

# *Nah gah chi wa nong*

(Far end of the Great Lake – Fond du Lac Reservation)

# *Di bah ji mowin nan*

(Narrating of Story)



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*FDL physician, Arne Vainio, demonstrated the method he uses to process waste vegetable oil to fuel his vehicles. With time, Vainio evolved from an over consumption of material possessions to a habit of energy self-sufficiency. See related story on page 3.*

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# Ojibwe values to be focus of FDL annual child abuse prevention conference

“Incorporating Ojibwe Values in Today’s Families” will be the theme of the 2009 FDL Child Abuse Prevention Conference to be held from 8:30 a.m. to 4:30 p.m. on April 30 and May 1, 2009 at the Cloquet Forestry Center.

Featured speakers will be Rose Robinson, M.S.W, and Sandi Davidson. Robinson is a member of Leech Lake and is a veteran in the field of Indian Child Welfare. She will be discussing how to interject Indian family values in today’s world. Davidson is Program Manager at Praxis International and is a nationally known advocate on domestic abuse. She will be discussing the effect of domestic violence on children.

**Singer Helen Roy** and accompanist Dave Fuhst will be performing popular tunes in Ojibwe at 6:30 p.m. on April 30 in the commons area at Fond du Lac Tribal and Community College. Admission is free. They are being sponsored by FDL Social Services and FDLTCC.

The Child Abuse Prevention **Art/Talent Show** will be held from 4 p.m. to 5:30 p.m. on April 3 at the FDL Ojibwe School Gym. At 5:30, a feast will be given.

Traditional categories for the contest are beading, leatherwork, quillwork, textile, three dimensional, and weaving. All ages are invited to enter their art and/or talent. To enter, contact Vicki Durfee or Fran White

at (218) 879-1227.

Contemporary categories are painting, graphics, photography, ceramics, pottery, jewelry, sculpture, and drawing.

Talent presentations are limited to five minutes.

Entries for the art/talent show can be picked up at the Minno aya win Clinic, the Center for American Indian Resources in Duluth or mailed. For more information or for a registration form, call Fran at (218)878-3769. The deadline for all entries is March 31, 2009.

The **2009 Family Jam** will start off this year’s child abuse prevention activities. It will take place from 7 to 8:30 p.m. on April 3, 2009 in the Ojibwe School Gym. Music, games,

prizes and snacks will be featured.

**Family pictures** will be taken from 5:30 p.m. to 7:30 p.m. at each of the Community Centers. Pictures will be taken on April 8 at the Cloquet Center, on April 15 at the Brookston Center, and on April 22 at the Sawyer Center.

The annual **Child Abuse Prevention Walk and Brunch** will be held on April 25. Registration will be at 9:15 a.m. to 10:15 a.m. in the FDL Head Start Gym on University Road. The walk begins at 10:15 a.m. with the brunch following.

Participants will help to form an outdoor “Human Medicine Wheel.” Blood sugar screenings will be available. Drum groups

have been invited to participate. T-shirts, beanie hats and goodie bags will be offered to the first 300 walkers.

The conference is sponsored by the FDL Family Wellness Collaborative. Registration is requested by April 28. To register, call Fran White at (218) 878-3769.

*The 2009 Mental Health Conference will be June 16-18 at the Black Bear Casino Resort. For information or to register, contact Bunny Jaakola at (218)878-2134.*

## An expanding buffet renovation will take seating to 342 seats

Construction work begins late in March to expand the buffet area of the Black Bear Casino Resort by 1,500 square feet. The increased space will add 90 seats. Currently there are 252 seats. The buffet will not shut down during the period of expansion.

“There will be a minimal im-

act on operations,” said Mike Murray, construction project manager.

Construction work is expected to be finished by April 30, 2009, or in time for the Mothers Day celebration that will take place on Sunday, May 10, 2009.

The expansion will be off the north wall of the complex into

an existing employee break room. Employees will then utilize other break rooms in the hotel/casino.

The renovation cost will be approximately \$150,000. The décor will match that of the existing buffet. Casino promotional nights and special events have created a greater demand

for buffet space, Murray said. The seafood buffet and Mexican food buffet nights are especially popular, and consistently draw large crowds.

Catherine Colsrud, general manager of the Black Bear Casino and Hotel, said that the demand for the buffet has grown “exponentially.”

“Some patrons have had to wait in line for two hours before being seated, and we want to eliminate that wait,” she said. “We want to get them through our buffet and back to their favorite games as soon as possible.”

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

*Translation: Far End of the Great Lake – Fond du Lac Reservation; Narrating of Story*

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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.

*Member of the  
Native American Journalists Association*

# Retrofitting a life

## Doc takes steps toward less energy dependency

Photos and story by  
Jane Pinney

**M**in no aya win Clinic physician, Arne Vainio, grew up poor in a Bear River, Minnesota home without running water or indoor plumbing. Later in life his salary as a physician allowed him to indulge in the purchase of lots of material goods, especially cars.

"I went wild," he said.

Vainio changed his ways when his son, Jacob, was born ten years ago. He began to regard material goods as a burden, conflicting with American Indian beliefs.

"We've always respected and lived in harmony with the earth," said Vainio, a Mille Lacs Band Member. "I spent most of my life making cars burn more fuel. I'm making up for that now."

Today his retrofitted 1983 Mercedes uses recycled vegetable oil. He has a truck, and is trying to sell his last Porsche.

In the course of five years, Arne sold nine cars: a 1971 Plymouth Roadrunner; a 1986 Porsche 944 Turbo; a 1980 Porsche 911, formerly owned by the rock band "Chicago;" a rare 1971 Boss 351 Mustang; a 1964 Ford Galaxie Convertible; a 1968 Dodge 340 GTS Dart; and a 1974 Plymouth Duster; a 1954 Ford F250 Pickup; and a Volkswagen Sand Rail.

In 2006, he purchased the Mercedes 300 TD Wagon with 255,000 miles on it. Following a lead he found on the Internet, Vainio joined a local biodiesel cooperative. It cost \$800 to retrofit the car to burn waste vegetable oil. He did the work himself.

Why vegetable oil? "It's something that has already finished its useful life and is a

waste product, rather than using biodiesel or ethanol that is made from food crops," he said.

Vainio added that even hybrids use gasoline, which has to be extracted from the earth, shipped overseas, and then refined.

The attraction of waste vegetable oil for Vainio is that burning it does not add carbon dioxide to the atmosphere. Carbon dioxide is a major contributor to the greenhouse effect and a primary cause of global warming. Typically waste vegetable oil is used in cosmetics, dog food, bear bait, or is just dumped, Vainio said.

The vegetable oil comes from a variety of sources, which includes a standing visit to the "Big Daddy's" restaurant in the Duluth's Piedmont neighborhood. On Saturdays, Vainio, his son Jacob, a friend of Jacob's and Vainio's 18-year-old "adopted" son, Andrew, eat breakfast at Big Daddy's where they have "guy" time together.

After breakfast on windy days, they take kites to Enger Tower. The waste oil, which is free of charge, is later taken home where it settles in buckets for six weeks. Next, liquid is pumped from the top of the mixture and it is put through a series of settling tanks where it is heated. The process takes about a month.

Then the oil is pumped through two diesel polishing filters. Finally, it is ready to be used as fuel for the Mercedes and Ford F250 truck. Vainio rebuilt the truck and drove it to the Black Hills and back without refueling.

In addition to making a commitment to use waste vegetable oil to power their vehicles, last year Vainio and

wife, Ivy, purchased a solar hot water heater. Vainio said that the temperature of the water on one -17 degree day this winter was 161.5 degrees.

The Vainios recycle everything they can and purchased a \$40 compost barrel from the Western Lake Superior Sanitary District where all of their food scraps, except meat and fat, are disposed of and then turned into garden soil.

In 2004, the Vainios began to remove all of their incandescent lightbulbs and replaced them with compact fluorescent and LED bulbs.

Vainio said that they have since cut their electric bill from \$145 to \$52 a month. The couple's 550-pound soapstone stove uses three cords each winter to heat their four-bedroom home. Their super efficient dishwasher uses four gallons a load and front loading washing machine washes a load with eight gallons of water.

Five years ago, Vainio installed a clothesline off his deck, not certain his wife would use it. He was wrong. "She's disappointed if she can't use it," he said.

Arne's plans include creating a way to generate electricity for heating and lighting his home with waste vegetable oil.

In keeping with his American Indian beliefs, Vainio puts his own hand-harvested tobacco out every day and credits his traditional culture with his commitment to save the earth.

"It changes the way I look at things," he said. "I understand that I am just a part of things."



At top, Arne in his waste vegetable oil-powered Mercedes with dog, Kevin, in the foreground. Above, jugs of waste vegetable oil.

### Tips for reducing energy costs and CO2

**Electricity is the biggest source of power for U.S. homes. Small changes in our habits can amount to big reductions in carbon, according to an article in the March 2009 issue of National Geographic Magazine. Converting half of all lightbulbs would cut carbon dioxide by 36 percent. Turning off home computers when not in use would cut carbon dioxide by 50 percent.**

**Cars and trucks consume most of the petroleum used in the U.S. If cars were driven 20 fewer miles each week, carbon dioxide would be reduced by nine percent. Improving our car's gas mileage by five miles a gallon would cut carbon dioxide by 20 percent.**



# A few thoughts from RBC members

## From Chairwoman Karen Diver

There is much in the news about the economy and the resulting federal stimulus package. A portion of the stimulus package has been set aside for tribal communities. Fond du Lac has several projects that are "shovel ready," including a new Resource Management building, an expansion for the Clinic's outpatient meth and prescription drug program and expanding the Head Start program into the former Drop-In center space.

We will be diligent in seeking out sources as they become available. It also looks likely that there may be funding for septic systems, sewer upgrades, community water systems and possible additional housing funding. Each department at the federal level that will handle the funding is distributing it differently, with some using exist-



Karen Diver

ing project waiting lists and some planning to put out requests for proposals. We'll keep you updated as the stimulus distribution plans are firmed up.

Have you seen the entertainment that the Bear has scheduled? Kenny Rogers was a big hit, and the upcoming shows are just as exciting: Travis Tritt in April; Legends of Country (Crystal Gayle, Roy Clark and Ray Price) in May; George Jones in June; and Little Richard and Chuck Berry in July, to name a few. Despite revenue being down overall, the nights the Bear has entertainment do really well. We also continue to get great word of mouth about the quality of the food in the Buffet and Seven Fires Steak House. We all count on the success of the Black Bear Casino/Resort, so please be our ambassadors and let people know how fun the new Bear is.

The Reservation Business Committee has been busy with budgeting and planning for the year. It is heartening to look down the hallway and see all of

the RBC members in their offices. We are working really well together and have a strong and respectful work ethic. RBC members prepare for meetings, so they run efficiently. They spend time in their offices and on their phones, and are available for Band Members and staff. Communication is open and when need be, challenging, in order to make the best decisions possible. It is often said among us that we are all fortunate to be of service to the Band, and are grateful for our chance to serve the people.

It has been nice to see the sun shining, and the arrival of spring. Trees will be tapped shortly and the gardening program is starting up. Final planning is being made for the netting and spearing season. It's all a sign that summer is right around the corner!

*Please feel free to call me or stop by if you have any questions or comments. Contact me by email at [karendiver@fdlrez.com](mailto:karendiver@fdlrez.com), by office phone at (218) 878-2612, or on my cell at (218) 590-4887.*

## From Ferdinand Martineau

I was out riding the other day and was thinking about the nice weather we were having. I began to think about our way of life and how it is described as a circle. We are born of our mother, live our life with her and in the end, we return to her. A little simple, but I hope you understand the gist of what I'm saying. This brings me to this month's column. I do not want to talk about budgets anymore and I am sure you do not want to hear about them, either.

Most of us over 40 remember when the Reservation was without gaming. I remember when the Reservation was without employment. There were no jobs, no clinics, no housing, no community centers, no police department, no school or an adequate administration building.

I remember when we could not hunt, fish or gather without a state license. I also remember all the people who had

to leave the Reservation to raise their families because there were no opportunities for them here. I remember carrying drinking water for the house and the outside toilets. I remember not having central heating or electricity in our house.

I think about how far we have come in the last 40 years, of the progress that we have made in all the areas mentioned, and to think I was a small part of all this. I was not the test case for treaty rights, but I had a part in helping to develop our system of implementation and monitoring so all Band Members could exercise their rights free of state regulation. I had a part in developing our gaming activities so the Reservation could prosper. I had a part in the issuance of the bonds

that built our first clinic. I was here when we opened the Ojibwe School to students. I was here when we finally got an increase in our housing grant to build more homes on the Reservation. I in no way believe that all these advancements were because of me, but only that I was a small part in what took place.



Ferdinand Martineau

I talk about what we did not have in the past and what we do have now in the present because if our lives are governed by the circle, then we have to be extra careful to not go back to where we started from. We have to put plans in place to protect our success. I believe that means that we have to continue to invest in our future by investing in our children. We need to strengthen our education system so our children will be able to compete outside the Reservation. We have to improve our health services so our children will have strong bodies to go along with their strong minds. We have to improve our housing so our children will have a nice place to raise their families, and so on. I believe that all these and other improvements are attainable as long as we work on them together as a community.

*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 !*

## From Wally Dupuis



Wally Dupuis

Hello to all -- Some of the progress made in the Cloquet District since my last article includes the addition of an apartment to the Elder Building. This was accomplished by utilizing the space within the building in a more efficient manner. We now have 16 units in the building, rather than the 15 we had for many years. I also had the opportunity, along with our Elder Advocate, Deb Topping, to meet with the folks living in the Cloquet Elder Building. This was a very productive meeting that addressed all their concerns. Most of the requests were very much achievable and have been accomplished already. We are also in the process of fixing up and making some of the vacant homes available for move in. I know this does not take care of our housing needs; however, it is a step in that direction.

I understand that the winter months are traditionally slow for our Casino but as spring comes upon us, things seem to be picking up. I try to visit the Casino on a regular basis and I have noticed that the employees are working hard and doing a fine job. The Buffet is serving a growing number of customers, which has caused a need to expand. As such, a construction company will begin the small remodel/expansion soon. This will allow for more customer seating.

Construction on the supportive housing complex should begin soon. The FDL planning division is working with contractors and engineers on details. This is a large construction project and we are all looking forward to construction start up, which is slated for this spring.

The relocation of the Drop In Center to the Tribal Center is working well. Our youth are provided with regular programming at the new location and the staff is building on community involvement.

Our Ojibway School Basketball teams have gone through some trying moments this year, but have been very successful in their play. I would like to congratulate the students and staff for the fine job they have done. Congratulations and thank you.

*Please feel free to contact me anytime at (218) 879-2492, home; (218) 428-9828, cell; (218) 879-8078, work*

# The Language Table

by Candace Knudson

Cultural identity is defined by a number of things, but perhaps none is as powerful as language itself. On the Fond du Lac Reservation at 5 p.m. Thursdays, people interested in learning and preserving the Ojibwe language interact in a relaxed time of fellowship, community, and language study. All of this occurs in a spirit of fun, but it is serious fun, because important outcomes grow out of these gatherings.

Of significance, these meetings are inclusive: anyone who wishes to learn is welcome. The casual visiting at the table is more important than it may appear to be on the surface.

It is exciting to be out and

about in the community and bump into someone from the language table and to be able to greet them and to be greeted in return with a meaningful “Boozhoo!” “Boozhoo,” a traditional greeting, means more than “hello,” something that wouldn’t necessarily be understood by a casual observer. The greeting reflects an expectation of the return of Waynaboozhoo, one of the most significant Anishinaabe traditional figures.

Learning takes place according to each person’s natural ability to absorb the language and related knowledge. Beyond the not-so-simple greeting each week, using the Ojibwe language, several people introduce themselves, telling who they are, what clan they belong to,

where they are from, where they work, what they like to do. This, too, means more than what appears on the surface, as an Ojibwe storyteller recently explained. In learning of a person’s background, family, clan, etc., who he or she is becomes clearer—because place, family, clan, and so on, involves a whole web of unstated but understood information.

As the name suggests, the language table involves a shared meal. Each person contributes something to the table, no matter if the table holds many items or only a few, it is always enough, it is always good, and people are thankful.

Manoomin, or wild rice, is shared each week. Manoomin is a food tied to the core identity of the Anishinaabeg, whose

migration was complete when they found this food growing on the water. An offering of tobacco, food, and a prayer precede the feasting. Indeed, preservation of the language cannot be separated from preservation of traditional practices or from honoring the spiritual dimension of life.

It is most gratifying to witness and participate in reverent acknowledgment of the spiritual forces that govern life, particularly since the spiritual dimension is too often squelched, denied, ignored, commodified, or otherwise abused in modern society. Increasingly, people are recognizing that spirituality and wellness are inextricably linked and that illness, environmental abuse, and profound spiritual distress often take hold when

people are separated from their spiritual grounding—whether by force or by choice. The holistic experience of the language table offers one means of spiritual restoration.

If viewed without looking deeply, participation in the language table might appear to be a good time of chatting, eating, joking, and learning words and phrases in the Ojibwe language, but if approached “in a good way,” it is much more than that—much, much, more.

*Candace Knudson, FDLTCC adjunct instructor of English, is a regular participant at the language table. The gatherings take place at 5 p.m. every Thursday. All are invited to participate.*

## Recycling, part II

This article is second in a series on recycling on the Reservation. This month we will discuss mattress, appliance, and electronic recycling.

### Mattresses

The mattresses dropped off at the FDL Resource Management’s waste site are taken to the Carlton County Transfer Station located on Highway 210 near the Black Bear Casino Resort. They are then separated into clean and dry and wet and dirty. The wet and dirty mattresses are land filled and the clean and dry are taken to Goodwill Industries in Duluth where they are cut apart, according to Heather Cunningham, Carlton County resource and recycling coordinator.

The average mattress contains nine pounds of cotton and 25 pounds of steel. The foam is sold to carpet companies for use as underlayment. The wood frames are chipped up and used as a biomass fuel source.

The cotton is mixed with wood fibers for a local company that manufactures oil filters for train locomotives, said Greg Conkins, Goodwill contributed goods manager.

The steel from the mattresses is transported to a scrap yard in Forbes, Minn. Currently Goodwill takes a loss on steel because they don’t have a method to bale the springs and because the recycled steel market is down, said Conkins.

### Appliances

All major appliances, including washers, dryers, stoves, ovens, freezers, air conditioners, refrigerators, dehumidifiers, humidifiers, dishwashers, water heaters, water tanks and microwaves are taken to the Cloquet Sanitary Service. They are then transferred to a recycling center in Virginia, Minn., where the plastic, metal, and Freon is stripped and separated. Ninety percent of every major appliance is recycled, according to

Rom Risdon of Cloquet Sanitary.

### Electronics

John’s Twin Ports Recycling of Duluth takes any home, office, or industrial electronic

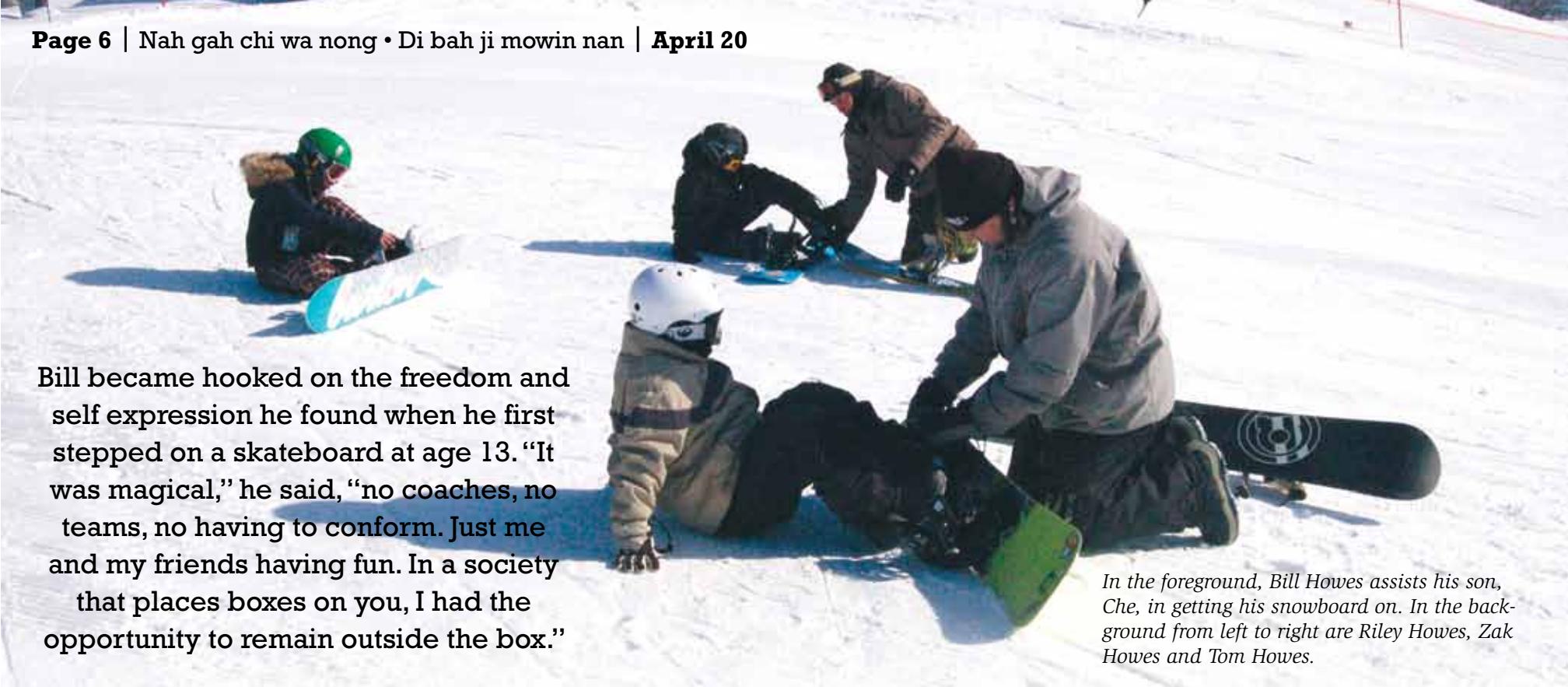
item that is brought to the FDL waste site, including computers, printers, monitors, DVD players, phones, televisions, stereos, VCRs, faxes, and microwave ovens. These items are sorted

and then sent to a variety of processors located throughout Minnesota and Wisconsin.

“Nothing I accept goes to a landfill anywhere in the world,” said owner John Curtis.



*From left to right, Charlie Nahgahnub, FDL natural resource technician, assists Ferdinand Martineau, Sr., at the FDL waste management site.*



Bill became hooked on the freedom and self expression he found when he first stepped on a skateboard at age 13. “It was magical,” he said, “no coaches, no teams, no having to conform. Just me and my friends having fun. In a society that places boxes on you, I had the opportunity to remain outside the box.”

*In the foreground, Bill Howes assists his son, Che, in getting his snowboard on. In the background from left to right are Riley Howes, Zak Howes and Tom Howes.*

## Fringe of the fringe educator finds release in snowboarding

Picture and story by  
Jane Pinney

FDL Band Member Bill Howes grew up in the home of his grandma, Kathryn Howes, on Reservation Road. When he was 11, the family moved into Cloquet, where he attended junior and senior high school.

Bill remembers the racial slurs and sobering statistics, where only one in five of the Indian kids he started high school with ended up graduating.

Already feeling like a member of the counterculture, Bill decided to become a skateboarder and then a snowboarder, sports that attracted and symbolized a rebellious spirit.

“I was already different from all my peers, on the fringe of the fringe” he said. “I was Anishinaabe because that was who I was raised to be. I could pass either way, but I wasn’t fully accepted by either group.”

### Dad’s sage advice

He remembers his dad, the late Ed Howes, as the guiding spirit that kept him on the right path. Ed Howes believed that Ojibwe culture and history should be taught at home.

“My dad said ‘I didn’t send you to school for them to teach you how to be Indian. You’re smart and proved you can do it. Go to college and do what you want to do. Do a job that makes you happy,’” Bill said. His dad told him to give no credence to naysayers.

“Don’t believe ‘em,” Ed Howes told his son.

Since graduating eighth from his class of 154 in 1992, Bill has noticed a change in his alma mater. One notable difference is the Indian Ed graduation banquet. Bill gave the key note address at the 2007 banquet, which is an annual event to honor the school’s American Indian graduates. Bill contrasted that event to the small gathering at the Perch Lake Town Hall when he graduated.

Bill received his bachelor’s degree in education with honors from the University of Minnesota Duluth and later taught at Grant and Nettleton Elementary Schools in Duluth. From there, he served as the Integration Specialist for Duluth Public Schools, and is now the project coordinator of Ojibwe language and culture at the College of St. Scholastica. In this capacity, he recruits and assists American Indians who are pursuing education degrees.

He recalled being in high school and being forced by his father to play football.

“It didn’t work,” he said.

Bill became hooked on the freedom and self expression he found when he first stepped on a skateboard at age 13. Now at age 34, he takes a board out whenever he can. He was drawn to the freedom and self expression that he found when he first stepped on a skateboard.

“It was magical,” he said, “no coaches, no teams, no having

to conform. Just me and my friends having fun. In a society that places boxes on you, I had the opportunity to remain outside the box.”

Why snowboarding? “In Minnesota, you can’t skateboard in the winter and you can’t surf,” Bill explained. He found that snowboarding was the perfect combination of the two sports. And, although he gets the same thrill from snowboarding, skateboarding remains his passion.

“I would move somewhere I could skateboard year ‘round,” he said, “but my culture ties me to this place.”

### Born to compete

During his high school years, he and a group of friends toured the snowboarding competition circuit throughout northern Minnesota. One of the snowboarding stunts he performed is known as a “540,” moving like a propeller one and a half times around in the air. The pros are now doing four revolutions mid-air, he said.

Does he wear a helmet? “My son does,” he answered, adding that he has never hurt himself snowboarding, but frequently ran into trees when he was a skier. His only concussion came during high school on the basketball court, he said.

“Anishinaabe kids feel like they’re on the fringe,” said Bill. “Skateboarding and snowboarding make sense to them because it allows them to be themselves.” He said it was important for tribes to support and encourage kids to participate in these activities.

“Kids of color like skateboarding and snowboarding because they allow them to be different,” he said.

*Bill Howes will be speaking at 7 p.m. on April 7 in Somers Lounge of the College of St. Scholastica. The title of his speech is “Daa-mino-bimaa-diziwig ina giniijaanishinaanig gaye gidoozhishenhyinaanig?” or “Can our children and grandchildren live the good life?”*

# Retiring with purpose

## FDL Elders aid Louisiana's Du Lac Reservation

Picture and story by  
Jane Pinney

In the minds of many people, Hurricane Katrina is a distant memory.

In the hearts of others, the aftermath of that disaster lingers, and the only solution is to help. Katrina was followed by three more hurricanes that wreaked havoc with the Du Lac Reservation southwest of New Orleans.

In January, FDL Elder Sharon Shuck, with her brother and sister-in-law, Fred and Kaye Doolittle, left Duluth on a mission trip to assist hurricane victims in Louisiana. The trip was part of a "Retirement with a Purpose" program sponsored by the United Methodist Church.

"It was like a Lucy and Desi adventure," Sharon said, referring to the 1950s television comedy.

Sharon, Fred, Kaye and 17 other volunteers, spent eight hours a day, five days a week for three weeks assisting in rebuilding the community of Du Lac.

### A heavy workload

Fred, age 72, put in windows and closets, removed downed trees, installed plumbing, and performed demolition work.

Sharon, age 70, mudded and sanded walls, installed cupboards and flooring, painted, and performed clean-up work.

Every morning, she awoke to the smell of her brother's coffee and his voice calling "Get up, mindimooyenh," she said. The Ojibwe word means old woman.

The route to Louisiana truly played like an old "I Love Lucy" episode. In Iowa on day two of their journey, the threesome found that the extreme in temperatures between the record cold outside air and air inside their RV had caused their refrigerator to crack.

"The moose meat was ruined," Sharon said. They ended up a few days later in a half-deserted shopping mall parking lot in Gainesville, Texas. They camped for three days, waiting for a new refrigerator to arrive. Fred didn't want to wait any longer, so they settled for a tiny replacement and continued on their journey.

While in Gainesville, Fred removed their Rez car from the back of the RV. Then the brakes went, Sharon said.

They arrived in the unrecognized Indian reservation of Du Lac, on Feb. 1. Du Lac means "beyond the lake" and is approximately 90 miles southwest of New Orleans on a peninsula in the Gulf of Mexico.

### Huoma history

In the early 18th century, the growing conflict between the English and French caused

many American Indians to take sides. The Huoma Nation chose the French.

In 1803, when the U.S. government purchased the Louisiana Territory from France, the U.S. signed a treaty agreement stating that it would protect the rights of the Huoma as requested by France. The U.S. never honored its own signature and remains in violation of the treaty. Because the Bureau of Indian Affairs refuses to recognize the existence of the Huoma, there is no federal aid or assistance of any form.

Until the 1940s, there were no roads to any Houma communities beyond the city of Houma. The only way the Huoma could get around was by canoe.

Until the 1960s, Louisiana operated two, segregated educational systems: one black, one white. Because the Huoma were not considered in either category, they were denied public education until 1963.

### What they found

Sharon described Du Lac as covered with several inches

of heavy, tar-like, mucky clay that washed up from the Gulf of Mexico during Hurricane Katrina in 2005. Katrina was followed by Hurricanes Rita in 2005 and Dolly and Ike in 2008. Muck and garbage covered the landscape for as far as the eye could see, she said.

Also greeting them in Louisiana were clouds of gnats and armies of red, biting ants that required them to keep their heads, arms, and legs

**We weren't prepared for the size and extent of the destruction, since it had been four years since Katrina. Bush and FEMA are four-letter words there.**

*Sharon Shuck*

completed covered and to soak their clothing with insect repellent. The smell indoors and outdoors was permeated with must and mold, she

said.

Prior to Hurricane Katrina, the Huomas Indians earned a per capita income of \$7,000-\$10,000 a year from fishing and agriculture.

Since the hurricanes, nothing much will grow, and foreign vessels have been allowed to fish in the Gulf waters, destroying the ability of the native population to sustain themselves.

One thousand Du Lac Indians have left the area since 2005,

unable to make a living, Sharon said.

"We weren't prepared for the size and extent of the destruction, since it had been four years since Katrina," said Sharon. "Bush and FEMA are four-letter words there," she said.

On the way home from Du Lac, Sharon, Fred, and Kaye stopped in New Orleans to take in the annual Mardi Gras festival at the end of February.

"Bourbon Street was a cesspool," Sharon said. "The smell of urine and booze was everywhere, along with raunchy stuff for sale. It made me sick," she said. To recover from the Bourbon Street nightmare, an experience that was even more sickening than the hurricane devastation, the three spent a week on the Gulf Coast of Florida, getting in some needed rest and recreation.

The trip home proved to be eventful as well. The RV's cruise control would come on unexpectedly and Fred drove down a freeway exit ramp the wrong way.

Would she do it again?

"Yes," Sharon said. "It's a giving thing. It came from my grandparents, 'You give and you will receive,'" she said.



*FDL Elder Sharon Shuck installing flooring in a home in Du Lac, Louisiana.*



# A cup of joe, fancy or plain

## Casino Coffee Shop provides quiet, sunny respite

**Pictures and story**  
by Jane Pinney

**T**he key ingredient to the Coffee Shop's most popular beverage?

Well, coffee, of course, with a nice trickle of carmel sauce. It's called the carmel macchiato, and includes steamed milk, two to four pumps of vanilla syrup, espresso and the all important sauce.

FDL Band Member Charlie Begay and his wife, Dianna, have been running the Black Bear Casino Coffee Shop since last fall. The shop, located left of the Casino main entrance, is open seven days a week, 13 hours a day.

Elizabeth LaPrairie has been coming to the coffee shop every day for three weeks. Her favorite drink is the double café mocha, she said. She enjoys the quiet, sunny, relaxing atmosphere of the coffee shop.

"It's a beautiful facility," said patron Mike Sheridan of Fargo, N.D. about the Black Bear Casi-

no Resort as he sipped a grande latte while doing business on his laptop. "It's a great work and play area, with everything under one roof."

Under that particular roof that day, these coffees were brewed: French roast, Verona, Columbian, Sumatra, House and Breakfast Blend.

### Cost and varieties

The coffee shop receives 35 pounds of ground coffee delivered fresh every week, said shop manager, Dianna Begay. Coffee ranges in prices from \$1.55 for brewed coffee to \$4.85 for a venti breve. A breve is two shots espresso, foamy half and half, espresso, hot chocolate and steamed milk.

The coffee known as "Depth Charge" is one shot of espresso served in the customer's coffee choice. Café Americano is one shot of espresso with water. To make iced coffee, Charlie fills a glass with ice, and then the customer adds whatever coffee they desire, along with cream

and sugar.

Café au lait is two layers of espresso and two layers of steamed milk. Cappuccino is half espresso and half steamed milk. A latte is steamed milk, espresso, and froth. Mochas are chocolate sauce with steamed milk, espresso, whipped cream sprinkled with cocoa powder and topped with chocolate sauce.

### Other treats

The BBCR Coffee Shop also serves tazo chai teas, real hot apple carmel cider, and smoothies. Dieters beware on the smoothie front, however: these are made with heavy whipping cream.

Charlie and company also make creamosas, a combination of sparkling water, syrup, milk, and whipping cream. Fresh baked goods, including muffins, scones, cinnamon rolls, croissants, bagels, cookies, and biscotti are also available.

*From left to right, Coffee Shop employees, Charlie Begay and Mike Beckrich, at work in the Black Bear Casino Resort Coffeeshop.*



*FDL Band Member, Elizabeth LaPrairie, soaks up the sun in the Black Bear Coffee Shop.*

# Courting music



*Twenty Band Members learned the art of flute making in February. Shown here from right to left are Karen Durfee, Vanessa Durfee, Roberta Welper and Charlin Diver. Karen is a violinist with the Duluth Symphony Orchestra.*

By Jeff Savage

Since time immemorial, Anishinabe courting flute music has been heard in the woods of Indian Country. It is as natural a part of Nature as the songs of the birds or the sound of the waves of Lake Superior or the wind through the long gone virgin timber.

One origin story tells of the hearing of haunting music coming from the wind blowing through a hollow tree and a young maiden being mesmerized by these beautiful sounds. Her admirer sought to replicate the music that the woman had been so drawn to.

Note: this story had nothing to do with running bear and

little white dove, or Hiawatha, or anyone dancing with wolves.

The flute music proved to be a pretty good way of winning over his chosen one, and flutes soon became popular with young men throughout the Nation.

Most flute playing historically was done by young men but the popularization of contemporary Native American music spawned a large number of male and female Native musicians to pursue this instrument and to perform professional music. I recommend flute music by Carlos Nakai, which can be found on the Internet.

Individuals performed most flute music. They did not perform in groups, though you can

find some very good collaborations of contemporary Native musicians.

There is a whole new category of contemporary Native music that is professional and of good quality. Check it out on Native music sites or on Native Radio, AIROS on the Internet.

Courting Flutes, as this style is called, has been around for so long that it has integrated into the music culture of many tribes.

There was and has always been a well-developed trading network in this country where ideas and goods were inter-exchanged between the people on a continuous basis.

Here at the Fond du Lac Cultural Center and Museum we are always interested in community members' ideas and requests.

I was asked several times to find a flute for a young man who wanted a flute but couldn't afford one as they are rather high priced.

After looking unsuccessfully long and far for a decent priced

flute, I said to myself 'Well, we are just going to have to make Joe a flute.' Joe's wish sent me on a several month quest to teach myself how to make a flute.

Before you turn to the Internet for answers, I can tell you now that no one will teach the good stuff without a price, so I bought the knowledge in order to be minimally experienced in flute making. I can now make a flute in several different keys.

All of this leads to the fact that the FDL Cultural Center and Museum sponsored a flute-making workshop

on Feb. 20 and 21.

The workshop was well attended. Over 20 flutes were produced that weekend.

So this spring there may be a whole lot of courting going on with all those flutes out there on the Rez!

*Jeff Savage can be reached at [jeffsavage@fdlrez.com](mailto:jeffsavage@fdlrez.com)*

**One origin story tells of the hearing of haunting music coming from the wind blowing through a hollow tree and a young maiden being mesmerized by these beautiful sounds. Note that the story had nothing to do with running bear and little white dove, or Hiawatha, or anyone dancing with wolves.**

*Jeff Savage*



*Jeff Savage plays music on a flute he made.*

**The Fond du Lac Reservation Cultural Center and Museum holds several community workshops a year. We are in the planning stages for a workshop that will teach Community Members the steps in researching their family trees. If you would like to participate, please call (218) 878-7582. We would like to hear from at least a dozen people so we can fix a date.**

From June 8 – 29, 2009, we will hold our Language Immersion Birch Bark Canoe Building Workshop. The public is invited to participate, observe, and enjoy! So stop by the Museum then which is a great time of the year to visit.

Also, we'd like suggestions for workshop topics. For further information, call Jeff Savage at the FDL Cultural Center and Museum, (218) 878-7582.

# Bringing back the wiigaas

## Natural Resources Division works to replace aging birch stands

By Steve Olson

Forester, FDL Natural Resources Division

The Fond du Lac Reservation woodlands and much of northeastern Minnesota is experiencing a loss of the birch species known as paper birch. Probably the most visible sign of the loss of birch is the disappearance of solid birch stands along the North Shore of Lake Superior. With time, what happened there has started to happen here.

Most of the birch stands originated after the large catastrophic fires at the turn of the century. In this region, the 1918 fire caused the most destruction in the past 100 years.

The birch that originated from the 1918 fire is getting old. Typically a birch tree's life

span is about 80 years. The old trees are weak and susceptible to insects, disease and drought resulting in a rapid decline in the birch type.

The fires created an ideal seedbed for paper birch resulting in nearly pure stands of birch. Fire suppression has reduced the opportunity for birch to reproduce like it did after the large fires. Timber harvesting can help the birch to reproduce, but at the same time aspen trees that are known to reproduce prolifically also crowd out the birch.

The result? At Fond du Lac we have some very old birch that is rapidly declining, and some young birch mixed in with aspen regeneration. There is virtually no middle-aged birch. The gap between the young and the old may make it difficult

to find birch suitable for bark products.

Paper birch is the most common birch in the FDL area. Yellow birch also grow on Reservation land. Yellow birch grows on richer sites (more moisture and nutrients) whereas paper birch grows on a wide variety of sites. Yellow birch has a bronze colored bark. The twigs of yellow birch smell and taste like wintergreen when crushed.

A third type of birch is bog birch, which appears more like a shrub than a tree. As the name implies, this birch grows primarily in bogs. Bog birch is a northern species and its range extends all the way to the Arctic Ocean.

Paper birch has numerous uses, including the creation of bark products such as baskets, canoes, and wigwams to wood

products such as popsicle and corndog sticks. When you buy something fried on a stick at the Minnesota State Fair, the stick was probably made from birch. Birch lumber is also used for furniture. It is a light wood and is favored along with maple when lighter woods are preferred in the end product. Birch is a hardwood but not as hard as sugar maple. The Ojibwe name for birch bark is wiigaas.

FDL Forestry and the FDL Natural Resources Division are working together to rekindle the paper birch growth in this area. We located a 20 year old aspen - birch stand and scheduled it for thinning. The aspen trees that crowd out the birch are being cut down. Most of the birch came back as stump sprouts. These clumps of birch are being thinned. The thinning should

allow the birch to grow faster in diameter and reach middle age size quicker.

Forestry designed the project and obtained the funding. The Natural Resource crew provided the labor. The Forestry crew -- at the same time -- worked on other projects such as oak release, (removing brush and trees that are shading oak seedlings), clearing trees and brush for the supportive housing structure which is south of Whispering Pines Drive, and preparing firebreaks for this spring's controlled burns.

We're doing what we can to promote birch tree growth, but global warming could put the boreal forest trees at risk here on FDL. Ecologists expect that the trees of the boreal forest will move further north as global warming continues.

*FDL natural resources technician John McMillan cuts aspen around birch trees near Simian Lake in the northeast corner of the Reservation.*



# Local Briefs

## Enrollee Day bus transportation offered

Bus transportation will be provided to and from the Twin Cities metro area, departing at 2 p.m. on June 27 from the American Indian Opportunities Center, 1845 E. Franklin Ave. in Minneapolis and departing from the Black Bear Casino Resort at 9 a.m. June 29.

To sign up for the bus, call (612)871-1574 by June 10. The bus must be at least half full.

## Anishinaabe lecture series offered

The College of St. Scholastica is offering two additional lectures in late March and early April on Anishinaabe culture and spirituality as part of the college's Oreck-Alpern Interreligious Forum.

Dennis and Dan Jones will give a presentation on the Ojibwe sweat lodge at 7 p.m. on March 31 in Somers Main Lounge. Al Hunter and Bill Howes will give a presentation entitled "Can our children and grandchildren live a good life?" at 7 p.m. on April 7 in Somers Main Lounge.

For further information, contact Elyse Carter Vosen at (218)723-6446.

## MCT Finance Corp here to help with mortgage loans

The Minnesota Chippewa Tribe Finance Corporation will be at the Fond du Lac Reservation Tribal Council offices, 1720 Big Lake Road in Cloquet, from 8:30 a.m. to 2:30 p.m. to take mortgage applications for the MCTFC home loan program.

If you are interested in applying for a mortgage loan or have questions regarding our home loan program, contact Brenda at (218) 335-8582, ext. 149 to schedule an appointment.

## Notice of public meeting on Moorhead Road reconstruction

Enrollees of the Fond du Lac Band and residents living on Moorhead Road are encouraged to attend a public meeting to discuss the reconstruction of Moorhead

Road. The meeting will take place from 6 p.m. to 8 p.m. on March 30 at the Sawyer Community Center, 3243 Moorhead Road. Copies of the project design that propose the widening and paving of the road will be available for public comment.

## Renewing motor vehicle licenses

The Fond du Lac Motor Vehicle Department reminds community members when renewing their licenses to write their insurance company information on the back of their renewal card and to have the agency's phone number on hand when coming in to renew.

Office hours are 8:30 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m. Monday through Friday.

## "We Shall Remain" airs on April 13

WDSE-TV Channel 8 will present the five-part PBS series on American Indians starting at 7 p.m. on April 13 - May 11. The 90-minute episodes establish Native history as an essential part of American history and illustrate how Native people adapted and fought back, beginning in New England with the Wamapanoags in the 1600s until the American Indian Movement of the 1970s.

Episode three was shown March 20 at Fond du Lac Tribal and Technical College with an opportunity for response from the American Indian community.

## Hockey star finishes championship season

Since the cover photo and story came out on Taleah King at the end of January, the team lost only one game, said Taleah's dad, Bobby King. The team met its match on March 9 during the regional championship game against the Cloquet U10 team 1.

King said his proudest moment this season came the end of February when his daughter's team beat former Northstar goalie Don Beaupre's team in Edina by a score of 3-1.

On March 9, the two Cloquet teams faced off for the regional championship title. Taleah's team won, 3-2.

## GED classes offered

Free GED classes are available to FDL Band Members and descendants, FDL employees, and members of federally recognized tribes.

Classes are given at the four following locations and times:

Brookston: Tuesday and Thursday 1 p.m.-4 p.m. (218) 878-8173.

Damiano Center, Duluth: Wednesday and Thursday 5 p.m.-7 p.m. (218)393-6643.

Sawyer Center: Tuesday and Wednesday 4 p.m.-7 p.m. (218)878-8163.

Cloquet Tribal Center: Monday and Wednesday 4 p.m.-7 p.m. (218)878-8162.

For further information, contact Joan Markon at (218)878-2658.

## 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; Defoe, Charles; Gangstad, Harold; Glasgow, Edith; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary; Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela; Olson, Daniel G. Sr.; Sharlow, Gerald D.; Smith, Carl; Stanford, Cathy; Trotterchaude, Rex; Wright, Frances.

## Community members invited to participate in Maple sugar camp

The FDL Natural Resources Program will be hosting a maple sugar camp this spring. They are inviting all members of the community that are interested in learning the process of making maple syrup to join them. In addition to those that would like to learn, they are encouraging experienced members of the community to participate as well.

The Natural Resources Program is hosting these activities to encourage interest in local, sustainable, and healthy outdoor activities that bring people together. The exact

dates are weather dependent, but for details on time and location, interested folks can contact FDL Natural Resources Program's Charlie Nahgahnuh at (218)878-8070 or Thomas Howes at (218)878-8088.

## Bill proposes to close fish hatcheries

The Minnesota Department of Resources could be closing all of its fish hatcheries by 2014 if a bill introduced in the Minnesota House of Representatives in February is passed.

The state operates five coldwater and 12 warmwater hatcheries and raises 120,000 pounds of walleye fingerlings in ponds, according to a story in the Duluth News Tribune. The agency stocks 262 million walleye, 1.4 million northern pike, 20,000 muskies, 95,000 catfish, 320,000 lake trout, 170,000 brook trout, 520,000 brown trout, 85,000 splake and 1.6 million rainbow trout annually.

## Moose Lake prison could close

A bill that would close Moose Lake prison and transfer inmates to a private facility in Appleton, Wisc., is being promoted in the Minnesota House. Lead advocates of the bill are Representatives Torrey Westrom of Elbow Lake and Bill Ingebrigtsen of Alexandria.

Cost is being given as a rationale for the move. At Moose Lake, the per diem is \$122, and at Appleton, \$62.90, according to a story in the Pine Journal.

## Black Bear Casino Resort honors long-term employees

The 2008 Black Bear Casino Resort held its employee recognition banquet in January. Recognized for 25 years: Linda Olson; for 20 years: Loretta Erickson; for 15 years: Marcus Alvar, Stacy Camps, Timothy Dahl, Jennifer Decker, Eugene Huhta, Shirley Martinek, Clifford Monnier, Norman Morrison, Chris Reynolds, Ruth Reynolds, Robert Saxin, Terry Seguin, Keith Toboleski, Linda Wagner, and Sherri Zagar.

The story was reported in the Pine Journal.

## Circle of Courage workshop to be held in early April

Eni-gikendaasoyang, "moving knowledge together," an educational workshop for youth at risk, will be held at 8:30 a.m. on April 3 at the Black Bear Casino Resort.

The speaker will be Dr. Steve Van Bockern, professor of education at Augustana College and co-author of the book, "Reclaiming Youth at Risk." The circle of courage is based on four universal growth needs of all children: belonging, mastery, independence, and generosity.

To register, or for more information, call Cindy Gustafson at (218)726-8378.

## Gitar receives national wetland award

FDL water regulatory specialist, Rick Gitar, was the recipient of the 2009 National Wetlands Award. This award is administered by the Environmental Law Institute and supported by the Army Corps of Engineers, U.S. Environmental Protection Agency, U.S. Fish and Wildlife Service, Federal Highway Administration, USDA Forest Service, and NOAA National Marine Fisheries Service.

Among Gitar's major accomplishments is developing and implementing a comprehensive wetlands protection and management ordinance for Fond du Lac Reservation.

Gitar will be honored at an awards ceremony on Capitol Hill on May 12.

## Openings on FDL conservation committee

The FDL conservation committee is seeking two applicants to serve on their committee. The only requirements are Band Membership and being able to attend their 3:30 p.m. meetings on the third Thursday of each month in the Resource Management Building. The committee reviews seasonal game limits, land use requests, fishery notices and wild rice restoration. A stipend is provided. To apply, contact Terri at (218)878-8001.

## Home heating assistance available

The government of Venezuela and CITGO Oil Company is offering \$155 in home heating assistance per household to FDL Band Members living on the Reservation. Applications are available at the community centers, Head Start, the Ojibwe School, Food Distribution, Min no aya win Clinic, and the Cloquet Tribal center. Deadline for applications is April 24.

## Mii-zhigwa ozhigaa'ige Ininaatigoog (It is time to tap the Maple trees)

The FDL Ojibwe School invites community members to join our students as they learn about the Spring 2009 Sugar Bush Harvest. Please dress according to weather conditions. Our camp is set up behind the FDL Ojibwe School next to the Pow Wow grounds. This is where we will be boiling down and doing presentations for anyone interested. Nimbagozendaan niwaabam-

aa giin gabeshiiwin iskagaminiziganing! (Which means, I hope I will see you at the Sugar Bush Camp!) For more information, contact Josa Barney at (218) 878-8084.

## Otter Creek Event Center performances

**Tracy Lawrence** and **Tracy Byrd** will be performing at 5 p.m. on March 29. Tickets are \$35 to \$45.

**Travis Tritt** and **Jerry Douglas** will be performing at 5 p.m. on April 26. Tickets are \$30 to \$40.

Tickets are available from Ticketmaster or at the box office. The Otter Creek Center is located in the Black Bear Casino Resort at the intersection of Interstate 35 and Highway 210 in Carlton.

## American Indian Art Scholarship Exhibit at UWS

The 10th Annual American Indian Art Scholarship Exhibit will be held April 6-29 in the Kruk Gallery, located in the University of Wisconsin-Superior's Holden Fine Arts Center.

Nineteen professional artists will be participating, along with

49 American Indian students from 12 different schools in Minnesota and Wisconsin. The students from Fond du Lac Reservation are: Saydee Lanes, Jennifer Abramowski, Cody Anderson, Brad Barney, Alvin Lund, Peter Martin, Kelsey Olson, Kelly Petersdorf Marie, Larissa Bosto, and Jeremy Ammesmaki.

Juniors and seniors in the exhibit will be juried for a \$1,000 UWS scholarship.

Featured artist Karen Savage-Blue will be giving a workshop at 3 p.m. April 29 in the third floor gallery of the Holden Fine Arts Center. A closing artist's reception will be held at 6 p.m. April 29 in the Kruk Gallery.

The gallery is open 9 a.m. to 4 p.m. Monday-Friday. Admission is free. For more information, call (715)394-8391.

## Cloquet Community Center offers springtime activities for all ages

The Cloquet Community Center Library offers activities for children and adults in April and May. Children of all ages are invited to participate in "Book-It" on Wednesdays from 3:30 p.m. to 5 p.m. The points the child earn for reading their books can be converted into prizes.

Kids age two to five and parents are invited to attend the **parent/child activity morning** on Saturdays from 10:30 a.m. to 11:30 a.m. Activities vary from week to week, but could include watching a movie together, playing a game, and story time.

Children age five to 12 are invited to participate in **Saturday afternoon themed activities** from 1 p.m. to 2:30 p.m. The activities may include making a dreamcatcher, gym games and holiday celebrations.

Adults are invited to attend the **brown bag speaker series**

which takes place the last Friday of each month. Bring your own lunch and prepare to learn something new.

Fliers on all of these activities will be posted in the Cloquet Community Center.

## Native poetry night

A night of Native poetry, spoken word, hip hop, and songs of love made, love lost, and all the ways we remember love will be held at 7 p.m. March 28 at Beaner's, 324 N. Central Ave., in Duluth.

Al Hunter will be reading from his new book, "The Recklessness of Love," Sarah Agaton Howes, Edye "Dekaag" Howes and Paige "Makoons" Miller will be reading their poetry, Chris Shabaiash will be presenting a live rap performance and Mark Pero and Zack Hartville will be hand drum singing.

Admission is \$5. For more information, call (218)213-7169.

## Participants needed for June canoe/language immersion project

The Fond du Lac Museum is soliciting community members to participate in the June 2009 language immersion birch bark canoe building project to be held at the Museum starting on June 8, 2009. The project will extend through the month of June for an additional three weeks.

This intensive project requires time during the week and on weekends. A stipend will be offered for the eight participants to cover any expenses they incur during the course of the project.

If you are interested, call Jeff Savage, Museum Director, at (218) 878-7582.

# Etc.

## Elder Essentials

Each month we reserve a spot for news of importance to FDL Elders. If you have news to share, please contact Elder Advocate Deb Topping at (218) 878-8053.

**Elder exercise classes** are held 9 a.m. to 11 a.m. Monday and Wednesdays in the Cloquet Community Center and at 11 a.m. Wednesdays in the Washington Community Center, 1st Ave W. and Fourth St. For a ride or information, call (218) 878-2128.

**Elder foot clinic** is 9 a.m. to 11 a.m. the second Tuesday of each month in the Min no aya win's McKnight room and at 9 a.m. to 11 a.m. at CAIR the third Friday of every month. Call (218)878-2128 for more information.

**Caregiver's support group** is 5 p.m. to 6 p.m. the second and fourth Wednesdays in the Tribal Center library. Call (218)878-2132.

**Home safety assessments** are available by calling (218)878-2130.

**Cooking classes** are 5 p.m. to 7 p.m. on April 21 in the Cloquet Community Center. Call (218)878-3709.

The Annual **Wisdom Steps Conference** is June 16-18 at the Grand Casino in Hinckley. Registration is due by April 24. For more information, call (218)879-6411, (218)384-4498, (218)878-8053 or (218)279-4119.

**Pancake benefit breakfast** 7:30 a.m.-10 a.m. March 27 in the Cloquet ENP. Cost is \$5.

## Black Bear Casino Hotel Cobalt Nightclub April 2009

Date	Time	Show	Type
April 1	8 p.m.	Comedy extravaganza	Comedy
April 2	7 p.m.	Marshall Star	Variety
April 3 & 4	9 p.m.	Marshall Star	Variety
April 5	7 p.m.	Marshall Star	Variety
April 8	8 p.m.	Kevin Boseman	Comedy
April 9	7 p.m.	The Fortunes	Variety
April 10 & 11	9 p.m.	The Fortunes	Variety
April 12	7 p.m.	The Fortunes	Variety
April 15	8 p.m.	Chase Elsner	Comedy
April 16	7 p.m.	Jake McVey	Variety
April 17 & 18	9 p.m.	Jake McVey	Variety
April 19	7 p.m.	Jake McVey	Variety
April 22	8 p.m.	Craig Allen	Comedy
April 23	7 p.m.	Zero Echo	Variety
April 24 & 25	9 p.m.	Zero Echo	Variety
April 26	7 p.m.	Zero Echo	Variety
April 29	8 p.m.	Bob Jay & Tiffany Ellen	Comedy
April 30	7 p.m.	Jacob Rice	Country

## Open meeting to be held at 3 p.m. on April 16, 2009 at the Sawyer Community Center.

# 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. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to [deborahlocke@fdlrez.com](mailto:deborahlocke@fdlrez.com)

The telephone number is (218)878-2628. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and name with anything you submit. Materials will be edited for clarity and length.

## Happy Birthday

Happy 76th birthday April 27 **Granny Doris Otis**

*Love from Rachel, Raelynn, Chris and family*

Happy 76th Birthday to **Doris Otis** on April 27. We love you, Granny!

*Jezlyn, Tristin, Robin, Julie, and all your family*

Happy birthday April 21 to **Justice Paro** and to **Jezlyn Abramowski**

on March 27!  
*Love, Dad*



Happy Second Birthday to **Kingslee Zacher** Feb.

9. We love you, honey bear.

*Love, Mom, Dad, and Breea*

*Note: We regret that in the course of production, this child was wrongly identified last month.*

Happy 5th Birthday April 21 to "**Sunshine**" **Justice Marie Paro**

*Love, Auntie Janelle And Uncle Mel*

Happy Birthday April 23 to **Dave Merrill**

and Happy Birthday April 18 to **Tammy Nykanen.**

*Love from your family*



Happy Birthday April 21, **Nana!** I love you bunches! Thank you for being so fun!

*Xoxoxos, Mackenzie*

Happy Birthday April 21, **Mom!** We love and adore you so much!

*Love from your kids, Heather, Wes and Jamie*

Happy Birthday on April 21 to my beautiful mom, **Ellen Bassett.** I love you millions!

*XXOO, Jamie*



Happy Birthday to the following CAIR employees in April: **Grace Bennett**, April 2, **Vi Foldesi**, April 11, and **Chet Welch**, April 17.

Happy Belated 32nd Anniversary Feb. 14 to **Russ &**

**Deb Northrup**

*from your family*

Happy Birthday April 28 to **Russ Northrup** and **Rory Northrup** on April 11.

*from Naomi*

Happy Belated 6th Birthday Feb. 22 to **Caide Northrup** and Happy Belated Birthday Feb. 22 to **Deb Northrup**

*from Naomi, Tyrone, and kids*

Happy First Birthday on March 16 to our LoveBug, **Janessa Lee Thompson!**

*Love, Mom and Dad*

Happy 17th birthday on April 23 to my niece, **Amanda Kay Ammesmaki.**

*Love you, Aunty Koko*



Happy fourth birthday on April 27, **Dannin**

*Love, Mom and Dad*

Happy 10th birthday on April 9, **Dylan**

*Love, Patti Jo, Danny, and Dannin*

Happy 9th Birthday April 3 to **Zak Howes**

*from his family*

Happy Birthday on April 4 to **Loretta Erickson.**

*Black Bear Casino staff*

Happy 5th birthday April 20 to **Solai Mohr**

*Love, Mom and Dad*

Happy birthday April 26 to **Uncle Butch Martineau**

*From the Mohrs and Northrups, your loving neighbors*

Happy 23rd birthday April 18 to **Robin Abramowski**

*Love, Jezlyn and Julie*



*Nicole at age 3*

Happy 16th Birthday April 21, **Nicole Schultz.** We love you.

*From all your family*

Happy Birthday April 19 to **Wayne Dupuis, Wendy Jaakola** and **Bill Dupuis.**

*Love, Mom*



Happy 50th Birthday April 10 to my husband, **Ed "Pinky" Jaakola,** a fun-loving, easy-going, all-around nice guy!

*Love ya honey, Wendy*



Happy Birthday April 16 to **Jay and Dave Clark.**

Have a good one, you two nuts!  
*Wendy*



Happy Birthday April 20 to **Curt Jaakola**

*Wendy*

Happy 10th Birthday on April 13 to **Kasey Myhre** and Happy 20th Birthday on April 12 to **Krystal Rynders.** Hope this day

brings you as much happiness as you have given us.

*Love, Mom, Dad, family and friends*



## Congratulations

A big congratulations to **Caide** and **Julius Northrup** for coming in first at the wrestling tournament and for qualifying for the State Wrestling Match in April.

*from Naomi*

Congratulations to **Riley Howes** for advancing to the State Future Problem Solvers competition this coming spring.

*from her parents and brother, Zak*

Congratulations to **David Anthony Meger,** on receiving your high school diploma. You've shown you've got aptitude and smarts.

*Love, Mom*



## Thank-You Notes

The family of **Doris Ann Smith** offers a big miigwetch to the Fond du Lac Reservation Tribal Council, the Handevitd Funeral Home and to Lee Staples and his helpers for their help and support. Thanks, also, to the Sawyer Center staff and to all of our aunts and uncles -- without them we could not have made it through this sad time. Finally, thanks to the community for providing food for the feasts. We appreciate your thoughts, prayers and gifts of money. We will never forget your kindness.

*The family of Doris Ann Smith*

Thanks to **the RBC** for replacing my old trailer that was in really bad shape. The construction workers did a nice job even in very cold weather. The new trailer is just beautiful and is more than I ever dreamed I'd ever have. A special thanks to **Mike Murray** and **Raelea Skow** for their good

# Community News

work through the FDL Housing Improvement Program.

*Don Wallace*

## Wedding anniversary celebration

Friends and family are invited to the 50th wedding anniversary party for **Jack and Bergie Bassett**. It will be held from 1 p.m. to 5 p.m. on May 3 at the Otter Creek Convention Center, Black Bear Casino Resort, Carlton. Cake and coffee will be served. For more information, call (218) 310-6407

## Birthday party

Please join **Kathryn "Dena" Howes** in celebrating her 89th birthday on April 5, 2009 at 1 p.m. in her home on Reservation Road.

## Memorials

In memory of **Trina Langenbrunner**. You will remain forever in our thoughts and prayers, and forever in our hearts. We will never give up!

*The family of Trina Langenbrunner*

In loving memory of our brother, **Sulo M. Ammesmaki** on his birthday April 10. We love you and miss you each and everyday!

*Your brothers and sisters, Frank, Dawn, Shawn, Joel, Jodi, Nick, Nicole and Marcus*

In loving memory of our Mother, **Beverly A. Ammesmaki**, on her birthday April 22. We love and miss you each and everyday!

*Your children, Frank, Dawn, Shawn, Joel, Jodi, Nick, Nicole and Marcus*

## Welcome to the world

Welcome to **Daxton Parker**, born March 1, 2009 to Michael Fosness, Jr. and Destany Collins in St. Mary's Hospital in Duluth. He weighed 7 lbs. 8 ozs. and was 21 inches long. Grandparents are Michael and Lisa Fosness.



## Scheduling of the FDL Honor Guard

Members of the Fond du Lac Reservation Honor Guard are pleased to appear at school, community center or organizational events. If you have an upcoming pow wow celebration or special event or ceremony, call Honor Guard Commander Jon Pensak who will schedule Honor Guard participation. Commander Pensak can be reached from 8 a.m. to 4 p.m. from Monday through Friday at this phone number: (218) 878-8062. He can be reached after hours on his cell phone, (218) 390-0891.

He can also schedule appointments by email. His email address is [jonpensak@fdlrez.com](mailto:jonpensak@fdlrez.com)

## Anniversaries

It's **Viola and Thomas Foldesi's** 46th wedding anniversary on Viola's birthday, April 11. Happy Anniversary, Dad and Mom. Happy Birthday, mommy dearest.

*Love from your favorite daughter and the rest of the pack*

Happy 16th Anniversary on April 14 to **Darrel and Annette Welsand**.

*With love from your family.*

## Obituaries

**Doris Ann Northrup Smith "MAWIZIKWE,"** age 61 of Brookston, passed away unexpectedly on March 9, 2009 in her home. She was born Feb. 14, 1948 in Duluth to James and Alice (Shabiash) Northrup.

She was fondly referred to as "Doe, the Mayor of Mahnomen." Doe enjoyed board games, watching "Jeopardy" on television, and her birds. She especially loved her grandchildren.

Doris's brother Jim Northrup said that times were hard in Sawyer during their growing up years. Really hard. Once in a while their mother would ask Jim and his sister Judy to go outside during meal times. Jim and Judy waited outside and went hungry while the younger children were fed.

Jim told Doris that story years later. Doris said she did not remember that! Jim said no, why would you, you were inside eating!

When Doris's biological son - also named Jim -- was 18 months old, Jim Northrup took over raising the little boy. Doris had little Jim biologically, Uncle Jim raised the toddler in every other way. "It was a privilege to raise him," Jim said.

He added that his sister Doris had a direct quote for anyone who wanted words to remember her by. They were: "I am a pretty good storyteller, eh!"

Doris was preceded in death by her husband Jim; daughter DaraBeth; brothers and sisters Jeff, Nancy, Judy, Rodney and Herbie; and her parents.

Doris is survived by her children Debra (Greg) Topping, James (Lisa) Northrup III, Alicia Smith, and Sagwant Butcher; 17 grandchildren; two great-grandchildren; brothers and sisters Jim (Pat) Northrup Jr., Jean DuFault, Vernon Northrup, Susan (Ronald) Smith, Juanita (John) Fineday, Russ (Deb) Northrup, Dawn Northrup and Warren Northrup; also many nieces and nephews.

Visitation at the Sawyer Community Center was held on March 12 and continued through the evening until the traditional funeral service the next morning.

## Sewell Sherwood "Sig" Tibbetts, 77, of Cloquet,

died peacefully in his home surrounded by his family on March 12, 2009 on the Fond du Lac Reservation. Sewell remained steadfast to the enjoyments of life while he fought a courageous battle with cancer over the last several months.

Sewell was born on Jan. 11, 1932, the youngest of James and Nellie Tibbetts' nine children. He was raised in Ball Club, Minn. on the Leech Lake Reservation until attending Flandreau Indian School in South Dakota in 1946.

Following high school graduation, Sewell enlisted in the U.S. Army and served from 1951 to 1954. He was a paratrooper with the 5th Regimental Combat Team and served in Korea. After combat, Sewell returned to the Ball Club area before moving to the Fond du Lac Reservation, where he worked at the former Indian

Hospital. He met his beloved wife, Doris "Dottie" Whitebird shortly thereafter.

Sewell was employed by the Carlton County Highway Department for 25 years before his retirement in 1995. He enjoyed hunting, fishing, trapping, ricing, gardening, raising poultry, bingo, carving, cribbage, and his cat. Sewell's friendly nature and warm heart will be deeply missed by many people.

Sewell was preceded in death by his wife, Doris; his parents; brothers, James, Franklin, Jesse and Burnham; sisters Della Barnes and Gladys Tibbetts; daughter, Marie Tibbetts; and step-son, Gerald Novacinski.

He is survived by his children, Lee (Peggy Klinga) of Cloquet, Jeffrey (Sherry) of Barnum and Beth (Junior) Diver of Cloquet; step-children, Bunny (Kenneth) Jaakola, Abby (Earl Erkkila) Volkert and Maryanne (Donald) Erickson all of Cloquet; sisters, Nettie "Girly" Grauman and Delores (Conky) Lindberg both of Ball Club; and many grandchildren and great grandchildren.

Visitation and the funeral ceremony were held on March 17. Military Honors were accorded.



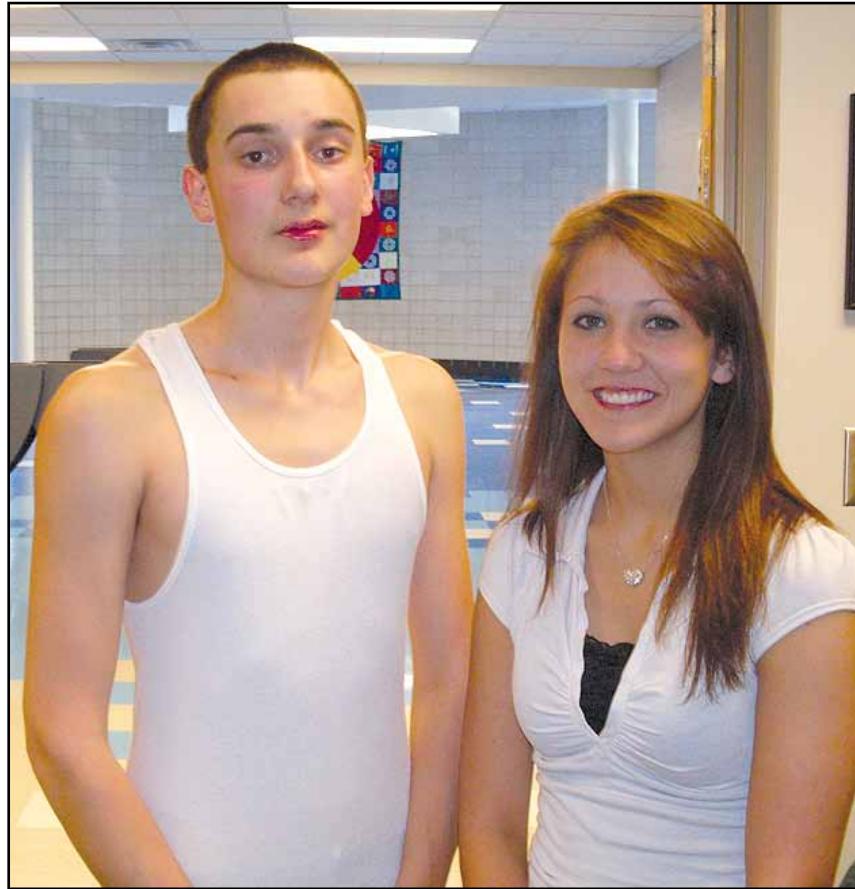
# Community News



At left, Princess Francene LaDeaux. A photo of Valerie Ross was not available.

Below, King KC Conners and Queen Aliza Gingras.

At right, King Trevor Ojibway and Queen Mary Ammesmaki.



## Winter Fest Week at Ojibwe School

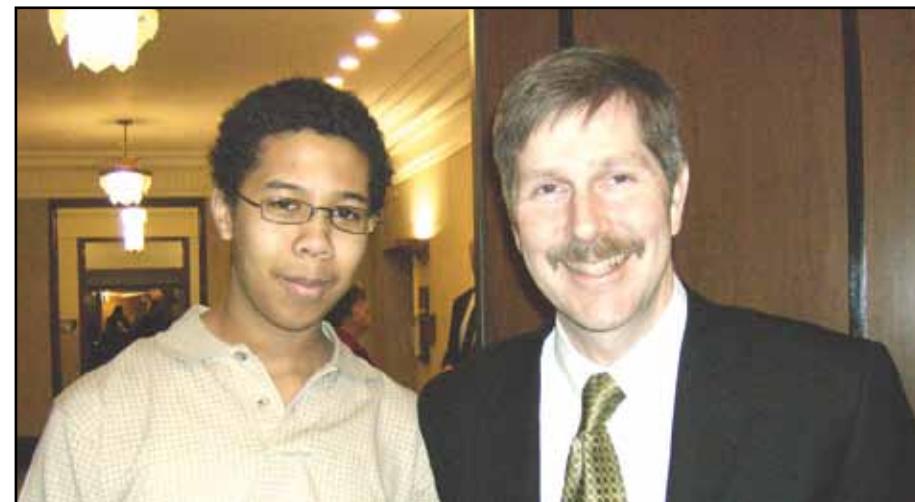
The Ojibwe School student council sponsored Winter Fest week Feb. 23-27, with homecoming celebrations to honor coaches and basketball players.

Candidates for homecoming court were: KC Conners, Brenden Greenleaf-Gingras, Tyler Murto, Vanessa Fox, Aliza Gingras, Krysta Reynolds, Ziibens Aubid, Valerie Ross, Katie Allen, Francene LaDeaux, Mary Ammesmaki, Madison Bond, Kierra Defoe, Sarah Durfee, Patia Hayes, Brandon Bosto, Zachary Johnson, Jagger Lind, Trevor Ojibway and Jordan Paulson.

At the conclusion of winter fest week, the following candidates were chosen by their peers: junior king and queen are Trevor Ojibway and Mary Ammesmaki, king and queen are KC Conners and Aliza Gingras, princesses are Valerie Ross and Francene LaDeaux.



A percentage of Wednesday bingo proceeds during the month of November 2008 from the Black Bear Casino were donated to the St. Luke's Breast Cancer Foundation. This was the third year that Black Bear made such a donation. The proceeds were presented to hospital officials on March 16. The event is promoted by Women Rock and co-sponsored by CharterMedia. Pictured from left to right are: Rocky Wilkinson, marketing manager for Black Bear Casino; Christy Case-Strohm, CharterMedia; Bonnie Nimmo, CharterMedia, John Strange, St. Luke's President and CEO Carolyn Dillman, St. Luke's Breast Center Coordinator, and Elizabeth Simonson, St. Luke's Foundation. Unavailable for this photo, Bingo Manager Juanita Anderson.



On the left is Jordan Northrup, 14, who "shadowed" FDL Chairwoman Karen Diver during the February slate of legislative activities in St. Paul. He is the grandson of Juanita Fineday, and is shown here with State Sen. Tony Lourey. Jordan participates in the Sawyer Youth Program, and is considering a career as a lobbyist.

# Area news briefs

## Facebook deactivates account of American Indian woman

Robin Kills the Enemy, 28, of the Rosebud Sioux Reservation had her account with Facebook deactivated due to her American Indian name, according to a story in the Bismarck Tribune. The Facebook officials who monitor the website presumed that "Kills the Enemy" was a false name.

Administrators eventually reinstated the account.

Since then, a number of Facebook users have questioned why people with American Indian surnames have to jump through hoops and endure accusations of fraud while hundreds of users who claim to be named "Bart Simpson" do not have to prove that their name is authentic.

Initially when Kills the Enemy signed up for Facebook last summer, it would not accept her real surname, so she combined it into one word. That didn't work, because people did not understand the combined words. She emailed Facebook to have the name corrected, and the next day her account was deactivated.

Kills the Enemy is a computer technician at the He Dog Elementary School.

Since it started in 2004, Facebook has become a communications device for millions of people worldwide.

## ACLU charges S.D. school district with racial bias

A settlement was reached in February between the Winner South Dakota School District and the American Civil Liberties Union. The ACLU alleged unfair racial bias, especially regarding disciplinary action on the part of the school district against minorities.

Some of the troubling statistics reported in an article in the Daily Republic was an 11 percent graduation of American Indian students, as opposed to 89 percent for white students.

Attempts were made on the part

of the South Dakota ACLU office to convince the school district to reshape some of its policies. Those efforts failed, so litigation was the only option, according to the ACLU.

The settlement includes creation of a new discipline matrix and the hiring of an ombudsman to serve as a liaison between American Indian families and school officials.

## Protection sought for Black Hills

Future mining on close to 4,000 acres in the southern end of Black Hills National Forest could be prohibited if forest officials have their way. The Lakota, Cheyenne, Arapahos and Kiowas regard the Black Hills as sacred.

Forestry officials are seeking to protect Craven Canyon, an area rich with 10,000 year old American Indian artifacts, according to Erin Gable, an independent energy and environmental writer from Woodland Park, Colorado.

Forestry officials have applied to the Bureau of Land Management for a minerals withdrawal that would prevent new mining in the area for the next 20 years. The canyon currently has protection from mining until August of 2010.

## Constitutional amendment to ban S.D. casinos fails

A proposed constitutional amendment that would ban future construction of casinos in South Dakota was rejected by a House committee, according to the Associated Press.

The measure was designed to prevent construction of an Iowa casino near the border with South Dakota, according to S.D. Senate Democratic Leader Scott Heidepriem.

Last fall, residents of Lyon County, Iowa, voted to allow construction of a \$90 million golf course, casino and resort complex in Larchwood, Iowa.

## Election of Obama sparks renewal in Peltier movement

The movement to free American Indian activist Leonard Peltier, convicted in 1977 of murdering two FBI agents, has experienced renewed interest, according to a story in the Kansas City Star. The change in the White House, Peltier's upcoming parole hearing, and an inmate attack on Peltier in January have been cited as causes.

Peltier, 65, Anishinaabe and Lakota, is currently in a Pennsylvania prison and recovered from his injuries, according to family members.

## Tribal ID card bill rejected

A bill introduced in the South Dakota state legislature that would have made a tribal identification card valid in all cases a driver's license was needed was voted down by the South Dakota House Local Government Committee in February. The story was reported in the Associated Press.

## South Dakota sued over disenfranchisement of American Indians by ACLU

Two Pine Ridge women on probation were illegally prevented from exercising their right to vote in November 2008 in South Dakota. State law only prohibits those sentenced to prison from voting, according to a report in the States News Service.

"These cases represent the tragedy of what happens when election officials do not know how to administer the law," said Nancy Abudu, staff counsel with the American Civil Liberties Union, the organization that filed the suit.

"It's deeply disturbing that my vote was taken away because of administrative incompetence," said Eileen Janis, one of the plaintiffs in the lawsuit. "No lawful voter should be denied the right to vote simply because election workers don't understand the rules. I will never get a chance to go back and make my voice heard," said Janis.

## \$50,000 donated to the University of South Dakota

Family members of the late Oscar Howe, an American Indian artist, have donated \$50,000 to the University of South Dakota. The money will be used for an American Indian Museum and Academic Center that will be dedicated to Howe's legacy, according to the Associated Press.

## Wisconsin bill to fine schools with Indian logos

A bill introduced by Wisconsin Democratic State Representative Jim Soletski would fine public schools that continue to use race-based names, nicknames, logos or mascots up to \$1,000 a day.

"If they're [American Indians] not feeling honored, it's time to get rid of it," said Soletski in an article in the Minneapolis Tribune. Similar legislation has failed in the past.

Since 1991, 32 Wisconsin school districts have dropped references to American Indians; 38 school districts have not.

## Women most at risk when they initially leave

Women in abusive relationships are most at risk when they leave, according to a new report released in February by the Minnesota Coalition of Battered Women. Of the 21 women killed as a result of domestic violence in Minnesota last year, more than half died when trying to leave their partners.

"It's a time when batterers are increasing their attempts to intimidate their partners," said Cyndi Cook, executive director of the coalition. "The ultimate act of control is to take a person's life," she said in an article in the Duluth News Tribune.

Warning signs that a man could turn violent include controlling behavior, intense jealousy, and stalking.

In a related story, a Duluth man was charged March 17 with attempting to strangle a former girlfriend three days after a jury acquitted him of previously trying

to choke her. The jury deliberated 40 minutes before finding him not guilty of assault, despite seeing photographs of bruises on the victim. The story was reported in the Duluth News Tribune.

## Bush policies cut hundreds of BIA and BIE jobs

Representatives of the Federation of Indian Service Employees Union are asking why the Obama administration is cutting 180 Bureau of Indian Affairs jobs even though money is available to fund them.

BIA officials maintain that only 52 jobs will be affected per Bush administration actions, and could be restored if Congress passes an appropriations bill for Fiscal Year 2009.

The story was reported in Indian Country Today.

## Jodi Gillette appointed to White House position

President Barack Obama announced the appointment of Jodi Gillette of the Standing Rock Tribe to be deputy associate director of the Office of Intergovernmental Affairs in February. Gillette will oversee tribal, local and state relationships with the federal government, according to a story in the Bismarck Tribune.

In a public statement, President Obama described Gillette as bringing diverse experiences and a "deep passion for public service to my administration."

## Obama restores Endangered Species Act

In early March, President Obama restored rules stripped away by the Bush Administration that require federal agencies to consult with wildlife experts before moving ahead with projects that could cause harm to endangered species.

The Bush rules would have allowed agencies with little or no wildlife expertise to make decisions that could mean life or death for animals like the polar bear, according to a news release from the Sierra Club.

# Health news

## More funding sought for IHS

American Indians are 638 percent more likely to die from alcoholism, 400 percent more likely to die from tuberculosis, 291 percent more likely to die from diabetes complications, 91 percent more likely to die from suicide, and 67 percent more likely to die from pneumonia and influenza, according to Andrew Joseph Jr., chairman of the Northwest Portland Area Indian Health Board in an article in Congressional Quarterly HealthBeat.

In a Feb. 5 Congressional hearing, Rachel Joseph, tribal co-chairwomen of the National Steering Committee for Reauthorization of the Indian Health Care Improvement Act (IHCA), urged that IHCA be reauthorized as soon as possible.

"American Indians have a level of health care funding that would not be acceptable for other American citizens," she said.

## UMD provides free healthcare

In Oct. 2008, the University of Minnesota-Duluth opened a free medical clinic from 3 to 5 p.m. Tuesdays in the CHUM drop-in center, 125 N. 1st Ave W., in Duluth. The clinic is staffed by UMD medical and pharmacy students and is supervised by licensed doctors and pharmacists, according to an article in the Duluth News Tribune.

The clinic is funded by donations from Maurices Corporation and Pasek's pharmacy.

## Time-tested treatments

Salsalate, a chemical cousin of aspirin, is an effective and inexpensive choice for pain relief.

Topical pain relievers, like Aspercreme and Myoflex, are just as effective as pills for os-

teoarthritis.

Diuretics, like HydroDiuril and Diuril, are more likely to prevent heart disease and stroke and lower blood pressure as well as the newer and expensive alternatives, such as beta-blocker, ACE inhibitors, and calcium-channel blockers.

Traditional treatments for irritable bowel syndrome, such as antispasmodic drugs, peppermint-oil capsules, and fiber supplements, are more effective than newer drugs.

The most effective way to treat asthma is with allergy shots, eliminating environmental allergens, losing weight, treating sleep apnea and severe heartburn, and getting a yearly flu shot.

The story was reported in Consumer Reports on Health.

## April American Red Cross CPR & First Aid

The Fond du Lac public health nursing department is offering CPR and First Aid classes to American Indians living within the Fond du Lac Reservation service area. There will be a class on April 2 at the Center for American Indian Resources, 211 W. Fourth St. in Duluth. On April 16, class will be held at the Min no aya win Clinic, 927 Trettel Lane, Cloquet. Classes are from 8:30 a.m. to 4:30 p.m.

Pre-registration is required. To register, call (218)878-3794 or (218)878-2197.

## Flu flourishes in dry air

Research recently published in the Proceedings of the National Academy of Science indicates that the key in the spread of flu germs is the absolute humidity. The story was reported in the Duluth News Tribune.

## Clinic gains new eye doctor in February

Optometrist Dr. Jeanne Rice started working part-time at the Min no aya win Clinic Optical Department in February. She has been practicing optometry for eight years, and also works part-time at the Cloquet Wal-Mart optical center.

Dr. Rice grew up in Hermantown, received an undergraduate degree from the University of Minnesota - Duluth and received her optometric degree from the Illinois College of Optometry in Chicago.

She became an optometrist because she had poor vision as a child and is still grateful for the people who helped her to overcome that challenge.

The best part of her job is visiting with patients and helping them to see the world better.

The hardest part of the job

is telling people that they have some condition that can't be improved.

She did a rotation in Alaska and noted that often members of that native population had hereditary astigmatism. She has seen the same trend among

her Fond du Lac Reservation patients.

Dr. Rice said she appreciates the high tech equipment available to her at the Min no aya win Clinic, such as a retinal camera that takes pictures of the inside of the eye.



At right, Dr. Ann Rice examines George Houle at the Min no aya win Clinic.

## Heart disease is a growing problem in our community

### From the FDL Public Health Nursing Dept.

Did you know that more Native Americans die from heart disease than from any other cause? Heart attacks and strokes kill more than one out of every four people who die in Indian Country.

We used to think that more men than women had heart attacks. But, today we know that heart disease is the leading cause of death for both men and women in Native American communities.

The good news is that heart disease is usually preventable. Prevention must start early in life. We can help ourselves and help others in our family and in our community to prevent heart disease.

The first thing we can do is to learn more about our heart. The heart is an amazing organ!

Our heart is the center of our body. Every minute it pumps

5 quarts of blood through our blood vessels. The heart sends the blood through our lungs to pick up oxygen to take to all the parts of our body.

Our heart never stops working. It beats about 100,000 times a day. It takes a strong muscle to do this work. We strengthen our heart through exercise. Physical activity that makes our heart beat faster actually makes our heart stronger.

Like water flowing through a stream to bring life to our world, the blood must flow freely through our body. Our heart, our lungs, and our blood all work together to sustain our life. We call the diseases of our heart and blood vessels "cardiovascular disease" or CVD. The most common CVD is coronary heart disease, which can cause heart attacks, strokes and the chest pain called "angina."

Heart disease develops over a long time. The blood vessels get

clogged with deposits of a waxy substance called cholesterol. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart. Stroke results when a blood clot blocks the blood to the brain, or from bleeding in the brain.

Every month we will enter a column for our paper about heart disease and what you can do to prevent it. Please read each column and share the information with others. Also, call Amber for more information on the FDL Public Health Nursing Dept. 218-878-3709 if you want more information on Fond du Lac's Public Health Nursing Department and the services we offer.

*Next month: Know Your Risk for Heart Disease*

# Legal Q&As

## Housing matters

### Landlord and tenant rights, and a better understanding of housing discrimination

By **Sofia Manning**  
*Duluth Indian Legal Assistance Program*

#### Landlord and Tenant Rights

The purpose of this article is to help you understand your rights and responsibilities regarding housing. If you rent a house or apartment, you have entered into a binding legal contract between you and your landlord.

According to Minnesota law, when the owner of a house, room, apartment complex, or other living quarters agrees to give to someone else the use of this space for a fee, the two have entered into a legally binding rental contract. This contract can be either in writing or verbal, and the agreement to rent is covered by statutory law. Some terms of this agreement are fixed by law and neither the landlord nor tenant can change them.

#### Before signing the rental agreement

Prospective tenants should always inspect the rental unit before they sign any rental agreement. They should look over the carpeting, paint, windows, appliances, plumbing, heating, and

lights (just to name a few things). Check everything to make sure it is in good shape and list anything you find in disrepair.

Landlords should perform a “walk through” before the tenant moves in, and everything in the rental unit that the tenant will be responsible for should be listed on this “walk through” sheet. To have this “walk through” is in the best interest of the landlord and tenant, but it is not required by law.

After the “walk through,” if the tenant decides the living quarters meet with his/her approval, he/she may be required to have a background check preformed on him/her.

Some landlords require prospective tenants to pay an application fee at this point. This fee is used to cover the costs of checking the tenant’s references, credit, criminal history, etc. Tenants should ask if application fees are required and what the amount of the fee is. They should also ask if this fee is refundable and should request a receipt when they pay the fee. Some landlords may also require a pre-lease deposit, which must be

returned to the tenant if they do not rent the unit.

#### The security deposit

Landlords have the right to require tenants to pay a security deposit (also called a damage deposit). This is money which the tenant pays and is held by the landlord to pay for any damage to the rental unit beyond ordinary wear and tear. The tenant cannot use the security deposit to pay the rent, but it can be kept by the landlord if the tenant is evicted or leaves with unpaid rent due.

Minnesota Law does not limit the amount a landlord may require for a security deposit. Further, a landlord can increase the security deposit at any time during a month-to-month or “periodic tenancy,” but only if the tenant is given written notice of the increase one rental period ahead of time plus one day.

If the deposit amount is stated in the rental agreement, and the rental agreement has a definite ending date, no changes to the deposit amount can be made unless both parties agree to the changes, or the lease allows for it.

### Discrimination in Housing

What are your rights as you look for suitable housing? Title VIII of the 1968 Civil Rights Act (Fair Housing Act), as amended, prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing-related transactions.

It is unlawful to discriminate in housing based on these factors: disability, race, familial status, color, national origin, religion or sex.

There is one exception to this: an owner living in a one-family unit may refuse to rent part of the premises on the basis of sex, marital status, sexual orientation, disability or reliance on public assistance.

It is also unlawful for a landlord to decrease services that have been promised in a lease, or to set different lease terms, conditions and privileges based on the above factors. This is discriminatory among their different tenants.

#### Familial Status

A landlord cannot discriminate against people with children, except for the following reasons: the vacancy is in an owner-occupied house, duplex, triplex or fourplex; or the purpose of the building is to provide housing for elderly persons.

#### Disability

It is unlawful for a landlord to refuse to make reasonable accommodations for a person with a disability if the accommodation is necessary to give the tenant an equal opportunity to use and enjoy the dwelling.

If a tenant is partially or totally blind, disabled and/or deaf, it is unlawful for a landlord to discriminate against the use of a service dog. Further, a tenant shall not be required to pay additional rent to have a service dog inside the apartment. The tenant is, however, responsible for any damage done to the premises by the service dog.

#### Help is available

If you believe your tenant or landlord rights have been violated, you can contact the Duluth Human Rights Office at (218) 730-5630 or toll-free at (800) 765-9372. You may also contact the Minnesota Department of Human Rights at (800) 657-3704 to file a complaint.

*If you have any questions or topics you would like addressed in future columns, please write to us at: Indian Legal Assistance Program, 107 W. First St., Duluth, MN 55802.*

# Clip and Save

## Emergency Awareness News

### Prepared by the FDL Emergency Response Team

Spring is often host to many dangers such as flooding, wildfire, and severe weather. You should know what to do to protect your family, pets, property and self against these dangers.

### Severe Weather

All thunderstorms are dangerous and can produce tornadoes, lightning, damaging winds, flash flooding, and hail. Learn to recognize severe weather, develop a plan, and be ready to act when threatening weather approaches.

### Thunderstorms

Each year, many people are killed or seriously injured by tornadoes and severe thunderstorms despite advance warning. The National Weather Service considers a thunderstorm severe if it produces hail, strong winds, or a tornado. Being prepared, combined with timely severe weather watches and warnings, could save your life and others you care about.

### Tornados

Tornados are nature's most violent storms. Spawned from powerful thunderstorms, tornados can cause fatalities and devastate a neighborhood in seconds.

A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard.

Every home should have a plan for what to do in case of a tornado.

Signs of an approaching tornado include a dark, often greenish sky, large hail, or a loud roar similar to a freight train.

### Tornado Myths and Truths

**Myth:** areas near lakes, rivers, and mountains are safe from tornados. Truth: no place is safe from tornados. A tornado near Yellowstone National Park left a path of destruction up and down a 10,000 foot mountain.

**Myth:** windows should be opened before a tornado approaches to equalize pressure and minimize damage. Truth: leave the windows alone. The most important action is to immediately go to a safe shelter.

**Myth:** if you are driving and a tornado is sighted, you should turn and drive at right angles to the storm. Truth: the best thing to do is to seek the safest available shelter. Many people are injured or killed when remaining in their vehicles.

**Myth:** people caught in the open should seek shelter under highway overpasses. Truth: take shelter in a sturdy, reinforced building if at all possible. Overpasses, ditches, and culverts may provide limited protection from a tornado, but your risk will be greatly reduced by moving inside a strong building.

### Additional Facts

- Tornados can occur at any time but are most likely to occur between 3 p.m. and 9 p.m.
- Peak months for tornados in the northern states are late spring and summer.

### Lightning

Lightning causes many fatalities and injuries every year. Most occur when people are caught outdoors in late spring and summer months. Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. So keep an eye on the sky. Look for darkened skies, flashes of light, or increasing wind.

Plan ahead and be aware of the weather before planning outdoor activities or have a way of check-

ing up-to-date weather information.

In recent years, people have been killed and injured by lightning while boating, standing under a tree, riding a horse, loading a truck, golfing, riding on a lawnmower, playing soccer, bike riding, swimming, talking on the telephone, fishing in a boat, and mountain climbing.

### How far away is the thunderstorm?

Count the number of seconds between a flash of lightning and the next clap of thunder.

Divide this number by five to determine the distance to the lightning in miles. The National Weather Service says when thunder roars, go indoors.

### Safe Locations to reduce risk when outdoors.

The safest locations during storms are large buildings. A safe building is one that is fully enclosed with a roof, walls and floor, such as a home, school, office building or shopping center.

The second safest location is an enclosed vehicle. Safe vehicles are a hard-topped and fully enclosed car, SUV, minivan, bus, tractor, etc. Soft topped convertibles are not safe. Close doors and roll up windows. Do not touch metal surfaces.

### Unsafe locations

Unsafe locations are beneath tall trees, in convertibles, car ports, covered but open garages, covered patios, picnic shelters, beach shacks/pavilions, golf shelters, tents, baseball dugouts, and other small buildings, such as sheds and greenhouses.

### If you find someone struck by lightning.....

- Call 9-1-1 right away. The injured person received an electrical shock and may be burned, both where he or she was struck and where the electricity left the

body. Check for burns in both places. People struck by lightning carry no electrical charge and can be handled safely.

- Give first aid. If breathing has stopped, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR.

### Floods

Floods are the number one cause of death associated with thunderstorms. There are more than 140 fatalities each year in the U.S. from floods. Six inches of fast-moving water can knock an adult off their feet. A depth of two feet will cause most vehicles to float.

The effect of melting snow in spring increases flooding risk for many people. Springtime flooding events occur when rain falls on existing snow packs, known as a rain-on-snow event. Runoff during rain-on-snow events has been associated with mass wasting of hill slopes, damage to areas alongside streams, downstream flooding and associated damage and loss of life.

Avoid walking, swimming, or driving in flood waters. Stay away from high water, storm drains, ditches, ravines, culverts, dry washes or other waterways. When it rains, the water can rush through too fast for you to escape. Don't allow children to play near storm drains.

### Hail

Hail often accompanies thunderstorms. Strong rising currents of air within a storm, called updrafts, carry water droplets to a height where freezing occurs. These ice particles grow in size, becoming too heavy to be supported by the updraft and fall to the ground. Hail can come down, ranging from the size of a pebble to a softball. Large hail stones fall at speeds faster than 100 mph.

*Wildfire information coming in May*

## Terms to help identify a hazard

- **Severe thunderstorm watch** tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to know when warnings are issued.
- **Severe thunderstorm warnings** are issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life or property to those in the path of the storm.
- **Tornado watch** indicates tornadoes are possible in your area. Remain alert for approaching storms. Know what counties or portion of counties are in the watch area by listening to your local radio/NOAA weather radio or by watching your local television channel(s).
- **Tornado warning** means a tornado has been sighted or indicated by weather radar. Take shelter immediately.
- **Flood watch** means flooding is possible. Tune in to NOAA weather radio or a local radio or television station for information.
- **Flood warning** means flooding is occurring or will occur soon. If advised to evacuate, do so immediately.
- **Flash flood watch** means flash flooding is possible. Be prepared to move to higher ground and listen to NOAA weather radio or a local radio or television station.
- **Flash flood warning** indicates a flash flood is occurring; seek higher ground on foot immediately.

# Iskigamizige Giizi – Sugar Moon

## April 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. ENP Swimming 3:30 p.m. CCC Book It 3:30 p.m. CCC GED 4 p.m. SCC GED 4 p.m. CCC Book It 3:30 p.m. BCC Cancer Support 5 p.m. CCC Prevention Intervention Activities 5 p.m. SCC	Sewing 10 a.m. CCC GED 1 p.m. BCC Cooking Class 3:30 p.m. CCC Jr. Golf 4:00 p.m. CCC <b>Easter Coloring Contest 4 p.m. BCC</b> Language Table 5 p.m. CCC Women's Night 6 p.m. CCC Jr. Golf 7 p.m. SCC	<b>Circle of Courage w/s 8:30 a.m. BBCR</b> Story Time 3:30 p.m. CCC <b>Art/Talent Show 4 p.m. OJS</b> Book-it & crafts 4 p.m. SCC Drum Group 6 p.m. CCC Movie Night and Women's Night 6 p.m. BCC Intro to Drum 6 p.m. CCC <b>2009 Family Jam 7 p.m. OJS</b>	2-4 yr. Old Fun Time 10:30 p.m. CCC <b>Easter Crafts 2 p.m. BCC</b>
			1	2	3	4
Photo Frame 2 p.m. BCC	Elder Exercise 8 a.m. CCC GED 4 p.m. CCC Cribbage 5 p.m. CCC Book-it & crafts 4 p.m. SCC Girls Club 6 p.m. BCC	GED 1 p.m. BCC GED 4 P.M. SCC Jr. Golf 4 p.m. CCC Family Sewing 5 p.m. CCC Adult Game Night 6 p.m. BCC Jr. Golf 7 p.m. SCC <b>Anishinaabe Lecture Series 7 p.m. College of St. Scholastica</b>	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. ENP Swimming 3:30 p.m. CCC Book It 3:30 p.m. CCC GED 4 P.M. SCC GED 4 p.m. CCC Cancer Support 5 p.m. CCC Prevention Intervention Activities 5 p.m. SCC Book It 3:30 p.m. BCC Caregivers Support Group 5 p.m. CCC I CAN COPE 5 p.m. CCC <b>Family pictures 5:30 p.m. CCC</b>	Sewing 10 a.m. CCC GED 1 p.m. BCC Cooking Class 3:30 p.m. CCC Jr. Golf 4:00 p.m. CCC Language Table 5 p.m. CCC <b>Mothers Day Planters 6 p.m. BCC</b> Jr. Golf 7 p.m. SCC	<b>Good Friday Community Centers Closed</b>	Easter crafts SCC <b>Easter Bunny 2 p.m. BCC</b> 2-4 yr. Old Fun Time 10:30 p.m. CCC
5	6	7	8	9	10	11
Happy Easter <b>Premier Theater 9:15 a.m. BCC</b>	Elder Exercise 8 a.m. CCC GED 4 p.m. CCC Book-it & crafts 4 p.m. SCC Cribbage 5 p.m. CCC Boys Club 6 p.m. BCC <b>"We Shall Remain" starts 7 p.m. WDSE-TV</b>	GED 1 p.m. BCC Family Sewing 5 p.m. CCC GED 4 P.M. SCC Jr. Golf 4 p.m. CCC Kids Game Night 6 p.m. BCC Jr. Golf 7 p.m. SCC	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. ENP Swimming 3:30 p.m. CCC Book It 3:30 p.m. CCC GED 4 P.M. SCC GED 4 p.m. CCC Cancer Support 5 p.m. CCC Prevention Intervention Activities 5 p.m. SCC <b>Family portraits 5:30 p.m. BCC</b>	Sewing 10 a.m. CCC GED 1 p.m. BCC Cooking Class 3:30 p.m. CCC Jr. Golf 4:00 p.m. CCC Language Table 5 p.m. CCC Women's Night 6 p.m. CCC <b>Egg Toss Contest 6 p.m. BCC</b> Jr. Golf 7 p.m. SCC	Story Time 3:30 p.m. CCC Book-it & crafts 4 p.m. SCC Intro to Drum 6 p.m. CCC Drum Group 6 p.m. CCC Movie Night and Women's Night 6 p.m. BCC	2-4 yr. Old Fun Time 10:30 p.m. CCC <b>Community Birthday 3 p.m. BCC</b>
12	13	14	15	16	17	18
Family night 4 p.m. SCC <b>Dreamcatchers 2 p.m. BCC</b>	Elder Exercise 8 a.m. CCC GED 4 p.m. CCC Book-it & crafts 4 p.m. SCC Cribbage 5 p.m. CCC Girls Club 6 p.m. BCC <b>"We Shall Remain" starts 7 p.m. WDSE-TV</b>	GED 1 p.m. BCC GED 4 P.M. SCC Jr. Golf 4 p.m. CCC Family Sewing 5 p.m. CCC Adult Game Night 6 p.m. BCC Jr. Golf 7 p.m. SCC <b>Maple Syrup Cooking class CCC</b>	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. ENP Swimming 3:30 p.m. CCC Book It 3:30 p.m. CCC GED 4 P.M. SCC GED 4 p.m. CCC Cancer Support 5 p.m. CCC Book It 3:30 p.m. BCC Prevention Intervention Activities 5 p.m. SCC Caregivers Support Group 5 p.m. CCC <b>Family pictures 5:30 p.m. SCC</b>	Sewing 10 a.m. CCC GED 1 p.m. BCC Cooking Class 3:30 p.m. CCC Jr. Golf 4:00 p.m. CCC Language Table 5 p.m. CCC <b>Beaded Necklaces 6 p.m. BCC</b> Jr. Golf 7 p.m. SCC	<b>Brown Bag Lunch Noon CCC</b> Story Time 3:30 p.m. CCC Intro to Drum 6 p.m. CCC Drum Group 6 p.m. CCC Movie Night 6 p.m. BCC	<b>Child Abuse Prevention Walk &amp; Brunch 9:15 a.m. OJS</b> 2-4 yr. Old Fun Time 10:30 p.m. CCC <b>Playhouse Noon BCC</b> Men's Night 6 p.m. BCC
19	20	21	22	23	24	25
Travis Tritt & Jerry Douglas 5 p.m. BBCR <b>Tie-Dye Shirts 2 p.m. BCC</b>	Elder Exercise 8 a.m. CCC GED 4 p.m. CCC Book-it & crafts 4 p.m. SCC Cribbage 5 p.m. CCC Girls Club 6 p.m. BCC <b>"We Shall Remain" starts 7 p.m. WDSE-TV</b>	GED 1 p.m. BCC GED 4 P.M. SCC Jr. Golf 4 p.m. CCC Family Sewing 5 p.m. CCC Kids Game Night 6 p.m. BCC Jr. Golf 7 p.m. SCC	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. ENP Swimming 3:30 p.m. CCC Book It 3:30 p.m. CCC GED 4 P.M. SCC GED 4 p.m. CCC Cancer Support 5 p.m. CCC Prevention Intervention Awards 5 p.m. BCC Activities 5 p.m. SCC <b>Sobriety Feast 7 p.m. BBCR</b>	<b>Child Abuse Prevention Conf. 8:30 a.m. CFC</b> Sewing 10 a.m. CCC GED 1 p.m. BCC Cooking Class 3:30 p.m. CCC Jr. Golf 4:00 p.m. CCC Language Table 5 p.m. CCC <b>Paint Turtle Bank 6 p.m. BCC</b> Jr. Golf 7 p.m. SCC	<b>Child Abuse Prevention Conf. 8:30 a.m. CFC</b> Story Time 3:30 p.m. CCC Drum Group 6 p.m. CCC	
26	27	28	29	30	May 1	