

Nahgahchiivanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



AWE INSPIRING

In This Issue:

Local News	2-3
RBC Thoughts	4-5
Veteran's Powwow	6
The Historic Battle that ended at Neiashi - Part Seven	7
Etc.	8-9
Health News	10
Legal News	11
13 Moons	12-13
Community News	14-15
Calendar	16

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Local news

FDL continues to stock St. Louis River

By Zachary N. Dunaiski

Over the past several years Fond du Lac Resource Management (FDLRMD), with the help of many others, has been stocking the St. Louis River with young sturgeon.

While the efforts to get the river restocked along the Reservation shoreline takes months, the actually restocking of the fish is an almost anti-climactic couple of seconds. Those that were there when the young sturgeon arrived, enjoyed "setting them free" in the river.

It wasn't just all little sturgeons being set free, there were even a few old friends from the fish tank at the FDLRMD building that were put in the river. These bigger fish were part of a restocking effort a few years back, and after calling the fish tank home for a few winters, they will now be free to swim down the St. Louis River.



Introducing young sturgeons to the St. Louis River.



Acclimating the sturgeon to their new environment.



Big fish start off tiny.

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
Veteran's Powwow.....	6
The Historic Battle that ended at Neashi - Part 7	7
Etc.....	8-9
Health News.....	10
Legal News.....	11
13 Moons	12-13
Community News	14-15
Calendar	16

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Editor: Zachary N. Dunaiski

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

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

end, we do not publish editorials, opinion pieces or letters to the editor.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

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

Corporate Member of the Native American Journalists Association



FUN



FAMILY



FRIENDS



A few thoughts from RBC members

From the Chairwoman

This year's Veteran's Pow-wow had some special features. Last year, we shared that Fond du Lac Band member Lex Porter was honored as a Code Talker. The Congressional Gold and Silver medals were minted and delivered to Fond du Lac. At the powwow, Lex's son and daughter were presented with the Congressional Silver Medal in honor of their father's service. It was very moving.

The powwow also hosted some special guests. The Minnesota National Guard Adjutant General Richard Nash was in attendance, along with his leadership team which included the 148th Fighter Wing Commander Frank Stokes. They stayed for a few hours enjoying the recognition we give our veterans, speaking with visitors, and enjoying a new cultural experience. We were grateful for their participation. They even treated us to a flyover of a Black-hawk helicopter on their way back to St. Paul.

The Minnesota Legislative session had numerous items of interest to the Band. Expansion of the state lottery into online activities was prohibited. There were significant increases to per pupil formula funding for Indian Education totaling \$16 million. Bureaucratic barriers to Tribes working with the Bureau of Criminal Apprehension for criminal background checks



Karen Diver

were resolved. Finally, the state has a new statute which outlines a process for families to follow who may have cultural or spiritual objections to autopsies was passed.

One item that was particularly disturbing was last minute activity during the special session regarding water quality regulations. The target was the "wild rice" standard for sulfides, which was set in the 1970's at 10 milligrams per liter.

It's called the wild rice standard because wild rice thrives best in a low sulfate environment. Sulfate is also a part of the chemical process that contributes to fish accumulating mercury in the fats. The water

quality regulations around sulfides are a concern to primarily mining companies. The action taken at the legislature would affect how the state designates impaired water bodies and prohibits the state from imposing costs for remediation on businesses subject to the water quality standards. In other words, there are no financial consequences for sulfide polluters. We're not sure this legislation will survive scrutiny by the Environmental Protection Agency.

Please let me know if you have any questions or comments at karendiver@fdlrez.com or (218) 878-2612.

Boozhoo,

Hope that you are all enjoying your summer. The weather has been terrific here. The old golf clubs have been used quite a lot already and hopefully even more the rest of the season.

The fourth of July celebrations around town were good. There were lots of things for kids and adults to participate in. We had our celebration for Enrollees a week prior. It was well attended and had good food and entertainment for all. Four hundred Band members were happy with the results of the drawings. I again was overlooked for one of the prizes. I had a good time talking to young and old alike. There are a lot of different perspectives throughout the age groups on our Reservation. It is refreshing to listen to people and how much they really do care about our Reservation and its future.

This time of the year is quite busy around the Reservation. Right after Enrollee days the Elder picnic was here. I got a chance to meet with several people in attendance. I spent about two hours in the crowd welcoming people and catching up with the latest happenings in their lives. Sometimes being a politician does have its rewards and the day of the Elder picnic is one of them. Thanks to the several hundred that shared the wonderful afternoon enjoying good food and conversation.

The Veteran's Powwow was a resounding success again this year. The day began with the presenta-

tion of the Medal of Honor to the Porter family for the service of their father Lex as a code talker in WWII by the chair and a two star general from the MN National Guard. It was quite moving to hear Jeff Savage read about the medal and to see the pride in the eyes of his children and grandchildren. But the most impressive was to see and feel the pride of our community to have one of our own honored in this manner. There were 104 FDL vets and a total of 267 veterans in attendance for the grand entry. We had 32 drums and well over 300 dancers. Jarvis "Chubby" Paro did an excellent job with the coordination following in the footsteps of his predecessors. This powwow has become a huge favorite on the circuit and will continue to be far into the future with the leadership of Chubby.

Last, I hope you get a chance to visit the downtown casino and look at part of the facelift it is getting. I had the opportunity to visit on Monday and I was as impressed as I was back in 1986 with the new feel and look. The project is halfway done with the completion of the second floor. The first floor is the next step to complete this project and the new look for our casino.

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

Gigawaabamin.

RBC Thoughts (continued)

Cloquet News

Hello All

The annual Enrollee days were well attended as lots of folks showed up for the festivities. Our staff did a great job again this year. Thank you all. There was a lot of entertainment and other activities for our folks to participate in. The fireworks at the end of the evening were again quite a show.

The annual Elders picnic was held at the Ojibwe School Powwow grounds again this year.

There was again a good showing of people for this event. Our elders were able to visit, eat, and enjoy the day. I was also able to attend the Veteran's Powwow held at our Powwow grounds in Sawyer. Again, this was well attended. We honored all vets. The highest ranking officer



Wally Dupuis

in Minn., Major General Nash, attended with a number of other top brass from the armed forces. This sure is a powerful event. They spoke about the number of Native folks that served and are serving our country. To all vets, THANK YOU. I would also like to thank all those that put this together, Thomas Whitebird, Jeff Savage, and Jarvis Paro just to name a few, as there were many that made this successful.

I visited the Fond-du-Luth Casino on July 13. As I walked in the door I heard over the intercom "attention all customers, in 20 minutes we will be opening the newly remodeled upstairs for customer enjoyment." I walked around to look at all the new decor. I saw construction supplies, boxes, tools, etc., all around. They assured me they would be open in 20 minutes. I saw our staff

scurrying about getting ready. At 12:00p.m. sharp, to my surprise, they did open the doors. There were customers lined up waiting to get in. They came up through the elevator and the escalator all waiting to get to their favorite machines. It was a big hit for all. The place is looking and smelling very fresh. It is just like a new building. Something we all can be proud of. Please stop in and see the improvements.

I would like to thank our staff as some have put in many hours and extra shifts to prepare for this second floor opening. The 1st floor is next to get done and I am sure our staff will be instrumental in helping with the completion of that also. Nice work folks.

As always, please feel free to call or stop by. Work (218) 878-8078, cell (218) 428-9828, or e-mail wallydupuis@fdlrez.com

Brookston News

Hello Band Members:

I hope all is well, I hope the summer has been good to you.

There are a few issues I would like to address.

The first is the proposed constitutional change, with the secretarial election that the MCT has sent to the Interior Department for approval. The change would be made to allow Canadian

First Nations that are directly tied to MCT. The next change is to allow all Ojibwe, Chippewa, Anishinaabeg that is directly tied to the MCT. As of today there has been no informa-



Kevin Dupuis

tion or education on this proposed change to our constitution. This is one of the most important issues that has ever been in front of the Tribe. The Tribal membership has the right to know every aspect of this proposed change. As of now the only Reservation that has been having meetings or any information on this proposed change is the meetings that have been held on

Thursdays here at FDL. The meetings are held at 5:30 p.m. The next meeting will be held at the Perch Lake town hall July 30 Thursday 5:30 to 7 p.m. all MCT Tribal members are welcome. The second issue is the drug and

violence issues that are still in the forefront of the Reservation. Our community must come together to address these issues and hopefully come to some resolution. Our people are dying, our friends, our relatives, this affects all of us. I will also have the monthly meetings at the Brookston center, there will be fliers and notices on the FDL website. The doors are opened and all FDL Band members are welcome.

If there are any questions please call or stop into visit thank you for your time.

*Kevin R. Dupuis Sr.,
Office (218) 878-7583 or
Work Cell (218) 348-4810.*

Sawyer News

A big 'ol Boozhoo to all of you wonderful people! Well, summer is in full swing and the clean-up crews are out and about making sure our communities shine. I commend all of the workers for their hard work and dedication in making our home a beautiful place to be.



David Tiessen Jr.

The Sawyer youth have also been having a blast. As I write this article, there are little Sawyer kids raising cane all over valleyfair. They were very excited for this trip. They also had a princess party at the center. I bopped in for a few minutes and said hello, and they were having a blast. The room was covered with purple streamers and balloons, the Princess Diaries was playing on the big screen, and all of the girls (and a few boys) were painting their nails and putting on glitter tattoos. I managed to make my escape before my fingernails got painted up, but not before I was crowned with a pretty purple tiara. Good job to the staff and their helpers. It was wonderful to see the kids having so much fun.

And finally, the application process is now open to apply for the Native Nations Rebuilders Program. This is a wonderful opportunity to gain skills in how to contribute and build your community to be a better place. They accept people from Federally Recognized Tribes in Minnesota, North Dakota and South Dakota. My experience with that program has helped me tremendously and given me tools to help my Tribe be a better place. If you want more specific details, I can offer them to you. Miigwetch!

If you have any questions, concerns, or ideas, please don't hesitate to E-mail me at davidtiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. The greatest thing you'll ever learn, is just to love, and be loved in return.

POWWOW

Major celebrations taking place at the 2015 Veteran's Powwow

By Zachary N. Dunaiski

The Veteran's Powwow falls right in the middle of summer every year, and it's one of the last major annual summer events on the Reservation. This year's powwow, July 10-12 was no exception and people packed into the Mash Ka Wisen powwow grounds to see this great event.

It was a hot summer day, but that didn't stop people from dancing their hearts out and it was most apparent right from the beginning as it was one of the most impressive grand entries that I have ever seen.

Aside from the usual powwow festivities, there were two really special presentations at the Saturday midday powwow. The first of these events was Major General Richard C. Nash, who has visited the Fond du Lac Reservation in the past, most notably during the 2013 LAX-4-Life camp. Major General Nash attended the powwow and thanked the FDL veterans for their service and their sacrifices. The Fond du Lac RBC thanked him for attending and even gave him a quilt and a bag of FDL grown wild rice. Chairwoman Diver joked that the Major General didn't have to put the quilt on during the 80 degree day.

The other exciting extra event at this year's celebration was honoring the Lex Porter family with Congressional Gold and Silver medals for his service in World War II as a code talker. It was a great ceremony to honor a brave Fond du Lac Band member for his outstanding service to his country.

Emotions were high as we honored our Veterans while drumming and dancing. This year's Powwow was great, like the decades of Veteran's Powwows before it.



Bob Bassett, FDL's oldest veteran, honoring the Lex Porter family with the Congressional Medals.



Secretary Treasurer Ferdinand Martineau and Sawyer Representative David Tiessen thanking the Lex Porter family.



The impressive colors during the Grand Entry.



Major General Richard Nash shaking the hands of Fond du Lac veterans during the festivities.



The Gold and Silver Congressional Medals for Lex Porter.

The Historic Battle that ended at Neiashi/Mn. Point – Part Seven

Research by Christine Carlson

The end of the Series on Neiashi

I saved the best for last and this is Part Seven, the last of my series on Neiashi. I have learned so much about this historic point. It has been quite a journey for me as it has taken years to amass this historic information. I won't call this the end but only the beginning with hopes that others will continue. I heard on the news that the Piping Plover or the Plover Paradise bird has returned to Neiashi. This is of national significance as this bird is on the endangered list.

Questions about this Battle Story Ending

I questioned whether to include the details at the end of this battle. The end that occurred on Oatka Beach is quite gruesome but after much thought included it. My intention is not to change things but to share what I find in the research.

The Great Battle of Black Beaver of the Ojibwa vs. Black Eagle of the Dakota

The date of this battle took place in August of 1780. The battle was fought on lands between the St. Louis River and Nemadji River. I drove to the Nemadji River area and then on to the St. Louis River. Heavy fighting took place in the area of 24th Street and Tower Avenue in what was later called Superior. On another day I drove out to this area on 24th and Tower. This area is called Tower Avenue Plaza. I drove around the neighborhood and

thought how it must have been two hundred and thirty five years ago. I had mixed emotions as I visualized the battle.

For the Dakota it was a battle for the sacred lands of their ancestors. For the Anishinabe, Spirit Island on the St. Louis River was the "Sixth Stopping Place" for their group of people as part of their migration from the east.

Duluth News Tribune of July 10, 1910 – Duluth and Superior Scene of Great Indian Battle

In the old days, many years before the long canoes of the voyageurs from the east cast the rippling waters of the St. Louis river from their prows, the Sioux were lords of the forest and prairie, their sway extended from the plains of Dakota to the shores of Lake Superior, and far into the territory that is now Wisconsin.

The Sioux were not a tribe to meekly bow the neck and acknowledge another master. They had proved it often before on the bravest of the rival tribes. They were to demonstrate it now against the Chippewas as later against the legions of Custer and Miles. They took to the warpath.

Then and now, Superior bay was the great strategic harbor, for it could be approached by long rivers stretching into the interior. That was the great thing in Indian days. The Sioux wanted it. As a consequence the nation assembled its representatives on the western shores of Mille Lacs lake, and after a three day congress, decided that a last great effort must be made to retrieve their losses in

Wisconsin as far as possible, and that the campaign must be begun by seizing the harbor at the head of the lakes. This was a tactical stroke that they knew must be accomplished at all hazards to make further success possible.

They had to capture the harbor at the head of the lakes by surprise, drive the Chippewas to beyond the St. Croix, and launching a heavy force from the south, divide and finally beat their enemies in detail, thus making themselves masters of the old territory after a few engagements.

The plans were made by Black Eagle, chief of the Sioux who is said to have been a soldier with a notable genius for strategy. When he was ready to strike he had under his command more than 8,000 Indian braves perhaps the largest force ever assembled by an Indian chief in North America.

Black Beaver, the chief of the Chippewas, either warned by traitors from the Sioux camp or acting with the knowledge that is the birthright of the real general refused to be deceived. He concentrated his 6,000 braves along the St. Louis river and the shores of Superior bay and stood ready. He did not have long to wait. One day early in August 1780, his runners informed him that the Sioux were crossing the St. Louis bay by thousands. Rapidly the Chippewa chief rushed his men to the bank of the stream, and before the sun was three hours high the last Indian battle was raging.

The Sioux landed in large parties on a shore line near nearly a mile in length and swept

the enemy north killing them by hundreds. Rush after rush carried the line midway to the Superior bay, and the whole territory resounded with the fierce cries of the rival warriors and the groans of the dying.

Black Eagle, in the heat of battle and joy of success, failed to take account of the fact the pursuit of the flying Chippewas was leading his warriors toward one point and they were becoming huddled in a small compass or note that this condition of things might lead them into an ambush.

The Battle Continues - The Massacre at a Place now Called Central Park in Superior, Wisconsin

Central Park in Superior is located near 717 6th Avenue East. It is opposite the Neiashi/Park Point Beach and Recreation area. This is where the all day long massacre took place. There were hundreds killed on both sides. The Chippewa were initially being beaten but Black Eagle made a crucial blunder. The Chippewas came through the woods, surrounded and snared the Sioux. Some tried to escape to the water but the savvy Chippewas had earlier seized and burned their canoes.

From the Book Eye of the Northwest

The Chippewa then adjourned, with about one hundred victims to Minnesota Point (Oatka Beach). The last man to die was an aged chief named The Black Eagle. Around him they sang and danced with wild and furious glee, for they knew he was a brave warrior. Seated

ing himself on a log with his back against a tree, he painted his face with colored clay and began to chant the death-song. It was evening, and the woods were lighted only by the campfires of his enemies. As the dancing Chippewas approached nearer and nearer with their fiery splinters, his song grew more loud and fearless. The flourish of tomahawk and scalping knife and the fiendish yelling of his captors apparently had no effect upon him; his face showed no signs of pain or fear. Finally they seized the tuft of hair on his head and tore away his scalp and put out his eyes.

Whatever we may have to say of the Indian, it is not probable that there is a white man upon the face of the earth who could pass through an ordeal of this kind without manifesting fear of death or giving indication of the unutterable pain which the victim must have felt; and all the time, it must be recollected, a "Small fire" as the Chippewas call it, was blistering and crisping his lower limbs. The whites may know how to live, but the Indian certainly knows how to die.

The End

The battle ended at Oatka Beach and this final research ends the seven part series on Neiashi. I hope you have enjoyed it as much as I have enjoyed putting it all together. I mentioned this in Part Six but would like to say it again. It would be wonderful to have a monument, educational plaque, or kiosk telling the story of Neiashi maybe at the Oatka Beach area.

Etc.

The Land Information Department would like to apologize for prematurely posting the Big Lake Lottery Process and open lots.

This process and open lots are currently under review and pending approval. Future updates and changes regarding the lottery and available lots will be posted in the FDL Newspaper.

Again, we apologize for any inconvenience.

Notice

The FDL Land Department would like for CAROL DEN-RUITER to contact Lynn Reynolds at (218) 878-7143

FDL Historical Society

The FDL Historical Society will not hold a formal meeting in August, but would still like help identifying photos.

Everyone is welcome to join and help with this project. For more information contact Carol Jaakola at (218) 879-9296 or (218) 393-9284.

Fond du Lac Ojibwe School policy and program changes

By Jennifer Johnson

Aaniin/Boozhoo students, parents, guardians, and community:

I am looking forward to another fun and exciting school year. I hope everyone is enjoying their summer vacation. We have made a few program changes for the 2015-2016 school year:

1. We are modifying our school

day this year and will now start the school day at 8:25 a.m. and end the school day at 3:25 p.m. Our early dismissal will remain the same and will end at 12:30 p.m. on the designated days.

2. Our bus change policy has been updated for this school year. Starting September 2015, the bus changes must be called in and arranged by Monday at 11:00 a.m. for the WEEK including the following Monday morning pick-up. Parents/guardians can call (218) 878-7261 or fill out the bus change request form. The form is also on the school website <http://www.fdlrezk12.com/>

3. We are very excited that we have the opportunity to blend English and Ojibwemowin into one of our kindergarten classrooms, creating an innovative experience for our students. The class size is limited and will be filled by request with completed 2015-16 school enrollment forms. In addition, kindergarten students are now required to be 5 years old by September 1, 2015 in order to enroll for school this year.

4. All parents/guardians and visitors will enter and sign in at the receptionist's desk located when you enter the double doors closest to the playground. All other exterior doors will be locked. All students, parents/guardians, and visitors will need to park in the front of the school in the designated parking lot. Student drivers will need proof of registra-

tion, insurance, and a valid driver's license. The lane closest to the school is reserved for buses only. We appreciate your patience and cooperation.

We are looking forward to students returning on Tuesday, September 8, 2015 and another exciting year. We are excited to provide another year of meaningful learning opportunities and supporting student achievement. We look forward to your safe return, and we will do our best to support your efforts. If you have any questions or concerns, please contact me.

Gigawaabamin, Jennifer Johnson, Principal, Work (218) 878-7284, cell phone/text (218) 591-2083, or jenniferjohnson@fdlrez.com

FDLOJS Supply list

Kindergarten

1 pair Fiskars child's scissors
2 boxes of 24 Crayola Crayons
2 wide-ruled notebooks
2 rectangular pink erasers
5 large or 10 small glue sticks
2 pocket folders (sturdy or plastic)
1 bottle white, washable glue
1 small paint box with 8 colors
1 box of markers
1 backpack/book bag (bring daily)
1 small pencil box 8x5x2.5 (to fit in our desks)
3 boxes of Kleenex
1 pair of tennis shoes for gym (keep at school)

Please label all items

1st Grade

2 boxes of #2 pencils (sharpened)
1 bottle of glue
2 large pink erasers

1 box of pens
1 box of 24 crayons
1 box of 10 washable markers
1 pair of scissors
3 glue sticks
2 wide-ruled notebooks
3 boxes of Kleenex
3 folders (plastic if possible)
1 highlighter
1 box of colored pencils
1 water bottle
1 backpack (to come to school daily)
1 set of ear buds or headset
tennis shoes for gym (to be left at school)
1 chapstick
Please don't send pencil boxes or trapper keepers.

Please label all items

2nd Grade

2 boxes of #2 pencils (sharpened)
1 bottle of glue
2 large pink erasers
2 pens
1 box of 24 crayons
1 box of washable markers
1 pair of scissors
6 glue sticks
2 wide-ruled notebooks
3 boxes of Kleenex
1 1-inch 3 ring binder
1 highlighter
3 folders (plastic is preferred)
1 pkg of pencil top erasers
1 box colored pencils
1 water bottle
1 backpack (to come to school daily)
1 set of ear buds or headset
1 pair of gym shoes (to stay at school)
1 chapstick

Please label all items

3rd and 4th Grade

3 boxes of 10 #2 pencils (sharpened)
8 large pink erasers
2 packages of pencil top erasers
1 box of 24 crayons
1 package of 10 markers
2 spiral wide-ruled notebooks
4 glue sticks
3 2-pocket folders
1 3-ring binder (1 inch)
3 boxes of Kleenex
1 box of colored pencils
1 water bottle
1 plastic shoe box
backpack or book-bag
1 package pint size zip-lock bags
tennis shoes for gym

Please label all items

5rd and 6th Grade

5 boxes of 10 #2 pencils (sharpened)
8 large pink erasers
2 packages of pencil top erasers
1 box of 24 crayons
1 package of 10 markers
1 pair of scissors
4 glue sticks
2 spiral wide-ruled notebooks
1 3-ring binder (1 inch)
8 2-pocket folders
1 package highlighters (4 to 6 count)
5 boxes of Kleenex
1 box of colored pencils
1 plastic shoe box
1 basic calculator
1 package pint size zip-lock bags
backpack or book-bag
tennis shoes for gym

Please label all items

Etc.

Fond du Lac Language Coordinator and Two Ojibwe School Language Teachers Share a Cultural Teaching

**Submitted by Janis Fairbanks,
Anishinaabemowin Coordinator**

July 6–8, a dynamic, interactive workshop hosted by Indigenous Language Institute, was held in Prior Lake, Minn. The workshop was titled, “Developing Culturally Relevant Language Immersion Teaching Guides, Activities and Assessments.”

Two teachers, Jodie Lockling and Nashay Baker, both Ojibwe language teachers at the Fond du Lac Ojibwe School, and the FDL Anishinaabemowin Coordinator, Janis Fairbanks, attended the three day sessions. Topics covered discussion of culture, language, immersion activities, templates for evaluation, and assessment. Based on the discussion, on-site development, and different models created by small groups during the workshop were hung on the wall as exhibits. Each group then had the opportunity to explain their own model and hear explanations of all other groups' models.

The process to create the models, was explained by Jenine DeGroat. DeGroat (Diné) is currently a Bilingual/Multicultural Senior Lecturer at Northern Arizona University in Flagstaff, Ariz. Her work involves Native Language Teacher Education, Reversing Navajo Language Shift and Oppression, Language Immersion Consultant, and Indigenous Bilingual Education. She has coordinated Navajo Language

Immersion Camp in Albuquerque, N.M., teaching language immersion class for the American Indian Language Development Institute in Tucson, Ariz. and present topics on language shifts and revitalization in Native American communities.

There were several languages represented at the workshop, among them Hopi, Oneida, Lakota, Ho-Chunk, and Ojibwe. The techniques described by DeGroat may be universally applied to any language group working on language retention and revitalization. Basic aspects of creating a culturally relevant teaching model involves each group's consideration of cultural values and three components/questions.

1) Artifacts (What people make and use), 2) Practices (What people do), and 3) Perspectives (What people think and/or believe.) Day one was spent brainstorming on “Values that help us gain Sense of Belonging in our community.” The brainstorming ideas were drawn on a poster and generated a picture that would become the group presentation. For the Fond du Lac group, the teachers suggested narrowing “Seasonal Lifestyles and Activities” to just one activity,” Manoominiike.” Jodie Lockling acted as group recorder, writing notes for the brainstorming session, and using her artistic skills to draw the group poster. There was also input from a fourth group member, Jodell Meyer, Ojibwe Language Coordinator of Nay Ah Shing Schools, for

Mille Lacs Band of Ojibwe. The four group members created a list of words to describe a wild ricing expedition, Baker checked the Ojibwe spelling of the words, Lockling wrote the words on the poster, and Fairbanks and Meyer reviewed the work in progress and made suggestions.

Some of the words on the list were: biindaakoojige (make an offering of tobacco), gaandakii’ige (pole a boat), bawa’am (harvest wild rice, knock wild rice), mimoshkam (thresh something, jig something), gidasige (parch things, e.g., wild rice), and nooshkaachige (winnow things, e.g., wild rice.) Lockling and Baker taught these words to other group participants using TPR (Total Physical Response), gestures, and singing a ricing

song. Their teaching area was nicely set up, and welcoming for participants to sit in rows of four so all could see, and the teachers encouraged the listeners to listen/listen/listen, and then say the word, repeat/repeat/repeat. The activity was culminated by using the words learned to sing the ricing song, led by Lockling and Baker. Participation was rewarding, audible, and audience response was enthusiastic. One participant, first language fluent elder, Shirley Ida Eliza Williams, from Wikwemikong Unceded Indian Reserve, Canada, told an old story about where wild rice came from, as told to her by a member of the Red Lake Nation in Minnesota. This veteran teacher, fluent speaker, said she enjoyed the Fond du Lac “Manoominiike” teaching

and presentation very much. Indigenous Language Institute board member, Patricia Ningewance, said, “I heard those two presenters before and they are excellent.”

During breaks, Fairbanks and the two language teachers discussed the Fond du Lac language program and exchanged ideas of what more is needed to strengthen teaching methods and learner participation. These ideas have been documented for further exploration and will be combined and presented at a future strategic planning retreat for the language program at Fond du Lac. As always, your ideas for the Fond du Lac language program are encouraged and welcome. You may send them to janis-fairbanks@fdlrez.com

Miigwech.

22ND Anniversary
OUTDOOR MUSIC FEST
AUGUST 14, 2015

FREE ADMISSION

BODEANS 8:30 pm
SPIN DOCTORS 7:00 pm
CHARLIE PARR 5:30 pm
DEDRIC CLARK & THE SOCIAL ANIMALS 4:00 pm

SPECTACULAR FIREWORKS DISPLAY AFTER THE CONCERT!

blackbearcasinoresort.com
I-35/Hwy 210 Carlton, MN | 888.771.0777
Owned and operated by the Fond du Lac Band of Lake Superior Chippewa



Health News

Snacking between meals, yes or no?

By Kara Stoneburner, RDLD,
Public Health Dietitian

According to the dictionary, a snack is a small amount of food eaten between meals. What the dictionary doesn't tell us is should we snack?

Everybody is different. With that being said, snacks can be important to some people. Children tend to have smaller stomachs and are growing, thus having snacks between meals would be appropriate. But, the question remains: As an adult, should I snack? Here are my thoughts on snacking.

1. Snacking between meals is a great way to reach nutrition goals for the day. Picking the right kind of snack can provide vitamins, minerals, and fiber. People with small appetites would need snacks to help achieve their nutrition goals for the day.

2. Snacks can help fill the "energy-gap" that can occur in-between meals. Everyone has felt that slump in-between meals. It's hard to concentrate. You feel sleepy. You're easily irritated. Your stomach is growling...yep, it may be time for an energy boosting snack (and a walk)!

3. Snacks can prevent overeating at mealtimes. If the time between meals is too long, you may become really hungry. Starting mealtime when you're ravenous can result in eating too fast and overeating. Having a small snack between meals can help you remain in control at mealtimes.

4. Snacks can help stabilize blood sugars by keeping levels consistent. You may feel better and have better control of your diabetes by maintaining appropriate blood sugar levels.

Consult with your medical diabetes team if you have questions regarding snacks and your plan.

5. Snacks can help with weight loss goals for many of the same reasons mentioned above. No one likes to feel hungry and selecting an appropriate snack can be part of a healthy lifestyle.

Snacking mindlessly (unplanned, non-stop snacking) can interfere with mealtimes, overall nutrition, weight loss goals, and disease control. Keep these things in mind when snacking:

- Choose low fat, low calorie snacks with fiber and lots of nutrients
- Try to choose a snack that has carbohydrates, protein, fiber and a small amount of healthy fat
- Try to keep snacks under 100 calories
- Don't snack within 1-2 hours of a meal
- Snack only if you are hungry
- Plan ahead so you aren't running to the vending machine or reaching for the nearest bag of chips
- Don't snack in front of the television; eating in front of the TV leads to overeating.

Ideas of healthy snacks include: air-popped popcorn, hardboiled eggs, low fat/no-fat yogurt, oatmeal, almonds, low fat cottage cheese, graham crackers, hummus dip, low fat string cheese, bagel with peanut butter, ½ lean turkey sandwich, pretzels, trail mix, low fat granola bars, low fat pita chips, sugar-free breakfast cereal with skim milk and, of course, fruits and vegetables.

If you are wondering if snacking is appropriate for you, consult with a Registered Dietitian Nutritionist (we have 3 here on the Reservation) or your healthcare provider.

**Fond du Lac Human Services
Contract Health Services
has a new name...**

Purchased/Referred Care

Call for answers to your PRC questions.

"I had an emergency room visit over the weekend, what do I do?"

"I have a follow-up visit for my referral, do I need to notify PRC?"

"Do I have to pick up my referral from PRC?"

**Fond du Lac Human Services Division
Purchased/Referred Care**

(218) 878-3733



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Administrative Services Department

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

**Fond du Lac Social Services is accepting
applications for foster care homes.**

**The mission of the FDL Foster Care Program is to
increase the number of Native American licensed foster
care homes available for Native American children.**

****For more information please call. (218) 879-1227**

"OUR CHILDREN ARE OUR FUTURE"

FDL Law Enforcement news

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

- June 1 Report of an intoxicated individual disturbing the peace, individual was talked to and agreed to go inside without any further incidences
- June 2 Officers assisted an individual in retrieving a few personal items from a residence they were no longer staying at and then gave them a ride to their new home
- June 3 Officers received a panic alarm at Min-No-Aya-Win but it turned out to be a false alarm as a child had pushed the button.
- June 4 Resident called and asked officers to check on their residence as they thought they may have forgotten to close a door, residence was checked and everything was secure
- June 5 Individual arrested for a domestic assault at the Black Bear Casino
- June 6 Report of an unwanted individual on personal property, the individual was informed by officers that they couldn't stay there and they gathered their belongings and left without further incident
- June 7 Driver stopped and warned for speeding
- June 8 Gas drive off reported at FDLGG
- June 9 Report of drug paraphernalia being found in a room at the Black Bear Hotel during routine cleaning
- June 10 Officers were asked to check on a dog that had previously bitten a technician at the local vet's office to ensure the animal was okay, officers checked on the dog and there were no signs to be concerned about dog appeared to be healthy and happy
- June 11 Officers were requested to perform a check of welfare on a child and found the child to be clean and healthy with plenty of food in the home
- June 12 Driver stopped and tagged for speeding, 72 MPH in a 55 MPH zone
- June 13 Officers were asked to check on a couple of individuals who were out 4-wheeling and found the couple walking down the road, their 4-wheeler had gotten stuck, the individuals were given a ride home
- June 14 Report of a bear acting strangely in an individual's yard, when officers arrived they observed a bear run off and found 3 cubs in a tree near the owners home, home owner was asked to put her dogs in the house and let the cubs come down, home owner called back to say cubs had come down and left on their own
- June 15 Report of a gas drive-off at FDLGG, driver came back and paid for the gas
- June 16 Tarp found in roadway on Big Lake Rd, officers removed the hazard
- June 17 Report of an individual passed out on the road, officers arrived and found them in a driveway and to be intoxicated, the individual was woken up and given a ride home
- June 18 Driver stopped and warned for failure to signal and told he needed to carry his driver's license on him
- June 19 Request for a welfare check on some children, officers found no signs of abuse or neglect, plenty of food in the home and children were happy and healthy
- June 20 Scale with a powdery substance found in a room at the Black Bear Hotel
- June 21 Driver stopped and warned for speed and equipment failure
- June 22 Report of a fight, but had broken up before Officers arrived, suspect was located and taken to jail for assault
- June 23 Bottle of medication found at Black Bear Casino, individual tried to claim the medication but didn't have identification to prove the medication belonged to them, individual was advised to contact their medical provider for a refill
- June 24 Report of a disturbance at a home, when officers arrived, the individual began arguing with officers and was arrested for a parole violation due to being intoxicated
- June 25 Driver stopped and warned for no headlight
- June 26 Driver stopped and warned for failure to signal
- June 27 Report of a barking dog disturbing neighbors; owner was asked to bring the dog inside and complied
- June 28 Report of a loud party, home owner contacted and asked to take the party inside the house and everyone complied
- June 29 Report of a home being broken into and TV's and game systems being stolen
- June 30 Report of an individual walking on Big Lake Rd. and trying to stop traffic, Officers located the individual and gave them a ride.

Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. *The one year period commences with the first publication.

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ANKERSTROM, Arthur
 ARCHIBALD, Janine
 BARNEY, Wendy
 CICHY, Gerald
 CICHY, Leslie
 DAVENPORT, William
 DEFOE, Candace
 DEFOE, Richard
 FISHERMAN, Gilbert
 FOX, David
 GRAVES, Kenneth
 HOULE, Ambrose
 HOULE, Michael Dean
 LAPRAIRIE, Robert
 MARZINSKE, Larry
 SMITH, Ralph
 THOMPSON, Joseph

Ashi-niswi giizisoog (Thirteen Moons)

Manoominikie giizis

Manoominikie giizis is the Ricing Moon. The new begins on August 14th. Other names for the month of August are Odatagaagomini giizis or Blackberry Moon and Basikwa'o giizis or Flying Moon.

13 Moons FDLTCC Extension Program

Minnesota Master Naturalist Class



When: Tuesdays Aug 25th-
Sept 29th 2013
5pm-9pm

Where: Cloquet Forestry Center
175 University Road
Cloquet, MN 55720

Contact: Nikki Crowe
218-878-7148

13 Moons will be hosting the Minnesota Master Naturalist Class. Come and learn about the natural world around you including Ojibwe history and culture. The course is on the North Woods, Great Lakes biome of Minnesota.

Classes are a mix of in-class instruction, field trips, and activities. Full attendance is required. Rice Camp is included in the 40 hour curriculum scheduled for September 12th and 13th, 2015.

Participants will also complete a capstone project as small groups to help move from education to volunteer service.

For more information and to sign up for this class visit:

www.minnesotamasternaturalist.org

Price of Class is \$200 or apply for a scholarship

Additional scholarships may be available through 13 Moons!



Fond du Lac
Community
College



Upcoming Events:

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

13 Moons FDLTCC Extension Program & 1854 Treaty Authority Manoomin Camp



Date: September 12th and 13th

Time: 9am-3pm

Location: Details Below

Contact: Nikki Crowe
218-878-7148

nikkicrowe@fdlrez.com

Marne Kaeske

mkaeske@1854treatyauthority.org

218-722-8907

Have you always wanted to rice and never had the chance? Before diving in with trial and error join Fond Du Lac's 13 Moons Program and 1854 Treaty Authority to learn about this traditional and treaty reserved food staple. Long-time ricers will be present to demonstrate the methods of traditional harvest and processing, and share the cultural importance. Biologists will discuss the ecology and management of traditional ricing beds on Northeast Minnesota.

HARVESTING: Saturday September 12th, Kettle Lake boat access, 9:00am-3:00pm

How to Get There: From Duluth, take Interstate 35 South to Hwy 210. Go West about 15 miles to Kettle Lake Road. Take a Left (South) and follow the signs for the camp.

PROCESSING: Sunday September 13th, behind FDL Ojibwe School, 9:00am-3:00pm

How to Get There: From Duluth, take Interstate 35 South and exit North onto MN-33. Take a Left at Big Lake Road and a Left on Brevator Rd. Destination on the Right.

*If you are 18 or older, be sure to have your Tribal ID, 1854 card, or MN State Rice permit. Get a MN Ricing Permit from any ELS license agent (anywhere that distributes hunting for fishing license).

THIS EVENT IS FREE AND OPEN TO THE PUBLIC



Fond du Lac
Community
College



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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.
All consonants sound the same as in English.

"Zh"- sounds like the "su" in measure
"a"- sounds like the "u" in sun
"aa"- sounds like the "a" in father
"i"- sounds like the "i" in sit
"ii"- sounds like the "ee" in feet
"o"- sounds like the "o" in go
"oo"- sounds like the "oo" in food
"e"- sounds like the "ay" in stay

Four Medicines

Cedar- Giizhikaandagoons
Sage- Bashkodejiibik
Sweet Grass- Bashkodemash-kosiw
Tobacco- Asemaa

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

— Ojibwe Wordlist —

Arm	Ninik
Back	Nipikwan
Ear	Nitawag
Eye	Nishkiinzhibig
Finger	Nininiijins
Foot	Ninzid
Head	Nishtigwaan
Heart	Ninde
Hand	Ninij
Leg	Nikaad
Mouth	Nindoona
Nose	Injaanzh
Stomach	Nimsad
Toe*	Niibinaakwaanizidaan
Tongue	Nindenaniw

*NOTE: Toe, Niibinaakwaanizidaan is not in the puzzle.

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



Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Aug. 17, 2015 for the September 2015 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

Happy Birthday

Happy birthday **Ben Bassett** (Aug. 1), I love you
Love, Tammy

Happy 20th birthday **Joseki, Joseph Allen Yellow Jr.** (Aug 8)



Happy birthday to my beautiful girls, **Alyssa Abramowski** (Aug. 1) and **Amy Thompson** (Aug. 17)

Love you, mom

Happy 2nd birthday **Izzabella Laduke** (Aug. 12), you are a very crazy little girl, you put a smile in our hearts! Love you always.

Love, grandma and grandpa DeFoe

Happy Birthday to my beautiful sister, **Megan Wait** (Aug. 12), I am so proud of the women you have become! You inspire me everyday. I am so thankful that we have such a close relationship. I love you and hope you have a spectacular day, you deserve it!

Love, your big sister, Brook-lyn and nieces and nephew

Happy Birthday Meg, **Megan Wait** (Aug. 12) hope you have an awesome day. I love and miss you so much!
Love always, brother D

Happy 7th birthday to our **Justice Lee Wright** (Aug. 13)
Love Dad, Mom Erin, all your bothers, and your sister

Happy birthday to my best friend **Lisa Aspinwall** (Aug. 13), hope you have a great year sis.

Love you lots, Lurinda

Sending wishes for a happy birthday to our steadfast employee **Mark Laakso** (Aug. 13). Hope your day is as great as you are! *Love, your Fond-du-Luth family*

Happy 21st birthday to my handsome son **Psalms Flatt-Northrup** (Aug. 14), it seemed like yesterday I was holding you in my arms. I am blessed to have such a great son.

I love you son with all my heart and hope your 21st birthday is a blast

Happy birthday to a very special little man **Kye Gozis** (Aug. 15)
We love you and we are blessed to have you in our life

Happy 8th birthday to our one and only baby girl **Tianna Rosalee Morgan** (Aug. 16)
Love mom, dad, ant, and all your brothers

Happy 3rd birthday to my sweet daughter **Anarae King** (Aug. 16), mommy loves you and am so happy that you've brightened my world.
Love you always



Happy birthday to the best papa, **Dave Danielson** (Aug. 17), love you and we hope you have a good day.

Thank you for everything you do for us!
Love, Tyjha, Sophia, Lucy, Rissa, and Stephen

Happy birthday **Randell De-Foe Mason** (Aug. 22)
Love, mom, Sequoia, and Victoria

Happy birthday to our loyal employee **Steve Kieswetter** (Aug. 22), we thank you very much for your service and hope you have a truly wonderful birthday.

Love, your Fond-du-Luth family

Happy 12th birthday to my sweetest lil angel **Arayah Marie** (Aug. 26), mommy loves you lots

Love you, mommy and Tony

Happy birthday to a special son, brother, husband, dad, and uncle, **Bruce Sunde** (Aug. 26), hope your day is special.

Love, your family

Happy birthday to my beloved sister who would've been 33 years old, I love and miss you unconditionally **Jamey Houle** (Aug. 27)

Love you, Jodie and Tony

Happy birthday to my sister in-law **Josa Defoe** (Aug. 28), have a great day sis! Love you!

Ted and Lurinda

Happy birthday to my best friend **Romain Steven Mangan** (Aug. 29), I love you very much and hope your birthday wishes come true.

Love always, Allie

Wishing a very happy birthday to our faithful tech **Bryan Kowalik** (Aug. 30). We hope you have a wonderful day, Bryan.

Love, your Fond-du-Luth family



Happy 14th birthday to **Jalen Paulson** (Aug. 30)
We love you, mom, dad, and Cordell

Anniversary

Wishing a happy 25th anniversary to my husband, **Wade Lussier** (Aug. 11).

Love, Bonnie



Happy 3rd anniversary **Chris and Crystal Houle** (Aug. 21) and wishing you many more

Love, mom,

Kaliyah, Josh, and Christopher

Community News



Congratulations

Five generations, great-great grandma Bev Anderson, Great Grandma Sheryl Romero, Page Fuller holding her son Zaiden (Feb. 20) and Grandma Rachel Fuller

Memorial

In Memory of **Beatrice M (St John) Huie** (June 12, 1929 to Aug. 1, 2014).

It's been a year since we all were together in Duluth. Being with you during your illness

was very special. You were so strong and we loved our time together. You are very missed Mom. Your family talks and laugh when we recall memories-you are very much alive in all your family especially all your grandchildren. Gil, Glenda, Gail, Denny, and Rita spend time at the cemetery with you and felt your presence in our stories about the family. It was so nice hearing of the early life of the St. John family with Grandpa Baba and Grandma Maggie and family.

You are truly missed and remembered by your family and



friends. All your life stories will live on. You now have found peace and will end your journey with us.

Much love, mom. Your son, Gilbert, and daughters Gail and Glenda and families

Home for Sale

31 Homes St., Cloquet
2 + Bedroom with Garage
Call Frank (218) 348-8979

Veteran's Notes:

**Submitted by Tom Whitebird,
Veteran's Service Officer**

To all the people involved in planning and working the 2015 powwow, due to your dedication to Fond du Lac the 2015 powwow was a great success. I thank the FDL Forestry depart-

ment, FDL clean-up crew, FDL day labor in getting the pow-wow grounds ready for the big event. You all did a great job thank you. The powwow workers from the fire keepers, the clean-up crew and security, to all who participated in making it a success.

The powwow committee did a wonderful job in planning and working with supervisors at the powwow to make it a great weekend.

I would like to thank emcee Pete Gahbow and Les Gibbs. I would like to thank Skip Sandman and Charlie Smith for the spiritual guidance and the Head Dancers Vanessa Northrup and Mike Diver.

To anybody I missed, your help was greatly appreci-

ated; sorry if I missed you but THANK ALL OF YOU!

School Board

The Fond du Lac Ojibwe school board is seeking representatives for all three Reservation districts; Cloquet, Sawyer, and Brookston. Interested candidates should submit a letter of interest to: Jennifer Trotterchaude, Administrative Secretary, Fond du Lac Ojibwe School, 49 University Rd. Cloquet, MN 55720.

**Starting on July 27
the bridge on
University Road will
be closed for 2-3
weeks.**



Lisa Shabiash spotted this fox just outside the Tribal Center.

Attention Parents | Coaches | Athletes!!

Fond du Lac Human Services Division wants you to be prepared for the game. We have blocked out time in each of our providers schedule specifically for your sports physical needs in August and September. Call for a list of our current providers for the FDL HSD Medical Clinics.

Can't get in with your provider before the big game? We have you covered!

We will also be hosting Walk-in Sports Physical Clinics at the Min No Aya Win Clinic... call triage for further details!

Don't get benched!

Call 218-878-2190 to get in with your primary provider!

Or for more information on the walk-in clinics call triage @ 218-878-2120.



Any minor child 17 and younger must be accompanied by a parent or guardian.



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Medical Department

Manoominike-giizis - Ricing Moon – August 2015

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Anniversary Black Bear (see page 9)	George Thorogood & the Destroyers 7 p.m. BBCR Sept. 11, 2015		Youth reading M-F 3 p.m. CCC		All activities are subject to change!	Come and swim and use the gym! 1
Come and swim and use the gym! 2	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW WIC 12 p.m. CAIR Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC Aikido 6 p.m. CCC 3	Get Fit 12 p.m. CCC AA/NA Support 12 p.m. TRC Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC 4	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC Food distribution 1 p.m. FDC 5	Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Open gym 6 p.m. CCC Adolescent grief support 6:30 CCC 6	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC 7	Come and swim Use the gym 8
Come and swim Use the gym 9	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC Aikido 6 p.m. CCC 10	Estate planning 10 a.m. CCC Health & Nutrition 12 p.m. CCC Get Fit 12 p.m. CCC AA/NA Support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver Support Group 12 p.m. CHS Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC 11	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC 12	Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Open gym 6 p.m. CCC Adolescent grief support 6:30 CCC 13	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC Black Bear Anniversary Outdoor Music Fest 14	Come and swim Use the gym 15
Cloquet District Family Movie morning	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC Aikido 6 p.m. CCC 16	Get Fit 12 p.m. CCC AA/NA Support 12 p.m. TRC WIC 12 p.m. MNAW Parenting 2nd Time Around 1 p.m. CHA Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC 17	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC Food distribution 1 p.m. FDC 18	Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Open gym 6 p.m. CCC Adolescent grief support 6:30 CCC 19	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC Gap/After school kids trip to Valleyfair, all 218-878-7510 21	Come and swim Use the gym 22
Come and swim Use the gym Babysitting training 23	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC Aikido 6 p.m. CCC 24	Get Fit 12 p.m. CCC AA/NA Support 12 p.m. TRC WIC 12 p.m. MNAW Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC 25	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC 26	Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Open gym 6 p.m. CCC Adolescent grief support 6:30 CCC 27	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC Back to School carnival 4:30 p.m. OJS 28	Come and swim Use the gym 29
State Fair trip Call 218-878-7510 30	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC Aikido 6 p.m. CCC 31					

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