

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



In This Issue:

Local News.. 2-3

RBC Thoughts 4-5

Language Camp. 6-7

More Local 8-9

Etc. 10-11

Health News 12-13

Legal News.. 14

Cadotte Cutlass.. 15

13 Moons 16-17

Community News 18-19

Calendar 20

1720 BIG LAKE RD.
CLOQUET, MN 55720
CHANGE SERVICE REQUESTED

Presort Std
U.S. Postage
PAID
Permit #155
Cloquet, MN
55720

Local news



A family taking a tour and learning more about colon health.

FDL Health fair

By Zachary N. Dunaiski

It's hard to believe that this year's Fond du Lac Health Fair was held 366 days after the horrific flooding that caused the 2012 health fair to be delayed until August. This year people were in

much higher spirits at the event and it was a great day for people to get together and learn important issues on health topics.

The general attendance seemed to be much higher even from the start. Booths were set up all throughout the

Ojibwe School. While most of the booths had good information, each booth also spent a lot of time and effort trying to make their booth the most exciting for everyone.

Children paraded around the school carrying buckets full of free gifts. Adults on the other

hand had a chance to sign up for important healthcare events such as blood sugar screening, blood donation, and even a membership to a gym. There were even prize drawings for those in attendance for some other fun toys and games.

If you didn't have a chance to

check out the health fair this year make sure to check it out next year as it's full of great information and makes for a fun day.

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
Language Camp.....	6-7
More Local	8-9
Etc.	10-11
Health News.....	12-13
Legal News.....	14
Cadotte Cutlass.....	15
13 Moons.....	16-17
Community News	18-19
Calendar	20

Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to: Fond du Lac News, Tribal Center, 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



A girl glueing the final touches of her card at the booth that was making "get well" cards.



The registration table at the health fair, the table had to be moved inside because of strong winds.



A few members of the community visiting a table during the health fair.



The blood sugar screening was an important area of the health fair.



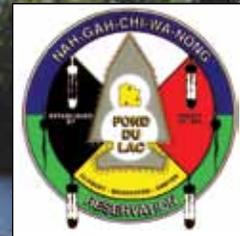
Members of the community were lining up all day to stop at as many booths as they could.



One girl getting her sheet signed at the Whole Foods Co-op table



Many prizes awaiting for someone to win and claim them during the health fair.



A few thoughts from RBC members

From the Chairwoman

The Fond du Lac Band, along with the Grand Portage Band, have started litigation against the Environmental Protection Agency (EPA) regarding their approval of a variance to the permit for mining company Mesabi Nugget in Hoyt Lakes, Minn. Since 2007, the Band has tried to work with state and federal agencies to address water quality problems caused by Mesabi Nugget operations. Mesabi Nugget admits that there are technologies available that would allow it to meet water quality standards for its discharges, meaning that no variance would be needed. The EPA is responsible for



Karen Diver

administering the Clean Water Act which obligates it to protect water quality. Mesabi Nugget has been discharging at 16 times the Minnesota limit for sulfate, which is set at 10 milligrams per liter, violating the Clean Water Act and state and Band limits on sulfates. Mesabi Nugget discharges into the watershed of the St. Louis River. The litigation is intended to compel the EPA to follow the law, and compel them to make Mesabi Nugget adhere to regulatory standards for water quality.

We hope that you enjoy your time at this year's Enrollee Days.

There were some unexpected staffing issues that arose during the planning process, and many employees really stepped up to

pull things together. Thank you to all of you for your efforts!

The Reservation Business Committee heard loud and clear from the community several years ago that there should be a strong message sent that behaviors that bring harm to the community should have consequences. There was an ordinance approved that prohibited felons who have offenses in drug distribution or violence from housing services for a 10 years period. Additionally, that the Band's exclusion ordinance be used to protect the community from felony level actions, and that Band members should not be exempt from exclusion.

The RBC has followed the wishes of the community, and by and large the community has supported these efforts.

The RBC all acknowledges

that making the decision to exclude someone for their actions is one of the hardest we have to make. We apply the ordinance because the individual's actions have been found to be a danger to the rest of the community, not to punish the individual. Sometimes, juveniles have been involved in these types of behavior. We have allowed juveniles to stay with their custodial parents, if that is allowed by the courts, but still be excluded from other Band lands. The RBC has received feedback at the last several open meetings that perhaps the exclusion ordinance should not apply to juveniles.

We have struggled with this issue because the exclusion is based on the criminal behavior, not age. Are the behaviors less dangerous because they were done by a younger person?

Of course, the hope is always that people will rehabilitate and make better choices in the future. That is why we allow Band members who are excluded to use the clinic and treatment facilities. We are interested in what other Band members may think about the exclusion ordinance in general, and specifically as it applies to Band members. Please feel free to get in touch with the RBC and let us know your thoughts.

Please feel free to call with questions or comments at the office (218) 878-2612, or cell (218) 590-4887. If you need to, leave a message and I'll call back as soon as I can. karen-diver@fdlrez.com

Boozhoo niiji,

We have finally gotten summer! The days are longer and the temperatures are higher. The long drawn out spring has put my lawn care quite a ways behind schedule. It has also put the summer youth program behind with their lawn care. In my journeys about the reservation I have seen the young people mowing lawns everywhere. They



Ferdinand Martineau

take pride in their work and do a fine job on each and every lawn that they are assigned. I know that the people that this service is provided to appreciate it as much as they kids do in doing it.

Last week there was discussion on the marriage amendment to the state's constitution. We have an ordinance that governs marriages. The ordinance does not have recognition of same sex marriages. We will

be faced with the question in the near future as whether we will change our ordinance to recognize these unions or whether to leave it as it is and not recognize them. If it were purely a legal issue it would be an easy one. If people choose to share their lives as one they deserve to have the same rights as anyone when it comes to the courts or medical care. They should be able to share in each other's wealth through insurance or retirement. We have in our employment policies already recognized domestic

partnerships and afford certain employment benefits that were not available outside of our organization. Since the discussion took place I have asked a few Band members the question, "Should we adopt this change to our ordinance?" The response has been equally split, yes we should or, no we should not. I would like to hear what your opinion is as we will be holding some public meetings to address this issue.

We have the final poster/flyer for enrollee days posted. It looks like there will be plenty

of activities for one and all. Several bands are scheduled to appear along with a fireworks display on Saturday evening. It should be a good time with the family and a chance to renew friendships. I hope to see you there.

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

Gigawaabamin.



RBC thoughts (continued)

Cloquet News

Hello All

The spring has been busy with graduations. We have had graduates from head start to college celebrating their hard work and success. I would like to congratulate each of you on your accomplishments.

As summer approaches, our staff is busy planning



Wally Dupuis

and preparing for upcoming events. The Enrollee Day events are scheduled as usual. Also, the Annual Kiwenz Park Language camp was on schedule and the volunteers were ready and held a successful camp. Some of the sponsors that made it all come together were Metro state, Duluth Public Schools, UMD, UWS, Superior public schools, and many more.

I would like to thank all of the sponsors and volunteers for making our language their priority. These are major events, which folks love to attend, and we are all looking forward to their success.

Our Black Bear Casino Resort has been marketing and booking boxing matches on a regular basis. We now have our own licensing to hold these events. We have also had a number of our Band members volunteer to be ring or cor-

ner inspectors and have been trained and certified as such. Boxing and MMA are becoming a main attraction for us and we are hosting big name fighters, which seems to be very beneficial in the Casino business.

Our Cloquet Community Center has been busy with their programming and activity plans for the summer. Programs such as GAP Camp and Prevention Intervention also use the facilities throughout the summer and they have as many as 150

youth attend at any one time. I would like to thank the staff of all these programs for their hard work. It is these programs that help in building a healthy community.

As always please contact me anytime with your questions, ideas, or concerns. Wally Dupuis, work (218) 878-8078 cell (218) 428-9828 or Email -wallydupuis@fdlrez.com

Sawyer News

The 5th annual Language and Cultural Camp was held at the Kiwenz Camp Ground in Sawyer last month, and the turnout continues to grow. Last year there were over 750 people in attendance, but that was eclipsed this year with over 1,200 people showing up to learn the intricacies of being Indian. Some of the activities included birch bark basket making, flute making, how to smoke meats, deer hide tanning, a plant walk outlining what plants can be used for medicine, a talent show, canoe races, and of course, language immersion. Thank you to all of the



David Tiessen Jr.

volunteers and attendees who continue to support this awesome event.

A Cultural Center is in the works for Sawyer, and hopefully ground will be broken for it next year. I am interested in hearing any input from the community in any possible designs or ideas that you may have to make it beautiful and efficient. Other items up for discussion are a baseball field returning to Sawyer, parks/picnic areas, and a possible farm or pumpkin patch.

If there are any ideas for this ongoing development, please, don't hesitate to speak up.

The monthly Community Meetings in Sawyer have been going well, though the turnout is a little better when potluck

is involved. This month's meeting will be held on July 18 at 5:30 p.m. at the Sawyer Center. It is a potluck, and it is open to anybody (not just Sawyer residents). A few months ago we had a meeting that focused solely on the drug epidemic, and I would like to revisit this topic at this month's meeting.

I have had numerous people talk to me about having a weekly or bi-weekly drug support group at the Sawyer Center. Nothing formal, just support from other community members for people who are having a hard time with addiction, and would rather not become involved in the traditional "treatment" approach to their addictions. I am all for this and if there is an interest, let me know. I will gladly offer my support and some space at

the Center. Sometimes, treatment doesn't work, and if another avenue will open people up to help, let's do it.

For anybody active on Facebook, I post job opportunities, special events, and any specialty classes (welding, construction, etc.) on my page as often as I can. I think social media is a great and effective tool to use to stay in touch with my millions of adoring fans (hee-hee), and get the word out to people concerning programs or jobs that may help out. I have toned down my swearing on Facebook so as not to offend, but in the place of swearing, I have added pictures of my new baby. So if you love cute babies and hate swearing, request me. (This is not a ploy to get more friends. I do post some good and timely info).

I have an office at the Sawyer Center. It is located on the youth side, and barring any kind of meeting or prior engagement (which are, regretfully, popping up lately) I will be there on Tuesday mornings from 8 a.m.- 12ish p.m. and Friday afternoons from 12 p.m.- 4:30ish p.m. 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 david-tiessenjr@fdlrez.com, or call my work (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Holla if you hear me!

LANGUAGE CAMP

Language camp an even bigger success than last year

By Zachary N. Dunaiski

It has now been 5 years at the Kiwenz Campground in Sawyer, Minn. that the Language Camp has occurred, and a lot of that is hard work from Pat and Jim Northrup as well as Rick Gresczyk, who have been cofounders and coordinators for all 5 years.

While last year's camp was a big success with over 700 people, this year 1,254 people registered for the 4 daylong events. While many of the campers were from the Midwest (mostly FDL Band members) the attendees also included a person from Norway and another from Germany.

"They [Rick, Pat and Jim] saw a need for a place for people to gather and practice language skills. That piece of our culture is kind of a huge deal," Rebecca St. George, a multi-year attendee of the Language Immersion Camp, said of the weekend's events. She didn't exactly know how the camp got started and as we discussed it, it isn't really important to most of the campers exactly how the camp started, but all the campers enjoy the camp. "This camp would be a good way to just immerse people in it, so that they are doing activities, and talking, and learning the language from people."

St. George has gone to the camp for most of its 5 years of existence, but what made this year special was that her father, Bernie St. George also came with her.

"This was the first time my

father went to it, and honestly we kind of had to talk him into it," Rebecca said. She knew that her father would really enjoy it, but also knew exactly why he wasn't excited to participate at first.

"Part of it being that it's called a "language camp" because he was a little nervous that he was going to be expected to speak and understand the language. I think he understands more than he admits, but he's far from fluent."

Rebecca believes that part of the difficulty for her father was his upbringing. "He was raised by a boarding school survivor and all the baggage that goes along with that. But both he and my older brother were there for the first time, and they just loved it."

Bernie St. George was the oldest attending member at this year's language camp. Bernie turns 81 in July, but that won't stop him from making plans for the 6th annual camp.

"My father and I used to canoe a lot when I was a kid, he was always my canoeing partner. I might even have him talked into doing a race with me next year because he was pretty sure that what I needed in my race was someone who could steer really well, which is his expertise," Rebecca said.

For those who have attended the language camp multiple times, there are certain things to expect, and for Rebecca they were things to be excited about.

"Personally, I'm a little bit boring because I've always

stuck with the basket making with Jim [Northrup]. It's not something I do the rest of the year, but it's the thing that I look forward to at the camp," St. George said.

Rebecca said that she's worked every year at getting better at her birch bark basket making skills, but admitted that this year she didn't put enough time into her basket. But it's still something she's done since the second year of the camp when her daughter helped her make her first basket. Ever since then, she's been hooked.

"There is something about the atmosphere in that area that is created," St. George said of why she always goes back to making baskets with Northrup. "It's a very difficult thing to do, I think. It doesn't come naturally to me anyway, and it's a really the way people talk while they're there. It's a communal good thing. You can see that people are just pleased."

While she did have difficulty with her basket this year, she did notice how her past work on baskets came back to her.

"Jim talks about muscle membrane, and I'm just paraphrasing here, but it's true, when I started doing pieces of it this year my hands seemed to remember what I had done before, and that's kind of a neat thing."

While St. George claimed that her two favorite activities during the weekend are birch baskets and canoeing, her voice filled with excitement while speaking about the an-

nual powwow.

"The thing that I missed this year, but I think is a really fun part of it is the powwow that they do and how they do that. I think it's a really wonderful thing. It's not like the big show powwows where people go. This is, to me, what it's supposed to be about, a community gathering and people just having fun.

While all the activities are fun for the campers, it's a great opportunity for people to come together and learn the language.

"The language piece itself is a big deal in understanding who we are and how we think," St. George said. "The loss that we've suffered from how many people don't speak the language says a lot. So it's important to have a place where people can go and listen to and hear it. I think that's important, not just for future generations, but to see some of the older people there who maybe haven't heard the language spoken in a long time. But they have some memory of it, and you can see that it brings kind of a joy to them. It also gives the children something to hear and something to work with." The language camp is great for people of all ages, but it's also important to keep the language alive.

"With the language it's more than just a different word for everything, in a lot of ways it's a different way of thinking. The camp is such a positive thing that's grown, you can see it's important just because it keeps

growing."

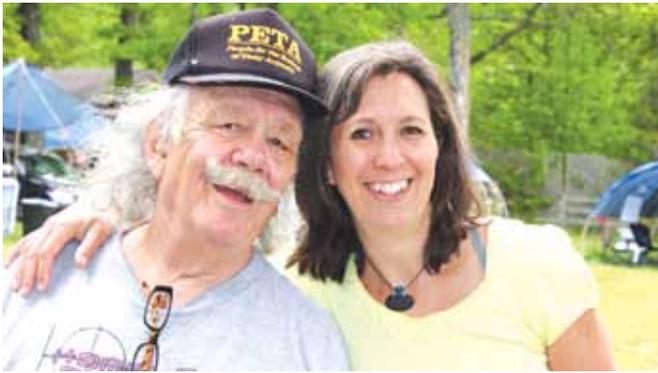
People who attend the camp always have such great experiences which is what makes them want to come back.

"We have a lot of positive things going on in our community and sometimes we forget to notice that. And this is a really good gathering spot for people to come and remember that," St. George said.

Rebecca who has been to 3 of the 5 years of this camp has enjoyed herself more each year that she has gone. She hopes to be able to go for many years to come and would like to thank those who help put this camp on every year.

"The people who put this on just do an amazing amount of work. It's not something that I personally have worked on, but I know that it takes a stunning amount of work and they're not making money at it, they're just doing it for the love of it. That's a great thing for our community and I think we're really lucky to have that."

"They also provide materials, it's not just time, its material, and food, and cooking, and everything. As well as bringing in speakers from all over the country," Rebecca said. It isn't just a few people who put this together either. From the 3 founders to people who help set up, fundraise, and teach, many people help put this terrific event on each year.



Rebecca St. George and her dad, Bernie, at the camp. Bernie St. George is the oldest person to attend the camp and turns 81 in July. Photo courtesy of Ivy Vainio



Charlie "Tuna" Nahgahnub and his wife Pam, from Sawyer, in the potato dance on Saturday night. Photo courtesy of Ivy Vainio



Dr. Arne Vainio doing his mad science experiments on Saturday afternoon at the language camp. Photo courtesy of Ivy Vainio



Zac Earley is working a deer hide tanning demonstration



Fluent speaker Ted Atatise, from Lac la Croix Reserve, took a break from teaching Ojibwemowin to make a flute.

Local news



Jim Bassett and his son Eric, donated the moose head that the two of them shot and were presenting friends and family with a plaque that will now hang with the moose head at the Fond du Lac Museum.

FDL Museum receives moose donation

On behalf of our Bassett family, my sisters (Jeanne Polo and Lee Ann Nicholson) and I (Jim Bassett) would like to present this moose head that was shot by my son, Eric and me. We are donating in the honor of our parents, Everett and Lorraine (Lemieux) Bassett to the Fond du Lac Museum.

In attendance at the dedication were:

- Jim and Linda Bassett, Cloquet, Minn.
- Eric, Barb, Ben and Sam Bassett-St. Anthony Village, Minn.
- Troy, Joey, and Helen Bassett-Fort Wayne, Ind.
- Jeanne (Bassett) Polo-Coquet, Minn.
- Lee Ann (Bassett) Nicholson-Amery, Wisc.
- Annette and Roy Hudson-Pensacola, Fla.-Annette is a cousin to Jim, Jeanne, and Lee Ann
- Patti Evren-Grand Rapids, Minn.-Patti is a cousin to Jim, Jeanne, and Lee Ann

FACE 5K hosts runners for its second year

The Fond du Lac FACE Program hosted the 2nd Annual FACE 5k Fun Run and 2k Walk on June 1. The event was attended by 104 participants.

There were 31 people that ran the 5k. Another 73 adults and children walked the 2k. This year's turnout was a bit lower than last year, however, runners and walkers that participated had a wonderful time and said the weather was perfect for the event.

The Fond du Lac FACE team would like to thank everyone that participated and everyone that helped to make the event a success. They would also like to say a special thank you to Fond du Lac Police Officer, Mr. Mel Barney, who ensured the safety of all

participants and spectators during the event. We appreciate his presence and hope next year he will be able to run the 5k.

Special thank yous to both

Jennifer Trotterchaude and Teddy Paulson, for all their hard work and support; in bringing the 5k back this year. Thank you to Chairwoman Karen Diver and the RBC for making this event possible. We would also like to thank; the LCO FACE Team for coming to assist with the 5k, FDL Construc-



Lee Brown, the overall winner of this year's FACE 5K ran the 5K in 21:15.

tion for providing barriers, Tagwii and Diabetes Prevention for their contributions, and FDL Transportation for the buses that transported and helped to keep our runners and walkers safe

The overall fastest time was Lee Brown, with a time of 21:15.09. The top three finishers in each category were:

Men 0-18

Conner Houle 22:40
Jalen Paulson 24:10
Hunter Jaakola 26.40

Men 19-30

Lee Brown 21:15
Ryan Sam 36:31
Ryan Linblad 52:11

Men 31-49

Jackson Ripley 27:58
Scott Balut 29:12
Rick Trotterchaude 31:18

Men 50 +

Steven Davidson 24:55
David Paulson Sr. 36:29

Women 0-18

Lena Arnold 35:04
Adrianna Pollak 38:26
Emily Trotterchaude 38:27

Women 19-30

Tia Pollak 33:26
Savannah Pollak 52:11

Women 31-49

Sherri Spillers 29:04
Crystal Brown 29:45
Kathy Gaffke 42:49

Women 50 +

Corrine Beaufeaux 30:16
Michelle Omundson 31:46

When to call 911

The Fond du Lac Police Department has been swarmed with many unnecessary calls, and they are encouraging people to call 911 even in non-emergency situations.

FDLPD would like to encourage everyone to call 911, for anything from issues with animals to assault. After speaking with members of the police department the newspaper staff has learned that too many people are calling and leaving

messages of both emergencies and non-emergencies. I even learned that people were leaving messages of events that needed immediate police assistance. Please, to help keep yourself as well as the rest of the community safe, call 911 in any emergency.

The FDLPD number is only staffed during regular business hours, and the best way to get in contact with a member of the police department is to call 911 and state that it isn't (or is) an

emergency and that you need to talk to the Fond du Lac Police Department. If you just call the police department directly, your request may not be met or even heard for several hours.

For those currently involved in an active investigation, towing, or needing records can still call the FDLPD, in all other situations you need to call 911.

School clothing checks to be mailed in August

School clothing assistance checks will be issued to enrolled children in the beginning of August for the 2013-2014 school year. The amount of assistance is based on your child's age as of Sept. 1:

- 3-6 years of age \$250
- 7-12 years of age \$300
- 13-17 years of age \$350

Enrolled members over age 16 or less than 6 years of age as of Sept. 1 must provide proof of school enrollment to Rita Ojibway. Checks will be issued directly to each child, so please make sure that their mailing address is correct.

For program information, call Rita at (218) 878-2619; for address changes, call Patti at (218) 878-2674, or Sharon (218) 878-7496.

Greensky legal notice

To the heirs of Florence Greensky and other interested parties: A distribution hearing for In the Matter of the Estate of Florence Greensky, PR-002-12, has been scheduled for Monday, August 5, 2013, at 10 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minn.

The following individuals have been identified as potential heirs and have not been located for service: Amanda Greensky, Shannon Greensky, Brett Porter, and Nicholas Benjamin. Those individuals should provide updated contact information to the Personal Representative, Ardith "Sweedy" Carlson, 865 Salmi Road, Cloquet, MN 55720, (218) 879-0305.

Summer food program

The Fond du Lac Ojibwe School is participating in the summer food program. Meals will be provided to all children without charge. Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, gender, age, or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the Fond du Lac Ojibwe School, Brookston Center, and the Sawyer Center from 11 a.m. to 1 p.m. Monday through Thursday Starting June 10 and ending Aug. 14. Adults will be charged \$3.50.

Any person who believes he or she has been discriminated against in any USDA related activity should write immediately to USDA, Director, Office of Civil Rights, 1400 & Independence Ave, SW, Washington, DC 20250 - 9410. Or Call (800) 795-3272 or (202) 720-6382 (TTY).

Veterans Supportive Housing grand opening

The Veterans Supportive Housing is hosting a grand opening of their new facility at 2 p.m. Friday, July 12. The facility is located at 1569 Zhimaaganishag Road.

Fond du Lac Supportive Housing

Now accepting applications for our efficiency, one, two and three bedroom apartments and townhomes.

To qualify, applicant(s) must meet the definition of Long Term Homeless.

For more information and an application, please contact MetroPlains Management LLC. 18.878.2683 or fonddulac@qwestoffice.net or www.metroplainsmanagement.com

Equal Opportunity Housing

Nahgahchiwanong Enrollee Day 2013

Saturday, June 29, 2013

Registration for drawing ticket and \$10.00 casino coupon.

Cloquet Center ENP Classroom

Thursday, June 27th 12:00p.m. - 8:00p.m.

Friday, June 28th 8:00a.m. - 8:00p.m.

Saturday, June 29th 8:00a.m. - undl drawings are complete

Drawings for

\$500.00 cash certificate

200 tickets will be drawn

Saturday, June 29th at 1:00p.m. in the Tribal Center Gym.

(Do not have to be present to win)



DINNER

Will be served at the Ojibway School Gym from 2:00pm to 6:00pm Saturday, June 29th.

Friday June 28th

"Old Timers" Softball 6:00pm

35 years and older

Contact Rhonda Petite

(218) 878-8189

Mini Powwow 5:00pm

Contact Jarvis Paro

(218) 878-8179

Crooked Arrows

Family Outdoor Movie

Movie begins at dusk at the football field.

Saturday June 29th

8:00am Softball Tourney

Golf- Black Bear

Bingo- Black Bear

**9:30am 2k Walk/5k Run
Headstart gym**

**11:30am Enrolled Youth
Drawing**

12:00pm Doucette's Inflatable

1:00pm Drawings T.C. Gym

1:30pm Entertainment

2:00pm Dinner O.J.S. gym

10:15pm Fireworks

Entertainment

JR Redwater- Comedy

1:30-2:15

Three Cowboys and an Indian

3:00-4:30

Manny B

5:00-6:30

Westside

7:00-8:30

Headliner

Jupiter

9:00-10:15

Drugs & Alcohol prohibited. People who are banished from the Reservation will not be allowed to participate but their name will be submitted into the absentee drawing.

For more information contact Bryan Bosto at 218-878-8048 or by email bryanbosto@fdlrez.com

Etc.

AVANCE 0-3 Parent Program's Recruitment Time

Betty Anderson, Parent Educator/Coordinator

Congratulations again go out to all of our 2012-13 graduating families. The AVANCE staff enjoyed getting to be a part of each family that participated. Our parents continued to encourage us with their commitment to the program. We are looking forward to 2013-14 running from Sept. 2013 to May, 2014. AVANCE continued effort to strengthen parenting skills to enrich and support the family unit is so important to raising healthy and happy families. We all are aware of the obstacles families as they raise their children. We are there to help you through some of those obstacles and everything is free (transportation, food, speakers, and events). If you are interested in finding out more about the program, please contact Betty Anderson at (218) 878-8121 or e-mail: bettyanderson@fdlrez.com. AVANCE will have a table at the following places and times to answer any questions you may have.

- Thursday, June 20, 4-7 p.m. at Fond du Lac Head Start Community Baby Shower, FDL Head Start Gym
- Friday, June 21, 9 a.m.-3 p.m. at Fond du Lac Health Fair, FDL Ojibwe School
- Tuesday, July 9, 12-3 p.m. at CAIR's WIC Building 215 (during WIC pick-up)
- Thursday, July 11, 1-3 p.m. at Brookston's Community Center
- Wednesday, July 17, 1-3 p.m. at Sawyer's Community Center

We hope to have the opportunity to meet with you at any one of the locations or by simply calling and/or e-mailing me.

News from the veterans service office

The 20th Veterans Powwow will be held at the Mash-ka-wisen powwow grounds. The dates are July 12, 13, and 14. This year we are going to honor the founders of the powwow and the first veterans committee. We are also looking for veterans to work the powwow. If interested, please call Brenda Rice at (218) 878-2698 or Chuck Smith at (218) 878-2670.

- Friday grand entry 7 p.m.
- Saturday grand entry 1 p.m. and 7 p.m.
- Sunday grand entry 1 p.m.

The Fond du Lac Reservation transit will be providing transportation to the powwow from the casino/hotel on Saturday and Sunday at 11:30 a.m. Also should anyone need a ride from the transit service area for any of the three days of the powwow, please call (218) 878-7500 to schedule transportation.

The FDL Reservation Veteran Supportive Housing will be having a grand opening on July 12, 2013 at 2 p.m. Our facility is the first of its kind to be built on a reservation. Please show your support for our veterans and attend the grand opening. A tour of the facility will be offered after the grand opening ceremony. We will also have applications available to eligible homeless veterans. If family members or friends are aware of any homeless veterans in need of shelter, please contact Chuck Smith at (218) 878-2670.

MCT Finance Corporation looks for Economic Development Program Director

Located at the Minnesota Chippewa Tribe Office Building in Cass Lake, Minn., the Economic Development Program Director is responsible for oversight and coordination of all business development activity for the Minnesota Chippewa Tribe Native American Business Loan Program and Economic Development. Must have experience in grant writing and business loan underwriting. Position reports to Finance Corporation Director. Bachelor's Degree in Business Administration or related field preferred. A base pay of \$23.78 hr with full fringe benefits in a beautiful office setting. Open date: Wednesday, July 3, 2013. Closing date: Wednesday, July 17, 2013. Send resume/application and list of three professional references to: Brian Brunelle, Director of Administration, The Minnesota Chippewa Tribe, P.O. Box 217, Cass Lake, MN 56633. EEO-American Indian Preference.

The GED is changing

Have you or anyone in your family taken part of the GED test in the past few years? If you can answer yes to this question, then you need to seriously think about finishing it this summer. Starting in January 2014, there will be a new test and all old

scores will be gone. Currently any test scores taken between 2002 and now still can be applied to getting your GED.

For more information and to be put in contact with an instructor, call Joan at (218) 878-2658. Even if you live out of the area, we can help you find a GED class near you.



WKLK to extend signal

The FCC has approved an upgrade for WKLK-FM/96.5 (Cloquet). The classic rock station, owned by the Fond du Lac Band of Lake Superior Chippewa, will upgrade from 25kW to 36kW but keep its current transmitter site and antenna height of 96m. The upgrade should slightly improve WKLK-FM's signal to Duluth, which is hampered by hilly topography and intermodulation.

Child car seat safety clinic

There will be a child car seat safety clinic held Monday July 15 from 1 to 3 p.m. at the Cloquet area fire district station #2 located at 2779 Big Lake Rd. Families are welcome to stop by the car seat clinic to

have their child's car seat inspected by a Certified Car Seat Safety Technician. The technicians will make sure the car seat is properly installed and will answer any questions or concerns about car safety.

No appointment is necessary, but it is a first come first serve basis. Please allow up to 30 minutes per seat check. If you have any questions you can contact Sarah Buhs (218) 499-4258.

Our children are our future

Fond du Lac Social Services is currently accepting applications for foster care homes. Open your home and change a child's life forever.

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

For more information on becoming a foster parent, please call (218) 879-1227.

Carlton County Stampede coach thanks Band members

A big thank you to the following gentlemen who played Semi Pro Football for The Carlton County Stampede this season (Apr.-June). The Stampede is one of eight teams in the Mid West Premiere Football League. As the season comes to a close we give homage and wish them luck in their endeavors.

J.R. Blackwell, (Grand

Etc.

Portage/Fond Du Lac Reservations) Blackwell is a team captain and starting middle linebacker. In fact, Blackwell leads the entire league in total tackles. He plays special teams as well.

Dewey Dupuis Jr. (Fond Du Lac Reservation) Dupuis is a team captain and plays safety. He is one of the top tacklers and has the league lead for interceptions. Dupuis also plays on the offense and special teams.

Dominic Johnson-Fuller (Fond Du Lac Reservation) Johnson-Fuller has started and dominated on the offensive line all season as center, guard, and tackle. The Dominator also plays special teams and defensive line.

Davalance DePoe (Turtle Mountain Reservation/Cloquet) DePoe is the offensive coach for the Stampede.

David Leal (Bad River Reservation, Wisc.) Leal plays on

the offensive line, defensive line, and on special teams. Mr. Leal has made key blocks that were vital to the success of the offense.

Branden King (Fond Du Lac Reservation) King plays offense and defense.

Jason Anderson (Fond Du Lac Reservation) Anderson also played on offense and defense.

Joey Martin (Bad River Reservation, Wisc.)

Darren Powell (Fond Du Lac/Bad River Reservations)

Christopher King (Fond Du Lac Reservation) King is a master football coach and has won several championships on various levels ranging from elementary to high school and all the way up to semi professional. For more information contact Coach King at (218) 206-5556 or ogichidawarrior@yahoo.com

Memorial Day for Tekakwitha

Sunday, July 14 the diocese and Catholics from the Native Communities of Red Cliff, Lac Courte Oreilles, Bad River, Lac du Flambeau, and St. Croix are celebrating the first Memorial Day for Kateri Tekakwitha, the first Native American saint.

At 3:30 p.m. a play will be performed about the life of St. Kateri. A special outdoor mass celebrating her memorial day, incorporating some aspects of Native spirituality will take place at 4 p.m. A feast and Powwow will follow beginning at 5:30 p.m.

The festivities are taking place on the Lac Courte Oreilles Reservation at St. Francis Solanus Church grounds 13891 West Mission Rd. in Stone Lake, Wisc.

FDL Ojibwe school football

Coming August 12, Ojibwe School football, for more information log on to the team website www.teamonthree.com/fdlfootball

Family Camp

August 6, 7, and 8 Age to Age will host a family camp at Kiwenz campground. Call Deb Topping for more info (218) 878-8053

The Transportation Corner

The transportation department continues to make strides in improving services to the community as a whole. The upward trends continue to grow in areas including ridership, weekend services, and other resources and activities that make our vehicles safe and affordable. The transportation team is in the process of revamping the deviated fixed route in an effort to improve services. Therefore, the department will be holding a meeting to discuss and devise routes and schedules.

Representatives from the key pick-up points are encouraged to attend and/or submit their opinions on matters related to the deviated fixed route schedules. The meeting will be held on July 15 in the transportation building. For more information contact the transit office at (218) 878-7500.

We'd like to thank the community for their patience in understanding how much volume we at transit actually handle on a seven day basis. We will continue to strive to improve services at every corner and will go the extra mile.

Elder's corner

Elder activity fund board is looking for 2 volunteers from the Cloquet voting district and 1 from the Brookston voting district to be part of the committee that plans activities for elders. Volunteers must be Fond du Lac Elders who are 52 and older.

On Aug 13 there will be a bylaw meeting from 11 a.m. to 2 p.m. in the CCC back room by the library. All are welcome and if you have questions contact Russ Savage (218) 878-1134.

Wisdom Steps is hosting a Wii tournament in the CCC every Monday in July at 8:30 a.m. during elder exercise. Sign up to win prizes, have fun, and exercise.

On July 9 from 9-10:30 a.m. at MNAW will host a foot clinic for elders, diabetics, and anyone who has a hard time clipping their toe nails. The same foot clinic will be held at CAIR on July 19 from 10-11:30 a.m. A meeting and speaker have yet to be announced.

On July 18th from 11 a.m. to 12 p.m. Wisdom Steps will host their monthly meeting at BCCR Buffet. Anyone attending will have to pay for their own food. If you have questions, call Deb Topping (218) 878-8053.



Champs Chicken going strong

The Fond du Lac Gas and Grocery store has had success selling Champs Chicken since it opened Apr. 29. They would like to inform people that in just a few short months they have perfected their craft and encourage people to come in and try some chicken.



Health News

Cholesterol

By Kara Stoneburner, RDL, Public Health Dietitian

Cholesterol is a waxy fat-like substance found in your blood. Your body makes some cholesterol, but it is also found in certain foods (foods from animals, such as dairy products, eggs and meat).

The body needs a certain amount of cholesterol to make hormones and build healthy cells, but too much cholesterol in your body can lead to health problems like heart disease. There are several common types of cholesterol

- LDL (low density lipoproteins), also called bad cholesterol, can cause a build-up of plaque on the walls of the arteries increasing your risk for heart disease
- HDL (high density lipoproteins) is also called good cholesterol. HDL cholesterol helps the body get rid of the bad cholesterol in the blood. A higher level of HDL cholesterol is better for your health
- VLDL (very low density lipoproteins) are similar to LDL cholesterol
- Triglycerides are a type of fat that are carried in the blood by the VLDL

Risk factors for high cholesterol include smoking, obesity, poor diet and lack of exercise, age, heredity, certain medications, high blood pressure, diabetes, and family history of heart disease.

Things you can do to improve your cholesterol levels include:

- Lose weight if overweight or obese

- Exercise regularly
- Don't smoke or quit smoking
- Eat heart-healthy foods
- Eat healthier fats- more monounsaturated and polyunsaturated fats such as olive, canola, safflower, peanut, corn and sunflower oils
- Eliminate trans fats
- Limit dietary cholesterol by using low-fat or fat free dairy products, replace a meat dish with a bean dish, eat more fish (cod, tuna, salmon and herring for example) and eat less baked goods and crackers containing trans fats
- Increase fruits and vegetables
- Select whole grain options more often
- If you drink alcohol, do so in moderation
- Take medications as prescribed by your health care provider

Everyone over the age of 20 should have their cholesterol tested. According to the American Heart Association, total cholesterol levels should be <200mg/dL. HDL levels should be 60mg/dL and above. HDL levels <40mg/dL for men and <50mg/dL for women are a major risk factor for heart disease. Optimal levels for LDL cholesterol and triglycerides are <100mg/dL. Consult your health care provider for specific recommendations on your own cholesterol levels as they may need to be adjusted according to your health history.

Biomonitoring chemical highlight: triclosan

Triclosan is an antibacterial chemical found in many household items, the environment and people.

Triclosan has been used for more than 30 years as a preservative and a broad-spectrum antimicrobial agent. It is added to many common household and personal care items to kill germs, and resist mildew and odors, as well as extend products' shelf life. Examples of products that contain triclosan are: liquid soap, mouthwash, acne medication, cosmetics, deodorant, lotion, toothpaste, dishwashing liquids, plastics, and textiles.

Triclosan can get into a person's body. When they use products with triclosan, small amounts can be absorbed through the skin or mouth. Triclosan usually does not stay in a person's body very long. A urine test can estimate the amount of triclosan a person has been exposed to recently from all sources they have contacted. Many people have triclosan in their bodies. Scientists found triclosan in the urine of nearly 75 percent of people six years and older who took part in the National

Health and Nutrition Examination Survey (NHANES) in 2003-2004.

Simply finding triclosan in a person doesn't mean that they will get sick from it. The effects on human health from small amounts of triclosan (such as those in the environment) are unknown at this time. Some products containing triclosan have caused skin irritation, but this has been rare. Because recent scientific studies have raised questions about whether triclosan might pose hazards to human health, more research is needed.

Current regulations allow companies to use triclosan in their products. However, it isn't a necessary ingredient in many products. There is no evidence that triclosan provides extra benefits. For example, anti-bacterial soaps and hand sanitizers use triclosan as the active ingredient to kill bacteria and other germs - which "plain" soap and water can also do.

Other studies have raised the possibility that triclosan may contribute to making bacteria resistant to antibiotics. Increasingly widespread

use of triclosan in common household products may encourage growth and greater numbers of germs that can resist antibiotics.

Triclosan can also affect the natural environment. It mainly enters the aquatic environment in wastewater because water treatment does not remove all of it. This means it can end up in lakes, rivers, and water sources where it potentially may harm fish and other organisms. You can read about a University of Minnesota study that found triclosan in Minnesota waters at: <http://www.mndaily.com/2013/01/23/u-research-finds-antibacterial-ingredient-minnesota-lakes>.

The Minnesota Department of Health's recommendation is to avoid the use of products containing triclosan at home because of possible risks and few benefits. Anyone who is concerned can choose items that don't contain triclosan. To avoid triclosan, read product labels and ingredient lists before buying.

Health News

Useful tips to help you quit smoking

Rozanne Hink,
*Certified Tobacco Cessation
 Educator, FDL Community Health
 Services*

When it comes to a discussion about quitting smoking, it is not an easy thing to do. However, if you are provided with information, support, and useful resources including a quit plan, it can work. Fond du Lac has trained educators that can help you be successful in becoming and staying tobacco free. Don't let past quit attempts stop you from starting a new quit plan. Often, it can take several attempts before you are tobacco free. Time is also important when you are thinking of quitting commercial tobacco. It can take up to 6 months to a year to be totally smoke-free. It is for your benefit to be patient with yourself. Below, are some reasons why a person may relapse after they have tried to quit smoking. However, there are some things you can do now to prevent relapse. I hope you find them helpful, and if you feel you are ready to quit please call me so we can start you on your journey to quit smoking.

- Spend more time with people who have quit smoking themselves or never smoked
- Instead of sitting outside on a nice day with the smokers, take a walk with a co-worker or friend
- Avoid social settings where alcohol is served. Even if people have to go outside to smoke when at a restaurant or sports bar, people can still smoke outside, just seeing someone with a cigarette or smelling one can be enough to temp you into thinking it won't hurt to "just have one"

- Find a new hobby or maybe start one up again
- Check out the websites provided below to get lots of fun and good ideas to deal with triggers and avoid relapse
- Having trouble sleeping
- Feeling irritable, or crabby and on edge
- Having difficulties concentrating and thinking clearly
- Feeling restless or anxious
- Fear of gaining weight and feeling more hungry than normal
- Feeling down or sad

Withdrawal symptoms can be reduced or avoided with a nicotine replacement therapy plan. Some withdrawal symptoms include:

According to a 2010 report of the U.S. Surgeon General, nicotine is a highly addictive drug. It is this addiction that keeps people smoking even when they want to quit. Just like cocaine or heroin, nicotine changes the way your brain works and thus, causes you to crave more and more nicotine. The powerful cravings make it difficult for you to think of anything else. And smoking can cause both physical and mental addiction. Moreover, there are more than 7000 chemicals in a commercial cigarette.

Fortunately, there are strategies you can learn to overcome the cravings, along with nicotine replacement therapies and alternative therapies. These methods can help prevent or lessen withdrawal symptoms when you begin the journey of quitting smoking.

- Learn what your triggers are:
- Stress is a big one and learning ways to deal with it can be very helpful while you are learning to quit
 - Spending time (breaks at work or social gathering) with other smokers or living with other smokers is not only a trigger but

- a barrier to quitting smoking
- Alcohol is a trigger, too. When you are under the influence of alcohol, your ability to think clearly may be impaired and you may forget that cravings pass within a few minutes, and you won't need to have a cigarette
- Depression is a trigger often overlooked that many smokers share
- Last but not least are big events in a person's life; such as a death in the family, new member in family, divorce, serious illness of self or other close person, just to name a few examples

There is no need to suffer alone when you decide to quit smoking. There are trained counselors to help put together a plan that can work for you. One plan is not for everyone as we are all individuals with our own likes and dislikes, personalities, and our unique ways of dealing with change. If you have been thinking about quitting, please feel encouraged to call and schedule a time to meet with a counselor. There is no reason to make a change alone through this challenging time. You have a lot more to gain by quitting than continuing to harm your body by those 7000 chemicals in the commercial cigarettes.

Resources to check out on the internet regarding smoking cessation:

- www.cdc.gov/Vitalsigns/Tobacco
 - www.Clearwaymn.org
 - www.stillaproblem.gov
 - www.smokefree.gov
 - www.cdc.gov/Features/SmokingCessation
- Contact Information: Rozanne Hink, Tobacco Cessation Educator
 Min No Aya Win Clinic: (218) 878-3726 or CAIR: (218) 279-4064



Healing Circle run/walk; July 13-19

The 2013 Healing Circle Run/Walk continues to be a prayer for healing. During the 2001 Healing Journey Run, participants were told of a teaching on healing – “for a nation to heal, it must begin with the individual. As a person heals, then that person can help heal his/her family. As a family begins to heal, they can help heal their community. As communities heal, they can help the nation heal. As nations heal, they can help Akiï (the earth), our plant, and animal relatives to heal.” The 2013 Healing Circle Run/Walk is an opportunity for people to come together to pray for healing for themselves, their families, their communities, their nation, and Akiï.

The 2013 Healing Circle Run/Walk will occur from July 13-19. The run/walk will connect eight Ojibwe reservations in northern Wisconsin, Michigan, and Minnesota starting at the Lac Courte Oreilles Reservation and ending at Lac du Flambeau on July 13 (Day 1), then ending at Mole Lake on July 14 (Day 2), at Lac Vieux Desert on July 15 (Day 3), at Bad River/Red Cliff on July 16 (Day 4), at Fond du Lac/Black Bear Casino on July 17 (Day 5), at St. Croix on July 18 (Day 6), and at Lac Courte Oreilles on July 19 (Day 7).

For those that would like to run/walk on behalf of FDL please contact Veronica Smith at (218) 878-2681.

FDL Law Enforcement news

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

- May 1 Black Bear reported damage to a room. There were some drawers pulled out and on the floor, a lamp was on the floor, and a coffee pot was in the sink. Referred to County Attorney for review
- May 1 Drive-off at the Gas and Grocery for \$20.00 cited
- May 1 Report of a suicidal male, he was taken to hospital for a psychiatric evaluation
- May 1 Traffic stop Mission and Moorhead, officer patted down driver located case in front sweatshirt pouch with three or four needles in it and spoon with white residue. Driver was arrested
- May 2 Traffic stop Hwy 210 and Black Bear, located marijuana in purse cited for small amount of marijuana
- May 2 Report of a disturbance in the compound, officer's checked the area all was quiet
- May 2 Report of a fight in the BBCR hotel lobby. Both suspects were cited for 5th degree assault
- May 2 Report of a suicidal male near Mission Rd. K-9 track located male, and he was transported to Duluth Detox on a civil commitment order, breath alcohol level was a .405
- May 3 Traffic stop Hwy 210 and Black Bear, K-9 used, no indication of drugs
- May 3 Disturbance on Ridge Rd, one transported to Duluth Detox and cited for underage consumption
- May 3 Traffic stop on Brevator and Jarvi Rd, officer observed beer can under driver's arm, had driver park truck and call for a ride
- May 4 Traffic stop on Hwy 210 and Mission Rd, driver was cited for driving after revocation (DAR) and the vehicle was parked at the Sawyer store to wait for a valid driver
- May 4 Disturbance in supportive housing, assault victim was transported to the hospital, suspect was taken to jail for domestic assault
- May 5 Verbal argument in residence on Swanson Road, parties were separated for the night
- May 5 Report of an unwanted intoxicated person on Ridge Rd, officers transported person to different address
- May 5 Report of several individuals in a fight in Sawyer area, several people left before officers arrived. No one wanted to press charges
- May 6 Report of a stolen TV in Sawyer, under investigation
- May 6 Disturbance in the compound, one arrested for terroristic threats and disorderly conduct, several others cited for disorderly conduct
- May 8 Someone broke into house in Sawyer and took an Xbox and some games. Items were retrieved by law enforcement and returned to owner. Person was cited for possession of stolen property
- May 8 gas and grocery reporting a drive-off in the amount of \$10.00
- May 9 Observed an elderly disabled female standing at the corner of the MNAW entrance that appeared to be cold. She stated that she had an appointment at the Carlton County Services Building and stated that she was waiting for the Dial-a-Ride but they never came. She was given a ride to her appointment
- May 9 Report that a female shopping on Craigslist for an apartment was asked by the owner of the property to send pictures of herself and her family along with money. She was advised not to send photos of family or money to anyone she doesn't know. She was told to notify Craigslist about scam
- May 9 Report of a male sitting outside in parking lot of Assisted Living for over twenty minutes. Officers arrived and did not locate anyone
- May 9 911 hang up call from area of White Tail Dr. Officers checked houses and there did not appear to be an emergency
- May 12 Call to casino, a young male walking around refusing to give security his name. Male walked from Duluth was going to get a room at Black Bear but did not have photo identification, casino staff called him a cab and he waited in lobby until cab arrived
- May 12 Traffic stop Hwy 210 and Cary Rd, K-9 used and small amount of marijuana located, driver cited
- May 14 Theft of two kids bikes in the compound
- May 14 Call to Sawyer area, unknown person walking around in yard, officers did not locate anyone
- May 15 Officers observed a truck running on the side of Jarvi Rd male slumped over in driver's seat. Male became combative, tazers were deployed, male was taken to jail
- May 16 Gas drive-off at gas and grocery for \$22.56
- May 16 Received a call from BBCR security stating they had someone there on the banishment list. Person was located with his girlfriend playing on one of the machines. He was cooperative and issued a citation and released
- May 17 Traffic stop Hwy 210 and Lind Rd, driver cited for speeding
- May 17 Disturbance at supportive housing, there were people drinking and apartment was in disarray. No one at scene wanted to press charges
- May 18 Report of unwanted persons at residence in compound, officers arrived and they didn't want assistance
- May 18 Report of a break in at a residence on Big Lake Rd, several furniture items were taken
- May 20 Report of a disturbance at Sawyer elderly. Male located, extremely intoxicated breath alcohol was a .31
- May 21 Traffic stop Hwy 210 and Lammi Rd, driver cited for no proof of insurance and DAR
- May 22 Report of an unwanted person at a house off of Jarvi Rd, male was not located when officer's arrived
- May 22 Report of an unwanted intoxicated female at a house in Danielson area, female was jailed for 5th degree domestic assault
- May 22 Report of a burglary on Reservation Rd, a television and a carton of cigarettes was taken
- May 23 Report of intoxicated juvenile at treatment. Juvenile was taken to hospital then lodged at AJC per probation
- May 24 Report of neighbor trouble over a dog. Both parties were advised about the barking dog
- May 24 Report of domestic disturbance in supportive housing, female reported she threw a cup at the wall and she was advised about noise level in apartment
- May 25 Male covered in blood alerted BBCR security, he was very intoxicated and could not tell anyone what happened. He was out of control with officers and he was lodged in jail for disorderly conduct

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	LOCKE, Anna Marie
ANKERSTROM, David	MARZINSKE, Larry
BUDREAU, Deena	OJIBWAY, Jeffrey
CICHY, Gerald	REYNOLDS, Alexandra
CICHY, Leslie	SAVAGE, Torrence
DEFOE, Richard	SMITH, Jay
LAPRAIRIE, Robert	

Charles J. Cadotte and Zoe / Susan (Blair) Cadotte

Research by Christine Carlson

The Cadotte Cutlass – Story by John A. Bardon found at the Douglas County Historical Society

The sword herewith is probably over 200 years old. It came to us through the historically well known Cadotte family. Two members of the Cadotte family were fur traders and managers of some of the earliest fur companies, doing business along the Great Lakes. In the "Michigan Historical Collections" it tells the trading post here at Superior, or as they described it, "Fond du Lac". This Fond du Lac post was on the Bay of Superior in what is now a part of the City of Superior at the intersection of Winter and Bay Streets, or the base of Connor's Point. After the war of 1812, (in 1817) it was moved about 20 miles up the St. Louis River to the present site of Fond du Lac, just inside the city limits of Duluth. A bronze tablet marks the site and tells the story. Michael Cadotte was first directly in charge of the original post on the Bay of Superior. He was lovingly spoken of as "Grand Michael". He was known both for his business ability and knack of getting along with the different tribes of Indians. He was severe, but just.

During the War of 1812, two younger members of this family fought on the side of the British, apparently against their will, but because they had been for years previously in the employ of the British Fur Company. These swords came from

this branch of the family with undoubtedly a most fascinating history.

Charles Cadotte who long lived in Superior, later clerked in the store and trading post of Vincent Roy. In the winter time, there was in the warehouse perhaps a whole hog, bear, deer, or small beef. In order to facilitate the cutting of these, Mr. Cadotte got the idea that his old sword would be just the proper thing. It was. He used it as a cleaver.

I wonder what happened to the Cadotte Cutlass. I inquired at the Douglas County Historical Society and researcher Bob LaBounty looked for it. There were a couple of swords there but no identifying marks as to if one was the Cadotte Cutlass. If any family member has a photo of it or detailed description, please let me know and it can be properly identified. Thank you.

Parents of Charles Cadotte

His father is Augusting or Augustus Cadotte and his mother is Rosallie or Osagime Bourbonnais.

Parents of Zoe Blair

Zoe's dad was Joseph Bellair who was born in 1823. He died in July of 1856 in Superior, Wisc. Zoe's mom was Charlotte Brown also known as Bha-witig-oquay (FDL 269). She died in 1905.

From the Book Eye of the Northwest – 1890

Not many years ago Vincent Roy and Charles Cadotte (Cadeau) found many cedar posts just beneath the earth's surface while removing Chippewa graves from the base of Connor's Point; and whoever will look may still find at that point the straggling remains of the white thorn which we know was planted throughout the Lake Superior region by the Hudson Bay Company two centuries ago.

1880 Federal Census for Superior, Wisc.

Charles Cadotte was age 48 and born about 1832 in Wisconsin. He worked in a saw mill. His wife Susan was 25 years old. Their children are Joseph age 18, Frank age

14, Charles age 12, Ben age 10, Charlotte age 8, Maggie age 6, and a boarder by the name of Joseph Coke age 91.

1889 LaPointe Census for Fond du Lac

Family number 683 is Charles Cadotte age 45 and his wife Zoway is 38 years old. Their children are Ben age 19, Charlotte age 17, Maggie age 14, Mary age 8, and George age 6.

1903 Indian Census Roll for Fond du Lac

Family number 170 is Charles Cadotte age 68. His wife is Zoe age 60 and their son is George age 19.

Duluth News Tribune of Mar. 3, 1908

Charles Cadotte has sold to George Cadotte lot 382 West Third Street and to Ben Cadotte lot 384 West Third Street.

Funeral of Charles Cadotte on Friday – Evening Telegram 6-3-1908

The funeral of the late Charles Cadotte will be held Friday morning at 9 o'clock from St. Francis Catholic church in East End to Woodlawn cemetery. Rev. Father Eustace will officiate at the service.

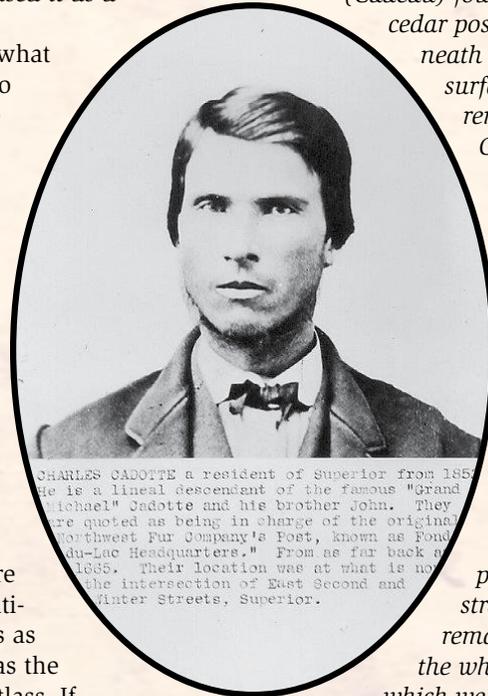
Mr. Cadotte was one of the oldest settlers in East End. He came to this city from Michigan in 1854 and settles in East End, where he has since resided. During the 54 years residence here the family has become widely known and respected. Mrs. Cadotte was taken ill and died two years ago, leaving her husband and a family of four sons and one daughter to

survive her. The daughter is Mrs. Charles Shrack of Duluth and the sons Benjamin, Frank, George, Joseph and Charles. Besides his children Mr. Cadotte leaves a sister who lives at Cloquet, Minn.

Mr. Cadotte was 68 years of age at the time of his death, yesterday morning at 7:30 o'clock. He was first taken ill last November. He ailed for some time with a cancer of the liver and a few weeks ago began to feel so badly that he was obliged to take to his bed. Prior to this he did considerable work for the city.

Information under the Charles Cadotte Photo from the Evening Telegram of July 15, 1954

Charles Cadotte – In 1794 J. B. Cadotte was the French-Indian trader who was in charge of the trading post on Connor's Point. One of his sons, Michael was active throughout the area, especially between the trading post here and at LaPointe. Benjamin, probably Michael's son, was prominent in the activity leading up to the filing of plats of the Superior townsite. The most westerly avenue on the first plat was named Cadotte (now 15th east). Benjamin was associated with the group interested in the platting west of that avenue. For many years the Cadotte home was occupied by the family just west of Cadotte Avenue on third Street. Charles was probably born there around Civil War time.



CHARLES CADOTTE a resident of Superior from 1855. He is a lineal descendant of the famous "Grand Michael" Cadotte and his brother John. They are quoted as being in charge of the original Northwest Fur Company's Post, known as Fond du Lac Headquarters." From as far back as 1835. Their location was at what is now the intersection of East Second and Winter Streets, Superior.

cedar posts just beneath the earth's surface while removing Chippewa graves from the base of Connor's Point; and whoever will look may still find at that point the straggling remains of the white thorn which we know was planted throughout

Ashi-niswi giizisoog (Thirteen Moons)

Aabita-Niibino-giizis

The new Aabita-Niibino-giizis, Mid-summer moon, begins July 8th. Other names for this moon are Miini-giizis, Blueberry Moon; Miskomini-giizis, Raspberry moon and Baashkawe'o-giizis, Flying moon.

Aquatic invasive species: coming to a waterway near you

By Tyler DeMenge,
FDL Resource Management Intern

Hi, my name is Tyler DeMenge; I am working at the Fond du Lac Resource Management Division as an Aquatic Invasive Species Intern. I will be working this summer out on the FDL lakes to help educate the community on the importance of keeping our waters free from aquatic invasive species. I'm doing this because I don't want any of the Minnesota lakes to be infested with invasive



Zebra mussels

species that could be potentially detrimental to the native species in the lakes. It's important to keep all the lakes clean and healthy.

A few of the ways you can help keep the lakes free of invasive species is when you are done fishing, drying, canoeing, etc., make sure that there is no water in the boat or canoe and that there are no weeds hanging from the boat and trailer.

Also you can make sure that all bait and live wells are emptied out and all boat plugs are taken out when you leave a lake, this is to ensure that any aquatic species hiding in the water stay at that lake.

Featured here are a few of the aquatic invasive species causing problems in Minnesota. See corresponding pictures.

We can all prevent the spread

of aquatic invasive species – learn what these invasives look like and follow the DNR's Clean/Drain/Dry procedures for your boat and other equipment that comes in contact with the water.

Eurasian Water Milfoil - typically has 12 to 21 pairs of leaflets. Milfoil spreads when a piece of the plant breaks off and floats on water currents to a different part of the lake or even to a new lake. The infestations caused by this plant can reduce lakeshore property values. Eurasian water milfoil displaces native aquatic plants, impacting fish and wildlife. The closest lake that has this plant is Chub Lake in Carlton, Minn. (from the MN DNR website).

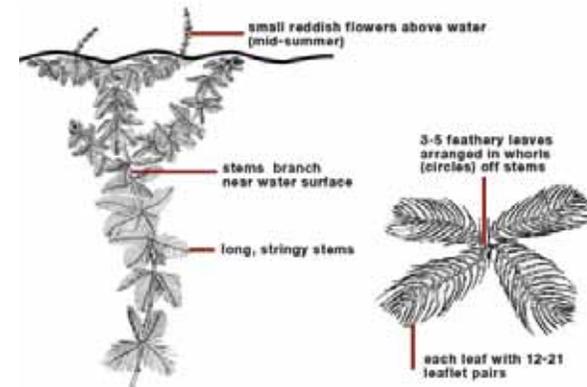
Zebra Mussels - have a dark and white (zebra-like) pattern on their shells, but may be any combination of colors from off-white to dark brown. Zebra mussels filter plankton from the surrounding



Eurasian Water milfoil

water. This filtering can increase water clarity, which might cause more aquatic vegetation to grow at deeper depths and more dense stands. If a lake has high numbers of mussels over large areas, this filter feeding could impact the food chain, reducing food for larval fish (from the MN DNR website). They can also clog water intakes. It's so hard to stop them because they produce microscopic larvae that float freely in the water column, and thus can pass by screens installed to stop them. The closest zebra mussel population is in the St. Louis River estuary.

Purple Loosestrife – seeds spread via moving water and form dense stands that crowd out native plants in wetlands and shorelines. Every year we hand-pull any loosestrife plants on the Reservation, and bigger stands can be reduced through bio-control using weevils. A large stand of purple loosestrife exists at the Hwy 33/I-35 interchange.



Purple loosestrife on storm water pond



Purple loosestrife locations

Purple loosestrife locations

0 0.5 1 2 3 4 Miles

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 and Fond du Lac Resource Management.

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 Races

African American(s)- Makade-Wiiaas(ag)

Asian(s)- Aniibiishike-inini(wag)

European(s)- Gichi-mookomaan(ag) or

Wayaabishkiwed(waad)

Indian(s)- Anishinaabe(g)

Source: [www.ojibwe.org/home/pdf/](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.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

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

Ojibwe Wordlist

Arm.....	Ninik
Back.....	Nipikwan
Ear.....	Nitawag
Eye.....	Nishkiinzhig
Finger.....	Nininjiins
Foot.....	Ninzid
Head.....	Nishtigwaan
Heart.....	Ninde
Hand.....	Ninij
Leg.....	Nikaad
Mouth.....	Nindoon
Nose.....	Injaanzh
Stomach.....	Nimsad
Toe*.....	Niibinaakwaanzidaan
Tongue.....	Nindenaniw

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

Source:

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



Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on July 19, 2013 for the August 2013 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 21st birthday **Lola Bosto** (July 1).

From, dad, mom, and kids

Happy 2nd birthday to our awesome son

Kason Diver

(July 3), we love you all the way to the moon and more than all the stars in the sky.

Love, mom, dad, and Keith



Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy birthday:

Jason Priem (July 4), **Daniel Reynolds** (July 9), **Deanna Fall** (July 24), and **James Abrahamson** (July 25).

Happy 9th birthday **Davis Smith Barney** (July 7)

Gramma and Papa



Happy 4th birthday to our awesome nephew **Braylon Goette** (July 7), we love you so much.

Love, auntie Nichole, uncle Bud, Keith, and Kason

Happy 4th birthday to my favorite great-grandson **Antwan Michael LaFave** (July 9).

Love you tons, grandma Bubbie

Happy birthday to my brother **Bryce Pfisthner** (July 12).

I love you, brother, and am proud of you. Happy birthday to my sister **Hannah Tibbetts** (July 15). I love you so much, Han, and hope you have a wonderful day. You know you are a blessing in my life. Happy birthday to my lovely mom **Mary Tschida** (July 23). I am so grateful for you and to be your daughter, I love you with all my heart, mom!
Love always, Allie

Happy Birthday **Dyami Blackwell** (July 14). We all love you and are proud of the young man you are becoming. *Grami, Baba, Shae, Jazzmin, Denali, uncle B, auntie B, Victor, Max, TJ, Brady, and uncle R*

Happy 24th birthday to my sister **Hannah Tibbetts** (July 15) I love you very much and I am glad to have you back around. You are one of my best friends and I am happy we get to spend so much time together.
Love, Sophie

Happy 2nd birthday **Ellie Olson** (July 15)
Love, mom, dad, and Maddy



Happy golden birthday **Dex Delille** (July 16)
Love, mom, Tom, Shania, and Morgan

Happy birthday, **Mike Munnell**, who was born July 19th some years ago. I look back at all we've been through in

our younger days. The positive and the negative but still good years loaded with lots of learning about everything. I always looked up to you as my big brother and still do. You were the one I depended on to problem solve any jams I'd gotten myself into while just trying to figure out life. You always influenced me in one way or another. You were responsible for me moving back to this area to finish what I started. A few examples, finishing school and learning how to drive and for that I'm grateful. I'm quite proud when someone says to me, "Oh, you're Mike Munnell's sister." *With Love, your sister Carol*
P.S: Mike, the greatest gift you have given me is finding our family especially our baby sis, Kathy L. who was also born July 19 some 50+ years ago! So when I send you b-day wishes they are for Kathy as well. So, lovingly I say, "Happy Birthday! Kathy- I am honored that you are in my life and are also another one of Mike Munnell's sisters."

Happy birthday to the best son and brother **Trey Kettelhut** (July 20)
We love you, mom and Alexis



Happy Birthday to our auntie **Alyssa Savage** (July 22), we love you oh so much.
Love, little D and Sonny

Happy birthday **Jay Hooey** (July 23) to one of the best big brothers a girl could ask for.

Love ya, Sue and Linda

Happy Birthday to my mama **Mary Tschida** (July 23) I love you very much mom. You are such a wonderful, amazing, inspiring, strong woman and I am proud to call you mom. Thank you for everything that you have done and continue to do for me.

Love, Sophie

Happy 60th Birthday **Judy Johnson** (July 26), Congratulations.

You have been traveling around the sun for 60 years now. Here's to more trips and a longer and fruitful journey through life. Happy 60th birthday!
Love, all of us (you know who)

Happy birthday, **Jesse Abramowski** (July 26)
Love, Ma and Boo

Happy Birthday to the best momma and grandma around, **Sandi Savage** (July 26).

Love, Patti Jo, Steven, Dannin, and Daicin

Wishing you a Happy Birthday on July 27 **Warren Mountain**
Love, your family



Happy Birthday **Bill Blackwell** (July 28), have a great birthday and enjoy your day.

We love you, mom, Charlie, Shae, Jazzmin, Dyami, Denali, and J.R.

Happy Birthday to the best Baba in the world **Bill Blackwell** (July 28).

Love your boys, TJ, Brady Bear, Victor, and Max

Congratulations



Congratulations to my grandson **Mitchell Houle** and granddaughter **Alexandrea**

Reynolds, you made it. I'm so proud of you.

Love, Gram Rets



Christine Rae

Juel, daughter of Ginger Juel, graduated with honors from UWS May 18.

She received her Bachelor of Science degree in Psychology. Cris plans on taking courses at Fond du Lac College for accreditation in addiction counseling, this fall. A reception was held for Cris at the VIP lounge in Superior, Wisc.

Congratulations to **Brenda Graden** for completing all requirements and graduating from FDLTCC with an Associate's Degree in Science in Nursing.

Double Congratulations for



passing the Minnesota RN boards.

It's been my pleasure to walk down this road of education with you and I will be there for you as you continue to pursue your dream of becoming a nurse practitioner.

Honey, your kind nature, big heart, and love and compassion for people will benefit our Reservation greatly.

We are so proud of you.

With love and hugs, your husband Sonny, daughter's Aly and Molly, babies: Mishman McGillicutty, Super Spike, Mama Middlers, and Shads

Congratulations to my beautiful daughter **Courtney Thompson**, who graduated from the Cloquet Senior High



School on May 31. We are all so proud of you. Love you. *Love mom, Jr, Cam, Tanisha, Tamara, Talayah, and Chazz*

Thank you

I would like to say Miigwich to **Marcia Kiito** and **Pat Peterson** for organizing the women's gathering. It was very empowering, relaxing, and informative. I will be there next time. *Beth Diver*

Obituary

Shirley Marie Defoe "Gii-zhigookwe," 69, of Cloquet, passed away May 15, 2013 at 12:35 p.m. with her son at her side. Although her passing was unexpected, she went peacefully and without pain.

Shirley worked at Conwed, UMD School of Medicine, Bemidji State College as Director for Native Americans in Medicine and retired from Fond du Lac Tribal and Community College in 2007. She also served on the Cloquet School Board.

Shirley was a pivotal member

of the Fond du Lac Reservation, as well as much of her family. She had a deep love for her "girls," Shi Shi and Zoey (dogs), as well as for her friends and family. She traveled often, most recently returning from her "dream trip" and made it back to Minnesota, where her heart will remain, but her spirit will always be free.

She was preceded in death by her parents, Peter and Margaret Dufault; nephews Michael Lund and Greg DuFault; and sister-in-law Priscilla Defoe.

Shirley is survived by her son, Brian (Rush) Ostoff; grand son Jordan; siblings, Russell (June) DuFault, Margaret "Peggy" (Robert) Lund, Peter Defoe, Donald (Dorothy Yadon) Defoe, and Carol (Richard) Hayward; many nieces and nephews and great-nieces and nephews.

George Gable of Modesto, Calif. passed away Jan. 16, 2013. George was a veteran of the Navy and served in WWII. He is survived by his wife, Adoracion 'Doring', his son Sam Gable, daughter Patricia Gable, son Richard Gable; four grandchildren and one great granddaughter.

Jerry (Gerald L.) LeGarde of Duluth passed away peacefully on Thursday, May 30, 2013.

He was born on Feb. 13, 1929 to Victoria Drouillard and Elias LeGarde.

A member of the Minnesota Chippewa Tribe, Jerry spent the early years of his life in Duluth's West End. He joined the military at age 17, where he was a member of the 8th Army's 4th Replacement Battalion at Camp Zama, Japan during the Occupation.

Upon completion of service, he returned to Duluth and wed Patricia Stovern on Feb. 18, 1950. Together they set out on an extraordinary life, raising 14 children through a marriage

lasting 63 years. "Big Jer," (as he was known to many) and Pat skillfully raised their unique family of seven boys and seven girls.

He is survived by his wife, Patricia; children Linda (Tim) Grover, Janet LeGarde (Jim Shonk) of Minneapolis, Nancy (Mike) Gerber, Jerry Jr. (Cindy) of Shoreview, Susie (Rick) Menz, Colleen (Steve Warnygora) of Esko, Gail (Dean) Birman, Jeanne (Don) Warttman of Hermantown, Jimmy (Molly) LeGarde of Hermantown, Johnny (Barb) LeGarde of Hermantown, Joey (Laurie) LeGarde of Andover, Denny (Sarah) LeGarde of Hermantown, David LeGarde (Jennifer Hawkins) of St. Paul and Tim (Mandy) LeGarde; grandchildren Brenda Goldfine, Denise McNeil, Abby Johnson, Jenny Shonk, Amy Valentino, Becky Magnuson, Mike (Bubba) Gerber, Gerald LeGarde, Rhiannon LeGarde, Selena LeGarde, Laurie Menz, Derek Menz, Carney Lien, Julie Geissler, Steve Birman, Marlene Manion, Bobby Warttman, Joey Warttman, Elias LeGarde, Lane LeGarde, Jace LeGarde, Nick LeGarde, Gavin LeGarde, James LeGarde, Melissa LeGarde, Christine LeGarde, Ava LeGarde, Stephanie LeGarde and Lauren LeGarde.

Jerry also leaves behind 20 great grandchildren, lifelong friend Buck McDonald and the Stovern Family.

The LeGarde Family would like to extend its deepest gratitude to the staff at Diamond Willow (Arbor Rose) in Proctor for their outstanding care over the past two and a half years.

Richard James "Sugar Bear" Little Wounded, (Okish Kiyape) "Yells For Him"

Born on May 6th, 1975 in Minneapolis, Minn, began his Journey to the Spirit World June 9th, 2013 in Minneapolis, Minnesota.

Richard/Sugar Bear, age 38

was raised in both the Cheyenne River Reservation in South Dakota and Minneapolis, MN. He followed his Lakota and Ojibwa traditional ways of life, he participated in Sundances and Ojibwa ceremonies. He received his Lakota name Okish Kiyape from Chief Fools Crow at a Green Grass Sundance. He was a friend to many people who will miss his loving friendship and companionship. He was a son, brother, nephew, uncle, grandson who will be deeply missed by all who were fortunate to have known him in this lifetime.

Sugar Bear is survived by his mother Ruth Mary Little Wounded, his father Rick Powers, other mom Colette Lawrence who called him "Brother Bear", Sister Oziwa Bineshii Powers, Brothers Marlowe Clown, Jerry Clown, Leonard Little Wounded, Niizhoogabaw Wahpepah, Animikii Powers, Michael Little Wounded, Tyler Little Wounded, Michael Fellman and special sister Kate Hines. Sugar Bear has many, many loving aunts and uncles, cousins, nephews and nieces who he loved very much and who all loved Sugar Bear very much and we will all forever hold him close in our hearts. Rick was preceded in death by his maternal Grandparents Nathan and Flora Little Wounded, his paternal Grandparents Ray and Catherine Thiessen and many uncles and aunts.

Betty Skull, a resident of San Jose, passed away June 15, 2013. She is survived by husband Anthony, sons: Jeff, Greg, and Matt, four grandchildren and one great-grandchild.

Many will remember Betty's smiling and bubbly personality in women's fashions from The Canterbury House in Los Gatos and Stuarts of Almaden. Many know her from Calvary Community and Bethel Church.

Aabita-niibino-giizis – Mid Summer Moon – July 2013

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>Check out your summer food program.</p>	<p>Elder exercise 9 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC</p> <p style="text-align: right;">1</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support mtg 6 p.m. TRC GED 12:30 p.m. BCC Water aerobics 5 p.m. CCC</p> <p style="text-align: right;">2</p>	<p>Elder exercise 9 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC Elder concern 10 a.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC</p> <p style="text-align: right;">3</p>	<p>Have a safe holiday CCC's closed</p> <p style="text-align: right;">4</p>	<p>Fun Fridays 8 a.m. CCC Water aerobics 8:15 a.m. CCC GED 11 p.m. SCC Youth open swim 3 p.m. CCC Shredding day</p> <p style="text-align: right;">5</p>	<p>Beading 11:30 a.m. CCC</p> <p style="text-align: right;">6</p>
<p>Water aerobics 10 a.m. CCC Volleyball net up 10 a.m. CCC Beading 11:30 a.m. CCC</p> <p style="text-align: right;">7</p>	<p>Elder exercise 9 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC</p> <p style="text-align: right;">8</p>	<p>Elder foot clinic 9 a.m. MNAW Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GED 12:30 p.m. BCC Water aerobics 5 p.m. CCC AA/NA support mtg 6 p.m. TRC</p> <p style="text-align: right;">9</p>	<p>Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Day Camp 10 a.m. CCC GED 5 p.m. CCC 52+ Elder mtg 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC</p> <p style="text-align: right;">10</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC Simply good eating 12 p.m. CCC GED 12:30 p.m. BCC GED 5 p.m. CCC GED 5 p.m. DC Language table 5 p.m. CCC Water aerobics 6 p.m. CCC</p> <p style="text-align: right;">11</p>	<p>Fun Fridays 8 a.m. CCC Water aerobics 8:15 a.m. CCC GED 11 p.m. SCC Youth open swim 3 p.m. CCC Trace Adkins 7 p.m. BBCR Veterans Powwow MKW</p> <p style="text-align: right;">12</p>	<p>Beading 11:30 a.m. CCC Veterans Powwow MKW</p> <p style="text-align: right;">13</p>
<p>Volleyball net up 10 a.m. CCC Water aerobics 10 a.m. CCC Beading 11:30 a.m. CCC Veterans Powwow MKW</p> <p style="text-align: right;">14</p>	<p>Elder exercise 9 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC Car seat safety clinic 1 p.m. 2779 Big Lake Rd Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC</p> <p style="text-align: right;">15</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12:30 p.m. BCC Water aerobics 5 p.m. CCC AA/NA support mtg 6 p.m. TRC</p> <p style="text-align: right;">16</p>	<p>Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Day Camp 10 a.m. CCC GED 5 p.m. CCC GED 10 a.m. DC GED 5:30 p.m. SCC Water aerobics 6 a.m. CCC</p> <p style="text-align: right;">17</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC GED 5 p.m. CCC GED 5 p.m. DC Language table 5 p.m. CCC Community mtg 5:30 p.m. SCC Water aerobics 6 p.m. CCC</p> <p style="text-align: right;">18</p>	<p>Fun Fridays 8 a.m. CCC Water aerobics 8:15 a.m. CCC GED 11 p.m. SCC Youth open swim 3 p.m. CCC</p> <p style="text-align: right;">19</p>	<p>Beading 11:30 a.m. CCC</p> <p style="text-align: right;">20</p>
<p>Volleyball net up 10 a.m. CCC Water aerobics 10 a.m. CCC Beading 11:30 a.m. CCC</p> <p style="text-align: right;">21</p>	<p>Elder exercise 9 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC</p> <p style="text-align: right;">22</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12:30 p.m. BCC Water aerobics 5 p.m. CCC AA/NA support mtg 6 p.m. TRC</p> <p style="text-align: right;">23</p>	<p>Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC GED 5 p.m. CCC 52+ Elder mtg 5 p.m. CCC Water aerobics 5 p.m. CCC GED 5:30 p.m. SCC</p> <p style="text-align: right;">24</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC GED 5 p.m. CCC Language table 5 p.m. CCC GED 5 p.m. DC Water aerobics 6 p.m. CCC</p> <p style="text-align: right;">25</p>	<p>Fun Fridays 8 a.m. CCC Water aerobics 8:15 a.m. CCC GED 11 p.m. SCC Youth open swim 3 p.m. CCC</p> <p style="text-align: right;">26</p>	<p>Beading 11:30 a.m. CCC</p> <p style="text-align: right;">27</p>
<p>Water aerobics 10 a.m. CCC Volleyball nets up 10 a.m. CCC Beading 11:30 a.m. CCC</p> <p style="text-align: right;">28</p>	<p>Elder exercise 9 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC</p> <p style="text-align: right;">29</p>	<p>Day Camp 10 a.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Water aerobics 5 p.m. CCC AA/NA support mtg 6 p.m. TRC</p> <p style="text-align: right;">30</p>	<p>Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Day Camp 10 a.m. CCC GED 10 a.m. DC GED 5 p.m. CCC GED 5:30 p.m. SCC Water aerobics 6 p.m. CCC Sobriety Feast 6 p.m. CCC</p> <p style="text-align: right;">31</p>	<p>FDL Reservation Veteran Supportive Housing grand opening July 12, 2 p.m.</p>		

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