

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



*Volunteers getting ready to serve the elder's at this year's Elders Christmas Party on Dec. 6.*

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# Local news

## WGZS hires New Operations Manager

By Dan Huculak,  
WGZS Station Manager

The Fond du Lac Band found a familiar voice from the local radio market. Broadcasting veteran Pat Puchalla joined WGZS Dec. 9. Pat brings nearly 40 years' experience to his new position. Born in Superior and raised in Duluth's Morgan Park neighborhood, Pat became interested in radio at a very young age. When Pat was six, he began his career at WEBC when it was then located on Duluth's Superior Street. From then on, he became involved with the "new" technologies of broadcasting at

the time such as cassette recording and experimental broadcasting.

He hosted weekly school radio shows on an FM station in Duluth in addition to hosting a weekly sports scoreboard show – all as a junior in high school.

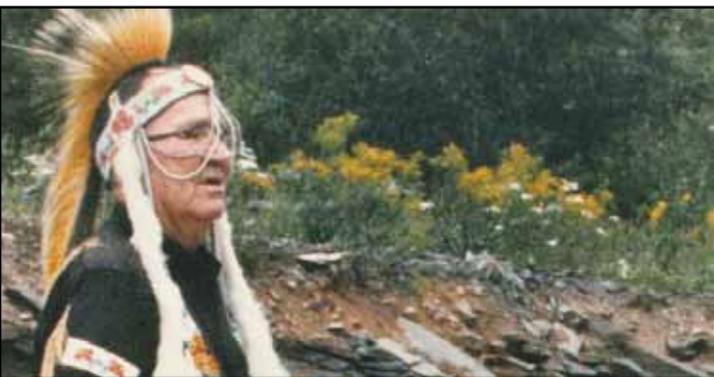
Pat attended Brown Institute of Broadcasting, not only to gain more knowledge of on-air work, but also to obtain a tech license, which was required of many on air personnel in the 1970's.

Full time announcing positions took him to Burlington, Col.; and in Bismarck and Fargo, N.D. Puchalla returned to Duluth for an on-air and programming job. He eventually teamed up with

Wrenshall native Cathy Cates (Walters), where they performed as the B105 "Breakfast Flakes" for six years.

The new WGZS Operations Manager is looking forward to sharing his on-air talents in the area once again along with fulfilling the need for local content in the form of the Band's concerns with health, conservation and environment, and youth. Pat has been married to wife Cherie for over 31 years and has three grown children, with one recent grandchild.

*Pat Puchalla,  
WGZS Operations Manager*



This photo of Lex Porter was received from his daughter-in-law, Loa Porter of Black River Falls, Wisc.

## FDL Code Talker

In World War II Lex Porter was a code talker, but he died without ever having told his family. An enrollee of Fond du Lac, Porter's family was honored as he received a posthumous Medal of Honor.

Lex C. Porter was born sept. 14, 1920 and passed away on Feb. 6, 1990. Porter was the son of Joseph Porter and Flora (Clark) Porter. In the 1931 cen-

sus, Porter was 11 years old and had a 9 year old sister named Isabella.

Porter enlisted in the army on Jan. 17, 1942 and was released from service Oct. 10, 1945. He married a Grand Portage lady and raised his family on the Grand Portage Reservation.

Lex was well known on the powwow circuit and attended many powwows over the years

throughout the area.

Porter only told folks that while in the service he was a "radio man" and told of times when they were behind enemy lines and had some close calls.

Lex was a humble and honorable man who was glad to have you tag along to powwows with him and his sons.

## 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

## Elder's Christmas party

By Zachary N. Dunaiski

'Twas two weeks, 4 days, and the afternoon before Christmas, and all through the Black Bear's Otter Creek event center elders had gathered to celebrate Christmas with one another at the FDL's Elder Christmas party.

With over 650 in at-

tendance, the Otter Creek convention center was full of excited elders for the Christmas season and a chance at winning a basket put together by different departments around the FDL Reservation.

Many people look forward to the Elder's Christmas party because it's one of the few times people get

together with family and friends in the winter. Just days before a snow storm rolled through and on the day of the party, wind chill warnings were in effect. But inside people could feel the warmth of the community and the love of being with family and friends.



Some of the baskets full of practical and fun gifts.



Secretary Treasurer Ferdinand Martineau thanking everyone for attending the party.



Chairwoman Karen Diver speaking to as many people as she could at the Elder's Christmas party.



The crowd awaits for the volunteers to begin serving the meal at the Elder's Christmas party.

### Driver's education

Classroom driver's education is taught four times a year at the Cloquet Community Center. Students must be 15 years old to attend class. Students must be enrolled before the first day of class.

Over the road classes are scheduled directly

with the instructor. Students must have completed the classroom portion of the class and have successfully passed the permit test.

Class Schedules are Feb. 24-Mar. 7, Apr. 21-May 2, and July 7-22 (no Fridays). The classroom portion is \$120, over the road \$200. To sign up for the class contact Joan (218) 878-2658 or Shelley (218)

878-2603.

Enrolled students should contact Wanda Smith (218) 878-2663 to use the Student Activity fund. The class enrollment form should be brought to community services. Non-enrolled students should pay the fee in Enterprise Accounting and bring the receipt and class enrollment form to Community Services.

## A few thoughts from RBC members

### From the Chairwoman

The President's Task Force of Climate Preparedness and Resiliency had its first meeting in mid-December. High level members of the President's Cabinet were in attendance at different times, including the President's Chief of Staff, Senior Advisor, and Secretary's of Housing and Urban Development and Transportation. There were also high ranking officials



Karen Diver

from Army Corp of Engineers and Federal Emergency Management Agency. Whether the representatives were governors, county commissioners, mayors, or tribal leaders, the challenges facing communities were very similar. They included building infrastructure to survive increasingly adverse weather events and coordination across multiple bureaucracies.

There was also discussion about what leadership should be coming from the federal

level to not only prepare for the climate change we are experiencing now, but what can be done to slow the effects of further climate change by enacting policies to protect the earth from increasing carbon emissions. The Task Force will be meeting every other month with the hope of delivering a report by the end of summer.

The November open meeting was held in Sawyer. It lasted from 1:30 p.m. until after 9 p.m. It was one of the most difficult open meetings I have ever been witness to. It consisted mainly of the

participants making various statements and accusations, whether towards tribal government officials or other Band members. At several points, members would argue with any other members, including elders, who disagreed with them. There was a total lack of civility, and I worried about public safety given the high levels of emotion being displayed.

The end of November and December was filled with meetings of the RBC to deal with numerous additional ethics complaints. Pretty much every free moment of

time was used to meet to discuss the complaints and work through the process for reviewing them and their substance. If you have been trying to reach a member of the RBC and they have been unavailable, it is because much of our time has been taken in handling these alleged complaints.

*Please feel free to call at (218) 878-2612 (office) or (218) 590-4887 (cell) or email [karendiver@fdlrez.com](mailto:karendiver@fdlrez.com).*

### Boozhoo,

I hope you all had a good Thanksgiving and did not overdo the turkey like I did. I would like to wish all of you a very Merry Christmas and the best in the coming year.

The elder's party was well attended with over 650 in attendance. The elder



Ferdinand Martineau

volunteers did a fantastic job in preparing for this event and judging by all the smiles in the crowd everybody enjoyed it. I would like to thank the dedicated group of volunteers that put so much time and effort into this event each year, the banquet staff for all their

work to set up and serve the meal, the students that helped wherever they were needed, the cooks that prepared the meal, the event center staff, and all of you that participated in making this event a success.

The community centers are having their annual Christmas parties so I hope you are able to attend one to share some time with your community

and get to know each other a little better.

There is not much more to write about this month, so I am going to end with the thought I began with. Have a Merry Christmas and a Happy New Year. I hope that you get all that you wish for under the Christmas tree and may the new year bring you peace and happiness throughout.

*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](mailto:ferdinandmartineau@fdlrez.com).*

*Gigawaabamin.*

# RBC Thoughts (continued)

## Sawyer News

### Boozhoo!

I hope the holiday season has found you all in good spirits. I WAS supposed to attend the Native Nations Rebuilders Program I spoke of in last month's article in the beginning of December. Mother Nature decided against it and threw a great gob of snow at us which caused the cancellation of the program for those dates. It has been rescheduled for February 5-7 in St. Paul. Let's hope she has a change of heart and keeps the snow away so I can go and get learned up.



David Tiessen Jr.

Program has its archery lessons underway in Sawyer, and I was privileged to attend the first class with a slew of little Sawyerites. Needless to say, I will need more training if I ever want to compete in any upcoming Hunger Games. I did hit the target once, but I

think that was more of an accident than skill, but I digress. Bring your kids down Tuesday's after school to try their hand at it. It's guaranteed fun.

The Sawyer Center also had the kids make Christmas baskets for the Sawyer Elderly in which the kids also delivered. They loved making them and hand delivering them. The Sawyer staff is also doing weekly crafts at the Elderly Building, which the elders seem

to enjoy thoroughly. It's nice to see more activities connecting our community in a good way.

The community meetings are still going strong, so if you get a chance stop on by. The next one is scheduled for January 18th at 6pm. They are all potluck, so bring some grub and converse. Let's get to know each other.

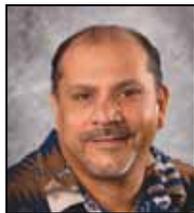
*I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at davidtiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Please drive safely and keep warm.*

## Brookston News

### Hello Band members

I would like to talk about a few issues that have great concern. There is division amongst the RBC, as well as disagreements between the RBC and some of the membership.

The issue of putting things on the backburner and letting this fester to the point of arguments and showing of disrespect. This can't happen. We have an obligation to the membership. By not dealing with the issues when they come forward, it is a stress to the membership. I believe that is a stress to the system. I can only speak for myself it is very stressful to me. This is causing division within the RBC.



Kevin Dupuis

vidual job duties and responsibilities. These job duties are derived from ordinance I-64 and article VI of the Minnesota Chippewa Tribe Constitution, we took an oath to uphold the MCT constitution. Also stated in tribal interpretation 8-94 the RBC acts as a whole. The

authority lies within the body not individual RBC members or a portion of the RBC.

The RBC has been meeting for some time on the issues. The code of ethics is one of concern. After adopting the code (February 16, 2010 #1055/10) it is very clear that there are many grey areas, there is no straight line from A to Z. This is becoming very time consuming. We are spending almost all of our time on this issue, where it should have been done quickly because it is pursuant to the MCT constitution and the by-laws of

the Band ordinance I-64.

The drug issue is still a big concern to me. The RBC was having regular monthly meetings on this issue and those meetings have stopped. We have to continue with this process. We have to come to some resolution to this issue, it affects each and every one of us. Our community is hurting. I still believe that the random drug testing should be put into place. The random testing was eliminated prior to me taking office.

On a good note, the day labor and snow shoveling crews have been pretty busy this season. The snow plowing has started with a bang. A lot of snow is being removed.

Next month I will be having our meetings again, it's been pretty busy. I'm looking forward to seeing you at the meetings. I wish everybody a happy holiday.

## Cloquet News

### Hello All

The Elder's Christmas party was a huge success. Once again, I was able to see and speak to a number of folks that I have not seen since last year. It is always a pleasure to see so many of our folks conversing and enjoying a good meal, music, and gifts. Thanks Black Bear staff for all your hard work in putting this together.



Wally Dupuis

I would like to share some of the activities that our radio station has been involved with over the last few months. They are currently in a Public Service campaign attempting to raise food for the food shelf locally as we head into winter. In March they will do their annual "Goof on the Roof" campaign for the Salvation Army food shelf in which Jake and Kerry spend the day on the roof of the station raising money and food. They are also busy with a Don't Drink and Drive campaign as they air announcements about the dangers of drinking and driving especially during the holidays.

Over Christmas they aired numerous Christmas Shows including Christmas music, a Mythical Christmas Parade, and they also hosted a Safe and Sober Show on Dec. 30 in which they brought in local law enforcement personnel, insurance agents, etc., who talked about the upcoming New Years Eve dangers.

Also, in September they did their annual Mugs and Hugs event in which children and parents came to the event to receive free DNA kits for their child's portfolio and also a free mug of root beer. They gave away over 400 mugs and had children from all the area schools including FDL! They all loved it. This was a great success.

In October they also held their annual Halloween Party in which children pledge with their parents to wear bright colored clothing, only Trick-or-Treat with a parent or adult with them, and to be home by 7 p.m. so they could hear the annual Halloween show on the air. Again, each school (including FDL) had both a boy and girls winner who got a free prize. Good work from our staff at the radio station.

*As always, please feel free to call or email anytime. Office (218) 878-8078, cell (218) 428-9828, or email-wallydupuis@fdlrez.com*

# Fond du Lac Hospital

Research by Christine Carlson

**Open bids on new Indian Hospital – Duluth News Tribune of June 20, 1915**

Cloquet, Minn – Bids on the government frame hospital to be constructed on the Fond du Lac Indian agency farm two miles west of Cloquet were opened in Washington, June 17. The name of the successful bidder will be announced in a few days.

The main part of the new hospital will be 116 feet by 22 feet with a kitchen 21 x 20 feet and a connecting hall 20 x 42 feet. There will be a large office, dispensary, nurses' room, accommodations for nurses and two ward rooms accommodating eight patients each on the ground floor.

The operating room is also placed on the ground floor and will have a skylight and will be finished in white enamel. The connecting room will be used as a convalescent ward. Upstairs there will be an infirmary and another nurses' rooms.

Electric lights will be furnished by a wire extended from Cloquet. Water will be pumped from a deep well to an elevated steel tank from whence it will be piped into the building. A septic tank system of sewerage will be used.

**To start on Fond du Lac Indian Hospital – Duluth News Tribune of July 30, 1915**

A.N. Hanson, representing Walter Lovell & company of Minneapolis, the firm which

has the contract to build the big government hospital on the Fond du Lac Indian reservation, is here to start work on the foundation of the building.

As soon as the crew is gathered the ceremony of breaking ground will be held. Prominent business men of the Cloquet, agent G.W. Cross and the Indian Chieftains will break the sod before the laborers begin.

This hospital will be the only institution of its kind in this part of the state. All of the sick from this and other reservations in northern Minnesota will be cared for here.

**Indian Hospital work under way states new building can be ready for occupancy before Jan. 1 – Duluth News Tribune of Aug. 13, 1915**

Cross today declared the site of the hospital is the most appropriate spot on the reservation, facing as it does the pine forest to south beyond which a beautiful blue grass lawn is started. To the north is a small lake at the bottom of a gradual slope and the view from all of the hospital windows will be pleasing.

Work on the well being dug by the government for the use of the hospital is now 30 feet down with no signs of water.

**Progress of the Fond du Lac Indians – A notable achievement from the Pine Knot of Jan. 7, 1916**

The Fond du Lac band of Indians number 1020 members. About 500 of these reside permanently on the reservation.

The remainder live in Duluth, Superior, Solon springs and elsewhere scattered over the country from New York to San Francisco. There are 522 males, 498 females, 370 children of school age. There were 34 births and 12 deaths the past year. Total wealth of the band, including property, allotments, timber, individual Indian money and tribal funds is \$1,250,000.00

The health and sanitary conditions on the reservation are very good. The Fond du Lac reservation is comparatively free from trachoma, and tuberculosis is not as prevalent as formerly. The sanitary conditions are carefully looked after by a sanitary board composed of the agency physician, the Indian farmer and police. A new hospital has been completed at a cost of \$25,000. This will help a great deal in improving the health condition of the reservation and in taking care of feeble or sick Indians. This hospital is just finished and will be furnished and opened for patients the fore part of February in all probability. It will accommodate 30 patients, is complete with every comfort and convenience, modern to the last detail and will prove a most helpful institution. It will have a resident physician in the person of Dr. Virgil D. Guittard, now stationed at White Earth, will be assisted by a corps of competent nurses, housekeeper, etc.

**Indian Hospital completed – Pine Knot of Jan. 14, 1916**

The contractors finished

## Government Closes Fond du Lac Hospital

2/1958



the work on the new Indian hospital this week and it was given its final inspection yesterday by William Donner, the government superintendent on construction, who returned Sunday from Oklahoma for this purpose.

**Indian Hospital head arrives – Pine Knot of Feb. 4, 1916**

Dr. Virgil D. Guittard, who has been employed in hospital work and medical practice on the White Earth reservation for the past three years, arrived here Monday evening to take charge of the new Indian hospital just completed west of the city.

The new hospital, which is for the accommodation of all the Indians of northeastern Minnesota, has not yet been opened for patients but will be in a comparatively short time. The water and sewer systems are not yet fully completed and in working order and the furnishings of the hospital have not

been installed, although practically all of the furniture is here.

**Government closes Fond du Lac Hospital – unidentified newspaper clipping from Feb. 1958**

The 44 year old Fond du Lac Hospital west of the city will be closed March 12 by the Public Health Service. Closing the hospital has been long expected. Indians will be cared for at Raiter Hospital and Clinic until the new community hospital is completed.

**The old Indian Hospital is torn down in July of 1964**

The vacant Indian hospital was torn down by sixteen Eastern youths and several Fond du Lac adults and youths. In its place, a modest community building will be constructed.

**Happy New Year to one and all**

# School News

## Principal's Section

By Jennifer Johnson

**A**aniin/Boozhoo nindawemaganidok, Happy New Year! I hope this year brings you happiness and good health.

Congratulations to our Royalty for 2013/2014 school year. Senior Princess, Starr Shabaiash and Junior Princess, Daisha Bosto. Senior Brave, Opwaganse Goodwin and Junior Brave, Dallas Wagner.

### Ojibwe School's Mission Statement:

The Ojibwe Schools are dedicated to providing a quality education, which focuses on integrating the Ojibwe culture into all students' learning experiences. Every learner will have the opportunity to be challenged, to succeed, and to be prepared for the future. Parents, staff, community, and students will demonstrate the highest level of expectations for themselves and the school.

### Ojibwe School's Motto:

"Anokii, Nanda-gikendan, Enigok gagwe, Gashkitoon"  
"Work, study, strive, succeed"

### Ojibwe School's Vision Statement:

The Ojibwe Schools are committed to providing a safe and secure learning environment based on Anishinaabe values and traditions. We emphasize a challenging education with high expectations that empower all students to become respectful, responsible, and life-long learners.

This year, I would like our school and community to focus on Ozhiibwaadenidowin/Respect. One of the most important things we can teach our child is respect. Adults

need to model what respectful behavior looks like so children can practice the same behavior. Respect is an approach that reflects our behavior. Being respectful helps individuals and communities to be safe and healthy which will help everyone to strive and be successful. If people don't have respect for peers, authority, or themselves, it's almost impossible for them to succeed.

How can adults model respect?

- Be honest—if you do something wrong, admit it and apologize
- Be positive—find the bright side, don't embarrass, or insult, give compliments
- Be polite—use "daga/please" and "miigwech/thank you"
- Be reliable—keep promises
- Be a good listener—give the person your full attention
- Be kind and thoughtful when speaking
- Respect yourself—self-respect is one of the most important forms of respect. Once we respect ourselves, it is easier to respect others.

Respect is the basis of the school rules and expectations. We ask students to respect themselves, respect others, and respect their space around them.

In addition, we are also working on Ojibwemowin revitalization. Here are a few words and/or phrases to practice at home.

Mino gigizheb-Good morning



*FDL Ojibwe School Principal, Jennifer Johnson, thanking everyone for honoring our Veterans*

Mino giizhigad-Good day

Mino dibikad-Good night

Zhaawenindig-Be kind to everyone

Ikidon Miinawa-Say it again

Amanjidog-I don't know

Since the last sequestration our school has had to deal with severe budget cuts. We had to make some difficult decisions. Our school makes a conscious effort to be solution based when challenges arise; financial or otherwise. Our priority is to minimize how they affect the students and our academic programs. We truly appreciated how our parents/guardians worked with us during these times of financial difficulty. Words cannot express how grateful I am that we have a dedicated staff and community that step up and help when needed. It is a wonderful example of how teamwork is done. Chi miigwech.

Please feel free to call me with any questions or concerns at (218) 878-7284 or (218) 591-2083.

*Giigawaabamin*

## News from the Superintendent

Michael Rabideaux

**A** planning task force consisting of school board members, school safety personnel, the Reservation construction manager, and other interested community members completed meetings with DSWG consultants. The purpose of the meetings was to review options for providing increased school security. The task force agreed on 3 actions that would provide increased safety for our students and school staff. These include making changes to our parking lot, relocating the visitor main entry, and securing all perimeter door entrances.

The cost of these safety improvements will be covered through the Bureau of Indian Affairs Minor Repair and Improvement budget. Once approved by the school board and RBC work can begin this summer.

In January, the school's planning committee will be actively involved in working with the planning and development of a radio format that includes topics in education, language, and cultural programming. The planning team consists of school personnel who have a proven record of getting results. Over the years we have refined our planning strategies and created measures to monitor our progress and successes. We fully anticipate using our planning skills to work with all interested personnel to provide a unique quality to our developing radio station.

By the time this article is shared, the federal government will hopefully have approved a budget. We have heard a variety of developments specific to the

sequestration of our operating education funds. As you may have been aware, sequestration makes automatic cuts to our budget in several categories by 5.21%. It is unclear at this time that if a budget is agreed to it will remove sequestration as a means of cutting the budget.

Our boys and girls varsity basketball teams are very competitive this year. As of this printing both have winning records – and the winning is generating excitement as to how far both teams will go this year. It is well known that athletic programs can have a dramatic influence on students and can inspire increased school attendance, improved academic success, and motivate students to graduate and possibly go further with their education.

It's not all about the winning – but success has a way of producing more success. The accomplishments of our young athletes can inspire other younger students to aspire to those same achievements. We should all be very proud and support our American Indian athletes. Their accomplishments both on and off the playing court give us all a bit of renewed hope and confidence. Go Ogichidaag!

For more information on the good things that are happening in our school, please feel free to visit our website. We would look forward to hearing your comments on anything that you find promising and interesting in our school – *Miigwech*.

# School News

## CORE VALUES OF MINO-BIMAADIZIWIN

(THE GOOD PATH OF THE ANISHINAABEG)

It is mandatory that these core values will be taught at the Fond Du Lac Ojibwe School. The core values, Mino-bimaadiziwin, promote spiritual, emotional, and physical wholeness of individuals, families, communities, and tribal nations. All students and staff will walk this path together and work toward the betterment of all Indigenous people and all communities.

## Math Happenings at FDL OS

by Dawn Liimatainen,  
Math Coach

This year many of our students in the seventh through twelfth grade are participating in The Stock Market Game. Students who participate in The Stock Market Game learn more than investing. As they progress, they learn core academic concepts and skills that can help them succeed in the classroom and in life.

Starting with a virtual cash account of \$100,000, students strive to create the best-performing portfolio using a live trading simulation. Some students work individually while others work in teams to enhance leadership, organization, negotiation, and cooperation skills as they compete for the top spot. The setup is engaging, and the learning is a natural part of the experience.

In building a portfolio, students research and evaluate stocks, and make decisions based on what they've learned. Teams trade common stocks and mutual funds from the NYSE and NASDAQ exchanges; earn interest on cash balances; pay interest if buying on margin and pay a commission on all trades. To determine why certain stocks perform the way they do or why the broader market has moved up or down,

they need to understand how the economy works, and to calculate their returns they need to do the math.

Not only does The Stock Market Game focus on math skills, it also offers a vast library of learning materials correlated to national voluntary and state educational standards in, Business Education, Economics, English/Language Arts, Technology, Social Studies, and Family and Consumer Sciences. This resource has inspired many teachers to incorporate the program into classes in creative ways at all levels, from fourth grade to college, all across the curriculum.

The program also teaches and reinforces these essential skills and concepts: critical thinking, decision making, independent research, saving/investing, cooperation and communication.

Students use real internet research and news updates, making the simulation an even better mirror of the real marketplace. Students who participate in the program gain confidence and build self-esteem.

What students gain from The Stock Market Game program is a remarkable experience, and even more important, an education for life. For more information please visit [www.stockmarketgame.com](http://www.stockmarketgame.com) or ask a

participating student about the details.

Along with The Stock Market Game, we have one eighth grade student and two seventh grade students participating in the InvestWrite competition. These students had to write essays describing why they chose the stocks they did and how might they invest if they had to plan for the next 10 years of their lives. Winning essay writers are competing for a trip to Wall Street, personal lap top computers, and other exciting prizes. More information can be found at [www.investwrite.org](http://www.investwrite.org).

Math students in grade 12 have been working on building scale model houses using balsa wood and other readily available materials. Various outside speakers from different sectors of the construction field came in to discuss the importance of math in all aspects of the building phases. Students were then able to construct their models using similar practices that general contractors might use when actually constructing a house. Their work was displayed at the Biboon Celebration on Dec. 19.

Last but not least, students in K-6 have been busy mastering mathematical concepts using programs such as enVision math and Connecting Math Concepts.

EnVision Math is a daily problem-based interactive math learning curricula that is followed by visual learning strategies that deepen conceptual understanding by making meaningful connections for students and delivering strong, sequential visual/verbal connections through the visual learning bridge in every lesson.

Students stay actively engaged with the use of the SmartBoard in every lesson. EnVision Math is also available through individual student access via any computer with internet access. More information can be found at [www.pearsonschool.com](http://www.pearsonschool.com).

The Connecting Math Concepts curriculum is a program designed for kindergarten through eighth Grade. It introduces ideas gradually and teaches students the connections between concepts to help them retain skills at a mastery to allow for retention of those



Students check their team standings during the Stock Market Game.



The model house seniors are working on as part of their math curriculum.

skills throughout the years. Focusing on the big ideas of mathematics, Connecting Math Concepts teaches explicit strategies that enable students to master difficult ideas such as ratios, proportions, probability, functions, and data analysis. Detailed explanations and guided practice move students toward independent work, ensuring that students gain success and confidence as mathematical thinkers. For more information about Connecting Math Concepts, please visit <https://www.mheonline.com>.

# School News

## S.C.U.B.A.

By Julius Salinas

On Saturday morning Nov. 30, you were probably enjoying the beautiful sunny day. With a high a temperature of 35 degrees it did seem nice but for Cody Bauer it was an especially invigorating and good day. With water temperature of 39 degrees, calm winds, a sunny sky, and smooth water on Lake Superior, Cody completed his certification dives to become a Professional Association of Dive Instructors (PADI) Dry Suit specialty diver. This training qualifies Cody to utilize the more complex and versatile dry suit, exposure equipment, which allows him to dive in cold water and not turn completely into a Popsicle. Cody's experience and achievements are enabling him to qualify to become a volunteer diver at the Great Lakes Aquarium. Watch the paper for further updates on this young man's adventures.



Aerial view of the Ojibwe School



James Friedman and Justin Belanger took a winning plane ride on Friday, Dec. 6 as a part of an incentive to complete their Open Water SCUBA diving certificate .The sky is the limit boys!



Julius Salinas, Ryan Staley, and Cody Bauer. Cody is exiting the lake at the Canal Park beach with his grandfather looking on. Picture taken by Cassie Diver



1st and 2nd grade students create pizza math masterpieces in after school activities with teachers Charles Hilliard (pictured) and Katie Buckholtz.

## Reading

The Fond du Lac Ojibwe School held a Scholastic Book Fair the week of Nov. 19-22. Thanks to teacher and student volunteers working at the fair and those who patronized the sale, our school was able to earn "Scholastic Dollars" toward new books and classroom resources. Some of the items that were selected include writing kits for grades K-3, books on character development, math resource books for teachers, math literacy books for children, and popular book sets for classrooms. There was also a raffle giving away three children's book baskets. The next book fair will open on Apr. 30 through May 2. It will be a Buy One Get One Free sale. Please support the school's efforts by taking advantage of the wonderful bargains and shop for your children, grandchildren, nieces, nephews, or yourself. There are titles for adults, teens, and young children, as well as posters, and other novelty items. Thank you to everyone involved, and we hope to see many new and returning customers in the spring.

# School News

## TXT4Life

By: Maria Maki

On Sept. 14, Fond du Lac Ojibwe School students and staff participated in the TXT4Life Flash Mob at Canal Park in Duluth. FDLOJS staff members Maria Maki and Billie Defoe-Robinson, along with students Willow Johnson-Fuller, Darricka Auginash, Lucinda Auginash, and Quintana White took part in the TXT4Life Flash Mob as a way to inform the community about the program.

TXT4Life is a local program that is dedicated to giving teens support to stay healthy. If you

are feeling down, or you know someone who is having a difficult time, text LIFE to 839863. You will be connected by text message to a counselor who will listen, won't judge, and will help you get through whatever challenge you are facing.

The Fond du Lac Ojibwe School has recently been presented a TXT4Life ITV unit. This high tech device is used to contact a mental health professional over a video phone call (similar to Skype) to receive emergency counseling. The TXT4Life ITV unit is currently getting installed at the school and will be available to students in the near

future.

During the annual Biboon Celebration held at the FDL Ojibwe School on Dec. 19, high school leadership students had a TXT4Life informational table. They gave away TXT4Life bracelets and t-shirts as a way to educate students and community members about the program.

Help is just a text away. Text "LIFE" to 839863 or call 1-800-273-8255. If you are in an immediate crisis, please call 911.

This information was obtained from TXT4Life flyers. For details regarding TXT4Life, please contact Sierra Beckman at Sierra.Beckman@co.carlton.mn.us



Willow, Lucinda, Quintana, Billie, Darricka, and Maria as part of TXT4Life

## Frames for Change Conference

By: Maria Maki

On Sept. 18, Fond du Lac Ojibwe School staff and students attended the Frames for Change Conference at the University of Minnesota, St. Paul Campus. The Frames for Change Conference was geared toward professionals who engage, empower, and invest in youth. FDLOJS staff members that participated include: Mike Rabideaux, Maria Maki, Billie Defoe-Robinson, Tara Dupuis, and Charles Hilliard. Mentoring, eLearning, and student success were some of the things shared by FDLOJS staff at the conference.

FDLOJS students Daezha Bird, Jocelyn Sayers, and Kyle Soukkala presented information regarding their entrepreneurship, leadership, and service learning experiences. These student leaders did an excellent job representing the Fond du Lac School and community. The FDLOJS staff and students enjoyed learning ways to engage themselves and their community to help brighten the lives of youth.

## Ojibwe Language

By Tara Dupuis

Time is sure flying by, at the Ojibwe School we have already finished wild rice, attended 2 Anishinaabe Quiz Bowl competitions, hosted our welcome back to school powwow, and for the science class we were given a deer by the DNR to watch and learn how to gut it.

Our big event is our Biboon Celebration which was on Dec. 19. Bob Shimek came to work with some of our students on Gooniginebig (snow snakes).

Anishinaabe Quiz Bowl students took 3rd Place at the MIEA Quiz Bowl in October. We travelled to University of Minnesota in Morris for the first annual quiz bowl held there. In late December we traveled to Bois Fort to attend their annual quiz bowl. It has been a fun time coaching the students in Ojibwe language and history. The students are learning and having fun at the same time. We will be going to Circle of Life quiz bowl in February and Itasca Community College in March.

We now have Joseph Bruce who has been hired to be the drum instructor. He has done a nice job getting the students to participate and learn songs. He is working with students in the afterschool program on beadwork and drum.

# School News



Cedar Creek singers  
picture by Jill Goodreau



Lake Vermillion singers  
picture by Jill Goodreau



Emcee and Spiritual Advisor Frank Goodwin  
photo by Jill Goodreau



FDL Ojibwe School Drum and FDL Honor Guard



Sr. and Jr. Princess Starr and Daisha Brave  
contestant, Darnell, Jr. and Sr. Brave Dallas and  
Opwaganse



FDL Ojibwe School singers  
photo by Jill Goodreau



Semira Diver FDL Ojibwe School Jr. Princess thanks Veterans  
for helping and protecting the people.

# Year In Review



Above: Chairwoman Karen Diver hugging the President after introducing him. Above right: One of the many booths during the language camp. Right: Chairwoman Karen Diver speaking to members of the community while area media captures the event. Below: FDL Honor Guard at the opening of the FDL Supportive Housing Grand Opening.





Above: The helicopter transporting Major General Richard C. Nash on the ground behind the FDL baseball field.

Left: The FDLTCC team during the AIHEC national basketball tournament.



The finish line after the 2K/5K as this little girl receives her medal.



The car shown to FDLOJS students to teach them about distracted driving.



A chance for people of all ages to get more info on how they can be healthy.

## Year In Review

# More Local news

## Support trafficking awareness month events

January is National Trafficking Awareness Month. The Duluth Trafficking Task Force and FDL Social Services, along with a number of other organizations and agencies, have joined together to plan a number of events in January to raise community awareness about trafficking of women and girls in the Twin Ports area.

Please join us at one or all of the events during January to learn more about trafficking and how as a community we can support solutions to protect victims and survivors and develop policies that penalize

traffickers and exploiters.

### Trafficking awareness month events

- **January 7, Tuesday:** Press conference and proclamation with Duluth Mayor Don Ness and other community leaders. 12-12:45 p.m., Trepanier Hall, 212 W. Second Street.
- **January 11, Saturday:** Powwow, Black Bear Casino, Otter Creek Event Center, Carlton. Registration 10 a.m., Grand Entry 1 p.m. and 7 p.m., Feast, 5 p.m.. Honor song for survivors.

- **January 16, Thursday:** Documentary film, “*What I Have Been Through is Not Who I am,*” Teatro Zuccone, 7 p.m. This film brings the voices of trafficked children to our attention and challenges us to support the need for legislation that protects the victims and penalizes the traffickers and exploiters. Film followed by discussion with Jeff Bauer, Director of Public Policy and Civic Engagement at the Family Partnership in Minneapolis. He will address “Public Policy Solutions and the Importance

of Grass Roots Action.”

- **January 23, Thursday:** Native Sisters Society is holding a silent vigil and light show at 5-6 p.m. on the Canal Park overpass in Duluth with the lighted message, “Our women are not for sale.”
- **January 28, Tuesday:** Rachel Lloyd, nationally recognized expert on the issue of child sex trafficking in the U.S. and recipient of numerous awards for her groundbreaking work, will speak at Mitchell Auditorium, 7 p.m. She is the author of *Girls Like*

*Us*, a memoir of how during her teens, she ended up a victim of commercial sexual exploitation and with help finally broke free of her pimp.

Individuals and book clubs are invited to participate in a community-wide read of *Girls Like Us*. Jane Wells, Huffington Post, describes the book as an eye-opener as well as a moving and inspiring story. Copies of the book are available at the Duluth Public Library, Barnes and Noble book store and Fitter’s book store.

## Outstanding Ally Award

Marcia Kitto, Fond du Lac’s Sexual Assault Advocate, was honored at the Program for Aid to Victims of Sexual Assault (PAVSA)

Art Auction as a recipient of PAVSA’s Annual Outstanding Ally Award for 2013. Ms. Kitto was given the award at the annual art auction on Nov. 14.

Kitto’s active participation in PAVSA’s programs for so many years, as a team member, as a trainer for advocates, and through her leadership as a sexual assault advocate who is always compassionate and responsive to victims is why PAVSA honored her with this yearly award. Throughout her career and life she has demonstrated

a strong commitment to the issue of violence against women. Marcia has been willing to take on an active, and sometimes demanding role as

an advocate for victims and an educator for our community.

Over the years she has demonstrated a commitment to issues that threaten the welfare of women and children, a commitment

that shows in every aspect of her life. Kitto played a critical role in the Trafficking Task Force, ensuring that the community heard the voice of an advocate who knows the difficult issues facing Native women who suffer sexual violence and exploitation. She

has been willing to take part in PAVSA’s volunteer advocate training when requested and has always taken time to consult with PAVSA’s staff and advocates.

“We all (the PAVSA staff and board), appreciate you for your professional accomplishments and for your team contributions but most of all for your wisdom, graciousness, and compassion. We truly want to honor you for the work that you have done and recognize you as a woman who has much more to offer in years to come,” Candice Harshner, the Executive Director of PAVSA wrote in the award letter.

For further information about Fond du Lac advocacy programs, women’s groups, or trafficking of our Native women and girls, Marcia can be reached at (218) 878-3782.



Marcia Kitto



The Duluth Trafficking Task Force sponsored this billboard on I35, northbound, just south of the Black Bear Casino exit to raise awareness.

- The average age of a Minnesota girl that is first prostituted (trafficked) for sex is thirteen, many as young as 11. Native girls are 2-3 times more often trafficked. According to FBI data, Minnesota is one of the top 13 places for trafficking of underage girls. Approximately 213 girls are sold for sex each month in Minnesota, an average of four to five times per day, through the internet and escort services (statistics taken from *MN Girls Are Not For Sale* website).
- Trafficking Awareness Month planning committee: Duluth Trafficking Task Force, PAVSA, League of Women Voters Duluth, St. Paul’s Episcopal Church, Duluth Public Library, Life House, Alworth Center for Peace and Justice at CSS, St. Louis County Attorney’s Office, Lutheran Social Service, AAUW, YWCA of Duluth, Fond du Lac Social Services, College of St. Scholastica School of Social Work.

# FDL Law Enforcement news

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

- Nov. 1 Report of a domestic on Woullet Rd, parties were separated for the night
- Nov. 2 Report of parties unwanted at the Black Bear Casino refusing to leave; parties found a ride off the property.
- Nov. 3 Report of a domestic on the compound, parties were separated for the night.
- Nov. 4 Traffic stop on Brevator and Big Lake Rd, driver warned for speeding.
- Nov. 5 Report of property dispute, advised it was a civil matter but would standby.
- Nov. 6 Report of a disturbance on Waagosh Rd, reporting party requested extra patrol for the evening.
- Nov. 7 Gas drive-off from the Fond du Lac Gas and Grocery.
- Nov. 8 Report of a vehicle in the ditch on White Pine Trail.
- Nov. 9 Report of a suicidal male; male located by Duluth Police Department who confirmed the male seemed to be fine and was not planning to harm himself.
- Nov. 10 Report of two people walking on Mahnomen Rd arguing, squads responded and were unable to locate anyone walking on the roadway.
- Nov. 11 Report of an alarm going off at the MNAW Clinic, no forced entry made into the building, all clear.
- Nov. 12 Report of a burglary on Trettel Ln, reporting party advised her house has been abandoned for 6 months; under investigation.
- Nov. 13 Report of an unwanted intoxicated person on Grey Birch Court, once on scene officers were unable to locate the individual.
- Nov. 14 Report of an individual in the area who was banned from the Reservation.
- Nov. 15 Report of drug paraphernalia located at the Black Bear Casino.
- Nov. 16 Report of the sound of gunshots from the direction of Scotty Dr, checked the area.
- Nov. 17 Traffic stop on Hwy 210, driver cited for driving after suspension and expired registration.
- Nov. 18 Report of suspicious activity on Airport Rd, checked the area and all was clear.
- Nov. 19 Report of a domestic on the Giiniw Rd; two in custody.
- Nov. 20 Report of theft of a vehicle from the Black Bear Casino, security helped individual locate their vehicle.
- Nov. 21 Report of an individual receiving threats, victim did not want officers to talk to the suspect just wanted it reported as a matter of record.
- Nov. 22 Report of fraud at the Black Bear Casino, under investigation.
- Nov. 23 Report of theft of TV dish receiver, cards taken by the dish provider; advised it was a civil issue and could be handled in civil court.
- Nov. 24 Report of a disturbance on Mission Rd, one jailed.
- Nov. 25 Report of theft of a vehicle from Tyler Dr, vehicle located and driver was cited.
- Nov. 26 Report of people fighting at the Cloquet Elderly Building, one jailed.
- Nov. 27 Report of an unwanted male at the Black Bear Casino who seemed to be under the influence, male was transported away from the Casino property.
- Nov. 28 Report of an individual locking her keys in her vehicle, referred to Cars Towing.
- Nov. 29 Report of a robbery on Mahnomen Rd, unable to locate suspects, statements from the victim were taken.
- Nov. 30 Gas drive-off from the Fond du Lac Gas and Grocery.

## 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  
 \*BREWER, Devereaux  
 BUDREAU, Deena  
 CICHY, Gerald  
 CICHY, Leslie  
 DEFOE, Richard  
 \*DURFEE, Edward  
 LAPRAIRIE, Robert  
 \*LOUDEN, Irene  
 MARZINSKE, Larry  
 \*MAXWELL, Lorraine  
 \*MOELLER, Jason  
 OJIBWAY, Jeffrey  
 \*PEQUETTE, Richard  
 \*PORTER, Betty  
 SAVAGE, Torrence  
 \*SMITH, James  
 SMITH, Jay  
 \*ST. GERMAINE, Sharri

# Etc.

## FDL 4H Tribal Youth Mentorship Program showcase

Brookston Community Center will be hosting a special Family Night Out 5:30 to 7:30 p.m. on Thursday, Jan. 16 to showcase the Fond du Lac 4H Tribal Youth Mentorship Program activities, outcomes, and future plans.

All Fond du Lac Reservation families are invited to attend, share a meal, and sign up for ongoing and upcoming youth programs. Youth programs that are currently being offered at Brookston Community Center include archery, cooking, sewing, and basketball and volleyball tournaments. Programs that will be starting soon include art, astronomy, digital storytelling, naturalist activities (like trail building), geocaching and tree identification, gardening, and biochar research.

All families who register youth in any 4H program will be entered in a drawing for a one-night stay for 4 at Edgewater Hotel and Waterpark in Duluth. Youth projects and photos from past activities and events will be on display.

## WIC program information

Women, Infants, and Children nutrition program (WIC) is a supplemental nutrition program that offers tips and advice to help families eat well and stay healthy. It does

not provide all of your food needs for the month. The WIC program provides:

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (Range between \$35.00 - \$190.00/month)
- Support and help with breastfeeding
- Referrals to health care, immunizations, and other programs.

### Who is WIC for?

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday.

To get WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC.

Contact the WIC office for further information on WIC or a voucher pick up schedule: Laura Garza, PHN, CLC, MNAW (218) 878-2147 or CAIR (218) 279-4135 or Kara Stoneburner, RDLD, CLS, MNAW (218) 878-2183 or CAIR (218) 279-4060.

WIC Program is an equal opportunity provider and employer.

## Classes for parents

The following classes are being offered through the Fond du Lac Human

Services Division to all of our community members. Important topics that will improve individual and family well-being will be covered.

### Health realization

You will learn how your thoughts become your reality and what you can do to change negative thoughts. This one and a half hour class will begin on: Tuesday, Jan. 28 from 1-2:30 p.m.

### Rent Wise

This course will introduce you to what landlords are looking for in a tenant, how to maintain your rental unit, your responsibilities as a tenant and your landlord's responsibility. This course will run on: Wednesday, Jan. 29 1-4 p.m.

### Job Basics

Learn what employers are looking for in an employee, how to find employment, how to complete an application and a resume and how to excel in the interview. The class is two days for three hours each day beginning Thursday and Friday Jan. 30-31 1-4 p.m.

There will be drawings for prizes (candy, alarm clock, a set of dishes, roaster pan, and lots of other great items) throughout all classes, and for each class you complete you will be given a certificate that may assist you in finding employment and/or housing.

All classes will be held at FDL Supportive Housing Community Room and transportation will be provided. Please contact Dana Race at (218) 878-3786 to set up the transportation.

## Staying comfy, cozy, and safe

If you have kerosene heaters, woodstoves, fireplaces, or furnaces that burn oil or natural gas in your home, you are at risk for potential fire and/or carbon monoxide (CO) poisoning. Home heating equipment is essential, but it isn't safe unless you give it proper attention.

These heating safety tips from the Cloquet Area Fire District could save your life and your property from disaster.

Chimneys should be checked by a qualified chimney sweep before and during the heating season. Both the fireplace and chimney should be checked for structural integrity. Wet ashes down and dispose of them in metal containers. Never burn trash, charcoal, or plastics in your wood-burning appliance. These items can overheat and cause a fire; they also release dangerous pollutants.

Portable electric heaters are intended to heat a small space for a short period. They must be kept at least 36 inches from anything that can burn, and must never be left on when occupants are gone or sleeping.

Gas heating equipment is doubly dangerous; it can cause both fire and carbon monoxide poisoning. If you have an unvented, gas-fired space heater, be sure it has an oxygen depletion sensor to detect reduced oxygen levels and shut off the heater before carbon monoxide accumulates.

Fuel your portable kerosene

heaters outdoors, in a well ventilated area when it has cooled completely. Never use gasoline instead of kerosene.

### Carbon Monoxide Poisoning

About 230 people die each year from CO poisoning related to fuel-burning household appliances. CO is a tasteless, odorless and very lethal gas, easily absorbed into the blood. Symptoms of carbon monoxide poisoning include headache, fatigue, weakness, shortness of breath, and nausea, which are sometimes dismissed as a "touch of the flu." Don't be fooled—get to fresh air.

For more information on home heating safety, go to the Minnesota State Fire Marshal website at [www.fire.state.mn.us](http://www.fire.state.mn.us).

The Cloquet Area Fire District would like every home and family to follow these tips. "And please, make a home fire-escape plan and practice it," Sarah Buhs, Captain/Public Education Coordinator, says. "If tragedy strikes, a safe escape is the only alternative."

If you have questions about home heating or any fire issue, call the Cloquet Area Fire District.

## Conservation Stewardship program

The U.S. Department of Agriculture's Natural Resources Conservation Service (NRCS) is opening the Conservation Stewardship Program (CSP) for new enrollments for federal fiscal year 2014. Starting Dec.

# Etc.

9 through Jan. 17, producers interested in participating in the program can submit applications to NRCS.

“Through the Conservation Stewardship Program, farmers, ranchers, and forest landowners are going the extra mile to conserve our nation’s resources,” said NRCS District Conservationist Daniel Weber “Through their conservation actions, they are ensuring that their operations are more productive and sustainable over the long run.”

The CSP is an important Farm Bill conservation program that helps established conservation stewards with taking their level of natural resource management to the next level to improve both their agricultural production and provide valuable conservation benefits such as cleaner and more abundant water, as well as healthier soils and better wildlife habitat.

Weber said today’s announcement is another example of USDA’s comprehensive focus on promoting environmental conservation and strengthening the rural economy, and it is a reminder that a new Food, Farm, and Jobs Bill is pivotal to continue these efforts. CSP is now in its fifth year and so far, NRCS has partnered with producers to enroll more than 59 million acres across the nation.

The program emphasizes conservation performance — producers earn higher payments for higher

performance. In CSP, producers install conservation enhancements to make positive changes in soil quality, soil erosion, water quality, water quantity, air quality, plant resources, animal resources, and energy.

Some popular enhancements used by farmers in Minnesota include:

- Using new nozzles that reduce the drift of pesticides, lowering input costs and making sure pesticides are used where they are most needed
- Modifying water facilities to prevent bats and bird species from being trapped
- Establishing pollinator and/or beneficial insect habitat
- High level integrated pest management, reducing pesticide risk to the environment
- Rotating feeding areas and monitoring key grazing areas to improve grazing management.

Eligible landowners and operators in all states and territories can enroll in CSP through Jan. 17 to be eligible during the 2014 federal fiscal year. While local NRCS offices accept CSP applications year round, NRCS evaluates applications during announced ranking periods.

To be eligible for this year’s enrollment, producers must have their applications submitted to NRCS by the closing date (Jan. 17).

A CSP self-screening checklist is available to help producers determine if the program is

suitable for their operation. The checklist highlights basic information about CSP eligibility requirements, stewardship threshold requirements and payment types.

For the checklist or to learn more about CSP, visit the NRCS CSP website at <http://www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/>

financial/csp/ or visit your local USDA NRCS office.

## NRCS accepting applications

The U.S. Department of Agriculture’s (USDA) Natural Resources Conservation Service (NRCS) is accepting applications to help producers

improve water and air quality, build healthier soil, improve grazing and forest lands, conserve energy, enhance organic operations, and achieve other environmental benefits.

Minnesota producers implement conservation practices through the Environmental Quality Incentives Program (EQIP), the agency’s largest Farm



*More than 100 people have finished the program and made small changes to prevent diabetes. The change Valerie Ross is most proud of is knowing food groups, eating lots of fruits, veggies, and whole grains. Lots of exercise, such as water aerobics. “Don’t let Diabetes control your life.”*

Diabetes doesn't have to rule your life. With the help of the Fond du Lac Human Services Diabetes Prevention Program, you can fight back.

*Diabetes Can Be Prevented  
Call  
Chris Foss-Tietz at 878-3759*

**FOND DU LAC  
DIABETES  
PREVENTION  
PROGRAM**

# Etc.

Bill Conservation Program. Interested producers should visit their local NRCS service center for information on EQIP sign-up periods.

“The Environmental Quality Incentives Program offers farmers, ranchers and forestland managers a variety of options to conserve natural resources,” District Conservationist, Daniel Weber said. “This conservation investment helps improve environmental health and the economy of Minnesota’s communities.”

EQIP provides financial assistance for a variety of

conservation activities, such as drainage water management, reduced tillage, field buffers, rotational grazing systems and much more. The deadline for the next signup period in Minnesota was Dec. 20. Additional signup deadlines include: Jan. 17, Feb. 21, and Mar. 21.

Additionally, NRCS offers special initiatives through EQIP, including:

**On-Farm Energy Initiative:** helps producers conserve energy on their operations.

**Organic Initiative:** helps producers to install conservation practices on

certified organic operations or those working toward organic certification.

To participate in EQIP, an applicant must be an individual, entity or joint operation that meets EQIP eligibility criteria. Applicants can sign up at their local NRCS service center.

For more information about EQIP or other technical or financial assistance programs offered by NRCS, please contact your local service center or Daniel Weber, District Conservationist, (218) 720-5209 extension 3.

## FDL history group

The next meeting of the Fond du Lac Ancestry/History Group will be Wednesday, Jan. 8, from 10 a.m. to 2 p.m. at the Cloquet Community Center Library Classroom.

Nancy Broughton, from the Fond du Lac College, will be there to assist with online ancestry research as well as other information and documents being available onsite. Bring your questions, pictures, documents, etc. to share and I.D. Also, if you can identify people in any of the pictures in the buildings on the Rez please let us know. Miigwech, Questions, call Sharon Shuck at (218) 728-5340 or Carol Jaakola at (218) 879-9296.

## Correction

It has been brought to the

newspaper staff’s attention that Tom Whitebird played a major role in planning the Veteran’s Dinner. We apologize for not mentioning Whitebird in the article last month. Whitebird filled in to help plan/coordinate the event while Chuck Smith was out sick.

Thank you both Smith and Whitebird for all that you do for our Veteran’s year round.

## Correction

Last month’s article on the American Indian Advisory Council (AIAC) award, we wrote that President Sue K Hammersmith of the Metropolitan State University was chosen to receive the award. In reality, President Hammersmith is the person who chose to give the award to AIAC.

## The food distribution program has new income guidelines and deductions that are in effect now.

You can stop in the office or call for more information, Monday – Thursday at (218) 878-7505, (218) 878-8027, (218) 878-7512, or (218) 878-7507.

The Affordable Care Act includes many benefits and protections for American Indians. To take advantage of these benefits, the Fond du

Lac Human Services Division encourages you to see a Patient Advocate at your earliest convenience. Patient Advocates are trained to help you and your family members find the best options for affordable health care coverage. Make an appointment today by calling (218) 879-1227.

## Community computer classes

The Fond du Lac Band will be offering another session of Community Computer Classes Jan. 10-12 and Jan. 23-26.

The January courses will focus on online business training. Participants from past community computer classes are welcome to attend.

Limited quantities of FREE computers are available for participants.

Please call (218) 878-7313 for more information on class dates, registration, and eligibility.

## Fond du Lac Ojibwe School fundraiser

The FdL Ojibwe School is collecting glossy paper (magazines, catalogs) to raise money for field trips. Collection bins are located at the Fond du Lac Waste Management Site and the Fond du Lac Ojibwe School. Miigwech for your help.

## Elder’s Corner

**Jan. 8-9 Wisdom Steps Quarterly Board Meeting**  
BBCR Hotel. Come find out about your Wisdom Steps. Questions call Char Bodin (218) 279-4116 Vice Chair Member.

**Jan. 8 52 + Elder Meeting**  
from 5-7 p.m. CCC. Questions, call Debra Topping (218) 878-8053.

**Jan. 14 Foot Clinic**  
Assisted Living Residence 8:30 a.m. Call Karen DuFault (218) 878-2133 for transportation

**Jan. 14 Elder Activity Fund Board Meeting**  
1:30 p.m. CCC Library. Questions call Russ Savage (218) 878-1134.

**Jan. 17 CAIR Foot Clinic**  
8:30 a.m. CAIR. Questions call Mike Jenkins (218) 726-1370.

**Jan. 17 CAIR Elder Meeting**  
10 a.m. CAIR, there will be a speaker.

**Jan. 20 Holiday, Tribal Center closed**

**Jan. 22 52 + Elder Meeting**  
5-7 p.m. CCC. Questions, call Debra Topping (218) 878-8053.

**Jan. 28 Age to Age**  
5-8 p.m. CCC Traditional Speaker, 5 p.m. Light Dinner 5:30 p.m. Speaker. Questions call Debra Topping (218) 391-8051

Etc.



# Health News

FOND DU LAC BAND OF LAKE SUPERIOR CHIPPEWA

TRIBAL COURT

Fond du Lac Band of  
Lake Superior Chippewa,  
  
Plaintiff,  
  
v.  
  
**Little Fawn Fohrenkam,**  
**Calvin Martineau** and J.F., a minor.  
  
Defendants.

NOTICE OF HEARING

Case No. JV-003-13

To the above-named Defendants:

YOU ARE HEREBY notified that on February 3, 2014, at 3:30 p.m., the Fond du Lac Tribal Court will hear the allegation that Little Fawn Fohrenkam and Calvin Martineau are in violation of Section 303 of the Fond du Lac School Attendance and Home Schooling Standings Ordinance with respect to their minor child, J.F., DOB: 09/22/2002.

The hearing will be at the Fond du Lac Tribal Court, 1720 Big Lake Road, Cloquet, MN 55720, (218) 878-7151.

If you fail to appear for this hearing, the Court may find you in default and enter an Order.

Dated: December 13, 2013  
Mark A. Anderson  
Attorney for Fond du Lac Band

FOND DU LAC BAND OF LAKE SUPERIOR CHIPPEWA

TRIBAL COURT

Fond du Lac Band of  
Lake Superior Chippewa,  
  
Plaintiff,  
  
v.  
  
**Little Fawn Fohrenkam,**  
**Calvin Martineau** and J.F., a minor.  
  
Defendants.

NOTICE OF HEARING

Case No. JV-003-13

To the above-named Defendants:

YOU ARE HEREBY notified that on February 3, 2014, at 3:30 p.m., the Fond du Lac Tribal Court will hear the allegation that Little Fawn Fohrenkam and Calvin Martineau are in violation of Section 303 of the Fond du Lac School Attendance and Home Schooling Standings Ordinance with respect to their minor child, J.F., DOB: 09/22/2002.

The hearing will be at the Fond du Lac Tribal Court, 1720 Big Lake Road, Cloquet, MN 55720, (218) 878-7151.

If you fail to appear for this hearing, the Court may find you in default and enter an Order.

Dated: December 13, 2013  
Mark A. Anderson  
Attorney for Fond du Lac Band

## The New Year

**Kara Stoneburner, RDL,**  
*Public Health Dietician*

It's the start of a new year and that means it's time to think about making changes. Everyone views change differently. Change can be scary, difficult, welcomed, hard, or "insert your own word here!" With the start of a new year, I encourage you to think about a healthy, nutritional change you can make.

Many cancers and other diseases can be prevented or delayed with good nutrition. Take a few minutes to think about your diet (what you eat). Think about one thing you can change to eat healthier this new year. I've decided what I want to change for 2014. I want to increase the amount of vegetables I eat. I am going to start my goal small. I will aim to add a half-cup of vegetables each day, to my current diet. You may think, "Wow. That isn't a very big goal. It's only a 1/2 cup. Why not add 1 or 2 cups?" Well, here is my reasoning. A half-cup is a small amount, but I am not going to feel overwhelmed by it. I can grab a handful of carrots as I run out the door. I can take an extra scoop of vegetables at dinner. I can eat a handful of broccoli as my snack, in-between clients at work. These are all examples of increasing my vegetable intake without feeling overwhelmed.

What can you do? Keep these tips in mind when thinking about your nutrition change for the New Year:

1. Be realistic and honest with yourself. Write your goal

down.

2. Enlist a family member, a friend, or a co-worker for support.
3. Be prepared for a setback. Remain flexible and try to get back into the swing as soon as possible.

Here are some examples of small nutritional changes you might be able to make in your life this year.

- Drink 8 ounces of water at noon
- Eat 1/2 cup more vegetables daily
- Replace one sugar sweetened beverage with water each day
- Eat one meatless meal for dinner each week (try beans, tofu or eggs for protein)
- Eat fish for a meal one time each week
- Limit juice to 6 ounces a day or replace that cup of juice with the actual fruit
- Eat at least 2 different colored vegetables each day
- Try one new healthy recipe each week
- Start a food diary
- Measure your food out for one day each week and compare with the portion recommendations
- Reduce portion sizes by using a smaller plate at dinner

Good luck and don't forget to tap into the Reservation's resources for guidance and support: medical providers, dietitians, personal trainers, smoking cessation educators, health educators, maternal and child health nurses, the Your Way program, On the Move events, cooking classes, and many others.

# Ashi-niswi giizisoog (Thirteen Moons)

## Gichi Manidoo giizis

*Gichi Manidoo giizis is the Great Spirit Moon. The new moon begins January 1. Other names for this moon are Maajii-bibooni-giizis, the Start of the Winter Moon; Oshki-bibooni-giizis, New Winter Moon.*

## Gichi Manidoo Giizis traditional powwow

The Thirteen Moons Fond du Lac Tribal College Extension Program is proud to host the Gichi Manidoo Giizis traditional powwow. The mission of the Gichi Manidoo Giizis traditional powwow is to bring together community members and federal, tribal, and state organizations to learn from one another about how we take care of the land and community.

Representatives from organizations will be available to answer questions and provide information on sustainable agriculture, natural resources programs for land owners, and education and career opportunities through college and university programs. In addition, those representatives will learn from community member's the traditions of the Anishinaabe culture, language and best practices of taking care of the land and community. Hope to see you there. Gigawaabimin.

For more information on vendor tables please contact Nikki Crowe at (218) 878-7148.

## Gichi Manidoo Giizis Traditional Pow Wow

Saturday January 11th 2014



MC

**Murphy Thomas**

Arena Director

**Les Gibbs**

Host Drum

**MA'IIN'GAN**

Head Dancers

**Bill and Edye Howes**

Registration: 10am  
Grand Entry: 1pm & 7pm  
Feast at 5pm

**Black Bear Casino Resort  
Otter Creek Event Center**

1785 Highway 210

Carlton, MN 55718

Hotel Reservations: 1-888-771-0777

Free Admission--Open to the Public--Alcohol & Drug Free Event

Invited Drums Only

Moccasin Game

50/50 Raffle

Click on link for more info: [13 Moons Ashiniswi giizisoog](#) or go to [www.fdlrez.com](http://www.fdlrez.com)

## Taking Care of the Land and Community

Info booths and displays of Tribal, State and Federal programs involved in taking care of the land and community.



Sponsored by  
Fond du Lac Band of Lake Superior Chippewa  
MN SARE  
USDA-NIFA Funds



### Upcoming Events:

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing [thirteenmoons@fdlrez.com](mailto: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

## 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 Stages of Life

Baby(ies)- Abinoojiyens(ag)

Child(children)- Abinoojii(yag)

Boy(s)- Gwiiwizens(ag)

Girl(s)- Ikwesens(ag)

Women(Women)- Ikwe(wag)

Man(men)- Inini(wag)

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

## Ojibwe Wordlist

Minogiizhigad .....It is a good day

Minogiizhigan .....It is a good day

Gimiwan .....It is raining

Gichigimiwan .....It is raining hard

Zoogipon .....It is snowing

Gichizoogipon .....It is snowing hard

Noodin .....It is windy

Gichinoodin .....It is very windy

Gizhide .....It is hot

Gichigizhide .....It is very hot

Gisinaa .....It is cold

Gichigisinaa .....It is very cold

Zaagaate .....It is sunny

Gichizaagaate .....It is very sunny

Ningwaakod .....It is cloudy

Gichiningwaakod .....It is very cloudy

Source: [http://weshki.atwebpages.com/oj\\_textbook\\_3.html](http://weshki.atwebpages.com/oj_textbook_3.html)

# 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 Jan. 17, 2014 for the February 2014 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

Last month the birthday notice for Harold Diver Jr. had a misprint of his birthday. It should have read Dec. 6. We apologize for the error. Here is how it should have read:

Happy birthday brother, **Harold Diver Jr.** (Dec. 6) Love you lots.  
*Charles and Darla*

Happy birthday to **Carolyn Rabideaux** (Dec. 14)  
*Love dad*

Happy birthday to the world's best papa ever, **Mike Fosness** (Jan. 2)  
*We love you, Janessa and Takota*

Happy birthday to **Michelle Rabideaux** (Jan. 4)  
*Love, dad*

Happy birthday to my two beautiful kids **Marco Mayorga** (Jan. 5) and **Winter Mayorga** (Feb. 16), you guys make me proud.  
*Love you, Dad and Kat*



I would like to wish my sister, **Roberta Defoe-Davis** (Jan. 8), a happy birthday.  
*From, your sister Sherry and family*

Happy birthday to my beautiful grandchildren **Dereck Diver Jr** (Jan. 8), **Kairi Peacock Olson** (Jan. 28), and **Ava Mead** (Jan. 29) Grandma loves you all very, very much.  
*Grandma, Beth Diver*



Happy 7th birthday **Kristofor Cloud Jr.** (Jan 10), we love you so much.  
*Love, dad, mom, Kiara, and Kean*

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy birthday: **Dawn Robinson** (Jan. 10).

Happy birthday to the best sister anyone could want **Cathy White** (Jan. 12).  
*Love you best*

Happy birthday to our awesome coworkers **Heather Abrahamson** (Jan. 14) and **Peggy Castellini** (Jan. 31), you two are both wonderful women who deserve wonderful birthdays.  
*From, Allie, Michelle, and Steve*

Happy birthday **Heather (Durfee) Abrahamson** (Jan. 14)  
*Love, your family*



Lordy lordy look who's forty, happy 40th birthday **Dale Reynolds** (Jan. 17)  
*Love, your wife,*

*Derrick, and Devin*

Happy Birthday to my nephew **Bruce "The Beast" Martineau** (Jan. 18), we hope you have a wonderful day. Love you lots.

*Love, auntie Sophie, uncle Bryce, and Sewell*

Happy birthday to my nephew **Bruce Martineau** (Jan. 18), I love you very very much, neph. Hope you have a great day!  
*Love, Allie*

Happy 7th birthday to my big boy **Bryson LaBarge** (Jan. 19), we love you so much.  
*Love, mom, sissy, and big brothers*

We wish a happy birthday to **Sabrina Petite**, 17 (Jan. 22), and **James Petite**, 16 (Jan. 28), Have a great day  
*Love, mom, Lonnie, Dave, Matt, April, Dezzzy, Amber, and Royce*

Happy birthday to **Nikki Rabideaux** (Jan. 23)  
*Love, dad*



Happy 1st birthday **Daedric Thomas Martin** (Jan. 24)  
*Love you little man, grampa Tom and gram Kim*

Happy 1st birthday to an awesome nephew **Daedric Thomas Martin** (Jan. 24)  
*Love, uncle Beau, Mikey, Damien, and auntie Cass*

## Congratulations

Congratulations to my daughter **Carolyn Rabideaux** who received her Master of Science in Special Education with endorsement in Behavior Disorders on Dec. 21, 2013

from the University of Nebraska-Omaha.

*Love, dad*

**Dereck Diver Jr.**, I am very proud of you for being in the 95th percentile in the state of Minnesota for math, especially scoring so high in algebra and geometry. Keep it up baby and your dreams will become a reality. I love you.  
*Grandma, Beth Diver*

## Memorial

In Memory of our dad, **Donald L. Savage** on his birthday Jan. 12.

We continue to celebrate his life year after year. The unconditional love he gave us, the kindness and humor he shared with friends and the service he gave his country. He will always be our one in a million.

*Love and miss him every day, Dannel and Darci*



## Thank you

The Elders (gete anishinabe) Christmas party was a joy (minawaanigozi). I was able to see many folks that have been a part of my life. The joyful part of this was everyone was feeling mino aya win (the state of wellness). It reminded me of how I learned the Anishinabemowin word for visiting (Mawadisidiwag). Meaning we are together enjoying one another's spirit. This feeling was ever present at the event.

Just recently I heard a quote

from Nelson Mandela about how we develop respect for one another. He said, "If you talk to a man in a language he understands, that goes to his head. If you talk to a man in his language, that goes to his heart..."

Imagine that time in our history when we celebrated through visiting with one another and knowing that what we experienced during this time is a reflection of our spirit. Miigwetch to all, and to all, Mawadisidiwag  
Wayne Dupuis

We want to thank everyone for the phone calls, cards, and gifts we received during our loss of **Jeremiah James Davis**.  
Mary Davis and family

## Birth announcement

We would like to welcome new into the world the Murto twins, **Bryson James** and **Brayden Marshall** born to Deja Mae DeFoe and Justis Murto on Dec. 3, 2013. Proud Grandparents; Billie & Fred Robin-

son, Shawn Roy, and Rich and Lonita Murto. Proud Great-grandparents; John and Judy DeMuth, LeRoy and Michelle DeFoe, Adella Roy, Chris and Judy Nelson, and Frank and Dorothy Robinson. Proud Uncle Dade Roy.



## Anniversary

Happy Anniversary **Les and Judy Northrup** (Jan. 14), miigwetch for everything you do for us.

Love, your family

## Obituary

**Jeremiah James Davis**, 32 of Cloquet passed away unexpectedly on Dec. 8.

He was born on Aug. 20, 1981 in

Cloquet to James Davis and Julie Hobbs.

Jeremiah was a veteran of the U.S. Air Force and a member of the Fond du Lac Band of Lake Superior Chippewa.

He is survived by his mother,



Julie; father, Jim; grandparents, LaVerna Godbout, Mary Davis and Bruce Wallace; brother Aaron (Heather); nieces and nephews, Jakob, Haley, Nathan, and Madison; and other relatives.

**Norman Duane Clark**, age 87, of Neola, passed away on Nov. 28, at his home.

He was born on Apr. 18, 1926, in Vernal, to Ned "Nick" and Wilma Allred Clark. He was the oldest of five children and was raised in his younger years in his favorite place on earth, the Book Cliffs.

On Oct. 26, 1946, he married the love of his life, Norma Rae Freston.

Norman was an Army veteran of World War II, serving in the Pacific Theatre.

He was a retired captain with the Tucson Arizona Fire Department, and also worked at various positions in the oil fields.

His passions in life were his family and the beauty of nature. He was most content when enjoying the great outdoors on the back of his horse, Deuce.



Children playing during the Biboon celebration on Dec. 19 at FDLOJS.

He is survived by his two children, Linda (Lanny) Raymond and Steven Duane Clark. He was the beloved "Papa" to Kristen, Ryan, Robyn, John, Jessica, Andrea, Fraser, Danielle, and nine great grandchildren. He is also survived by his brother, Curley (Joyce) Clark of Tucson, Ariz.

He was preceded in death by

his wife, Norma Rae.

His wishes were to be cremated and the cremated remains buried next to his wife in the Leota Cemetery.

We love you dad and "Papa", but are grateful you are now with our Lord and enjoying a joyful reunion.

## Attention Sawyer (Big Lake) Area Residents

The United States Department of Agriculture's Rural Development (RD) requires an income survey for residents of the Big Lake Sanitary District to determine eligibility for a grant that will help fund a sewage system for the District. The District is expecting the majority of funding to be supplied by the RD program. RD contracted with MAPS

(an independent research agency) to go door to door to complete these surveys. They will begin after the first of the year. So, please take time to answer the survey to help assure funding for the sanitary district from the United States Department of Agriculture's Rural Development program. Our goal is to survey all residents within the boundaries

and along Big Lake road to Brevator road. All information will be confidential. The dotted red line outlines the boundaries of the Big Lake Sanitary District. For further information you can contact Nancy Schuldt or Wayne Dupuis at Resource Management 878-7101 or check out the website [www.blasd.org](http://www.blasd.org)



# Manidoo-giizisoons – Great Spirit Moon – January 2014

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Gichi Manidoo Giizis Traditional Powwow</b>                      Registration 10 a.m.                      Grand Entry 1 p.m. &amp; 7 p.m.                      Feast 5 p.m.                      BBCR</p>			<p><b>HAPPY NEW YEAR</b></p> <p>Centers closed</p> <p>1</p>	<p>Get Fit 12 p.m. CCC                      Water Aerobics 5 p.m. CCC                      Ojibwe language 5 p.m. CCC</p> <p>2</p>	<p>Adult dodge ball 12 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Beading 5:30 p.m. CCC</p> <p>3</p>	<p>Beading 11 a.m. CCC                      Water Aerobics 5 p.m. CCC</p> <p>4</p>
<p>Water aerobics 10 a.m. CCC                      Beading 11 a.m. CCC</p> <p>5</p>	<p>Elder water aerobic 8:15 a.m. CCC                      Elder exercise 9 a.m. CCC                      Zumba 9 a.m. OJSHS                      Weight room 12 &amp; 4:30 p.m. CCC                      Cribbage 5 p.m. CCC</p> <p>6</p>	<p>Get Fit 12 p.m. CCC                      AA/NA support 12 p.m. TRC                      WIC 12 p.m. CAIR                      Water aerobics 5 p.m. CCC                      Aikido 6 p.m. CCC</p> <p>7</p>	<p>Elder water aerobics 8:15 a.m.                      Elder exercise 9 a.m. CCC                      Elder Concern mtg 10 a.m. CCC                      Game day 12:30 a.m. CCC                      Zumba 5:15 p.m. OJSHS                      Jujitsu 6 p.m. CCC</p> <p>8</p>	<p>Get Fit 12 p.m. CCC                      Water aerobics 5 p.m. CCC                      Knit &amp; Crochet Potluck Circle 5 p.m. CCC                      Ojibwe language 5 p.m. CCC</p> <p>9</p>	<p>Adult dodge ball 12 p.m. CCC</p> <p>10</p>	<p><b>Gichi Manidoo Giizis Traditional Powwow</b>                      Registration 10 a.m.                      Grand Entry 1 p.m. &amp; 7 p.m.                      Feast 5 p.m.                      BBCR</p> <p>11</p>
<p>Water aerobics 10 a.m. CCC                      Beading 11 a.m. CCC</p> <p>12</p>	<p>Elder water aerobics 8:15 a.m. CCC                      Elder exercise 9 a.m. CCC                      Cribbage 5 p.m. CCC                      Zumba 5:15 p.m. OJSHS</p> <p>13</p>	<p>Get Fit 12 p.m. CCC                      AA/NA support 12 p.m. TRC                      WIC 12 p.m. CAIR                      Water aerobics 5 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Aikido 6 p.m. CCC</p> <p>14</p>	<p>Elder water aerobics 8:15 a.m. CCC                      Elder exercise 9 a.m. CCC                      Elder Concern mtg 10 a.m. CCC                      Game day 12:30 p.m. CCC                      Zumba 5:15 p.m. OJSHS                      Jujitsu 6 p.m. CCC</p> <p>15</p>	<p>Get Fit 12 p.m. CCC                      Open RBC Meeting 1:30 CCC                      Water aerobics 5 p.m. CCC                      Knit &amp; Crochet Potluck Circle 5 p.m. CCC                      Ojibwe language 5 p.m. CCC</p> <p>16</p>	<p>Adult dodge ball 12 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Beading 5:30 p.m. CCC</p> <p>17</p>	<p>Beading 11 a.m. CCC                      Water aerobics 5 p.m. CCC</p> <p>18</p>
<p>Water aerobics 10 a.m. CCC                      Beading 11 a.m. CCC</p> <p>19</p>	<p><b>Martin Luther King Day Centers closed</b></p> <p>20</p>	<p>Get Fit 12 p.m. CCC                      AA/NA support 12 p.m. TRC                      WIC 12 p.m. MNAW                      Water aerobics 5 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Aikido 6 p.m. CCC</p> <p>21</p>	<p>Elder water aerobics 8:15 a.m. CCC                      Elder exercise 9 a.m. CCC                      Elder Concern mtg 10 a.m. CCC                      Game day 12:30 p.m. CCC                      Zumba 5:15 p.m. OJSHS                      Jujitsu 6 p.m. CCC</p> <p>22</p>	<p>Get Fit 12 p.m. CCC                      Water aerobics 5 p.m. CCC                      Knit &amp; Crochet Potluck Circle 5 p.m. CCC                      Ojibwe language 5 p.m. CCC</p> <p>23</p>	<p>Adult dodge ball 12 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Beading 5:30 p.m. CCC</p> <p>24</p>	<p>Beading 11 a.m. CCC                      Water aerobics 5 p.m. CCC  <b>The Cold War boxing 6 p.m. BBCR</b></p> <p>25</p>
<p>Water aerobics 10 a.m. CCC                      Beading 11 a.m. CCC</p> <p>26</p>	<p>Elder water aerobics 8:15 a.m. CCC                      Elder exercise 9 a.m. CCC                      Cribbage 5 p.m. CCC                      Zumba 5:15 p.m. OJSHS</p> <p>27</p>	<p>Get Fit 12 p.m. CCC                      AA/NA support 12 p.m. TRC                      WIC 12 p.m. MNAW                      Age to Age 5 p.m. CCC                      Water aerobics 5 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Aikido 6 p.m. CCC</p> <p>28</p>	<p>Elder water aerobics 8:15 a.m. CCC                      Elder exercise 9 a.m. CCC                      Elder Concern mtg 10 a.m. CCC                      Game day 12:30 p.m. CCC                      Zumba 5:15 p.m. OJSHS                      Sobriety Feast 6 p.m. CCC</p> <p>29</p>	<p>Get Fit 12 p.m. CCC                      Teen game day 4 p.m. CCC                      Water aerobics 5 p.m. CCC                      Knit &amp; Crochet Potluck Circle 5 p.m. CCC</p> <p>30</p>	<p>Adult dodge ball 12 p.m. CCC                      Pool reserved 5:30 p.m. CCC                      Beading 5:30 p.m. CCC</p> <p>31</p>	<p><b>Call Joan at (218) 878-2658 to schedule a GED class</b></p>

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