

# *Nah gah chi wa nong* (Far end of the Great Lake) *Di bah ji mowin nan* (Narrating of Story)



*Dewey Dupuis (22, blue jersey) closing in to help teammates Dekota Frear (54) and Collin Voge (24) tackle an unidentified Hinckley-Finlayson player Sept 3. The FDL Ojibwe School merged with Carlton High School for many of its high school sports, including football. Story on page nine. Photo by Dan Huculak*

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# Local news

## New Carlton County Community Services Center expected to open July, 2011

The groundbreaking ceremony for the \$7.5 million, 36,000 square-foot facility took place in August. Once completed the new building will replace two aging, smaller facilities currently used for public health; social services; the Women, Infants and Children clinic; child services; work force center; income maintenance; veterans' services; and motor vehicles offices.

Additional parking is planned for the site after the old human services' building is demolished.

Leadership in Energy Environmental Design (LEED) principles will be used in the building design, making it the first county building to incorporate LEED principles. The Fond du Lac Resource Management building became the first LEED building in the county when it opened in June.

## New hospital expansion project starts in a year

The second Cloquet Memorial Hospital expansion in six years is expected to begin in October.

Completing the financing for the \$25 million addition is the next step for the hospital board of directors.

Nearly 80,000 square feet will be added to the hospital when it is completed, but the hospital entrance area will not change much. The biggest part of the project will be built on the hillside between the current

building and the St. Louis River.

Architect Randy Bloomquist told the Pine Journal that the new building will go about one and a half stories below the ground floor of the current hospital building, so the upper floor of the new building will line up with the first floor of the current building.

New features of the hospital include expanded patient care areas, including 18 new private inpatient rooms; a new one-story clinic between the two hospital buildings; three birthing rooms; four private intensive care rooms; an expanded gift shop; a larger cafeteria; and additional truck docks and storage. A new dialysis program will be added to the second floor when the construction is completed. Currently, people needing dialysis treatments must travel to Duluth.

## MCT offers Homebuyer Education class in October

The Minnesota Chippewa Tribe Finance Corporation is offering a homebuyers education class from 8:30 a.m. to 4:30 p.m. on Oct. 23, 2010 at the Minnesota Chippewa Tribe Building, 15542 State Hwy 371 NW, Cass Lake Minn.

Attending the first time homebuyer's class is requirement of the Minnesota Chippewa Tribe Finance Corporation. The MCT requests that you reserve your seat in advance by calling (218) 335-8582 ext. 150, or by email at cbeaulieu@mnchippewatribe.org.

## Cloquet school board approves electronic device policy

In August the Cloquet School Board voted to approve a policy regarding the use of electronic devices during school hours and after school events.

District Technology Coordinator Yvette Maijala told the Board that representatives of school administration and staff met during the summer to review policies by other school districts.

"We haven't really had anything in place before," Maijala told the Pine Journal in August. "We are seeing more and more use of electronic devices in the educational setting, and there has been no policy in place."

The school board acted quickly to unanimously approve the new policy, which went into effect on the first day of school, Sept. 7.

The policy requires that cell phones be turned off and out of sight during classroom time. Phones and electronic devices are prohibited from the media and testing centers, and from fine arts performance areas during the school day. Phones and cameras are not allowed inside locker rooms or rest rooms at any time; and they are not allowed for photographing or videotaping another individuals during school sponsored events without the knowledge or consent of the person being photographed or videotaped.

Cell phones and other devices may be used before and after classes in common

areas such as cafeteria, near lockers, or on outdoor school grounds.

## Cloquet and Wrenshall school districts make 'annual yearly progress'

The Cloquet School Board learned in August that the district was one of only two local school districts to make the Adequate Yearly Progress (AYP) rating this year.

AYP is a measure under the standards of the federal No Child Left Behind Act. The Minnesota Comprehensive II tests for mathematics and reading determine the AYP for school districts in the state.

In Minnesota, there are 1,048 schools that did not meet AYP standards in 2010.

Since Cloquet schools failed to meet the standards in the 2006-'07 and 2007-'08 school years, they had to implement a plan of improvement. The plan seems to be working since the district met the AYP objectives for the second consecutive year.

The American Indian and special education sub-groups also improved, though their test scores were given "safe harbor" status. Safe harbor means that the number of students in each sub-group not meeting proficiency was reduced by 10 percent.

Locally, the Wrenshall school district also met AYP for 2010. And though the Carlton elementary school and high school did make AYP, the school district as a whole did not.

## Nah gah chi wa nong Di bah ji mowin nan

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

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

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

## Former FDL Newspaper Editor accepts new position

Deborah Locke, the Fond du Lac newspaper editor since 2007, resigned to pursue a new career in the Twin Cities area.

With her departure, Locke leaves behind a legacy of professionalism as well as high standards in journalism.

The FDL newspaper has received several national

awards during recent Native American Journalists Association (NAJA) conferences during Locke's tenure. The FDL newspaper received first place for best layout and design for the past two years, as well as a second place award in the best environmental category, and third place for general excellence.

## A departure and a few words of gratitude



It will be a few weeks after I've left before you read this. I resigned as FDL editor after three and a half years here, and accepted a job in St. Paul.

A big thanks to the staff members who helped with stories and wrote stories. For example, the Human Services Division consistently supplied readers

with thoughtful, pertinent information. The Natural Resource Division crew did wonderful work, informing readers about fish, wild rice, net/spear activities, trees, insects, deer, moose, and so much more. The paper was strengthened and unique because of these contributions.

A special thanks to Museum Director Jeff Savage, the "Indian Scout," for his time and expertise. Over the years our reservation adventures took us to points near and far that hold historical and cultural significance for Indian people. Jeff is humorous, skeptical and cranky -- a writer's dream come true. Thanks, Scout.

Most of all, thanks to my mom, Anna Marie Locke, for letting me stay at her home, and for so much more. Mom, you are the best! I will miss seeing you each day.  
*Deborah Locke*

## Cloquet Community Center youth room takes on a new look

By Roberta Welper, Cloquet Community Center Manager

You may have noticed some changes in the FDL Cloquet Community Center Youth Room. The staff and youth did a great job painting the youth room. Come and check it out! We have moved the youth exercise equipment from upstairs to the youth room on the main floor. To make room for everything we have removed three of the large standing video games and the two adult tabletop games. The Youth room still has a TV for the Wii, PS2 and X-box Video game systems and G rated movies. There are 35 games in stock for the various game systems.

We have scheduled a variety of after school activities from 3-5 p.m., with a different activity each day. On Mondays, outdoor play activities are scheduled; Tuesdays are dedicated to arts & crafts; Wednesday is swimming pool day; board games are scheduled for Thursday; and Friday is cultural education day.

Everybody is invited to come to the FDL Cloquet Community Halloween Carnival from 1-4 p.m. on Oct. 31. Wear your costume and visit the booths and the haunted house.

If you have any questions or suggestions please contact the CCC Manager Roberta Welper at 878-2621 or robertawelper@fdlrez.com

## Pine Journal subscription information

As of August, 2010, Band Members are no longer eligible to receive a free subscription to the Pine Journal Newspaper.

The Fond du Lac newspaper is not affiliated with the Pine Journal, and is not responsible for providing subscriptions to that newspaper.

Band Members interested in receiving the Pine Journal at their own expense can contact the Pine Journal at (218) 879-1950.

## Heightened seat belt enforcement to return in October

Fond du Lac Tribal Police and Cloquet Police Officers will conduct intense "Click It or Ticket" seat belt patrols to increase seat belt use and stop preventable traffic deaths in October. The enforcement campaign includes around 400 Minnesota agencies and is coordinated by the Minnesota Department of Public Safety (DPS) Office of Traffic Safety.

In a prepared statement, FDL Police Chief Sam Ojibway said that a seat belt is a motorist's best defense in case of a crash. He notes that in rollover crashes, unbelted motorists are usually ejected from the vehicle. In most cases, the vehicle will roll over on them. In less severe crashes, unbelted motorists will crack teeth on steering wheels or break their nose, and even slam into and injure others in the vehicle.

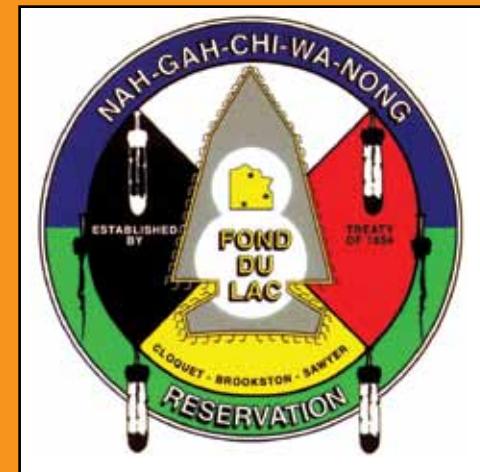
During the past three years in Minnesota, more than 1,000 motorists were killed in crashes and only 43 percent were buckled up. "The focus of this campaign is to prevent these traffic tragedies that are still far too common," says Chief Ojibway. "This campaign is not about writing tickets. We are calling on motorists to be the first line of enforcing the law by speaking up and insisting all passengers are belted."

Fond du Lac and Cloquet police officers will enforce the state's primary seat belt law during the effort, which allows law enforcement to stop motorists directly for belt violations. The primary law requires passengers in all seating positions, including the back seat, to be buckled up or seated in the correct child restraint. A seat belt fine is \$25 but can cost more than \$100 with court and administrative fees.

The primary law has helped the state achieve a record-high daytime seat belt compliance rate of 90 percent. In a recent pre-enforcement seat belt observational survey in Cloquet, 85% motorists were belted. Fond du Lac and Cloquet Officers will conduct another survey following the enforcement to measure belt use.

The campaign will also include enforcement of Minnesota's strengthened child passenger safety law that requires children to be in the correct restraint until they are age 8 and 4 feet 9 inches tall. This law requires booster seats for kids usually starting at age 4 to ensure adult seat belts fit them correctly.

Around 400 law enforcement agencies statewide will participate in the effort coordinated by DPS Office of Traffic Safety. The campaign is a component of the state's Toward Zero Death (TZD) initiative; the state's core traffic safety program that uses a multi-disciplinary approach to address traffic issues regionally through enforcement, education, engineering and emergency trauma care. The goal of the TZD is 400 or fewer road deaths by 2010.



# A few thoughts from RBC members

## From Chairwoman

**Karen Diver**

The community has been overwhelming in their support of the community meetings regarding gang activity. At the last meeting, community members had a workshop about gang activity. They learned about why young people are attracted to gangs and what kinds of activities gangs are involved in. Hopefully this will give families and our community members useful information to help prevent involvement in the first place, and how to spot the signs when kids are first getting involved

so they can intervene. One of the most important lessons that was shared was that we have a responsibility as a community to care enough about our youth to pay attention to their activities and to offer them healthy alternatives. To this end, you will see more planned activities for youth being offered at the community centers. Thank you to those members of our community who attended for caring so much about the long-term



*Karen Diver*

health and safety of our youth and community.

Congratulations to the Brookston Community on the 10th anniversary of your new facility. An event was held in late August to celebrate. There was a great turnout, with good food cooked by the ENP staff and activities for the kids. It was nice to see so many people there on such a happy occasion. The Sawyer Community also came together for the Jerry Fairbanks Memorial Powwow.

Everyone worked hard together to provide a great event that supports elder activities at the Sawyer Center, and eventually a scholarship named after Jerry Fairbanks. Nice job, Sawyer and Brookston, on bringing your communities together!

The Twin Cities Urban office is located in the Minnesota Chippewa Tribe Embassy building. The address is 1308 E. Franklin Avenue, Minneapolis, Minn. The office phone number is (612) 871-1574. The new community outreach worker is named Amanda Linden, and her office hours are 9 a.m. to 4 p.m., Monday through Thurs-

day. She is looking forward to planning activities that will bring the Twin Cities Band Members together.

And finally, this year's wild rice harvest was poor. The crop looked decent, but heavy wind and rain the weekend of harvest knocked a lot of the rice off the plants. Thank goodness we had some surplus inventory from the previous year to help us through the next year.

*Please let me know if you have questions or comments at the office at (218) 878-2612, cell at (218) 590-4887 or email at [karendiver@fdlrez.com](mailto:karendiver@fdlrez.com).*

## From Ferdinand Martineau

To the Fond du Lac Band Members: I took up the game of golf about 15 years ago. It was to keep active after I gave up softball. It is a very relaxing and frustrating game at the same time. I spent the past two weekends on the golf course playing in tournaments set up by band members. My thoughts were mostly about my game and what shot or club to use next. The talk was the usual trash talk when you get 20 or so guys together in competition. The unusual part was when one the guys said, "This is our golf course. Twenty years ago we could not have gotten

together and golfed for the entire day and had so much fun!" I got to thinking about this and he was right. This is our golf course. It is probably one of the finest, if not the finest, golf course in the area. I thought about the first time that I was told that we were going to be building a course on this site and I thought it can't be done. There were too many wetlands that would be impacted and too much dirt had to be relocated for the course to be developed



*Ferdinand Martineau*

properly. All my concerns were laid to rest when construction began as I was in charge of the permitting process. After completion we have a gem of a golf course that we can call our own.

Labor Day weekend was a fun time for all those that attended the Music Fest at the Black Bear. There was plenty of good music and lots of food and drinks. With close to 4,000 music fans in attendance, the parking lot was a sea of excitement. Heidi Newfield came onto the stage and

was a bundle of energy for her entire show. I got tired for her. Clint Black was up next and he performed admirably having to follow Heidi. He did get a standing ovation and a curtain call, so the crowd did enjoy him. Josh Turner was fantastic. He performed for over an hour and the crowd loved him. The concert was a success.

The wild rice season opened on Labor Day weekend to rain and wind. The lakes had lots of rice prior to the weather problems. There were a few problems with the logistics but overall things went fine. There was not as much rice harvested as we had planned for with the

weather situation but it was good for those who participated. The weather can and does raise havoc with rice harvest, but as my grandfather used to say, that means a better crop next year.

*Again, I am always interested in hearing any new ideas, so please feel free to call me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at [ferdinandmartineau@fdlrez.com](mailto:ferdinandmartineau@fdlrez.com).  
Miigwich!*

*RBC columns continued on next page.*

# RBC thoughts

## From Mary Northrup

**B**oozhoo Everyone! I would like to start by saying Miigwetch to all the staff at the Brookston Center for their teamwork at the great 10 year Anniversary Celebration! We had a great turn out and a fun time was had by all! There were many activities that included community members of all ages. Anna Wait and her staff once again turned out a healthy and tasty lunch. We would also like to thank the members that participated from

other districts. The purpose was for everyone to have fun, and we did! For those of you that missed the celebration, there are pictures in this paper's issue that show some of the events. An unplanned water fight broke out between our Chairwoman, Karen Diver and our Center Manager, Bryan "Bear" Bosto; there are conflict-



Mary Northrup

victorious! Please contact the Brookston Center if you are not receiving our newsletter, and you can also go on the FDL website to keep updated with events and classes that they offer. Please call 218-878-8033 for more information. The Tribal Council recently met with the entire management team at housing, including the modernization crew.

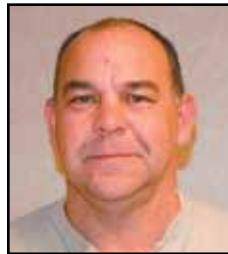
They understand as well as we do the amount of work that needs to be completed. We are in the process of hiring another crew to get the renovations done, and to get families into the homes. The crews that are working from the housing maintenance and the modernization crew are working together to get the job done. Please be patient, we understand your need for housing. I hope everyone is enjoying the cool weather, I know I am. I have started my Christmas

shopping and plan to be done early this year! My grandson Antonio is 2 years old, and that makes the holidays a lot more fun, just seeing his little face light up.  
*If you have any questions or concerns, or need ideas for Christmas shopping, please feel free to call me at 218-878-7583, or 218-464-8877. My email is marynorthrup@fdlrez.com.*

## From Wally Dupuis

**H**ello all, as fall approaches so does the beginning of a new school year. I want to wish you all well in your educational endeavors. The ricing season has come and gone, and from what I am told the rice crop was not as productive as was anticipated. I did see a number of vehicles with canoes and poles traveling around the area; some on

pickups, some on top of cars. I am sometimes amazed at the "injunuity" of some of the ways some folks pack and/or tie their canoes on their vehicles. Some stick out the back of vehicles, some stick out the front of their vehicle, some are stacked on top of each other, and some have their hood half open to



Wally Dupuis

tie their rope around. Whatever works for these folks; I am glad to see they are participating. The Black Bear held their outdoor concert this month and it drew a very large crowd. The weather was good until the sun went down, but then it got cold afterwards. I was told that

they figured about 4,000 people attended. The casino staff worked hard and held up well throughout the event. Good job casino staff. The Cloquet Community Center is under the direction of new management with new ideas. We are now offering productive programming that requires participation and at the same time encourages mental and physical activity.

The Ojibwe School teamed up with the Carlton school district to participate in high school football this year. I know that they have been busy with practices, and their record is 0-4 as I write this, but I look forward to watching their success.  
*Please call anytime with your questions or concerns. You can contact me at (218) 878-8078(w) or (218) 879-2492.*

## From Sandra Shabiash

**O**n the local Sawyer scene: The Third Annual Jerry Fairbanks Scholarship Powwow was held during August at Mashkawisen grounds. This event is sponsored by the Sawyer Community. The scholarships will be available once the fund reaches \$10,000. Presently there is approximately \$6,000 in the fund. The basic guidelines for awards and criteria will be developed as the fund nears its dollar benchmark. However, it has been

established that the scholarship will serve first generation students of the Minnesota Chippewa Tribe that are in their second year. The reason for this is that all enrolled students of the MCT have access to their respective reservation's scholarships. Those students who have parents enrolled, but are not eligible for enrollment themselves, do not have access to



Sandra Shabiash

tribal scholarships. Second year students are targeted based on their commitment to complete their education. The youth have been busy. Tuesdays and Thursdays are cultural craft nights where students and parents are making everything from beadwork to dance outfits. The center has three active youth clubs doing a variety of activities. There is the RC (radio controlled minia-

ture racing car) Club, the Youth Club, and the Girls Connection Club. Their most recent trip for this summer was to Valley Fair. The adults have also been busy. As mentioned in last month's column, individuals who were interested in sky diving signed up. Six names were drawn and those lucky ones got to jump out of an airplane from 10,000 feet. Thirty community members traveled to Minneapolis to watch our Vikings lose to the Dolphins on the 19th at the Metrodome.

Binaakwegiizis (the moon of the falling of the leaves) October is here. In closing, I hope everyone gets a chance to get outdoors to view the changing of the leaves and breath in that crisp clear smell of fall.  
*Any questions or concern please contact me at: Email: sandrashabiash@fdlrez.com Office: (218) 878-7591 Home: (218) 879-3667*

## Isle Royale moose herd may give insight into humans with arthritis

Scientists believe that the poor diets of Isle Royale moose herds are to blame for a growing number of cases of arthritis in the animals. Scientists also believe that human osteoarthritis, the most common form of arthritis, may be attributed to poor nutrition as well.

Currently, one out of seven adults age 25 and older suffers from the effects of osteoarthritis. That number is growing.

While overweight or obese people may have a greater risk of arthritis because of the added weight their joints carry, scientists also attribute longer lifespans as a contributing factor.

The 50-year research project concluded that Isle Royale moose get arthritis due to poor diets early in life. But the Isle Royale study; and human arthritis research studies suggest that the answer may be more complex. Experts suggest that nutrients might influence composition or the size and shape of bones, joints, or cartilage.

And studies of the bones of 16th century American Indians in Florida and Georgia showed increased evidence of osteoarthritis after Spanish missionaries arrived, and tribes adopted farming practices and began eating crops like corn, and less fish and wild plants. The story appeared in the Star Tribune in August.

## Former American Indian school administrator sentenced for embezzlement

During a five year period that ended in 2008, the Heart of the Earth charter school in Minneapolis struggled with lack of funding for many of the basic school necessities. During that same period, Joel Pourier, the school's Executive Director, stole nearly \$1.4 million to support his mistresses and buy expensive cars. On Aug. 30, Pourier was sentenced to 10 years in prison; twice the recommended amount for embezzlement.

During his sentencing, defense attorney Thomas Sieben told the court that his client was an alcoholic when the crimes occurred, and he had since entered into a voluntary treatment program, a step toward taking responsibility.

Hennepin County District Judge Joe Klein didn't buy it, saying that Pourier showed a pattern of intimidation and deflected responsibility by claiming alcoholism. Klein told Pourier what he did was to "stab your culture in the heart" with his actions.

In a brief statement before he was sentenced, Pourier told the court that he was wrong for his actions, and he just wanted to pay the school back. However, the school lost its license in the summer of 2008 and closed.

## One-day court helped Vets with benefits, legal and money matters

The 16th annual Duluth Veteran StandDown, held on August 27, at the Encounter Building in Duluth, offered one-stop shopping for veterans in need. A new feature this year: clearing outstanding court issues for veterans.

The event offered a wide range of services, including assistance in getting VA benefits, free legal help, financial help, tax help, driver's license renewal, free haircuts and clothing. Event organizers said the number of veterans in our region has increased, due to the huge number of deployed military personnel to Iraq and Afghanistan over the past eight years.

Sixth Judicial District Judge Shaun Floerke and all appropriate court personnel were available to help veterans work out their outstanding warrant issues.

A similar "warrant workout" event was held in May at the St. Louis County courthouse in Duluth. About 30 people attended that event to take advantage of court-offered amnesty to clear up arrest warrants if they agreed to settle or clear up their cases.

Anybody who knows a veteran who may be in need of services should remind them of the Stand-Down program. For more information, call the Duluth office of the Minnesota Assistance Council for Veterans at (218) 722-8763. The story appeared in the Duluth News Tribune.

## Red Lake using federal grant money to improve school test scores, decrease dropout rate

More than five years after the deadly school shootings that claimed the lives of nine victims, Red Lake Indian Reservation officials are using more than \$2.3 million in federal grant money to implement reforms for their schools.

Red Lake officials hope the grant money will turn around two of the lowest performing schools in Minnesota, and reduce the high dropout rate in their school district.

Among the planned reforms for Red Lake: adding 20 minutes to each school day; extending the school year by eight days, and requiring teachers to form teams that will take a comprehensive approach to helping every student succeed.

The grant money came with strings attached, however. As a condition of accepting the federal money, the district officials had to decide upon a list of reform options that included the firing of popular high school principal, Ev Arnold.

After the tragic shooting deaths at Red Lake High School, graduation rates declined to about 30 percent. Five years later, the rate improved to 42 percent, but that figure is still far below the state average of about 79 percent.

## Study: a thinner North Woods due to global warming and related factors

According to researchers at the University of Minnesota, forests on the northern part of the state could begin to lose many trees over the next few decades. If climate change trends are not reversed, the prairie could spread toward the north and the east.

"Lots of other factors are going to reinforce the effect of climate change on forests, not just warmer temperatures," said Lee Frelich, director at the Center for Hardwood Ecology at the University of Minnesota. The story appeared in the Star Tribune.

"Storms, fires, invasive insects, and unsuitable climate will remove mature forests from the landscape, while other factors, such as deer and European earthworms, will prevent tree reproduction," Frelich added.

Some tree species could die out or disappear, like the Jack pine, black spruce, balsam fir, and aspen, which are already at the southern edge of their growing range in the state.

The long term result could be areas that more closely resemble Iowa or Missouri, with scattered trees and brush, and grasslands, and fewer species of trees overall, according to Frelich.

## A teaching moment lost: American Indian mascots in Wisconsin

*The following is an editorial that appeared in August 2010 in the Milwaukee Journal Sentinel. It is reprinted here with permission*

The fate of the Mukwonago High School mascot will soon be in the hands of the state Department of Public Instruction (DPI). **Is the Indian and its portrayal at the high school racist?**

After getting a complaint from a former student, the district must

assemble all uses of the team name and mascot to determine whether there is an unambiguous use of racism at the school. The DPI could determine that the mascot and its portrayal should be banned from the school.

It's either poignant or ironic that the government, which was responsible for the persecution of the Indians, will now be the arbiter to determine whether the government is mistreating the

Indians in modern Mukwonago. **How did we get in this mess?**

The root of the problem, sadly, is in our mistreatment of each other. The golden rule that we all grew up learning is too easily forgotten, and slurs become a tool of bullies who attempt to marginalize someone who is different from them.

But the emphasis should be on ridding our society of bullying behavior, not sanitizing our heri-

tage and language. It's like trying to cure a sneeze when the cold is the problem.

There do not appear to be any mocking uses of Native Americans in pictures, chant or slogans at Mukwonago, and if evidence turns up anything to the contrary, it deserves to be stricken.

But it would be wrong to deny the history of Mukwonago, whose very name is a Native American word.

Rather than a hammer, how about a carrot? The DPI and Mukwonago could use this as a teaching moment to talk about humankind's penchant for cruelty, how Native American heritage is part of the quilt of American life and about freedom of speech and how we should be most suspicious of government when it tells us what is correct to say and what is not.

# FDL Law Enforcement news

## Community meeting on gangs included info on why kids join gangs, how to spot gang activity

More than 100 people turned out for the second community meeting on gang activity on Aug. 30 in the Cloquet Elder Nutrition Program meeting area.

Concerned Band Members watched a slide presentation from a member of the Bemidji-based multi-county gang task force, who did not want his name used in this story. The slides showed styles of gang-originated graffiti which can be identified through particular colors and styles of lettering.

The late August meeting was the second of two meetings about recent gang activity that included the desecration of Reservation property this past summer. The first meeting in early August solicited opinions from community members about gang activity on the Reservation. The latter meeting was more informational.

Kids join gangs for these reasons: deteriorating neighborhoods, inadequate recreation, a lack of spiritual belief, lack of parental control, poor education, poverty, and a fear of retaliation from peers who have joined gangs. Kids gain a sense of fraternal belonging when they join gangs, with no recognition that the outcome to gang membership is a losing proposition. A high percentage of gang members end up in jail, on the street, or dead.

The audience included parents and some parents brought their children.

Afterward, FDL Community Officer Vanessa Northrup expressed gratitude at the size of the audience.

## Police reports

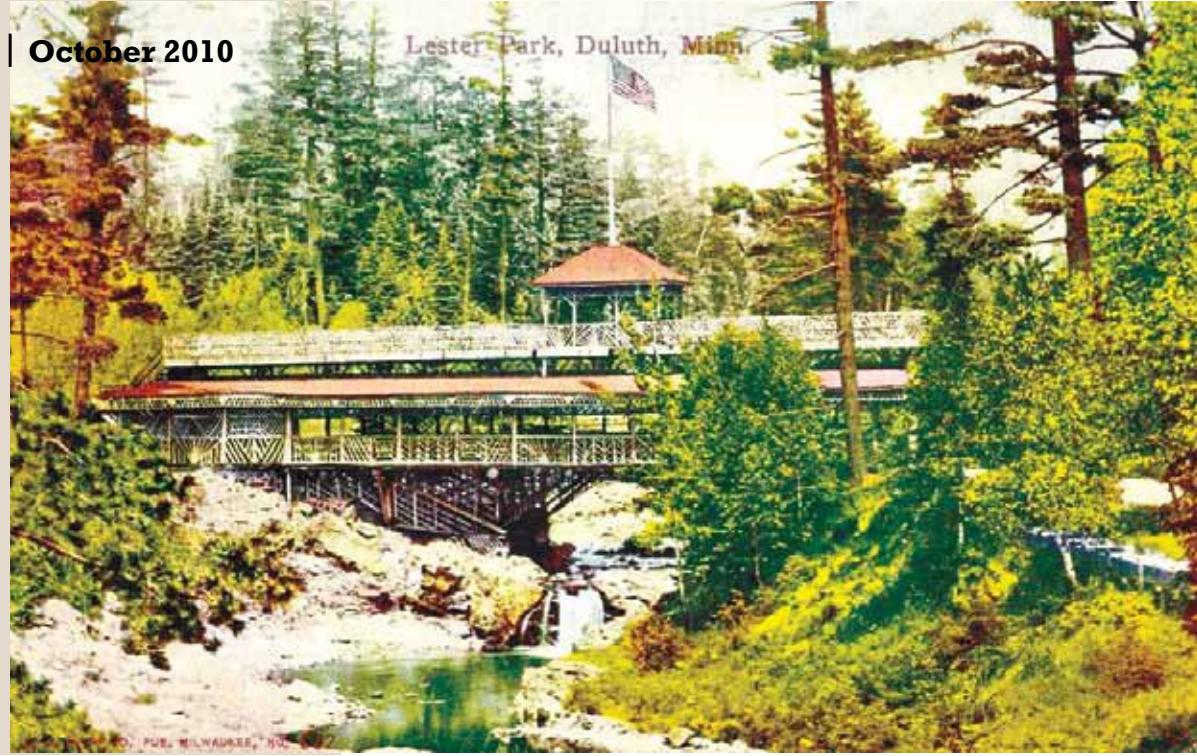
The following is a summary of about one month of police reports.

- 8/15/10 Traffic stop on Hwy. 2; driver warned for a faulty headlight.
- 8/15/10 Traffic stop on Hwy. 2; driver advised of burned out license plate light.
- 8/15/10 Reports of unruly kids on Higbee Rd.; children taken to another relative's house.
- 8/16/10 Assisted State Patrol and US Border Patrol with detaining illegal immigrants.
- 8/16/10 Traffic stop on Big Lake Rd.; driver cited for no proof of insurance.
- 8/16/10 Traffic stop on Airport Rd.; driver was warned for no front plate and no seatbelt.
- 8/17/10 Report of a child's bike taken from a house on Coffee Rd.
- 8/17/10 Traffic stop on Hwy. 210; driver cited for no proof of insurance and expired registration.
- 8/17/10 Traffic stop on Big Lake Rd.; driver cited for texting while driving.
- 8/18/10 Assisted Cloquet Officers during a traffic stop.
- 8/18/10 Traffic stop on Brookston Rd.; driver cited for failure to yield, driving after revocation, no seat belt, and no proof of insurance.
- 8/18/10 Traffic stop on Hwy. 2; driver cited for speeding; going 80 MPH in 60 MPH zone.
- 8/19/10 Report of garbage on Lockling Rd.; officers located responsible individuals and advised to have it cleaned up or get cited for the garbage.
- 8/19/10 Traffic stop on Blue Spruce; driver cited for speeding.
- 8/19/10 Traffic stop on Sprit Lake Rd.; driver warned for speeding.
- 8/20/10 Traffic stop on Big Lake Rd.; driver warned for expired registration.
- 8/20/10 Located intoxicated male in Supportive Housing area; individual was released to his father.
- 8/20/10 Report of possible domestic assault going on in the compound; officers located and brought both parties to jail.
- 8/21/10 Report of harassment on Moorhead Rd.; party warned.
- 8/21/10 Report of intoxicated person hitting a truck at Black Bear Casino; driver was arrested for DWI.
- 8/22/10 Traffic stop on Big Lake Rd.; driver arrested for warrants.
- 8/22/10 Assisted Black Bear Casino staff with a room eviction.
- 8/22/10 Traffic stop on Hwy. 2; driver cited for speeding.
- 8/23/10 Reports of shots in the compound area; Officers located kids setting off fireworks.
- 8/23/10 Report of disagreement between a mother and child, Officers mediated the situation.
- 8/23/10 Traffic stop on Big Lake Rd.; driver arrested for outstanding warrants.
- 8/24/10 Traffic stop on Hwy. 2; driver cited for failure to display current registration.
- 8/24/10 Traffic stop on Twin Lakes Dr.; driver cited for having a cracked windshield.
- 8/24/10 Traffic stop on Brookston Rd.; driver cited for no proof of insurance.
- 8/25/10 Traffic stop on Hwy. 2; driver warned for poor driving habits.
- 8/25/10 Traffic stop on Moorhead Rd.; driver warned for speeding.
- 8/25/10 Report of people being loud outside house on Big Lake Rd.; parties were intoxicated and waiting for cab to show up.
- 8/26/10 Traffic stop on Brevator Rd.; driver cited for no proof of insurance, speeding, and no Minn. license.
- 8/26/10 Report of an occupied vehicle in the clinic parking lot; individuals warned for loitering.
- 8/26/10 Report of car accident at Black Bear; nobody was injured.
- 8/27/10 Report of intoxicated male walking along the road, located the individual and brought home.
- 8/27/10 Traffic stop on Hwy. 210; driver cited for speeding.
- 8/27/10 Traffic stop on Mission Rd.; driver warned for poor driving habits.
- 8/28/10 Traffic stop on University Rd.; driver arrested for no proof of insurance, expired registration, and leaving the scene of accident.
- 8/28/10 Report of individuals driving on Mahnomen Rd. yelling and making threats; located subjects; one juvenile male arrested for disorderly conduct.
- 8/28/10 Reports of assault at The Lounge on the Lake.
- 8/29/10 Reports of tires getting slashed on Scotty Dr.
- 8/29/10 Driver arrested for DWI near the Junction Oasis.
- 8/29/10 Assisted St. Louis County with locating a vehicle in the wrong lane; unable to locate.
- 8/30/10 Report of stolen checks from a house.
- 8/30/10 Assisted Carlton County on a shooting, subject was taken to jail.
- 8/30/10 Report of people fighting at the compound.
- 8/31/10 Report of damaged vehicle at Supportive Housing complex.
- 8/31/10 Traffic stop at Black Bear Casino; driver arrested for providing a false name and possession of drugs; passenger was arrested for outstanding warrants.
- 8/31/10 Traffic stop on Big Lake Rd.; driver cited for speeding.
- 9/1/10 Assisted Floodwood Police with a hold-up alarm, false alarm.
- 9/1/10 Traffic stop near the Arrowhead Town Hall; driver warned for suspicious activity.
- 9/1/10 K-9 assisted at Ojibwe School; nothing located.
- 9/2/10 Traffic stop on Hwy. 2; driver warned for no trailer lights.
- 9/2/10 Traffic stop at Black Bear Casino; motorist was cited for failure to display registration.
- 9/2/10 Traffic stop on Stevens Rd.; driver cited for no proof of insurance and no Minn. driver's license.
- 9/3/10 Traffic stop on Hwy. 210; driver cited for speeding.
- 9/3/10 Traffic stop on Hwy. 2; driver cited for speeding.
- 9/3/10 Traffic stop on Hwy. 210; driver arrested for DWI.
- 9/4/10 Report of unwanted male at Black Bear; individual was arrested for disorderly conduct.
- 9/4/10 Traffic stop on Reservation Rd.; driver cited for speeding.
- 9/4/10 Traffic stop on Hwy. 210; driver cited for suspended driver's license.
- 9/5/10 Traffic stop on Big Lake Rd.; driver warned for no driver's license in possession.
- 9/5/10 Report of gas drive-off at FDL Gas & Grocery; located the owner, who paid for the gas.
- 9/5/10 Traffic stop on Hwy. 2; driver arrested for possession of marijuana.
- 9/6/10 Report of a vehicle rolled over on Jarvi Rd.; located vehicle and all parties taken to hospital.
- 9/6/10 Traffic stop on Hwy. 2; driver arrested for possession of drug paraphernalia
- 9/6/10 Located car in the ditch by Rice Portage dam; vehicle was towed.
- 9/7/10 Report of unwanted person on Reservation Rd.; individual was taken to another address.
- 9/7/10 Traffic stop on Paul Rd.; driver warned for speeding.
- 9/8/10 Assisted Cloquet Fire Department with a medical situation in compound; party brought to Detox.
- 9/8/10 Assisted Cloquet Officers with a medical situation in town.
- 9/8/10 Report of unwanted intoxicated female on Twin Lakes Rd.; female taken to Detox.
- 9/9/10 Traffic stop on Belich Rd.; driver cited to no Minn. driver's license, no proof of insurance and warned for speeding.
- 9/9/10 Responded to a car accident at Trettel Lane and Big Lake Rd.
- 9/9/10 Report of damage to a vehicle.

# John Busha

## Civil War Veteran and Creator of a Rustic Masterpiece

*An early color postcard of the famous Lester Park Bridge. The photo shows the intricate construction detail by Busha on this bridge which stood for more than thirty years. Photos courtesy of Herb Dillon.*



By Christine Carlson

One of the most photographed places in the east end of Duluth was the rustic, white cedar log, Lester River Bridge. This was the masterpiece of John Busha whose parents were Ojibwe and French Canadian. John was born in Wisconsin in 1838. He was also a Civil War veteran with the Wisconsin 12th Infantry.

### Civil War Veteran Busha 'Marches to the Sea' with General Sherman

John Busha from Green Bay, Wisconsin enlisted as a private in the Civil War on November 24, 1861. He served with the 12th Wisconsin Infantry in Company H. This unit was called the "Marching, Fighting Twelfth". The 12th marched to Tennessee and joined forces at the gates of Vicksburg. In the spring of 1864, the 12th joined General Sherman's 'March to the Sea.' The Union troops worked at tearing up railroad lines, burning bridges and destroying anything else of use to the enemy. The Twelfth's last battle was in North Carolina. They were mustered out of the service in Louisville, Kentucky in July of 1865.

### The Aino Family

John Busha married Rosa also known as Rosalie, Rosa Lee or Rosella after the War of the Rebellion or Civil War. Rosa's maiden name is Aino and she was born in 1848 in Green Bay, Wisconsin. Rosa's family was listed in the 1850 Census as living in DePere, Wisconsin. Her father's name was Joseph and he was a laborer and her mother's name was Twrnette, which is a misspelling for Antoinette. They were both from Canada. The children are listed as Joseph Jr., Ursule, Rosella, Henry and Mary. The Joseph and Antoinette Aino family was also listed in the 1880 Census as living in the same place.

### John and Rosa's Family

The John and Rosalie Busha family was listed in the 1880 Federal Census in West Depere,

Brown County Wisconsin. This town is south of Green Bay by the Fox River. In this census, the spelling of their name was Bushe. (Be open minded when looking for your relatives



*An Oct. 1931 photo of John Busha in the Duluth News Tribune.*

because spellings are often different. You must look further for other family information such as the wife's name and children to know if you have the correct family.) Listed in this 1880 census are John who was a laborer, Rosaline, and children John J., Francis G., Abraham M., Henry E., and Mary R. Busha.

### Dance Hall and Confectionery Store at Lester Park

John Busha and Frank Hodges had a partnership in a dance hall and confectionery store at this popular place. A confectionery store was known as a sweet shop or candy store. A

huge variety of colorful sweets were displayed in glass jars. This store was particularly busy on weekends and holidays as they catered to tourists and children. The establishment was called Busha and Hodges. In October of 1897 there was a court case about dissolving this partnership.

### First Park Policeman

In the Minnesota Territorial and State Census of 1895, John Busha's occupation was a park policeman. He was actually hired as the first policeman at Lester Park. This census record show the family had been in Minnesota for two years. The Busha family is also listed in the 1900 Federal Census and John is still employed as a park policeman. John's wife is Rosa and their children are: George, Abraham, Joseph, Henry, Philip, Willie, Mary (Busha) Warner and her son Earl Warner. Abraham and George worked at a candy store, Joseph was a hack driver, Henry was a teamster, Philip was an elevator boy and Willie was in school.

### Bridge Started in 1897 and Finished in 1898

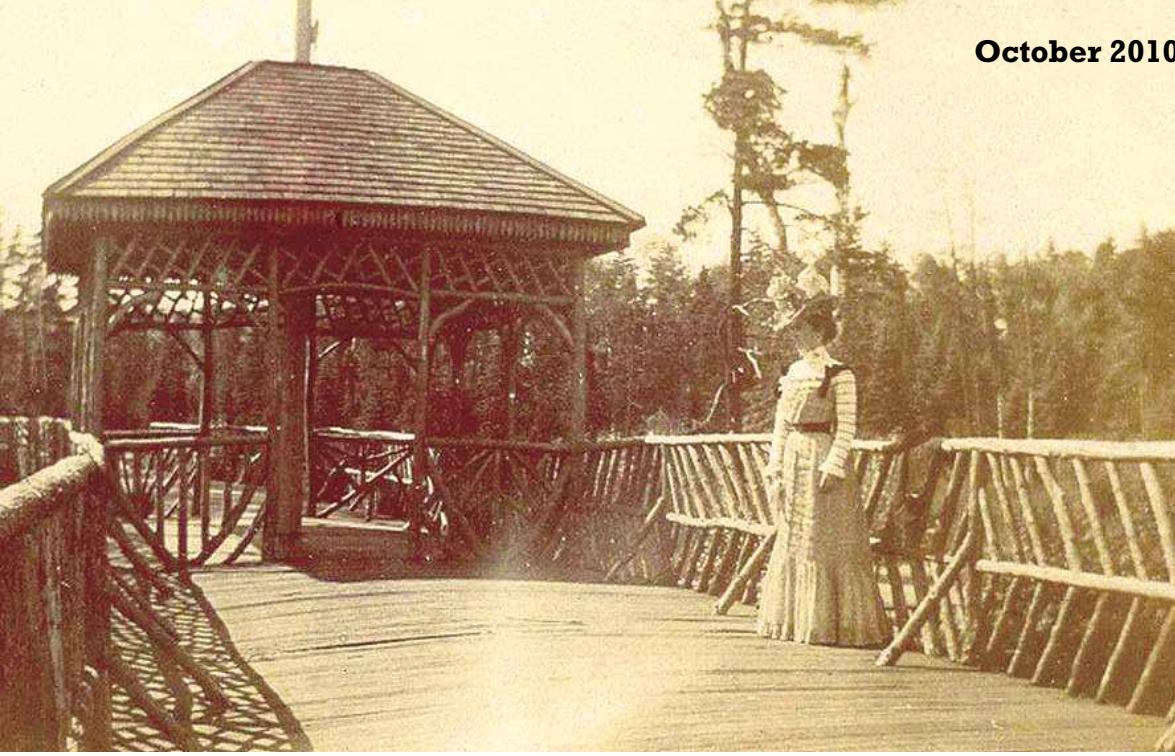
John Busha was commissioned to build this bridge. He

had help from his two oldest sons George and Abraham. The wood was gathered in the winter from the banks and area of the Lester River. Busha made Ojibwe designs in these unpeeled cedar logs that were growing along the creek and woods around the park. Teams of horses were used to haul the logs through the snow. Park Department records show that the bridge was completed in June of 1898 at a cost of \$345.68. This rustic bridge was built over the Lester River in the park at Lakeside which is in the eastern part of Duluth. It was in the area of 60th and 61st Avenue East and Superior Street. The Ojibwe name for Lester River is Busa-bika-zibi which means where the water flows through a worn place in the rocks.

### A Masterpiece of Fanciful Construction

This description of the rustic bridge is from a script from an old time radio program sponsored by the Steele Lounsberry Company from Tuesday, June 29, 1948.

*"It was entirely built of cedar and originally had two decks... the upper deck for the purpose of lounging and strolling  
continued on next page*



A woman pictured standing on the top level of the Lester Park Bridge, built by John Busha.

from previous page

around viewing the panorama of water and pines...and the lower one for the more practical use of pedestrians crossing from one side to the other...On the lower floor there were long wooden tables for picnickers...and many the picnic party I've seen rushing for the shelter of the bridge when a sudden

shower disrupted their outdoor meal elsewhere in the park..I remember, too, the square hole in the center of the lower floor of the bridge, guarded by a rustic rail, where you could look down and see the foamy brown water churning over the rocks beneath the bridge. The top of the upper deck was surmounted by a small tower complete with a flag pole...That Lester Park bridge,

a city landmark for more than thirty years, was really a masterpiece of fanciful construction so popular in that day."

#### Flag Pole and Upper Deck Removed

In March of 1913, there were concerns about the stability of the bridge. The Duluth City Engineer examined the structure and reported that the timbers of

the bridge were sound but the bridge was sagging. The city engineer recommended that the pavilion and flag pole section of the bridge be removed. This would lessen the weight and the main deck could be still used and enjoyed by the many folks that came to the park.

#### Bridge Taken Down in 1931

The greatest attraction in Lester Park was this rustic bridge. It has been said that more postcards have been taken of this bridge than any other tourist landmark. In October of 1931 the city council ordered the rustic bridge to be taken down as it was deemed unsafe for the public. John Busha's son Abraham was working as a janitor for the city of Duluth when it was dismantled. Abraham's father and brother had both died before this time.

#### Son Abe Busha and his Confectionery Stand

Abe Busha had some interesting history at Minnesota Point also know as Park Point. He was famous for operating a confectionery stand at the White

City Pavilion. It was earlier called Joyland and later called Oatka Park or Beach. There were free picnic spaces and band concerts for the public. This was also the place where several Fond du Lac log-rollers competed and showed their skills as written in the May 2009 issue of this newspaper. Abe also known as "Candy" operated this confectionery stand in 1902 until the building burned in June of 1909. He was a retired Duluth city employee and died in this city in May of 1947.

*Christine Carlson will be speaking about Ojibwe Ancestors at Wisconsin Point for the Douglas County Historical Society. It will be for one of their History Sunday Programs in Superior, Wisconsin. The date is October 10, from 2 to 3 p.m. The historical society is located at 1101 John Avenue. Christine is volunteering her time but there will be a small charge of \$3 for non members to help support the historical society.*

## Despite their slow start, Carlton/FDL football team is pleased with the merger between the two schools; upbeat about the second half of the season

After playing in a nine-man football league last year, the Fond du Lac Ogichida football team merged with the Carlton Bulldogs for the 2010 season.

The merger has been a good fit for both schools. "I love it," Carlton head football coach Dennis Korman said about the arrangement. "Without the Fond du Lac kids, we'd have a hard time getting enough kids on the field."

FDL Ojibwe School athletic director Ken Fox agreed. "We played in a nine-man league last year. In one game late in the season, we had to finish

the game with only eight players after two of our guys were injured," Fox said.

The following is a summary of the first half of the Carlton football season:

#### Week one: Hinckley-Finlayson

Carlton hosted Hinckley-Finlayson to open the 2010 season. Carlton quarterback Chase Jokinen ran for 112 yards and scored both touchdowns, but the Bulldogs lost 18-14.

The game was very physical, and penalties were costly for Carlton. The Bulldogs had 12 penalties against them, includ-

ing six personal fouls. The team racked up nearly 200 yards in penalties for the game. Despite all the miscues, the Bulldogs had possession of the football with a chance to win late in the game.

#### Week two: at Ely

The Bulldogs traveled to Ely to face the Timberwolves in week two. After scoring on their opening drive of the game, the Bulldogs surrendered 23 unanswered points in the first half.

The team played better and made things interesting in the second half before eventually falling by a 30-21 score. QB

Chase Jokinen rushed for 115 yards.

#### Week three: East Central, at Finlayson

In week three, the 'Dawgs played in their second consecutive road game. Their opponent was East Central, at Finlayson, in a game where nothing much went right. The Bulldogs were on the wrong end of a 47-0 score.

#### Week four: Ogilvie

Carlton started out better in week four against the visiting Ogilvie Lions. The Bulldogs scored the game's first touch-

down early in the first quarter, but surrendered a long TD pass with six seconds left in the half. The play proved to be the turning point of the game; it marked the beginning of 38 unanswered points for the Lions in a runaway 38-6 victory.

The two schools will operate independently for the boys' and girls' basketball seasons. The FDL girls' volleyball team also plays a separate, independent schedule than the Carlton team. The two schools will merge once again during the track and field, softball and baseball seasons.

# Ashi-niswi giizisooog (Thirteen Moons)

## Binaakwe Giizis

*Binaakwe Giizis is the falling leaves moon. This moon is a time for preparing the home and the mind for winter and for the harvest of moose (mooz). Binaakwe Giizis begins its cycle as a new moon on October 7.*

### Preparing the home for winter

By Andrew Imig, FDLTCC

Winter is coming and most people are looking for simple and inexpensive ways to reduce their energy costs this year.

FDLTCC works closely with the Fond du Lac Reservation housing construction crews to help implement building science into ongoing work with local homes. This partnership will result in lower energy cost for occupants while increasing comfort levels in the homes. I have assembled a couple of easy tasks that can help reduce energy loss from a house while improving overall comfort.

First, clean the window sealing areas on the windows. Many times bugs and dirt build up in the sealing area of the homes windows. If the weather gets cold and the window is not properly latched, flies and Japanese beetles will hide in the seal area and later, when the window is latched, the bugs will cause seal leaks which allow cold air to enter the house. Wash the seals and the window contact points using warm water and mild detergent. Use a rag that you don't mind getting really dirty. After the windows are dry and clean latch the windows for the winter. This will help insure

proper seal contact and it can prevent air leakage and ice build up on some windows.

Next, insure that the furnace filter is clean and the correct size for the furnace. The furnace filter is commonly found in a covered slot in between the furnace and the return ducting. There are often arrows on the furnace filter to help install the filter correctly. This is the number one forced air inefficiency in high heating demand climates. Replace the filter once a month to insure maximum furnace performance.

These and other tips are often covered during an energy audit. FDLTCC has just started a Building Performance program that is teaching people how to use building science to test and improve residential homes. In February the first two courses were introduced in Minnesota. Currently, FDLTCC is training other instructors and colleges around the state to teach the same building science principles. FDLTCC is also working closely with the Fond du Lac Reservation housing construction crews to help implement the building science into their ongoing work with local homes. I hope these tips help you prepare for the upcoming winter.

### Zhingob

By Julie Miedtke, UMN Extension

Each fall, Minnesotans take to the woods to gather boughs to be clipped and woven into decorative wreaths, swags and garlands. Minnesota is a national leader in the seasonal greens industry, shipping wreaths to every state in the nation and across the globe. This short and intense seasonal industry employs thousands of people in Minnesota, and allows many 'home based businesses' to earn a substantial income.

Approximately 98 percent of the boughs harvested for wreaths are from the balsam fir tree or "zhingob." In Minnesota, bough harvest season begins after hard frosts have "set" the needles on the branches. Other species, including giizhik (northern white cedar) and zhingwaak (white pine), are also gathered to create mixed wreaths.

Properly harvested boughs cause minimal harm to the tree and, in fact, can lead to more prolific branching for future harvests. On the other hand, careless harvesting can quickly deplete and de-

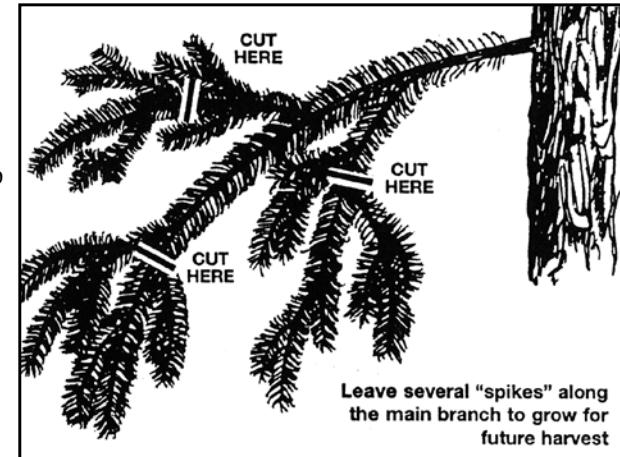


Illustration courtesy of MN Dept. of Natural Resources

grade the resource.

Contact FDL Resource Management Division to get a permit for harvest and a brochure detailing proper harvest techniques. It is always a good idea to identify and contact a buyer before harvest if the intent is to sell boughs or wreaths.

### Wigwam: the winter home



Photo: Walter Muma, wildwoodsurvival.com

By Dave Wilsey

The winter wigwam was a seasonal home built by woodland tribes upon reaching their winter camps. In its most basic form, the winter wigwam was framed with saplings and covered with birch bark, held fast by cedar strips and spruce roots. Bark was layered so as to shed water. Some wigwams had overhead vents and air intakes to improve the interior air quality when burning fires. Double-wall technology may have been used to increase the structure's insulation capacity. Floor mats of grasses and other fibers also helped to keep the interior warm and clean.

Expanded versions of these articles can be found online, <http://giizis13.wordpress.com>

### Upcoming Events:

**Thirteen Moons Workshop:** Preparing the home for winter, Date & Time TBD

*Thirteen Moons is a monthly production of FDL Resource Management Division and University of Minnesota Extension. Content addresses culture, ecology, and natural resource management. Comments and contributions are welcome and should be directed to FDL RMD at (218) 878-8001 or [giizis13@gmail.com](mailto:giizis13@gmail.com)*

# Natural resources

## 2010 FDL wild rice harvest results lower than anticipated

By Tom Howes, FDL Natural Resources Program Manager

This year's wild rice harvest is winding down, and the Band has completed its purchases of "green rice" from Band Members out at the lakes. The overall harvest was below average, but still respectable considering the large amount of wind and rain we experienced the two weeks leading up to the opening of the

rice lakes for harvest.

The Band purchased 17,112 pounds of "green rice" at the lake landings. At Perch Lake, all 6,992 pounds purchased were brought back out and reseeded into restoration areas by Natural Resources Program Technicians. The Fond du Lac Ojibwe School received 299 pounds of "green rice" to finish as part of its rice camp activities, and the remaining 9,821 pounds purchased

were sent to processors to be finished.

The wild rice harvesting season is always a good time; seeing people laughing, collecting food, and exercising.

I would like to commend the many Band Members that go out and harvest rice in a good way, showing respect for the rice, ultimately ending up with a canoe full of clean dry rice.

Natural Resources staff asked

harvesters to fill out a brief survey this fall. We appreciated the input from the survey and we will be using it in our decision making processes in the future.

A quick glimpse at the information gathered: A total of 75 men and 17 women participated in the survey; the average age was 34 years old; with 12 years ricing experience. Those surveyed generally fall into two groups; those in their twenties,

and those in their mid forties to mid fifties. One participant was only 10 years old and out for his first time; the oldest was 68 years of age and out for her 60th year of ricing.

Miigwech to all the Resource Management staff for their hard work, and for making sure that harvest time is as good and safe as it can be.



At left: A view from shore at the Perch Lake landing site reveals several teams of wild rice harvesters working in the distance.



Right: Although rain delayed the opening of the wild rice harvest, this unidentified pair of "ricers" operated during ideal weather conditions.

## Renewable energy and efficiency

By Bruno Zagar, FDL RMD

Stewardship involves constant examination of our use of resources. This article highlights a few of FDL's efforts to reduce overall energy use and increase inefficiencies.

FDL's RBC and Resource Management Division (RMD) have made a commitment to energy efficiency and renewable energy resources. The RBC signed a

Tribal Environmental Agreement with the Environmental Protection Agency to conduct building energy audits, conduct alternative energy site reviews and build a new LEED Energy Efficient Resource Management Building. The RBC staff is also drafting a Tribal Resolution to the Kyoto Protocol Ratification, pledging a renewable energy commitment to install 20% of

electric power by renewable means by the year 2020. Finally, FDL'S Planning Department and the RMD are looking at energy efficient building codes.

Highlights of ongoing projects include:

- As of October 1, 2010, two 50 meter wind speed monitoring stations have been in operation for four full years.
- A 3,150-watt solar electric

system has been installed on the powwow arbor behind the Ojibwe School. Starting in late September a 12,250-watt solar electric system will be installed on the new Resource Management Building.

- We are also researching the potential for biomass heat and power. A feasibility study identifies the best potential based on economic viability

of fuel resources and application of the fuel resource to the energy loads.

Finally, the FDL Environmental Program, in conjunction with the FDLTCC, FDL Housing, and Arrowhead Energy, has been conducting energy audits on commercial buildings and rental housing units.

# Health News

## What is post-traumatic stress disorder?

By Dan Rogers, Licensed Psychologist, FDL Human Services

Post traumatic stress disorder (PTSD) is an anxiety disorder caused by one or more traumas of any kind. Many people who experience trauma(s) never develop PTSD, but others do. No one knows why some people get PTSD after a trauma and some do not, but sometimes PTSD can develop 6 to 12 months after the trauma occurs.

The hallmark symptom of PTSD is re-experiencing the trauma either through flashbacks, nightmares or intrusive thoughts about the traumatic experience.

Some people have panic attacks right after their flashbacks and others do not.

Flashbacks occur when awake and when they do, either or both of the following may occur:

1. When you start thinking

about the trauma it almost feels like it is happening all over again, or:

2. You feel almost as bad as you did when the trauma first happened.

Other symptoms common to PTSD include, sleep problems, irritability, temper outbursts, trouble concentrating and jumpiness as well as fearfulness and hypervigilance.

People with PTSD usually avoid the trauma issue because it is painful to deal with.

People of all ages can develop PTSD. Cases of PTSD can be mild, moderate or severe and can last for decades if not treated.

When humans experience a trauma it seems to leave a scar on our soul. If our soul is full of scars we are not able to be in touch with our own soul as that would be very painful. Once we heal our scars, such as thru eye

movement desensitization and reprocessing (EMDR), then we can be in touch with our soul which makes it possible for us to have more happiness and joy in our lives.

PTSD is now one of the easiest disorders to treat. EMDR is the fastest and most effective treatment for PTSD, including PTSD resulting from combat trauma. In fact, this writer has nicknamed EMDR as "Scar Healing 101." EMDR is now available through FDL Human Services at both MNAW and CAIR.

The Mental Health Therapists at FDL Human Services are also trained and experienced in diagnosing and treating those with PTSD including children.

You don't have to take your scars, traumas and flashbacks with you to your grave!



The Min No Aya Win Clinic was the site of an Age to Age panel discussion between Northland Foundation and McKnight Foundation board members and FDL Tribal leadership on Sept. 21. Pictured left to right are: Kate Wolford, President, McKnight Foundation; FDL Chairwoman Karen Diver; Neal Cuthbert, McKnight Foundation Vice President of Program; Nan Jahnke, McKnight Program Administrator for Neuroscience & Vice President of Program; Dick McFarland, McKnight Foundation Board Member; Tom Renier, President, Northland Foundation.

## FDL's Sandman featured in DNT

In a September Duluth News Tribune (DNT) story that featured some of the best local talent under the age of 40, FDL Human Services Lead Health Educator Nate Sandman was selected as one of the recipients of the DNT 20 Under 40 Award.

Sandman has been employed by FDL Human Services for eight years. He is a personal fitness trainer, and he also devotes about half his work schedule to helping clients with brain wave optimization (BWO) at the Min No Aya Win clinic.

In addition to his daily job responsibilities, Sandman is an active member of a number of committees around the area. He is Vice Chairman of the Cloquet Memorial Hospital Association, the Cloquet Memorial finance committee, and a Mayo Clinic PSA Advisory Board member, and a member of several other committees. He coordinated

the family Olympics events during the FDL Enrollee Day in June, and he's involved in the planning of local running events.

The married father of two admitted to being family-focused, and finds the time to spend with his wife Nicole, and daughters, Hannah and Addison. Sandman confessed that his girls have him wrapped around their fingers.

At the most recent FDL Health Fair in June, Sandman worked at a display booth sharing information about brain wave optimization. BWO is a new technology that is currently being offered by FDL Human Services for people who are interested in smoking cessation, treating sleep issues, depression, or stress. A related story was published in the Sept. edition of this newspaper. For more information about brain wave optimization, contact the clinic at (218) 878-1227.

## Chili recipe *from MayoClinic.com*

- 1 pound extra-lean ground beef
- 1/2 cup chopped onion
- 1 cup chopped celery
- 2 large tomatoes (OR 2 cups canned, unsalted tomatoes)
- 1 tsp sugar
- 4 cups kidney beans, rinsed and drained
- 1 1/2 TSP chili powder
- Water
- 2 tablespoons cornmeal
- Jalapeno peppers, seeded and chopped, as desired

In a soup pot, add ground beef and onion. Over medi-

um heat sauté until the meat is browned and the onion is translucent. Drain well. Add tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend. Ladle into bowls and garnish with jalapeno peppers, if desired. Serve immediately.

Calories 254, Protein 20g, Carbs. 27g, Total Fat 8g, Sodium 348mg, Fiber 10g.

*This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Fond du Lac Public Health Nursing Department Nutrition Education Assistant @ (218) 878-3709.*



*With party guests looking on, FDL Chairwoman Karen Diver seeks the shelter of a street sign as Brookston Community Center Manager Bear Bosto empties the contents of a giant water gun.*

## Food, prizes at Brookston Community Center tenth anniversary party

By Dan Huculak

It looked like a repeat performance of the FDL Enrollee Day on Aug. 28 during the Brookston Community Center's 10th anniversary party. Bryan "Bear" Bosto, Brookston Center Manager, oversaw the activities and helped with the barbecue grill. The picnic included grilled bratwurst, potato salad, baked beans and cake. Brookston District Representative Mary Northrup, Bosto, and Brookston recreation services manager Becky Salmon cut the anniversary cake after the meal.

Many of the children's games from the Enrollee Day celebration were played at the Brookston party. They included use of a Velcro wall and a moonwalk game. In addition to the games for the younger kids, a horseshoe pit was getting lots of action, and a dunk tank was a popular attraction during the hot and sunny afternoon. In an unannounced move, Bosto, after being targeted to receive a free but unsuccessful water balloon "gift" by FDL Chairwoman Karen Diver, responded by chasing Diver with a giant super soaker squirt gun.

Following the meal and games, prizes were awarded during a raffle drawing.

### Elders to travel to Eau Claire for stage performance

The Elder's Activity group scheduled an overnight trip to Eau Claire, Wis. Oct. 23 to see a stage presentation of "On Golden Pond." The original 1981 movie was the winner of three academy awards.

Bus transportation is included for the trip. The bus leaves the Cloquet ENP door at 10:30 a.m., and will return by 5 p.m. on Oct. 24.

A deposit of \$50 for enrollees is due by Oct. 17, and your deposit will be refunded after you board the bus. The cost for non-Enrollees is \$50, and must be paid in advance. Deadline for cancellation is Oct. 20.

For more information, contact Greta at (218) 345-6304; Jerry at (218) 879-9412; or Heidi at (218) 348-0533.

### Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that 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 money to the appropriate heirs:

BEGAY, Raymond Sr.; BRIGAN, Calvin; CHRISTENSEN, Terry; CROWE, Gary; GANGSTAD, Harold; GLASGOW, Edith; HERNANDEZ, Phyllis; HUHNS, Cheryl; JEFFERSON (Drucker), Mary; JONES, William Sr.; JOSEPHSON, Charles; KAST, Cheryl; LAFAVE, John; LEMIEUX, Elvina; MARTINEAU, David; OJIBWAY, Steven; OLSON, Daniel G. Sr.; RITZ, Gordon; SHARLOW, Gerald D.; SHAUL, Joseph; SMITH, Carl; SORENSON, Kenneth; STANFORD, Cathy; TROTTERCHAUDE, Rex.

### Attention FDL Veterans: Last chance to submit DD 214 info. for Veterans Day banquet

The Fond du Lac Veterans Committee will be honoring all veterans with an award banquet at 5 p.m. Nov. 11, 2010 at the Otter Creek Event Center.

Veterans of the following mili-

tary operations will be honored at the event: Cuba - Bay of Pigs, Grenada, Panama, Egypt, Lebanon, Laos, Dominican Republic, Cambodia, Libya, Kuwait, Iraq, Somalia, Bosnia, Kosovo, Afghanistan, Pakistan, or any military operation for which a medal was awarded.

The FDL Veterans Committee will be presenting a jacket to all veterans at the award banquet. Please send a certified copy of your DD 214 discharge form to the Veterans Service Office, attn: Chuck Smith, 1720 Big Lake Rd., Cloquet, MN. 55720; or email chucksmith@FDLREZ.com. This award must be indicated on your discharge papers. Please remember to include your address and phone number where you can be reached.

We will also need your jacket size; the name you'd like to put on your jacket; branch of service; whether you plan on attending the Veterans Day banquet, and if you will be bringing a guest.

Time is running out to submit your personal information. It must be received by Oct. 15 in order for you to receive your jacket at the award banquet.

### Applications now being accepted for Energy Assistance

The Fond du Lac Energy Assistance Program is now accepting applications for the start of the Oct 1 - May 31, 2011 heating season.

Those who participated in the program last year will receive a completed application by mail. Please verify the information on the application and make any corrections.

Verification of the last 3 months of any income in the household and your recent fuel and power bill are needed with your application.

Applications can also be found on the FDLREZ.com website. Click on the community services tab, and the energy assistance link.

Please make sure family, friends, and our elders know about the program. We encourage everyone to apply early as funds are not guaranteed to last all year. For more information, contact Joan at (218) 878-2658, or Tammy at (218) 878-2603.

### Elder's Essentials

#### Painting class offered in October; class size is limited

Judy Demuth, a Bob Ross certified art instructor, will be holding a painting class from 11 a.m. - 4 p.m. Oct. 28, 2010 at the Cloquet Community Center ENP.

A \$20.00 placement fee will be required to guarantee your spot. The class size is limited to 10 participants. A small lunch will also be provided.

The deadline for signing up with your deposit is Oct. 19. Don't miss this great opportunity! Sign up today with Deb Topping at (218) 878-8053.

Also, watch for more information regarding the January painting class in which you will learn about floral painting

# 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.

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 Oct. 15, 2010 for the November 2010 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](mailto:danielhuculak@fdlrez.com)

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and your name with anything you submit. Materials will be edited for clarity and length.

## Happy Birthday

Margaret Needham of the CAIR Clinic would like to wish the following staff a Happy Birthday for October: **Greg Godrigh**, Behavioral Health Oct 31; **Lorraine Turner**, Medical Doctor Oct. 30; **Mollie Stapleton Clark**, Medical Doctor Oct. 18; and **Rhonda Bodin**, Pharmacy Technician, Oct. 26. *Happy Birthday to all!*

Happy belated birthday **Raymond Smith III** (Sept. 7). *Love, Grandma Gail*

Happy 11th Birthday to **Gary Gundy** (Oct. 17). *Love you, Mom, Dad, Grandma Candy, Grandma Anna, and Antonio*

Happy 29th birthday to my daughter **Gladys Fineday** (Oct. 11) *Love, Mom*

Happy 30th birthday to **Josh Gundy** (Oct. 21) *Love, Gladys, mom, and family*

Happy 9th birthday to the Fond du Lac Junior Princess **Molly Fineday** (Oct. 2). *Love, Mom, Dad, Greenlee, and Grandma Candy*

Happy 10th birthday to **Amber Fineday** (Oct. 1) *Love, Mom and Grandma Candy*

Happy 12th birthday to **Samantha Fineday** (Oct. 7)



*Love, Mom and Grandma Candy*

Happy 4th birthday to **Jordell Brown** (Oct. 11) *Love, Mom and Grandma*

Happy 19th birthday to **Shawn Huculak** (Sept. 30) *Love, Dad*

Happy 15th Birthday to my 1st baby boy, **Anthony Banks** (Oct.16). *Love you lots and don't forget it! Mom*

Happy birthday to our big brother **Anthony "Ant" Banks** *Love, Allen, Savannah, and Diondra*

Happy 8th birthday **Trevor Ojibway** (Sept. 15) *And*

Happy 5th birthday **Sam Ojibway** on (Oct. 18) *Love, Your Family*

**Darci Savage** (Oct.2)

There are times when we seem to think alike, feel alike, behave alike. Those are the times when you are my sister...

But there are also times when things aren't going so well, that is when you are my "Forever" Friend.

The one who's always there standing by to comfort me in my failures, as lovingly as you applaud my successes... It's so good to have someone



to listen to my dreams, to make me laugh, to let me cry whenever I need to.

Someone who really cares about what I want to be and do.

But the best part of all is knowing you love me just as I am. The same way I love you... You are my sister; because that's the way it happens to be. You are my lifetime friend because of the beauty inside you. I can't tell you how lucky I feel that you are both of them to me. *Happy Birthday ~ I love you, Dannell*

Happy belated birthday **Vernon Zacher** (Sept. 20) *Love, mom and family*

Happy 1st Birthday **Dannica Grace-Marie Martin** (Oct. 14) *Love you Lots, Mommy & Daddy*



Happy 1st Birthday **Dannica Grace** *Love Grandma & Gramps, Uncle Beau, Emmett, Mikey, Damien, and Cass*

Happy Birthday **Daddy, JJ Thompson** (Oct. 22) *We Love YOU! Janessa and Takota*



Happy 20th Birthday **Zac Mullen** (Oct. 1). *Love, mom, Tiff, and Stori* Happy 4th birthday to

our niece **Opichi Marie Petite** (Oct. 1). *Love Auntie Nell & Uncle Mel*

Happy 26th birthday **Jean Anne Martin** (Oct. 26)

*And* Happy 24th birthday **Yvonne Aubid** (Oct 14) *Love and best wishes, from mom & family.*

Happy 32nd birthday to my husband **Wesley Bassett** (Oct. 9). You are an amazing husband, father, and friend. *I love you, Sara*

Happy 32nd birthday to my son **Wes Bassett** *Lots of love, Mom*

Happy Birthday to my big brother **John Blanchard, Sr.** (Oct. 22). *Love you bro, Ellen "El"*

Happy Birthday **Johnny B.** (Oct. 8) *Love, Auntie Ellen*

Happy 41st Birthday **Tim "Bo" Diver** (Oct. 14) *Love, your sister Kim & family*

**Happy Anniversary** Happy 2nd Anniversary to **Wes and Sara Bassett** (Oct. 4) *Much love, Mom*

Happy 3rd Anniversary to **Kyle and Heather (Bassett) Valcourt** (Oct. 20) *Much love, Mom*

## Thank You

The family of **Edward DeFoe** would like say miigwetch to Rick DeFoe and Don Good- *continued on next page*



# Community News

win for providing the services and helping him finish his journey; the ENP staff for the food; the Handevitd Funeral Home; and family and friends for their support and words of encouragement during our time of grief.

*Many miigwetchs, Edward's daughters and sons.*

To my Fellow FDL members, please accept my heartfelt gratitude for the \$500 sent to me as a result of the drawing on Appreciation Day. Receiving it was both heartwarming and timely. I may have lived too long for many of my ties to the Rez to remain, however the Rez is a valued part of my childhood memories beginning with being an altar boy when Monsignor Lemire celebrated mass at Tekakwitha near Sawyer. If you share such memories, I can be reached at ojbwebad@msn.com or Brad Katzele 12019 SE McGillivray, Vancouver, WA 98683.

Megwich, Brad Katzele

## In loving memory

In loving memory of **Cheryl (Diver) Schultz**, who passed away on Sept. 22, 2002. We still miss you every day. *Your family, husband Paul Schultz, children Aaron, Paul, Charlie and Nicole, parents Faye and Chuck Diver, and your sister Karen, and brothers Chuck and Kevin, and niece Rochelle and nephew Kevin Jr.*

In memory of **Norma Graves**, who passed away on Sept. 22, 2007.

*With love, from your sisters, brothers, and their families.*

In loving memory of my brother, **Edward Howes**.

Within our store of memories, he holds a place apart, for no one else can ever be more cherished in my heart. *He is missed by his baby sister.*

In loving memory of our beloved husband, father, and grandfather **Leslie Barney Sr.**, who passed away Oct. 24, 2008. You are sadly missed by your family and you are always in our hearts.

## Memorial Service



**Alvin James Erickson**, age 69, passed away June 5, 2010, in Redmond Wash. A funeral service for Alvin will be held 12:30 p.m.

Oct. 1, at the Old Family Cemetery in Cloquet. A luncheon will follow at 1:30 p.m. at the Cloquet ENP.

## Obituary



**Roberta L. Pelofske**, age 74, of Cloquet, passed away on Aug. 21, 2010 at Interfaith Care Center in Carlton, after a long courageous

battle with cancer.

She was born Sept. 18, 1935 in Cloquet to William J. and Evelyn (Gurno) Smith and graduated from Cloquet High School. Roberta worked for Conwed Corp. and the FDL Indian Hospital. She was also employed by the Cloquet Community Memorial Hospital as a nursing assistant for more than

30 years, and also worked as a receptionist for the Fond du Lac Reservation.

Roberta was an active member of the Moose Club Auxiliary and played on numerous bowling and pool teams. She loved playing cards, bingo, cribbage and traveling with her companion, Leonard Rosenthal, to go antique shopping.

Roberta was always happy, had a big smile and never complained about her illness said Rosemary Tobin, the Interfaith Care Chaplain who spoke at Roberta's funeral. Roberta showed a strong sense of perseverance, both in her determination to live as long as possible and with earlier challenges of a lighter nature. For example, Roberta's daughter Renee taught Roberta how to play pool. It wasn't long before Roberta gained a reputation as a real sharp shooter, eventually beating Renee and nearly everyone else she opposed at the pool table. She had a wonderful sense of humor, loved her family and everyone she met.

"She never had anything but kind words for people," Renee said. "They say patience is a virtue, and that came easily for her, to be a good listener and to be supportive." Work col-

leagues said that Roberta acted as a valuable mentor, and was generous with her time. She had many friends, including Dwight Cadwell, manager of the Cloquet Perkins restaurant on Hwy. 33. Roberta made rutabagas for Dwight and in exchange, Dwight gave Roberta pies from Perkins. At the luncheon honoring Roberta after her funeral, apple and cherry pie from Perkins was served as a gift from Dwight.

She was preceded in death by her parents; two brothers, Sherman and William Smith; her companion, Leonard Rosenthal, and one great-granddaughter, Asiniikwezens Jillie Fairbanks-Barney.

She is survived by two daughters, Renee (David) Dormanen and Robin (Tim) Diver, both of Cloquet, and by their father, Robert Pelofske of Cloquet; nine grandchildren, Matthew Johnson, Brook Barney, Joshua Barney, Ashley Barney, Jacob Barney, Jordan Diver, Stuart Diver, Christina Diver, and Dominic Diver; three great-grandchildren, Jayden Johnson, Aiyanna Lussier, and MaKiyy Diver; two sisters, Beverly Gitzen and Mary Koski both of Cloquet; and numerous nieces and nephews.

Visitation was held on Aug. 24, 2010 at the Nelson Funeral Care facility in Cloquet. A funeral service was held at the funeral home on Aug. 25. Burial was at the New Holy Family Cemetery. A luncheon followed at the Cloquet Moose Club.

**Norman A. "Speed" Houle**, 83, of Cloquet passed away on Sept. 14, 2010, surrounded by loved ones.

Norman worked as a carpenter for the Indian Action Team, Fond du Lac Housing, and Fond du Lac Construction. Norman also held various jobs at the Black Bear Warehouse.

He was preceded in death by his mother, Julia Houle Anderson; brother Leonard Mickey Houle, and sister Elvera Bauer.

Norman is survived by two aunts, Dorothy Houle of Cloquet and Beatrice Houle Niemi of Washington; one godchild, Jennifer Reynolds; numerous nieces, nephews and cousins.

Visitation was held Sept. 18, 2010, in the Handevitd Funeral Home in Cloquet.

Interment was at the New Holy Family Cemetery, Cloquet Military honors by Fond du Lac Honor Guard and the Cloquet Combined Honor Guard.

## For sale

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm., 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$245,900. Call (218) 879-5617 for more info.



# Binaakwe-Giizis – Leave Fall Moon October 2010

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185;

CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School;

CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center;

FDLTCC: Fond du Lac Tribal & Community College

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Teen Video Games 3 p.m. CCC Storytime 3:30 p.m. CCC Beading 6 p.m. CCC	Open Sewing 1 p.m. CCC
					1	2
Volleyball 10 a.m. CCC	<b>TTEAMS 8 a.m. BBCR</b> Elder Exercise 8 a.m. CCC Cribbage 5 p.m. CCC New Hire Orientation	<b>TTEAMS 8 a.m. BBCR</b> Elder Concern Group 10 a.m. CCC Walk/ Run Group 12 p.m. CCC WIC 12 p.m. CAIR Get Fit Class 12 p.m. CCC GA 3 p.m. MNAW GED Class 4:15 p.m. CCC AA/NA 6:30 p.m. MNAW	Elder Exercise 8 a.m. CCC Games for Adults 12:30 p.m. CCC Turbo Kick 12 p.m. CCC Ojibwe Language Table 5 p.m. CCC	Get Fit Class 12 p.m. CCC GED 1 p.m. CCC Scrapbooking 1 p.m. CCC Bimajii 4:30 p.m. CCC Teen Video Games CCC	Teen Video Games 3 p.m. CCC Laughs & Crafts 6 p.m. CCC	Volleyball Tournament – 9:00 a.m. CCC Storytime 3:30 p.m. CCC
3	4	5	6	7	8	9
Volleyball 10a.m. CCC Beading 10 a.m. CCC	Elder Exercise 8a.m. CCC Cribbage 5 p.m. CCC New Hire Orientation	Elder Concern Group 10 a.m. CCC Get Fit Class 12 p.m. CCC Walk/Run Group 12 p.m. CCC WIC 12 p.m. CAIR GED 1 p.m. CCC GA 3 p.m. MNAW AA/NA 6:30 p.m. MNAW	Elder Exercise 8 a.m. CCC Adult games 12:30 p.m. CCC Turbo Kick 12 p.m. CCC Ojibwe language 5 p.m. CCC I CAN COPE 5 p.m. CCC	Get Fit Class 12 p.m. CCC GED 1 p.m. CCC Scrapbooking 1 p.m. CCC Teen Video games 3 p.m. CCC Bimajii 4:30 p.m. CCC	Teen Video Games 3 p.m. CCC Storytime 3:30 p.m. CCC Beading 6 p.m. CCC	Women's Health Brunch 9 a.m. CCC Open sewing 1 p.m. CCC
10	11	12	13	14	15	16
Volleyball nets 10 a.m. CCC Beading 10 a.m. CCC	Elder Exercise 8 a.m. CCC Cribbage 5 p.m. CCC New Hire Orientation	Elder Concern 10 a.m. CCC Get Fit Class 12 p.m. CCC WIC 12 p.m. MNAW Walk/Run group 12 p.m. CCC GA 3 p.m. MNAW GED 4:15 p.m. CCC AA/NA 6:30 p.m. MNAW	Elder Exercise 8 a.m. CCC Turbo Kick 12 p.m. CCC Adult games 12:30 p.m. CCC Ojibwe Language table 5 p.m. CCC	Get Fit Class 12 p.m. CCC GED 1 p.m. CCC Scrapbooking 1 p.m. <b>Open Meeting 1:30 p.m. CCC</b> Teen Video games 3 p.m. CCC Bimajii 4:30 p.m. CCC	Wisdom Steps Break- fast CCC Storytime 3:30 p.m. CCC Laughs & Crafts 6 p.m. CCC	Open sewing 1 p.m. CCC
17	18	19	20	21	22	23
Beading 10 a.m. CCC Volleyball nets 1 a.m. CCC	Elder Exercise 8 a.m. CCC Cribbage 5 p.m. CCC New Hire Orientation On Golden Pond – Eau Claire	Elder Concern 10 a.m. CCC Get Fit Class 12 p.m. CCC WIC 12 p.m. MNAW Walk/Run group 12 p.m. CCC GA 3 p.m. MNAW GED 4:15 p.m. CCC AA/NA 6:30 p.m. MNAW	Turbo Kick 12 p.m. CCC Elder Exercise 8 a.m. CCC Ojibwe language 5 p.m. CCC	Get Fit Class 12 p.m. CCC Elder Painting 1 p.m. CCC GED 1 p.m. CCC Scrapbooking 1 p.m. CCC Bimajii 4:30 p.m. CCC	Storytime 3:30 p.m. CCC FLD Teen Scary Movie Night	GYM Closes at 4 p.m. CCC
24	25	26	27	28	29	30
Halloween Carnival & Haunted House 1 p.m. to 4 p.m. CCC						
31	25	26	27	28	29	30