

Nah gah chi wa nong (Far end of the Great Lake) *Di bah ji mowin nan* (Narrating of Story)



From left to right: Jalen Paulson, Mason Fosness, Racheal Fosness, Cordell Paulson, Ava Fosness and Kaliyah Houle enjoy a trip down the slide during the 20th anniversary of the FDL FACE Program on May 21. See story on page three.

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Local news

Auction to benefit ACS includes lots of goodies

The Fifth Annual Relay for Life Silent Auction to raise money for the American Cancer Society will be held from 9 a.m. to 3 p.m. on June 17, 2010 in the McKnight Room at the Minno aya win Clinic in Cloquet. A picnic barbecue lunch will be available for purchase from 11 a.m. to 1 p.m. It will be located near the MNAW garage.

This year's activities will include the popular dunk tank.

All proceeds go to the ACS. Many items will be available for bidding, including gift certificates, beadwork, gift baskets, homemade crafts, and much more.

If you would like to donate a good or service to this worthy cause, call Cheri Brouse, (218) 878-2157.

Correction

The Scholarship Office notes that the information we provided for the April edition of the newspaper was incorrect. We should have reported that Jef-

frey Tibbetts received a Masters of Education degree (M.Ed.) in February 2010 from the University of Minnesota, Duluth.

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:

BARNEY, Norman; BEGAY, Raymond Sr.; BRIGAN, Calvin; CHRISTENSEN, Terry; CROWE, Gary; GANGSTAD, Harold; GLASGOW, Edith; HERNANDEZ, Phyllis; HUHNS, Cheryl; JEFFERSON (Drucker), Mary; JONES, William Sr.; JOSEPHSON, Charles; KAST, Cheryl; LAFAVE, John; LEMIEUX, Elvina; LUSSIER, Pamela; MARTINEAU, David; OLSON, Daniel G. Sr.; PETERSON, Beverly; REED, Marie; ROGGE, Geraldine; SHARLOW, Gerald D.; SHAUL, Joseph; SMITH, Carl; SOREN-

SON, Kenneth; STANFORD, Cathy; TROTTERCHAUDÉ, Rex.

Air conditioners available for eligible FDL Elders

Forms are available at the Cloquet Tribal Center reception area for eligible elders who need an air conditioner. You may also contact Deb Topping, Elder Advocate, for a form.

In order to receive your free air conditioner, you must be an enrolled FDL Band Member, and at least 62 years of age. You must not have received an air conditioner in the past five years. Only one air conditioner per household.

In addition, the air conditioners must be picked up by you or an approved relative and/or FDL employee. If you have a medical condition and are under the age of 62, you need permission from Executive Director Chuck Walt for an air conditioner. Please provide Chuck with a medical slip from your doctor that states your medical condition.

FDL is not responsible for

installing the air conditioners.

The air conditioners may be picked up from 9 a.m. to noon on Wednesdays from the garage behind the Cloquet Community Center.

Grand Opening for Supportive Housing development on June 24

The grand opening celebration for the new FDL Supportive Housing development will take place at 2 p.m. on June 24, 2010 in the development's community building. The address is 950 Ozhigaw Rd., which is south of Whispering Pines Dr.

The celebration is open to the community and all are welcome to attend. A few of the 24 apartment units will be open for viewing.

Supportive Housing developments include special services for residents so they can live independently. They may need assistance with budgets, finding and keeping a job, maintaining sobriety, educational attainment, day care and more.

The project has been in the works for almost four years. Residents are expected to move

in on July 1, 2010. For more information or to apply for a unit, call the FDL Housing Division at (218) 878-8050.

Head Start hosts annual Community Baby Shower

The Fond du Lac Head Start will host the annual Community Baby Shower from 4 to 7 p.m. on June 24, 2010, at the Head Start Gymnasium. The Head Start building is located at 33 University Rd., in Cloquet.

Moms, dads, soon-to-be parents, families with children under two years of age, grandparents, extended family, foster care parents, friends, and neighbor care are all invited to attend.

There will be break-out sessions that teach fatherhood traditions; baby sign language; fire safety; doula, post partum issues, breast feeding information; books for baby; and homemade baby food. There will also be informational booths from around the area.

A light meal will be provided, and many prizes will be given away. For additional information, call (218) 878-8100.

Nah gah chi wa nong Di bah ji mowin nan

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

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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

Tinkerer extraordinaire receives top awards from University of Minnesota

By Deborah Locke

Name it, and FDL Band Member Gil Huie of Brooklyn Park can make it. More specifically, the University of Minnesota laboratory machinist specialist can create a design or a mold, a fixture, a gauge, whatever is needed in the world of civil engineering.

This affection for objects and things that move started early, said Gil's mother, Beatrice Huie of Sawyer. At the age of three when the family lived in Oklahoma, little Gil could tell a Cadillac from a Chrysler, a Ford from a Rambler.

He's worked at the University for 20 years, and the imprint of his influence can be seen throughout the U's massive Civil Engineering building. In his spare time, the FDL Band Member, now 62, has worked as a volunteer with high school students in a robotics competition sponsored by the University of Minnesota.

To commemorate his achievements, Huie received four prestigious awards in recent years, including the 2010 Outstanding Volunteer Award from the First Robotics Competition, mentioned above. The

students designed and assembled robots from kits for a field competition. In 2008, he received the Presidents Award for Outstanding Service.

The large 2010 Award with its plastic tubing looks similar to a plexi-glass instrument that Huie designed in 1994 that measures water pressure in soils. (He said it's only a coincidence that the two look alike.)

He works in a cluttered office within a very cluttered building that's seven stories high and built underground. The building is required to be really big. After all, students learn bridge building there.

Gil's earliest jobs were a far cry from civil engineering. He bagged groceries at age 17 in Crystal, Minn., and dropped out of high school in the 11th grade. He married young, worked as a stock boy, and was accepted into a machinist apprentice program at St. Paul Vocational Technical College. He eventually worked for Honeywell, completing a tool and die apprenticeship. Two daughters followed, and then Gil was laid off at Honeywell.

Mom's influence

"I was drinking quite a bit, and that's when my mother came back into the picture and helped turn my life around," he said.

One night in Golden Valley, Minn. Gil and Bea were walking along railroad tracks. "I told Mom that my life was a wreck, that I couldn't drive, had no job, and couldn't pay child support," he said. The two agreed that Gil should join the service during that Vietnam War era, so he volunteered for the draft. He served stateside with the U.S. Army as a medical specialist.

"The military cooled me down," he said.

Steady paychecks meant that Gil could pay child support and provide his children with medical benefits. He got his driver license back, received an honorable military discharge and enrolled at Minneapolis Community College.

Gil remarried, got a job as a tool and die maker making computer drives and aircraft parts. He worked long hours, and became the father of two more daughters. Eventually he enrolled at Metro State University, divorced, remarried, earned a college degree,

and was admitted into the master of liberal arts program at the University of Minnesota.

He's served as a member of the Metro State Alumni Board, and has taken a leadership role in fund raising activities and with students who show promise as future engineers.

These days Gil spends time with his four daughters, and time on his motor scooter with its automatic transmission that goes "fast as heck." He had cancer of the tongue, which is in remission now, but said he wants his girls to be strong in case the cancer eventually wins.

He advises his daughters to continue with their education and to be life long learners. He tells them to be steady at the helm and persevere. Learn from setbacks and continue forward with life.

"That's what I've done," he said. "Things happen, you put them behind you and move on. Don't dwell on the negatives as they will destroy a person."

More immediately Gil looked forward to a weekend drive to Sawyer to visit his storytelling, joke telling mom.



Top photo: Gil acknowledges the audience after receiving the 2010 Outstanding Volunteer Award for his work in coaching high school students in robotic design and assembly. Below: Huie operating a heavy duty hoist in the engineering department laboratory at the University of Minnesota.

FACE Program celebrates 20 years of serving local families; preparing children for school

On May 21 the FDL Family and Child Education (FACE) Program celebrated its 20th anniversary.

More than 140 people - families from the past and the present, attended the reunion at the FACE building, located near the FDL Ojibwe School.

Lunch was served, and the

children enjoyed snow cones during the warm and sunny afternoon. Prizes were given away, and there were fun and games for the kids.

"People think we're just a day care center," said Chas Balut, adult Education Teacher for the FACE Program. "We're so much more than that."

Nationally, the program has served over 10,000 American Indian families since it was launched in 1991 by the Office of Indian Education Programs/Bureau of Indian Affairs.

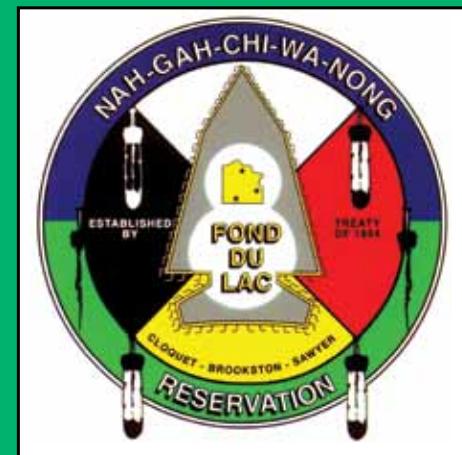
It was designed as a family literacy program; an integrated model for an early childhood/parental involvement program

for American Indian families in 39 BIE-funded schools.

A few goals of the FACE program are these: to support parents/primary caregivers in their role as their child's first and most influential teacher; to increase family literacy; to strengthen family-school-community connections and to

promote the early identification and services to children with special needs.

Home care visits are also part of the FACE model. Children's developmental progress is checked two times per year. The FDL FACE program received the most improved program award in 2007.



A few thoughts from RBC members

From Chairwoman Karen Diver

The Nelson Act settlement distribution is officially on hold. Congressman Jim Oberstar's staff has informed Minnesota Chippewa Tribe President, Norman Deschampe, that the Congressman has decided that he will not introduce a bill to release the funds. The reason: Leech Lake and White Earth Band members planned to set nets on May 14 in Lake Bemidji, which is the day before the fishing opener for the broader public.

Some Leech Lake and White Earth Band members feel that

the Treaty of 1855, of which these two Bands were a part, allows them to retain hunting and fishing rights in the northern part of the state.

Unlike the Treaty of 1854, which clearly states that the rights to hunt, fish and gather were specifically retained, there is some controversy regarding the Treaty of 1855 because that language is not included. The Treaty of 1855 has never been litigated to have a clarification from the courts that those rights have been



Karen Diver

retained.

While it appears that the tribal governments of Leech Lake and White Earth are not a part of the planned demonstration, Congressman Oberstar is reacting to the strained atmosphere that has been developing in northern Minnesota because of this. We will make sure and keep you updated.

Thank you to all of the Band Members who were involved in the Fond du Lac Earth Day! Organized on Facebook by Janelle Petite-Barney, she was quickly joined by

many others who organized a trash clean-up along the roads. Thank you to all of you for caring about your community!

June is an exciting month! There will be a grand opening for supportive housing on June 24, 2010 and for the Resource Management building on June 25, 2010. The annual Enrollee Day celebration will follow on Saturday, June 26th. Check out the rest of the newspaper and FDL Website for more information. It will be good to celebrate the many good things that have been happening and to spend time together.

Apparently the rumor mill is still working. The latest one is

that I have stated that there will not be a per capita payment next year. This is not true. The decision regarding per capita payments is made by the whole tribal council and is usually made in the fall for the following year. When you hear these rumors, make sure and check with an RBC member because they are usually not accurate.

Have a safe and enjoyable summer!

Please feel free to call me at the office (218) 878-2612, or cell phone (218) 590-4887, or email karendiver@fdlrez.com.

From Ferdinand Martineau

To the Fond du Lac Band Members: When I was elected in '06 I asked my father if he would honor me by administering the oath of office to me. My dad quickly accepted and did a fine job. If you know my dad, he is quiet and does not like the public eye very much. This time I asked my mother to administer the oath and she became a little emotional, but also accepted. If you know my mom that surprised me as she is quite the opposite of my dad. My family has been blessed to have both our parents reach the age of 74 and still be relatively healthy.

The activity on the Rez is starting to pick up. There is still some clean-up work to be done on the pipeline and there will be Band Members working on that.

The Moorehead road project will be underway soon and the assisted living unit will be breaking ground, also. The highway construction in the area will provide plenty of employment opportunity for some Band Members for the next two years.

Our annual reservation clean-up will begin by the time

you read this newspaper. It is nice to see the residents of the Reservation taking pride in their community with the decline in the visible garbage.

If you know of any areas that may not be visible, please contact recycling at (218) 878-8069 to report it.

The case with the city of Duluth has taken another turn. The federal court ruled that the contract with the city is valid and we must begin payments again. We are weighing our options and will be responding to the court shortly. The casino itself is fine and



Ferdinand Martineau

continues to operate without any interruptions in business.

The graduation party season is upon us once again. I have already received four high school and two college graduation announcements. I like to go to the parties and see the pride in the face of the graduate and their parents. We have had some setbacks occasionally and have had to deal with funding issues, but our future looks bright as it is dotted with plenty of graduates.

The Resource Management building is nearing completion. It will be a culmination of 12 years of planning and development for the division. All staff is very excited about the move

into new space. The division has needed more space to continue the expansion of services for band members. I understand that during the Enrollee Day celebration, the division is going to have an open house for Band Members and families to showcase their building.

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 .

Miigwich !

RBC columns continued on next page.

RBC thoughts

From Wally Dupuis

Hello all: The spring months are upon us as well as wildfire season. As such, we have had approximately three dozen wild fires started this spring. An investigation of these fires suggests that they have been purposely set. This has cost our crews numerous man-hours as well as destruction of our wild lands. Fortunately, no serious injury or damage has occurred yet.

The spring spear- ing and netting went well for the Band. This season our quota was met in just three nights of fishing. This kept our natural resource employees busy weighing, measuring and counting fish.

As we embark on warmer weather, citizen complaints regarding dog barking, loud music, squealing tires, youth gang activities, etc. are coming in daily. This activity is waking folks up or keeping them up at night, destroying property and causing a general nuisance. Participating or allowing such behavior is, at best, insensitive and disrespectful to others. I am aware that Law Enforcement and Animal Control have been notified of these problems and are dealing with them as best they can. Should you be a victim of this behavior, please call law enforcement.

In April a number of community members came together as volunteers to conduct a "Clean up Day." These individuals picked garbage and waste along our roadsides and communities. I am impressed with the dedication and work of our volunteers, and would

like to thank everyone who participated.

The Community Center staff is planning for our second annual Cloquet Community Center Pow Wow, Youth basketball tournament, a softball tournament and many other activities. I visited the new Natural Resources building and the supportive housing project recently as they are very close to completion. Both of these

projects are something for all of us to be proud of, and will provide long term and much needed service to Fond du Lac and its members.

Our Casinos seem to be holding their own. Black Bear has

put on a couple well-attended concerts and Fond du Luth has a busy schedule for the summer, also. Thanks to our entire staff for all they do.

As I write about our housing projects, I think about the number of requests I receive for housing. This is an issue that I personally struggle with. I wish that we had a home for everyone. However, our resources are such that meeting this need is impossible. Not only do we have families that need housing, but we also have families that would like to be placed in larger homes or want to change homes. Our housing division is working on updating and developing policies and the Band has been purchasing homes when feasible. This, however, does not satisfy our needs. As such, I apologize if you have not received the housing you are requesting.

Please call anytime with your concerns or questions, (218) 878-8158 (w) or (218) 879-5074.



Wally Dupuis

Elder Essentials

Activity board needs more members; now planning Bemidji trip for "Biloxi Blues."

Greetings to our Elders! On May 13, the Elder Activity Board had a spirited meeting. Many activities were discussed, and we are still seeking board members: one from the Brookston district and two from the Sawyer district. Please consider serving on this board, so we have full representation from each district.

The plan was tentatively approved for an overnight trip to Bemidji to see the stage performance "Biloxi Blues" on June 12, 2010. We will stay at the Palace Casino after the show, and will return home on June 13.

For this trip, you will be responsible for your own meals. On Sunday, the itinerary for the return trip will be decided upon by the group on the bus. Watch the bulletin boards for more details.

At the last meeting, we looked at many different activities for the coming months, and we'll

keep you informed about any updates.

The board meets at 1 p.m. on the second Tuesday of every month in the Cloquet Community Center library meeting room. All are welcome. The next board meeting will be held on June 8, 2010.

If you have an activity you would like to see, please bring it to the board or better yet, serve on the board. We have a lot of good ideas, and we can always use more. Hope to see you at our next meeting.

Elders Activity Fund Board

Membership deadline for NICOA Conference

The deadline for submitting your \$50 membership fee to attend the National Indian Conference on Aging (NICOA) is June 4, 2010. The conference will take place Sept. 23-28 in Traverse City Mich.

For more information, call Debra Topping at (218) 878-8053.

Wisdom Steps 10th Annual Conference at BB in June

FDL is sponsoring this year's popular Wisdom Steps Conference. A traditional feast kicking off the conference will be served at 5 p.m. on June 15, 2010 at the Black Bear Otter Creek Event Center. The feast will be followed by a pow wow honoring Elders.

The Wisdom Steps activities begin on June 16 at the Event Center with a series of speakers. The continental breakfast is served at 7:30 a.m. An awards ceremony will begin at 3 p.m., also at the Event Center. The ceremony will be followed by dinner at 5 p.m.

On June 17, the "Wisdom Steps Walk" will be held, followed by breakfast. Billy Mills will serve as keynote speaker.

The cost for the conference is \$20. To receive an application or to get more information, call Debra Topping at (218) 878-8053.

A note from an Elder

On May 13, 2010 I put a battery back in my old truck, thinking that the next day I would haul some garbage down to the waste disposal and recycle yard.

Friday morning came around, and I went to do just that. However, my truck would not start. What could be wrong with that truck, I thought to myself. I just put the battery in it the day before.

When I looked under the hood to see what was wrong, I discovered to my surprise that somebody had stolen the battery the night before! An old wheelbarrow was also stolen from my yard on Jack Pine Drive.

To whoever you are, please let your conscience be clear for stealing from an Elder. If you really needed that battery and wheelbarrow, do live in peace. We'll just buy another battery and wheelbarrow when our Social Security check or per cap payment arrives.

Sincerely,

Les and Judy Northrup

Ashi-niswi giizisooog (Thirteen Moons)

Ode'imini Giizis

The new moon that occurs on June 12 is Ode'imini giizis, or the "strawberry moon." Look for strawberries to grow and even ripen under this moon. This moon is also known as Gitige-giizis, the gardening moon. Now is the time to get your plants in the garden! This moon is also the Waawano-giizis, or egg moon, as the birds are mating and creating the next generation.

The bugs are back!

By Steve Olson, FDL Forester

Over the next few months we will see the steady procession of black flies, "no-see-ums," mosquitoes, deer flies, horseflies, and stable flies. It's the Minnesota version of Twilight; all these species want our blood.

Spring is black fly season. Black fly larvae develop in fast moving water. The fast moving water melts sooner than standing water which gives black flies a chance to develop sooner than the other biting insects. Fortunately, black flies have only one life cycle per year. Also, black flies pollinate blueberries.

The zagime (mosquito) is the most abundant and the best known blood-sucker. Only females feed on blood. Larvae live in standing water (tires, buckets, etc) and can develop in four days. Eliminate standing water in your yard to reduce the number of mosquitoes. Minnesota mosquitoes can transmit diseases like encephalitis, and West Nile Virus in humans and spread heartworm to dogs. In other parts of the world they transmit malaria and yellow fever.

July brings the mizizaakoons and mizizaak (deer and horse fly). Like the zagime, both lay their eggs in wet areas. Both horse flies and deer flies carry tularemia and other diseases that can harm humans and other animals. Summer also brings "No-See-Ums." These are only a 1/10 of an inch long but they bite like a giant. No-See-Ums lay their eggs in ponds.

Fond du Lac is on the northern edge of the high-risk baagweziiga (deer tick) zone. Deer ticks are of special concern for the diseases they can spread: Lyme disease, human anaplasmosis, or babesiosis. Symptoms of Lyme disease include a bulls-eye skin rash (a red ring with a central clearing), fevers, chills, muscle and joint pain. The rash does not occur in all cases of Lyme disease and not every rash has a central clear area. The symptoms can occur within 3-30 days of receiving a tick bite.



In this photo, the tick on the left is an adult female black-legged tick, which is red and dark brown. To her right is an adult male black-legged tick, which is smaller and dark in color. A nymph black-legged tick is the second from the right, and a black-legged tick larva is to the far right. (photo and caption from Minnesota Department of Health)

Nagaajiwanaang Ambe, Ojibwemodaa Immersion Camp

Everyone is invited to attend the 2nd Annual Fond du Lac Ojibwe Language Camp. It will be at the Kiwenz Campground (formerly Molstad's) near Sawyer, MN, from Thursday, June 24 - Sunday, June 27, 2010. This four-day language immersion camp is for anyone who is interested in preserving the Ojibwe language and for any level of speaker.

Traditional natural resource activities daily, including: Birch bark basket making with Jim Northrup; Hand drum making with Randy Gresczyk; Making Cedar Ricing Knockers and Ricing Poles with Charlie "Tuna" Nahgahnub; Pottery with Carrie Estey; Flute Making with Frank Montano; Bannock on a stick with Nancy Jones, and more.

Anishinaabe Wiigwaasi Jiimaan

The FDL Cultural Museum hosts the second birch bark canoe building and language program from June 14 to July 2. Everyone is welcome to stop by the waaginogan to see what is going on and learn about traditional wiigwaasi jiimaan.

Self-defense against blood-thirsty critters

- Reduce standing water sources (bird baths, pet dishes, old tires etc.) in our yards.
- Wear long sleeves, pants, and hats to cover your skin.
- Use repellants, primary on your clothing. Do not use DEET for infants under two months of age.
- A wide brimmed hat can keep the deer flies from landing on you.
- A bug shirt or head net can give even more protection.
- Bats eat lots of mosquitoes so construct a bat house and put it in your yard.
- Avoid bug zappers and chemical bug bombs. The chemicals are dispersed to the point of ineffectiveness. Bug zappers kill beneficial insects, also.
- Mosquitoes and No-See-Ums tend to feed at dusk. If you can, go inside during prime feeding time.

Traditional Repellents

GLIFWC's Anishinaabe Harvest Calendar suggests these traditional repellents: giizhik aniibishan - white cedar leaves and miskwaabiimizh waaboo - red willow sap.

June Events:

- Bark Canoe Immersion Camp, FDL Museum, June 14- July 2 Info (218) 878-7582
- Ojibwe Language Camp, Kiwenz Campground, June 24 - 27 Info (218) 878-0245
- Grand opening of FDL Natural Resource Management Building, June 25 (218) 878-8001

Thirteen Moons is a monthly production of FDL Resource Management Division and University of Minnesota Extension. Content addresses culture, ecology, and natural resource management. Comments and contributions are welcome and should be directed to FDL RMD at (218) 878-8001 or giizis13@gmail.com

Enrollee Day updates

The 2010 FDL Enrollee Day will be held June 26, 2010 at the Cloquet Tribal Center. Updated Enrollee Day events are as follows:

A pancake breakfast will be served from 7 – 10 a.m. in the Cloquet ENP room. The cost of the breakfast is \$5. Proceeds benefit the Wisdom Steps Program.

Children's activities include the "moonwalk", an obstacle course, and a Velcro wall. Live entertainment begins at 5:30 p.m. The Kevin Locke Native Dance Group leads off, followed by Keith Secola at around 7 p.m., and "Indigenous" to follow.

A fireworks show starts after the live entertainment, around 10 p.m.

There will be no shuttle service to or from the Twin Cities for this year's event. Additionally, individuals who wish to stay at the Black Bear Casino Resort need to make their own room reservations.

Please contact Enrollee Day Organizer Bryan Bosto if you have any questions or comments. Bryan can be reached by phone at (218) 878-8048 or by email at bryanbosto@fdlrez.com.

Changes to FDL Scholarship Program begin in July

Starting on July 1, 2010, the Scholarship Program will have new policies, guidelines, and instructions in place for scholarship applicants. The FDL scholarship program will become a performance/incentive-based program.

We feel it is time to recognize, encourage, and support all our scholarship recipients who maintain good grades and/or continue to show academic improvement.

The changes will encourage all students to continue

to do well in their academic programs. Please be aware that these apply to all scholarship applicants and/or recipients. Scholarship packets which include our newly designed application, budget page, and more detailed criteria are available. Contact Veronica or Bonnie at 800-365-1613 or (218)879-4593 Ext. 2681

Quiz Bowl Competition held at FDL Ojibwe School

The Fond du Lac Ojibwe School hosted the 2010 Quiz Bowl, on May 6, which consisted of 23 teams from 14 Minnesota high schools. Students from seventh through twelfth grades answered questions about Ojibwe history, language, and culture. Merlin J. Williams Sr., a retired Indian Education Director, was the Quiz Bowl Coordinator.

Bill Blackwell an event judge, and an elder from Grand Portage, became an impromptu story teller during a brief power failure that hit much of Carlton County that day. Students, coaches, and school staff were ushered to the school gymnasium for the unscheduled but brief storytelling session.

Anoka Hennepin won the Quiz Bowl, making them back-to-back state champions. Anoka Hennepin defeated the Circle of Life Group B team in the final. The team from Cass Lake (Bena Team # 1) finished in third place.

Disposing of expired or unnecessary medicine

Because people often dispose of medicine by flushing it down a toilet, medications have turned up in wastewater and surface and drinking water across the country. The levels are low and will not harm humans, but fish and other

wildlife are affected.

The Minnesota Pollution Control Agency suggests these steps for the proper disposal of medicine: Do NOT flush medicine down the toilet or pour it in the sink; leave medication in the bottle but remove the label; add something to the bottle like water, coffee grounds, kitty litter, and/or sawdust to keep other people or animals from eating it; tape the bottle closed, and hide it in another container so it cannot be seen. Finally, put the container in the trash. Do NOT put in the recycle bin.

For more information, call the Min no aya win Pharmacy at (218) 878-2157, of the CAIR Pharmacy at (218) 279-4142.

Expert on bullying, substance abuse addresses May Child Abuse Prevention Conference

By Kendra Grondahl, FDL On-Reservation Foster Care Worker

The Fond du Lac community heard author/speaker Ron Gloski speak at the 2010 Child Abuse Prevention Conference in May. Ron is a leading national expert on bullying, substance abuse and resiliency. He spoke from real life experiences, and made the issues/problems children deal with today real to everyone at the conference.

He wrote the bestselling book "How to Be a Successful Criminal, The Real Deal on Crime, Drugs, and Easy Money." In his biography, he wrote that he lived and thrived on both sides of the law. At age 12, he was a gang member. By the time he was 15, he was a gang leader with a felony record. In his twenties, he became one of the most successful drug dealers in Milwaukee.

After twenty years as a criminal, Ron hit rock bottom and finally woke up. His decision to change his life led

him on a path to self-discovery. He stopped dealing and using drugs, and began successfully applying his skills which helped him start a home-based business generating \$1.8 million a year.

Today Ron is an author and motivational speaker; leads workshops and support groups on gang life, violence prevention, and drug and alcohol abuse; is a volunteer counselor for social service agencies; and a popular speaker in schools, prisons, and detention centers.

During the presentation Ron emphasized the importance of families and children implementing 40 Developmental Assets into everyday life. Some of the categories linking to the assets are support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

Ron was an outstanding speaker. He reached out and expressed his true passion for helping today's youth.

Summer Food Program begins June 14 at three FDL sites

The Fond du Lac Ojibwe School is participating in the 2010 Summer Food Program, in cooperation with the United States Department of Agriculture (USDA).

Meals will be provided to all children free of charge.

According to a statement from the USDA, acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, age, or disability, and there will be no discrimination in the course of the meal service.

Meals will be provided at the following locations:

FDL Ojibwe School; 49 University Rd. Cloquet, Minn. 55720;

Hours of operation: 11 a.m. to 1 p.m. Monday through Thursday; June 14 – Aug. 12

Brookston Center; 8200 Belich Rd. Cloquet, Minn. 55720
Hours of operation: 11 a.m. to 1 p.m. Monday through Thursday; June 14 – Aug. 12

Sawyer Center; 3237 Morehead Rd.; Cloquet, Minn. 55720
Hours of operation: 11 a.m. to 1 p.m. Monday through Thursday; June 14 – Aug. 12

Adults may purchase lunch for \$3.50. Any person who believes he or she has been discriminated against in any USDA related activity should write or call immediately to: USDA, Director, Office of Civil Rights; 1400 & Independence Ave. SW; Washington DC 20250-9410; (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

New location for Health Fair

The FDL Reservation and the FDL Human Services Division are co-sponsoring the 2010 Health Fair, from 9 a.m. to 3 p.m. on June 10, 2010 at the Ojibwe School Gymnasium. The Ojibwe School is located at 49 University Rd. in Cloquet.

The theme of this year's Health Fair is: "Avoid the worst, put safety first."

Drawings for prizes will be held at 10 a.m. and 2 p.m. Participants who bring a non-perishable food item to donate for the local food shelf will receive an extra raffle ticket. You must be present to win.

Lunch will be served from 11 a.m. – 1 p.m., and a health walk will follow at 1 p.m. Parking is permitted at the FDL Head Start or the Ojibwe School parking lots.

For more information, please call Missy at (218) 878-2149 or Denise at (218) 878-2130.

Sugar blues: diabetes rates high for Indians, despite local treatment and prevention programs

By Dan Huculak

Diabetes and the complications associated with the disease are a more frequent, serious health threat for American Indians. Locally, we have about a 17 percent rate of diabetes among FDL residents. The elder population rate is at 50 percent.

“There tends to be a mind-set that getting diabetes is inevitable,” said Mary Jo Koszarek, a Nurse Practitioner and diabetes educator at the Min no aya win Clinic.

According to the Mayo Clinic website, American Indians are more likely to contract Type-2 diabetes than whites. Native Americans, Hispanics, Asian Americans, and African-Americans are all at a higher risk of getting the disease.

Overall, less than ten percent of diabetics have the Type-1 form. This form of diabetes nearly always requires patients having to take insulin injections.

With the more common Type-2 diabetes, the key to controlling or even preventing this type of diabetes is in lifestyle and diet changes. Most of the clients seen at the MNAW Clinic have Type-2 diabetes. Some are able to control it with diet and exercise, while others may require one or more oral medications and/or insulin, according to Jennifer Hall, Registered Dietitian at the MNAW Clinic.

In the Consumer Reports April, 2009 “On Health” bulletin, a 2006 review of seven



Seated left to right: Jennifer Hall and Mary Jo Koszarek

major prevention trials concluded that while medication reduced the progression to Type-2 diabetes, losing excess weight, becoming more physically active, and consuming a healthy diet were more effective.

Hall suggests that the amount of weight shown to prevent or delay diabetes is only about seven percent of a person’s body weight. So, for a person weighing 250 pounds, he or she may be able to prevent or delay the onset of diabetes simply by losing 17.5 pounds.

The recommended amount of activity is just 30 minutes of exercise – like a brisk walk - five times per week.

The Fond du Lac Human Services Division has a diabetes prevention program that helps clients lose weight, increase

activity, and eat healthier foods. Clients are not alone in this program; each person has a coach. These coaches call the clients and follow up to see if they need anything to help them reach their goals. For more information about diabetes prevention or treatment offered through the FDL Human Services Division, contact Chris Foss-Tietz at (218) 878-3708.

As people grow older, they tend to exercise less frequently, gain weight, and develop health-related problems such as obesity, high cholesterol, high blood pressure, and even heart ailments and/or strokes, in addition to the threat of diabetes.

Uncontrolled diabetes often leads to ripple effects: blindness, kidney failure, and nerve damage. Circulatory problems

Continued on page 11

Chubby, a little less chubby Diabetes diagnosis inspires Jarvis Parvo to lose weight

FDL Tribal Center Recreational Aide Jarvis Parvo was recently diagnosed with type-2 diabetes, with a blood glucose reading of 207. Known by the nickname “Chubby” since early childhood, Jarvis responded immediately to the diabetes announcement with lifestyle and diet changes.

Thanks to the support from family and friends plus dietary changes, Jarvis took second place in the Cloquet Community Center’s Biggest

Loser contest that took place in early 2010.

1. What made you decide to join this contest.

The ultimate reason was that my daughter Justice was really active, and is a pretty good athlete already. I wanted to keep it that way and to be able to keep up with both of my daughters. I could push them to do more physical activities if I was in better shape. I also watched as some of my family members live with diabetes. They’re among the main reasons I decided to do something.

2. How much weight did you lose?

I lost 23.6 pounds in the FDL Biggest Loser contest, from Feb. 2 to Apr. 30.

3. What is your weight loss goal as you continue this positive momentum?

My ultimate weight loss goal is to weigh 222 pounds, my weight when I stopped playing basketball (he weighed 366 at the start of the contest). I would like to resume playing

basketball again, and get rid of the Type-2 diabetes symptoms.

4. How do you feel now?

I feel good. I feel a difference already. People say they can see a difference, but I can’t see it yet.



5. Any advice for somebody who might be inspired by your progress?

To get somebody to support you, to push you, no matter what; and to start eating healthier. Your body starts feeling different afterward.

6. Any additional thoughts or comments?

Actually, I do. I personally don’t think this would be possible without Russ and Anne Rule, Jenelle Barney, and my daughter Justice. Russ holds me accountable, and he lost 23.4 pounds and took 3rd place in the contest.

I’d like to add that my diabetes blood glucose level started at 207 and my level is already down to normal range just by eating right and working out.

Getting motivated to change your lifestyle

From the FDL Public Health Nursing Department

For the past nine months, this column has discussed the risk factors for heart disease and what you can do to reduce your risks. The risk factors that you can control are: diabetes, physical inactivity, high blood cholesterol, high blood pressure, smoking cigarettes, being overweight.

To reduce your risks for heart disease requires lifestyle changes. A heart healthy lifestyle includes eating healthy, being physically

active, maintaining a healthy weight, and limiting alcohol and tobacco use. That is a pretty long list of lifestyle changes for some people. How do you begin?

Our elders tell us that every journey begins in our minds, in our hearts and in our spirit. In our minds, we must have a clear image of where we want to go. In our hearts, we must know that we are committing ourselves to a goal that will help our families and our community. By making these lifestyle changes to reduce our risk of heart disease, we are doing what we can to be here for

the people whom we love. We often need to call for spiritual guidance to help us be strong, be positive and have a good outlook on life.

Before making lifestyle changes, it is helpful to know your starting point for these important risk factors: 1) blood pressure; 2) blood cholesterol; 3) blood sugar (diabetes); and 4) weight.

Write down your weight and the numbers of your test results for blood pressure, blood cholesterol, and blood sugar. Learn the healthy numbers for your weight and these tests and use them as

your goals. As you make lifestyle changes, weigh yourself and repeat the tests to measure your progress toward your goals. Keep track of your numbers over time, so that you can learn what works for you and make adjustments.

Start by making a few lifestyle changes. Remember that you are making changes for the rest of your life, not just for a week or a month. Set some goals that are easy to achieve. Try making one goal for exercise and another goal for eating. Keep a record of your activities. Feel the positive rewards of achieving your goals.

Then set more goals.

You don't have to do this alone. Ask your family and friends for support. When your family makes changes with you, everyone will be strengthening their hearts.

Next month: Elders can lead us toward heart disease prevention. If you want more information on the FDL Public Health Nursing Department and the services we offer, call Amber at (218) 878-3079

Heart Healthy Recipe: Vegetable/Canadian Bacon Pizza with Homemade Crust

(from the American Heart Association Website; serves 4)

Crust

4 c flour, plus 1/2 cup set aside
1 envelope instant yeast
1 t sugar
1/2 t salt
1 1/4 c tepid water
1 T olive oil
Cornmeal for dusting the pan
Toppings
2 c part-skim mozzarella or other reduced-fat cheese
2 medium tomatoes, sliced
2 oz Canadian bacon, diced
2 c sliced or chopped fresh vegetables, such as mushrooms, zucchini, broccoli, asparagus, or onions, or a combination
4 t thinly sliced or finely chopped fresh herbs, such as basil or oregano, or a combination

Directions

Standard mixer: in the bowl whisk together 4 c flour, yeast, sugar, and salt. Pour in the water. Attach the dough hook. With the mixer on low, beat until the dough forms a ball, stopping

the mixer and pushing down the dough with your hands as needed so it combines well. If the dough is sticky, add some of the remaining 1/2 cup flour, 1 tablespoon at a time, and beat for 2 to 3 minutes, or until the dough pulls away from the side of the bowl.

Set aside for 15 min.

To knead bread with a mixer: beat on medium-low until smooth and elastic, about

5 min. Place dough on lightly floured surface. Push the dough away from you with the heels of your hands. Fold the dough back over onto itself. Continue to knead the dough for about 30 seconds, or until the dough is

smooth and elastic, then work the dough into a ball.

If mixing by hand: in a large bowl stir together 4 c of flour, yeast, sugar and salt with a large wooden spoon. With your hands, blend the dough into a ball. If the

dough is sticky, add some of the remaining 1/2 c flour, 1 T at a time, working it in for 3 to 4 min. or until the dough is smooth and

does not stick to the side of the bowl. Set aside for 15 min.

To knead by hand: turn the dough out as directed above and knead for 8 min., or until the dough is smooth and elastic. Work the dough into a ball. Lightly coat a

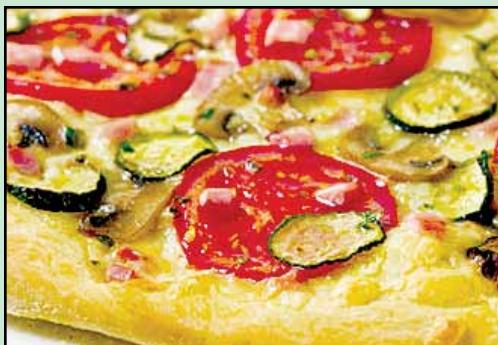
large, clean bowl with 1 t olive oil. Put the dough in the bowl, cover with a clean kitchen towel, and set aside in a warm place (about 85°F) until the dough doubles in size, about 1 hr. Fold down the dough, patting it into a disk, and place it back in the bowl. Cover with plastic wrap and refrigerate overnight. The next day, remove the dough and cut into two equal portions. Shape each into a ball.

If you plan to use the dough that day, leave it on the counter, covered with a clean kitchen towel, for 1 hr to let it relax so shaping is easier. If you plan to use the dough another day, wrap it well in plastic wrap or put in an airtight plastic bag, and refrigerate for up to 1 week. For longer storage, freeze the dough, then when you're ready to use it, thaw it overnight in the refrigerator.

To prepare the dough, put it on a large, lightly floured surface, such as a counter, and press each piece of the dough into a flat disk.

Work one disk in your hands, rotating it around and around while pulling it out gently until it is 12 inches in diameter. Repeat with the second disk. Preheat the oven to 500°F. Dust two sheet pans (at least 12 x 18 inches) with cornmeal and place the dough on top. Brush each pizza with 1 t olive oil. Sprinkle with the cheese. Top, in order, with the tomato slices, Canadian bacon, vegetables, and herbs.

Bake the pizzas for 8 min, or until the cheese is bubbly and the crusts are golden brown. Let the pizzas rest for 3 min. before cutting each into 8 slices. Serve 2 slices to each person. Nutritional analysis: 333 calories; 7 grams fat; 402 mg salt; 2 g sugar; 2 g fiber.



Parenting Page

Why that special love from a dad matters

By Lucy Carlson, M.A.

This year Fathers' Day falls on Sunday, June 20.

Tonight, 24 million children will go to bed in a home where their father doesn't live.

Nearly 40 percent of the children who live in homes where no father lives haven't seen their father once during the past year.

More than half of children who do not live with their father have never been inside their father's home.

We probably are all aware that the fatherless family has grown in the past 40 years. In 1960, only four percent of single mothers had never been married. Forty years later in the year 2000, 41 percent of single mothers had never been married and the number of children raised by single mothers tripled.

Furthermore, between the years of 1960 to 1996, the number of children who lived in homes without a father or stepfather went from 7 million to 20 million.

Yet, there is good news. During the five years between 1995 and 2000, the number of children raised by only a mother dropped by eight percent. This trend is continuing.

What do all of these statistics mean for our children and why does the love of a father mean so much to a child?

First let's take a look at the facts. Research has shown repeatedly that fathers just naturally parent in very different ways than mothers parent. This difference provides a big

benefit to children. Fathers have a very distinct style of talking and playing with their children. By the time an infant is eight weeks old, she or he can tell the difference between his or her father and mother. Children learn at this early age, through their experience with their mothers and fathers, that men and women are different. They learn that men and women have different ways of dealing with life, other adults, and children.

Fathers play differently.

Generally speaking, fathers tend to play with their children and mothers tend to care for them. Fathers tend to tickle, wrestle, and throw their children in the air. Mothers warn, "Not so high!"

Fathers will chase their children, pretending to be scary monsters. They are more likely to roughhouse, while mothers are gentle. What do children learn from roughhousing with their fathers? They learn that biting, kicking, and other forms of violence are unacceptable. They also begin to learn self-control when their father tells them that "enough is enough," and that it is time to "settle down." This roughhousing helps both boys and girls learn a healthy balance between timidity and aggression.

Finally, fathers encourage competition, mothers encourage fairness. Fathers encourage independence while mothers encourage security. Both mom's softness and dad's roughhousing provide security and confidence in their own way, by

communicating love and physical contact.

Fathers build confidence

The next time you are at a park, listen to the fathers. "Swing a little higher!" "Ride the bike faster!" "Throw that ball harder!"

You might hear delighted shrieks as a child is pushed higher and higher by her dad. We already know that mothers tend toward caution while fathers are more likely to encourage their children to take risks and push the limits. It is important to note that either of these styles alone have the possibility of being unhealthy. Too much risk taking without being thoughtful about the resulting consequences can lead to dangerous behavior. Yet, continuously avoiding risk can fail to build independence and confidence. When a child experiences a mother's gentle caution paired with dad's pushing the limits, they experience a balance. They keep safe while expanding their experience and confidence.

Fathers discipline differently

An educational psychologist, Carol Gilligan tells us that fathers stress justice, fairness and rules. They tend to observe and enforce rules systematically and sternly which teaches children right versus wrong. Mothers stress sympathy, care, and helpful relationships. They tend toward grace and sympathy even when their child is disobeying them, which gives the child a sense of hopefulness. Again,



either of these alone probably isn't good, but together they provide a healthy balance.

Fathers provide a look at the world of men

Men and women are different. They eat, dress, smell, and cope with life differently. Girls with involved fathers are more likely to have healthier, more confident relationships with boys in adolescence and men in adulthood. This is because girls have a better opportunity to learn from their fathers how emotionally healthy men should act toward women. They understand from experience which behaviors are inappropriate. They have a healthy familiarity with the world of men, which builds emotional security and safety from the exploitation of predatory males.

Boys who grow up with dads are less likely to be violent. They have their masculinity af-

firmed and can learn from their fathers (or other healthy role models) how to channel their masculinity in positive ways.

David Popenoe is a well known sociologist. He said, "Fathers are far more than just 'second adults' in the home. Involved fathers bring positive benefits to their children that no other person is likely to bring."

But, what about the children who have a father who is uninvolved for whatever reason? Good news. A healthy male role model (grandfather, uncle, friend) who is consistent in the life of a child can have a profoundly positive impact on the child's development, by providing many of the balancing experiences an absent father does not provide.

Fathers play a critical role in the healthy development of their children. Yet, some fathers are a bit uncertain about the

Continued on next page

Grand opening for Resource Management Building set for June 25

The grand opening for the Resource Management building will be held from noon to 3 p.m. on June 25 at the Head Start Gymnasium, 33 University Rd.

A pipe ceremony will take place, as well as a drum group performance. Lunch will be served. Building tours are planned, and will continue through June 26, Enrollee Day.

The 21,000 square foot building will be the new home for several divisions, including the Tribal Court, Conservation, Forestry, Environmental, and Resource Management Technicians. All of the environmental programs responsible for enforcing and protecting the 5 million acre ceded territories will be located under one roof.

A combination of several

different sources provided the funding for the \$4.5 million project, including grants from the Dept. of Housing and Urban Development, new market tax credits; and a \$2.7 million loan from the Shakopee Mdewakanton Sioux Community.

Earth-friendly “green” processes and ingredients are designed into the new building, as part of Leadership in Energy

and Environmental Design (LEED) principles. The LEED process uses concepts such as using local materials; recycled materials; a minimum R-value for insulation, and clean energy sources, such as solar or wind energy.

Some of the specific design strategies in this building include a rain garden; a green roof with succulent plants to

absorb moisture and insulate the roof; rain stays on the roof, to avoid excess run-off; the placement of large rocks on the northern end of the building, to reduce soil erosion in the event of severe rainfall; and monitoring material waste use during construction.

Diabetes from Health News may arise, including gangrene, and even amputation in severe cases.

In simple terms, A1C is a blood glucose (sugar) measurement in a patient’s bloodstream.

“All people with diabetes should know their A1C level, and have it tested every two to three months. We have the ability at both of our clinics to have the test results in six minutes,” Hall said.

One of the myths surrounding diabetes is that a person might be feeling in good health, and believe they do not have the disease. In her blog related to the subject, Mayo Clinic diabetes educator Nancy Klobassa

addressed this issue by informing readers that generally speaking, there are no symptoms, at least until the blood glucose levels are high. Even then, she adds, symptoms can be rather vague, and a large number of people go about their daily lives completely unaware they have the disease.

Some people tend to believe other diabetes-related myths, like “people who do not eat sweets can’t get diabetes.” The reality: nearly everything you eat is converted to glucose, or blood sugar. What you eat is not as important as how much you eat.

Hall noted that the clinic’s staff treats many clients who eat

too many fatty foods washed down with a can of pop. Many clients report drinking six to twelve cans of regular pop on a daily basis. Depending on the brand of pop, just one 12-ounce can contains 160 calories and 42 grams of sugar or 14 percent of the recommended daily allowance.

She also cited frequent restaurant meals as part of the problem, and shared her thoughts on buffet food: “People will eat more if they can have three plates of food for the price of one,” she said. We’re trying to get people to eat more simple foods; eating a homemade meal around the dinner table; less fast food, less fatty food, Hall

added.

When asked about the many weight loss products available these days, she said, “They work... as long as you keep buying them. And while our clinic offers programs free of charge to Band Members, those smoothies and shakes cost people money every time they drink one.”

One of the programs offered by the Min no aya win Clinic, and the Center for American Indian Resources (CAIR) is the “Your Way” Adult weight management program. This program meets weekly, on Thursdays at 12 p.m. or 4:30 p.m., in the MNAW McKnight Room; and Mondays, at 12 p.m. and 4:30

p.m. in the CAIR Community Room.

Dietitians Jennifer Hall and Kara Stoneburner, along with diabetes Health Educator Katie Hughes teach healthier eating and exercise habits.

Band Members get to participate in the program at no charge. For more information, you can reach Jennifer at (218)878-2146; Kara at 878-2183; or Katie, at 878-3794; or click the “YOUR Way link on the events section of the FDL-REZ.com home page.

From previous page responsibilities and privileges associated with this role. Listed below are some reasons why your child needs you to be an active father. Being an active father:

- Lets your child know you love her. Fathers who love their children spend both quality and quantity time with their children.
- Provides your child with a positive male role model. Children model behavior they see often. You can set a good

example for your children

- Provides your child with emotional support. Active fathers listen and support their children when they experience joy, sadness, anger, or fear.
- Enhances your child’s self-esteem. Active fathers promote high esteem in their children because they are fully involved in their lives, which show their children they are highly valued.
- Enhances your child’s intellectual development. Children who are raised by actively involved fathers tend to

score higher on verbal and math tests and show greater problem-solving ability.

- Provides your child with guidance and discipline.
- Provides your child with an alternative perspective on life. It is healthy for children to be exposed to different perspectives on life, such as their fathers.
- Lowers your child’s chances for youth suicide. Children with actively involved fathers are less likely to commit suicide than children with uninvolved fathers.

- Lowers your child’s chances for juvenile delinquency. The benefit of having an actively involved father extends into the teen years. Children with involved fathers are less likely to commit juvenile crimes.
- Facilitates your child’s moral development. Children need a moral compass to guide them when they have difficult moral choices. Fathers, like mothers, help children to develop a sense of right and wrong that serves as a foundation for establishing a moral character.

So, fathers, we can see that you have a crucial role in the lives of your children. This role not only impacts the present life of your children, but also helps to form the adolescents and adults they will become. Enjoy your children on this Fathers Day!

Lucy Carlson specializes in early childhood education. She writes regularly on parenting matters for this newspaper. Her email address is Carlsonlucy@aol.com

Sleighs, washboards and little moccasins Delia Moreland reflects on Sawyer in the 1930s

In July, 1989, Deborah Locke interviewed FDL Band Member Delia Moreland, now deceased, for an oral history project on the lives of Ojibwe women during World War II. Delia gave a lively account of growing up on the FDL Reservation, boarding school, and then her memories of the war years and their impact. Here we present a part of the first half of Delia's interview.

By Deborah Locke

I was born in 1921. My dad's name was Peter J. DuFault. My mother's name was Elizabeth McCarty. Her father's real name was Animahsung, but the white people renamed him John McGee when he was enrolled at Fond du Lac.

My dad was from Superior, Wisconsin and my mother grew up at Fond du Lac. Dad was a lumberman who worked as a surveyor for a while. After marriage he went into his own business and they had a grocery store. My mother was postmaster in Sawyer. She had nine children. Four of us are still alive.

Dad was quite a few years older than my mother. She was 16 and he was 20 years older. She had just gotten out of government Indian school and my dad asked my grandparents if he could marry her. When she got home from school, my grandparents told her she had to marry him. So she married him. It was a good choice because my dad worked all the time, made money, was a good provider who took care of her.

I grew up in Sawyer. Dad had horses and we traveled by sleigh in the winter or by wagon in the summer. People from Cloquet would go to Sawyer dances. They'd bring their horses to Dad's barn and he'd keep their horses while they danced.

We walked a lot in those days. They had no cars; very few people had cars -- Model-T Fords.

The cars were wide open and you would sit up kinda high. The cars were wide open with flaps on the side.

Self-sufficient

My parents always had a garden and mother canned a lot. And they ate good food. They never had any of this old canned food and preservatives.

We helped in the garden, too. They raised everything, potatoes, corn, string beans, peas, carrots, onions and my mother canned everything she could get her hands on. She canned blueberries, she canned strawberries with rhubarb. And we'd pick raspberries and mother would make all kinds of jelly and stuff. June berries, chokecherries, she'd make jelly. We ate well while growing up.

Mother was great for making donuts and cookies all the time. We'd help her and have fun making that stuff, like gingerbread men. Ma had four big green jars and she'd fill them with donuts, different flavors like orange, cherry.

And we had wild game that my grandpa and uncles brought from Big Lake. Deer, rabbit, fish. They were self-sufficient in those days, they had to be. There was no such thing as welfare. We had to get our food from the land.

We had no basement but a cellar. There was a trap door leading to the cellar. Dad had shelves for mother to store her goods. He made a big bin filled with sand. They used to keep carrots and would cover it up with the sand. They kept potatoes and onions down there. The sand kept the vegetables through the winter. We never went hungry.

There was a country general merchandise store with everything from soup to nuts. You could buy clothes, groceries, brooms, mops, washtubs, copper boilers to boil clothes in. The store was right next to us.

Mother taught us how to keep the house clean. We'd have to do hardwood floors; we didn't have linoleum or rugs. We'd have to pull stuff away from the walls and get on our hands and knees and scrub. She had us baking bread when we were real young. We helped wash clothes.

Wild rice memories

We ate a lot of wild rice. My dad and grandpa, they all went ricing. They'd get it for their own use only, they never sold it, and they did it by hand. To thrash it they would dig a hole in the ground, put the rice in and tramp on the rice with little moccasins to get all the husks out. Then they'd get those big birch bark baskets and my mother would go into the wind and fan that rice to remove the shaft. Then we'd tramp on it again, shake it out, and all of kids would pick it over to clean it. We ate it flavored with bacon. I still like it that way.

Ma was like an arts and craft person and so am I! So's my daughter Shirley! Ma could make something from nothing. She painted, drew, and she and Dad would go into the woods and collect fungus that grows by trees, with that bumpy stuff around the edges. My dad would smooth it out and mother would draw a picture on it.

She made birch bark baskets and little canoes that hung in the windows with plants in them. She also made the nicest sofa pillows and braided rugs. My sister and I talk about this all the time, how Ma had time to do all this stuff, since she had such a large family to care for. But she taught us how to bake and cook and clean. So we'd do that and Ma would be tending to her quilt making.

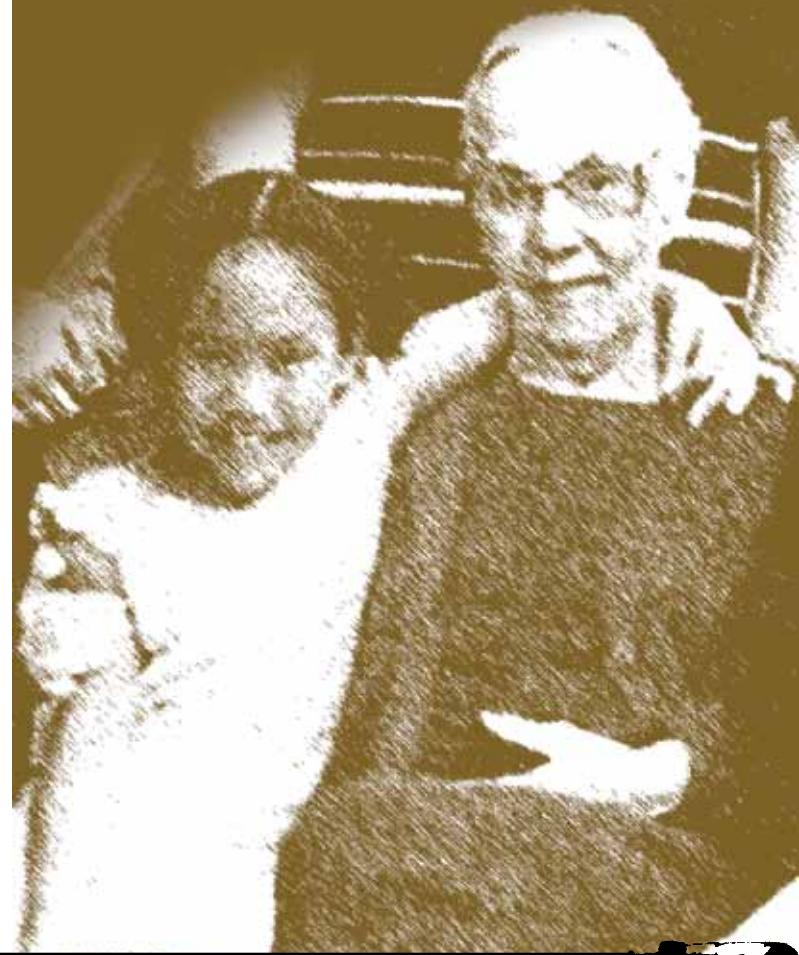
My favorite relative was my grandpa on my mother's side. He was so good to us kids. He wasn't partial to any of us, he liked all

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They more or less combined the Indian religion with the Catholic religion. They did that by saying be good to everybody, do good things, treat the earth good, don't gossip about each other. People in those days, they hardly ever gossiped about each other! They helped each other out!

Pipestone was a good school but I thought it strange to see 21 year old boys in the fifth or sixth grade. Some were 24. They were men! Pipestone had one of the best football teams because men played!

Delia Moreland with her great-granddaughter Janessa Scheleert (2006)



from previous page

of us.

On New Year's Day, Indians used to go and wish each other a happy new year. The host home would present you with something, fruit or something else to eat. One time when I was at my grandparents, we went across Big Lake on a little cutter drawn by a horse. We went to visit other Indian people. My grandpa had a big fur blanket and they'd wrap me up in that because I was the youngest one.

My grandparents lived in a log house like that little church at Big Lake. There was cement between the logs. No one had indoor plumbing. Grandpa dug his own well. To wash clothes Grandpa would haul water from the lake and Grandma would build a fire outside. Grandma would heat the water and wash clothes. They used washboards and you bet the clothes got clean. They'd boil the sheets and they'd get snowy white. They used bluing in the rinse water which would make the clothes just white.

No Electricity

I remember when the radio came out, and I remember phonographs with tube-like records where the needle would be up here and the music would play. The arm would move as the cylinder spun. Later my parents bought a phonograph. You had to wind it up. We didn't have a radio. There was no electricity. We read by lamplight. In the kitchen Pa would put a gas lantern in there. They kept those lights in the kitchen which is where we stayed most of the time. In the bedrooms we had kerosene lamps.

During the winter months we would build forts outside and have snowball fights. We went sliding, skating and skiing. Inside we played house. We'd go upstairs and play with our old ragdolls, play house like it was our house.

My grandfather was a traditional Indian. But my grandmother was a Catholic and she would

bawl my grandpa out because often she wanted him to go to church with her and he wouldn't go. He believed in the Indian way. So they just more or less combined the Indian religion with the Catholic religion.

They did that by saying be good to everybody, do good things, treat the earth good, don't gossip about each other. People in those days hardly ever gossiped about each other! They helped each other out! It was all good, you know. My grandma didn't like bad medicine, a part of traditional Indian belief. Some people could actually make another person sick or could harm him in some way.

Swamp tea

My parents didn't practice Indian medicine. All they did was go out in the woods - Mother would go out in the swamp and get these leaves. We used to call it swamp tea. Everybody had it in the attics, upstairs. You could dry it out and keep it all winter long. It was good for you. It was a cleanser for the system.

Mother and Dad also went into the lake and would get this stuff they call "weeca" and during the winter they'd give us a little of it to chew if we had a sore throat. It would get spongy after you chewed it. It was bitter but it cured your sore throat.

My mother knew Indian medicines, too. In those days people didn't go to the doctor like they go now! Seems like they go to the doctor, the doctor, doctor all the time. I don't how many times a month they will go to doctors.

In those days you never went to a doctor. They had their own medicines. Once in a while they might go to the Indian hospital.

Both worlds

I was brought up with both ways; I had a taste of both lives. On my mother's side it was really traditional Indian. On my dad's side it was traditional too, but more white orientated. I feel bad still that my parents never taught us how to talk Indian. They spoke it back and forth between themselves but never taught us

We had a big library in Sawyer but the books didn't jive with the way we lived. I read about the way the whites were. I thought gee, those people must be rich who live like that! All these kids lived in town, they'd go to the country and visit their grandparents on big farms.

because they didn't want us kids to know what they were talking about. My grandma couldn't talk English.

We understood Indian for "go wash dishes." My mother taught us that. We grew up and bawled Ma out for not teaching us

Indian and she was mad at herself! My cousins who lived at Big Lake -- all those kids could just rattle it off.

My grandparents talked about the Bear Clan when I was small. I can't remember it well but they always used to say "my friend, the bear." Dad never talked about it. I'm glad I lived then. I think I lived at a good time because I've had a taste of the old and a taste of the new.

The Finns and Coffee

The first people I remember different from me were the Finnish people, neighbors, who chummed with us like this one Finnish girl. I even talked a little Finn; her dad would talk Finn to me. There wasn't too much prejudice in Sawyer. The white and Indians got along good. When I'd go to her house, they would be drink-

ing coffee and eating rolls. Her dad would offer coffee but my mother would never let us drink it. To this day I don't drink coffee. Some of the old Finnish people would put a cake of sugar in their mouths and sip coffee through the sugar. Or they'd drink the coffee from their saucers.

The Finns and fry bread

Also, they took saunas, those steam baths, and I took them, too, with my girlfriend. Sometimes in winter when Ma made our school lunches, she'd include a couple pieces of fry bread.

All the Finlanders out in the country on farms would come in on the school bus and bring their lunches. They always wanted to trade sandwiches for fry bread, they loved that fry bread. (laughter) God, then they'd give me one of their sandwiches! It would be like roast beef and I'd think God, why would they trade for this old fry bread?

I always wanted to be a nurse but I never did. We had no money. Long time ago if you got to the 8th grade you did real good but if you went to high school, gees anyone who graduated from there was really something. I'm the only one in my family who graduated from high school, from Haskell Institute in Lawrence, Kansas. More than anything my mother wanted us to go to school. But it didn't happen.

Pipestone boarding school

My parents sent my sister and me to Pipestone during the Depression. I loved Pipestone. I heard the old time boarding schools were cruel to Indians but when I was there, they were fine.

Pipestone was a good school but I thought it strange to see 21 year old boys in the fifth or sixth grade. Some were 24, they were men! Pipestone had one of the best football teams because men played! These kids came from reservations where there was no schooling so they would have to start in low grades. Same for girls.

At first I was so homesick. My sister said I cried for three weeks

straight. So the matron let me sleep with my sister Pat for the first year. We were the only two in school who slept together. Pipestone was crowded and started taking orphans or half-orphans. We came back because our parents were still living.

In the 8th grade my folks sent me to Odena, Wisconsin. I didn't like it there so I came home. I couldn't hack it there after Pipestone.

I read by the time I was 8. We had a big library in Sawyer but the books didn't jive with the way we lived. I read about the way the whites were. I thought gee, those people must be rich who live like that! All these kids lived in town; they'd go to the country and visit their grandparents on big farms. I read about the way the whites were. They dressed in nice little dresses, nice clothes. My mother made all our clothes, like snowsuits and Dad's shirts. She sewed for people all around Sawyer.

Sawyer school

Mother made sure all of us finished the 8th grade at Sawyer School. There were eight of us 8th graders and only four passed the state board examinations. I then started high school at Carlton High and was the first Indian there. I had to go with all those white kids and I felt so alone. I knew some of the white kids from Sawyer.

Then the next year my sister went to Carlton. I went two years there and told my mother I'm not going anymore. She asked why and I told her those white kids treat us Indians awful. They were prejudiced; they wanted nothing to do with us. Ma said she wanted me to finish high school. The only way I'll go is if you send me away to Indian school, I said, since I had been to an Indian school before when I was nine.

Next time: High school, marriage and family, and financial independence during the war years

FDL Law Enforcement news

New FDL police officer: meet Matt Sobczak

Matt Sobczak of Saginaw was hired as a FDL police officer in October. He is one of four recent hires, bringing the department to a total of 16 sworn officers.

Matt graduated from Proctor High School and received a Law Enforcement degree from the FDL Tribal & Community College in 2006. His first job in law enforcement was as a corrections officer in Arizona for two and a half years. He then worked for an Arizona tribal police department for about 18 months.

Before coming to FDL, Matt was employed by the Red Lake Nation as a patrol officer. He saw an advertisement from FDL for a police officer position, crossed

his fingers, and applied.

He said the best part of his job is providing services for people in the same way that police officers provided services for him and his family while he grew up. Today a typical work day includes medical calls, traffic stops (the department has increased its vigilance on seatbelt use), and burglaries or domestic disturbances.

Workday challenges include responding to a police call and then reading people accurately for a resolution to the crisis. "We won't know their state of mind or have any background about them," he said.

Officers respond to five to ten calls per day. Sometimes callers

dial 911 and then hang up, but officers drive to the source of the call, anyway. The call could have been a mistake, or it could have been made and then someone grabbed the phone during a fight and hung up. Ultimately these "911 hang-ups" often lead to a quick response from an officer in a speeding squad car.

"On the drive I have to watch out for deer while thinking of all the possibilities that could be going on." Matt said. "It is scary, even though we wear guns and vests. You never know."

Matt's leisure activities include hunting, fishing and working out. He enjoys running and roller blading. He and his fiancé Allie will be married in July.

Federal ad campaign begins against meth use in Indian communities

American Indians are nearly twice as likely to have used methamphetamine than whites, and are nearly five times more likely than African Americans to have used meth, according to the 2008 National Survey on Drug Use and Health.

Additionally, a 2005 national youth risk behavior study showed that 14 percent of American Indian high school students have used meth one or more times during their life.

In April, federal officials launched an advertising campaign aimed at reducing meth use in more than a dozen states with significant Indian populations, including Minnesota.

The three-month campaign expands on radio and billboard ads seen in recent years. Nearly \$2 million worth of television, radio, print, and billboard ads will be used in the effort.

"There are a lot of cool things about being native. Meth isn't one of them," says a voice in one of the commercials. Other ads show Indian youth painting a mural, playing basketball, and practicing karate kicks in a martial arts class. The message is that meth use destroys the creativity as well as physical strength and discipline.

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

- 4/15/10 Traffic stop on Loop Dr.; driver cited for no insurance.
- 4/15/10 Traffic stop on Mahnomen Rd.; driver cited for driving after revocation.
- 4/16/10 Traffic on County Rd. 7; driver arrested for DWI.
- 4/16/10 Traffic stop on Hwy. 2; driver brought to jail on an arrest warrant.
- 4/17/10 Traffic stop on Twin Lakes Rd.; driver warned for improper use of child safety seats.
- 4/17/10 Traffic stop on Hwy. 210; driver cited for speeding.
- 4/18/10 Report of car accident at Black Bear Casino; exchanged insurance information.
- 4/18/10 Report of female walking around on Ridge Rd. with no shoes or jacket, female taken home by police.
- 4/19/10 Report of strange vehicle sitting outside in the driveway of a house; officers located a juvenile and transported to Arrowhead Juvenile Center.
- 4/19/10 Traffic stop on Reservation Rd.; driver cited for speeding and driving without license.
- 4/20/10 Assisted Carlton County with a gas drive off.
- 4/20/10 Traffic stop on Hwy. 2; driver warned for speeding.
- 4/21/10 Report of illegal pills at Mash ka Wisen; patient was transported to jail.
- 4/21/10 K-9 assisted with Cloquet P.D. traffic stop; K-9 located meth. inside the vehicle.
- 4/22/10 Traffic stop on Brevator Rd.; driver arrested for warrants.
- 4/22/10 Report of theft at Black Bear Casino.
- 4/23/10 Report of unwanted intoxicated person on Church Rd.; person was transported to jail for warrants.
- 4/23/10 Report of damage done to elevator at Black Bear Casino; person cited for damage.
- 4/24/10 Traffic stop on Hwy. 210; driver cited for speeding and no proof of insurance.
- 4/25/10 Traffic stop on Hwy. 210; driver arrested for DWI.
- 4/25/10 Traffic stop on University Rd.; driver cited for child restraint violation.
- 4/26/10 Traffic stop on Hwy. 210; driver arrested for warrants.
- 4/26/10 Traffic stop on Hwy. 2; driver cited for speeding.
- 4/27/10 Traffic stop on Reservation Rd.; driver arrested for DWI.
- 4/27/10 Traffic stop on Big Lake Rd.; driver was cited for possession of marijuana and drug paraphernalia.
- 4/28/10 Report of illegal dumping of garbage at the Twin Lakes Campground.
- 4/28/10 Report of hit and run at Black Bear Casino; located the other driver.
- 4/29/10 Assisted Itasca County Officer on traffic stop on Hwy. 2; driver was taken to jail for burglary.
- 4/29/10 Traffic stop on Brookston Rd.; driver cited for speeding.
- 4/30/10 Traffic stop on Hwy. 210; driver arrested for DWI.
- 4/30/10 Report of intoxicated person on Ridge Rd.; person taken to Detox.
- 5/1/10 Traffic stop on Hwy. 2; driver cited for speeding.
- 5/1/10 Picked up person on warrant; brought to Arrowhead Juvenile Center.
- 5/2/10 Traffic stop on Big Lake Rd.; driver cited for no drivers license and no proof of insurance.
- 5/2/10 Traffic stop on Mahnomen Rd.; driver arrested for providing false name and no driver's license.
- 5/3/10 Warrant pick up at Tribal Center; person taken to jail.
- 5/3/10 Report of use of another's I.D. at the BBCR; person cited.
- 5/4/10 Traffic stop on Hwy. 210; driver cited for driving without a license.
- 5/4/10 Report of intoxicated person at gas station; person located and taken to Detox.
- 5/5/10 Traffic stop on Stevens Rd.; driver warned for speeding.
- 5/5/10 Report of shots going off in the compound; unable to locate shooter.
- 5/6/10 Assisted Carlton County with transporting an individual to the hospital.
- 5/6/10 Traffic stop on Hwy. 210; driver cited for driving after revocation.
- 5/7/10 Traffic stop on Hwy. 210; driver cited for speeding.
- 5/7/10 Report of harassing phone calls; advised recipient how to block numbers.
- 5/8/10 Traffic stop on Hwy. 2; driver arrested for DWI.
- 5/8/10 Traffic stop on Belich Rd.; driver warned for equipment violation.
- 5/9/10 Report of young males going through cars at Black Bear Casino; located the males; taken to Arrowhead Juvenile Center.
- 5/9/10 Traffic stop on Hwy. 210; driver warned for headlight violation.



New Arrivals

Welcome to **Cashus and Avery Sather**, born one minute apart, on Jan 19, 2010, new grandsons of proud "papa," Joe Martineau. *Love always, Cherida and Dan*

Birthdays

Happy Belated Birthday **Bella Lu Forneris** (May 14), to my little Miracle who just turned 2. You bring such peace and joy to my life. You are so loved. *Love, Mommy*



Happy Belated First Birthday (Apr. 26) to **Mason Topping-Thompson!** We love you. *Mama, Dad, Grandma, Papa, Aunties and cousin Kaizha*

Happy Belated 18th Birthday **Peter Martin** (May 5). *With love from Mom and Dad, Ronnie, and family.* Congratulations **Peter Martin**, on your graduation from AlBrook Senior High School on May 28. *Love, Mom, Dad, and family*

Happy Birthday to **Cheyenne J. Thompson** (June 8) who passed away Oct. 27, 2000. We miss you! *Love, Mom, Dad, and your brothers and sisters*

Happy Belated 7th Birthday (May 13) **Olivia Marie Dupuis!** I love you. *Auntie Ashley*

Happy First Birthday (June 16) to **Nakota James Benjamin, Jr.** *Love, Mom and Dad*

Happy 5th birthday to **Cordell Paulson** (June 10). We love you! *Love, Mom, Dad, and Jalen*



Happy birthday to **Thomas Foldesi** (June 23), the most wonderful father ever! *Love always, your children, grandchildren and extended family.*

Happy 2nd Birthday, our beautiful **Kylee J Defoe-Houle** (May 9)! *Love, your Dad, Gramma, Poppa, and Uncle Jacob*

Happy Birthday **Chris W. Houle** (June 11). *Love Mom, Kaliyah, Josh, & Christopher.*

Happy Birthday **Rose Flocken** (June 25) *With love, from your family on the Rez.*

Happy 29th Birthday to my beautiful daughter, **Heather-Rose (Bassett) Valcourt** (June 23). *Love and kisses, Mama*

Happy Birthday **Connie Kay Blanchard** (June 18). You're still in our hearts and memories. We miss you! *Love, El*

Margaret Needham with the Center for American Indian Resources in Duluth reports on birthdays for FDL employees in healthcare. The June birthday is **Gloria Mirkovich**, Medical Registration (June 2).

Happy Birthday **Pam DeFoe** on June 16, 2010! *With love from your Number One Daughter, Jessica, and Joe and all the grandkids*

Happy Birthday **Derrick DeFoe Jr.** on June 25. We love you. *Auntie Jess, Joe, and the kids*

Happy belated first birthday **Desmond and Diondra DeFoe** on May 19. We love you. *Jessica, Joe and kids*

Hats off to the grads!

Congratulations **Erica 'Naagamo Maang' Dupuis** for graduating from Harbor City International School and Upward Bound Math and Science. Good luck at the College of St. Scholastica. We love you! *Love, Dad, Mom, Granny and Tipper*



Congratulations to **Emily Smith** for graduating from Haskell Indian Nations University, Lawrence, Kansas, with an AA degree in Liberal Arts, May 2010. Your family, friends and community are very proud of your accomplishments.

In loving Memory

In loving memory of **Angel Diver**, (June 20, 1967 - June 25, 2008) To my daughter, sister, auntie, and friend: "Angel" If we could have a lifetime wish And one dream that could come true We would pray to God with all our hearts Just to see and speak to you A thousand words won't bring you back

We know because we've tried And neither will a million tears We know because we've cried You've left behind our broken hearts And precious memories too But we've never wanted memories We only wanted you. *Sadly missed by Mom,*

Randi Rose, Toni, Samantha, Mike, Byron, Adam, Addison, Melvin, Janelle, Joey, Rachel & children Danny, Patti Jo & Danni, Dean, and Cody

Memorials

Thinking of and missing our mom, **Delia Moreland**, on June 7, her 89th birthday. Hard to believe you've been gone this long, but we know your spirit is with us every day. *With love, from all your children*

A celebration of the life of **Thomas ("Sonny") A. Sirois** will be held at 11 a.m. on June 12, 2010 at St. Raphael's Church, 5779 Seville Rd., Pike Lake, Minn., 55811. The memorial service will include full military rites. A lunch will be served immediately following the service. All are invited to attend.

"Sonny" was born Sept. 16, 1934 and passed away on Nov. 29, 2009.

Obituaries

Kathryn Marie Howes, 53, a lifelong resident of Superior Wis., passed away March 11, 2010 at the Solvay Hospice House in Duluth, Minn. After a courageous five-year battle, Kathryn succumbed to Chronic Obstructive Pulmonary Disease.

Kathryn attended schools in Superior, Wis., and the Wisconsin Indianhead Technical College. She was a member of Cathedral of Christ the King Church.

Kathryn was only five pounds when she was born, said her older sister Bonnie Howes



Lehner. Consequently, Bonnie always thought of Kathryn as a little doll. She liked playing the slots at Black Bear Casino and Fond du Luth, and loved reading books about history. Her favorite television show: Maury Povich; her favorite network: the History Channel.

"She loved Maury!" Bonnie said. "I would ask her how can you watch that and she said she thought it was funny." Kathryn had a weakness for chocolate covered cherries, and devoured two boxes with her sister before her illness worsened.

Her family remained her most important priority. She especially loved her grandchildren. "Her family was her world," Bonnie said. Still, Kathryn could keep a secret. She made a fabulous potato salad for family functions, and never revealed the recipe.

She is survived by her daughter, Kathlina Marie Howes; three grandchildren Hailey, Heaven, and newborn grandson Jeremy; her mother, Elaine Laurel Bergstrom, all of Superior; three brothers, Darrell, Gene, and David Howes; four sisters, Bonnie, Debra Howes, Laurie Verlooy, and Yvonne O'Campo; 34 nieces and nephews; and many aunts, uncles, and cousins.

Preceding her in death were her father, Eugene George Howes; three brothers, Dennis, William, Robert Howes; and a nephew, Danny Howes Mosack.

Funeral services were held at the Cathedral of Christ the King on March 15. Reverend Fr. Andrew Ricci officiated. Inurnment occurred in May at Calvary Cemetery in Superior.

For sale

Historic Fond du Lac home located in the Cloquet District -- former Indian Hospital Nurses Quarters/Rupert Smith property. Three bedroom, 1 bathroom, 2 stories, covered front porch/deck. Many interior and exterior updates. Beautiful landscaped, fenced-in yard with detached garage. Property near Tribal Center, Clinic, and Store. Priced to sell at \$74,000. Call (218) 269-1356 to view.

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 \$245,900. Call (218) 879-5617 for more info.



Iskigamizige Giizis – Strawberry Moon June 2010

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; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Arts & Crafts CCC Get Fit 12 p.m. MNAW WIC pickup 12 p.m. CAIR Family Sewing 5 p.m. CCC	Arts & Crafts CCC Elder Concern's 10 a.m. CCC Turbo Kick 12 p.m. MNAW	Play Day CCC Get Fit 12 p.m. MNAW Anishinabe Language 5 p.m. CCC	Movie & Popcorn CCC Intro to Drum & Singing 6 p.m. CCC NICOA in Traverse City MI Randy Travis 7:30 p.m. BBCR	Game afternoon CCC Men's B-Ball Leagues 3 p.m. CCC
		1	2	3	4	5
Open activities CCC Cribbage Tournament 2 p.m. CCC	Elder Exercise 8 a.m. CCC Family Sewing 10 a.m. CCC Get Fit 12 p.m. MNAW Adult Cribbage 5 p.m. CCC	Arts & Crafts CCC Get Fit 12 p.m. MNAW WIC pickup 12 p.m. CAIR Family Sewing 5 p.m. CCC Sawyer District Election SCC	Arts & Crafts CCC Elder Concern's 10 a.m. CCC On the Move pickup day 12 p.m. MNAW Turbo Kick 12 p.m. MNAW I CAN COPE 5 p.m. CCC	Health Fair 9 a.m. CCC Play Day CCC Get Fit 12 p.m. MNAW College for Seniors 2 p.m. CCC Anishinabe Language 5 p.m.	Movie & Popcorn CCC Intro to Drum & Singing 6 p.m. CCC Make your own Moccasin 6 p.m. CCC	"Biloxi Blues" in Bemidji Game afternoon CCC Men's B-Ball Leagues 3 p.m. CCC
6	7	8	9	10	11	12
Open activities CCC	Canoe building and Language Immersion CCC Elder Exercise 8 a.m. CCC Family Sewing 10 a.m. CCC Get Fit 12 p.m. MNAW Adult Cribbage 5 p.m. CCC	Arts & Crafts CCC WIC pickup 12 p.m. MNAW Get Fit 12 p.m. MNAW Family Sewing 5 p.m. CCC Wisdom Steps Conference 5 p.m. BBCR Traditional Pow-wow & Feast 7 p.m. BBCR	Arts & Crafts CCC Elder Concern's 10 a.m. CCC Turbo Kick 12 p.m. MNAW Wisdom Steps Conference	Play Day CCC Get Fit 12 p.m. MNAW College for Seniors 2 p.m. CCC Anishinabe Language 5 p.m. Wisdom Steps Conference Open Meeting 5:30 pm CAIR	Movie & Popcorn CCC Intro to Drum & Singing 6 p.m. CCC	Game afternoon CCC Men's B-Ball Leagues 3 p.m. CCC
13	14	15	16	17	18	19
Open activities CCC Yahtzee Tournament 2 p.m. CCC	Elder Exercise 8 a.m. CCC Family Sewing 10 a.m. CCC Get Fit 12 p.m. MNAW Adult Cribbage 5 p.m. CCC	Arts & Crafts CCC WIC pickup 12 p.m. MNAW Get Fit 12 p.m. MNAW Family Sewing 5 p.m. CCC	Arts & Crafts CCC Elder Concern's 10 a.m. CCC Turbo Kick 12 p.m. MNAW	Grand Opening Supportive Housing Play Day CCC Get Fit 12 p.m. MNAW Anishinabe Language 5 p.m.	Grand Opening Resource Management Bldg. Movie & Popcorn CCC Intro to Drum & Singing 6 p.m. CCC Make your own Moccasin 6 p.m. CCC	Game afternoon CCC Enrollee Day Celebration (no leagues) Co-ed Softball Tournament 9 a.m. CCC
20	21	22	23	24	25	26
	Elder Exercise 8 a.m. CCC Family Sewing 10 a.m. CCC Get Fit 12 p.m. MNAW Adult Cribbage 5 p.m. CCC	Arts & Crafts CCC Get Fit 12 p.m. MNAW Family Sewing 5 p.m. CCC	Arts & Crafts CCC Elder Concern's 10 a.m. CCC Turbo Kick 12 p.m. MNAW Adult Game Day 12:30 p.m. CCC Sobriety Feast 6 p.m. BBCR			
27	28	29	30			