

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



WALKING TOWARDS THE FUTURE

The end of May brought with it many graduations from many different levels. Proud parents and students all across the Cloquet area.

In This Issue:

Local News..	2-3
RBC Thoughts	4-5
Etc	6-9
Graduation	10
Maggie Lemieux and Joseph Martineau	11
13 Moons	12-14
Health News	15-17
Community News	18-19
Calendar	20

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Local news

FDL Human Services Director appointed to MNSure board

By Zachary N. Dunaiski

Phil Norgaard, the director of Fond du Lac's Human Services division, was named to MNSure board by Governor Mark Dayton, at the end of April.

With constantly changing health regulations as part of the Affordable Care Act, MNSure was put together to help bring more affordable health care to all Minnesotans. In January 2014, everyone will be required to have health insurance and the MNSure board is doing their part to help bring the best possible healthcare plans to each and every person.

Norgaard was one of 6 people selected by Governor Mark Dayton of 112 applicants to be part of this task force. Norgaard didn't necessarily want to be part of the MNSure board at first.

"I hadn't actually thought of applying because I wasn't looking for any more work to do, but the Minnesota Chippewa Tribal executive committee asked me if I would consider applying. They passed a resolution supporting my appointment and so I did apply

and I was selected," Norgaard said about the process leading up to his appointment by the governor.

The experience that Norgaard has makes him a seemingly obvious candidate for the MNSure board, and that's why he thinks the governor chose him to be a part of this process.

"I think my experience in the Tribal community made a significant difference, and my experience as a health administrator who actually purchases health care, from the health care system," Norgaard said. Presumably the fact that he was a founding member of the FDL insurance board didn't hurt his chances either. It was his ties in all ways, shapes and forms that also helped the governor choose him. "The affordable care act has special benefits and protections just for American Indians, and I was a pretty strong advocate for those things in 2012, the year of planning... I think they realized that I could be helpful to tribal nations."

With all the change that is coming in 2014 Norgaard presumes that there could be

a million "new" customers to insurance companies. Which he is viewing as a positive for all Band members across the state of Minnesota.

"I had assured them that, during the interview process, if I wasn't selected I was still going to be there talking about the tribal stuff," Norgaard said with a chuckle. "I'm very happy because I know that American Indian issues will not be put under the table, they will be dealt with very directly. I feel that I have special responsibilities to tribes and all Minnesotans. There are tribal issues that I know will be dealt with in a conscientious manner, because I'll be there making sure that happens."

Norgaard went on to discuss other positives about the affordable healthcare act, like how people won't be gambling with their health anymore as they once did with car insurance. He also added positives like how the MNSure board will keep "rip off" plans from gouging people on insurance.

"If we can help people understand the basic goodness of being not at risk for all

your medical bills, it will be a tremendous accomplishment," Norgaard said of what he hopes to accomplish as part of the task force.

Norgaard knows that as the only one on the MNSure board with ties to tribal nations that a lot of people are going to be looking for him to get the Band's of Minnesota heard.

"I look forward to try to forge creative and innovative ways that Minnesota can do things for American Indian people that other states don't even think about. So it's very exciting for me, and I think all tribal nations in the state of Minnesota," Norgaard said before talking about MNSure's affect on the rest of the country.

"Other states are also watching the progress in Minnesota, and are comparing their progress in the tribal communities against what's going on here."

During our brief interview, he also spoke about how some aren't for the affordable care act, and are spending too much time trying to discredit something that is good for everyone.

"They're afraid that once we get use to it, it'll be like Social

Security or Medicare, they'll never want to go back, and why should they? This is a reasonable way to pay for it. Pay your fair share now, and get everyone insured, because we're all in this together," Norgaard said.

The Fond du Lac Band has spent many hours, dollars, and other resources constantly making things better for the Band. While some of us may take this for granted, Norgaard doesn't. "I'm proud to come from a Band that has always thought progressively and behaved responsibly in pursuing policies and regulations that benefit its people. I've talked with tribes across the country and Fond du Lac is seen as a leader in so many ways, not just healthcare. I think it has to do with the kind of leadership that the tribe has had throughout the years, and I'm proud to be employed here."

So while no plan is perfect, Minnesota is taking the right steps to try to make it the best possible, and by putting together the MNSure board, Governor Dayton is on the right track.

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
Etc	6-9
Graduation	10
Maggie Lemieux and Joseph Martineau.....	11
13 Moons	12-14
Health News.....	15-17
Community News	18-19
Calendar	20

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Editor: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news

Farm to School meeting

On April 16, Fond du Lac Ojibwe School Head Cook Barb Dahl and Bimaaji'idiwin Ojibwe Garden Program Coordinator Danielle Diver traveled to Washington, D.C. for a USDA Farm to School planning grantee meeting with national and regional representatives of the pilot USDA Farm to School program.

Last November, the Ojibwe School was one of only 38 schools that were awarded the Farm to School planning grant. Farm to School is an increasingly popular program that champions the use of locally harvested foods in school meals. This practice is beneficial in many ways.

First of all, locally harvested foods are more likely to be fresher than those harvested hundreds or thousands of miles away. Fresh foods taste better and they retain more nutrients, which means students are more likely to eat them. When children learn healthy eating habits, they have the tools to lead healthier lifestyles into adulthood. Additionally, when children learn about where food comes from and how they can grow and prepare their own food, through spending time in school gardens or in home gardens, or by visiting local farms, they are more likely to be able to feed themselves healthy meals.

Farm to School programs also increase economic opportunities for local food producers as well as opportunities for students to learn real world applications of biology, ecology, environmental science, math, economics, engineering, and history.

In Washington, DC, Barb and Danielle learned about marketing and publicity, food safety in the garden, meat regulations, and food procurement guidelines.



Danielle Diver (Left) and Barb Dahl at the Smithsonian museum in Washington D.C.

“We think of you as our partners and we’re very vested in your success. I’m counting on you... Thank you and good luck.” USDA Deputy Secretary Kathleen Merrigan told them.

“Consider yourselves pioneer soldiers [in the farm to school movement]. Thank you for all the things you’re doing and good luck.” USDA Undersecretary Kevin Concannon said.

Barb and Danielle met with the other grantees and heard about their farm to school programs in Hawaii, Memphis, Cleveland, Flandreau Indian School, North Carolina, and many other places around the United States. They gleaned information and ideas to develop and improve the Ojibwe School’s farm to school program. They were given a private tour of the Smithsonian’s new exhibit, “FOOD: Transforming the American Table,” which featured a replica of former television chef Julia Childs’s kitchen.

They had dinner one night with Tiffany Carrington, who is the lead of the Midwest Regional Farm to School Program, and other Midwest Farm to School grantees. Tiffany expressed a keen

interest in visiting Fond du Lac Reservation, so she has been invited to come in September when the students return to the Ojibwe School and the demonstration garden behind the school will be in its full glory.

The Fond du Lac Farm to School team is a diverse group of community members that includes University of Minnesota Extension educators, Environmental Institute extension educators, teachers, students, parents, farmers, nurses, dieticians, Fond du Lac Master Gardeners, and Ojibwe School food service staff. They meet monthly to discuss plans and progress. Currently they are working on picking an Ojibwe name for the program and getting demonstration garden produce ready for the Fond du Lac summer lunch program.

If you are interested in joining the Farm to School team, providing produce to the Ojibwe School cafeteria (starting in September), or learning more about the program, please contact Danielle Diver at daniellediver@fdlrez.com or (218) 878-7137.

Tribal Nations will be heard regarding Broadband

By Zachary N. Dunaiski

Fond du Lac’s MIS Director, Fred Underwood, was appointed by Minnesota Governor Mark Dayton to be a member of the Governor’s Task Force on Broadband.

The governor put together this task force to help determine what types of mandates the state should put out regarding broadband. The task force was implemented to give advice to the senate and the governor to accomplish their biggest goal.

“The state has a goal of making sure the entire population of the state has access to a minimum of 10 MB download and 5 MB upload speeds,” Underwood said.

To do this, the governor built a task force comprised of people from all over the state. The task force’s goal is simply to guide and offer advice to the senate and the governor as to what steps they can take to make it easier to get broadband out to all of Minnesota. It is a fact finding, solution finding type of task force.

Underwood, however, was the only member appointed with ties to tribal nations, and he wants to make sure FDL as well as all Minnesota Bands are heard.

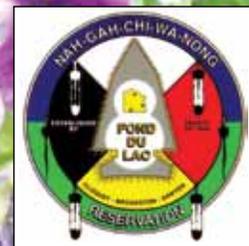
“[The main goal is to] Make sure tribal nations aren’t forgotten about, we can’t go not being heard. The biggest thing is that we want our input heard, because otherwise we are ignored. It wouldn’t be a good thing to have broadband around all the different reservations but not on any of them,” Underwood said. “So when I was asked to be on the task force by the governor, I agreed.”

While the FDL Reservation became one of nine communities in the state to become a Blandin Broadband Community, Underwood said that the two things were not related to his being appointed to this task force.

“I think I was asked based on the different groups I’m involved with and the knowledge and time I’ve spent with it. I met a lot of people involved in the task force through some of those other contacts, but otherwise they’re separate,” Underwood said.

While this really should be a major accomplishment for Underwood to be appointed by the governor himself, that isn’t the way that Underwood looks at it.

“It’s an honor to be asked by the governor to do that. It’s an honor and recognition for Fond du Lac that we have staff capable and qualified to do things like that. As far as I go, I’ll be the invisible guy in the background.”



A few thoughts from RBC members

From the Chairwoman

Congratulations to all our high school, college, and advanced degree graduates. The Band supports students in many ways, from activity assistance to the scholarship program. It is the students who make the commitment and complete their goals. You worked hard and we're proud of the investment you have made in yourself!



Karen Diver

There is always interest in how the process is going for discussing changes to the constitution regarding enrollment and blood quantum.

The Wilder Research advisors are almost done with the targeting surveying of members, which will give us some valuable data to share with Band members. This data will allow for some analysis of what other tribal blood quantum members have in addition to Minne-

sota Chippewa Tribe, and how including that blood quantum could affect membership. Look for more information to come this summer about the survey results.

Climate change continues to be an issue with the wild weather we've been subjected to the last couple of seasons. Last year, it was too warm, too quick for maple syrup. Also last year was the floods that we're still dealing with the damaging effects of. There was no wild rice last year because of that flooding. This year there

was little spring and we had snow in May, and there was too much ice on Mille Lacs for netting of fish. There are folks that still deny climate change because they do not want to take responsibility for active management of our natural resources.

The Band and its leadership through its Resource Management Division are trying in our little part of the world to make a difference. From air and water quality, reducing our carbon footprint and working on cultivating local food sourcing, and

of course our stewardship of the ceded territories, hopefully over time that contribution will make a difference. Keep an eye on the activities at Resource Management to see how you can participate in these efforts.

If you have any questions or concerns, please let me know at karendiver@fdlrez.com, or call at the office (218) 878-2612 or cell (218) 590-4887. Hope you're having a great summer!

Boozhoo niiji,

Spring activities are in full swing. The sugar bush kettles are boiling the sap. The basket makers are collecting their bark and the trappers are cleaning their spring harvest. The spears and nets were dormant though. Mother Nature did not allow them to practice their skills this spring. The ice did not cooperate with our season so we had no harvest. We had a good turnout for



Ferdinand Martineau

the elder's "Night at the Bear" again. Over 400 Band members and their guests attended. I hear that the entertainment and food was good. I was out of town and unable to attend myself. The people that attended enjoyed themselves and a lot of them expressed

their appreciation as they are not able to go on other activities out of town. Some of them have said that this and the Christmas party are the only things they are able to attend

and it is nice to be able to rekindle their old friendships. We are in the final stages of opening our veteran's supportive housing unit. This will allow us to place all the services we offer for veterans in one place. I have not toured the building yet, but I have heard that it will be a nice place to live. I have been out on the reservation, driving around, and noticed lots of plastic bags full of garbage along the sides of the roads. I thought how nice it was to see that our spring clean-up crew was

working hard doing their job. I had forgotten how hard they work and how much garbage they actually pick up from the roadsides. I really appreciate the dedication they display in doing a hard job and the pride they take in doing it.

In my journeys I have come to the big hole that used to be Reservation Road. I have lived next to the stream that runs through the road for many years, yet it always amazes me with the damage it can do when it floods. I used to fish the stream, but in the early 70's, they put a culvert in

wrong and it stopped the natural fish run there. Now that the culvert is removed and a bridge will replace it, maybe the fish will come back. I am not saying that was Mother Nature's plan, but...

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

Gigawaabamin.

Sawyer News

The honeymoon is over for me as I received my first ear-beating as a council member. I can now officially consider myself truly part of the RBC.

In May, the Sawyer Center held a few tournaments that included children with adults. They had a pool tournament and a bean bag toss tournament, which had a good turnout and proved to be a good time for kids and adults alike, and I would like to see more events like that. The Mothers Day luncheon was also a success, and I got to hand out roses to all of the mothers who attended.

The cleanup crew is back and in full swing in each district, and they are doing a fantastic job making our Reservation look beautiful, and for that I would like to

thank them.

The event center at Black Bear Casino has also been popping. I attended the Elders dinner in May and the turnout was great, as was the food and the entertainment. There was a Johnny Cash tribute band



David Tiessen Jr.

who sounded like the real deal. I'm sure there were more than a few walkers and canes cutting some Black Bear rug. Sheryl Crow also performed in the month of May, and what a spectacular show that was. I saw even more canes and walkers flailing around at that show than I expected.

The 5th annual Language and Culture camp will be kicking off at Kiwenz Camp Ground on Big Lake on June 13th-16th. This event has grown substantially each and every

year, with over 750 people attending last year. This is a great opportunity for anybody who wants to learn anything Ojibwe, from language to birchbark basket making and just about everything in between. This is a free event and open to the public, so please show your support and stop by.

Our monthly community meeting at the Sawyer Center is scheduled for Friday, June 21st at 2 p.m. I will be in attendance to discuss any concerns or ideas the community may have. We have been having a good turnout at these meetings and I hope people keep showing up.

Again, we are looking for any Band member who does any kind of artwork (beading, drawing, painting, etc.) and would be interested in selling their work. It will be shipped to Las Vegas and sold to a broader market than we currently have in this re-

gion. See Jeff Savage at the museum for more details.

Finally, I would like to congratulate all of the students who will be graduating this year from both the Head Start and High School. You did good.... You did great.

I have an office at the Sawyer Center. It is located on the youth side, and barring any kind of meeting or prior engagement I will be there on Tuesday mornings from 8 a.m.-12 p.m. and Friday afternoons from 12-4:30 p.m.

I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me.

You can e-mail me at daviddtiessenjr@fdlrez.com, or call my work (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Hope to hear from you, even if it is an ear beating.

Cloquet News Hello All

Unfortunately, due to the extended winter we have had, our traditional spearing and netting season did not happen. The lakes were still ice covered and access to any fishing was impossible. All the hard work our natural resources division did in planning and preparation for a spearing and netting season is appreciated. However, Mother Nature did not allow us to participate. As such, we are hoping for a successful season next year.

Likewise, due to the weather, our youth baseball season is getting a late start at outdoor practices. We were able to get the baseball season started with indoor practices. The planning and organization of this activity is a very hard and busy task. I thank our community center staff for all of its hard work and effort.

In an effort to enhance our summer time activities, we are in the process of expanding our ball field and adding lights. Thereby, allowing for all ages to play on an official sized and lighted field. This is essential in allowing for increased participation and longer hours of use.

To update you on the Big Lake Road hiking trail, turn lanes, and the replacement of the Reservation Road bridge, I was informed by our planning division that the construction of these projects will start in June. I am looking forward to the completion of these projects as they will provide a sense of safety to our pedestrians as well as vehicle traffic.

On another happy note, I would like to congratulate Nancy Seppala on her recent retirement. Nancy has been a long time valuable employee with the Black Bear Casino Resort. Her service will be missed by co-workers, customers, and friends.

As always, please feel free to call or email with your concerns, thoughts, or ideas.

*Wally Dupuis, District #1 Representative
(218) 878-8078 work or (218) 428-9828 cellphone.*



Wally Dupuis

Graduation



Etc.

Lose weight, help the community

By Zachary N. Dunaiski

Get Fuzed, a Carlton based business run by Nicole Ammesmaki, spent 8 weeks collecting food donations as part of a weight loss incentive.

This weight loss challenge helped people achieve their weight loss goals while also getting people to donate food to the food shelf. Sixteen people joined the challenge and for every pound they lost, they had to donate a food item. For every pound they gained, they had to donate two food items. Over the eight week span they collected and donated eight large boxes of food.

Ammesmaki got involved with the Get Fuzed program as a member three years ago. She weighed over 300 lbs and had some very serious health issues. In her first 11 months she dropped 119 lbs and 42 inches. Before the weight loss she said she was “basically living on medications” and now is almost completely off all of them.

“What really kicked it into gear was that I started developing blood clots in my legs. I lost my mom and brother in 2005, 11 months apart, so I said ‘you know what, I really need to do something for my health,’” Ammesmaki said.

It has always been about the health aspect of it for Ammesmaki, who has owned Get Fuzed for over a year now, and after talking to her for a few short minutes that became apparent. With her own success in the program, she just wants others to know it’s out there.

“I never thought of it as a business aspect ever, but the more I got into it the more I enjoy it. My whole goal in this is to get the people of Fond du Lac on Herbalife, because we have the worst diet in the world,” she said with a laugh. “It’s not really a diet, it’s a lifestyle change.”

When Ammesmaki first started trying to lose weight, she had tried everything from the names of popular weight loss products to starvation.

“They really need to take that leap of faith, so they can be around for their children. Take that leap of faith with me, and give it a try. Your first one is on me,” she said. “It changed my life, it saved my life really.”

So much has been done in the past couple of years to help fight obesity which has become a real epidemic in our lifetime. This is another positive effort to help fight against it and she also helped bring food to those who needed it most.

Summer food program

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

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

Lovejoy “Women in the Law”

Douglas County’s Court Commissioner, Rebecca Lovejoy, has been named by the Wisconsin Law Journal as one of the 27 outstanding female attorneys and judges in the 2013 Women in the Law according to the Superior Telegram.

This year’s honorees will be recognized at an award ceremony and dinner June 25 at the Pfister Hotel in Milwaukee as well as profiled in a magazine put out by the Wisconsin Law Journal. Wisconsin Law Journal has recognized women like Lovejoy since 2003 with Women in the Law.

The honorees have demonstrated exceptional leadership, vision, and expertise in Wisconsin’s legal community. Wisconsin’s law journal

recognizes Women in the Law based on those who have achieved excellence in their field and have influenced other women to pursue legal careers, and have opened doors for women in job settings that had previously been closed or those who advanced opportunities for women in these fields.

News from the Veterans Service Office

We have been planning for the up-coming veterans powwow on July 12-14. This will be the 20th year our powwow will be held. We will be honoring the founders as the first veterans committee. Everything is coming together and we expect it will be better than last year. In talking with people from around the state, everyone is looking forward to our powwow.

We are also looking for any of our veterans who desire to work the powwow. If so, please contact Chuck Smith at (218) 878-2670 or Brenda Rice at (218) 878-2698.

Women’s wellness gathering

The annual “Women’s Wellness Gathering” will be held June 3 and 4 at the Cloquet Forestry Center. The event, which includes speakers, ceremonies, and self care activities, will be held from 9 a.m. to 4:30 p.m. on June 3 and from 11 a.m. to 5 p.m. the following day. The gathering is sponsored by the FDL Human Services Division.

Monday’s session begins with a local law enforcement panel on “Trafficking, Gangs, and Drugs” and speakers from the “Duluth Trafficking Task Force on ‘Trafficking of Native Women and Girls;” followed by life stories of survival and healing.

Tuesday brings more stories from community women and sharing in “Self Care Circle,” closing with the

OshkiiGiizhik Singers. A talking circle will take place on the first evening of the event, and a sweat lodge is schedule for late afternoon on the second day.

The gathering is for adults and teens only; no children please, because of the nature of some topics. No childcare is provided. For more information, call (218) 879-1227 and ask for Social Services.

Teens have a chance to show creativity

The Fond du Lac Suicide Prevention Committee is looking for teens who are interested in creating and recording skits, posters, and videos. This is open to any teens between 13-17 years. If interested call Joni at (218) 878-3808, Sandi at (218) 878-2176 or Bunny at (218) 878-2134.

Head Start to host Baby Shower

The Fond du Lac Head Start Annual Community Baby Shower to be held Thursday June 20 at 4-7 p.m. in the Head Start Gym.

Breakout Sessions will include:

- Fatherhood Traditions
- Doula
- Breastfeeding
- Post Partum Depression
- Homemade Baby Food

Who should attend: Moms, dads, expecting parents, families with children under 2, grandparents, extended family, foster care, FFN (family friends and neighbors care)

Informational booths from around the area will be set up in the Head Start gym. Light meal provided with many great prizes following each breakout session.

Hope to see you there. If you have any questions please feel free to call Stephanie at (218) 878-8100.

Etc.

From the new Scholarship Director

Patty Petite, Ed.D.
Scholarship Director

I would like to introduce myself as the new Scholarship Director for the Fond du Lac Reservation. I started my position the beginning of March. I look forward to working with students to develop their education and career goals, assisting them with the application



Patty Petite, Ed.D

process to secure funding and turning their education goals into a reality.

I would like to recognize and thank Bonnie Wallace for her many years of service, dedication and commitment to education. The Scholarship Program has assisted hundreds of Fond du Lac Band members in obtaining their certificates, credentials,

and college degrees.

As a previous recipient of the Scholarship Program I know and understand firsthand how fortunate we are as Band members knowing our tribal council supports our efforts in completing our college education.

I have over 24 years of experience working for the reservation in the areas of Social Services, as the former Head Start Director, and an administrator with the Fond du Lac Tribal College. I am grateful

to be back working at Fond du Lac and assisting our Band members.

If you are interested in finding out more about the Scholarship Program please contact either myself or my assistant Veronica Smith at scholarships@fdlrez.com or by calling me at (218) 878-2633 or Veronica at (218) 878-2681.

Please have patience with us as we update some of our scholarship materials. We are currently accepting applica-

tions to start classes in the fall, we ask you to apply by July 1.

Also, to our current students, please make sure you turn in your spring grades and/or any diplomas you have earned. I will write another article over the summer to recognize all of our graduates.

A reminder to notify our office if you have any changes (email, telephone, address, or changes in course work) it is greatly appreciated.

An important message to male high school seniors

Remember that 30 days before to 30 days after turning 18 years of age a person is required by law to register for the selective service. Failing to do so would result in a \$250,000 fine and up to five years in prison. It is also required for college loans, job training, and obtaining government jobs.

For more information or to register online visit www.sss.gov.

Legal Notice

The Fond du Lac Reservation Traffic Code has been amended to update the rules for child passenger restraint systems.

Children under the age of 8 and shorter than four feet nine inches must be transported in a child passenger restraint system. Children under the age of 2 and under the weight of 20 pounds must be transported in a rear-facing child passenger restraint system. In addition, drivers will be eligible for a one-time fine waiver or refund

if they attend a Child Passenger Restraint System class through the Human Services Division within three months after receiving the citation. The amendments are scheduled to go in effect on July 1. Details about the amendments can be obtained from the Fond du Lac Legal Affairs Office.

Drivers Education starts soon

The Cloquet Community Center will host drivers education classes from July 1-12 from 4 to 7 p.m. Students interested in attending the class must be fifteen years of age by the end of the class.

The class will prepare students to take the written portion of the driving exam. Cost for the classroom portion of the class is \$120, which must be paid before the first day of class. Students who qualify for sports and activity funding need to see Wanda Smith before the start of class.

Behind-the-wheel training will begin after the students complete the classroom phase and have passed the written test.

This will be scheduled with the driver's instructor. Cost for behind-the-wheel is \$200 which needs to be pre-paid. Students who qualify for sports and activity funding need to see Wanda Smith before the start of class.

The registration form is available on the FDL web page under Community Services. For more information, contact Tammy Nykanen at (218) 878-2603.

GED Program News

Anyone who has started the GED program and has completed official tests needs to complete the test battery before November 14. In 2014, a new test series will begin and the scores on earlier tests will be lost.

To help individuals who are working to complete the full test battery, we will offer GED classes over the summer on an on-call basis. For further information, and to be put in contact with the instructor, please call Joan at (218) 878-2658.

Journey Garden program looking for applicants

The Journey Garden program is looking for interested applicants for this summer's program, which runs in two portions from June 10-26 and again July 15-31.

The program is for American Indian students going into 8th-10th grade who want to experience gardening, field trips, taking tours, cooking, art projects, plant identification, and learning about health careers.

During the program students will work with community members on interesting hands on projects related to gardening. The program emphasizes teamwork and communication skills and will also give students a chance to meet other students who share similar interests.

Students will receive a stipend for successful completion of the Journey Garden Program, and students must attend daily. Transportation and lunch is provided to participants.

If you are interested please call for an application at

BBCR Golf Course opens

The golf course finally opened on May 15 after a long and prolonged winter. New this year is a special Member Guest Rate. If you join this year as a golf member you are allowed to bring guests at \$39.00 for 18 holes with a cart (a \$20 savings each round). We



also have updated our deck with new furniture. Come join us for lunch on the deck overlooking the golf course. It is a nice relaxing spot to enjoy a sandwich while enjoying the outdoors.

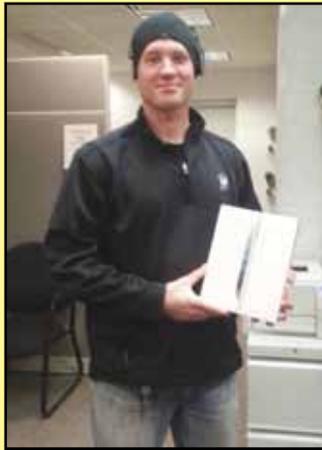
Also check out our new updated website www.golfatthebear.com to see the 2013 golf calendar and view our new photo gallery.

We hope to see you soon.

Etc.

Winners of the blood sugar screening

Cherie Clement won a \$500 Gander Mountain Gift Certificate in March just for having her blood sugar screened, and Chad Demenge won an iPad in April.



Legal Notice – June 2013

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. *The one year period commences with the first publication.

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

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

(218) 878-7239 or obtain it on the school's website at www.fdlrezk12.com. You will need a letter of recommendation from teachers/counselors, school staff, or other people who can offer feedback on your academic skills as well as a current transcript.

Enweyang Language Program

The Enweyang Ojibwe Language Immersion Nest, located at beautiful Chester Park site on the UMD campus, is currently accepting applications for September 2013.

The program is committed to providing a 100% Ojibwe language environment for young children. Enweyang is a preschool program serving children beginning at 33 months old up through the first day of kindergarten. The program operates Monday through Thursday, September through May. Full and part-time enrollment options are available.

If you are interested you can find an application online at <http://www.d.umn.edu/enigikendaasoyang>.

Fond du Lac Band of Lake Superior Chipewewa Tribal Court Notice of name change:

Case No.: NC-001-13

In the matter of Sarah Lynn Reynolds, Petitioner. Notice is hereby given that on May 7, 2013, an Order was issued changing the name of Sarah Lynn Reynolds to Sarah Lynn Murray.

FDLOJS school board meeting Apr. 9

Wayne Dupuis called the meeting to order at 6:00 p.m.

Roll Call: Maria Defoe, Wayne Dupuis, Debra Johnson-Fuller, Meredith Martin, Michael Murray (entered at 6:09), Don Wiesen, and Jean Zacher.

Absent: Jeremy Ojibway
Others Present: Michael Rabideaux, Jennifer Johnson, Barbara Dahl, Robert King and Jordan Diver.

Reading of the Mission Statement and Vision: Read by Wayne Dupuis.

Approval of Agenda: Don Wiesen made a motion to approve the agenda. Jean Zacher seconded the motion. Motion carried.

Approval of Minutes: Don Wiesen made a motion to approve the minutes of the March 5th meeting. Jean Zacher seconded the motion. Motion carried.

Review the Ledger: The Board reviewed the Ledger. Supervisor Reports

- Michael Rabideaux, Superintendent: Presented monthly report to the board. Topics shared included: The school submitted an application for funding to the Minnesota Department of Education for a Fruit and Vegetable Snacks Grant. If successful we could receive approximately \$10,000 to \$15,000 to purchase healthy fruit and vegetable snacks for students K-6. The school submitted an application to UMD for the Center of American Indian

and Minority Community-Based Science Program. If successful we would receive \$15,000 to supplement our summer reading, math, science, health and medical career, and garden project.

The school has joined the UMD Conservatory NASA Program-doing as much could generate \$40,000 to \$50,000 in funds to off-set the costs of a science or lead instructor for the program (a total of \$120,000 for 3 years). Met with Cloquet Administration and Cloquet Transit to review opportunities to contract student transportation services. Cloquet is currently putting together a proposal for review.

We have received information on the impact that sequestration will have on education programs. In the long run, we need to anticipate a short fall of approximately \$500.00 per student or a total of about \$131,000.00 loss of funding school-wide. In addition, special education, transportation, facilities maintenance and operations will be cut-but the levels are not known at this time. A cut of 5% for each area is anticipated.

Submitted FY 2013 budget testimony to the Washington D.C. law firm - the testimony will be presented to Interior via the law firm.

- Jennifer Johnson, Building Principal: Staffing: Due to budget cuts five staff members were laid off and three were reduced to half time.

Etc.

Enrollment: 253 students, K-3: 103, 4-7: 69, 8-12: 81
 Focus areas:
 1) DI Reading: MCA testing April 8-19, ongoing staff coaching and training
 2) Math: MCA testing April 8-19, ongoing staff coaching and training
 3) K-12 science literacy curriculum, 6th-8th grade curriculum is completed (other grades in progress)
 4) Implementation of K-12 social studies curriculum, teachers are aligning and integrating Anishinaabe and other Native Nations
 5) Student incentive for good attendance (90% or better), current AYP attendance is 92%
 6) Development and implementation of school wide behavior program, three staff trainings scheduled for high school teachers, ongoing staff coaching and training
 7) K-12 Ojibwe language curriculum, working on standards and benchmarks, using technology to teach the language
 8) Maple sugaring camp, students will tour various sugar bush camps in the area
 9) Planning May 8th, 2013 Alumni Powwow, Grand Entry at 6:30 p.m., hand drum contest 5-6 p.m., feast 5-6 p.m.
 10) Kindergarten round-up on April 19, 2013.
 The Board reviewed all staff reports. Don Wiesen made a motion to approve all reports. Debra Johnson-Fuller seconded the motion. Motion carried.
 Old Business: Parent concern,

parent concerned about having son enrolled at the Ojibwe School during the last quarter of the school year. The Board explained to parent the need for the 3rd Quarter Policy. Parent agreed to come in the next morning to meet with Superintendent and go through the process of filing an appeal.

New Business:

- School Budget-Current and FY2013/2014: Superintendent reviewed the updated projected school operating funds with the Board. The Board will meet Apr. 23 at noon for a special meeting to review the school budget.
- Special Education Assurances Form: Don Wiesen made a motion to accept the Special Education Assurances Form. Debra Johnson-Fuller seconded the motion. Motion carried.
- Transportation: Superintendent reported they are working on possible options of contracting transportation services with Cloquet Transit.
- FDL/Cloquet/Agreement: Working on an agreement
- May Powwow: Principal Jennifer Johnson gave a report on the Powwow. Board members suggested to change the date of the Powwow as the Powwow For Hope is the same Saturday in Minneapolis. The Powwow date is changed to Wednesday May 8.
- Safe Schools Climate Survey: Superintendent presented the survey to the Board. Went into discussion.
- School Lunch Program:

Superintendent discussed the 2013 summer lunch program with the Board.

Other: FYI Senior to Seniors Program: In conjunction with the Blandin Broadband Communities Project the Ojibwe School is in the middle planning stages of a project that will entail enlisting high school students to serve as technology mentors to interested elders in the community. The project, tentatively called Seniors to Seniors, would involve scheduling sessions of training in the fundamentals of internet, email, social networking sites etc. The sessions would be held at TBD locations and times in the community.

Adjourn: Don Wiesen made a motion to adjourn the meeting. Debra Johnson-Fuller seconded the motion. Motion carried. Meeting adjourned at 6:58.

Recorded by Barbara Dahl, Submitted and Approved by Michael Murray, Fond du Lac Ojibwe School Secretary/Treasurer.

FDLOJS School Board Meeting Apr. 23

Call to Order: Wayne Dupuis called the meeting to order at 12:20 p.m.

Roll Call: Maria Defoe, Wayne Dupuis, Debra Johnson-Fuller, Meredith Martin, Michael Murray (entered at 12:35), Jeremy Ojibway, Don Wiesen, and Jean Zacher

Others Present: Michael Rabideaux, Jennifer Johnson, Barbara Dahl, Mike Quam, and Jim Kyle.

Reading of the Mission Statement and Vision: Read by Debra Johnson-Fuller

Approval of Agenda: Jean Zacher made a motion to approve the agenda. Meredith Martin seconded the motion. Motion carried.

School Year 2013-2014 Budget: Superintendent presented the 2013-2014 Budget to the board. Went into discussion.

The board reviewed the 2013/2014 Fond du Lac Ojibwe School Breakfast and Lunch Policy. There will be a charge for all staff and visitors eating breakfast and lunch. Don Wiesen made a motion to approve the proposed budget.

Jean Zacher seconded the motion. Motion carried. The Lunch Policy is separate from the budget.

Transportation: Transportation Budget is still in discussion.

Adjourn: Don Wiesen made a motion to adjourn the meeting. Debra Johnson-Fuller seconded the motion. Motion carried. Meeting adjourned at 1: 28.

Recorded by: Barbara Dahl, Submitted and Approved by Michael Murray, Fond du Lac Ojibwe School Secretary/Treasurer

FDL HEALTH FAIR
 Friday, June 21, 2013
 9am - 3pm
 Ojibwe School Gym | 49 University Road

Start Healthy, Stay Healthy

Prize Drawings:
 10 am & 2pm
 Must be present to win

Lunch from 11am - 1pm

Bring a non-perishable food item for the local Food Shelf!

Brought to you by the Fond du Lac Human Services Division

Parking is encouraged at Food Distribution parking lot or Ojibwe School parking lot.

Graduation

Celebrating the class of 2013



Graduation happens every year, and every year there is a wide range of emotions from crying to laughter to, what I presume with some is fear.

May 22, was the Head Start graduation, and not to belittle the FDLOJS or FDLTCC graduations, but it was my favorite to watch. From watching the kids run around, scream, and play while they were wait-

ing for the ceremony to start to the smiles, nerves, and focus that appears on all the children's faces during the graduation festivities, it was clearly the most exciting for the parents and grandparents in the audience.

That same day was also the Cloquet American Indian Education Senior Honor Banquet at the Cloquet High School. This year had the highest

number being honored at 34.

May 23 was the FDLOJS and FDLTCC graduations. The high school graduation brought a big crowd of proud parents as well as other family and friends. I apologize to those who graduated from FDLTCC as I was unable to attend your graduation, but that doesn't make your success and accomplishments any less important.



Maggie (Lemieux) and Joseph Martineau

Research by Christine Carlson

Maggie Lemieux Married Joseph Martineau

The Superior, Wisc. marriage records of Jan. 2, 1868, found in the City Hall shows that Joseph Martineau, a lumberman originally from Lower Canada and living in Douglas County, married Margaret Lamieux daughter of Frank Lamieux.

1877 Annual Genalogical Roll of the Fond du Lac Band of Chippewa

Family number 167 is Margaret Martineau age 22. She is the daughter of Francois Lemieux and Isabel Ozagi. Margaret's children are Isabel age 8, Philip age 6, and Joseph age 4.

1888 Fond du Lac Indian Census

Family number 114 is Joe Martineaux age 36, his wife Maggie age 28, and children Philip age 15, Joe age 13, Henry age 8, Willie age 4, Ellen age 6, and twins Maggie and Arthur age 2.

Obituary of Joseph Martineau- Duluth News Tribune of 8-19-1905

The funeral of Joseph Marceneau (misspelling for Martineau) will be held from the residence 302 West Seventh street at 2 o'clock tomorrow afternoon. Mr. Marceneau who was 76 years old died the result of old age at 9 o'clock Thursday night. The remains will be interred on Wisconsin Point.

Squatters Sue Steel Company - Wisconsin Point, Recently Acquired for Terminals, In Dispute. - Duluth News

Tribune of January 10, 1919.

Claiming to be children of Frank Lemieux, who squatted on certain Wisconsin point and submerged lands in Allouez bay in 1846. John B. Peter, Phillip Lemieux and Maggie Martineau, all Indians of Superior, have filed an action in district court against the United States Steel company for use of terminals.

No survey of the land has been made, it is asserted, since the original settlement by Lemieux in 1846, and the plaintiffs claim that the land by virtue of first settlement and that they have remained in undisputed possession ever since that date.

Transfer Fraud Claim

The manner in which the land was lost to the alleged rightful owners is described in a claim of fraudulent transfer to one

Joseph A. Bullen set forth in the complaint. It is alleged that on Oct. 1, 1853 Bullen came to the home of the plaintiffs and boarded there for a period of four months. He made application for a patent Feb. 9, 1854, making fraudulent claims as to residence and listing improvements of Frank Lemieux as his own, states the complaint. A patent was issued to him in November 1891.

Since the transaction the land has changed hands a num-

ber of times and is at present claimed by the United States Steel corporation for use of terminals.

Indian Woman Born in Wisconsin Point Wigwam Has Same Birthdate As F.D.R - newspaper of 3-30-1930

In one of the oldest wooden dwellings in Superior, 2014 East Second street, Mrs. Margaret Martineau, who has more American blood in her veins than an army of presidents, drew up her chair to the radio and heard the message of the 21st president to enter the white house since she was born.

Nor was she alone. Five children, 36 grandchildren, and 37 great grandchildren and one great, great grandchild congregated in the living room of the old home to pay as much respect to an aged Indian of royal blood as they would to a popular president.

Born in 1849 when Lincoln was an ambitious attorney, Mrs. Martineau was Margaret Lamieux, daughter of French-Indian father and pure Indian mother. Her birthplace was a wigwam east of the Superior entry on Wisconsin Point. Her schooling was much like that of some legendary Indian maid. It dealt with such practical things as making fire out of flint, stocking up against winter cold, keeping a wary eye for occasional wolves or bears, and

trading furs for supplies wherever white men could be found.

Lived There 18 Years

For 18 years Mrs. Martineau lived on the point and during the first seven years of that time there was no permanent white settlement in what is now Superior. When she attained the age of seven a tribe of Chippewas from LaPointe, Madeline island, came by canoes to the Head of the Lakes. They settled immediately in various points throughout the northern end of Douglas county and in Duluth. But the Martineau family continued to be the only Indian family of the point.

Mrs. Martineau remembers when her father would set out on winter treks to Amnicon falls with other Indians to set trap lines. "They would go often in 30 below zero weather and would hike overland on snowshoes with only few provisions so as to keep them from being burdened," she says. "They would be gone for days sometimes and would keep fires burning at various parts of their journey to supply them with ready warmth when they reached those parts."

Wigwam Warm

Speaking about winter weather, Mrs. Martineau actually remembers days in the 60's when snow was deeper than during the winter of 1922 when streetcar traffic in Superior was halted for seven days. There were severe snowstorms in the middle of the past century but those who think that our wigwams could not withstand them are mistaken," she says. "These wigwams were large enough to hold 10 people and

very warm but of course we gradually discarded them for houses."

Clothes were all homemade in Mrs. Martineau's girlhood environment. "We purchased cloth and thread at LaPointe where I often went in canoe with my father, mother or five brothers and two sisters," she recalls. Although Ashland and Bayfield were unknown as communities white men occasionally came to that vicinity with supplies and we traded with them." Our food was all raised on the point or hunted."

Land Boom Began in '88

After a lengthy residence by the bay Mrs. Martineau moved with her husband to what is now East Seventh street. Here they lived during 1888 when Superior was invaded by its white pioneers and when the land boom began.

Mr. Martineau has been dead for the past 26 years and since that time most of Mrs. Martineau's years have been spent at her present residence. She lives here with her son, Leo Martineau and his wife, daughter to Mrs. Sophie Blair, 80 also a resident of Superior, who was the first Indian woman to come to Superior from LaPointe.

Aside from her interest in politics, Mrs. Martineau shows further interest in house work. She moved about the house doing light work such as washing and wiping dishes, preparing several meals and supervising the home.

Margaret Martineau's Obituary is in The Evening Telegram of January 5, 1940.



Photo courtesy of Joe Aronson of Delaware. Joe is the great-great-grand-son of Maggie Martineau and the great -great grand-son of Andrew McConnell.

Ashi-niswi giizisoog (Thirteen Moons)

Odeimini-giizis

The new Odeimini-giizis, the Mid-Summer moon begins June 8th. Other names for this moon are Gitige-giizis, the Gardening moon, and Waawano-giizis, the Egg moon.

Doctor's Orders: Burn this blueberry patch and call me in the morning.

By Christian Nelson
FDL RM Forester

Many wild fires in Minnesota can be dangerous and destructive. Nearly all of the fires that occur in Minnesota (over 98%) are the unintended result of fires escaping from people who are burning brush that has accumulated in their yards over the winter, from malfunctioning motorized equipment, from trees falling on power lines, or for other accidental or not-so-accidental reasons. Every year thousands of acres (sometimes hundreds of thousands of acres) of forests are damaged, properties are lost, and sometimes people are injured, too. But not all fires are necessarily accidental or bad. In fact, some plants, forests, and animals need periodic fires to thrive and many ecosystems in the region have co-evolved with fire.

When people purposely use fire in a specific way to achieve

a specific goal or set of goals it's called a prescribed fire. And sometimes it's just what the doctor ordered.

Paper birch, jack pine, and blueberries are just a few of the species that thrive after a fire.

Paper birch seedlings need full sunlight and grow well after the large trees and shrubs that would otherwise shade them have been killed.

The light seeds can blow in on the wind from unburned birch trees a quarter of a mile away or more and establish themselves on bare ground where the leaf litter has been burned away. Jack pine cones, normally sealed shut, will actually

open up when the glue-like substance that holds them closed melts in the heat. And blueberries, after the top has been burned away, will send up vigorous new shoots from still-living underground parts and take advantage of the elbow room they get when the other plants have been burned.

Without the occasional fire, marshy areas that are dominated by cattails and other grasses slowly close in with shrubs like willow and alder. Some bird species, like the northern catbird or the yellow warbler, like this new shrubby wetland area; but other species, like red winged blackbirds or American

bitterns, need the open, less shrubby marshland to build their nests or find their food. Fire is nature's way of 'hitting the reset button' and taking areas that have become brushy over time and return them to a more open, grassy stage.

People can benefit from prescribed fires, too, and there is evidence people have been using fires as a tool for thousands of years. Fires can help keep areas from becoming too thick to travel through or to hunt in. Fires can increase the amount of small plants available as food for game animals or for livestock. Fires have been used to herd animals into a smaller area to make hunting easier. And fires can clear land for agriculture.

Fire, when done in a controlled way with the right weather conditions and equipment, can help burn up grasses, shrubs, and wood, and keep small fires from growing larger, which may keep people

and houses safer. This type of fire is called a fuel reduction fire.

Fond du Lac Forestry uses all of these different kinds of fire. Fond du Lac forestry personnel are educated and trained in forest and plant ecology, wildlife, and in using a variety of tools and equipment. Forestry has burned blueberry patches trying to renew them or to expand their size. Forestry has burned areas to keep brushy areas more open. And forestry has burned areas around homes to reduce the chance that a small accidental fire leads to something larger and more destructive.

Like so much in life, seldom is something all good or all bad. More often, life is a little bit of black, a little bit of white, and there's a lot of gray in the middle. Fire can be good, bad, and often it can be both at the same time; it just depends on who or what you are and what you need or want.



Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons By Charles Smith

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words. All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure
 “a”- sounds like the “u” in sun
 “aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit
 “ii”- sounds like the “ee” in feet
 “o”- sounds like the “o” in go
 “oo”- sounds like the “oo” in food
 “e”- sounds like the “ay” in stay

Four Parts of a Plant

Flower(s)- Waabigwan(iin)

Leaf(s)- Aniibish(an)
 Root(s)- Ojibik(an)
 Stem(s)- Shiizhins(an)

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

Ojibwe Wordlist

Bean..... Miskodiisimin
 Blackberry Odatagaagomin
 BlueberriesMiinan
 BreadBakwezhigan
 Cherry Ookwemin
 Cookie Bakwezhigans
 Corn Mandaamin
 Cranberry..... Mashkiigimin
 Meat..... Wiiyaas
 Milk.....Doodooshaaboo
 Pea..... Anijiimin
 PepperWiisagad
 Raspberry Miskomin
 Salt..... Zhiiwitaagan
 StrawberryOdeimin
 SugarZiinzibaakwad
 Tea Aniibiish
 Tomato Gichiogin
 Wild RiceManoomin

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

Ashi-niswi giizisoog (Thirteen Moons)

COMMUNITY SHRED YOUR STUFF DAY!!

Friday June 7, 2013
8 am - 6pm FDL Waste Site

Help protect yourself against identity theft when cleaning out those old files and boxes of paper! The Fond du Lac Waste Management Site on University Road will now be hosting "Shred Your Stuff" Days the first Friday of the month beginning June 7, 2013.

What is "Shred Your Stuff Day"?

The FdL Waste Site will have a commercial shredder available the first Friday of each month for community members to utilize for shredding any documents with sensitive information. One tactic used by identity thieves is to rifle through trash to find personal information. Sensitive documents should not be thrown in the garbage or recycling! Future shred your stuff days will be held on:

Friday, July 5, 2013
Friday, August 2, 2013
Friday, September 6, 2013
Friday, October 4, 2013
Friday, November 1, 2013
Friday, December 6, 2013



What Should You Shred?

Any junk mail or paperwork that includes:

- Birth dates
- Signatures
- Social Security Numbers
- Account Numbers
- Passwords or PINs

To further protect your privacy, you may also want to shred items that contain:

- Names
- Addresses
- Phone Numbers
- Email Addresses

You are required to keep some documents and records for a certain number of years, so please verify before shredding!



If you have any questions, please contact the Fond du Lac Waste Site at 878-8069 or Shannon Judd at 878-7123.



Birch Syrup

By Nikki Crowe

13 Moons Fond du Lac Tribal College Extension Program recently held a workshop on tapping birch trees. Jim Lease, from Onamia, Minn. talked about his first year experience tapping birch trees. The best birch trees used for tapping are healthy and at least 8" in diameter at breast height or "old growth" according to Jim. The sap is known to run after the maple sap run or sometime in April. After an unsuccessful year of maple syrup in 2012, Jim decided he couldn't lose trying to tap the birch trees. Unlike maple sap, which takes about 80 gallons of sap to make one gallon of syrup; it takes 100 gallons of sap to make 1 gallon into syrup. Not necessarily an economical venture most are willing to go after, however the benefits outweigh the costs in the value of medicinal properties.

When I asked a plant knowledgeable person over here at Fond du Lac about using birch syrup he said the Ojibwe used the sap for medicine, not necessarily as a food source.

After a quick Google search I found that birch syrup is used as a beverage for beer, in wine, or as a root beer. With more searching on the internet for articles on "birch medicinal properties" I found that birch syrup can be good to be used as a diuretic, for joint pain, and has the same properties as aspirin for pain relief. I learned that birch bark is high in betulin and betulinic acid which could be good medicine for cancer. Anecdotaly, the knowledge we have in our communities of plant and tree medicines may have been saving our lives from cancers and diabetes long before documented history.

To learn more about the 13 Moons program you can go look up 13 Moons Ashiniswi giizisoog on Facebook, or go to www.fdlrez.com and look us up on the Natural Resources link. To sign up for the 13 Moons list serve to receive announcements of upcoming workshops and events send an email to thirteenmoons@fdlrez.com

Miigwech.



Health News

Biomonitoring chemical highlight: Cadmium

Cadmium is a metal and a natural part of the Earth. It is used in many industries and products. Cadmium gets into the soil, water, and air from mining, industry, and burning coal and household garbage. Once released to the environment, cadmium does not disappear. Fish, plants, and animals absorb cadmium from the environment.

Cigarette smoking is the biggest source of cadmium for most people. Smokers have twice as much cadmium in their bodies as non-smokers. In non-smokers, diet is often the biggest source of cadmium. Tiny amounts of cadmium are found in all foods. Some foods, like shellfish, liver, or kidney meats contain higher levels of cadmium.

Workplace activities (such as battery manufacturing or metal soldering, plating, or welding) may be a source of cadmium for some people.

Cadmium can damage the kidneys, lungs, and bones; it can cause cancer. It can also affect brain development in babies and young children.

A small amount of cadmium can pass

from a pregnant woman's body into her unborn baby. If you smoke, stopping will help keep cadmium from reaching your unborn baby.

Women who are pregnant or have given birth are often low in calcium and iron. Low iron and calcium increases the amount of cadmium in your body. Eat foods high in iron and calcium if you are pregnant or have given birth.

No effective treatment for removing cadmium in the body exists. You can take action to lower your level of cadmium by identifying sources of exposure and removing or reducing exposure.

To avoid exposure to cadmium:

- Do not smoke commercial tobacco, smoking doubles the amount of cadmium in your body
- Avoid eating large amounts of kidney and liver (cadmium does not build up in the muscle or meat of wild game)
- If you work with cadmium, take precautions to avoid contact, avoid bringing cadmium-containing dust home to your family on your clothing, skin, and hair

PTSD in Children

Dan Rogers,

*Licensed Psychologist,
FDL Human Services*

Post traumatic stress disorder is an anxiety disorder which results from one or more traumas in a person's life. PTSD can be mild, moderate, or severe. PTSD sometimes has a delayed onset while at other times it is immediately after a trauma. Most people who experience a trauma do not develop PTSD but some do.

People with PTSD re-experience their trauma in at least one of the following ways:

- Flashbacks about the trauma incident
- Nightmares in children often without recognizable content
- Intrusive thoughts about the trauma (can't get it out of their head)
- Adults with PTSD are more likely to experience flashbacks and intrusive thoughts

while children with PTSD are more likely to have nightmares about the traumatic incident.

Children with PTSD usually act out much more than kids without PTSD. Kids with PTSD sometimes engage in repetitive play in which themes of the trauma are expressed. Not all children who act out have PTSD, however.

Furthermore, children with PTSD sometimes re-enact the traumatic scene.

Such children usually frighten easily and are often clingy with caretakers.

When a child with PTSD witnesses something that resembles their own trauma they are likely to have a flashback and then act out or experience intense distress.

PTSD is easily treated by therapist at MNAW and CAIR using EMDR (eye movement desensitization & reprocessing) which works quickly.

Common questions about a Rule 25

Prepared by
Richard L Colsen,
B.A., LADC

What is a Rule 25?

What is a Rule 25? Rule 25 is a chemical dependency assessment that looks at the impact that drugs and/or alcohol are having on a person's life and then makes placement recommendations for treatment. Treatment options can range from attending a support group to long term inpatient and outpatient treatment programs.

How long does it take to get an appointment? This is a tricky question to answer. Department of Human Services (DHS) says once a request is made a services provider or Rule 25 Assessor has 20 days to see a person. We know that this is entirely too long to have someone wait. We have made several changes to the assessment process, including adding additional staff. Currently we can see someone within 5-7 days of an initial request.

How long does a Rule 25 assessment take? The actual face to face assessment takes about an hour and a half. Recommendations are usually made within the same week as the assessment, once all the collateral information is gathered. If someone is in need of immediate placement and withdrawing then a recommendation for detox is made the same day.

How long will it take to get into treatment? This can vary from the same day to several weeks. Ideally placement should take place the same day. Inpatient placements can be a bit trickier if individuals have a specific facility in mind and there is a wait list. In the case of a wait list other facilities are recommended with shorter wait times.

Who can request a Rule 25?

The short answer is anyone. If you believe that a person is in need of help or are planning on doing some type of "Family Intervention," you can call and set-up an appointment for your family member in advance of the intervention. If a loved one is incarcerated the jail staff or probations officer will make arrangement for the Rule 25 with one of the FDL Assessors.

What if I make an appointment for someone but they refuse to get the assessment or follow recommendation? This can be a frustrating point for family members that are concerned about their loved one. An assessor cannot make a person come in for the assessment or follow a recommendation. If the individuals use is to the extreme and the family would like to pursue a committal, FDLHS/BH staff can help get the family in contact with the County Social Services CD Division. Commitments take some work and time.

Who can be committed? A person that is chemically dependent, unable to manage personal affairs, and as a result, pose a danger to themselves or others. A committal request is initiated by a family member or medical provider to the county social services, who then will start the process of gathering information to see, if the person meets the criteria needed for the courts to involuntarily place a person in treatment.

If you need an assessment yourself or someone else, you can call the Tagwii Recovery Center for adults (218) 878-3876 or Minnow-gee-win Recovery Center for adolescences (218) 878-3808 or county of residency Social Services - CD Division.

Next month's article will be on how to stage a "Family Intervention" for a loved one.



Health News

Antioxidants...Free radicals...What's in my fruit and veggies?

With summer coming, many fruits and vegetables will be in season (meaning ripe from the fields). Often they are less expensive when they are in season. Fruits and vegetables are convenient and come in a variety of ways; fresh, frozen, or canned. Fruits and vegetables offer vitamins, minerals, and fiber. Fruits and vegetables help reduce the risk of certain diseases such as heart disease, stroke, and some cancers. They tend to be low in calories, which helps prevent obesity. Being obese increases the risk of diabetes, cancer, and cardiovascular disease.

How many fruit and vegetables does a person need? It varies. Gender and age affect the amount needed. An easy way to remember how much you may need is to fill half your plate with fruits and vegetables at every meal or eating occasion.

Fruits and vegetables, along with beans, grains, and other plants contain phytochemicals. Phytochemicals provide a variety of health benefits including skin and bone health, heart health, and they can decrease certain cancer risks. Antioxidants are part of the phytochemical group. Antioxidants are thought to rid the body of harmful molecules called free radicals. Free radicals are produced naturally in our bodies by the birth and death of cells that happens continuously. Free radicals can also come from cigarette smoke, air pollution, pesticides, and consuming large amounts of alcohol over time.

Typically, our body has a natu-

ral defense against free radicals. Sometimes, free radicals rage out of control. Eventually, they can overwhelm the body by moving around and injuring healthy cells. These injured cells quickly mutate. They grow and reproduce abnormally. Free radicals and the injured cells can lead to certain illnesses and diseases such as cancer and heart disease.

In order to help the body fight free radicals, we need to consume more antioxidants (from fruits, vegetables, beans, grains, and other plants). To get the maximum power of antioxidants, a variety of foods is recommended. If the only vegetable you eat is a potato, your free radical fighting ability will not be as strong as it needs to be. So remember these tips when you eat:

- Make half your plate fruits and vegetables
- Eat a variety of fruit and vegetables- eat many different colors
- Beans and whole grains are also helpful
- Limit or avoid alcohol
- Stop smoking

Remember, it isn't just fruits and vegetables that a body needs to be healthy. Eating a balanced diet rich in fruits and vegetables and exercising regularly can decrease your risk from developing an illness or a disease.

Sources include: WebMD, Academy of Nutrition and Dietetics, Mayo Clinic, American Cancer Society and fruitandveggiesmatters.org

Do I really have diabetes if I don't take insulin?

Patti Urbanski,
MEd, RD, LD, CDE

TTrue or false? Diabetes isn't really serious until a person needs to take insulin. The answer is false. People with diabetes often report "My doctor says my diabetes is getting worse, and it's serious enough now that I need to take insulin." The truth is that diabetes is always a serious disease, whether or not insulin injections are needed.

It is correct that if a person has diabetes and blood glucose levels are running high, it's important to take the necessary medications to lower blood glucose levels. And that may mean insulin.

According to current data from the Centers for Disease Control, 18% of adults with diabetes use insulin, 50% use oral pills only, and 13% use a combination of both insulin and pills to manage their diabetes.

The most important goal of managing diabetes is keeping blood glucose levels as close to normal as possible in order to keep the body healthy and prevent diabetes complications. Common complications affect the heart, kidneys, eyes, nerves, and circulation.

Many people with diabetes who are taking oral pills and watching their diet report that they feel fine and seem to have no signs or symptoms of diabetes. The challenge is that even if a person with diabetes feels fine,

blood glucose levels may be high enough to be causing damage to the body.

Research published in the *Diabetes Care Journal* of the American Diabetes Association showed that damage to the eyes begins to occur with an average fasting blood glucose level as low as 120 mg/dl. This means that everyone with diabetes has the risk of developing some damage to the body at blood glucose levels that are just a small amount above normal. This is the serious part of having diabetes.

So what can be done to stay healthy? It is important that everyone with diabetes, whether taking insulin or not, realizes that high blood glucose levels can cause damage to the body, which may eventually lead to complications. But having diabetes does not mean that complications will always happen.

Strong scientific evidence indicates keeping blood glucose levels as close to normal as possible greatly reduces the risk of complications to the heart, eyes, kidneys, nerves, and circulation. Taking prescribed diabetes medications, monitoring blood glucose levels, eating a healthy diet, and being physically active are important ways to prevent complications. Even if a person does not take insulin, diabetes is present and damage to the body can occur. The FDL diabetes team is available to

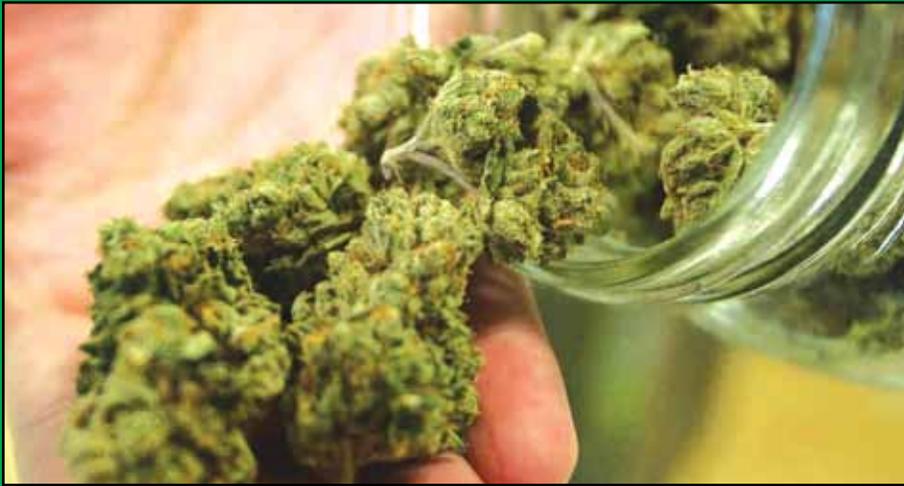
provide help and support.

In addition to the diabetes team, there are two new diabetes groups available at Fond du Lac to help with diabetes management and support. These groups meet once a month.

One group, "Healthy Choices," meets one Monday a month in Cloquet. The next meeting is June 17 at 12 p.m. at the Min No Aya Win Clinic. The other group, "Diabetes Talk and Do," meets one Thursday a month at CAIR. The next meeting at CAIR will be on June 27 at 12 p.m. These groups present information on a variety of topics related to diabetes, and provide people an opportunity to meet others who have diabetes and are working to take care of their diabetes.

If you would like to attend one of these groups, please call Amanda at (218) 878-3769 to reserve a spot and order lunch.

The new diabetes groups are led by Patti Urbanski, a registered dietitian and certified diabetes educator who is new to the FDL Diabetes Education Program. Patti has over 25 years experience working in diabetes and nutrition, and also has type 1 diabetes. She enjoys leading these groups, and helping people learn how to manage the challenges of living with diabetes.



This picture of Marijuana shows how green and much more natural it is than its "legal" alternative. Photo courtesy of NPR.com

Synthetic Marijuana is rapidly growing across the county and it can lead to seizures violent enough to cause brain damage or death. Photo courtesy of hcplive.com

The dangers of synthetic marijuana

By Zachary N. Dunaiski

The biggest concern in the area has been the increasing amount of drugs on and off the reservation that have fallen into the hands of Band members.

Several months ago a reader of the Nahgahchiwanong called our newspaper office concerned about the growing popularity in synthetic marijuana and feared that people didn't know just how dangerous this drug can be, and asked if we could do some research on the topic. The growing popularity of the newspaper as a means to get out information has made it increasingly difficult to find room for all this information, which is why this news has been delayed a few months.

While synthetic marijuana may not be the most dangerous drug that exists, the fact that so little is known about it in terms of its long-term effects means it can still be very dangerous.

The most common names for synthetic marijuana are K2 and spice. For the most part these drugs contain a potpourri of dried herbs that have been

treated with a tetrahydrocannabinol (THC)-like substance.

Some of the other brand names of the synthetic marijuana products include: Blaze, Blueberry Haze, Dank, Demon Passion Smoke, Genie, Hawaiian Hybrid, Magma, Ninja, Nitro, Ono Budz, Panama Red Ball, Puff, Sativah Herbal Smoke, Skunk, Ultra Chronic, and Voodoo Spice. These, of course, are just some of the names but it at least gives those of us a start who are trying to keep it away from our friends, family, and coworkers.

According to an about.com article on the dangers of "Fake Pot" that tells us that the mystery of not knowing the affects is what is the most frightening part.

The truth is, none of the products on the market are completely natural. They all have been found to contain various synthetic cannabinoids, chemicals produced in laboratories originally to help scientists study the cannabinoid system in the human brain.

These chemicals are indeed completely legal, so far, but what effect they may have on

the human body is a mystery. No studies have been published testing the effects of the chemicals on users, so we know nothing about their possible side effects.

An article written by Dennis Dodd of CBSsports.com states, "There has been anecdotal evidence of heart attacks, psychosis, schizophrenia, paranoia and users with resting heart rates of 190." Dodd's article also has a quote from Jeremy Morris, The senior forensic scientist for the Johnson County Sherriff's Office in Kansas "You don't die of a heart attack smoking marijuana," Morris said. "Kids are dying from smoking synthetic marijuana."

There are two major things to remember regarding synthetic marijuana; its effects aren't known and educating our youth is the best defense we have for now.

We simply don't know the affects of synthetic marijuana long-term, and the fact that the drug is constantly changing makes it hard for authorities to keep up on. Of course it's obvious to assume that it will have a negative impact on the lungs,

as smoking any substance will do, but not much else is known.

A report released by the American College of Emergency Physicians, and reported on by Mary Kenney of the Tampa Bay times, documents one case in which a 58-year-old man died of cardiac arrest after using synthetic marijuana. The report states in a nine-month period in 2010, the National Poison Data System received 1,898 reports of health problems caused by forms of synthetic marijuana. The most commonly reported effect was an irregular heartbeat. More than 50 patients also experienced seizures, including two cases of prolonged seizures that could cause brain damage or death. The report also detailed agitation, confusion, hallucinations and vomiting as possible side effects.

As for slowing its growth, the best bet just may be to educate the youth in our community. If the youth are well educated about how dangerous it can be, its spread and addiction issues will be lessened with time.

As that about.com article so

cleverly puts it, Educate your children about the hazards of consuming anything that has not been tested and let them know that these fake marijuana products are anything but natural. Does "2-[(1R,3S)-3-hydroxycyclohexyl]-5-(2-methyloctan-2-yl)phenol)" (CP 47,497) sound natural to you?

While beginning my research several months ago, I emailed Secretary Treasurer Ferdinand Martineau about his column back in the March issue of the paper where he spoke about the drug issues the Band has been fighting, asking for some perspective about how it could affect Fond du Lac Band members.

"It is possible to lose your job if you are using and it affects your performance. If you are distributing the drug it could lead to loss of house, if living in a Band house, and exclusion from Band property," Martineau said about the use and distribution of any illegal drugs.

We can all do our part to help keep illegal drugs off of Tribal lands. By doing this, it will keep our community safer.



Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on **June 14, 2013** for the July 2013 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

Happy Birthday

Happy belated birthday dad, **Randell DeFoe** (May 11), I love and miss you. Always thinking of you.
From, Kaley Rado and the kids



Happy 2nd birthday to my baby boy **Daicin Barney-Savage** (May 31)

Love, momma and big brother Dannin

Happy belated birthday **Victoria DeFoe** (May 31).
From, mom and Randell

Happy birthday to my aunty **JoAnne (Lemieux) Loisel** (June 1) in Pahrupm, Nev.
I love you and miss you, Ellen

Happy birthday dad, **Dean Reynolds Sr.** (June 1).
Love, Vicki and family

To **Lorri Antus** (June 1) happy 29th
All our love, your loving family

Wishing **Mel Barney** (June 3) a very happy birthday.
Love always and forever, Janelle and Allen Barney

Happy 18th birthday to **Jered King** (June 4). Wishing you happy and memorable travels.
Love, auntie Nell, uncle Mel, and Allen

Happy 9th birthday to our nephew **Alijah Petite** (June 6).
Love, auntie Nell, uncle Mel, and Allen

Happy birthday to my dear friend **Benito Urrutia III** (June 6). I love you and hope you have a fantastic birthday.
Love, Allie Tibbetts



Happy 8th Birthday to **Cordell Paulson** (June 10).
Love, mom, dad, and Jalen

Happy 54th birthday **Tami Willett** (June 11). You are now the same age as I am. We miss you and love you.
Dixie, David, Simba, and Sammy

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy birthday: **Tracy Mullen Jr.** (June 11), **Renee Sutherland** (June 12), **Marita Jones-Yellowhammer** (June 20), and **Nicholas Adolphson** (June 25).

Happy birthday to my bud, **Jeanne Smith** (June 21).
Love, el

Happy birthday meemah, **Jeanne Smith** (June 22)
Love, Shaydon and Shayna

Happy Birthday to my beautiful daughter **Heather-Rose (Bassett) Valcourt** (June 23).
I love you oceans, mama

Happy birthday to my sister, **Heather-Rose Valcourt** (June 23).
I love you-Jamie

Happy Birthday **Thomas Foldesi Sr.** (June 23), you're the greatest dad and husband God ever made. We are so blessed to have you. You fill our lives with love and happiness.

Love you so very much.
Your grateful children, Rick, Tina, Ruth, Tammy, and Tom Jr and wife Viola Foldesi

Happy Birthday grandpa, **Thomas Foldesi Sr** (June 23). We love you and are so happy God picked you as our Bumpa.
Love, Brennin, Jon, and Mikey

Happy first birthday to **Jagger Ripley Jaakola** (June 26)
From, gran.

Lots of love and kisses, lots of presents too, for somebody who is 3 today and, darling that is you, **Sami Goad-Diver** (June 28), happy birthday.
Love Mommas, Kristin and Celena

Samiriana Goad-Diver (June 28), happy birthday sister.
Love, Coral

Happy birthday to my grandson **Shelten Clark** (June 30). Happy 6th birthday.
Love, grandma Marge Clark

Happy 3rd birthday to my precious grandson **Chase Bassett** (June 30).
Grandma loves you very much

Happy Birthday to my Chasers, **Chase Bassett** (June 30).
I love you, buddy- Auntie Jamie

Happy birthday **Mathew Whitebird Sr.** (June 30)
Love from, Vicki and our tribe

Congratulations



Congratulations to my grandson **Kyle Dion** for making the right choices and sticking to your goals. Grammie would

be so proud of you, as she always was. Congratulations class of 2013 – Cloquet High School
Love, grammie, Bunka, mom, Chad, uncle, Tammy, and Camden



Congratulations to my daughter **Michelle (Main) Demenge** for taking the chance and seeing it

through. I know Grammie would be as proud of you as I am. You are an inspiration to me all the time. You go baby girl. Stay Kwe Strong. Congratulations class of 2013 – Fond du Lac Tribal and Community College – Law Enforcement Program
Love you, mom, grammie, Kyle, Chad, uncle, Tammy, and Camden



Congratulations to **Kayla and Cedar Savage** class of 2013, now get to college. We love you girls oh so much.

Always, PJ, Dannin, and Dace



Photos carrying the Wiidookaage cancer program staff at the Mother's Day walk. Photo's courtesy of Debra Fuller.



Just wanted to say congratulations to my mother, **Sandi Savage**, and my big sister, **Leah Savage**, on their master's degrees from the MTAG program at UMD, I hope one day I can make you as proud. I love you.
Love always, Patti Jo and the boys

I would like to send a loud shout-out to **Jane DeVerney**, **Raquel Ybarra** and **Eunice Lightfeather**, congratulations to all of you for completing your academic coursework at FDL Community College this month.

- To **Jane DeVerney** for completing her nursing program and soon to take her State Board then on to the RN portion of her program-you will be a great nurse, my girl.
- Congratulations to **Raquel Ybarra** for graduating the Human Services program then on to the University for

more in Social Work—good luck, my girl—you will make a wonderful, caring, sensitive social worker.

- To my friend and mentor, **Eunice Lightfeather**—you will be a great Counselor in chemical dependency because you have the natural compassion for our people of a traditional Anishinaabe women who is learned in the natural teachings of the Anishinaabeg. *Miigwetch, for starting your career journeys—our world is a much better place because of human beings like the three of you.*

Anniversaries

Happy Anniversary (June 17, 2008) to **Michael Diver**.

I Love my life because it gave me you,
I love you because you are my life.
You have my whole heart for my whole life.
Cassie Diver

Ted and Lurinda DeFoe, would like to invite friends and family to come join them in celebration of their 25th Wedding

Anniversary.
Date: June, 15th, 2013
Place: Our new home 4881 Stevens Rd. Brookston, Minn.

Time: 2-5 p.m. dinner and games, 7-10 p.m. adult social hour, dancing and D.J. and refreshments

Memorial

In memory of **Rosemary Blanchard** who passed away one year ago June 2.

How I miss your visits to California. The many adventures we had with family and friends. You were so much fun.

How a song can touch my heart—memories of you. I am so ever grateful to have had your love as my mother and friend.
Love, Dianne

Without you

It's been years since you had passed away
I remember like it was just yesterday,
Even after all the years that passed by



I still wonder why and even sometimes cry.
You know I love and miss you very much
And that one day we will be back in touch,
But until that day actually comes along
I will continue to try and stay strong,

It was really hard without you here
Growing up alone there was a lot to fear,
But everything turned out okay as you can see
I really hope that you are proud of me,
I had always tried to do my very best
Ever since we had laid you to rest,
Love and miss you mom
Mary Ellen Reynolds Diver (June 2, 1988)
Rebecca Ann Reynolds

In memory of our beautiful Mother, Grandmother and Great-Grandmother, **Rosemary Blanchard** (June 2).
We had to say goodbye one year ago today and we miss your presence more than words can say.

We all love you so very much, Dianne (Blanchard) Kartiala and family, John Blanchard and family, Ellen (Blanchard) Bassett and family, and Rosemary (Blanchard) Bridge and family

I think about my Gram (**Rosemary Blanchard**) all of the time. I miss her every day. I miss so many things about her. I'll always remember our last time together with a heart-felt smile.
-Jamie

In loving memory of our precious daughter-in-law **Jamie Marie Clark**.
Dearest Jamie, it's been one year (June 1) since you left us. We love and miss you. God needed an angel that he could trust to watch over the little ones and he had chosen you. Jamie, you will always be on our minds and in our hearts. You are very special and will always be remembered. Secret tears will flow often. You will always be special to us. Sadly missed by your in-laws
Marge and Kent Clark

ode'imini-giizis – Mid Summer Moon – June 2013

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BCCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ENROLLEE DAYS

6/27/13 Sign-up

6/28/13 Sign-up – Mini powwow – old timers softball – movie in the field

6/28/13 Starting at 11:00 a.m. drawings, activities for kids – food & entertainment

Adult golf 9:30 a.m. CCC
Beading 11:30 a.m. CCC

1

Water aerobics 10 a.m. CCC
Volleyball net up 10 a.m. CCC
Beading 11:30 a.m. CCC

2

Women's Wellness Gathering 9 a.m. CFC
Elder exercise 9 a.m. CCC
GED 10 a.m. DC
Cribbage 5 p.m. CCC
Water aerobics 6 p.m. CCC

3

Women's Wellness Gathering 11 a.m. CFC
Get Fit 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
WIC 12 p.m. CAIR
GED 12:30 p.m. BCC
Gitigaan Garden class 5:30 p.m. CCC
Water aerobics 6 p.m. CCC

4

Elder exercise 9 a.m. CCC
Elder Concern mtg 10 a.m. CCC
GED 10 a.m. DC
GED 5 p.m. CCC
GED 5:30 p.m. SCC
Water aerobics 6 p.m. CCC

5

Get Fit 12 p.m. CCC
Simply Good Eating 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
GED 12:30 p.m. BCC
Youth dodgeball 3:15 p.m. CCC
Water aerobics 5 p.m. CCC
GED 5 p.m. CCC
GED 5 p.m. DC
Ojibwe language table 5 p.m. CCC

6

Water aerobics 8:15 a.m. CCC
GED 11 a.m. SCC
Adult dodgeball 12 p.m. CCC
Youth open swim 3 p.m. CCC
Teen dodgeball 4:30 p.m. CCC
Community shred
Polka Fest 10:30 a.m. BBCR

7

Adult golf 9:30 a.m. CCC
Polka Fest 10:30 a.m. BCCR
Beading 11:30 a.m. CCC

8

Water aerobics 10 a.m. CCC
Volleyball net up 10 a.m. CCC
Polka Fest 10:30 a.m. BBCR
Beading 11:30 a.m. CCC

9

Elder exercise 9 a.m. CCC
Day camp 10 a.m. CCC
GED 10 a.m. DC
Yoga 12 p.m. CCC
Cribbage 5 p.m. CCC
Water aerobics 6 p.m. CCC

10

Day camp 10 a.m. CCC
Get Fit 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
WIC 12 p.m. CAIR
GED 12:30 p.m. BCC
GED 5 p.m. CCC
Water aerobics 6 p.m. CCC

11

Elder exercise 9 a.m. CCC
Day camp 10 a.m. CCC
Elder Concern mtg 10 a.m. CCC
GED 10 a.m. DC
GED 5 p.m. CCC
55+ Elder mtg 5 p.m. CCC
Water aerobics 6 p.m. CCC

12

Day camp 10 a.m. CCC
Get Fit 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
GED 12:30 p.m. BCC
Youth dodgeball 3:15 p.m. CCC
Ojibwe language table 5 p.m. CCC
GED 5 p.m. DC
GED 5:30 p.m. SCC
Water aerobics 6 p.m. CCC

13

Water aerobics 8:15 a.m. CCC
GED 11 a.m. SCC
Adult dodgeball 12 p.m. CCC
Youth open swim 3 p.m. CCC
Teen dodgeball 4:30 p.m. CCC

14

Adult golf 9:30 a.m. CCC
Beading 11:30 a.m. CCC

15

Happy Father's Day
Water aerobics 10 a.m. CCC
Volleyball net up 10 a.m. CCC
Beading 11:30 a.m. CCC

16

Elder exercise 9 a.m. CCC
Day camp 10 a.m. CCC
GED 10 a.m. DC
Diabetes group 12 p.m. CCC
Healthy Choices 12 p.m. MNAW
Cribbage 5 p.m. CCC
Water aerobics 6 p.m. CCC

17

Day camp 10 a.m. CCC
Get Fit 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
WIC 12 p.m. MNAW
GED 12:30 p.m. BCC
Water aerobics 6 p.m. CCC

18

Elder exercise 9 a.m. CCC
Day camp 10 a.m. CCC
Elder Concern mtg 10 a.m. CCC
GED 10 a.m. DC
FDLOJS swim class 3:15 p.m. CCC
GED 5 p.m. CCC
GED 5:30 p.m. SCC
Water aerobics 6 p.m. CCC

19

Day camp 10 a.m. CCC
Get Fit 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
GED 12:30 p.m. BCC
Youth dodgeball 3:15 p.m. CCC
Baby Shower 4 p.m. OJSHS
GED 5 p.m. DC
Ojibwe language table 5 p.m. CCC
GED 5 p.m. CCC
RBC open mtg 5:30 p.m. CAIR
Water aerobics 6 p.m. CCC

20

Water aerobics 8:15 p.m. CCC
FDL Health Fair 9 a.m. OJS
GED 11 a.m. SCC
Adult dodgeball 12 p.m. CCC
Community mtg 2 p.m. SCC
Youth open swim 3 p.m. CCC
Teen dodgeball 4:30 p.m. CCC

21

Adult golf 9:30 a.m. CCC
Beading 11:30 p.m. CCC

22

Water aerobics 10 p.m. CCC
Volleyball net up 10 a.m. CCC
Beading 11:30 p.m. CCC

23

Elder exercise 9 a.m. CCC
Day camp 10 a.m. CCC
GED 10 a.m. DC
Diabetes group 12 p.m. CCC
Cribbage 5 p.m. CCC
Water aerobics 6 p.m. CCC

24

Day camp 10 a.m. CCC
AA/NA/Support 12 p.m. TRC
WIC 12 p.m. MNAW
GED 12:30 p.m. BCC
Water aerobics 6 p.m. CCC

25

Water aerobics 9 a.m. CCC
Day camp 10 a.m. CCC
Elder Concern mtg 10 a.m. CCC
GED 10 a.m. DC
5+ Elder mtg 5 p.m. CCC
GED 5 p.m. CCC
GED 5:30 p.m. SCC
Water aerobics 6 p.m. CCC
Sobriety Feast 6 p.m. CCC

26

Day camp 10 a.m. CCC
Get Fit 12 p.m. CCC
AA/NA/Support 12 p.m. TRC
Diabetes Talk and Do 12 p.m. CAIR
GED 12:30 p.m. BCC
Youth dodgeball 3:15 p.m. CCC
GED 5 p.m. DC
Ojibwe language table 5 p.m. CCC
GED 5 p.m. CCC
Water aerobics 6 p.m. CCC
Enrollee Weekend

27

Water aerobics 8:15 a.m. CCC
GED 11 a.m. SCC
Adult dodgeball 12 p.m. CCC
Youth open swim 3 a.m. CCC
Teen dodgeball 4:30 p.m. CCC
Enrollee Weekend

28

Enrollee Weekend

29

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