

Enrollee Day plans finalizing; Award winning Joanne Shenandoah to perform

By Deborah Locke

The 2009 Enrollee Day celebration will take place from 9 a.m. to 10:30 p.m. on June 28, 2009.

This year's theme is "The Big FDL Reunion." Music will play a big part in the festivities, which include at least two big name acts.

University Road will be reserved for parking, from the intersection of University and Big Lake Road to the intersection of University and Airport Road. Golf carts will be in use to transport people from their cars to the celebration.

The day of family activities will include a 2K Walk/5K Run, a meal,



drawings, music performances in the football field and fireworks at dusk. Grammy award winning singer/songwriter Joanne Shenandoah, Iroquois, is among the musicians who have confirmed attendance. A final schedule of acts and times will be posted on the FDL website later in June.

Registration is required in order to be eligible for the drawings of cash prizes in the amount of \$500 each.

Band Members can register at the Cloquet Community Center ENP meeting area from noon to 8 p.m. on June 26, 9 a.m. to 8 p.m. on June 27, and on Sunday the day of the event from 8 a.m. until the drawings are completed. The draw-

ings begin at 2 p.m. in the Tribal Center Gym.

Adult Enrollees will also receive a \$10 Black Bear Casino coupon.

The 2K Walk/5K Run begins with registration from 8 a.m. to 9 a.m. at the Head Start Building on University Road. The event starts at 9 a.m. and ends at 11 a.m.

The Family Olympics event will be held from 11 a.m. to 2 p.m. on the football field.

Softball tournaments will be held throughout the day (see below for more information on softball).

A meal will be served in the Ojibwe School Gym from 2 p.m. to 6 p.m. The menu includes roast beef, mashed potatoes and gravy, buttered corn, wild rice, dinner rolls, banana cake, coffee and milk.

The firework display will originate from the area of the Ojibwe School softball field, which will be cleared of spectators before dusk.

Keith Secola among acts slated for FDL's June 28 Enrollee Day

Adults and children alike should enjoy the musicians scheduled to perform from 2 p.m. to 10 p.m. for the June 28 Enrollee Day celebration. The performance times will be listed on the FDL website.

As of the publication of this newspaper, the "Teddy Bear Band" for children is scheduled to perform from 2 p.m. to 3 p.m.

Adults will take an interest in the rich voice of Joanne Shenandoah, who has performed with Neil Young, Willie Nelson, Rita Coolidge and many others.

A Wolf Clan member of the Iroquois Confederacy, Shenandoah has recorded more than 14 albums. She has received countless awards for her artistry, including the Native American Musician of the Year from the First Americans in the Arts Awards in 1994, and numerous Native American Music Awards in categories such as best female artist, best traditional recording, and best children's recording.

She has performed in Spain, South Africa, Woodstock 1994, the White House, the Kennedy Center, and the National Museum of the American Indian.

Keith Secola is Ojibwe. His most famous song is "NDN Kars," often considered an American Indian anthem and the most requested song on Native radio in the United States and Canada, according to the online Wikipedia encyclopedia.

Secola has won seven Native American Music Awards as artist of the year, best linguistic recording, best producer, and has been nominated as songwriter of the year, and more.

Enrollee Day Softball Tournament details

The Fourth Annual Enrollee Day Co-ed Softball Tournament (Double Elimination) will be held starting at 9 a.m. on June 28, 2009 at the Ojibwe School Field.

Teams must be registered by

June 26, 2009 at the Cloquet Community Center.

Players must have three women on the field at all times, no exceptions. The first place team will win sweatshirts and a trophy. Second and third place winners will re-

ceive t-shirts and trophies.

For more information, call Jarvis, Ann or Cheri at the Cloquet Community Center, (218) 878-7510.

Nah gah chi wa nong Di bah ji mowin nan

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

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Editor: Deborah Locke	

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

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

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

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

Corporate Member of the
Native American Journalists Association

Emerald Ash Borer closing the gap

By Christian Nelson, Fond du Lac Timber Sales Forester

Emerald Ash Borer is back in the news. The Minnesota Dept. of Agriculture announced in May that the Emerald Ash Borer was discovered in St. Paul, northeast of the Interstate 94 and Highway 280 intersection. That discovery was the first detection of the tree pest in Minnesota.

Evidence of the infestation was found by Rainbow Tree Care Company, and the sample was tested by the MDA. The EAB attacks and kills ash trees. Its larvae tunnels into the wood, feeding on the tree's nutrients. The insect has killed millions of ash trees since it was introduced into North America.

The MDA will issue a quarantine prohibiting the movement of firewood, ash nursery stock, ash timber or any other items that could spread EAB in Ramsey and Hennepin Counties.

Additionally, the EAB has been found in Victory, Wis., a small town just a mile or two

south of the southeast corner of our state. To meet the threat of an ash borer infestation at the Fond du Lac Reservation, traps will be set again throughout the Reservation forests.

The emerald green insect, smaller than a penny, is thought to have been accidentally imported into Michigan from Asia on shipping pallets around 2002. Once a tree starts to show symptoms, it's too late to save it.

Fond du Lac owns over 1,200 acres of ash-dominated forests, and ash are scattered throughout thousands of additional acres. Minnesota has one of the highest volumes of ash forestland in the U.S. with an estimated 867 million forestland ash trees, which are a prominent component of our urban forests as well. Climatic changes over the past decade have already taken a toll on many ash stands, as anyone who has driven along Highway 210 towards Cromwell can see. This makes spotting stands of ash trees that may be affected by emerald ash borer more

difficult. Unfortunately, if the ash trees in our forests die from borer contamination, only alder brush may be left behind.

Taking action

Last spring Fond du Lac Forestry personnel in cooperation with the U.S. Department of Agriculture Animal Plant Health Inspection Service (USDA - APHIS) set up 18 emerald ash borer detection traps around the Reservation. Fortunately, no ash borers were found on the Reservation. This year the traps will again be placed around the Reservation. If you notice ash stands with two or more of the symptoms listed

below, please notify the FDL Resource Management Division at (218) 878-8001. Another way to discourage the borer: don't

transport any ash firewood into or out of the Reservation.

Tree symptoms

Trees suffering from EAB damage may show symptoms that are identical to those of other common ash insect or disease problems so it is important to look for a combination of two or more symptoms before deciding a given tree might be infected with EAB. Symptoms include dieback of the upper and

outer crown. Trees begin to show dead branches throughout the canopy, beginning at the top. Foliage in the top of the

tree is thin and discolored. In addition, sprouting at the base and/or on the bole of the tree may occur just above where the larvae are feeding.

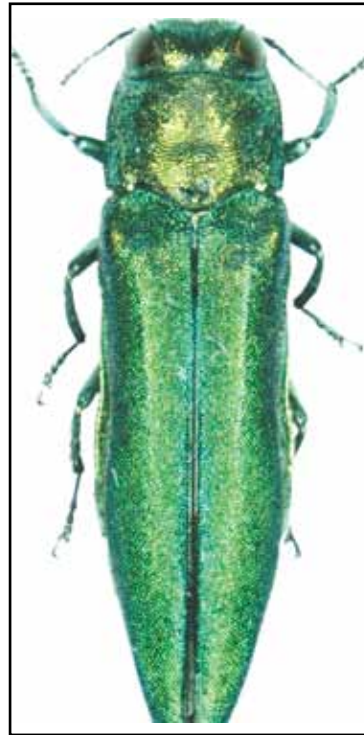
Vertical splits in the bark are caused due to callus tissue that develops around larval galleries. S-shaped larval galleries filled with frass (looks like sawdust) can often be seen beneath splits.

As adults emerge from under the bark, they create a D-shaped exit hole about one-eighth inch in diameter.

For further information, see these websites: www.emeraldashborer.info or www.mda.state.mn.us.

Remember: Don't transport ash firewood into or out of the Reservation! This has been the primary way the insect has been moving from city to city and from state to state.

Christian Nelson can be reached at christiannelson@fdlrez.com



First agreement of its kind in U.S. gives Band more control on roadside vegetation

Thanks to the efforts of FDL elders who gather roadside plants during the spring and summer months and wish to protect those plants, the Minnesota Department of Transportation will work with the Band on the use of herbicide within Reservation boundaries.

That's just one change the FDL Band and State arrived at in a Memo of Understanding signed by Chairwoman Karen Diver and MNDOT Commissioner Thomas Sorel on May 15 at the Tribal Center. It's believed

that this is the first tribal/state agreement of its kind in the United States.

The changes are effective now and will continue through January 2010.

The Memo is not a binding contract, and either party may amend or discontinue the Memo provisions. However, the Band and State will each "make a good faith effort to achieve the goals described...including working together to find mutually beneficial solutions when problems arise."

The areas of concern are

along Hwy. 210, U.S. Hwy. 2 and Interstate 35.

The document describes a concern over the "loss of culturally significant plants and plant habitat" on the rights of way within Reservation boundaries. One of the State's priorities is to control invasive weeds through an inexpensive herbicide treatment. Also of concern by the State are woody plants that could limit a driver's reaction time to animals crossing the road.

The parties agreed to the following:

- Give the FDL Resource Management Division the names of herbicides and materials now in use
 - Share locator maps of known invasive plants
 - Ensure that herbicide applications within the Reservation are performed by a licensed applicator
- The State will apply for a wetland permit from FDL to comply with the Band's wetland protection and management ordinance for any herbicide application that could reach a wetland or body of water within the Reser-

vation.

Contact the Resource Management Division 10 days prior to applying any herbicide, and give a copy of application logs to the Band.

The State and Band will co-evaluate any herbicide applications. The State will mechanically remove invasive plants in areas where the Band does not want herbicide used.

FDL Child Abuse Prevention Conference

'No one deserves to be hit or hurt in any way'

By Deborah Locke

Men in our communities must restore and internalize the traditional teachings that women and children are sacred, said Sandy Davidson at the annual FDL Child Abuse Prevention conference in late April. Men must hold each other accountable. They should not look away or laugh when other men crack dirty jokes or speak in a demeaning way about women and girls.

Davidson was one of several experts who spoke on preventing child abuse at the Cloquet Forestry Center. She is program manager at Praxis International, a training and technical assistance provider for the Office on Violence Against Women with offices in Duluth and St. Paul.

Davidson addressed the affect of child abuse on child development. Physical and sexual abuse cases are rising in Indian Country as batterers lose jobs and spend more time at home. The assaults are driven by a need to dominate and control

women, by possessiveness of women, and those things are of a colonization mindset, she said.

"No one deserves to be hit or hurt in any way," she said, and described sexual assault as especially ugly and under-reported because women feel ashamed. Frequently a batterer will not hit but resorts to tactics like intimidation and fear. They may say: "If you leave me, I'll call child protection and no one will believe your story." Women then subordinate to the batterer to protect their children.

Davidson said that often law enforcement officials fail women by not providing adequate documentation that holds batterers accountable. As a common practice, child protection staff open cases in the name of the primary caregiver, usually the mother, and case plans apply only to her rather than to the batterer who is responsible for the harm. The woman may be required to attend parenting classes. "She may be the best – or the worst – parent on the planet, but until he quits

beating her or raping her, all the parenting classes in the world will not help," Davidson said in an interview.

How it starts

Some may point out that women abuse men, but most domestic abuse cases on reservations are due to men. The relationships start well – the men go to great lengths to get their partners to love them. They treat the woman well. Then they begin to isolate her from her family and friends, and use other tactics to gain control.

One woman told Davidson that when her relationship with a batterer began, he said she was beautiful and that he loved her family. After they were married, criticism of her family began. He told his children that their mother was no good and a fat cow. Moms start to parent under extreme conditions, doing everything they can to protect their children, Davidson said. If the crisis is brought to the attention of child protection workers, the batterer frequently twists the truth, asking the

woman how she could believe that he is such a monster. While every situation is different, living with a batterer causes extreme circumstances and risks to children. A battered woman may feel like she is crazy when the truth is, the situation is crazy. If she resorts to alcohol and drug abuse, the problems are compounded.

What Indians today forget is that we are all responsible for all children, including the children who grow up with terror and the fear of assault to their mothers and themselves.

Disrespect starts early

The disrespect for women starts when boys are as young as five or six, Davidson said. Often Indian parents know their sons are out of line, but denial comes into play.

"They'll say my kids don't act like that," she said. "They need to step up to the plate and open their eyes and say no, this is NOT who we are as Native people. It is NOT ok to mistreat girls and women."

Instead, Indians could focus

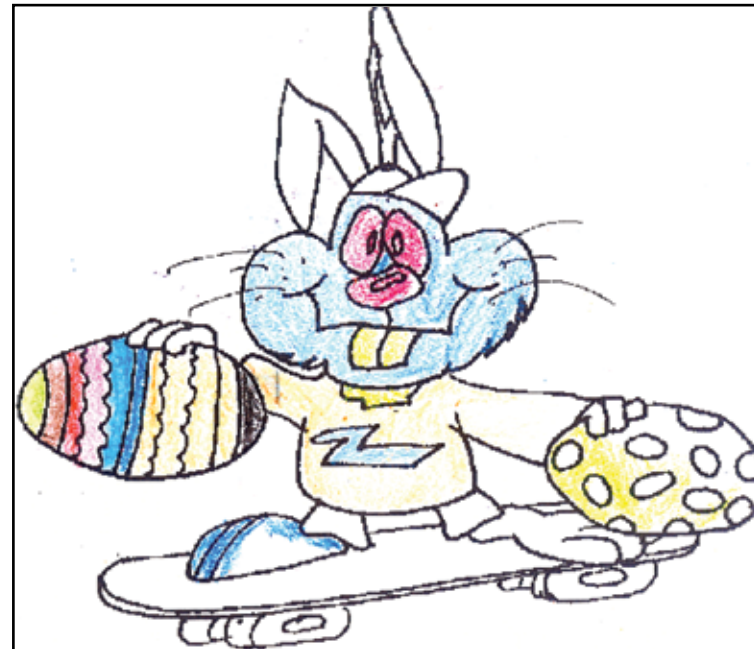
on the teachings before colonization, before boarding schools, before too many foster homes and before the breakdown of many families. History is full of tragedy, she said, adding that it's a wonder that not all Indians all falling down drunk. But the truth is, we're not. We are inherently nations of hope, of resilience and strength. We have the teachings of our ancestors to restore balance.

"The batterers and rapists are our sons and uncles, people in our community," she said. "We can address this as a community – no one can do it alone. We can say 'no more.'"

Instead of accepting post-colonial attitudes toward women and children, men could recall their roles as warriors who protect women and children, rather than destroy them.

A solution: deliver a different message to young people, especially young boys, and restore traditional values of respect one at a time.

NEXT MONTH: mending the Sacred Hoop.



The Brookston Center Easter Coloring Contest brought out a wealth of talent from FDL's smallest artists. Eighteen children participated in the annual contest on April 11. The bunny-in-flowers picture was done by Trevontae "Punkin" Brown, age 12. Trevontae took first place in his age category of 12-17. Kaila Dulfault, age 7, took first place in the 7 to 11 age group. (center picture) Larenz Defoe, 6, took first place in the age group from one year to six years. (right picture)

Local briefs

Changes to the 2009 FDL Summer Lunch Program

Starting this summer, adults will be charged \$3 per meal for the summer lunch program. Meals are provided to all children free of charge.

In addition, meals at the Cloquet site will be served at the Head Start Gym on University Rd. In the past, they were served at the FDL Ojibwe School, also on University Rd.

Participation in the program is open to all, regardless of race, national origin, gender, age or disability. Meals will be provided from Monday through Thursday starting on June 15 at these sites:

Fond du Lac Headstart Gym, 33 University Rd., Cloquet.

Brookston Center, 8200 Belich Rd., Cloquet.

Sawyer Center, 3237 Moorehead Rd., Cloquet.

The meals will be served from 11 a.m. to 1 p.m. at each site. The program runs through Aug. 20, 2009.

If you have questions, call Nikki Reynolds at (218) 878-8169.

Natural Resource Division employee wins national honors

Rick Gitar, FDL Water Regulatory Specialist, won national recognition for his work in shaping wetland and stream policies and regulations for the Fond du Lac Reservation.

In May, he was given the National Wetland Award in the State Tribal and Local Program Development Category from the Association of State Wetland Managers. The award ceremony took place in Washington, D.C.

Gitar developed and implemented a wetland protection/management ordinance that required an assessment of nearly 44,000 wetland acres on the Fond du Lac Reservation.

He recently supervised an update of the National Wetlands Inventory

for the Reservation, and created digital wetland maps.

He's also been active in state and national wetland groups, and is a member and past chair of the Minnesota Interagency Wetlands Group. He also serves on the Board of Directors for the Assoc. of State Wetland Managers, where he provides a voice for American Indians on wetland policy and regulatory issues.

Gitar has been employed by the Fond du Lac Reservation since October, 1998.

Save that date: FDL Baby Shower to be held June 25

The popular annual community Baby Shower that focuses on new moms and dads will be held from 4:30 p.m. to 7 p.m. on June 25. It will be held at the FDL Head Start Gym on University Road.

The Shower will provide information to new and expectant parents on subjects such as breast feeding, post partum blues, fire safety, traditional birthing practices, doulas (birthing support), men's group, baby sign language, Books for Babies, and more.

The event is free, and drawings will be held. A meal will be served.

If you have questions, call Bonnie at (218) 878-8110.

New employees

Dave Kauma started as Lead Enterprise Accountant in the Enterprise Accounting Division in April.

He supervises the Enterprise Accounts Payable staff and works with other accountants in divisions throughout the Reservation.

Dave received a B.A. in accounting from the University of Minnesota - Duluth in 1998. He received an A.A. degree from the Fond du



Lac Tribal & Community College in 1994.

Before taking the job with FDL, he worked at Advanstar Communications in Duluth as a compensation finance manager.

He grew up in Esko and now lives in Wrenshall with his wife, Tina and two sons, Corey, 7, and Brandon, 3. Dave is a runner, and plays golf and basketball. He also enjoys camping with his family and many outdoor activities.

Legal Notice

The Fond du Lac Reservation Business Committee is interested in acquiring permission from the heirs to the property located at the northwest corner of the intersection of University Road and Minnesota Highway 210, allotment 207. The purpose is to use that parcel for a storage area from July 1, 2009 through July 1, 2010.

Please call Diane Mrozik, FDL Realty Office at (218) 878-2610.

The names are:

Jankowski, Mary; Bartlett, Evelyn; Roy, Martha; Millette, Josephine; Bouchard, Josephine; Millette, Francis; Marquis, Louise; Millette Richard; Brousseau, Curtis; Gage, Jeffann; Gage, James; Gordon, Jennifer; McNaughton, Maciejewski, Jo Ann; McNaughton, William Richard; McNaughton, Cindy Rae; McNaughton/Lormis, Bobbie Jo; Gurnoe, Joseph Jr.; Dewar, Jeannie Simone; Gurnoe, Donald Jr.; Gurnoe, Sam;

ESTATE OF Salt, William; Bartlett, Adeline; McNaughton, Raymond M.; Harder/Fosness, Theodora; Bartlett, Robert E.

Wanted: elders and students to teach and learn about gardening

The Center of American Indian and Minority Health is looking for elder gardeners to work with ninth and tenth grade students and their

instructors this summer. Additionally, the Center of American Indian and Minority Health invites students in grades nine through 12 to participate in the Journey Garden Program and learn the basics of growing your own food.

Elder volunteers would come to the Fond du Lac Ojibwe School once a week for about an hour to familiarize students with gardening.

If you are interested in learning gardening or lending a helping hand, please call (218) 878-7542. Miigwech!

Students with science ability invited to UMD

The Super Stars program is six weeks in length and held at the University of Minnesota - Duluth campus. The program's purpose is to attract students in grades ten through 12 into health and biomedical science careers.

Through problem-based learning, students use medical case studies to learn how doctors access a patient's symptoms to determine a diagnosis.

The students work with the University's medical school faculty, and receive a stipend for the successful completion of the program.

If you would like more information, please call (218) 878-7542.

Head Start programs accepting applications

Applications are now being accepted for enrollment in the Fond du Lac Head Start 2009-'10 programs. Please stop by our offices at 33 University Road, Cloquet to enroll your child. Remember to bring proof of income from a pay stub, tax form, per capita statement, etc.

Children returning to the Head Start and Early Head Start classes do not have to reapply. Early Head Start children who will be moving into Head Start programs will need to apply.

Early Head Start children are six weeks of age to three years of age.

Head Start children must be three years of age by Sept. 1, 2009.

For more information, call (218) 878-8100.

Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased Band Members contact the Fond du Lac Legal Affairs Office at (218)878-2632 or toll-free at (800)365-1613 to assist the Band in distributing the trust money to the appropriate heirs.

Begay, Raymond Sr.; Brigan, Calvin; Christensen, Terry; Crowe, Gary; Defoe, Charles; Gangstad, Harold;

Glasgow, Edith; Heffernan, Douglas; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary; Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela; Olson, Daniel G. Sr.; Perales, Michael; Sharlow, Gerald D.; Smith, Carl; Stanford, Cathy; Trotterchaude, Rex; Wright, Frances.

Three-person golf scramble fundraiser at BB Course

A fundraiser to help Clayton Kettelhut with tuition for the Hank Haney Junior Golf Academy will be held at 9 a.m. on June 13, 2009 at the Black Bear Gold Course. The cost is \$150 per team for the Shotgun/18 hole competition.

A 50/50 raffle will be held.

Men and women's teams are welcomed. Women who golf with men must golf from the white tees.

The Black Bear Golf Course is located at 1791 Highway 210, Carlton. For questions about the event, call David Cahill at (218) 878-2483 or Richelle Mullen, (218) 879-6384.

Awe and 472 pounds from Mille Lacs Lake

Elder Band Members (and a husband) learn the netting tradition

By Deborah Locke

Thank goodness for the fish picks.

The more you pick fish from the net, the better and faster you get.

And the first time you pull the net in? It's just amazing. You hope to get one fish. Instead, you see more fish than you've caught in your lifetime.

These comments originated with Duane Ohman, his wife Patty Ohman who is a Band Member, and her cousin, Mark McConnell, also an FDL Band Member. Early this year, the trio got curious about the spear/net tradition that occurs at Mille Lakes Lake each spring.

"Mark started it," Patty said in an interview. "He said he wanted to go gill netting."

Mark butted in.

"I decided a couple of years ago that there were certain things I'd do, like the sugar bush," he said. "I wanted to gill net this year and got hooked on it."

For five days starting on April 24, eight FDL Game Wardens and eight Natural Resource technicians were on hand at the Liberty and Cedar Creek landings at Mille Lacs Lake to assist with the harvest. At about 3 p.m. the first day, FDL Game Warden Pete Durfee took Mark to a shallow part of the lake to cast the three 100-foot nets.

Longstanding tradition

Pete's first priority was to keep Band Members safe while they exercise their treaty right to spear and net fish, he said in an interview. At Mille Lacs, he felt a closeness to Band Members of generations

ago who also speared and netted fish, hunted, and gathered wild rice.

"There's not a thing our ancestors did that isn't physically and mentally demanding," he said. The net/spear season means hard labor, but strong bonds develop between participants. Upholding tradition and a shared experience outweigh the long hours and aching muscles, he said.

Each morning at 6 a.m., Patty, Duane and Mark pulled in the nets, buoys and anchors. Net holes trapped the smaller fish by their gills; larger fish easily escaped the trap. Patty, Duane and Mark netted a total of 472 pounds of fish. That sounds like a lot, but the poundage was reduced considerably after cleaning. What was left of the fish was bagged and stored at home in the freezer. Patty and Duane live just up the road a way from Mark in rural Superior, Wis.

The couple figured they spent about \$250 for the equipment that included flag-poles, fish picks, buckets, and about \$100 for living expenses including travel.

Was it worth it?

You bet. Duane found the entertainment value of the trip to be priceless. That's because the netting method required the orchestration of many players, from the netters to the officials to the spectators to the lake itself. Small dramas played out, some of them instigated by human error and bad luck.

Whoops

For example, at one point the waves on Lake Mille Lacs reached a height of seven feet.



Shown are Patty and Duane Ohman. In front of Patty is a water-proof boot bought especially for getting in and out of the boat.



Pete Durfee

A young man's flat-bottomed skiff sunk, and each time he tried to bail out the water, waves swamped the boat. Then a woman tried to maneuver her boat out to pull nets and was blown away to the north shore. It took the

wardens two hours to retrieve the boat and tow it to the landing. Then a boat motor malfunctioned and two guys had to be rescued.

No such misadventures oc-

continued on page 11

FDL Fish Biologist Brian Borkholder reports that FDL fish/net participants at Mille Lacs lake this spring harvested 20,879 pounds of walleye from a total of 11,038 fish. Of the 11,038 fish, 1,602 were speared, and 9,436 were gill netted. The FDL walleye quota this year was 22,000 pounds.

This year FDL was given the use of a second landing, Liberty Beach. Band Members fishing out of Liberty did better than those at the Cedar Creek landing. Fewer nets were set out of Liberty, according to Borkholder, but the catch rates were twice as high as the rates at Cedar Creek Landing.

The harvest also yielded:

- Northern (802 pounds)
- Yellow perch (374 pounds)
- White suckers (189 pounds)
- Largemouth bass (5.6 pounds)
- Burbot (52.5 pounds)

Ashi-niswi giizisooog

Thirteen Moons

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

Peeling Birch Bark

Dave Wilsey
UMN Extension

Charlie Nahgahnub offered sound advice for anyone interested in peeling birch bark. Bark has to be removed when the time is right, a period typically occurring between the end of May and early July.

Look for a tree with a good crown: if there are no fine branches at the top, a sign of blight, the bark won't peel well.

Make a test cut: a small 1 inch "T" cut at the base will help you to determine if bark is ready to peel, and will give you a sense of bark thickness and quality. Basket and canoe bark have different characteristics. Canoe bark is 1/4 inch thick and comes from trees more than 50 years of age.

If you find a tree, make an offering: Lay down some tobacco and offer an explanation to the tree of why you are taking its bark. Remove bark by connecting circular cuts – at the top and bottom – with a single vertical cut. Then roll the piece with the outside bark to the inside, packing with ferns or leaves to retain moisture.

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



(Left to right) Charlie Nahgahnub holds the ladder while Norm Sutton, Jr. releases a sheet of canoe bark and Marvin DeFoe and Chris Houle aide the process

Ode'imín Giizis (Strawberry Moon)

Wayne Dupuis

FDL Resource Management, Environmental

Ode'imín (strawberry) is known to the Anishinaabeg as the "heart berry." According to Edward Benton-Benai in Mishomis, "It was said the ode'imín resembled the heart in shape, structure and color. Just as the ode'imín was connected to the plant by a vast system of leaves, runners, and roots, so was the heart connected to the organs and other parts of the human body." Also, according to Mishomis, the roots of the ode'imín could be taken just before the berry ripened to purify a person's blood. It is also good medicine for the heart and the teeth. The health of the teeth has recently been recognized, through medical research, as an indicator of and contributor to a healthy heart. The Gete Anishinaabe (old time Anishinaabe) recognized the importance of the ode'imín long ago and this recognition was most likely the reason for this important plant's name in Anishinaabemowin (Ojibwe language).

Sonny Greensky shared that during his childhood his parents brought him and his brothers and sisters out during the late zīgwan (spring) to pick ode'imín, which was the first berry to ripen. His father, Jacob Greensky, Sr., would tell him in Anishinaabemowin that ode'imín stems were like the indiskweyab (veins) in our bodies. Sonny added: when using the language, the "glottal stop" (the apostrophe in ode'imín) usually indicates something powerful about the subject. His recollection was that Kitchi Manitou (the kind great spirit) was upon and about them like the sun when his family picked and ate this good food. These good memories of ode'imín will always warm Sonny's heart.

Match the Ojibwe to English

- | | |
|--------------------|--------------------|
| 1. Miskwaadesi | a. Strawberry |
| 2. Mikinaak | b. Garden |
| 3. Ode'imín | c. Spring |
| 4. Gitigaan | d. Birch |
| 5. Wiigwaasi-mitig | e. Tick |
| 6. Ziigwaan | f. Painted turtle |
| 7. Ezigaa | g. Snapping turtle |

Answers: 1)f; 2)g; 3)a; 4)b; 5)d; 6)c; 7)e

Summer Solstice

Shannon Judd

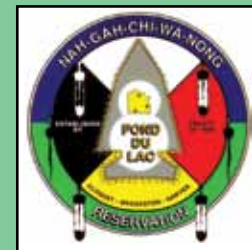
FDL Resource Management

June 21 is the summer solstice - our longest day. Solstice comes from the Latin sol (sun) and sistere (still), as the sun appears to stop overhead. For many cultures, summer solstice is a celebration of the new season and hope for successful hunting, gathering, and planting.

Events:

8-29 June: Language Immersion Birch Canoe Workshop, FDL Cultural Museum, Info - 218.878.7582

7 June - 17 July: Journey Garden summer program (2 sessions), Ojibwe School, Info - 218.726.7235



A few thoughts from RBC members

From Chairwoman Karen Diver

One of the gaps for Band Members has been the ability to resolve disputes around small claims issues. Small claims actions (valued under \$5,000) which occur on the Reservation are not always heard in the county court system, especially if the disputed property is on tribal land.

To meet that gap, the Reservation Business Committee recently passed an ordinance and procedure for filing claims with the Fond du Lac Reservation court system. The court officer and judge will make preparations to start up, so watch the FDL newspaper and Website for more information on when the Small Claims Court will start.



Karen Diver

The supportive housing project had a little set back. Only one bid was made for constructing the three-building complex using modular components. That bid exceeded our estimates for construction. The architects returned to the drawing board to develop plans to build from scratch.

Given that the construction industry has had a slow down, this process should increase competition and the availability

of jobs later this summer. Last month I attended a meeting at the Department of Interior with the Acting Assistant Secretary, who supervises the Bureau of Indian Affairs. We met regarding the transfer of the par-

cel of land requested by the Band on Wisconsin Point. Because the Army Corp of Engineers changed the size of the parcel and delayed the project, the U.S. Department of Interior is required to update all of the supporting documentation that must accompany these requests. It's a bureaucratic pain, but the Office of Management and Budget requires updated environmental surveys, and the Department of Fish and Wildlife has to update their opinions on the impact to protected species.

In addition, the environmental surveys are too old to be used by the standards that all these agencies use. In all, there are at least four federal departments, each with their own requirements that must sign off on the transfer of the land. The bottom line is this: we are harassing the bureaucrats to keep things moving along, but their processes need to be

followed. It's frustrating! Once the property is transferred, the Band will begin to plan for the long-term use of the property that recognizes its historical and cultural importance.

In the past month, I've attended numerous out-of-town meetings for the Department of Housing and Urban Development, Wisconsin Point, Health and Human Service, and the Tribal Executive Committee. I regret if I've missed your phone calls, but feel free to leave a message if I am out of town. My assistant, Annette Rennquist (218-878-2612) helps me keep on top of things, and she is very helpful.

Please feel free to stop by, email at karendiver@fdlrez.com, or call the office at (218)878-2612, or cell (218) 590-4887. Hope you are enjoying spring!

From Mary Northrup

Boozhoo! I hope all of you are enjoying this warm weather! I have been very busy, and glad that many of you have stopped in to see me with your questions and concerns. This is why I am here. The Brookston Center had a great turn out for the Easter Party, unfortunately we were unprepared for the amount of guests, but we promise in the future we will be better prepared.



Mary Northrup

Our Mother's Day brunch was also well attended. We would like to thank Ferdinand Martineau for his participation in greeting our guests, and being the official distributor of the roses. The Brookston staff and community members really pulled together to make both events enjoyable for all that attended. If community members are interested in using the center for family events, please call Karrie Smith for availability at 218-878-8048. The cleanup crew has started, and are out in full force. They are under the direction of Reggie Defoe, if you have any questions concerning the program, please call 218-878-8001. The planning for the Fond du Lac Veterans Powwow is underway, it will be held on July 10, 11th and 12th. We look forward to seeing all of you there to honor all of FDL Veterans and visiting Veterans. Please call me if you have ideas or suggestions for our community, I am here to listen. 218-878-7583 or 218-393-2107. Miigwetch!

From Ferdinand Martineau

To the Fond du Lac Band Members: I had a hard time deciding what to talk about this month. I thought about what we've done over the past month, and there were a few developments that I'd like to share with you.

Like this one: May 10 was a wild day at the Bear! We set records that day with over 2,300 people who ate at the Buffet. Our second highest attendance day was 1,700 during the reopening last year. The numbers were a direct result of adding space to our buffet area. We also had a record day for coin-in for a Sunday.

This past month we also hired a comptroller for the Reservation. Her name is Vicki Radtke. She comes with experience in

working with programs and enterprises. We also hired a controller for the Black Bear -- Carri Jones -- and she also has experience in working in a casino.

I am sorry to report that our General Manager for the Black Bear Casino was let go in May. We are looking for someone to fill the position now. If you know anyone who has casino management experience and is looking for a career opportunity, have them send a resume.

Above are some of the things that we did over the past month. What I would like to share with you now is an event I made time for that was very informative and really exciting. About two months ago I received



Ferdinand Martineau

a phone call from a staff person who was working on a Men's Health Brunch. They were looking for a door prize donation. I offered concert tickets for the upcoming show and they gladly accepted.

Then as almost an afterthought, they asked if I would be interested in attending. I took down the time and place and said I would attend if I could. I wrote it in my calendar and ordered the tickets.

When the day arrived I was a little reluctant to go, but I went to see what was going on. When I arrived, there were a few men but not a large amount. I walked around and talked to a few of the guys that I knew and introduced myself to some of the others.

The spiritual person arrived, and the pipe ceremony and prayer were done. We were asked to get into a line for food. Still, there was not a large

number of men. Then as the line progressed, more and more men began to arrive.

When the meal was over, more than 60 men came to hear Dr. Arne Vainio's presentation, which was terrific. It held my attention for the full 90 minutes. It was very informative and hit home because all the things he said applied to me two years ago when I went through the same "50-year-old" men stuff. If you have not seen the video "Walking into the Unknown," please take the time to view it. It is quite good and very informative. Now I know why our staff is always receiving awards!

Again, I am always interested in hearing any new ideas, so please feel free to call me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com. Miigwetch !



Coach Duane Jacobs, from the Six Nations Reserve, consults with his coaching staff at the Xcel Center in St. Paul. Photo courtesy of Minnesota Swarm

Minnesota Swarm lacrosse team expands outreach to Minnesota Native communities

By Art Coulson

Before Europeans came to North America, many of the nations that still call this continent home shared a game that continues to have strong spiritual and cultural significance to this day.

The Anishinabe called the game *baaga'adowe*. The Dakota people called it *takapsicapi*.

Lacrosse, played in many variations across the continent — some games played with two sticks per player; some with one — was not just an athletic contest, but a game played for the enjoyment of the Creator, a game that began important spiritual ceremonies and had great healing powers, said Minnesota Swarm professional lacrosse team Coach Duane Jacobs.

He addressed a gathering of native people in the locker room after the team's final game of the season on April 18 in St. Paul.

It is these strong cultural

ties that the new owners of the Minnesota Swarm hope to build on with an aggressive outreach program to the 55,000 native people in the Twin Cities and greater Minnesota, with a renewed commitment to developing the next generation of homegrown American Indian lacrosse players.

"We owe the great game of lacrosse to Native Americans and we have a strong desire to honor the tradition of the game by helping young natives in Minnesota reconnect with the game that has been so important to their heritage," said owner John Arlotta.

"We would like our native team members, player Travis Hill and coach Duane Jacobs, to be role models for the Native American community of all ages, not just the youth."

The rosters of the Swarm and the other 11 teams of the National Lacrosse League are made up of 23 percent American Indian players.

Lacrosse is not just the oldest, but the fastest growing sport in the U.S. It is also the national sport of Canada, which is home to a fair number of the professional lacrosse league's players.

Members of the Swarm ownership and management met with American Indians from the Twin Cities at the team's headquarters to brainstorm ideas for increased involvement in the local native community.

Among the attendees were representatives of St. Paul, Minneapolis and Rosemount-Apple Valley-Eagan schools (three of the state's four largest districts, each with significant American Indian student populations), as well as native business owners, parents and youth.

The group urged the team to focus their efforts on the long-term, and to make sure that their outreach to native youth had a strong cultural component.

The Swarm's first American Indian night was held on April

18 and drew a handful of native people to the game, but the team is not discouraged. The owners and management see the opportunity to expand the event in future years.

"We are looking to build on this event each year to incorporate more features to help educate the Swarm fans about the history of lacrosse and its native roots," said owner Andy Arlotta, John's son.

"Eventually, we would like to bring the traditional outdoor game to Minnesota and allow our fans to learn more about lacrosse. We would like to honor the teams with a scrimmage at half-time during one of the games and eventually work into a full outdoor game to kick off the season. With the help of the Native community, we can encourage children to be excited about playing lacrosse again."

The team has partnered with HomeGrown Lacrosse to help teach the youth the basics of the game. This program consists

of a Swarm player spending two weeks with the gym classes in a school teaching them about the sport and the basics. The team will be trying to expand the program into additional schools for the 2010 season.

The team will also be working with local school leaders to expand lacrosse into schools with significant native student populations. The Swarm also plans to continue its meetings with local native community members to strengthen relationships and gather ideas for more collaborative programming.

To schedule a meeting with a Swarm representative, contact Brett Miller at this email address: bamiller@mnswarm.com. His phone number is (651) 312-3494.

Art Coulson, Cherokee, is owner of Redbird Media & Design, a Twin Cities graphic and media consulting company. He can be reached at (612) 655-8102.

Marching with the Ninth

FDL Veteran Frank Defoe served during the 'Great Rebellion' -- died tragically in an 1892 blizzard

By Christine Carlson

This is the story of Frank Defoe an Anishinabe Civil War Veteran, and his wife, Angeline Defoe.

While searching through old microfilm at the Carlton County Historical Society, I found an article in an 1892 newspaper about Frank Defoe's death. The story said that Frank was a veteran of the "Great Rebellion," as the Civil War was called in the late 1800s.

I wondered if Frank Defoe was related to LeRoy Defoe, who heads up the FDL Grave Registration Project. A phone call to LeRoy informed me that he is the great-great grandson of Frank and Angeline, who had 13 children.

The Grave Registration records located in the Tribal Center Library show that LeRoy Defoe's grandfather's name was also Frank Defoe. He was born in 1874 and died on April 22, 1933. His parents are listed as father -- Frank Defoe and mother -- Angeline Ajibikokwe. An additional record stated her name as Anjin-ikwe Ajibikokwe.

The 1880 U.S. Census

Civil War Veteran Frank Defoe was born about 1835 and was 45 years old in the 1880 U.S. Census. Frank and his family lived in Barnum. The census showed that he served as a soldier in the "Federal Army."

His wife was listed as Annie and their children at that time were Joe, Annie Jr., Frank Jr., Peter, Simon, Louis, Antoine and Lizzie.

I then looked for Frank's Civil War Records. I searched with diligence, but only found a Francois or Francis Dufoe who served as a private in Company G with the Ninth Regiment, Minnesota Infantry. Although

the name and spelling is different, Francois Dufoe is the same Frank Defoe.

Fighting the Dakota

The Civil War was fought between the North and South from 1861-1865. The Ninth Regiment of the Minnesota Infantry was organized at St. Cloud in August 1862 and moved to Ft. Abercrombie in Sept. 1862.

Fort Abercrombie was the first military post in North Dakota, built by the U.S. Army to fend off the Dakota. It was about 35 miles south of Fargo, and was described as a "frontier post."

The Ninth Regiment's "Company G" was stationed at Fort Abercrombie for a year, where local white settlers had sought shelter. Frank defended the fort against the Eastern Dakota during the 1862 war between the United States and the Dakota.

The war broke out because of encroaching white settlers and a long list of broken promises made to the Dakota. The Indians had ceded land in Minnesota; therefore, food and other annuities were desperately overdue. Additionally, a crop failure the previous year contributed to the hardship of the Dakota, who were starving.

In August, 1862, the Dakota approached a local trader to get food on credit. The man, Andrew Myrick, was cruel and unsympathetic. He said that if the Dakota were hungry, they could eat grass.

The words ignited a war. Three days later, following the battle of the Lower Sioux Agency, Andrew Myrick was found dead with grass stuffed in his mouth.

Into Union territory

The Ninth Regiment was sent south in September 1863. The Minnesota Seventh, Ninth and

Tenth Regiments were also engaged at Nashville. In October of 1863, a battle took place at Brice's Crossroads (Guntown) Mississippi, in which the Union lost. The Ninth Minnesota Regiment was in the rear fighting for three days. The Regiment successfully saved the Union soldiers from capture. These regiments had traveled over 10,000 miles during the war years. This is most likely a record for any regiment during the war.

Frank Defoe and his unit were "mustered out," or their military service ended, in August 1865.

"Highly esteemed"

In the March 12, 1892 Carlton County Vidette I found this about Frank Defoe:

Frank Defoe, father of Mrs. William Oliver, fell a victim to the storm of Wednesday. He had ventured out from his home on the Cloquet Reservation and was soon tendered helpless by the storm's severity and compelled to sink down in the snow. He was discovered some time afterward in a badly frozen condition and conveyed to his home where he lingered until Thursday night when death relieved his sufferings. Mr. DeFoe was one of the most highly esteemed personages of his race in this section. He had served with distinction as a soldier in the great rebellion and had won an enviable reputation as a temperate, industrious and honest man. His untimely death will be sincerely mourned by all."

The March 12, 1892 Carlton County newspaper described the deadly storm that raged all day Wednesday and until noon on Thursday. The wind blew 60 miles an hour and created huge drifts that were 10 feet high. The snow was 18 inches on

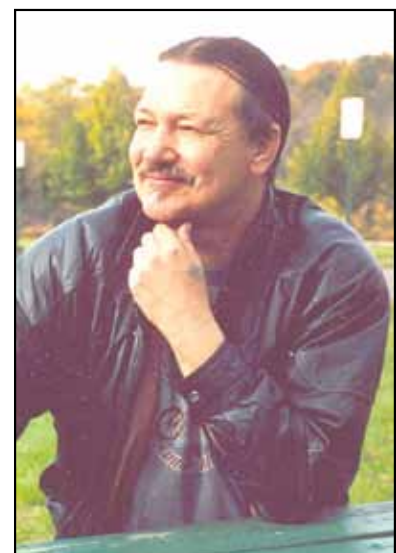
the level ground. The railroads stopped and the telegraph lines were down. One death was attributed to the storm -- Frank Defoe. The story reads:

Frank Defoe was found frozen to death on the tote-road about one mile from the reserve. He had been out to the sugar bush and it was while on his return that he was caught by the awful storm, with the results given. He was a man about 50 years of age and is the father-in-law of Wm. Oliver of Barnum. He leaves a large family and many warm friends among the white people of this place who sincerely mourn his death. Defoe is an old war veteran having served for over four years in the northern army during the civil war. He has never drawn a pension but was clearly entitled to one. An effort will be made to secure his rights from the government for the benefit of his family.

Frank's wife, Angeline, applied for a pension under the Widow's Pension Claims act of 1890. She submitted a claim for receiving the widow's pension for herself and her children during Charles Towne's Congressional term, 1895 to 1897. Towne thought that this was a trifling matter and had no time for a poor widow. He set aside her papers.

Mrs. Defoe resubmitted several claims to no avail. In May of 1898, Angeline Defoe once again submitted her claim to the new member of Congress, Robert Page Morris. He prevailed on behalf of Angeline, who then received \$8 per month for herself, and \$2 per month for each child, plus a full back pension dating to July 1893. The Oct. 22, 1898 newspaper wrote of the case:

The above are plain unvarnished facts, that Mrs. Angelic Dufoe and her friends will cheer-



LeRoy Defoe, photo by Christine Carlson

fully verify. They exhibit the two men as they are, Mr. Towne so busy with schemes to alleviate the sufferings of the world at large that he has not time to attend to the urgent wants of a poor woman and her family. Mr. Morris a plain man with no such utopian ideas, but with an old-fashioned notion of duty and humanity, spares no effort until the necessities of the widow are relieved.

Angeline Defoe was certainly a determined woman. She tried until she succeeded and was rightfully granted the pension. The 1900 Federal Census states that she had given birth to 13 children. Four of her children were living with her at that time.

Angeline died on April 21, 1926 at the age of 84.

Christine Carlson grew up in the old village of Fond du Lac at the western end of Duluth. She self-published a book about the history of Fond du Lac in 2000. She can be reached at cac48@frontiernet.net

from page 7 curred with Patty, Duane and Mark.

Perhaps that's due to the watchful eyes of FDL Natural Resource Division employees.

"Pete took me out and said the more shallow the water, the better," Mark said, who had high praise for the FDL staff members who helped with the harvest.

Emptying the nets each morning took about an hour and a half. Officials sized and weighed the fish. From there, the fish were placed on ice. Duane and Mark set up a stainless steel table behind a restaurant for cleaning.

Rambo arrives

"A big individual came over to the table and asked WHAT ARE YOU DOING?" Mark said.

"We said we were cleaning our fish and he said oh no you ain't."

The group moved the table back to the landing. Turns out the man, a restaurant manager, had been burned in years past by netters who left heaps of fish guts on his property. Hotel owners, too, have mixed feelings about netters, Mark said. They like the business, but they don't like the piles of fish guts that some netters have left behind in hotel rooms.

To simplify matters, Patty and Duane returned home each day to clean the fish, which took until about 9:30 p.m.

Other signs of bad judgment

from others surfaced over the five-day season. Often the netted fish showed signs of spear marks, which meant that someone went into the nets with a spear at night and helped himself to the catch. During the



last two days of netting, Patty's net yielded about 12 fish; eight had spear marks. The theft was bad enough, but the use of spears on nets caused severe

damage to the net.

"You spend \$150 for a net, and if they put huge holes in it, it gets wrecked," Mark said. "It's frustrating."

On another occasion, Mark and Duane returned to their nets to find them sur-

rounded by other nets. Of course, only the outer nets caught fish. "It's not as though the fish

would jump over the nets to get to ours," Mark said.

Yet the rewards were plenty. Even now you sense a glow

from Patty, Mark and Duane when they talk about their adventure.

Each night Patty and Duane, after cleaning the day's catch, sat down to delicious meals of freshly caught fish.

Duane said he'll never forget the first time he and Mark pulled up a net and beheld the night's catch. It was something, he said with a broad smile. It was really something.

Band Members who want to participate in next year's spear/net season at Mille Lacs should call the Natural Resource Division at (218) 878-8001. A Division employee will provide information on the equipment needed, how to get a daily permit, and what to expect next spring.

Elder Essentials

Guidelines for receipt of air conditioners

The air conditioner guidelines for elders have changed. At its May 14, 2009 meeting, the Reservation Business Committee agreed that elders must be 62 and older to receive a free air conditioning unit. Also, new air conditioners will be available every five years, instead of every four years. The new forms will be available from Elder Advocate Deb Topping, Annette Rennquist, Terry Bassett and the Tribal Center receptionist desk. The guidelines are these:

- Must be an enrolled member of the FDL Band;
- Must be age 62 and older
- Must not have received an air conditioner in the past five years
- Only one air conditioner allowed per household
- Air conditioners must be picked up by the homeowner or an approved relative and/or FDL employee

If you have a medical condition and are under age 62, you need approval from Executive

Director Mike Himango for an air conditioner. Provide a medical note from your doctor that describes your medical condition. FDL is not responsible for installation.

Pick up time is on Wednesdays from 9 a.m. to noon. The air conditioners are located in the garage behind the Cloquet Community Center.

Elders to take Vista cruise on July 10

On July 10, 2009, all elders age 52 and up are invited to attend a Dinner Cruise on the Vista Fleet in Duluth. Reservations will start June 10 until the 150 spots are filled.

A \$4 sign up fee is required from everyone. Checks should be made out to "FDL Elder Activity Fund." Money will be returned the day of the cruise. Non-enrolled elders (such as spouses, caregivers and friends) who are age 52 and up may take the cruise for a cost of \$40. All fees are to be paid when you register. Registration is required. Bring your tribal identification

card at the time of registration, which takes place between 11 a.m. and 1 p.m. at all locations.

Cloquet registration: FDL Community Center Library on June 11, June 23 and 24, and July 1 and 2.

Sawyer registration: Community Center lunch room on June 22 and June 29.

Brookston registration: Community Center lunch room on June 19 and June 26.

Duluth registration: Center for American Indian Resources: June 18 and June 25.

Cancellations may be placed by July 7 by calling Greta Klassen (218) 345-6304; Jerry Setterquist (218) 879-9412, or Sharon Shuck (218) 728-5340. If you do cancel, you can get your deposit back. If you do not attend or do not cancel, you will lose your deposit.

Transportation will be provided from the Tribal Center to the harbor. The bus leaves at 5 p.m. and returns at approximately 9 p.m. Or, you are welcome to take your own vehicle to the event. The menu is prime rib

and champagne chicken, garlic roasted potatoes, leafy greens, vegetable blend, chocolate cake, coffee, tea and soda.

This outing is paid for from the Elder Activity Fund.

Elders invited to free movie and BB brunch

Enrolled elders age 52 and up are invited to "Brunch and a Movie" on Sunday June 14, 2009. Brunch will be held from 11 a.m. to 2 p.m. at the Black Bear Casino Buffet. The movie follows the buffet at the Cloquet Premiere Theater. You are free to select any movie that is playing that day.

To sign up in Cloquet, go to the Tribal Center Library or the Community Center front desk. Band Members in Brookston and Sawyer may sign up at their Community Centers, as well. Non-enrollees are invited to attend but must pay for their meal and movie.

This outing is paid for from the Elder Activity Fund.

Social Security payments to remain flat in 2010 and 2011

Due to low inflation, Social Security recipients will not receive a benefit increase in 2010 or 2011. More than 50 million people receive Social Security benefits that traditionally, have included an annual cost-of-living adjustment since 1975. The 2009 increase was for 5.8 percent.

Overall inflation has been low in 2009 because of the economic downturn and a decline in energy prices.

More bad news: the Medicare hospital insurance trust fund is deteriorating because of the recession, which has reduced payroll tax revenues, the main money source for the fund.

Social Security and Medicare spending came to more than \$1 trillion last year, representing more than one-third of the federal budget. The story was reported in the New York Times.

“Wasting time” with Daddy

By Lucy Carlson

Father’s Day is June 21. I have been giving thought recently to the legacies fathers leave to children. I said my last goodbye to my father in 1997. He was a patient man who honored the earth, and became a forester. He was non-judgmental and fair and could see humor in most situations. I am grateful for the gifts that he has passed on to me, the most important being his love and appreciation of the woods and wildlife. That value will live with me and be passed on to others I love.

I think this example illustrates that fathers have a huge impact on children. Studies show repeatedly that children who have highly involved fathers often do better in some areas of development than children who have less involved fathers. They tend to become better at solving problems and handling frustrations, are more socially skilled, more understanding of other’s feelings, and are better at dealing with a variety of people.

Fathers who are a regular part of their children’s lives also contribute to their child’s sense of humor, attention span, and eagerness to explore and learn. To play an important part in their children’s lives, fathers do not need to entertain or continuously be on the go with them. Here’s a story from Dolores Curran, Family Information Services, Minneapolis.

“A father and son went on a fishing trip. Later the son wrote in his diary, ‘Went fishing with Dad. It was great!’ His father



wrote in his journal, ‘Went fishing, but didn’t catch anything. Pretty much a waste of time.’”

How differently we view time and experiences. Are they wasted if we don’t catch fish but do interact with our children? Lucky are the children whose fathers enjoy “wasting” time with them! Dolores continued with memories of dads from their adult children:

“‘The best time of my week was when dad and I went for a walk after Sunday Mass,’ a 50-year-old woman said. ‘We just meandered downtown, stopped at the Dairy Queen, got an ice cream cone, and watched the cars go by. I always had the feeling he liked to spend time with me alone.’”

A father of three said, *“My best time with my dad was pattering around the car and garage with him. We talked about everything and he made me feel important by giving me little repair jobs.”*

“Friday night was our night with Dad.” One man said, “We popped popcorn and played Battleship or Risk.”

“My dad had a special time for each of us during the week,” a nostalgic executive recalled. “There were five of us and each had a day. We walked four blocks to the bus stop and walked home with him. All we did was walk and talk but it was the best time of the week for me.” He paused and said sadly, ‘I’m not doing it with my kids.’”

Today we know just how important fathers are. They balance the nurturing, care, and cautious exploration that mothers instill. Children benefit greatly from the addition of the risk taking and rambunctious activity a dad brings to them.

Fathers act as a compass in navigating the ongoing journey of raising a child. In his discussion of dads and daughters in *What a Difference a Daddy Makes*, Dr. Kevin Lehman writes: “A woman’s relationship with her father, more than

any other relationship, is going to affect her relationship with all other males in her life - her bosses, coworkers, sons, husband, brothers, pastors, college professors, and even Hollywood movie stars.” He says, “You tell me if a woman chooses Dennis Rodman over Michael Jordan, and I’ll give you an accurate picture of her father! There’s not a single relationship that isn’t indelibly stamped—for good or ill—by the man known as Daddy.”

Dads also influence self-esteem. If a girl believes that her dad loves her unconditionally, she has confidence. This idea can be taken further if we take a look at the men our daughters choose for husbands. A little girl will develop her expectations for her husband by watching how dad treats her mother. Lehman wrote that if dad: “acts like a controlling, demanding, and lazy bum, his daughter won’t think it odd or undesirable when she dates a boy who treats her this way. The best thing a dad can do to shape his daughter’s view of men is to treat his wife like he wants his future son-in-law to treat his daughter.”

Daddies provide a necessary balance to a mother’s loving and nurturing care.

Go to the public pool and watch a mother gently lead her child on an inner tube. She holds the child with both hands.

If you want to find Daddy, listen for the screams! In the corner of the pool where Dad is playing with his children, a young child might suddenly become a rocket, thrown out of

daddy’s arms and into the air. As the little girl splashes in the water, her siblings shout “My turn! I’m next, Daddy!”

Even babies and toddlers build memories of the times you spend with them. They may not remember the specific things you did, but they remember the feeling of being loved. By spending time with them you tell them “I love you and you’re fun to be with.”

Ways for Dads to “waste” time with infants or toddlers:

- Lie down on the floor and watch your child play. Let him crawl all over you.
- Take a walk with your toddler. Walk as slowly as she does and notice everything she notices.
- Put your favorite music on the stereo and dance with your child
- Put your infant in a front or back carrier and take a walk
- Play “dump” and “pick up” with your toddler. Let her dump a container of toys, then pick them up and put them back in the container. Let her dump them again. Pick them up again. Do it 100 times if she wants to.

Have fun, and make this the very best Father’s Day ever by “wasting” time with your children!

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

Legal Q&As

Details about \$250 check to senior citizens as part of federal stimulus package; state laws on family and parental leave

Dear Senior Legal Line: I have heard that Social Security beneficiaries will receive a one-time \$250 payment from the federal government to help stimulate the economy. Is this true? If so, who will get the money and when will they get it?

Penny

Dear Penny: It is true. On Feb. 17, 2009, President Obama signed the American Recovery and Reinvestment Act (ARRA) of 2009. Among other things, this new legislation provides a one-time payment of \$250 to each of the more than 60 million Social Security and Supplemental Security Income (SSI) beneficiaries. The act authorizes \$789 billion dollars in new federal spending to provide this one-time payment as well as to save or create jobs, reduce taxes to low or moderate income households, protect Medicaid beneficiaries from state cuts, and to invest in the nation's infrastructure.

Anyone who received Social Security, SSI, VA, or Railroad Retirement benefits in November or December 2008 or January 2009 is eligible for the one-time payment.

However, some SSI recipients will not get the one-time payment. If a person resides in a nursing home and receives state Medical Assistance (Medicaid), and most of his or her SSI check goes to the home except for the \$30 monthly personal needs allowance, no \$250 check will be issued. Also, people getting SSI who live in publicly owned or operated residential facilities (such as municipal nursing homes, jails, or prisons) will not get a one-time payment.

According to the Social Security Administration, notices about the

payment went out in April 2009. The payments will be sent out in May and early June, 2009. The payment will be in the same form as the recipient's regular SS payment.

If you receive SS and another benefit, such as a Veteran's Administration (VA) pension, you will only receive a single one-time payment. You will not get two payments. No one will receive more than one payment. Spouses will each receive their own payment.

The payment will not affect eligibility for or the amount of Section 8 housing subsidies. The ARRA specifically states that the payment will not count towards eligibility or the amount of any entitlement benefits funded wholly or in part with federal funds. Thus, if you live in Section 8 housing, the payment will not affect your housing.

If you owe any federal or state debts, except for SSA or SSI overpayments, the one-time payment can be recouped to repay the federal or state debts.

If you are eligible, you do not have to do anything in order to receive the payment. Look for the notice in April and the payment in May or June 2009.

This column is written by the Senior Citizens' Law Project. It is not meant to give complete answers to individual questions. If you are 60 years of age or older and live within the Minnesota Arrowhead Region, you may contact us with questions for legal help by writing to: Senior Citizens' Law Project, Legal Aid Service of Northeastern Minnesota, 302 Ordean Bldg., Duluth, MN 55802. Please include a phone number and return address.

Family Medical Leave Act

By Sofia Manning
Indian Legal Assistance Program, Duluth

The Family Medical Leave Act is a federal law that provides certain employees with 12 weeks of unpaid leave in a 12-month period. The law only applies if an individual has worked for the employer for a total period of 12 months and if the individual has worked at least 1,250 hours for the employer during the 12-month period prior to the leave request. This law only applies to employers with 50 or more employees within 75 miles of your work site.

The law can be used if an individual has a serious health condition (including pregnancy) or in the case of a serious health condition of a child, spouse or parent. The law does apply in cases of birth, adoption or foster placements of a child.

The law defines "serious health condition" as a period of incapacity of more than three consecutive days, which involves either an overnight hospitalization or supervision of a health care provider. The law is not intended to cover routine appointments or minor ailments.

If an individual takes such a leave, he/she is guaranteed that they can return to their previous position or an

equivalent one. The employer must continue health coverage on the same terms as prior to the leave.

Parental Leave Act

The Parental Leave Act is a Minnesota law that provides certain employees with six weeks unpaid leave in the case of a birth or adoption of a child. If an individual takes such a leave, he/she is guaranteed that they can return to their prior position or an equivalent one. The employer must continue health coverage on the same terms as prior to the leave. The Minnesota Parental Leave Act only applies to an employee who has worked for the employer for 12 months or more immediately preceding the request and who averages at least half time employment. That Act only applies to employers who have 21 or more employees at any one site.

An employee may use personal sick leave benefits provided by the employer for absences due to an illness or injury to the employee's child, as long as the child's condition requires the employee (parent) to be with the child. Personal sick leave benefits used for a child's illness or injury must be used on the same terms as for the employee's illness or injury. An employer may

require documentation from a medical professional in regards to the absence, as well as documentation that the employee may return to work. If the employer requires that the employee be seen by a doctor selected by them, the employer is responsible for paying the cost of the doctor visit.

Minnesota law also requires an employer, who has one or more eligible employees, within the State of Minnesota, to grant up to 16 hours of unpaid leave during any 12-month period to attend school conferences or classroom activities that cannot be scheduled during non-work hours. The employee must give the employer advance notice of the need for the time off so as not to disrupt the employers operations.

If you have any questions or topics you would like addressed in future columns, please write to us at: Indian Legal Assistance Program, 107 W. First St., Duluth, Minn. 55802.

Etc.



George Jones

George Jones to perform at BCCR on June 26, 2009

Country Music Hall of Fame member George Jones will perform at 8 p.m. on June 26 at the Otter Creek Event Center at the Black Bear Casino Resort. Ticket prices range from \$33 to \$43, and can be purchased through Ticketmaster, or from the Otter Creek Box Office located within the Casino complex on Highway 35 in Carlton, Minn.

Jones, a Korean War veteran, has topped music charts over the decades with hits like "Why Baby Why," "White Lightning" and the award-winning "He Stopped Loving Her Today," which won single of the year honors from the Country Music Awards in 1980 and 1981.

It also earned Jones a Grammy that same year for best male country vocal performance. The CMA named him male vocalist of the year in 1980 and 1981.

Birch bark harvesting

Note to Birch Bark Gatherers: FDL Forestry is planning a birch bark timber harvest near White Tail Drive, south of Jarvi Road. The timber harvest will occur sometime after the peeling season (mid-July). Stop by the Resource Management office between 8 a.m. and 4 p.m. for details.

Notice regarding tax-exempt status of Tribal Members who live and work on the reservation

REMINDER: Under federal law, tribal members who both live and work on their tribe's reservation are exempt from state income tax on those earnings. Tribal members who are employed by the Band must make sure that they have filed tax exempt forms with the Payroll Department. The State Department of Revenue has taken the position that it does not know who is tax exempt unless an exemption form is filed with

them. If you receive a notice or levy from the State on income that is exempt, you can bring a copy of the levy to the Legal Department, and a letter can be sent on your behalf to the State. For further information, please contact Dennis Peterson, Tribal Attorney, at (218) 878-2607.

Vet's Powwow scheduled for July 10-12 at Mash

The FDL annual Veterans' Powwow will be held July 10-12, 2009 at the Mash ka wisen Powwow grounds at Hwy. 210 and Mission Road in Sawyer. The "Honoring Veterans" por-

tion of the celebration will take place at 1:30 p.m. on Saturday, July 11.

Grand entry times are these: 7 p.m., July 10; 1 p.m. and 7 p.m. on July 11; 1 p.m. on July 12. A feast will be served at 5 p.m. on July 11; lunch will be served at 3 p.m. on July 12.

The Master of Ceremonies will be Dan Houle and Pete Gahbow. Arena Directors are

Steven and Charlie Smith and Jaimie Petite. Host Drum: Cedar Creek; Head Dancers: Mike Diver and Vanessa Northrup.

The dance specials include the women's fancy shawl and the men's grass dance. A hand drum contest will be held.

For more information call Mary at (218) 878-7583.

Alcohol and drugs are prohibited.

Meeting notices

The next open meeting with RBC members will be held at 1:30 p.m. on June 18, 2009 at the Brookston Community Center, 8200 Belich Road, Cloquet. All are invited to attend.

The FDL Law Enforcement Review Board will hold its next meeting at 3:30 p.m. on June 17 at the Police Dept. building, 930 Trettel Ln. All are welcome to attend, but the Board may go into executive session for personnel matters. That portion of the meeting is not open to the public.



FDL Ojibwe School students created a "Caring is the Heart of Respect" wall with notices of respectful acts that the children have seen or done. Shown here are members of the third grade who wrote about kind and respectful acts. The children keep in mind the seven gifts given to the Ojibwe people: truth, respect, bravery, love, humility, honesty and wisdom. Standing, Left to Right are: Kayla VanNett, Maraya Sandy, Noah Delapaz, Muri Goseyun, Treshawn Brown, Jagger Lind, Jacob Reynolds, Daquawn McCray, Robert Martin. Sitting, Left to Right are: Robert Parker, Sam Kent, Aleisha Fox, Patia Hayes, Lilly Hudson, Aaliyah Peterson, Samantha Fineday, Eddie DeFoe

Tobacco misuse believed linked to breast cancer

Canadian scientists reported in May that smoking increases the risk of breast cancer. Girls and young women in particular faced special risks from smoking or from exposure to secondhand smoke, the report concluded.

To date, most studies have dismissed the impact of smoke on breast cancer, including opinions from the surgeon general in 2006 and the International Agency for Research on Cancer.

A doctor at the University of Toronto said that the research now shows that women can take steps to avoid breast cancer, such as becoming more physically active, eating a good diet and avoiding becoming overweight. "Do not drink heavily, and do not smoke," he added.

The report is a summary of the evidence, which focused on more recent studies from the past six or seven years. A few of the studies said that women who smoke when they are young increase their risk of breast cancer by 20 percent, and that years of heavy smoking increase the risk to 30 percent. The California Environmental Protection Agency came to a similar conclusion in 2005.

Help to quit smoking

Quit smoking today! Call the Wiidookawishin (Help Me) QUITPLAN Center at Fond du Lac. Schedule an individual appointment to get ready for your quit date! Save money and be healthy,

Wiidookawishin QUITPLAN Center: Call (218)878-3707 to make a Smoking Cessation appointment at the Min no aya win Clinic (218-878-3707) or the Center for American Indian Resources (218-279-4064) or 612-871-1989 for an appointment at the Mashkiki Waakaigan Pharmacy in Minneapolis.

Persons not eligible for smoking cessation sessions and Nicotine Replacement Therapies at FDL MNAW or Duluth CAIR can access QUITPLAN Services at St. Mary's QUITPLAN Center in Duluth (218-786-2677).

QUITPLAN Helpline: 1-888-354-PLAN — Available to any Minnesota smoker, the QUITPLAN Helpline offers free professional telephone counseling to help you quit. The quitplan.com website offers free membership, helpful quitting tools and a chance to connect online with thousands of others

Human Services/CAIR offer new way to heal old scars

In the late 1980's a psychologist found that by mildly stimulating both sides of the human brain alternately while the person visualizes a traumatic event, the person heals more quickly from trauma in most cases.

Since then, many psychotherapists have learned the Eye Movement Desensitization & Reprocessing procedure. It works well with patients who suffer from post-traumatic stress disorder, and is now the treatment of choice for combat-related trauma.

It also works well for traumas caused by loss, abuse, assault, rape, witnessing violence, car accidents and a host of other human traumas.

Nightmares, flashbacks, intrusive thoughts, depression, fear and panic attacks caused by traumas can be successfully treated most of the time. The beneficial effects of this treatment seem to go deeper than traditional "talk therapy".

EMDR is used effectively and safely with all age levels and usually needs to be done once per trauma. If a person has had three major traumas in their recent past or childhood, they will probably only need three sessions of EMDR, one per trauma. The treatment is less time consuming and hence, less

costly than psychotherapy.

The four Mental Health Therapists employed by FDL Human Services have been trained in EMDR therapy. Dan Rogers, LP and Kelly Rikala, LICSW can be reached at the Min no aya win Clinic at (218) 879-1227. Ellie Schoenfeld, LICSW and Greg Goodrich, LPC, can be reached at CAIR in Duluth at (218) 726-1370.

FDL Human Services invites all trauma victims, especially veterans returning from combat, to call for an appointment for an EMDR consultation.

Protecting your eyes

Most people need medical attention for their eyes by the age

of 75. By then, more than 50 percent of Americans have cataracts, 10 percent have macular degeneration and six percent have glaucoma. To protect yourself against these, people age 35 to 60 should have screening exams every two to four years.

Cataract symptoms include a clouding of the eye lens caused by clumped proteins. Other symptoms: hazy vision, sensitivity to glare, poor night vision. Surgery may be the best option.

Glaucoma has no early warning signs. It is detected by a standard eye exam. When glaucoma is diagnosed, eyedrops must be used every day. Proper treatment slows the damage.

Age-related macular degen-

eration symptoms include seeing print as blurry or crooked. "Dry" AMD is common and can lead to the more problematic "wet" AMD when blood vessels grow and leak, causing severe vision loss. Those with moderate dry AMD often take a daily antioxidant eye supplement. Wet AMD can be halted and vision can even be improved with some of the new drugs now available.

How to prevent eye disease: avoid tobacco smoke which increases cataract and AMD risk; eat fruits and vegetables, fatty fish and foods with Vitamin B; lose excess weight and watch your blood pressure; wear sunglasses.

Three tests to help prevent heart disease

From the FDL Public Health Nursing Dept.

Three important risk factors for heart disease are high blood pressure, high blood cholesterol, and diabetes. There are things you can do to prevent or control all of these risk factors and reduce your chances of getting heart disease.

How do you know if you have high blood pressure, high blood cholesterol, or diabetes? Often tests are given at a health fair or clinic. Each test is different.

You have probably had a blood pressure test, usually done by a nurse or doctor who puts a "blood pressure cuff" around your upper arm and fills it with air. As the air is released, your blood pressure is measured. Every time you

go to the clinic, you should get your blood pressure tested.

The test for blood cholesterol involves using a needle to take blood, usually from a vein on the inside of your arm. The blood is sent to a laboratory for analysis. The cholesterol test is more accurate if you do not eat for nine to 12 hours before the blood is taken from your body. Adults age 20 and older should have their blood cholesterol checked at least every five years. Check it more often if you have high blood cholesterol levels.

The diabetes test uses a needle to draw blood usually before eating early in the morning. There are other ways to test for diabetes, but this approach is so simple that it can be done at health fairs and at home. A drop of blood taken from your fingertip is placed

on a special strip of paper. The strip is then put into a small machine that tells how much sugar is in your blood. You should have a diabetes test at least every year. If you have diabetes, you will need to monitor your blood sugar every day.

It is important to take care of yourself, so that you can take care of the other people in your family who need you. Part of taking care of yourself is to have regular blood pressure, blood cholesterol and blood sugar (diabetes) tests. The tests are simple and almost painless.

A future column will explain what the blood pressure and blood cholesterol test results mean. Call Amber at (218) 878-3079 for more information about the FDL Public Nursing Dept. and its services.

A heart healthy choice: Blueberry-Peach Smoothie

Preparation time: five minutes. The recipe makes one serving.

One-fourth C. orange juice
One-fourth C. peeled, pitted, sliced peaches
One-half C. plain low-fat yogurt
One-fourth C. washed, stemmed blueberries
One t. honey

Directions: Place all ingredients in a blender. Blend on high speed until smooth. Nutrition Facts: Serving Size: 1 cup; calories 144; protein 8g; carbohydrate 26g; fiber 2g

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. 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. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com

The telephone number is (218)878-2628. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and name with anything you submit. Materials will be edited for clarity and length.

CAIR news flashes

Well, **Emily Sisco**, Public Health Nurse, left us April 30 for greener pastures in Menominee, Wisc. We'll miss her. Also, **Shannon Benton**, social worker, is also leaving to move to Milwaukee Wisconsin. We will miss her, also.

Our birthdays for June are **Gloria Mirkovich**, Administration, on June 2, and **Stephanie Price**, Pharmacy, June 29.

Chet Welch is RETIRING! I don't know what we are going to do without him. We will miss him!

Margaret Needham, reporting

from the Center for American Indian Resources, Duluth

Birthdays

Happy First Birthday on June 27 to **Dayonna Jade Bosto**. We love you "Chunk Chunk."

From your Gramma and Grampa, your sister Daisha and your Aunties and Uncles



Happy (belated) Birthday on May 29 to **Richard Barney Jr.** who turned 32. We love you very much!

Love from Mom and Alyssa

Happy (belated) Birthday to **Nancy Seppala** on May 7!

Love, Gayle, Clifford, Dennis, Bonnie and Bruce

Happy Birthday to **Auntie Rosie DeFoe** on June 25.

With love from, Ria, Cory, Sammy, and Warren Jr.

Happy Birthday to **Auntie Pam DeFoe** on June 16.

With love from Ria, Cory, Sammy, and Warren Jr.

Happy 42nd Birthday to my big brother **Christopher King** on June 14th!

Love from your sister, Kathy King

Happy 34th Birthday to my baby brother **Robert (Bobby) King** on June 13th!

Love from your sister, Kathy King

Happy 15th Anniversary to my sister and her husband, **Mike and Michelle Verley**, on June 19th!

I love you both!

Your sister Kathy King

Happy Birthday to my **Auntie Carol Weiner** on June 19th!

Love from your niece Kathy King

Happy Birthday to **Stephanie Price**, who is 21 on June 29.

She is a Certified Pharmacy Technician at our Center for American Indian Resources pharmacy in Duluth. **Jessica Fosness** celebrates her 25th birthday on June 2. She is a Certified Pharmacy Technician at the Min no aya win Pharmacy. Brenda Bergman will be 61 on June 6. She is our Insurance Billing/Technician at the Min no aya win Pharmacy.

Lori Skog-Price



Happy Sixth Birthday **Chloe Peacock!** Her birthday is on June 14.

Love from Mom, Dad, Chanel, Shana, and Cole



Belated birthdays to our children: **Chanel "Sweet Sixteen" Wachsmuth** who turned 16 on

May 1st. **Shana Peacock**, who celebrated her golden birthday on May 14. **Cole Peacock**, who



turned 12 on May 7. *Love from Mom, Dad, (and Chloe)*

Wishing my husband **Mel Barney** a very Happy Birthday on June 3, 2009

Love Always, Janelle

Happy 14th Birthday to our nephew **Jered King** on June 4, 2009.

Love, Auntie Nell & Uncle Mel

Happy 5th Birthday on June 6 to our very adventurous nephew **Alijah Petite**.

Love, Auntie Nell & Uncle Mel

Congratulations

Congratulations to **Paul Schultz III** on his graduation from Kent State University with a Bachelors Degree in Recreation and Parks Management. Your grandparents, Chuck and Faye Diver, are proud of you!

On May 27, 2009 **Christopher Johnson-Fuller** graduated from the Fond du Lac Ojibwe School. Congratulations, Chris! In July, Chris starts a four-year enlistment with the U.S. Air Force. Mom will miss you!

Love from your family

Congratulations to the **Dunlap kids: Beka** for receiving a nursing degree (May 21); **Caleb** and **Jared** for receiving degrees in American Indian Studies (June 21); and **Jeremiah** for turning 35 (June 15) and for 12 years of marriage (June 28).

From Jacob, your big brother

Congratulations to **Larissa Rose Bosto**. We are so proud of your accomplishments. Stay focused and stick to your plan and you will go far in life.

Love, Mom, Dad, Michael, Dawnis, Wayne, Sequoyah, Marilyn, Kenneth, Daisha & Dayonna. We love you.



Congratulations to **Larissa Bosto!** I'm proud of you and I hope you have a great time in the Air Force.

Your cousin, Bear

Congratulations **Alyssa Hoffmann**, age 11. On April 18 Alyssa's fifth grade class sang the National Anthem in front of 34,000 fans at the Metrodome before a Twins game. That was a real accomplishment and we are very proud of you!

Love, Grandma Mickey and your dad

Anniversary

Dale and Leann

Reynolds celebrated their 12th wedding anniversary on May 9, 2009.



Thank you

Miigwech to the Fond du Lac Reservation Business Committee for supporting the Blandin Reservation Leadership Program.

Fond du Lac Reservation Alumni

The family of **Ronald "Chic" Smith** thanks the St. Luke's Hospital pulmonary team, the Min no aya win Clinic doctors, nurses, and health aides, Sr. Rose and Fr. Tom, the Handevitd funeral home staff, the RBC, and all who sent flowers, food, gifts and cards. We appreciate the prayers and kindnesses extended during this difficult time. We thank the Creator for our Brother's life, and the chance to care for him during his illness.

Community News

Homes for sale

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth.



Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$260,000. Call (218) 879-5617 for more info.

For sale in Sawyer area, on leased land, house in a great neighborhood. Three bedrooms, one bath, large deck, detached garage. Many updates, including new roofs on both house and garage, newer carpet and paint throughout house, and newer furnace. Asking \$115,000. Any questions or to view call (218)590-8541.



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

wooded lot with spacious 2-car detached garage. Open floor plan with radiant in-floor heat, a natural gas stove/fireplace, and a Jacuzzi tub. Assessed at \$179,000, asking \$150,000. Must sell. Call 218-213-6190.

Memorials

Kathy Beadle,
June 26, 1939
– December 16,
1999

Mom, ten years have passed since we celebrated



your June birthday. We miss you so very much, and include the following by Karna Franche in your memory.

When I must leave you for a while, please do not grieve and shed wild tears and hug your sorrow through the years,

But start out bravely with a smile, and for my sake, and in my name live on and do all things the same.

Feed not on loneliness and empty days, but fill each hour in useful ways.

Reach out your hands in comfort and cheer. In turn, I will comfort and hold you near.

And never be afraid to die, for I am waiting for you, in the sky.
The family of Kathy Beadle



In memory of
Angel Diver
(June 20, 1967
– June 25,
2008)

I thought of you with love today, but that is nothing new. I thought about you yesterday and days before that, too.

I think of you in silence, I often speak your name. All I have are memories and your picture in a frame.

Your memory is my keepsake with which I'll never part. God has you in His keeping, I have you in my heart.

*Love and miss you always,
Mom*

No farewell words were spoken, no time to say goodbye. You were gone before we knew it, and only God knows why.

We love and miss you **Angel.**
Randi Rose, Toni and Samantha, Mike, Tara and Brian, Adam and Addison, Mel and Janelle, Joey, Rachel & kids,

Danny, Patti and Dannin, Dean and Cody.

If love could have saved you, you would have lived forever.

We love you **Auntie Angel.**

Addison and Sam

A remembrance gathering

The family of **Angel Diver** would like to invite her family and friends to Toni's for a day of remembrance starting at 1 p.m. on Saturday, June 27. Feel free to bring a dish to pass. Toni's address is 216 Danielson Rd., Cloquet, Minn.

Obituary

Jessica (Houle) Wentland, 30, died on April 28, 2009 at St. Mary's Medical Center in Duluth. She was the daughter of FDL Band Member Chuck Houle.

Jessica was preceded in death by her grandmothers Marjorie Nord and Annette Wentland; grandfather Ambrose Houle; uncles Paul Houle and Allen Houle. Also waiting for her are cousins, loving friends and other relatives to watch over our loving daughter.

Jessica is survived by her mother Peggy Houle (Wentland); father Charles Houle; siblings Jamey Houle and Christopher, Jodie Houle, Mike and two children, Charles Houle Jr. and child, Cord Houle and child, Curtis Houle, Mike Houle and family and Paul Houle and family; grandparent Jessie Wentland (Jessica's namesake); aunts Kelly Wentland, Tracy Wentland and child, Theresa Christain and family, May Houle and family, Jim & Marcy Goo-

deau and family, Ron & Mavis Alvin and family, Sue & Roy Maki and family, Nicole and family and Alaina and family; uncles Mike Wentland and family, Tom Wentland and family, Ambrose Jr. and family, James and family, David and family and Pat Houle and family; her adopted uncle William Donovan (B.C.); boyfriend Jake Robbins;

and countless friends and loved ones.

The family wishes to thank her nurses and the many people who helped Jessica, who will be missed dearly. The funeral was held May 4 at the Handevitd Funeral Home. Interment was in the New Holy Family Cemetery, Cloquet.



In blue is Chanel Wachsmuth, a fancy shawl dancer who attended the District 1 Powwow on May 9, 2009. In front of Chanel is her sister, Shana Peacock. Photo by Trey Kettlehut.

Area news briefs

Ojibwe sisters win prestigious 2009 Minnesota Book Awards

Two Ojibwe sisters raised in North Dakota, Louise and Heid Erdrich, each won a Minnesota Book Award presented at the 2009 award ceremony held in St. Paul.

Well-known writer Louise Erdrich won for her novel, "The Plague of Doves" based on the lynching of three American Indians in North Dakota over a century ago. The book was also a recent finalist for the Pulitzer Prize in fiction.

Heid Erdrich won for her collection of poetry entitled "National Monuments."

Almost 320 books were nominated for Book Awards; 32 were selected as finalists.

Sappi may increase paper production and add jobs

Cloquet's Sappi paper mill announced that it has explored the possibility of tripling the production of coated paper without producing more pulp or cutting more trees.

The production changes, which would only take place after an improvement in the economy, would require as many as 100 to 200 new employees.

Currently the mill has 760 employees, according to a Pine Journal story. If approved, the new equipment would include a paper-processing machine and natural gas-fired boiler.

No additional timber harvesting would be required, but air emissions would increase as well as the plant size.

The company has been obtaining the necessary environmental permits so it can expand when the economy improves.

Sappi's former on-site tree nursery would be converted into a wood storage yard and that means that Avenue B in Cloquet would be rerouted.

The project would require water-use permits, an agreement with the Western Lake Superior Sanitary Dis-

trict to send more effluent, and city building permits. The expansion would increase carbon monoxide, nitrogen oxide and particulate emissions into the air, but not to a degree considered "significant" under federal EPA regulations.

Pawnee named to BIA

A Pawnee who served as Idaho's attorney general will become the head of the Bureau of Indian Affairs. Larry EchoHawk, a Brigham Young University professor was named to the post in April.

The BIA has been without leadership for more than a year. The last official resigned from the job in March 2007 after one year.

The BIA manages 66 million acres of land and oversees Indian schools and other programs and has been caught up in a lawsuit for 12 years about Indian trust land. The story was reported in News from Indian Country.

Child abuse agency director guilty of theft/mail fraud

The former executive director of First Witness Child Abuse Resource Center in Duluth received a 27 month prison sentence for mail fraud leading to the theft of more than \$125,000 from the agency.

Patricia Ann Miller pleaded guilty to mail fraud for scheming to trick the agency into paying her personal expenses. She claimed that the expenses were business related.

The First Witness program attempts to strengthen the community's response to child abuse. The center helps in the investigation and assessment of child abuse cases.

Apostle Island oak trees stripped by gypsy moths

Gypsy moths have taken Wisconsin's oak trees hostage, defoliating huge sections of the Apostle Island and Iron County forests. A quarantine is in place to restrict the moving of wood and trees, which

has a great impact on plant nurseries, Christmas tree growers and lumber mills.

The moths are continuing on their westward and northern push, according to the Wisconsin Dept. of Agriculture, Trade and Consumer Protection.

Huge numbers of the moth were discovered during a 2008 field survey of Madeline Island, the outlying Apostle Islands and in Iron County.

The quarantine means that trees and logs must be inspected and certified as moth-free before the products can move into nonquarantine counties or nonquarantine states.

Also, residents of the quarantine areas have been asked that they not move any infested wood, especially firewood, from the area. Female moths lay eggs on boat trailers, campers, trucks, patio furniture and almost anything outdoors. The story was reported in the Duluth News Tribune.

Severe winter means lighter deer harvest

The state Department of Natural Resources predicts that the recent moderate to severe winter across northeastern Minnesota will have an impact on deer herd management this fall, according to a story in the Duluth News Tribune.

The weather means fewer bonus permits for antlerless deer and more deer management units where hunters will enter a lottery to get an antlerless deer permit. Weather severity readings in some areas of Minnesota were equal to those of the 1996-'97 winter, which was considered "severe."

Harsh winters lead to an increase in the number of deer deaths, with the hardest toll taken on the previous year's fawns.

Excellent students get chance at free Harvard education

If you are an excellent student, you can attend a top notch university even if your family income is modest.

In 2006, Harvard University introduced its Financial Aid Initiative that allowed students to attend free if their combined family income was less than \$60,000. The Initiative pays tuition, room/board, and activity and health fees.

The Initiative led to a huge applicant pool of almost 22,800 students for the University's 2009-'10 entering freshman class. The class consists of 1,600 members. For more information, call the Harvard College Financial Aid Office at (617) 495-1581.

Cloth diapers are cheaper and better for babies

Although more than 90 percent of parents use disposable diapers, a cost analysis shows that cloth diapers are less expensive and better for babies. The new diapers are pinless.

A Star Tribune story reported that the mother of two sons has spent \$400 so far to diaper her 2.5-year-old and one-year-old babies. Disposable diapers cost up to \$2,000 per baby, according to Consumer Reports magazine.

The cloth diapers vary in style and cost, from \$1 to \$25 per diaper. That means the cost of the diapers can range from \$50 to \$500 from birth through potty-training.

A mother of two-year-old twins reported that she had not seen a big change in her water bills from washing cloth diapers, adding that she felt good about not putting nonbiodegradable diapers in a landfill that would take 500 years or longer to decompose.

Peaceful coexistence between Dakota/Ojibwe renewed at Mille Lacs Reservation

On April 18, Santee Dakota spiritual leaders presented a horse to Mille Lacs Reservation spiritual leaders as part of a drum ceremony to commemorate an armistice between the two nations that was made more than 130 years ago.

The meeting was the first gathering between the onetime warring tribes since the 19th Century. The young pony, accompanied by a Dakota honor song, was presented to the Ojibwe drum keepers in the parking lot of the Mille Lacs ceremonial center. The gift is the highest honor bestowed by the Dakota people. The story was reported in Indian Country Today.

White Earth moves closer to ratifying new constitution

By a vote of 16-8, White Earth Reservation delegates ratified a new constitution in April at a constitutional convention. If Band Members approve the constitution, tribal government would be changed to establish three separate branches of government and a separation of powers.

A tribal president who would be elected by tribal members would replace the current chairman position. A legislative council would replace the five-person tribal council. The tribal president and secretary-treasurer would become a part of the legislative council, according to the story published in Indian Country Today.

Additionally, two legislative council members would live off the reservation, which is a clean break with a tradition that has required that officials live on the White Earth Reservation.

"It's a major change to have tribal members that live off of the reservation to have a voice," said Erma Vizenor, Chairwoman. Up to two-thirds of the Band's members live off the Reservation.

Clip and Save

Emergency Awareness News on fire safety

The Fond du Lac Emergency Response Team would like to make sure you are prepared when and if disaster strikes. Fire kills more Americans each year than all natural disasters combined, and can affect anyone. Below are some facts regarding fire from American Red Cross and U.S. Fire Administration.

Children under five and adults over 65 are more than twice as likely to die in a home fire as the rest of the US population.

- Cooking fires are the leading cause of home fires and home fire injuries. Also, two out of three cooking fires start with the range or stove.
- Heating fires are the second leading cause of home fires.
- Smoking is the leading cause of home fire deaths.
- In 2005, 74 percent of home fire deaths occurred in homes with no smoke alarms or no working smoke alarms.
- Each year over 200 people die from carbon monoxide produced by fuel burning appliances in the home including furnaces, ranges, water heaters and room heaters.
- Only 26 percent of families have actually developed and practiced a home fire escape plan.
- Just over half of child-playing fires in the home start in a bedroom, and bedding material is most often the first item ignited.
- Children start fires by playing with candles, fireworks, stoves, and cigarettes.
- Properly installed and maintained smoke alarms save lives and protect against injury and loss due to fire.

Steps to a Safe Escape

Have at least two work-

ing smoke alarms, test them monthly; plan two ways out of every room; practice your escape plan twice each year; practice crawling low under smoke; have a pre-arranged meeting place outside your home; call the fire department from a neighbor's home. Once outside, stay outside.

For more information, see www.usfa.fema.gov, or send written inquiries to USFA, 16825 S. Seton Ave., Emmitsburg, MD 21727

Fire Escape Planning

More than 4,000 Americans die each year in fires, and 20,000 are injured. Deaths resulting from failed emergency escapes are particularly avoidable. The U.S.F.A, a part of the U. S. Department of Homeland Security, believes that having a sound escape plan will greatly reduce fire deaths and protect you and your family's safety if a fire occurs. So, have a sound fire escape plan.

In the event of a fire, remember that time is the biggest enemy and every second counts. Escape plans help you get out of your home quickly. In less than 30 seconds a small flame can get completely out of control and turn into a major fire. It only takes minutes for a house to fill with thick smoke and become engulfed in flames.

Practice escaping from every room in the house at least two times each month. Figure out two ways to get out of each room in case one of the routes to safety is blocked by smoke or fire. A secondary route could be a window or a collapsible ladder for escape from an upper story window.

Be sure that windows are not stuck, and that screens can

be taken out quickly. Also, be sure that security bars can be properly opened. Practice feeling your way out of the house in the dark or with your eyes closed.

Security bars require special precautions

Security bars may help to keep your family safe from intruders, but they can also trap you in a deadly fire. Windows and doors with security bars must have quick release devices to allow them to be opened immediately in an emergency. Make sure everyone in the family understands and practices how to properly operate and open locked or barred doors and windows.

Immediately leave home

When a fire occurs, do not waste any time saving property. Take the safest exit route, but if you must escape through smoke, remember to crawl beneath the smoke and keep your mouth covered. The smoke contains toxic gases which can disorient you or, at worst, overcome you.

Never open doors that are hot to the touch

When you come to a closed door, use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame to make sure that fire is not on the other side. If

it feels hot, use your secondary escape route. Even if the door feels cool, open it carefully. Brace your shoulder against the door and open it slowly. If heat and smoke come in, slam the door and make sure it is securely closed, then use your alternate escape route.

Designate a meeting place outside and take attendance

Designate a meeting location away from the home, but not necessarily across the street or road. For example, meet under a specific tree, at the end of the driveway or on the front sidewalk to make sure everyone is out safely. That way no one will be hurt looking for someone who is already safe. Designate one person to go to a neighbor's home to phone the fire department.

Once out, stay out

Escape first, then notify the fire department via the 911 emergency phone number. Never return to a burning building for any reason. Teach children not to hide from firefighters. If someone is missing, tell the firefighters. They are equipped to perform rescues safely.

Finally, have working smoke alarms installed on every level of your home. It will dramatically increase your chances of survival. Smoke alarm batteries need to be tested every month and changed at least once a year. Also, consider replacing the entire smoke alarm every ten years, or as the manufacturer guidelines recommend.

Planning an emergency escape from a manufactured home

Fires in manufactured homes claim the lives of 345 Americans each year and injure 765 more. The U.S. Fire Administration (USFA) offers these simple steps to prevent the loss of life and property in home fires.

- Have a minimum of two smoke alarms installed in your home regardless of sleeping space arrangements.
- Install smoke alarms in accordance with smoke alarm manufacturer guidelines. Test your smoke alarms once a month and replace the batteries at least once a year.
- Maintain your home heating system by having it serviced at least once a year by a professional.
- Do not store combustibles or flammables near heat sources.
- Never overload outlets, extension cords or electrical circuits.
- Have an escape plan and practice escape routes with your family.
- Space heaters need their space. Do not place portable space heaters close to drapes, clothing or other combustible materials.
- Install skirting material to keep leaves and other debris and combustible items from blowing under your manufactured home.
- When considering a new home, ask if residential sprinklers are available as an option.
- If there is a fire - get out immediately, go to a neighbor's and call 911 for the Fire Department.

Any American Indian or Indian household within the reservation boundaries or service area to the Minno aya win Clinic who is eligible to receive services at the Clinic is eligible to receive a home safety assessment. The assessment will show ways to prevent home fires. For more information or to set up an assessment appointment, contact Denise Houle at (218) 878-2130.

Odeimini giizis – Strawberry Moon

June 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boys & Girls Club Gardening Week BCC Elder Exercise 8 a.m. CCC Community Quilt 12 p.m. CCC Cribbage 5 p.m. CCC	Kids Game Night BCC	Elder Exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. CCC Father's Day Craft 5:30 p.m. BCC	CD Holders & Father's Day Pillows BCC Pilates Class 12 p.m. CCC	Women's Night 6 p.m. BCC Intro to Drum & Singing 6 p.m. CCC	Theme Day CCC Community Quilt 12 p.m. CCC Lester River Trail 1 p.m. BCC
	1	2	3	4	5	6
School out BBQ 12 p.m. BCC	Elder Exercise 8 a.m. CCC Nature Week 10 a.m. SCC Community Quilt 12 p.m. CCC Cribbage 5 p.m. CCC Boys & Girls Beading Week BCC	Adult Game night BCC	Elder Exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. CCC Book-it & P.I. BCC Caregivers Support Group 5 p.m. MNAW Cancer Support Group 5 p.m. CCC	Pilates Class 12 p.m. CCC Wooden Bugs & Dinosaurs BCC HEALTH FAIR CCC	Theme Day CCC Community Quilt 12 p.m. CCC Movie & Game night BCC Intro to Drum & Singing 6 p.m. CCC	3 Person Golf Scramble 9 a.m. BBGC Men's night & Park Point 1 p.m. BCC
7	8	9	10	11	12	13
Sunnyside Park 12 p.m. BCC	Elder Exercise 8 a.m. CCC Track & Field Week 10 a.m. SCC Summer Lunch program starts 11 a.m. Community Quilt 12 p.m. CCC Cribbage 5 p.m. CCC Boys & Girls Karaoke Week BCC	Cooking Class CCC	Elder Exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. CCC	Pilates Class 12 p.m. CCC	Intro to Drum & Singing 6 p.m. CCC	Theme Day CCC Community Quilt 12 p.m. CCC
14	15	16	17	18	19	20
Happy Father's Day	Elder Exercise 8 a.m. CCC Science Week 10 a.m. SCC Community Quilt 12 p.m. CCC Cribbage 5 p.m. CCC	Adult Game night BCC	Elder Exercise 8 a.m. CCC Elder Concern Mtg 10 a.m. CCC Book-it & P.I. BCC Sobriety Feast 7 p.m. BBCR	Pilates Class 12 p.m. CCC FDL Baby Shower 4:30 p.m. OJS Butterfly Sun Catchers BCC	Brown Bag 12 p.m. CCC Movies in the park BCC Intro to Drum & Singing 6 p.m. CCC George Jones 8 p.m. BBCR	Theme Day CCC Community Quilt 12 p.m. CCC Community birthday 3 p.m. BCC
21	22	23	24	25	26	27
Enrollee Day 9 a.m. CCC Co-ed Soft ball p.m. CCC Father's Day BBQ 12 p.m. BCC	Elder Exercise 8 a.m. CCC 3-Ball Week 10 a.m. SCC Community Quilt 12 p.m. CCC Cribbage 5 p.m. CCC Boys & Girls Drug Awareness Week BCC	Kids Game night BCC				
28	29	30				