

Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)



POW WOW

The Gichi Manidoo Powwow filled the Otter Creek Event Center with dancers and spectators.

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Local news

Mountain's story as youth ambassador

Boozhoo! My name is Warren Mountain. I'm a junior in high school, and was recently selected to attend the 2014 Tribal Nations Conference as a youth ambassador. I was picked as one of 35 out of the 566 federally recognized tribes eligible to

nominate a youth ambassador. Under the Obama Administration there has been five Tribal Nation Conferences totaling six all together. During this gathering of tribal leaders, discussions arose like youth and education deficits, government to government relations, and

environmental concerns.

As a youth member of the Fond du Lac community I've seen this as an amazing way to represent Anishinaabe people, youth, and a voice of concern. Along with living on the Reservation I was exposed to Anishinaabe customs and lifestyles especially art: my favorite being beadwork. Like many youth in the community I had attended many area schools like Fond du Lac Ojibwe, South Ridge, and currently Cloquet High School. By going to each of these schools I picked up something positive, as well as seeing the negative and it all snowballed into taking every opportunity that's given to me. Such as volunteering at the annual elders picnic, participating in medical programs at UMD, school sports, and recently being a part of the first cohort to do the INSPIRE Pre-College Program at George Washington University.

The anticipation of finding out that I was accepted felt like an extremely long wait, but it gave me time to step back and reflect on myself and the

community in what needs to be done. When I arrived at the conference I saw how big the youth's presence had been. I attended several meetings in which there were boards of people from the department of Education, Interior, and so forth. At these meetings I gained so much knowledge on how these connections worked. The tribal leaders and youth would speak in front of these boards to people in government who could answer their concerns and further discuss solutions. I found it amazing that this conference is in place so Indian Country could have a voice in our current government system.

The youth had a special schedule aside from the Tribal Leaders like the Indian Health Services and Nike N7 signing, where I got to meet the Sam McCracken N7 Chairman and Chris Wondolowski, who is a part of Team USA's soccer team. On the day of the conference we got to hear Vice President Joe Biden speak then personally meet him afterwards. We listened to Presi-

dent Obama's speech about his recent trip to the Standing Sioux Reservation, and how the youth of that community gave him passion to help Native American people even more so. Then, promptly after the speech he shook the hands of many tribal leaders, in addition to the youth, including me.

Throughout the entire conference I got to speak with many of the youth about their communities, and networks with several tribal leaders and speakers.

This experience has inspired me so much to see how our youth are so vital to succession on the Reservation. I feel although that I can take so much information back and apply it to my community, and be a better youth leader.

I would also like to tell everyone how thankful I am for everyone supporting me in my efforts, and giving me this great opportunity. Chi-Miigwech!



Nahgahchiwanong Dibahjimowinnan

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

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1720 Big Lake Rd.,
Cloquet, Minn. 55720.

Editor: Zachary N. Dunaiski

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

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

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

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

*Corporate Member of the
Native American Journalists
Association*

Local news

Gichi Manidoo Giizis Powwow

In the cold months on the Fond du Lac Reservation it is difficult to get outside, but that didn't stop people from coming to Black Bear's Otter Creek Event Center Jan. 10 for the Gichi Manidoo Giizis Powwow.

The packed event center was the site of one of the biggest indoor powwows on the FDL Reservation with people coming from all over to join the festivities.



*Misty Rose, head dancer, at the Gichi Manidoo Giizis Powwow.
Photo courtesy of Nikki Crowe.*



*Maria Defoe after getting her number.
Photo courtesy of Nikki Crowe.*



A wide range of colors as the dancers circle the drums and flags.

A few thoughts from RBC members

From the Chairwoman

A broad-based group of Division Directors and Department Managers have been meeting with the RBC to focus on what the Fond du Lac Band can do to provide for additional protection and opportunities for our youth. The focus is to 1) ensure all children enter school cognitively, physically, socially, and emotionally ready; 2) ensure all children read at a grade level by 3rd grade; 3) ensure all youth



Karen Diver

graduate from high school; 4) ensure all youth complete post-secondary education or training; and 5) ensure all youth remain safe from violent crime.

These focus areas are outlined in the My Brother's Keeper Initiative of the White House.

From these meetings, Fond du Lac is going to focus on three main areas: Youth Leadership and Outreach, Connecting Adults with Youth, and Coordination and Policy Support. Ideas were generated to support each of these three areas. The

RBC will be looking at these areas in the next month, and determining which action items to focus on and how to implement the ideas. Overall, we found that Fond du Lac has a great number of strengths to work from: existing programs and facilities to dedicated staff. Better coordination and focus to our activities will be beneficial and as well as opportunities for direct communication with youth. We'll keep you updated as we progress with the planning and implementation.

Another favorable ruling has been made in the series of lawsuits by the City of Duluth

against the Band regarding Fond du Luth and the adjacent Carter Hotel property. This latest ruling was regarding the city alleging a breach of contract. The main issue was the city alleging that the Band failed to ask the city's permission in asking the Department of Interior to place the Carter Hotel parcel into trust, and that their permission was necessary. In short, District Court Judge Nelson ruled to dismiss the city's complaint. The city has until the end of January to appeal. The remaining cases are on the back revenue from the period of 2009 – 2011, and the city's

two lawsuits against the federal government (National Indian Gaming Commission and the Department of Interior).

Just a reminder that the State of the Band will be held on Thursday, Feb. 19th at 5:30 p.m. at the Otter Creek Convention Center at Black Bear Casino. Hope to see you there as we recap 2014 and look forward to 2015.

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

Boozhoo,

I am glad the holidays are over. I hope you had a safe and happy season and that you were able to spend some time with your loved ones. Back to business, we approved our annual budget at our first meeting of the year. The total casino revenue budget for this year is approxi-



Ferdinand Martineau

mately \$111.2 million. There is no easy way to put this so I will simply say that we will be approximately \$8 million short in revenue this coming year. We are working on ways to make up this deficit that we will implement over the next year. The more realistic approach is to increase our income this next year at the casinos. It is a huge challenge for our

marketing department.

We are still looking ahead with our construction projects for the upcoming year. We have a clinic expansion project at our CAIR facility, a remodel of the downtown casino and finishing of the Cartwright Road. There will be plenty of construction work next year.

The basketball teams are in competition again and are very competitive. I hope that they are even more successful this year than last.

An interesting thing happened the other day while the RBC was making a selection for a job. The qualifications for the job were an AA degree with five years of experience in the field. We ended up with two applicants to select from both of whom were Band members and had master's degrees. It was a difficult decision but it shows that the efforts put forth by the RBC to provide higher education is working. I hope that this is the type of prob-

lem that future RBCs will face often.

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)

Sawyer News Boozhoo!

Boozhoo! I am proud to announce that beginning on February 15th, all of Fond du Lac's public buildings will be smoke free. This will include the Tribal Center Reservation Business Committee Members offices as well as the Chambers. This will also include chewing tobacco and electronic cigarettes. Areas not included in the smoking ban are Black Bear Casino and Fond du Luth Casino. There will of course be an exemption for ceremonial purposes. I would like to thank the rest of the RBC for unanimously passing this vote, and the staff and community members who have been pushing for this for as long as they have. It will always be hard to change a social norm like indoor public smoking has been for Fond du Lac, but this is a GIANT leap in the right direction towards better health for our people. I cannot explain any further of how proud I am to



David Tiessen Jr.

be here and see this take place. Thank you everyone.

The State of the Band Address will be held on February 19th at 5:30pm. It will be held at the Black Bear Convention Center. The rest of the open meeting dates are May 21st at the Brookston Community Center, August 20th at the Minnesota Chippewa Tribe Building in Minneapolis, and November

19th in the great village of Sawyer. These dates and times will also be available on the FDL website.

My next community meeting will be held at the Sawyer Center on February 17th at 2pm. As always, it will be potluck so bring your best grub.

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

Breathe that clean air!!!

Cloquet News

Hello All

The holidays are over and we are on to a new year, I hope the holidays went well for everyone and all have a good new year.

Our Cloquet Community Center continues to stay busy with its programming and events. The participation level by community members continues to stay up, even while the weather is cold.

Our Black Bear Casino and Event Center had a great New Year's Eve night and by all accounts a record number of participants. They also just hosted a concert featuring Dwight Yokum and this drew a full house. The concert was

enjoyed by all that attended.

I was also able to attend the employee appreciation banquet held at Black Bear. We have a number of employees with perfect attendance as well as some with many years of service. I would like to thank all of our employees for their hard work and dedi-



Wally Dupuis

cation, all of which makes our gaming facilities successful. Thank you all!

At a recent meeting the RBC took a huge step, and as of Feb. 15, 2015 all tribal buildings, except our casinos, are declared smoke free.

Please feel free to call, stop by or write me with your questions or concerns. Work, (218) 878-8078, cell (218) 428-9828, or email wallydupuis@fdlrez.com

FDL works to become smoke free

On Jan. 21 the Reservation Business Committee approved by motion a decision to make all Fond du Lac government offices and facilities smoke free as of February 15, 2015. At this time the Black Bear Casino Resort and Fond du-Luth Casino are not affected. Smoking at all FDL properties for ceremonial purposes will continue to be

allowed.

Smoking cessation services and resources are currently available both through the Human Services Division and the employee benefits department. Please feel free to refer people who are interested in quitting smoking in anticipation of the change on Feb. 15.

This is an important action

on behalf of the Fond du Lac Reservation Business Committee for the health of both employees and community members and an encouraging new chapter in the history of the Fond du Lac Reservation.

We will update you as more information becomes available.

YOU CAN IMPACT THE LIFE OF A CHILD THROUGH FOSTER CARE

Fond du Lac Reservation Foster Care Services is now accepting applications for Native American foster care providers residing either on or off the FDL Reservation.

For more information call

218-879-1227

Foster a future

BECOME A FOSTER PARENT

◆Over 21◆Safe, Stable Home◆Pass Background Check◆

Etc.

Minor's Distribution Accounts information

Over the past several years concerns have been raised about how records are maintained and information has been reported about the Minor's Distribution Accounts. In order to alleviate those concerns we are moving the record keeping duties to an independent accounting firm, Bronfman E. L. Rothschild. As of April 1, 2015, you will be able to access your minor child's account and quarterly statements directly online. Because of this change, you will soon be receiving a request in the mail for updated information about your child. Please watch for the request and respond in a timely manner so we can update your child's account and make sure you have access to the most recent account balances for your child.

Pink Shawl Project

On Feb. 25 at 2 p.m. at the Brookston Community Center there will be a pink shawl project where anyone can come to help make shawls for breast cancer survivors.

It will be a potluck so you are encouraged to bring food or drinks if possible. Supplies will be provided so all you need to bring are your sewing skills.

For more information contact Emily (218) 878-2626.

Land Information Dept needs your help

The Land Information Department is attempting to contact

Bonita Osceola to discuss her land lease. She may be eligible for a refund of fees paid. If you are in contact with Bonita Osceola, please ask her to contact Tim Krohn at (218) 878-7128.

FDL Historical Society

Meeting will be Friday Feb. 6 at 9 a.m. at the Conservation building on the corner of Big Lake Road and University.

We are presently working on preserving photos and documents to become part of the archives as well as family trees, Indian censuses, burial records, etc.

Everyone is welcome to join and help with this project.

FAFSA night

The Fond du Lac Tribal and Community College is hosting a Parent Student night to help with the Free Application for Federal Student Aid (FAFSA), 6 p.m. on Thursday Mar. 5.

Those attending will get help from the FDLTCC's Financial Literacy Advocate and Financial Aid team including the Financial Aid Director.

Homebuyer workshop

If you are Considering buying a home, FDL and One Roof will be hosting a free special edition workshop at the FDL Tribal Center Community Room, 8:30 a.m. Saturday Feb. 21.

Whether it's your first time or you've owned a home before, home buying can be a complicated and expensive process. One Roof Community Housing offers homebuyer education

and one-on-one counseling, regardless of your income or readiness to buy.

Homebuyer education helps to:

- Identify and address any obstacles in obtaining a mortgage loan
- Understand credit reports and scoring
- Learn about specialty mortgages for tribal members as well as other affordable mortgage options
- Learn about options for down payment and closing cost assistance
- And much more!

For more information or to register visit www.1roofhousing.org or call (218) 727-5372.

MCT home loans

The Minnesota Chippewa Tribe Finance Corporation will be taking home loan applications at: Fond du Lac Government Center Tribal Administrative Conference Room #1235, Wednesday, April 1, 2015 from 8 a.m. - 10 p.m.

If you are interested in applying for a mortgage loan or have questions, contact Cyndi Cwikla at (218) 335-8582 extension 150 or ccwikla@mncchipewatribe.org

Wisdom Steps Conference

All of your completed steps and health records should have been turned in to your local coordinator which will make you eligible to attend for the 2015 conference. Registration forms are available at this time and the due dates for turning them in along with registration fee are as follows. Please contact any of the coordinators for your 2015 form.

Early Bird Registration before April 15, 2015 is \$20.00. Reg-

istration from April 16 to April 30 is \$30.00. Checks or money orders only, no registrations will be accepted after April 30, 2015.

Cloquet School Bond

The Cloquet School District will have a building bond election on Feb. 10 at the Cloquet National Guard armory. The purposes for this election are:

Question 1: Should the school district spend \$48,930,000 to replace the 95-year-old middle school, move early childhood programs from the current middle school to the elementary schools, improve our schools' security and safety, and make more space in our elementary schools by moving 5th graders to the middle school? The new

middle school would be built on land the school district already owns on the high school campus, and it would include a new swimming pool.

Question 2: Should the school district spend \$6,915,000 to build an 800-seat auditorium to replace the current auditorium at the middle school? This also would be part of the new middle school and would serve the entire student population and community.

Over the last decade the district's elementary enrollments have increased by over 200 students. The elementary schools are running out of classroom space and already have had to move school programs to some area churches. All-day/everyday kindergarten has increased the need for additional class-

FOND DU LAC
Pink Shawls Project
Make a shawl to honor a Survivor

**The Best Protection
is Early Detection**

Make
shawls for
Survivors or
*Pay It
Forward*

Please bring your sewing skills.

Pot Luck
*Please bring something to eat
and/or drink if possible.*

★ **Supplies** ★
will be provided



Wednesday, February 25, 2015
Brookston Community Center
8200 Belich Road | Cloquet, MN
2:00 pm - 4:00 pm

For more information, call Emily at 218-878-2626.

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



Etc.

rooms because every two kindergarten sections now require two classrooms rather than one classroom with a morning class and a different afternoon class. Moving the fifth graders to the middle school would create available space for more elementary students.

Our middle school is approaching a hundred years old. The school district has maintained the building and has fixed things that have broken, but some things can only break so many times before they need to be replaced. Big ticket items such as the heating and ventilation system and roofs will need to be replaced soon. Architects and engineers have found \$14 million worth of these items or systems will need to be repaired or replaced within five or six years. The question before the school district voters is whether the district should sink \$14 million into repairing an old school and still have an old school when the repairs are done, or if that school should be replaced with a modern facility meeting current construction codes and accessibility standards as well as accommodating new technology and learning methods.

The middle school auditorium is very heavily used as is the auditorium at the high school. The school board agreed with the majority of people in the community surveyed that we need to put on the election ballot the question of building a new auditorium to replace the current middle school auditorium. This auditorium would be a very good asset for all grades of students as well as our community.

The potential property tax

impact from this election can be found on the district's website along with other information about the proposed bond referendum and building plans. The public also will find a link to a tax calculator which will automatically figure the tax impact once users click on their type of property and enter its taxable value. One property category not on the calculator is Reservation property owned by American Indians or the tribe. This property is not taxed to fund schools, but the school district does receive revenue from the federal government for some of this property in lieu of property taxes.

Anyone wishing to find out more information about the proposed building project and bond election may contact the school district's office at (218) 879-6721. Groups may also request to schedule presentations about these topics.

JOM and Title VII Indian Education Election~ Cloquet Public Schools

2014/2015 JOM and Title VII Indian Education Elections:

One of the most important components of the JOM and Title VII Indian Education programs is parent involvement. Parents of JOM and Title VII eligible children will have an opportunity to get involved in the development of the JOM and Indian Education programs at our school.

Nominations will be accepted until February 13, 2015.

Elections for JOM and Title VII Indian Education Committee members will be held on March 4, 2015.

To serve on the JOM IEC, a person must be the parent or guardian of a JOM verified child. School board members or spouses and school employees or spouses cannot serve on the committee.

To serve on the Title VII Indian Education Committee, a person must be the parent or guardian of an Indian Education verified child.

For more information go to our website: <http://www.cloquet.k12.mn.us/webpages/indianed/>

VITA offering free tax help

The Volunteer Income Tax Assistance (VITA) program is offering free tax preparation help at the FDL Tribal Center on Tuesdays and Saturdays in Feb., Mar., and Apr. and at FDLTCC on Tuesdays in Feb. and Mar. (except on Mar. 10, 14, 17, and 21).

Vita offers free tax help to people who generally make \$53,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

Elder's Corner

- Feb. 4 10 a.m. Elder Abuse Awareness Conference planning meeting, Minneapolis
- Feb. 10 1 p.m. Elder Activity Fund meeting, CCC library backroom. Come and help decide where the next elder trip will be.
- Feb. 11 5 p.m. CCC 52+ elder meeting, potluck
- Feb. 16 Holiday, Offices Closed
- Feb. 17 Age to Age Tradition-

al speaker, 4 p.m. social hour, 4:30 p.m. light dinner, and 5 p.m. speaker

- Feb. 17 8:30 a.m. Elder activity casino night departure from CCC, returning Feb. 18 1:30 p.m.
- Feb. 20 8:30 a.m. CAIR foot clinic 9:30 a.m. CAIR elder meeting
- Feb. 24 5 p.m. Legislative

dinner, Crowne Plaza Hotel (Mille Lacs owned and operated)

- Feb. 25 10 a.m. Elder Abuse Awareness planning meeting, Crowne Plaza

Open house for 60th anniversary

There will be an open house in the ENP from 1-3 p.m. Saturday Feb. 21 to celebrate the 60th anniversary of Bill and Loretta Martineau. Come and enjoy coffee and cake.

Veteran's gathering

The Fond du Lac Veterans are having a get together and social hour at 1 p.m. on Feb. 6.



Homebuyer Workshop:

Considering buying a home? Whether it's your first time or you've owned a home before, home buying can be a complicated and expensive process. One Roof Community Housing offers homebuyer education and one-on-one counseling, regardless of your income or readiness to buy.

Special Edition Workshop at the Fond du Lac Tribal Center:

Saturday February 21st

8:30am-5:30p

FREE!

Tribal Center Community Room

1720 Big Lake Road, Cloquet, MN

Snacks provided; lunch break 12:00-1:00pm

Homebuyer education helps to:

- ◆ Identify & address any obstacles in obtaining a mortgage loan
- ◆ Understand credit reports and scoring
- ◆ Learn about specialty mortgages for tribal members as well as other affordable mortgage options
- ◆ Learn about options for down payment & closing cost assistance
- ◆ And much more!

For more information or to register visit www.1roofhousing.org or call 218-727-5372.





Health News

Sodium

By Kara Stoneburner,
RDL, Public Health
Dietitian

Sodium is a mineral. Small amounts of sodium are needed by the body in order to function properly. Sodium helps maintain the right balance of fluids in your body, it helps control blood pressure and it helps to transmit nerve impulses so your muscles and nerves work properly. However, having too much sodium in your body isn't good.

Most American adults consume about 3400mg of sodium a day. The Dietary Guidelines for Americans recommends healthy adults should try to limit sodium intake to 2300mg a day. Adults that are 51 years old or older, adults with high blood pressure, diabetes, or chronic kidney disease should limit their sodium intake to 1500mg, or, possibly less.

Healthy kidneys naturally balance the amount of sodium stored in the body. If the kidneys aren't working right or can't handle the amount of sodium consumed, it could lead to excess sodium released into the body. Too much sodium in the body can lead to high blood pressure, diseases, such as cardiovascular disease, strokes and, in some situations; it can lead to a build-up of

fluids in the body for people with certain diseases.

In order to reduce your daily intake of sodium, it is important to know where it's coming from. There are three main ways we can consume sodium: It occurs naturally in foods; it is in processed foods, such as bacon, sausage, ham, canned soups and canned vegetables and in many fast foods; and it is added in the kitchen during the cooking process or at the table via the salt shaker.

Tips to reduce sodium intake include:

- Eat more fresh foods
- Choose low-sodium products
- Limit condiments that are high in sodium, such as soy sauce and ketchup
- Remove salt from recipes, when possible
- Experiment with herbs and spices to season foods
- Use salt substitutes wisely. They all aren't made the same and some salt substitutes can interact with certain medications
- Limit the salty chips and crackers.

Of course, avoid using the salt shaker at the table. One teaspoon of table salt contains about 2300mg of sodium!

**Sources include American Heart Association, Mayo Clinic, the Academy of Nutrition and Dietetics and Medline Plus*

How smoking commercial tobacco can cause heart attacks and strokes

Rozanne Hink,
Certified Tobacco Cessation
Health Educator

According to a November 2012 updated report from Center for Disease and Control (CDC) Cigarette smoking negatively affects the heart and arteries that can lead to coronary heart disease, which is the leading cause of death in the United States. Moreover, smokers are 2-4 times more likely to develop coronary heart disease than nonsmokers.

Smoking not only causes heart disease but increases a person's risk of having a stroke. In fact, cigarette smoking doubles a person's risk for stroke. How does this happen? Smoking reduces circulation by narrowing the blood vessels. In addition, people who smoke have a much greater risk of developing peripheral vascular disease than nonsmokers. Other risks to the heart from smoking and exposure to secondhand smoke include: abdominal aortic aneurysm; lung cancer; stroke (again), and heart attacks; raises triglycerides; lowers your "good" cholesterol (HDL), damages cells that line the blood vessels; causes clots to form and blocking the blood flow to the heart.

Fortunately, there are things

you can do to protect your heart. First, if you smoke—stop, now! With information, support and a quit plan that includes nicotine replacement therapies; you can be on the road to becoming healthier and reducing your risk of having a heart attack or stroke. For example, within 20 minutes of not smoking a cigarette your heart rate and blood pressure drops; within 12 hours the carbon monoxide level in your blood drops to normal; and within 3 months your circulation and lung function improves; after just one year your risk of coronary heart disease is cut in half. Lastly, the longer you quit the more you lower your risk of chronic disease.

To learn more about starting a quit plan and becoming a nonsmoker, call to set up a time to meet with me and we can help you start on your path for a healthier lifestyle. You can contact me at: (218) 878-3726.

Protect your loved ones from secondhand smoke

By Roberta Marie

Secondhand smoke is dangerous to anyone who breathes it in. There is no safe amount of secondhand smoke. It contains over 7,000 harmful chemicals, at least 250 of which are known to damage your health. It can also stay in the air for several hours after someone smokes. Even breathing

secondhand smoke for a short amount of time can hurt your body.

Over time, secondhand smoke can cause serious health issues like cancer and heart disease in non-smokers. Here are a few of the ways secondhand smoke harms your body:

- Cancer: it has more than 70 toxic chemicals known to cause cancer; secondhand smoke causes lung cancer in people who have never smoked themselves
- Heart disease: breathing secondhand smoke makes it more likely that you will get heart disease, have a heart attack, and die early
- Breathing problems: it can cause coughing, extra phlegm, wheezing, and shortness of breath.

Secondhand smoke is especially dangerous for children, babies, and women who are pregnant. Some of the more serious health effects include:

- SIDS (sudden infant death syndrome): babies whose moms smoke while pregnant or who are exposed to secondhand smoke after birth are more likely to die from SIDS
- Smaller babies: mothers who breathe secondhand smoke while pregnant are more likely to have smaller babies; babies born small are weaker and have a higher risk for many serious health problems
- Weak lungs: babies who breathe secondhand smoke after birth have weaker



Health News

lungs than other babies; this increases their risk of many health problems

- Severe asthma: secondhand smoke causes kids who already have asthma to get more frequent and severe attacks
- Breathing problems: kids whose parents smoke around them get bronchitis and pneumonia more often; secondhand smoke also causes lung problems, including coughing, too much phlegm, wheezing, and breathlessness among school – aged kids
- Ear infections: kids exposed to secondhand smoke are more likely to get ear infections.

The only way to fully protect non-smokers from the dangers of secondhand smoke is to not allow smoking indoors. Separating smokers from nonsmokers (like “no smoking” sections in restaurants), cleaning the air, and airing out buildings does not completely get rid of secondhand smoke. This information from www.smokefree.gov, if you have any questions on secondhand smoke contact MNAW Health Educator Roberta Marie, (218) 878-2639.

American Indian cancer facts

Emily Smith

February is Cancer Prevention Month, as well as Heart Health Month. Here are some general facts about cancer and American Indian people. There are many different types of cancers. Below are some of the

cancers that affect our Fond du Lac Community.

According to the American Indian Cancer Foundation, American Indians face alarming inequities in cancer incidence and mortality. Cancer incidence rates vary by tribe, region and gender but are often much higher than non-Hispanic whites.

- Cervical cancer rates up to 69% higher than non-Hispanic whites
- Lung cancer rates up to 83% higher than non-Hispanic whites
- Colon cancer rates up to 162% higher than non-Hispanic whites
- Liver cancer rates up to 198% higher than non-Hispanic whites
- Stomach cancer rates up to 490% higher than non-Hispanic whites
- Gallbladder cancer rates up to 691% higher than non-Hispanic whites. (Cancer, 2008)

Why do we have the highest rates?

- Commercial tobacco use
- Alcohol use
- Diets high in animal fats and low in fiber, fruits and vegetables
- Lack of exercise
- Obesity
- Diabetes
- Family genes that increase cancer risk
- Lack of knowledge
- Not getting regular cancer screenings
- Not getting HPV Vaccinations.

We can prevent some cancers

through timely cancer screening and vaccinations. We can catch cancers early when they are most treatable.

For more information, contact Emily Smith, Fond du Lac Cancer Program Outreach Worker at (218) 878-2626.

“Instead of thinking about what you’ll do when you are diagnosed. Think about what you’ll do now so you aren’t.”
Anonymous

Physical activity

By Katie Hughes

Physical activity is anything that makes you move your body and burn calories. This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It’s enjoyable, free, easy, social, and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It’s easy for walking to become a regular and satisfying part of life.

AHA Recommendation For Overall Cardiovascular Health:

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150
- At least 25 minutes of vigorous aerobic activity at least 3



Emily Smith, Roberta Marie, Katie Gokee, Katie Hughes, Rozanne Hink working to keep us healthy

days per week for a total of 75 minutes; or a combination of moderate and vigorous-intensity aerobic activity

- Moderate to high-intensity muscle strengthening activity at least 2 days per week for additional health benefits.

For Lowering Blood Pressure and Cholesterol:

- An average 40 minutes of moderate to vigorous-intensity aerobic activity 3 or 4 times per week

What if I can’t make it to the time goal? Something is always better than nothing!

And everyone has to start somewhere. Even if you’ve been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don’t think you’ll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don’t let all-or-nothing thinking rob

you of doing what you can every day.

Information from the American Heart Association.

If you have any questions call Katie (218) 878-3795.

Accomplishing SHIP goals

The Statewide Health Improvement Program (SHIP) community-based initiatives works to improve health, encourage healthier eating, increase physical activity, and avoid commercial tobacco. To accomplish these goals, the program will work to increase healthy choices and opportunities available to the community. Please watch for more information in the near future. If you have any questions, please contact Katie Gokee at 218-878-2664.

Neiashi Minnesota Point

Research by Christine Carlson

This is the first in a series of stories of Neiashi, which was also called point of land, Minnesota Point, Middleton or Lower Duluth.

This point used to be shaped more like a narrow curved sword and it had various widths. Then the Corp of Engineers had a lot of dredging done. The point is about seven miles long and from ten rods to one quarter of a mile wide. This summer I visited the lake side of the point. I could not believe what high mounds of sand there are along the lakeside beach. In my youth I have some good memories of attending a few late night camp fires at the end of the point.

June 27, 1679 – Daniel Greysolon Du Luth Crosses Oigumins (Little Portage)

Sieur Du Luth lands on Oigumins or the little portage at Neiashi about where the Duluth Ship Canal is located. This area had been a favorite place for the Lake Superior bands. The sand point and the edge of the river were lined with wigwams.

About 1683 – Jean Du Luth

Jean Du Luth, brother of Sieur Du Luth builds a trading post on Minnesota Point and another at the mouth of Kahmauatigwaaug or Pigeon River up by Grand Potage.

Legend of How Minnesota Point was Formed – Steele Lounsberry Radio Show of February 27, 1948

A young Chippewa brave, pursued by blood-thirsty Sioux and greatly outnumbered, fled to the shore of Lake Superior, where he was trapped..facing death and scalping on one hand..which is the worst thing that can happen to an Indian warrior..or a plunge into the ice waters on the other..as he stood in terrified indecision, the Great Spirit spoke to him and urged him to go ahead into the water.. he obeyed, and as he did, land sprang up miraculously under his feet as he ran...when the enemy Sioux reached the shore of the lake and tried to follow, part of the land disappeared and they were all drowned..and that formed what is now the Superior Entry.

George R. Stuntz the Surveyor Came to Minnesota Point in 1852

Mr. Stuntz came from Pennsylvania in 1852. He started surveying in Wisconsin on June 5, 1852. Low and behold one of his axmen for this survey was none other than Fond du Lac's Stephen Bungo.

Memories from August Zachau – Superior Pioneer

We got into what is now Superior Bay just before dark on 8 Nov. 1853 and landed on Minnesota Point and there

found Benjamin Cadotte and Joe Londerer building three log houses for George R. Stuntz.

Memories of Hiram Hayes – June 1854

It was in Chippewa that a party of plumed and painted Ojibwa Warriors, brandishing their war-clubs, told us, in effect to "get off," when we sought to land on their soil, near the Canal, in June 1854, merely as a matter of harmless exploration, and meaning no encroachment. It was then Indian Country. We turned the boat's prow at once and paddled industriously for home on the Wisconsin shore.

Memories from Robert B. McLean – September 1854

McLean and his friend Perry were trying to get to the North Shore from Superior. This was Indian Country so the non-Indians had to be aware. McLean said, "As we neared the old portage, where the Duluth canal is now cut, we found some Indians camped there. They saw us coming and motioned for us to come ashore. They wanted to know where we were going. Perry told them we were only going down to the river to catch some fish. One of the old men, pointing to the shore said, "Nort shore Injun lan, white man no go."

From the Book Duluth and St. Louis County – The Indian Dog Feast on MN Point

In June, 1856, Indians who came to the store told of an annual dog feast to be held by the Indians on the point. F. A. Buckingham and I decided that we would take in the feast. We paddled across in a canoe, to find a big fire, before which strips of dog steak were roasting on pointed stakes, around which about twenty Indians, painted and feathered for the ritual, danced and then ate the meat. We were invited to join the feast and did so, in order not to offend our hosts. The meat was delicious.

Indian Ceremonies - Superior Chronical June 8, 1858

Quite a number of Indians of the Chippewa tribe are now and have been assembled on Minnesota Point for several days. They have erected a large lodge as a kind of eating house and saloon, while smaller ones are scattered around, used we suppose for sleeping apartment. This it seems is their annual meeting at which they go through with many ceremonies, various dances, and perform ancient rites, one of which on this occasion is to make a medicine man of some one of their number, who has perhaps exhibited talent and has ambition to become a second Aesculapius. The youthful aspirant for honors is placed in the center, while hands around is performed by the others to the tapping of a kind of drum.

We understand it is all important on these occasions to have a white dog, very fat for the purpose of making an extensive dish of bouillon of which all partake with a gusto unequalled by that of a French gourmand when masticating his favorite dish. From what we can learn a religious revival is going on amongst them, and we should judge from the manner in which they hop and dance around that the Great Spirit is working them mightily.

1856 Reminiscences of Alfred Merritt – Written in 1915

We pass through the Old Superior Entry into Superior Bay about 2 o'clock p.m. the 28th day of October 1856. I wish that you could have seen how beautiful the Head of the Lakes looked at that time. It was practically in a state of nature. The Indians were there, with their wigwams scattered up and down Minnesota and Wisconsin Points, with smoke curling from the top of the wigwams, and their canoes skimming along the waters of the bay or hauled up on the shore,. Fish and game were in abundance Tall pines and hard wood trees were growing on the hill sides, and down to the water's edge and with the leaves of the hard-wood trees turned as they were in the fall, what a beautiful sight it was.

FDL Law Enforcement news

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

- Dec. 1 Gas drive-off from the FDLGG, turned out they accidentally paid for the wrong gas
- Dec. 2 Report of a suspicious vehicle parked on the side of the FDLGG, unable to locate when officers arrived
- Dec. 3 Report of a disturbance at the Min-No-Aya-Win Clinic, individual cited for the disturbance
- Dec. 4 Traffic stop conducted on Brevator and Jarvi Rd, individual warned for speeding
- Dec. 5 Officer's performed a check for social services and were able to report individual appeared to be in good health
- Dec. 6 Traffic stop conducted and driver was warned for speeding
- Dec. 7 Intoxicated male walking down the road given a ride home by officers
- Dec. 8 Officers assisted motorist in pushing vehicle off to the side of roadway
- Dec. 9 Traffic stop conducted and driver warned for a broken headlight
- Dec. 10 Traffic stop conducted, individual warned for having headlight out
- Dec. 11 Vehicle stopped for failing to stop at a stop sign and passenger was cited for possession of drugs
- Dec. 12 Motor vehicle accident with a deer, minor damage to vehicle, and condition of the deer is unknown as it ran off into the woods
- Dec. 13 Dog found by individual and had some sort of infection, dog was taken to the shelter for treatment
- Dec. 14 Report of suspicious activity, a male was seen taking pictures of the reporting party's home and property
- Dec. 15 Officers found a couple of individuals walking down the road in foggy conditions and gave them a ride to their destination
- Dec. 16 Traffic stop conducted and driver was warned for the passenger side headlight being out
- Dec. 17 Report of alarms going off at an AT&T tower, turned out to be an employee working on interference problems
- Dec. 18 Report of icy roads near the casino, officer drove the road and didn't find a problem but suggested the road be salted and sanded just to be sure
- Dec. 19 Intoxicated male found walking down Moorhead Rd and was taken to jail on a probation violation
- Dec. 20 Traffic stop conducted and driver was warned for speeding
- Dec. 21 Report of suspicious person, upon investigation, tracks were found and a battery that had been stolen from the property, tracks were followed for a while and lost due to traffic on the roadway
- Dec. 22 Vehicle found in the ditch on its side, officers assisted getting the occupants out and gave them a ride to the clinic
- Dec. 23. Vehicle stopped for speed violation and driver was given a citation
- Dec. 24 Vehicle towed from Mission Rd as it posed a traffic hazard
- Dec. 25 Assisted motorist who had locked her keys in the car with a child strapped in a car seat, doors were opened and everyone was okay
- Dec. 26 Traffic stop conducted driver warned for speeding
- Dec. 27 Traffic stop conducted and driver warned for turn signal being out
- Dec. 28 Officers called out to the same residence twice for a report of loud music, individual advised to turn it down
- Dec. 29 Report of horses running loose and were located on Brevator Rd, all of the horses were rounded up and put back in their fence
- Dec. 30 Traffic stop conducted for speeding, and the two individuals in the vehicle were arrested for possession of drug paraphernalia and drugs
- Dec. 31 Report of truck hauling hay bales and lost a few on the roadway, vehicle located and driver went back to collect what he had lost.

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:

AMMESMAKI, Shawn	*HOULE, Michael Dean
ANKERSTROM, Arthur	LAPRAIRIE-COLUM-
ARCHIBALD, Janine	BUS, Elizabeth
*BARNEY, Wendy	LAPRAIRIE, Robert
CICHY, Gerald	LOUDEN, Irene
CICHY, Leslie	MAKI, Hazel
DAVENPORT, William	MARZINSKE, Larry
DEFOE, Candace	MULDER, Ilene
DEFOE, Richard	NEWAGO, Susan
FARRELL, Margo Jean	SAVAGE, Mark Anthony
FISHERMAN, Gilbert	SMITH, Ralph
FOX, David	STAR, Ione
GOODREAU, James E.	THOMPSON, Joseph
Jr.	TIESEN, David Sr.
*GRAVES, Kenneth	ZACHER, Jean
*HOULE, Ambrose	

Ashi-niswi giizisoog (Thirteen Moons)

Namebini-giizis

The new Namebini-giizis begins February 18. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon and Makoonsag-gaa-nitaawaadi-giizis, When the bear cubs are born moon.

What is idling?

By Anna Clark and the Ojibwe School 8th Grade Class

Idling is when you leave your vehicle running while it is disconnected from or out of gear. For example, starting your car in the morning and letting it sit for an extended period of time before you drive it. Many people idle their cars because they think it gets the engine flowing, but did you know that excessive idling can actually damage your engine components including cylinders, spark plugs, and the exhaust system. Not only does this affect your car, it also affects your health, the environment and it wastes money and resources.

Carbon dioxide causes lung disease, increases asthma, and can cause hypercapnia which is the result of too much carbon dioxide in the bloodstream. Every 10 minutes that you do not idle prevents one pound of carbon dioxide from being released into the air. Carbon dioxide is a heat trapping gas that is causing global warming. Vehicles get 0 miles per gallon idling, which means that you are paying money and wasting gas to go nowhere. Idling for just 30 seconds wastes more fuel than turning off the vehicle and restarting it.

There are many misconceptions about idling; however it is a very important issue that affects everyone and everything. Our 8th grade class is continuing to do research and work towards getting the word out about idling, so stay tuned for more information from us!

Gooniginebigoo!

By Julia Lintgen and the Ojibwe School 5th Grade Class

Throwing snowsnakes is a traditional Ojibwe winter game. This year's class of Fond du Lac Ojibwe School 5th grade students not only had the opportunity to play a snowsnake game at the Biboon Fest; they were able to make their own snowsnakes. With the assistance of Bob Shimek the students learned the legend, collected the wood, shaved, sanded, and added heads and tails transforming their sticks into snowsnakes. Shimek, from White Earth, joined the students Dec. 16-18 and taught them so much more than just how to make and throw a snowsnake. Julia says "What I saw and heard the students learning were Anishinaabe cultural lessons, patience, sharing, and respect in addition to the required subjects that were incorporated into the three day lesson. The pride I saw in each of their faces as they talked about all their hard work and everything they learned tells me that they will not only retain what they learned, they will be able to share what they learned."

Here's what the students had to say:

Lynkin: "I learned that a tree finds you, you find it."

Namida: "I learned to work with sharp tools and sand."

Devin: "I learned that snowsnakes was an old game."

Vanna: "I learned that snowsnakes are beautiful when you are done with them."

MaryJane: "I learned that you don't make mistakes, it was meant to be that way."

Rodney: "I learned that snowsnakes differ, some go faster and farther."

Gina: "I learned lessons from the story we listened to."

Gabe: "My favorite part was sanding my snowsnake."

Orville: "My favorite part was going out to Sawyer and cutting the wood."

Cordelia: "My favorite part was carving and painting them."

Dallas: "My favorite part was carving the snowsnake."

Snowsnake names:

Dallas: Thunder Bob

Devin: Running Snake (Bimiibatoo Ginebig)

Lynkin: The snake that runs on ice

MaryJane: The snake that slides on ice (Zhooshkobide Ginebig)

Namida: Daisy

Gabe: Foxy

Julia: Frank

Cordelia: Elsa

Rodney: Skel

Orville: Running Thunder

Vanna: Smiley

Gina: Minnie

In addition to what the students have already learned about snowsnakes, they have also named them and painted them in Ojibwe class, put the final clearcoat on them in art class and had the opportunity to help write their first article ever to be published in the Nahgahchiwanong Dibahjimowinnan during a newspaper article lesson with Nikki Crowe.



Snowsnakes- Gooniginebigoo!

Upcoming Events:

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

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

Ashi-niswi giizisoog Ojibwemowin Page

Gooniginebigoo!



Front Row (L-R): Dallas, Devin, Lynkin, MaryJane, Namida, Back Row (L-R): Gabe, Julia, Cordelia, Rodney, Bob, Orville, Alison, Vanna, Carly (absent that day Gina)



Snowsnake Bob!



Bark- Wanagek



Carve- Mookodaaso



Gather- Maamigin



file, grind it down-zisiboodoon



A nice day- Mino giizhigad



It is smooth- zhooshkwaakwad



Knife- Mookomaan



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 Feb. 13, 2015 for the March 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 belated birthday to **Marco Antonio** (Jan. 5) and happy birthday to **Winter Mia** (Feb. 16)
Love you mom, hope you have a great day, I really miss you

Skye Northbird, Black Bear Slot Administrative Supervisor would like to wish the following employees a Happy Birthday: **Dawn Robinson-Attendant**(Jan. 10) **Donovan Skinaway**-Technician(Jan. 27) **Mark Blackwood-Floor** Supervisor(Feb. 1) **Joel Steiner**-Shift Supervisor(Feb. 10) and our Slot Manager **Richard Grandieri**(Feb. 27).

Happy belated birthday to my nephew **Bruce Martineau** (Jan. 18). I am so proud of you, Brucie. You are the most upstanding young man I know, and I love you very much. Happy birthday to my beautiful niece **Renee Martineau** (February 26th). I am proud and grateful to be your auntie, and I hope your day is as wonderful and fun as you are, Nae. I love you so much.
Love, Allie



I would like to wish my handsome son **Pierce Debelak** (Jan. 22) a happy 5th birthday
With lots of love, Mommy, Jeremiah and Sissy(Patience), also Brudis, Bella, Princess, and Oscar

Happy birthday to a great husband, father, brother and uncle, **Carl Anderson Jr.** (Jan. 26), we love you and are very grateful to have you in our lives. Wishing you all of life's happiness
Love, Tammy, Mike, Brennin, Jon and family

Happy birthday to our beautiful girls. **Paeton Holm** (Feb. 1) will be 3 years old, **Mariah Holm Defoe** (Feb. 16) will be 6. You girls have grown so much and surprise us each and every day. We hope you have a wonderful birthday this year.
Love always, mom, dad, brother Ty, nana and papa

We would like to wish **Ramiro Pacheco** (Feb. 2) a happy 16th birthday
Love, gramps and Tracey

We would like to wish **Ayanna Ammesmaki** (Feb. 3) a happy 2nd birthday. Data grandma's baby.
Love, grandma Tracey and Bucky

Happy birthday to my amazing sister, **Amber Wait** (Feb. 6). You have made HUGE changes in the last couple years in your life. I am so blessed to have you as my older sister. We are so proud of you. Hope you have a wonderful birthday. You deserve it!
Love always, your little big sister Brooklynn and family

Happy 22nd birthday **Tia Tokkesdal** (Feb. 9)
Love, mom



A very warm happy birthday to our kind friend and steadfast coworker **Jeremy Francisco** (Feb. 10), we hope you have a lovely day.
From, your Fond du Luth family

Happy birthday mother, **Jean Misquada** (Feb. 13), we love you so much.
Love, always, Maria, Makayla, Callie, and Janice

We would like to wish **Cody S. Erickson** (Feb. 16) the great and powerful one a very happy 20th birthday.
Love, mom and Darrell

I would like to say happy birthday to my baby brother **Cody S Erickson** (Feb. 16).
Love Lish and Zak

Happy 20th birthday **Cedar Savage** (Feb. 16), we love you oh so much and are very proud of you.
Always, Patti Jo, Dannin, and Sonny

We would like to wish **Bella Peacock** (Feb. 17) a happy 8th birthday.
Love, grandpa Bucky and Tracey

I would like to wish my beautiful daughter **Noel Redding** (Feb. 18) a happy "13" birthday. Love you tons my official "teenager."
Love, mom





Community News

Happy birthday **Davey Petite** (Feb. 21), 29 years old, we all love you and hope your day is great.

Love, mom, April and Royce, Matt and Angel, Amberlynn, Dez and Amber, Sabrina and James

Happy 14th birthday **Avery Misquadace** (Feb. 22)
Love from your grandma Jean

Happy birthday **Caide Northrup** (Feb. 22)
Love, Naomi and Jon and the crew

Happy 2nd birthday to our favorite boy, baby **Travis Brown** (Feb. 25), we love you more than anything forever and ever.
Love always, mom and dad



I would like to wish my sister **Kim Seacord** (Feb. 25) a happy birthday, have a great day.
Love, Terri and Noel

Happy birthday to our Mom, **Kim Seacord** (Feb. 25)
Love, Taylor and Brooke

Happy birthday to **Brian Wait** (Feb. 26), the best father any daughter and grandchildren could ask for. He will be 55 years old. We hope you have an amazing day ol' man. We love you forever and always.
Love, your family
Happy birthday to my beautiful niece **Renee Martineau** (Feb. 26), I hope your birthday is as amazing as you. We love you

lots.
Love, Sophie and Sewell

Happy birthday **Bonnie Lynn Fohrenkam** (Feb. 28) my baby sis, I miss you. Hope you have a wonderful and lucky day.
We love you, your big sis Evie and Bro-in-law John

Anniversary

Happy 23rd anniversary **Earl and Cissy Otis** (Jan. 31, 1992)
Love your kids, Abby, Spencer, Gracelynn, and Adrianna

Memorial

In Memory of **Wendy Marie Barney**
I thought of you with love today but that is nothing new I thought about you yesterday and days before that too, I think of you in silence I often speak your name
All I have are memories and your picture in a frame
Your memory is my keepsake with which I'll never part
God has you in His keeping I have you in my heart.
Love, Ricki



Obituary

David Charles Fox, 63 of Cromwell died Tuesday, December 30, 2014 in Solvay Hospice House in Duluth. David was born in Floodwood in 1951 to George Sr. and Ruth (Dahlberg) Fox. He was raised in Floodwood and graduated from Hermantown High School in 1969. He married Elizabeth

Swanstrom on September 22, 1973 in Proctor.

David was a heavy equipment operator for Earthmovers and Jerry Waldholm both in Proctor up until his early retirement in 1981 due to a disability.

He was a member of the Fond du Lac Band of Lake Superior Chippewa.

He was a member of Hope Lutheran Church in Munger where he was a member of the choir. He was also a member of the Poohbah Group and the White Bear Cardsharks. David enjoyed vegetable gardening, canning, cooking, fishing and camping.

He was preceded in death by his father, George Fox, Sr.

David is survived by his wife, Elizabeth of Cromwell; daughters, Toni (Robert) Besch of Wright, and Taire (Donnie) Shabaish of Cromwell; grandchildren, Matthew, Timothy, Ryan, Kaylee, Elizabeth, Bodeane, James, Syquan, Phyllis-seah and D'Aysha; mother, Ruth Patrick of Hermantown; brothers, George (Val) Fox Jr. of Cloquet, Gerald (Mary) Fox of Arizona, Patrick (Tracy) Patrick and Daniel Patrick both of Hermantown; sister, Shirley (Crash) Carlson of Proctor; many nieces, nephews and cousins; and K-9 friend, Molly.

Jean Dolores Zacher, 83 of Cloquet died Sunday, December 28, 2014 in her home. She was born in 1931 in Atkinson to John and Clara (St. John)



Christensen. She lived in Laurence Park, Pennsylvania and moved back to Minnesota and graduated from Sawyer High School in 1949. She worked at Diamond Match retiring in 1995 after 44 years. She was a proud member of the Fond du Lac Band of Lake Superior Chippewa.

Jean enjoyed volunteering, doing elder home visits with many hours of coffee and conversation. She was a reading buddy at the Ojibwe Elementary School for many years and served several terms on the Fond du Lac school board. She was an active member of the Elder concern group in Cloquet especially helping with fund-raising events. Jean worked part time at the FDL Cloquet ENP. She enjoyed spending time in her gardens, time at the Black Bear Casino, and dining with friends and family. She especially enjoyed family time.

Jean was preceded in death by her parents; husband, Vernon; brother, Theodore "Speed"; three sisters, Lorraine Ostrowski, Mary Huculak and an infant sister, Shirley Mae; and one grandson, Daniel Fall.

She is survived by her sons, Vernon "Wiggi" Jr. (Carrie), John, Mark (Betty), and Randy all of Cloquet; daughter, Debra (Lonny) Susienka of Cloquet; grandchildren, Paul, Dana, Amy, Tom, Brian, Derek, Travis, Jesse, Christopher, Samantha, Tahnee and Danny; 13 great grandchildren; one sister, Bernice Fiolek; special friend, Barb; and numerous nieces and

nephews.

Michael Dean Houle (December 28, 1946 - December 3, 2014), age 67, of Saint Paul passed away Dec. 3, 2014. Survived by his son, Michael; also survived by sisters, brothers, uncles, nieces, nephews, relatives, and friends.

Ambrose Thomas "Tommy Gosh" Houle, 62, of Cloquet, Minn., passed away on Wednesday, Dec. 10, 2014, at his home.

Julie M. King, 43, Port Richey, died Jan. 5, 2015. Survived by companion, Richard Goulden; children, Christina, Dakota, and Ashley; parents, Lois and Delbert; and 2 siblings.



Sarah Petite spotted this owl sitting on a mailbox on Moorhead Rd.

Namebini-giizis – Sucker Moon – February 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; CHS: Cloquet High School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Come & swim & use the gym 1	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 2	Get fit 12 p.m. CCC WIC 12 p.m. CAIR GED 12 p.m. BCC AA/NA support 12 p.m. TRC GED 1 p.m. SCC Afterschool swim 3:15 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC 3	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC GED 12 p.m. BCC Game day 1 p.m. CCC Afterschool swim 3:15 p.m. CCC 4	GED 9 a.m. SCC Get Fit 12 p.m. CCC Ojibwe language 5 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC Adolescent grief support 6:30 p.m. CCC 5	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC GED 3:30 p.m. CCC 6	Come & swim & use the gym 7
Come & swim & use the gym 8	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 9	WIC 12 p.m. CAIR Get Fit 12 p.m. CCC GED 12 p.m. BCC Caregiver Support 12 p.m. CHS AA/NA support 12 p.m. TRC GED 1 p.m. SCC Afterschool swim 3:15 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC 10	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC GED 12 p.m. BCC Game day 1 p.m. CCC Afterschool swim 3:15 p.m. CCC 11	GED 9 a.m. SCC Get Fit 12 p.m. CCC Ojibwe language 5 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC Adolescent grief support 6:30 p.m. CCC 12	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC GED 3:30 p.m. CCC 13	Come & swim & use the gym 14
Movie Morning 10 a.m. 15	Holiday Martin Luther King Day 16	WIC 12 p.m. MNAW GED 12 p.m. BCC Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC Cooking class 12 p.m. CCC Parenting 2nd time around 1 p.m. CHS GED 1 p.m. SCC Afterschool swim 3:15 p.m. CCC GED 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 GED 12 p.m. BCC Game day 1 p.m. CCC Afterschool swim 3:15 p.m. CCC 18	GED 9 a.m. SCC Get Fit 12 p.m. CCC Ojibwe language 5 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC State of the Band 5:30 p.m. BBCR Adolescent grief support 6:30 p.m. CCC 19	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC GED 3:30 p.m. CCC 20	King of the Cage BBCR Homebuyer workshop 8:30 a.m. CCC Come & swim & use the gym 21
Come & swim & use the gym 22	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 23	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12 p.m. BCC AA/NA support 12 p.m. TRC Cooking class 12 p.m. CCC GED 1 p.m. SCC Afterschool swim 3:15 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC 24	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern 10 a.m. CCC GED 12 p.m. BCC Game day 1 p.m. CCC Pink Shawl project 2 p.m. BBCR Afterschool swim 3:15 p.m. CCC 25	GED 9 a.m. SCC Get Fit 12 p.m. CCC Ojibwe language 5 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC Adolescent grief support 6:30 p.m. CCC 26	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC GED 3:30 p.m. CCC 27	Come & swim & use the gym 28

www.fdlrez.com
click on
Community Happenings
878-7510

State of the Band
Feb. 19
5:30 p.m.
BBCR

**Pink Shawl
project**
Feb. 5
2 p.m.
BCC

**Cloquet school early
release every
Wednesday
(30 minutes)**

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