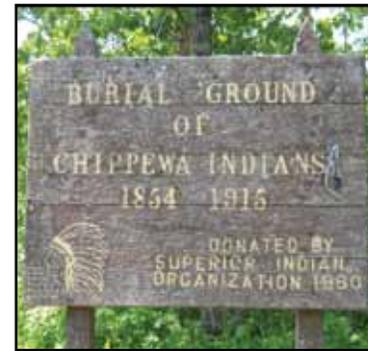
Franciscan Body to be Removed – Superior Telegram of Jan. 28, 1910

Remains of missionary father buried 28 years ago, to change grave. The body of Elphonsus Chror, a Franciscan who engaged in missionary work here in the early days, buried at the Indian graveyard on Wisconsin Pt., will be removed from there to Nemadji cemetery.

The First Removals to Nemadji were not in 1918

Several sources show that the first removals were in 1918. This is not correct. While searching through old microfilm at the Superior Public Library, I found the first removal was in 1910 as shown above.

A paragraph from The Superior Evening Telegram of Aug. 28, 1914



Although this sign is historical, it is leaning and very unstable. Is there anything that can be done? Photo by Christine Carlson

It is proposed to remove the bodies to a permanent cemetery in the city of Superior, where the graves will be properly cared for, the grounds properly kept up and looked after.

Commentary

Properly Cared For?! We know this is not true. Bones, monuments, and stones falling into the river and now brush have been thrown in the area.

Dedication of Indian Burial Grounds Tuesday – Evening Telegram Sept. 8, 1980

The Superior Indian Organization will dedicate the American Indian Burial Grounds in the St. Francis Cemetery at 3.p.m. Tuesday.

The burial plot was donated by the St. Francis Cemetery Association in coordination with SIO Chairman Bill Brunette and other SIO officials.

Brunette said improvements have been underway at the site for some time and expressed the organization's appreciation for a sign donated by the Superior Board of Education.

The wooden sign is shown above.



Catholic Nemadji Cemetery, Old Superior – This shows the Namadji River and the burial place of Indians and non-Indians removed from Wisconsin Point. A plat of this property is kept by the Agate Land Company. Photo courtesy of the Douglas County Historical Society.

Ashi-niswi giizisoog (Thirteen Moons)

Gashkadino-giizis

Gashkadino-giizis is the Freezing Moon. The new moon begins November 3. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.

Fond du Lac Environmental Program would like to introduce our new Minnesota GreenCorps Volunteer for 2013-2014

The Minnesota GreenCorps is a statewide program that provides the opportunity to help improve the environment and train new environmental professionals.



Kristin Moen

Greetings, my name is Kristin Moen and I'm the new Minnesota GreenCorps member serving Fond du Lac. I'm a recent graduate of Gustavus Adolphus College in St. Peter, Minn. where I studied geography and environmental studies. I will be working with the Environmental Program for the next 11 months focusing on various energy efficiency projects. I hope to help improve how energy is used on the Reservation as well as educating youth and community members to increase awareness of how our daily actions impact Earth's natural environment. My interests lie in merging values of health and environment, particularly with food. Energy ties directly into this because it is essential to how we produce and transport what we consume. I'm looking forward to the upcoming year as it will bring opportunities to work with Band members, gain professional and contextual experience in the environmental field, and further my own interests and career goals. Thank you.

Update on Manoomin Research at Fond du Lac

By Nikki Crowe and Nancy Schuldt

Last month the 3rd annual Nibi and Manoomin conference was held at the Mille Lac Reservation. This conference brings together tribal communities and University of Minnesota researchers to discuss issues regarding the water, Nibi, and wild rice, Manoomin.

This year's conference broke up into four topics concerning the water and wild rice having to do with concerns with research and Anishinaabe perspectives. You can go to <http://www.cfans.umn.edu/diversity/Initiatives/wildrice.htm> to review what the working groups have done in the past three years of meetings. These work groups are going to continue as the tribal and University community continues sharing and learning from one another.

Some of the concerns have to do with sulfide mining, such as research being done without consent or knowledge of the tribes, research in the ceded territories, and ownership of the knowledge gained from the research. The general consensus is that research, when done

in a respectful way, will benefit future generations. On-going research has been done in collaboration with the tribes and Native science students. At the conference, students were invited to share the research projects they have worked on with the Fond du Lac Band and University of Minnesota.

One of the research projects was presented by Cassandra Roy from White Earth. Cassandra Roy's research was honored earlier this year as the third best water related research paper in the state of Minnesota. Her paper is titled *Mining Mystery: The effect of acid mining (sulfur compounds) on Bacillus mycooides taken from wild rice stalks*. It was not positively found that there is a definite affect of sulfide mining on wild rice. Roy sums it up "I found out that the bacteria have a correlation with both the wild rice and the 10 milligram of sulfates water quality ruling. Also that the bacteria seems like it could also follow and be a part of the reason the four year cycle occurs." In Minnesota lakes when the sulfate levels go above 10 milligrams per liter there is no wild rice present. Roy's research saw the



Cassandra Roy discussing her research at the Nibi and Manoomin Conference 2013.

same trend in the *Bacillus mycooides* which is found growing on wild rice stalks.

The Fond du Lac Resource Management Division has also collaborated on research studying wild rice ecology and the effects of sulfate on wild rice, sediment studies on historic wild rice conditions, and collected water quality and sediment quality data on the reservation for the past fifteen years. They recently received a grant from the U.S. EPA to develop a Great Lakes regional tribal wild rice database, bringing together monitoring data, research results, and traditional ecological knowledge about tribal wild rice management and protection across Minnesota, Wisconsin,

and Michigan.

Fond du Lac staff have been watch-dogging the state of Minnesota's wild rice research program, which was initiated in 2011 by the Minnesota legislature in response to a lawsuit challenging the state's sulfate water quality standard. The Minnesota Pollution Control Agency (MPCA) is leading this research, and has contracted with some of the same research scientists that the Band has worked with over the years. Thus far, the MPCA's research results appear to support keeping the existing 10 parts per million sulfate standard that has been on the books since 1973, which is the same sulfate limit in Fond du Lac's water quality standards.

Upcoming Events:

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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Time

What time is it?- Aaniin endaso-diba’ iganed?

One o’clock- Ningo-diba’ iganed

Two o’clock- Niizho-diba’ iganed

Three o’clock- Niso-diba’ iganed

Four o’clock- Niiyo-diba’ iganed

Five o’clock- Naano-diba’ iganed

Six o’clock- Ningodwaaso-diba’ iganed

Seven o’clock- Niizhwaaso-diba’ iganed

Eight o’clock- Nishwaaso-diba’ iganed

Nine o’clock- Zhaangaso-diba’ iganed

Ten o’clock- Midaaso-diba’ iganed

Eleven o’clock- Ashi ningo-diba’ iganed

Twelve o’clock- Ashi niizho-diba’ iganed

Hour- Diba’igan

Minute- Diba’iganens

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

Ojibwe Wordlist

One	Bizhig
Two	Niizh
Three	Niswi
Four	Niiwin
Five	Naanan
Six	Ningodwaaswi
Seven	Niizhwaaswi
Eight	Nishwaaswi
Nine	Zhaangaswi
Ten	Midaaswi
One week	Ningo anami’e giizhig
One month	Ningo giizis
One year	Ningo biboon
Pounds	Dibaabiishkoojigan
Gallons	Mnikwaajigan
Miles	Dasodiba’igan

Source:

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



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 Nov. 15, 2013 for the Dec. 2013 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

Happy 1st birthday **Edward "Brady Bear" Blackwell** (Oct. 26) enjoy your day. *We love you, grami, Baba, TJ, uncle Wable, auntie Shae, Jazzmin, Dyami, Denali, and uncle R.*

Happy 9th birthday **Namida Reynolds** (Oct. 27) *Love, auntie Heather and kids*

Happy 22nd birthday **Dezzy McMillen** (Nov. 1). Wishing you a great day. *Love, mom, Davey, Matt, April and Royce, Amber, Sabrina, and James. We all love you muches*

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy birthday: **Rhonda Reynolds** (Nov. 1), **Alan Carlson** (Nov. 5), **Sara Clemens** (Nov. 6), **Anna Kramer** (Nov. 11), **Kevin Hartly** (Nov. 12), **Laurie Fremling** (Nov. 15), and **Dawn Robinson** (Nov. 28).

Happy birthday to my granddaughter **Amanda Olsen** (Nov. 2) *Love, grams*

Happy birthday **Tina Foldesi** (Nov. 5) you are a wonderful sister, daughter, and auntie. Hope you have a wonderful year. *Lots of love, mom, dad, and family*

Happy 18th birthday **Tayden Savage** (Nov. 6) We couldn't be more



proud of you. It has been a wonderful journey watching you grow into a young man. Your dimples melt hearts and your smiles are contagious. Follow your dreams. We Love you more than more. *Mom, Gage, and Fhenix*



Happy 10th birthday **Muffy, Alyza Savage** (Nov. 10), we love you oh so much *Always, the Savages*

Happy 6th birthday to **Jeremie Allen Jr.** (Nov. 10) *Love, cousin Heather and kids*

Happy 6th birthday to **Jeremie Allen Jr.** (Nov. 10) *Love, mom, sister, and grandma*

Happy birthday **Justin Rivera** (Nov. 11) *Love you, auntie Shirley and uncle Bopper*

Happy birthday **Kaleena Kingbird** (Nov. 11) *Love, mom and brothers*

Happy 3rd birthday to **Kenneth Bosto** (Nov. 11) *Love, Heather and kids*

Happy birthday my son, **Alonzo Martin** (Nov. 11) *Mom loves you so much*

Happy birthday **Darrius Diver** (Nov. 12) *Love, auntie Heather and kids*

Happy birthday **Dwayne Jaakola**, (Nov. 14) love ya bro' *Love sis, Lorri*



Happy 4th birthday to my little sweet niece, **Nellie Tibbetts** (Nov. 16) We love you lots, have a great day my love. *Love, auntie Sophie, cousin Sewell, and uncle Bryce*

Happy birthday to my littlest niece, **Nellie Tibbetts** (Nov. 16), you are the loveliest little lady I know and I love you so much, Nel. Happy birthday to my beautiful sister **Sophie Tibbetts** (Nov. 18), I hope you have a wonderful birthday, Soph, you are my best friend and I love you very much, and happy birthday to my eldest niece, **Sage Ross** (Nov. 27), I love you, niece, you are very special to me, never forget it. *Love, Allie*

Happy birthday **Tony Wright** (Nov. 16) *With love from mom*

Happy birthday **Thomas Foldesi Jr.** (Nov. 19) you are greatly appreciated and loved in our family. Have a great birthday. *Love, mom, dad, and family*

Happy birthday to our sister **Leah Savage** (Nov. 20) *Love, Phil and Patti Jo*

Happy birthday to my granddaughter **Tamara Lund** (Nov. 21), happy 11th birthday *Love, grams*

Happy birthday **Denali Blackwell** (Nov. 22), we hope you have a great day. *We love you, grami, Baba, Shae, Jazzmin, Dyami, uncle B, TJ, Brady Bear, and uncle R.*

Happy 94th birthday to our dad, **Bobby Bassett** (Nov. 23) *Love, your family*



Happy birthday to **Emilee Dunaiski** (Nov. 24), our favorite traveling companion. *Love, mom, dad, Zach, Steph, and Chris... oh yeah, and Sam and Maggie*

Happy birthday to my son, **Doug Misquadace** (Nov. 25), have a good, long, fun day. *Love, mother Jean M.*

Happy 20th birthday to my amazing daughter **Alycia Erickson** (Nov. 26) *All our love, mom, Darrell, and Cody*

Happy birthday to the world's greatest sister, **Alycia Erickson** (Nov. 26). Hope you have an amazing day. *Love you always, Bree and Taj*

Happy birthday to **Ed Jaakola Sr.** (Nov. 26) *Love, your #1 daughter, Lorri*

Happy 6th birthday to **Iliana Stiffarm** (Nov. 26) *Love, cousin Heather and kids*



Community News

Happy birthday to my niece **Sage Ross** (Nov. 27), we love you and miss you.

Love, auntie Sophie, Sewell, uncle Bryce

Happy birthday dad/papa **Jeff Savage** (Nov. 28) we love you.

Love, all the offspring

A big happy birthday shout out to **Velvet Linden** (Nov. 29)

From, your loving family

Thank you

Thank you to the RBC for all the work they did on my trailer. Thank you to the Veteran's VA for helping me get caught up with my bills, and the Salvation Army.

Don Wallace

The family of **Sharri St. Germaine** wants to thank

everyone for the support and comfort that you gave to our family. Thanks to the RBC and thanks to Faye for cooking the good food. Thanks to all the guests that came to our house. Thanks for providing rides and food to the grandkids and everybody that sent flowers, cards, and money.

Thanks grandkids for doing the picture collage.

Thanks to the pall bearers Wayne Dupuis, Jimmy Dupuis, Dewey Dupuis, J.B. Mcdaniels, Irving Mularie, Warren Coombs, Jimmy Coombs, and Robert Coombs. And thanks to my nieces for being with me, you girls are great.

A special thanks to Pastor Dave Harman and Aitkins Northland Funeral Home for helping to lay Sharri to rest peacefully.

Sharri will always be with us, we love and miss her.

To those who attended **Janel Moose's** visitation and funeral we appreciate you all. Thank you also for the help and flowers.

Kyle and Laura Ashcroft (Moose) and family

Memorial

In loving memory of **Kathryn "Dena" Howes** (Nov. 13), our mother, grama and great grama, you've been gone 2 years now. We cherish all the memories we have of you, apple juice, cheez whiz, and jelly beans.

We miss you and love you forever, Mar and John Riley; Bill, TJ, and Brady Bear; Charlie, Shae, Jazzmin, Dyami, and Denali

In memory of **David**

Abramowski (DA) on his birthday Nov. 16, love and miss you so much.

Love, Renee and Dakotah

Obituary

Cheryl Lynn DeFoe, 51 of Cloquet, passed away peacefully on Oct. 15, 2013 at home. She was born on July 19, 1962 in Duluth, Minn. to Leonard and Edith (Peterson) DeFoe. She enjoyed working as a CNA. Cheryl especially loved her children, grandchildren and family.

She was preceded in death by her infant son, Desmond Jenkins; parents; and brothers, Terry and Melvin. Cheryl is survived by her husband Simon; children, Jerrald, Odessa, Solomen and Victor; grandchildren, Jayde, Jabez, Jay-

lena, Jaykelah, Aubriahna and Audriahna; siblings, Lenard Jr., Reginald (Veronica), Ricky, Cindy and Michael; also many nieces, nephews and other relatives.

Sharri Lynn St. Germaine, 48, of Cloquet, died Friday, Oct. 11, 2013 in Essentia Health St. Mary's, Duluth. She was born in St. Paul, the daughter of Frederick St Germaine and Margaret Dupuis. Sharri was a graduate of Humboldt High School in St. Paul. She was a member of the Fond du Lac band of Lake Superior Chippewa and was employed in the Human Resources department of the RBC.

She was preceded in death by her son, Kevin Bradley; and sister, Trina Langenbrunner.

Sharri is survived by her children, Jewel and Bobby Coombs of Cloquet; her life partner, Bob Coombs of Cloquet; parents, Margaret Dupuis of Cloquet and Frederick St Germaine of Duluth; and brothers, Kevin Dupuis, Sr. and Douglas St. Germaine, both of Cloquet.

Patsy Ann Springer, 69, of Barnes, Wisc. passed away Tuesday, Aug. 6, 2013, at home after a 2 and a half year courageous battle with ovarian cancer. She was a winter resident of Gold Canyon, Ariz. and a former resident of Menasha, Wisc.

Pat was born on Mar. 8, 1944, in Superior, Wisc., to her (now deceased) parents, Harold and Margaret (Egan) Jansen.

Pat graduated from Superior East High School in 1962, where she was a cheerleader for the football and basket-

ball teams and participated in many other high school clubs and activities. She celebrated 51 years of marriage in June to her husband John (Butch). Pat worked at Sears for many years, while enjoying her summers off with her family in Barnes. Throughout her life Pat enjoyed snowmobiling with friends and family, reading mystery books, teaching aerobics, teaching slimnastics in Downtown Barnes basement, and craft classes at the YMCA and her home. Later in life Pat picked up the love for golf, belonging to the Tuesday morning ladies league and Thursday night couples league at Hidden Greens Golf Course. She said "I am not very good but I enjoy playing." Pat had an uncanny ability to match her earrings with all her outfits including her swimsuits.

Among those who gratefully shared her life are her husband, John (Butch) of Barnes, Wisc.; her children, Vickie (Don) VandenHeuvel of Appleton, Wisc.; Steve (Rene) Springer of Madison, Wisc.; Tony (Helen) Springer Menasha, Wisc.; sister, Darlene (Dick) Winkler of Winneconne, Wisc.; grandchildren, Grant

(Tessa), Jacquie (Bryan), Alyssa, Justin (Tina), Elizabeth, McKenzie, and Morgan; great-grandchild, Carson and a baby girl on the way; a special friend, Tim and along with many sisters-in-law, brothers-in-laws, nieces, nephews, and cousins. Pat touch the hearts of everyone she met, so she had many friends throughout her life.

Joyane (Dugger) Hamm, 57, of Oklahoma City, Okla., formerly of Cloquet, passed away peacefully on Sept. 19, 2013.

She was born on Oct. 28, 1955 to Becky (Dupuis) Salmon and JB McDaniel Sr.

Joyane is preceded in death by her father; grandparents Dewey and Susan Dupuis, Kenneth Salmon; several uncles and a niece.

She is survived by her husband Rodney; children Albert, DeWayne, Timmy (Becky), Jimmy and Kevin Housley; many grandchildren; sister Arrowanna (Sam) Housley and brother JB McDaniel; many nieces and nephews; and also Skip Dugger.

Fond du Lac Human Services

New Registration Procedure:

If you receive care at Min No Aya Win Human Services Center or Center for American Indian Resources

Please register at the Front Desk upon entering the facility.

We appreciate your cooperation!



Ashiniswi-giizisoog – The Freezing Moon – November 2013

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing; MCTB: MN Chippewa Tribe Building (Minneapolis 612)872-7840

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Nov. 8 Diabetes & Chronic pain workshop 8:30 a.m. Cloquet Forestry station auditorium</p>		<p>Nov. 11 Veteran's Dinner 4:30 p.m. BBCR</p>	<p>Nov. 16 Lynyrd Skynyrd concert 7 p.m. BBCR</p>		<p>GED 11 a.m. SCC Beading 5:30 p.m. FDLOJS Early Release Shredding Day</p>	<p>Beading 11 a.m. CCC GYM Closed at CCC</p>
<p>Gym Closed at CCC</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC Beading 4:30 p.m. Cribbage 5 p.m. CCC Zumba Headstart 5:15 p.m.</p>	<p>GYM CLOSED till 6 p.m. Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Aikido 6 p.m. CCC Evening Adult Beginner Swim Class 6:30 p.m.</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC A Matter of Balance 10 a.m. CCC Beading 10:30 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC Zumba Headstart 5:15 p.m. CCC GED 5:30 p.m. SCC Jujitsu 6 p.m. age 13 & up CCC</p>	<p>Simply Good Eating 12 p.m. CCC Get Fit 12 p.m. CCC Fleece Blanket Class 12:30 p.m. CCC-Call (218) 878-7510 to sign up GED 12:30 p.m. BCC Water Aerobics 5 p.m. GED 5 p.m. CCC GED 5 p.m. DC Ojibwe Language 5 p.m. CCC</p>	<p>GED 11 a.m. SCC Beading 5:30 p.m. CCC Diabetes & Chronic pain workshop 8:30 a.m. Cloquet Forestry station auditorium</p>	<p>Beading 11 a.m. CCC</p>
<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>Beading 11 a.m. CCC</p>	<p>Closed for Veteran's Day Veteran's dinner 4:30 p.m. BBCR</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Evening Adult Beginner Swim Class 6:30 p.m. No Aikido this week</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC A Matter of Balance 10 a.m. CCC Beading 10:30 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC 52+ Elder meeting & potluck 5 p.m. CCC Zumba Headstart 5:15 p.m. CCC GED 5:30 p.m. SCC Jujitsu 6 p.m. age 13 & up CCC</p>	<p>Pool Closed-Staff Trng No Water Aerobics today Get Fit 12 p.m. CCC GED 12:30 p.m. BCC GED 5 p.m. CCC GED 5 p.m. DC Ojibwe Language 5 p.m. CCC</p>	<p>FDL Cloquet Enrollees FDL Gift Card Drawing Starts. GED 11 a.m. SCC Elder Bake Sale 11:30 a.m. CCC Beading 5:30 p.m. FDLOJS Early Release</p>	<p>Beading 11 a.m. CCC Water Aerobics 10 a.m. CCC Lynyrd Skynyrd concert 7 p.m. BBCR</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>Beading 11 a.m. CCC Water Aerobics 10 a.m. CCC</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC Beading 4:30 p.m. CCC Cribbage 5 p.m. CCC Fleece Blanket Class 5 p.m. CCC call (218) 878-7510 to sign up Zumba Headstart 5:15 p.m. CCC</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Aikido 6 p.m. CCC Evening Adult Beginner Swim Class 6:30 p.m.</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC A Matter of Balance 10 a.m. CCC Beading 10:30 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC Zumba Headstart 5:15 p.m. CCC GED 5:30 p.m. SCC Jujitsu 6 p.m. age 13 & up CCC</p>	<p>Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Open RBC meeting 1:30 p.m. SCC Smoke Out at CCC 3:30 p.m. stop by and get information on resources Water Aerobics 5 p.m. GED 5 p.m. CCC GED 5 p.m. DC Ojibwe Language 5 p.m. CCC</p>	<p>GED 11 a.m. SCC FDL Cloquet Enrollees FDL Gift Card Drawing at 11:30 a.m. Beading 5:30 p.m. CCC</p>	<p>Water Aerobics 10 a.m. CCC Beading 11 a.m. CCC</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>FDL Enrollee family movie morning 9:45 a.m. movies start 10 a.m. Water Aerobics 10 a.m. CCC Beading 11 a.m. CCC</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC Beading 4:30 p.m. CCC Cribbage 5 p.m. CCC Zumba Headstart 5:15 p.m. CCC</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC GED 12:30 p.m. BCC Water Aerobics 5 p.m. CCC Aikido 6 p.m. CCC Evening Adult Beginner Swim Class 6:30 p.m.</p>	<p>Elder Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 10 a.m. DC Beading 10:30 a.m. CCC Game Day 12:30 p.m. CCC GED 5 p.m. CCC Zumba Headstart 5:15 p.m. CCC GED 5:30 p.m. SCC Sobriety Feast 6 p.m. CCC GYM</p>	<p>Happy Thanksgiving</p>	<p>Happy Thanksgiving</p>	<p>Water Aerobics 10 a.m. CCC Beading 11 a.m. CCC</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

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