

Nah gah chi wa nong

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

Di bah ji mowin nan

(Narrating of Story)



You can't fake this kind of excitement! The Family Olympic portion of Enrollee Day brought 75 participants of all ages to the Tribal Center grounds where kids and adults ran, hopped, danced, tossed, kicked and showed their athletic prowess and enthusiasm. See more pictures and a summary of the day on page 9.

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Complex financing puzzle has delayed supportive housing, but end appears to be in sight

Once the loan and granting process with the state housing agency finishes, construction will start on the \$5 million, 24-unit supportive housing development. The building site is located on seven acres of land south of Whispering Pines Road. Some clearing on the site has occurred. It is expected that road, water and sewer extension work will begin this summer.

For almost two years, the FDL planning division has worked on the project's location, construction type, services planning and tenant characteristics, said Amy Wicklund, FDL economic development planner. Three budgets are required: the capital building funding, and the five-year operational and services budgets that will provide ongoing services to tenants.

Typically a Fond du Lac Reservation construction project only needs one or two funding sources. As many as 14 funding sources will pay

for the project, Wicklund said. The large number of funding sources has contributed to a delay of the construction start. The five-year operating budget is necessary because subsidized housing is not self-sustaining. The rent that tenants pay will fall well short of the operating costs.

Some funding comes from the FDL Band and the federal housing program. Other money sources include the state (that includes the tribal Indian housing program and the Ending Long Term Homelessness Initiative Fund, and the Housing Trust Fund) the Federal Home Loan Bank Des Moines, the Greater Minnesota Housing Fund, and the Minnesota Green Communities Initiative. Funding also came from private sources such as the Enterprise Foundation and the Corporation for Supportive Housing.

The structure will have 24 units, a community room, a playground, and a bus stop for FDL Transit. The complex includes four efficiency

units, and one, two and three bedroom units constructed in both townhouse and apartment styles. The project is supportive because certain services will be available to tenants like cooking classes, how to follow a budget, and chemical dependency meetings. The project's intent is to meet the needs of homeless or nearly homeless FDL Band Members. A caretaker will live on the site.

The proposed name for the project is "Ozhigaw," which means "to build a home for someone." The development is within budget and proceeding toward financial closing, Wicklund said. The first construction phase includes work on road, water and sewer extensions. When the financial complexities have been resolved, the supportive housing complex will take about six months to complete.

Following right-of-way process, Moorehead/Davis Road construction to begin

The construction improvements to Moorehead Road are expected to start as early as the fall of 2009, depending on when the right of way easement process is completed. Improvements will include paving and widening the road in some areas.

"It will look pretty much like the same road except one side of the road near the Sawyer Community Center will have six foot shoulders and a parking lane," said Mike Murray, construction manager. About 3.8 miles of road will be improved. The cost is \$3.5 million.

The portions of Moorehead Road that will be affected are Mission Road to Highway 210, which will be known as Moorehead Road West. The second stage of the project will overlap with the first, and will create Moorehead Road East. That phase of the construction project will include the area from Mission Road to Carey Road and will include a part of Davis Road. It's estimated that it will take about two years before the first stage is completed.

Soil corrections will take place which means that the existing soil on Moorehead is too poor to handle the weight of a 10-ton road and needs to be replaced,

Murray said. The only work to the site so far has been preliminary tests on soil conditions, and survey work.

The road was originally constructed with what's called a "corduroy" road, which means that timbers were placed perpendicular to the road to stabilize the soil. A more modern method is to use a woven nylon fabric (similar to what is used for landscaping) on unstable soil.

The first sign that the construction is underway will be the clearing of brush from the road right-of-way. Detours will be in place during certain phases of the construction.

School Clothing Assistance Program gets \$50 boost per child

Starting in August 2009, clothing assistance checks will be sent to enrolled children between the ages of six and 16. An additional \$50 per child will be included for the 2009-'10 school year.

For those under age six and over 16, proof of school enrollment must be sent to the following address: School Clothes Assistance Program, ATTN: Rita, FDL Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720.

For more information, call Rita at (218) 879-4593.

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

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Editor: Deborah Locke	

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

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

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

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

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Gathering where Winiboujou used to run

From the left: Hank Goodsky, George Himango, Ike Greensky and Jimmy Jackson.



Essie Murray and Ed LaFave



From left to right: Rose Skinaway, Ada (Sam) Yankee and Maggie Clark. Maggie's son, Norman, built the wigwam frame shown in the picture's background. Maggie Clark sewed the birchbark "apakwas" that covered the ironwood/maple frame.

By Christine Carlson

Twenty-five years ago this summer, the Ni Mi Win ("everyone come and dance") Powwow was held at Spirit Mountain in West Duluth.

It was believed that the Ni Mi Win Powwow was the first FDL powwow to be held in as many as 150 years. It was held Aug. 17-19, 1984. An estimated 16,000 Indian and non-Indian people gathered for the very special three-day event.

The powwow included drum and dance competitions, sporting tournaments and events, games, humanities lectures, guest speakers, arts and craft exhibits, and demonstrations. Feasts were held, and vendors sold traditional and modern day food.

An Aug. 18, 1984 Duluth News Tribune story included a comment from FDL Band Member George Himango, who with Hank Mesabe, took a lead role in organizing the event.

Himango said that the powwow's purpose was to "bring understanding between the people who coexist in this area, and the harmony that goes with understanding, to provide a format for an accurate, scholarly expression of the Ojibwe culture, and to have fun."

I have been to many powwows, but Ni Mi Win was my first; and none has surpassed it.

Spirit Mountain is a sacred place to the Ojibwe people. High places were often used for meetings, gatherings,

fasting or sending signals to others far out on Lake Superior or on the St Louis River. From the mountain, you can see for miles in several directions. The mountain served as the site for vision quests for Ojibwe youth.

At Ni Mi Win, I learned a lot about the concept of time. On Friday evening several of us were there at the gate at 7 p.m. anxiously waiting to gain entrance. I am still a punctual person, but have learned that the clock does not always rule in matters of culture. It was a good lesson for me to learn.



Henry Houle

An Aug. 17, 1984 story in the Duluth News Tribune reported that medicine man Jimmy Jackson advised the powwow organizers on how to proceed with the large undertaking. At the powwow site while meeting with organizers, Jackson described the mountain as beautiful. "Just think, old Winiboujou used to run around here, all along Lake Superior to Thunder Bay."

Hundreds of people helped to make the Ni Mi Win Powwow a big success.

Christine Carlson is a national and local award-winning photographer. She took the photos that accompany this story.

(Winiboujou, aka Nanabozho, is a spirit, trickster and cultural hero to the Ojibwe.)

2009 FDL Veteran's Powwow



By Kristine Shotley

The 15th Annual Fond du Lac Veterans Powwow was held July 10-12 at the Mashkawisen grounds on Big Lake in Sawyer, Minn. The powwow was initiated by Fond du Lac Veterans who wanted to honor and acknowledge all Fond du Lac Veterans and visiting Veterans who served during periods of conflict and peacetime beginning with World War II to the present time.

The Saturday Grand Entry at 1 p.m. opened with a welcome speech by FDL Chairwoman Karen Diver, who attended along with the entire Reservation Business Committee:

Ferdinand Martineau, Sandra Shabaiash, Wally Dupuis and Mary Northrup. It was the first time that the full RBC attended the Veteran's Powwow. Later the tribal officials greeted and shook the Veteran's hands as they lined up for the annual distribution of Veteran's gifts.

The invocation was given by Spiritual Advisor and Band Member Ken Danielson. Grand Entry featured 44 Eagle Staff and Flag Bearers. Veterans from World War II, Korea, Vietnam, Desert Storm, Operation Iraqi Freedom and Afghanistan were all represented.

Head Dancers were Ozhibayyaashiiik (Vanessa Northrup) and Mike Diver. There were 47

Drums and 879 registered dancers who made this the biggest traditional powwow in Minnesota. Cedar Creek served as the host drum.

Clarence "Chuck" Smith, a U.S. Marine Vietnam Veteran, blew Taps to pay special homage to fallen and deceased Veterans, especially those who made the ultimate sacrifice by giving their lives for their country. This honor is only done at the annual FDL Veteran's Powwow.

The powwow committee was co-chaired by Chuck Smith and District III Representative Mary Northrup, U.S. Army Veteran. Mary continues to serve on the committee because all seven

immediate family members, including her mother, the late Joyce "Loons" Troseth, served in the U.S. Army. Other committee members are Brenda Rice, Mary Howes and Dan Houle. This was Dan's first year as Master of Ceremonies, which he shared with fellow M.C. Pete Gahbow. On Friday the opening invocation was given by Charlie Smith who, with his brother Steven along with Jaimie Petite, served as arena directors.

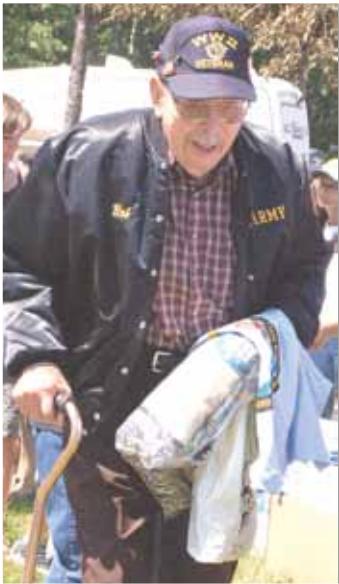
The Veteran's Powwow committee was given many thanks by attendees for making this a tremendous historical event.

Activities included the Drum vs. Drum Tug-of-War. The winners were the Mass Lakers from

Cass Lake, Minn. Winner of the hand drum contest was Big Sock. Melvin Goodman, a traditional dancer from Cass Lake, won the "no-butt contest." Winners of the Fancy Shawl and Grass Dance were Crystal Charging Eagle and Patrick LeGarde.

For FDL Veterans who were unable to attend, please contact Chuck Smith, FDL Veterans Service Officer, to arrange to receive your gifts. His office phone no. is (218) 878-2670, or toll-free at (218) 365-1613. Chuck's email address is chucksmith@fdlrez.com. Quantities are limited.

2009 FDL Veteran's Powwow



Robert "Bob" Bassett, a WWII Veteran receives his gifts.



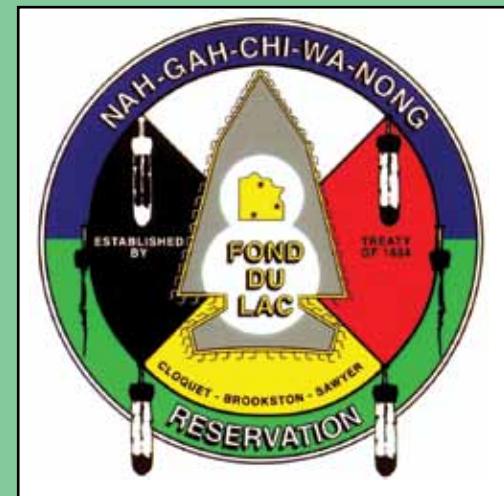
Head Dancers Ozhibayyaashiik (Vanessa Northrup) and Mike Diver salute the Veterans.



Clarence "Chuck" Smith, a U.S. Marine Vietnam Veteran and FDL Veterans Service Officer



Fond du Lac Veterans Andrew DePoe, James Nason and Harvey Danielson are greeted by RBC members Karen Diver and Ferdinand Martineau. Tim Diver is in the background.



A few thoughts from RBC members

From Chairwoman Karen Diver

We hope you have been able to take in some of the summer activities here on the Reservation. From what I hear from most folks, the new activities that were held on Enrollee Day were well received. Staff has been taking feedback and will make changes to help the events be even better next year.

The Elder Picnic was held on July 10. It was good to see so many Elders together for a happy occasion, and enjoying themselves. Many of the Elders went on a dinner cruise

in Duluth later that night. The Veteran's Powwow was the same weekend, and it was a smashing success. There were nearly 900 dancers and over 40 drums.

It is an honor to attend this event and recognize our Veterans. Kids, too, have been busy this summer, enjoying the community center activities and day camp. Another event was the first annual language immersion camp on Big Lake that brought together fluent speakers with those who



Karen Diver

wanted to learn.

The activities above were just the ones that quickly came to my mind, but they remind me of the many positive things that occur at Fond du Lac. It is easy to be negative and only see what needs to change or the things that make us unhappy. Don't get me wrong, we should always try to improve. But every once in a

while, it is important to remember how far the community has come. Taking part in these types of activities helps us to reconnect, remember who we are

and where we came from, and to enjoy one another's company.

As far as the day-to-day work of the RBC, management of our divisions continues to move along with no major issues, although we continue to look at efficiencies and ways to improve our work. The search for a new General Manager of the Black Bear Casino Resort is still in process. RBC members are in their offices daily in order to be available for Band Members and deal with issues that come up.

Road work, and the construction of supportive housing and the resource management

building will be starting by the end of summer. The Resource Management Division reports that the wild rice crop seems to be low due to drought and cool weather, but they will keep us updated as the summer progresses. I hope that you and your families are all well, and enjoying your summer before fall rolls around.

Please call with questions or comments at the office (218) 878-2612, or cell (218) 590-4887, or email at karendiver@fdlrez.com.

From Ferdinand Martineau

To the Fond du Lac Band Members: I was thinking about what to write about this month. I am having a bit of difficulty because there are no huge issues going on. It is busier than usual doing the day-to-day stuff, but I know that is not what you want to hear about. I guess I will talk about what I did this past month.

We finished the process of hiring a general contractor for the supportive housing project. The next step will be to hire the subcontractors who will do the work of actually building the structure. The project came in

under budget and should start this fall. The estimate is a little over a year to completion, so, we should have 24 units ready for occupancy by next winter.

This project will eliminate about 10% of our housing waiting list.

Before I was elected to the council, I worked for Resource Management. The one project that was still incomplete when I left was to resolve the need for new office space. The council has approved a financing package for the construction of new office

space. The department has over \$1.5 million for the \$4.5 million project, and is expected to pay the balance through sources other than Band resources.



Ferdinand Martineau

The annual gathering of our Elders took place at the Ojibwe School powwow grounds and, as usual, was very well attended. This year was my first official picnic. It was nice to see all the Band Members enjoying the afternoon with one another. I met and greeted only about 60 percent of those in attendance before the food line began. I apolo-

gize if I did not make it to your table. The food was good, the prayer and songs were good, the weather was good, and your company was fantastic.

I, along with the entire council, attended the Veteran's Powwow. It was quite an experience to see the pride in all the Vet's faces. Their sincere gratitude was felt in the handshake that I received from each of them as they were presented with a small gift in recognition of their service. It was very moving to have the honor of leading them in their first dance, although it became apparent that we need to enlarge our grounds to accommodate this dance in the future.

By the time you read this, we will have hosted the 17th Annual Black Bear Golf Tournament. Typically more than 600 golfers participate. I hope you are having a good summer even though the weather here has not been very cooperative.

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 Mtigwich !

RBC columns continued on next page.

RBC Thoughts *continued from page 4*

From Wally Dupuis

Hello all: It has been a while since I have included an article in our paper. As such, I would like to tell you about a few things that have or are occurring both in the Cloquet District as well as the Reservation as a whole.

I just returned from our annual FDL Elder Picnic. I saw lots of folks with their families and friends. The weather was great and the food was plentiful.

The Cloquet District held its first annual spring powwow this year at the Cloquet Community Center. In conjunction with the Powwow, a baseball tourna-

ment was also held. Although it was a bit chilly for the baseball players, the events went very well and were well attended. Our staff did an excellent job



Wally Dupuis

with planning and preparing for the events. I would like to thank each of them for their efforts. Thank you Community Center Staff.

The Housing Division is currently working on plans to have the Cloquet Elder build-

ing remodeled a bit. Plans are underway for a new entry way with handicap accessible doors, upgrading the fire sprinkler system, and completing the court yard area that will provide a place for folks to gather. This building has been neglected for a number of years and with these improvements, it will be brought up to current standards.

The plans for the supportive housing project that were originally scheduled for this spring ran into some delays. After adjustments, the project is now back on for construction to start late summer or early fall.

Our Fond du Lac Museum staff completed their canoe

building project recently. I walked back there occasionally to speak with some of the participants and watch their progress. They accomplished an intense and time-consuming task. It seems that the one thing that was consistent each time I stopped by was the visiting and laughter among the gathering. The finished product is a real sight to see. Good job, staff and participants.

In the month of June, Fond du Lac Big Lake Park was the site for the first annual Anishinabe four-day language camp. This was also well-attended and plans for next year are being discussed already. Flu-

ent Ojibwe speakers were in attendance and ran a very educational program for four days. This was truly an educational community event. I would like to thank all that visited and participated.

A number of our Band Members or family members graduated from school. Whether it was preschool, high school, or college, I would like to say congratulations and good luck in your future endeavors.

Please feel free to call or write any time. Email: wallydupuis@fdlrez.com; (218) 879-2492 (home) (218) 879-8078 (office)

Elder Essentials

Wisdom Steps golf benefit in Hinckley on Aug. 28

The Sixth Annual Four Person Scramble Wisdom Steps Golf Tournament will be held at the Grand National Golf Club in Hinckley, Minn. on Aug. 28, 2009. The tournament is sponsored by the Minnesota Chipewewa Tribe's Agency on Aging. The proceeds will be spent on the Wisdom Steps program that encourages preventative health for Minnesota's Indian Elders.

Registration is at 11 a.m. The Shot Gun Start is at 1:30 p.m., followed by a social hour at 5 p.m. and dinner at 6 p.m.

The corporate sponsor fee is \$600; Team fees are \$400; sign sponsor fees are \$400, and individual player fees are \$100. Individuals will be scheduled into a team.

For more information, call Tammy Erickson toll free at (888) 231-7886.

Elder Concerns group makes a difference near and far

The FDL Elder Concerns Group currently has 22 members who meet at 10 a.m. every Wednesday to address Fond du Lac Elder's needs. Topics may include the importance of exercise and socializing to participation in grassroots activism.

Those activism skills received big play in 2008 when a group of FDL Elders campaigned with help from the Shakopee Community to prevent \$50 million from being cut from the federal Medicare budget. The money will be used to benefit American Indians, veterans, the disabled and those with mental illness.

FDL Elders also collaborated with the FDL Resource Management Division to pass legislation that designates roadsides

within the Reservation as "no pesticide spray" zones. The ban will lessen the amount of hazardous chemicals from entering lakes, land and drinking water, and it will better preserve cul-

turally significant vegetation.

"We hope that what we put out there comes back to us in a good way, even if it's not in our generation" said Tempe Debe, a Sawyer Elder.

The Elder Concerns Group welcomes new members, who must be age 62 plus.



Members of FDL Elders Concerns Group Ed Jaakola, Sr. and Tempe Debe display fundraising t-shirts that are for sale. Proceeds pay for the group's activities. Tank tops and t-shirts are \$10; sweatshirts are \$20, and are available in a variety of sizes and colors. Children's t-shirts are \$5. The shirts can be purchased Wednesday mornings at the FDL Tribal Center in the community/ENP room. Or call Carol Jaakola at (218) 879-9296

Family fun at 2009 Enrollee Day

Comments from the 2009 Enrollee Day celebration in June suggest that the most popular features this year were the Family Olympics and the 2K Walk/5K run.

Almost 90 participants walked or ran the morning of June 28, said Bryan Bosto, event organizer. Those who completed the walk/run received water bottles and medals for participating.

Seventy-five children and adults competed at the FDL Family Olympic event held the morning and afternoon of Enrollee Day. The kids took a special delight in the competitions that included a gunny sack race, relays, a round of the chicken dance, a moccasin toss and a wheel barrow race.

Adults also took part with enthusiasm as shoes were kicked into the air, and tag teams gave high fives. Water and fruit were available for both the Olympic players and the walk/run participants.

Several well-known American Indian musicians performed later that evening, including award-winning Joanne Shenandoah and University of Minnesota graduate Keith Secola. Threatening skies gave way to rain about 20 minutes into Shenandoah's performance. She resumed her act about a half hour later, and included the popular "I May Want a Man," which was featured in a segment of the "Northern Exposure" television show.

During his performance, Secola encouraged audience participation, and asked all the "frybread sisters" in the audience to come forward and dance. The sisters came forward.

Secola is best known in Indian Country for "NDN Kars." A few of the lyrics are these: My car is dented/The radiator steams/One headlight don't work/ But the radio can scream/I got a sticker/ It says "Indian Power"/I stuck it on my bumper/ That's what "holds my car together."

Secola finished at about 10:20 p.m. and was followed by an extravagant fireworks show that lasted a half hour.

FDL enrollees enjoyed a roast beef dinner from 2 to 6 p.m. at the Ojibwe School. About 1,700 people were served. The diners went through 150 pounds of wild rice, 16 cases of hand-peeled potatoes, 7 cases of gravy mix, 17 cases of beef flats (four per case), 17 cases of corn, and 58 sheet cakes. The food was prepared and served by the Ojibwe School kitchen staff.

If you have suggestions for next year's Enrollee Day celebration, contact Bryan Bosto at (218) 878-8184.



Bryan Bosto and friends



Softball tournament



"Moccasin" toss

Self-esteem: parent and child

By Lucy Carlson

FDL Head Start Programs Family Education

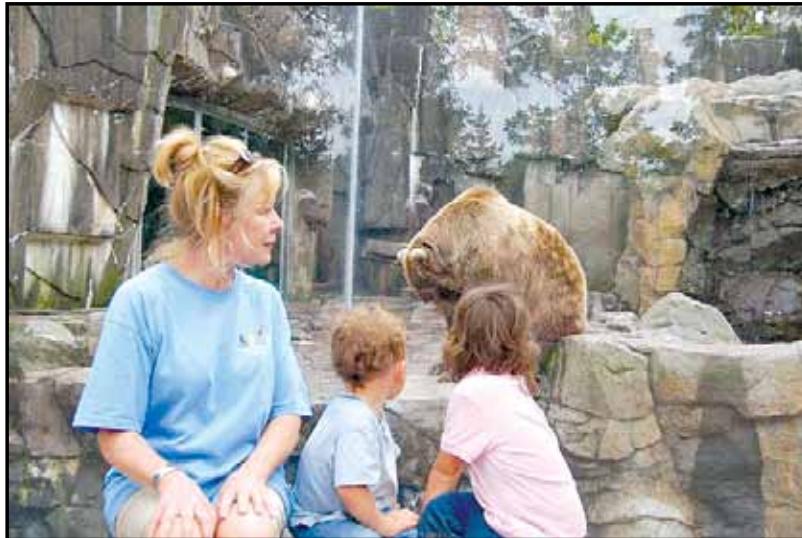
Self esteem is a belief inside that we are loveable and worthwhile. Our self-esteem also leads us to believe that we are capable and deserving of respect.

A positive self concept is a highly desirable characteristic for both children and adults. Those who view themselves positively are better able to succeed in their hopes and ambitions. Parents who model a positive sense of self and are intentional about nurturing the self-esteem of their children help their children to become confident.

Building positive self-esteem begins at birth. Remember that a child's first view of him or herself is seen through their parent's eyes. Children use parents as a mirror for that first image of themselves. They learn very early to love and be loved. They also learn to trust the adults in their lives, which provides them with a sense of security. This security leads to a positive "can do" attitude.

Exactly what helps create high self-esteem? Here are some examples:

- Love, respect, and acceptance
- Being taken seriously



- Being listened to
- Being healthy and fit
- Having meaning and purpose in life
- Taking pride in our cultural heritage
- Having safety and security
- Doing good deeds for others

What can we do to help establish self-esteem in our children? Robert Brooks, PhD., offers guidelines for parents.

- Provide opportunities to make choices and decisions
- Communicate encouragement and help children feel special
- Find ways for children to be responsible and contribute to their world by helping children develop self-discipline and by assisting them in

believing that mistakes are natural and will happen.

Fostering a child's self-esteem requires parents to pay attention to their own self-esteem. It is very difficult to nurture a child's sense of worth, competence, and lovability when parents are feeling worthless, incompetent, and unlovable.

In a parenting class held at Head Start a few years ago, parents shared ideas on ways to foster self esteem from each of Robert Brook's suggestions. Here are some of their thoughts:

Provide opportunities to make choices and decisions.

Allow children to choose between two different outfits

Give children choices about when a job is to be done. "Do you want to pick up your toys before or after your bath?" Allow children to decide on the family activity for the day

Communicate encouragement and help children feel special

- Notice children's process of doing things more than their product. For example, watch the way the kids have fun using a lot of colorful markers rather than focusing on the way their final picture turns out.
- Use specific praise rather than general. Say "I like all the colors you used in your picture," instead of "Nice job."
- Come up with a special signal to communicate encouragement and appreciation. For instance touching your hand to your heart could signal, "I love you."

Find ways for children to be responsible and contribute to their world

- Give children age appropriate chores that help the family function.
- Have children help make cookies for sick friends or elders.
- Help children write/draw thank you notes for gifts.

Help children to develop self-discipline

- Point out to children how their behavior affects those around them.
- Establish clear rules and limits, and let children know why they make sense.
- Let children know when they are behaving well.

Assist children in believing that mistakes are accepted and expected

- Talk about the mistakes you make as a parent and show children how you correct those mistakes.
- Encourage an attitude that mistakes are a necessary part of the learning process.
- Promote the attitude that no problem is so big that it cannot be solved together.

Positive self worth is important for both adults and children. Let's start out the upcoming school year by making an effort to nurture self esteem within our family, co workers, and community!

Lucy Carlson is a Family Educator with the Fond du Lac Head Start Program. She writes regularly on parenting matters for this newspaper. Her email address is lucycarlson@fdlrez.com



Rez adventures with the Indian Scout

The Red Cliff Reservation audience and the Ojibwe-speaking puppets

By Deborah Locke

On a freshly washed summer day we set out for Wisconsin's Red Cliff Reservation language immersion camp where small Indian kids laughed hard at Elmo-style puppets speaking Ojibwe and where a couple Fondjalackers taught birch bark basket making and where wild rice harvested on the Fond du Lac Reservation bubbled in soup from steep black pots on an outdoor fire.



The Indian Scout who navigated on this ride spent summers as a child at Red Cliff where her mother was enrolled. The alpha Indian Scout who used to accompany me on these journeys refused our invitation to come along. That is too bad for him because our eyes and brains drank in the laughing kids, trees, sky, big lake and Bayfield's small tourist-trap shops. His did not.

This new Scout was no amateur. She knew the good stuff: how to find the language camp just off Pagan Hill Road. Where to go for a white fish lunch. The

location of the best strawberry stand in the world.

I drove. Finally, dear readers, I acted like my own Indian Scout, setting out for Wisconsin where so many Ojibwe families lived before moving eastward into Minnesota. The state line means squat in Indian Country, not when you've got aunts, uncles and grandparents who ignore borders. We're all Ojibwe family.

We arrived at camp side late morning. Fifty people of all ages milled around with paper plates. Most were under the age of 10.

On the camp edge in lawn chairs sat FDL Band Member Jim Northrup and his wife, Patricia, making birch bark baskets. Jim explained the intricacies of birch bark making to three or four people who clutched half-finished baskets in their hands.

Near the lunch area, a rope between two trees held a blanket front for the noisy puppets that cajoled, insulted, sang

and fought, all in Ojibwe. The puppeteers were fluent Ojibwe speakers from around the country.

A man in a long braid with a pipe in his mouth wearing a brown t-shirt and glasses laughed hard at the jokes. I asked what was funny about the nun puppet wearing boxing gloves who yelled at the audience.

"She said that they had better listen or she'd whack them!" he said.

That guy was Andy Gokee, a Red Cliff Band

Member

and University of Wisconsin-Stevens Point outreach specialist who organizes the annual language camps. The week-long camp usually starts quietly and ends with a good-sized crowd, he said.

"We don't expect anyone to come in here and learn the language," Gokee said. "But the camp motivates them to learn a little and then to learn more. Maybe one of these kids

will grow up to be a very fluent speaker."

Earlier, the puppets sang "Mary Had a Little Lamb" in

the most off-key Ojibwe you'll ever hear. A heated debate ensued among the puppets as to

accurate lyrics, which ended with clobbers from the nun puppet. Little English was heard, except for a reference to the Indian Relocation Act. A puppet on the end finished his speech with the word "aaawsummm," and a guy in the back row laughed and spoke up: "Double vowels!"

After the show, Gokee led us around the camp area, pointing out the rich vegetation – winter-green berries, swamp leaf, june berries, frog leaves. There were plants there that you can't find anywhere else, he said. "This is a special and ancient place," he said.

With some regret, we left the now-quiet camp area. Sunlight

filtered through the trees as the soup pots bubbled in preparation for course two of lunch. Men shucked corn by a camper.

We enjoyed a fine lunch at the casino restaurant and wandered on Bayfield streets with the tourists.



Later the Scout snored softly on the front seat as I sped west down Highway 2 toward Superior, Wis. We made a quick stop at a strawberry farm for small, firm sun-warmed berries.

The day brimmed with joy, a lot of laughter and the peace that comes from learning your past while thoroughly enjoying the present.

* * * *

Humor is relative. Last month a couple of readers objected to a part of my column, and I apologize if they were offended. Other readers said they were still laughing at what was written. That pretty much proves my first point. Humor is relative.

Ashi-niswi giizisooog (Thirteen Moons)

Manoominike Giizis

Manoominike Giizis is the rice moon. The rice moon is also known as Basikwa'oo Giizis (flying moon) and Odatagaagomini Giizis (blackberry moon). Manoominike Giizis begins its cycle as a new moon on August 20.

The world was created when muskrat brought mud from the bottom of the flood to be placed on turtle's back. The turtle's shell has thirteen central plates, called scutes. The traditional Ojibwe calendar year follows a 13 moon lunar cycle. The names of each moon are influenced by natural phenomena, animal activity, and cultural practices and beliefs. Because the area in which Ojibwe is spoken is so vast, not all Ojibwe people use the same names for the moons.

Manoomin

Tom Howes

FDL Resource Management

Wild rice has been important to indigenous people in the Great Lakes region for thousands of years. Archaeological studies of pottery indicate consumption of wild rice in Minnesota for at least 2000 years. In Mishomis, Edward Benton Banai tells of the Anishinaabeg migration: "Many years ago, seven major nee-gawn-na-kayg' (prophets) came to the Anishinaabe. These prophets left the people with seven prophecies, called Fires, each referring to a future era. These teachings are called the Neesh-wa-swi' ish-ko-day-kawn' (Seven Fires) of the Ojibway. The first prophet said: "In the time of the First Fire, the Anishinabe nation will rise up and follow the Sacred Shell of the Midewiwin Lodge... You will know that the chosen ground has been reached when you come to a land where food grows on water." This

prophecy was fulfilled at Lake Superior, where they found manoomin. Rice has sustained our people since their arrival in the region; its importance cannot be overstated."

A more recent example of the cultural importance of wild rice can be found in A Forever Story: The People and Community of Fond du Lac Reservation. Robert Peacock tells the story of how our Reservation boundaries were redrawn: "After a survey of the exterior boundary of the Reservation had been made in conformance with the 1854 treaty description, it was found that the southern boundary, as surveyed by Bradshaw, was three or four miles north of the principal Band settlement at Perch Lake. Complaints by the Fond du Lac Band to the Commissioner of Indian Affairs and the Secretary of Interior were submitted to the President of the United States so that lands around Perch Lake could be withdrawn

from sale and appropriate steps could be taken by the President to settle the existing problems with the boundary by changing the lines of the established treaty boundary."

Manoomin generates more interest than all available natural resources. In the early 1900s, judicial ditching was a statewide practice intended to create more agricultural land. On Fond du Lac, these efforts proved disastrous for our rice lakes. Changes to Stoney Brook changed the lakes' response to rain events, altering the lakes' plant community. FDL community members responded with sandbag dams, pull dams, and trapping to ensure the wild rice would be given a chance to endure.

As our Reservation has grown and changed, so has rice management. The FDL Natural Resources Program was formed in the 1980s to evaluate the ditch network and impacts on rice. A management plan

emerged that called for water control structures to regulate water levels and the use of mechanical removal of competing vegetation. Details of the plan are available under the natural resources tab at www.fdlrez.com. For the past three years, FDL Resource Management Division has collaborated with the U.S. Geological Survey and the USDA-Natural Resource Conservation Service to study the hydrology of the Stoney Brook Watershed using scenario models. This study was initiated to improve understanding of local hydrology and to evaluate strategies to improve rice lake management. The long-term management goal is to return our wild rice lakes to pre-ditch conditions, honoring the gift of manoomin to our people by not only ensuring it is here this year, but for many years to come.

What's in a Name?

Dave Wilsey

UMN Extension

Dan Jones, Ojibwe language instructor, shared some of his thoughts about the different names of moons. He stressed the importance of recognizing that there is no "right" name, as that would imply that other interpretations are incorrect. The key is that moon names represent interpretations - sometimes they reflect history, or historical periods. Dan offered the example that one interpretation of the moon that corresponds with February is the "short (month) moon," a reflection of the modern calendar system...the lunar cycle is about 29.5 days - no one cycle is shorter than another! Another example is the moon that begins its cycle in the month of December, Little Spirit, likely a name that emerged from Christianity. Names reflect the different events and occurrences that have been important to communities, whether related to the changing seasons, important natural events, important foods and other resources, etc. With understanding language, as with so many other things, perhaps the greatest value lies in discovering why some questions have more than one answer.



Deadfish Lake

Events:

August 20: 13 Moons Workshop: Manoomin Info - (218)878-8001

Thirteen Moons is produced monthly by the Fond du Lac Resource Management Division and University of Minnesota Extension. Content is based on the appropriate moon, and addresses culture, ecology, and the management of natural resources. Comments and contributions should be directed to FDL Resource Management @ 218.878.8001



It's more than a "bad mood" or mysterious aches and pain. It's depression.

By Dan Rogers
Licensed Psychologist,
Fond Du Lac Human Services

A few years ago the National Institute of Mental Health estimated that 20 percent of all Americans who have depression don't even know they are depressed.

How is it possible for a person to be depressed and not know it?

Depression comes in many forms and not all types of depression involve a sad mood or crying. The following are depressions that involve little or no sign of a sad mood.

Irritable depression. Some people are irritable (crabby) very often. Crabbiness is the primary symptom of this depression most of the time. People with an irritable depression usually have trouble sleeping, have a lot of muscle tension and a low frustration tolerance. They may rarely feel sad, but they are often depressed and don't know it. They are often difficult to live with. Being irritable often may also be a part of an anxiety disorder. Irritable depressions are usually long-standing as these people don't usually get help since they do not know they are depressed.

Angry agitated depression usually involves an angry or agitated mood. These individuals do not feel sad very often but are quick to anger and are generally resentful. Many people with anger problems are actually depressed and don't know it. These people are usually quite dissatisfied with themselves and their life and often have a hostile attitude toward the world, sometimes known as a "chip on their shoulder."

A body depression, sometimes known as a somatic depression, rarely involves a sad mood but involves many bodily com-

plaints. Some people hold in their depression and it comes out through their body. They may have aches and pains, numbness and tingling, frequent headaches, low energy, constipation or other body complaints for which there is no medical basis.

Mental health counseling and antidepressants are usually very helpful with these types of depression. The research indicates that the most effective treatment for depression is both antidepressants and counseling. The second most effective treatment is a selection of either

counseling, or an antidepressant.

If you have depression, it means that you are suffering. Since treatment usually works, why suffer if you don't have to?

For more information on mental health matters, contact the Behavioral Health Department at the Min no aya win Clinic, (218) 879-1227, or at the Center for American Indian Resources in Duluth, (218) 726-1370.

Putting your best foot forward

Diabetics who care for their feet can expect a lifetime of good walking

By Toya Stewart

People with diabetes often develop foot problems. Foot problems to a diabetic – or anyone – may seem ordinary, but they can lead to serious complications for a diabetic.

Sue Swanson, a certified diabetes nurse educator and diabetic program coordinator for the Mille Lacs Band of Ojibwe, devotes an hour in the monthly Diabetes Management Classes to foot care.

"Prevention is the key," she said. "It is very important for people with diabetes to have an annual foot exam with monofilament testing (to test for protective sensation), to inspect their feet daily for any signs of problems, and to be sure not to smoke, go barefoot, or soak their feet."

Signs of trouble

Most often problems occur when there is nerve damage, also called neuropathy, which

results in loss of feeling in a person's feet. Poor blood flow or changes in the shape of a foot or toe may also cause problems. According to the American Diabetes Association, diabetic nerve damage can lessen the ability to feel pain, heat and cold. This loss of feeling often means a person might not feel a foot injury.

Diabetes can cause skin changes on feet. Feet can become extremely dry, or may peel and crack – all of which are complications that can lead to serious issues. This happens because the nerves that control the oil and moisture in the feet no longer work.

Calluses create another common problem because if they are not treated, they can turn to open sores.

Foot ulcers can also cause major problems for those with diabetes. They often occur on the ball of the foot or on the bottom of the big toe. While they may

not hurt, ignoring ulcers could result in infections, which in turn could lead to amputation.

Poor circulation (blood flow) is another common symptom of diabetes because it causes blood vessels in the leg and foot to narrow and harden. Poor circulation prohibits the body's ability to fight a foot infection and properly heal.

Eliminating smoking, drug and alcohol use, keeping blood pressure and cholesterol under control, wearing proper fitting shoes, staying on top of injuries, and maintaining good personal hygiene can encourage healthy blood circulation.

Importance of prevention

Sue Swanson said that there are many reasons for a person with diabetes to check their feet on a regular basis. They include early detection of problems, prevention of amputation, the ability to see problems that can't be felt, and to monitor changes

in feet.

Toya Stewart is a Mille Lacs Band Member who writes for the Mille Lacs Band's newspaper. She lives in Minneapolis and has been a journalist since 1994. She is pursuing a master's degree in health journalism with an emphasis on obesity and diabetes in American Indian populations. She can be reached at Stew0004@umn.edu

The FDL Min no aya win Clinic and the Center for American Indian Resources in Duluth offer diabetes foot clinics and foot care. The Min no aya win foot clinic is held from 9 a.m. to 11 a.m. on the second Tuesday of each month in the McKnight Room. CAIR offers its foot clinics on the third Friday of each month from 9 a.m. to 11 a.m. For more information on the foot clinics and on diabetes prevention and foot care, call (218) 878-2190

Minnesota requires school vaccinations for ages 5-12

As of September 1, 2009, all kindergarteners and seventh grade students must have two doses of varicella vaccine (rather than the current one dose requirement), if they have not had chickenpox disease or have claimed a legal exemption.

For more information, contact Min No Aya Win Clinic at (218) 879-1227 or the Center for American Indian Resources (CAIR) at (218) 726-1370 or <http://www.health.state.mn.us/>

Note: The heart healthy series provided by the FDL Public Nursing Department will continue with the September 2009 newspaper issue.

Etc.

Three Dog Night and Little River Band to perform at Otter Creek on Aug. 16

Rock bands "Three Dog Night" and the "Little River Band" will perform in concert at 6 p.m. on Aug. 16, 2009 at the Otter Creek Event Center at the Black Bear Casino. Tickets range in price from \$43 to \$53, and can be purchased by calling TicketMaster (800-745-3000) or visiting the webpage at www.ticketmaster.com. Tickets are also on sale for cash only at the Black Bear Casino cashier cage.

Three Dog Night was best known for their music from 1968 to 1975. The group earned 13 gold albums and had 21 Top 40 hits including "Joy to the World," "Black and White," and "Mama Told Me Not To Come." Today the group still performs about 85 concerts a year. "Three Dog Night Greatest Hits Live" was released in Aug. 2008.

The Little River Band is one of Australia's premier bands, and was inducted into Australia's recording industry's Hall of Fame in 2004. "Help Is On Its Way" and "Cool Change" are two of the Band's more well-known songs.

Public hearing scheduled for CDBG grant application

Enrollees of the Fond du Lac Band are encouraged to attend a public hearing to discuss the Band's application for a 2009 Community Development Block grant from the U.S. Dept. of Housing and Urban Development. The Band will be requesting up to \$600,000.

The hearing is at 3 p.m. on July 30, 2009 in the Tribal Center Library Conference Room. If

the funds are awarded, they will pay for sewer and water lines for the FDL supportive housing facility.

A copy of the statement explaining the project is available at the Fond du Lac Planning Division in the Tribal Center.

Football practice to start on August 17

The first practice for the FDL Ojibwe School football team will be held from 8 a.m. to 11 a.m. on Aug. 17. Players should wear shorts, a t-shirt, cleats and running shoes for the first week of practice.

Also, students must have had a physical exam and must have a Minnesota State High School League Eligibility Form on file with the school in order to practice. There are no exceptions to this requirement.

Pick up your student eligibility forms at the Fond du Lac Ojibwe School or any of the three District Community Centers. The forms must be returned by Aug. 14 to the FDL Ojibwe School. If you have questions, call Ken Fox or Jennifer at (218) 878-7547 or (218) 355-1555.

Thank you

A special thanks from the Greensky family to the Veterans powwow security team that assisted with a family member's medical emergency. We sincerely appreciate your help.

Jerry Fairbanks Scholarship Powwow Aug. 28-30 at Mash

The Jerry Fairbanks Scholarship Powwow will be held Aug. 28-30, 2009 at the Mashkawisen powwow grounds on Big Lake in Sawyer. Warmups will be held on Friday followed by the 9 a.m. registration on Saturday. Grand Entry is at 1 p.m. and 6 p.m. on Saturday, and at 1 p.m.

on Sunday.

A men's traditional dance contest with a \$1,000 prize will be held on Aug. 29 or Aug. 30. The date when it is finalized will be featured on the FDL website. The contest is sponsored by Jerry's wife, Elaine Fairbanks.

The powwow is in memory of FDL Band Member and veteran Jerry Fairbanks, who strongly supported educational programs throughout his life. For more information on the powwow, call Brenda Blackwood (218) 878-8194 or (218) 482-2856, or call Elaine Fairbanks, (218) 879-1512. No alcohol or drugs will be permitted at the powwow.

Notice regarding tax-exempt status of tribal members who live and work on the reservation

Reminder: Under federal law, tribal members who both live and work on their tribe's reservation are exempt from state income tax on those earnings. Tribal members who are employed by the Band must make sure that they have filed tax-exempt forms with the Payroll Department. The State Department of Revenue has taken the position that it does not know who is tax-exempt unless an exemption form is filed with them. If you receive a notice or levy from the State on income that is exempt, you can bring a copy of the levy to the Legal Department, and a letter can be sent on your behalf to the State. For further information, please contact Dennis Peterson, Tribal Attorney, at (218) 878-2607.

Family reunion

An Osaugie family reunion will be held at 1 p.m. on Aug. 8, 2009 at the Billings Park Pavilion in Superior, Wis. Bring a dish to share and a lawn chair. Photographs and stories are optional but highly encouraged.



Performer Joanne Shenandoah was among a group of well-known musicians who provided entertainment at the 2009 Enrollee Day celebration. Rain interrupted Shenandoah's performance, and she finished later with another half hour of songs. Keith Secola of "NDN Kars" fame performed as the final musical act followed by fireworks.

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; Heffernan, Douglas; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary;

Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela;

Olson, Daniel G. Sr.; Perales, Michael; Sharlow, Gerald D.; Smith, Carl; Smith, Catherine; Stanford, Cathy; Trotterchaude, Rex; Wright, Frances.

The next Fond du Lac Reservation Open Meeting will be held at 5:30 p.m. on Aug. 20, 2009 at the Minneapolis' American Indian Opportunities Industrialization Center, 1845 E. Franklin Ave. Light refreshments will be available.

Community News

A 70th wedding anniversary wish

On July 8, 2009, Band Member **Donald Carlton** and his wife, **Evelyn**, celebrated 70 years of marriage. The couple lives in Concord, Calif., which is in the San Francisco Bay Area.

Don's mother was Ethel Johnston, who left the household when Don was seven years old. "I didn't know her," Don said in a phone interview. He was raised by his dad.

"Somewhere along the line we are related to the Danielsons," Don said. "I know I have relatives there - I see the name Danielson in the newspaper all the time." His grandmother's family's name was Danielson. Her married name was Drew and she had four sons. She married for a second time, and her husband's last name was Johnston.

Don was born in Superior, Wis. in 1921. Evelyn was born in North Dakota. The couple attended school together in Hankinson, N.D. and married on July 8, 1939. They were the only married couple on the campus at Valley City State University, Valley City, N.D.

Don taught school in North Dakota for a few years before the family moved to Minneapolis and then California. "Yet we still call North Dakota home, though we've lived in California for 55 years," Evelyn said. "North Dakota will be home forever."

Don said that having a sense of humor contributes to marriage longevity. He added that they agreed years back that they could amicably disagree. "We each have a mind of our own and we disagree on almost

everything but we work it out," he said.

He added this: "My life began when I got married. My mother-in-law became my mother, really." The couple has 3 daughters, 6 grandchildren and 11 great-grandchildren.

If you know of a Danielson - or anyone by the family name of Drew - who could be related to Don, he'd love to hear from you. The phone number in California is (925) 682-6035.

Meanwhile, if his health holds out, Don has travel plans. "We'd like to go back to Minnesota once more," he said. "I want to see my mother's grave."

Military news

Sgt. Sean Kennedy is stationed in Germany serving as an Emergency Medical Technician. Sean is the son of Karen Casey, grandson of FDL Band Member Margo Casey and her husband David, great-grandson of Rose and Harold Diver, and grand-nephew of Annette and Mike Himango.



On June 19, 2009 at Fort Riley, Kansas, **Lt. Col. Keith Casey** took command of 1st Battalion 5th Field Artillery Regiment. Keith

is the son of FDL Band Member Margo Casey and her husband David, grandson of Rose and Harold Diver and nephew of Annette and Mike Himango.

Wedding announcement

Marguerite Diver and Rob-

ert Diver of Cloquet announce the engagement of their daughter, **Cynthia**, to **Jeffrey Adam Wise** of Sawyer, Minn. The couple will be married on Aug. 29, 2009.

Cynthia graduated from Cloquet High School in 2004 and received her Certified Nursing Assistant license and Associate of Art degree from the FDL Tribal and Community College in 2008. Jeffrey, son of **Jeanne** and the late **Herman "Doug" Wise**, graduated from Carlton High School in 1998. He received a water operator license from St. Cloud Technical College, and is a certified water operator for the FDL Reservation.



Birth announcement

Thomas and Chrissy Howes welcomed their niizhoodensiyag (twins) daughters, Aesa and Nyleah into the world on June 30th. We would like to say miigwech to everyone who has given them gifts and who helped Thomas in making diki-naagans for them.



Birthdays

Happy Birthday to **Elias Blackmarr** who will be 2 on Aug. 27!

Love from Mom



Happy Belated Birthday to our Big Girl, **Priscilla Rose Sanchez**,

who turned 4 on July 15, 2009. Love always,
Mommy, Daddy and your big brother Angel



Happy Birthday **Arnold Bassett!** Arnold will be 95 years young on Aug. 16.

With love from your family

Happy 7th Birthday to **Alexander M. Petite** on August 16!
Love, Auntie Janelle and Uncle Mel

Happy Birthday, **Jeff Blanchard**, on August 17th!
Love, Jamie

Happy Birthday **Grandma Rosemary Blanchard** on August 23rd! We love you! Hugs and kisses to you!

Love from Travis & Jamie Dawn

Happy Birthday to my BFF, **Ronda Erickson**, on the 20th of August! And congratulations, too!

Love, Lorri

Happy Birthday to FDL pharmacist, **Shari Gentilini**, on August 7!

Lori and the rest of the staff

A big Happy Birthday to the following: **Ronda Erickson**, August 20, **Beth Diver**, August 4, **Loren Erickson**, August 5, **Jack Bassett**, August 6.

Bunny

Happy 8th Birthday to **Jalen Paulson** on August 30.
Love, Mom, Dad, & Cordell



It will be **Mavryk Cordle's** first birthday (and also his Golden Birthday) on August 1, 2009. Happy Birthday Mavy Pickles!

With love from Mom, Dad and Garryt



Center for American Indian Resources, Duluth - Employee birthdays in August

Alexis Drake, (medical records/behavioral health records clerk) Aug. 14; **Carol Wuollet** (supervising nurse) Aug. 31; **Kara Stoneburner** (Women, Infants and Children program) Aug. 19, **Char Bodin** (Workforce Investment Act representative, summer youth workers) Aug. 27.



To **Kaliyah Houle** - Happy 8th Birthday Princess, on Aug. 28.

With love from your family

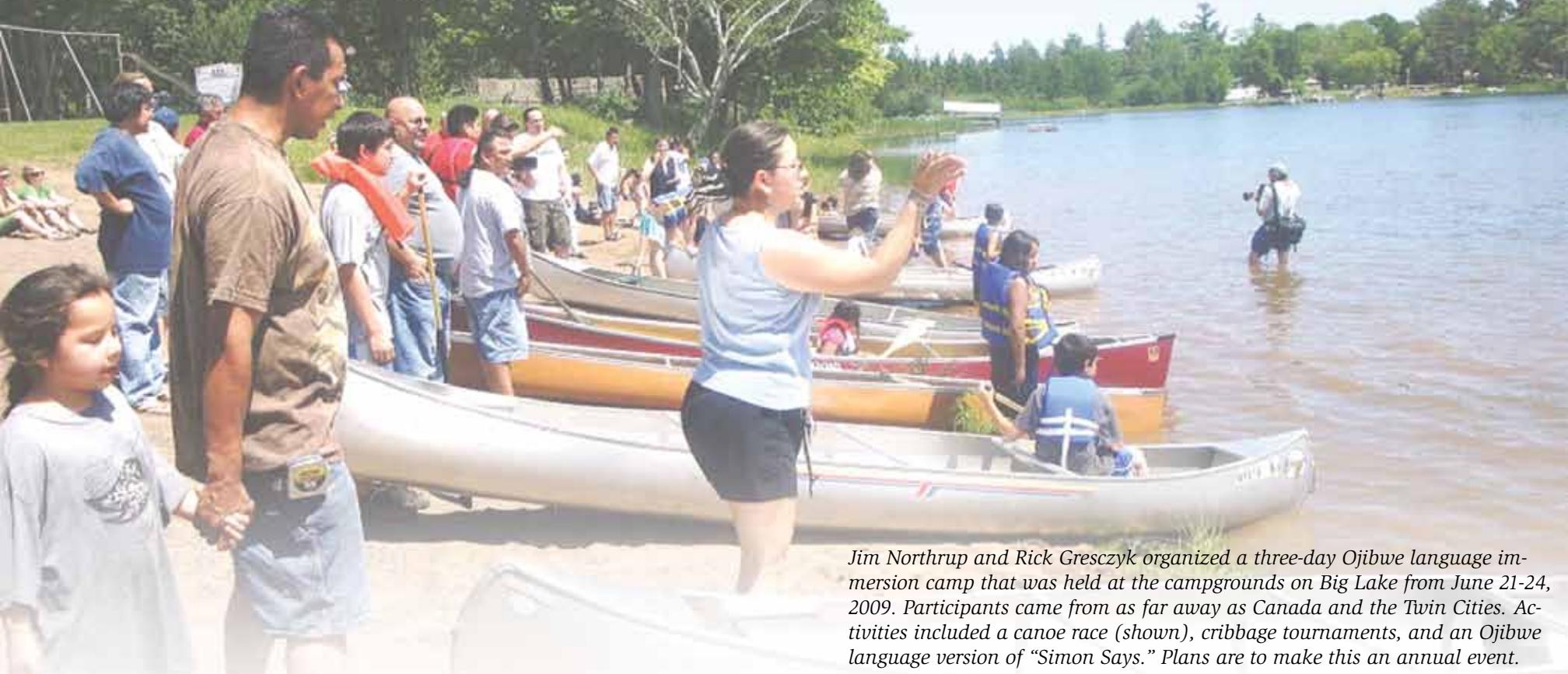
Happy 76th Birthday **Mary (Boyer) Scherer**



on Aug 2, who is pictured with her great grandson, Austin.
Love, your family



Happy Birthday to my girls. **Amy Thompson** will be 26 on Aug. 17; **Alyssa Abramowski** will be 18 on Aug. 1.
I love you! Mom



Jim Northrup and Rick Gresczyk organized a three-day Ojibwe language immersion camp that was held at the campgrounds on Big Lake from June 21-24, 2009. Participants came from as far away as Canada and the Twin Cities. Activities included a canoe race (shown), cribbage tournaments, and an Ojibwe language version of "Simon Says." Plans are to make this an annual event.

Happy 15th Birthday **Tyler Stangel**, on Aug 27th. We love you.
Mom, Tan, Darci, Gage, Tayd, and Fhen



Thank You

I want to thank the many people who helped plan Enrollee Day. Thanks, too, to the department personnel who were involved. All of you did a wonderful job. I received many compliments about the cleanliness of the grounds, the great food, and the entertainment. Thanks for the hard work and dedication that went into making Enrollee Day a big success.
Bryan Bosto

Homes for sale

For sale in Sawyer area, on leased land, house in



a great neighborhood. Three bedrooms, one bath, large deck, detached garage. Many updates, including new roofs on both house and garage, newer carpet and paint throughout house, and newer furnace. Price reduced to \$75,000. Any questions or to view call (218) 590-8541.

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$270,000. Call (218) 878-5617 for more info.

Charming 2-bedroom, 2-bath log home with loft on a wooded lot with



spacious 2-car detached garage. Open floor plan with radiant in-floor heat, a natural gas stove/fireplace, and a Jacuzzi tub. Assessed at \$179,000, asking \$150,000. Must sell. (218) 213-6980

Memorials

In memory of **Donald Louis Savage:**

Your presence we miss,
Your memory we treasure,
Loving you always, and
Forgetting you never.
You're forever in our hearts,
Karol Kay, Dannell, Chad, Clay, Trey and Lexie Darci, Gage, Tayden and Fhenix

In memory of **Mahali Agaton Howes**

When you left, a part of me went with you.
A part of you will live forever within me.
Missed by your Auntie

Obituaries

Michael Shawn Perales, 42, of Palm Springs, Calif., passed away at Desert Regional Medical Center on Jan. 24, 2009. A memorial service was held on July 21, 2009 at the Holy Family Catholic Church, Cloquet.



Michael was born on May 2, 1966 in Selfridge A.F.B., Mt. Clemens, Mich., to Benjamin Perales, San Antonio, Tex. and Anna (Whitebird) Perales, Columbus, Ohio.

Michael was preceded in death by his grandparents, Simon Whitebird and Kathryn (Godfrey) Whitebird Lucas, of Cloquet, and Francisco Perales and Angelita Perales, of Toledo, Ohio.

He is survived his mother, Anna Whitebird Perales, and father Benjamin Perales, his sister; Sheralyn (Mike Brown) Perales Brown, nephews and nieces, Mark Perales, Miranda Perales, Benjamin Frazier, Kath-

erine Frazier, Michael Frazier, all of San Antonio, Tex. brother; Benjamin Perales Jr., Columbus, Ohio, sister; Cynthia (James Moore) Perales Moore, niece and nephews, Erin Moore, Ryan Moore, Conor Moore, all of Grove City, Ohio, sister; Veronica (Jeremy) Perales Martinez, nephews and niece, Brandon Perales, of Columbus, Ohio, Kyra Sommer, of Hilliard, Ohio, Zachery Martinez and Adrian Martinez, both of San Antonio, Texas, aunt; Shirley Godfrey, and her family of Duluth, Minn., uncle Michael (Joyce) Marx of Maryville, Tenn., cousins Allen and Gwen Godfrey of Brooklyn Park, Minn., cousin Carol Pickus of Portland, Ore., aunt Lucia Perales and her family of Toledo, Ohio, aunt Virginia Perales and her family of Toledo, Aunt Linda Alvarado and her family of Toledo, Uncle Alberto Perales and his family of Toledo.

Interment was in the Old Holy Family Cemetery near Michael's grandfather, Simon Whitebird.

Waatebagaa Giizis – Changing Leaves Moon

August 2009

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Spiritual Run 7:30 a.m. CCC MASH Pow-wow 1 p.m. BCC Don Savage Tournament Park Rapids
Premier Theatre 9:15 a.m. BBC Fun & Fitness CCC	P.I. Activites 10 a.m. CCC Bug Jar Crafts 3 p.m. BBC Jr. Golf 4 p.m. CCC	P.I. Activites 10 a.m. CCC Paper Sunglasses Kids game night 6 p.m. BCC	P.I. Activites 10 a.m. CCC Elder Concerns Mtg 10 a.m. CCC Car Magnets CCC Boys & Girls club swimming 3 p.m. BCC	P.I. Activites 10 a.m. CCC Pilates Class 12 p.m. CCC Adult Arts & Crafts 3 p.m. BCC Board Games Bimajii 4:30 p.m. CCC FDL Language Table 5 p.m. CCC	Story Time 3:30 p.m. CCC Kickball CCC Women's night 6 p.m. BCC Intro to Drum & Singing 6 p.m. CCC	Fun & Fitness CCC Tie Dye 3 p.m. BCC
2	3	4	5	6	7	8
Fun & Fitness CCC Beauty and the Beast 1 p.m. BCC	P.I. Activites 10 a.m. CCC Wisdom Steps Power Run Kids Choice BCC Jr. Golf 4 p.m. CCC	P.I. Activites 10 a.m. CCC Hand Print Sunflowers Adult game night 6 p.m. BCC	P.I. Activites 10 a.m. CCC Elder Concerns Mtg 10 a.m. CCC Caregivers Support Group 5 p.m. CCC I CAN COPE 5 p.m. CCC Silly Snakes Dogs 6 p.m. BCC	P.I. Activites 10 a.m. CCC Pilates Class 12 p.m. CCC Wii game bowling CCC Kids Arts & Crafts 3 p.m. BCC Bimajii 4:30 p.m. CCC FDL Language Table 5 p.m. CCC	Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Volleyball CCC Movies in the Park 8 p.m. BCC	Fun & Fitness CCC Super Sand Glitter Art 3 p.m. BCC
9	10	11	12	13	14	15
Fun & Fitness CCC Sunnyside Park 12 p.m. BCC Three Dog Night & Little River Band 6 p.m. BBCR	P.I. Activites 10 a.m. CCC Footprint crafts 3 p.m. BCC Jr. Golf 4 p.m. CCC	P.I. Activites 10 a.m. CCC Fingerprinting Art CCC Kids game night 6 p.m. BCC	P.I. Activites 10 a.m. CCC Fish Magnets Elder Concerns Mtg 10 a.m. CCC Boys & Girls Club Swimming 3 p.m. BCC	P.I. Activites 10 a.m. CCC Pilates Class 12 p.m. CCC Board Games Adult Arts & Crafts 3 p.m. BCC Bimajii 4:30 p.m. CCC FDL Language Table 5 p.m. CCC	Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Soccer CCC Women's night 6 p.m. BCC	Fun & Fitness CCC Vista Cruise 11 a.m. BBC
16	17	18	19	20	21	22
Fun & Fitness CCC End of Summer BBQ 12 p.m. BCC	Wisdom Steps Run/Walk P.I. Activites 10 a.m. CCC Jr. Golf 4 p.m. CCC Kids Fun Night 6 p.m. BCC	Elder Concerns Mtg 10 a.m. CCC P.I. Activites 10 a.m. CCC Summer Collages CCC Adult Arts & Crafts 3 p.m. BCC	P.I. Activites 10 a.m. CCC Elder Concerns 10 a.m. CCC Chicken Sleeping Bags 6 p.m. BCC Sobriety Feast 7 p.m. BBCR	P.I. Activites 10 a.m. CCC Wii bowling game CCC Pilates Class 12 p.m. CCC Kids Arts & Crafts 3 p.m. BCC Bimajii 4:30 p.m. CCC FDL Language Table 5 p.m. CCC	Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Basketball CCC Kids Fun Night 6 p.m. BCC	Fun & Fitness CCC Community Birthday 3 p.m. BCC
23	24					
Fun & Fitness CCC Sunnyside Park 12 p.m. BCC Jr. Golf Tournament 4 p.m. BBCR	P.I. Activities 10 a.m. CCC Kids Choice Day BCC					
30	31	25	26	27	28	29