

Nah gah chi wa nong

(Far end of the Great Lake – Fond du Lac Reservation)

Di bah ji mowin nan

(Narrating of Story)



On Feb. 12, about 100 people gathered on the St. Louis County Courthouse steps to oppose the County Board decision to deny a request for land purchase by the Fond du Lac Band of Lake Superior Chippewa. Here former University of Minnesota – Duluth professor Bob Powless prepares to address the crowd. Directly behind him on the left is Karen Diver, FDL Chairwoman and Rick DeFoe, FDL Band Member. See story on page 3.

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Changes to 2009 Enrollee Day celebration take form

Plans for the June 28, 2009 Enrollee Day celebration continue to be finalized. Event planner, Bryan Bosto, is billing it as a “Sunday family gathering” or the “Big Fond du Lac Reunion.”

Increased crime on the carnival grounds and throughout the area, the cost, and a lack of family involvement prompted the Enrollee Day committee to recommend that the RBC eliminate the four-day carnival from this year’s events. The RBC approved that recommendation last fall. The lack of family involvement became apparent in some cases as parents dropped

off groups of children and left, leaving the kids unsupervised for the afternoon or day.

The projected budget for Enrollee Day 2009 is \$230,000, down from 2008’s \$249,140 and 2007’s \$265,000.

The public was invited to comment on the changes. FDL Band Member Susan Susienka wrote that she was “happy to read the news of the return to Enrollee Day, not enrollee weekend or week. I very much enjoyed our early Enrollee Day celebrations---they were short (one day), simple, and sweet, almost like a family reunion.”

Susienka continued, “While

I continued to make the trek north to participate each and every year, I must admit the more recent celebrations were not as enjoyable and seemed extravagant, almost obscene.”

FDL Band Member Tammy Dixon wrote: “Hopefully the music festival and fireworks display will be as nice of an event for our families to enjoy as we have young children who loved the rides.”

This year’s event will feature a music festival at the southern end of the Ojibwe School football field. The festival will include four local acts and run from 5 p.m. - 10 p.m. Perform-

ers interested in participating can contact Deb Topping at (218)878-8053. A fireworks display will conclude the day’s events at sunset.

Family Olympics will be held earlier in the day at the FDL Museum field, featuring a 2K and 5K walk sponsored by the Min no aya win Clinic. The annual coed softball games will be held at the Ojibwe School ball diamond. To sign up, contact Flora Diver at (218)878-7563.

An American Indian art and crafts show will return this year. FDL Band Members interested in selling their art are encouraged to contact Bosto at

(218)878-8184. A roast beef dinner is scheduled for late afternoon in the Ojibwe School gym.

Bus transportation will be provided to and from the metro area, departing at 2 p.m. on June 27 from the American Indian Opportunities Center, 1845 E. Franklin Ave. in Minneapolis and departing from the Black Bear Casino Resort at 9 a.m. on June 29.

A softball slugger shows his stuff at the FDL Enrollee Days celebration, 2008.



Nah gah chi wa nong Di bah ji mowin nan

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

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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.

*Member of the
Native American Journalists Association*



A crowd starts to gather outside the St. Louis County Courthouse on Feb. 12

FDL protests County's refusal to allow transfer of Rez land

By Jane Skalisky

About 100 people gathered at the steps of the St. Louis County Courthouse in Duluth on Feb. 12 to protest the County's denial of the Fond du Lac Reservation's request that a 33-acre parcel of privately-owned land within the Reservation be held in trust by the Bureau of Indian Affairs.

The County Board met to discuss the matter at its Feb. 17 meeting, but took no action at that time. A meeting with Reservation officials may take place in March.

The parcel in question generates \$868.62 annually in property tax revenue for St. Louis County.

Groups present to support Fond du Lac included the Duluth League of Women Voters, the We Are Watching Campaign, and the Lake Effect Group.

FDL Band Member Rick DeFoe gave the opening address to the crowd.

"We Indian people feel disrespected," he said. "If you're uncomfortable dealing with Indian people, you won't be able to deal with us. Indian people

remain the least understood and most misunderstood people in this country."

"The battles were fought behind closed doors," FDL Chairwoman Karen Diver said to the crowd in her description of the County's actions. "I have never called the County for anything for the Reservation," she said, "yet we generate \$65 million annually in payroll and taxes. Diver added that the Reservation provides

education, counseling and care for the environment.

Dr. Bob Powless, UMD professor emeritus, added this:

"If you're wondering how the St. Louis County Board can say such things, read Michael's Moore's "Stupid White Men."

Subsequent to this request, in Oct. 2008, St. Louis County Administrator Alan Mitchell requested that Gov. Pawlenty deny Fond du Lac's request and any future transfers that establish tax-exempt status.

In a letter to Gov. Pawlenty's office dated Oct. 15, 2008, Mitchell explained his rationale in recommending denial of the transfer.

"St. Louis County is concerned with the continuing transfer of property into public ownership and/or trust lands. St. Louis County, which consists of four million acres of land mass, is over 60 percent publicly owned."

If you're wondering how the St. Louis County Board can say such things, read Michael's Moore's "Stupid White Men."

Dr. Bob Powless

continued, "The County has seen a loss in tax base of over \$45,000 on approximately 2,500 acres of land in recent history. State law already requires St. Louis County to provide Fond du Lac the first right of refusal to purchase tax forfeited land on the Reservation. Such purchase should enhance the County's tax base, not eliminate a source of revenue."

In the late 1990s, the County adopted a policy of no-net loss, whereby no more land would

be permitted to be taken off the tax rolls, according to Deputy County Administrator, Gary Eckenberg. Of the four million acres in St. Louis County, 62 percent are off the tax rolls.

"People in the metro area like to see Northern Minnesota as their playground," said Eckenberg, "but services are still required for non-taxable land."

One-third of the \$360 million that is required to run the County is generated from property tax, one-third from fees, and one-third comes from the federal and state government, said Eckenberg.

Only 30 percent of the 100,000 acres originally owned by the Fond du Lac Reservation still remain within the auspices of the tribe, said Eckenberg. The rest are in private hands.

Eckenberg went on to say that on Jan. 20, 2009, the County Board "temporarily suspended any offers to sell land or requests to sell to tribal governments until it has a chance to meet with tribal leaders."

Editorial from the Duluth News Tribune, Feb. 18, 2009. Reprinted with permission.

County should rethink land stance

With the question of whether to ban recording devices at public meetings settled, the St. Louis County Board can turn its attention to the more pressing issue that emerged from its workshop last month, a matter that should never have been allowed to be pushed off by Commissioner Keith Nelson or anyone else: the request of the Fond du Lac Band of Lake Superior Chippewa to buy tax-forfeited property within its reservation to place into trust.

The county opposes such land sales because, once in trust, the lands cannot generate property tax revenues.

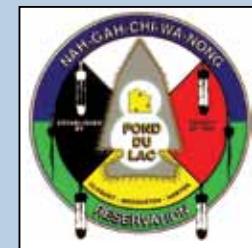
However, such land transfers are part of a national effort to recover tens of millions of acres of reservation lands wrongly taken by the U.S. government from 1887 to 1934. American Indians have the first option to purchase when the lands come up for sale.

Counties can refuse to sell to American Indians, but the lands still wouldn't generate property tax revenue if not sold.

Rather than wasting its time talking about ways to shut the public out of its proceedings, the County Board could rethink its position against allowing American Indians to reclaim their land.



From the left: FDL Band Member Veronica Smith and Red Cliff Band Member David Smith



A few thoughts from RBC members

From Chairwoman Karen Diver

Last month was the annual legislative dinner for the Minnesota Chipewewa Tribe and the annual meeting between Governor Tim Pawlenty and all eleven tribal leaders. I would like to thank Jordan Northrup (age 14) for joining me for these activities. Jordan attends the Sawyer Youth Program, and is the grandson of Juanita Fineday. He has a strong interest in government, and is thinking about a future career as a lobbyist. In addition to joining me at the dinner and Governor's mansion, Jordan attended the training on Native affairs for legislators session, and sat in on individual meetings with Senate and House elected officials. I enjoyed his enthusiasm, and hope that he learned more about government.

The RBC is interested in providing more opportunities for young people to take an interest in tribal government. If you are a Band Member between the ages of 13 and 17, and are currently in high school, perhaps you would like to shadow an RBC member for a day. You can attend our meetings, and see what the RBC works on in a typical day. Please write a letter addressed to the RBC that tells us a little about who you are and why you are inter-

ested in being an "RBC member for a day". Make sure to include a phone number, and have your letters submitted by mail or dropped off at the Tribal Center front desk by March 30, 2009. Each RBC member will pick one young person to shadow them at a date to be set in April.

If you've been following the Duluth News-Tribune, then you know that the St. Louis County Board has decided not to work with the Band in acquiring land within our borders. Firstly, state law says that the County has to offer the Band first right of refusal for tax-forfeited land within our borders. St. Louis County Commissioners have taken the position, with the exception of Commissioner Steve O'Neil, that they would rather not sell the land at all rather than let the Band have it at a fair market value.

Secondly, the Band has bought land that is currently taxable, and then petitions to have it placed into trust by the federal government, leading to the land being tax-exempt. Commissioners have said that the cost of providing services (like road repair and maintenance, policing and social

services) to the Band are too expensive and that we should have to pay taxes. The County is going to oppose our efforts to place fee land into trust.

To set the record straight, the Band tried for two years to have someone from the County bill us so that we could provide the St. Louis County Sheriff's office with a \$50,000 grant to support policing in the St. Louis County portion of the Reservation.

The State of Minnesota decided to take jurisdiction for policing and courts on Indian reservations in the state under Public Law 280. If the state had not chosen to do that, then the federal government would have to provide those services. The County is obligated to provide the same level of services for Indian and non-Indian citizens within the Reservation as it does for all its citizens.

Regarding road maintenance, the Reservation inventories all roads on the Reservation and cooperates with townships, counties and the City of Cloquet on road projects. Some townships have refused to cooperate by allowing us to include their roads on our inventory (which increases our chances for funding). Brevator Township refused to let us do a com-

plete reconstruction of Belich Road, which we deem necessary for public safety, in St. Louis County.

Peg Sweeney, the Commissioner elected to represent the residents of the north side of the Reservation, has never communicated with tribal government in the two years I have been in office, but yet referred to Band Members as "those people" at a County Commission board workshop.

A citizen watchdog group has been monitoring the activities of the County Commissioners, and together with the League of Women Voters - Duluth and citizens of the County, delivered a petition asking the Board to reverse its positions regarding the selling of tax forfeited land and their opposition of transfers to trust of land. After all this drama, now the Commissioners would like to meet with the RBC. We'll let you know if such a meeting occurs and if St. Louis County wants to be a partner or not.

Please feel free to call me or stop by if you have any questions or comments. My email address is: karendiver@fdlrez.com, office 218 878-2612, or cell 218 590-4887.



Karen Diver

From Ferdinand Martineau

To the Fond du Lac Band Members: I am trying to formulate my thoughts for this month's column but they are scattered all over the place. I was thinking about the State of the Band Address and how significant it was to present that information to the Band. It was important to show openness and a willingness to share our financial picture with the Band. I will say that the timing was very tight this year as we have not yet completed the final budgets and some of the figures are inevitably going to change.

I was looking back at the Reservation and the condition that it was in when I came into office. Things have changed quite a bit in two and one-half years. I remember my promise to the Band that I would try to make access to all programs as fair as possible for all Band Members. I

hope that you feel I have kept that promise because I have tried.

This is the time of year that I put together my plans for the next year. There are several things that I would like to accomplish this next year. Some of the things are part of the Council and some things are singular for my position. The completion of the supportive housing unit, the reorganization of program administration and Casino administration are all Council projects for the coming year. I would like to put together an overall income and expense report to the Band on a quarterly basis so you can keep abreast with our progress throughout the year. There are several things that are on the burner right

now and will probably be completed in the next year like the BIA road projects, the repair of the housing area water and sewer lines, the Belich road project, the Tribal College accreditation and the Resource Management building. We have also moved forward with an assisted living complex that is in the design stage and, currently, we are seeking financing for construction.

A few months back when winter was about to begin, I was worried about the effect it was going to have on us. When we were going through January and temperatures were not rising above zero, my concern worsened. Then we went into February and things kind of improved. My concerns lessened as the cost of fuel was not increasing and it looks like we should be able to make it through

the winter okay. We have been able to direct Band Members to programs that were able to assist with energy needs for the most part. I may be wrong, but I do not recall any Band Member that we were unable to help so far.

Last, I would like to say giga waabamin nijii to Chic Smith. He was a pillar in our community. He worked for the betterment of our Reservation his entire life. He never complained that he got the short end in any deal and only asked, "How can I help you?" Chic, I am glad to be able to call you my friend.

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



Ferdinand Martineau

RBC thoughts continued on page 6

Old YWCA to offer new housing and other services to American Indians

FDL's Chair active member of organization that developed project

Story and pictures by Jane Skalisky

Construction begins in April in Duluth for a Native American Community Center. The center will be located in the 100 year-old, 65,000 square foot former Duluth YWCA building on 310 N. 1st Ave. West and will provide 29 permanent supportive housing units for up to 80 people.

The American Indian Center will offer a variety of services. In addition to housing, there will be a gym/fitness area, wellness center, and American Indian art gallery,

The housing portion of the project is the first such project in the Midwest, and second in the U.S., said Sherry Sanchez Tibbetts, Executive Director of the American Indian Community Housing Organization (AICHO), the project's developer.

AICHO was established in 1993 by a group of American Indian women, led by FDL Chairwoman Karen Diver, whose goal was to strengthen American Indian families living in the greater Duluth area, said Tibbetts. She added that the Fond du Lac Reservation has pledged permanent rental

The former YWCA building in Duluth

assistance for five units for FDL Band Members.

"Chairwoman Diver has been very supportive of this project," said Tibbetts. "As the former director of the YWCA, she understands the housing needs in our area."

AICHO currently provides 10 units of transitional housing, a 10-bed emergency shelter, legal advocacy for battered women, intensive advocacy/case man-

agement services to 32 long-term homeless households, and housing and services to ap-

proximately 200 homeless American Indian women and children each year. FDL Band Member Rebecca St. George currently serves as board chair.

American Indians are more likely than any

other group to be homeless in Duluth, said AICHO

American Indians are more likely than any other Duluth group to be homeless in Duluth. While representing only three percent of Duluth's population, American Indians make up nearly a third of Duluth's homeless population, according to a study conducted by the Wilder Foundation in 2003.

Development Director Maria Danz. While representing only three percent of Duluth's population, American Indians make up nearly a third of Duluth's homeless population, according to a study conducted by the Wilder Foundation in 2003.

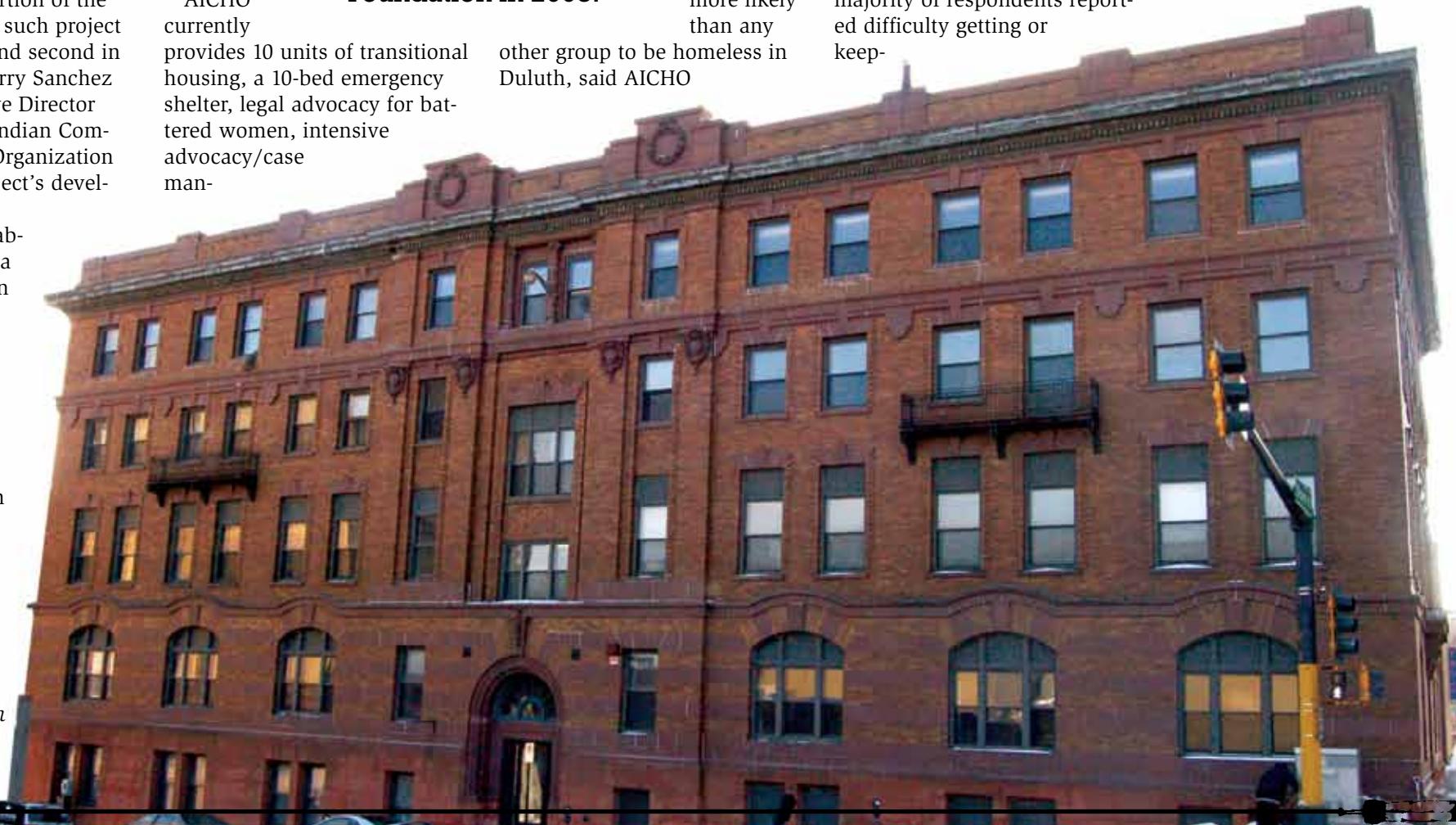
Knowing precisely how many American Indians are homeless is difficult, said Danz. "So many of them are couch-hoppers and are really invisible," she said.

Sixty percent of the Native people surveyed in 2003 had lost permanent housing because they could not afford rent, or had been evicted. The majority of respondents reported difficulty getting or keep-

ing housing because they could not find housing that was affordable, said Danz.

Other barriers reported were racism and credit problems. The most frequent recommendation made by survey respondents was for affordable housing and services for Indians.

Following the report's findings in 2006, Duluth's American Indian Commission, lead by Dr. Bob Powless, approached AICHO to create a supportive housing unit that would meet the needs of the Indian community in Duluth. The target population for this supportive housing project



Chuck Smith appointed as FDL Veteran's Service Officer

FDL Band Member, Chuck Smith, replaced Brookston District Representative Mary Northrup as FDL veteran's service officer in January.

Smith's commitment to veteran's affairs began in 1973 after he returned from Vietnam. In his role as veteran's service officer, he will be actively seeking out veterans in the community to assist them with finding shelter, obtaining counseling, receiving benefits, and finding health care.

"I want to provide a service to all veterans," said Smith of his new position, "I will do my best." Of special concern to him, he said, are the many veterans cur-

rently dying at home.

In addition to assisting veterans, Smith is coordinating the FDL Veteran's Pow Wow to be held July 10 to July 12 in Sawyer, and the FDL Veteran's Golf Tournament at the Black Bear Casino Resort later in the summer.

Smith can be reached Monday to Friday from 8 a.m. to 4:30 p.m. in his office down the hall from the RBC offices, by phone at (218)878-2670 or on his cell phone at (218)591-3113.



Chuck Smith

Old YWCA *continued from page 5*

will be American Indian households with incomes that are less than 60 percent of the average median income, said Danz.

She added that being Ameri-

can Indian is not a requirement and that the units will be open to all. Other populations that will be given priority include those experiencing long-term

homelessness, those escaping domestic violence, elders or extended family members, and those who are at-risk of losing their housing or live in substandard housing.

The Minnesota Chippewa Tribe's Employment Office will also be housed in the building along with onsite job training.

General contractors for the project are Kraus-Anderson. Construction will utilize green building elements such as minimal carpeting, nontoxic paints and finishes, high efficiency appliances and lighting, new windows and insulation.

The plans are to apply for the structure to be on the National Historic Registry, so the former YWCA's exterior will be restored, as well as the building's elevator which is the oldest in the State of Minnesota.

Major funding for the project comes from the Minnesota Housing Finance Agency, the City of Duluth's Housing Investment Fund generated by the Fond du Luth Casino, Grand Portage Reservation and the Minnesota Tribal Government.



From left to right: Sherry Sanchez Tibbetts and Maria Danz.

RBC Thoughts *continued from page 3*

From Mary Northrup

Boozhoo! I hope everyone has had a great start to the new year! I have been a representative for six months now, and I enjoy the challenges that have come with the office. As some of you may know, I am no longer serving as Fond du Lac's Tribal Veterans Service Officer. On January 26, 2008, Clarence "Chuck" Smith took over the position. He is a Vietnam Veteran and a Marine, and I know I'm leaving that office in good hands. Currently in Brookston, we are in the process of renovating homes, working first on issues that concern safety. We have also hired additional staff at the Brookston Center, and they will be receiving ongoing

training, so that we can meet the needs of the community, including more outreach programs. I have also been working with the Veterans Committee to begin planning on the Annual Fond du Lac Veterans Powwow that will be held on July 10, 11, and 12th, 2009. If you have any

suggestions, please let us know. In closing I would like to express my sympathies to the family of Ronald "Chic" Smith. He was a valuable member of the FDL Veterans Committee, and the Brookston Community, and he will be greatly missed.

As always, my door is always open, and I welcome any suggestions or concerns that you may have. I can be reached at my office at 218-878-7583, or on my cell phone, at 218-393-2107.



Mary Northrup

Caring generations

Roberta Pelofske – who lived with her grandparents as a child – now gets a helping hand from her grandchildren

Story and pictures by
Jane Skalisky

One of the most meaningful values close to the hearts of Ojibwe people is the importance of caring for one's family. In few places is this demonstrated more strongly than in the lives of FDL Band Member and cancer survivor, Roberta Smith Pelofske, and her grandchildren.

Throughout more than a decade of suffering, Roberta's grandchildren have been there for her, exemplifying that although pain can be inevitable, misery is optional.

Roberta was born in the Cloquet Indian Hospital on Sept. 18, 1935 to Evelyn and William Smith. At three months of age, her father took a job with the Civilian Conservation Corps in Gheen, Minn., where they lived for three years and then returned to live with her grandparents, Mary and Gus Gurno who lived on Larch Street in Cloquet.

Roberta left the Larch Street home in 1955 when she married Robert Pelofske. The couple lived in a cabin on Big Lake and adopted two baby daughters, Robin and Renee. In 1965, the family moved to her present home on Seventh Street in Cloquet.

Roberta worked in the Indian Hospital until 1959 when the new Community Memorial Hospital in Cloquet opened. She retired from there in 2000.

In 2001, shortly after retiring,

Roberta received a call from the then FDL Executive Director, Jean Mulder.

"I've got an easy job for an old lady," Roberta recalled Jean saying. "All you have to do is sit at the front desk and answer

the phone.' I asked, 'When do you want me to start?' and she replied, 'Yesterday.'"

Roberta worked at the front desk of the Tribal Center until retiring again in 2004 when she learned she had breast cancer.

When she was 56, she separated from her husband. "I loved him enough to give him a divorce," she said.

A true love

In the same year, while

Roberta was working at the Eagle's bar selling pull-tabs, former high school sweetheart Leonard Rosenthal walked in.

"Who's that pretty woman across the bar? I wonder if she'd dance with me?" Roberta



From left to right, Ashley Barney, Roberta Pelofske and Brook Barney. At front center is Josh Barney.

"You have to look on the bright side and fight with all your might. I thank God every night for letting me live longer."

Roberta Pelofske



Roberta with daughters Robin and Renee. The little boy on the left is Robin's son, Jordan. The picture was taken in 2005.

"Grandma has helped me deal with cancer. I used to be scared of it. She's helped me not to be afraid."

Ashley Barney



Roberta's Cloquet High School graduation picture

recalled him asking her friend, Julie.

Roberta was reluctant to dance with Leonard because she thought he was married. She didn't know he was separated from his wife at that time. More of that became clear the next morning when the couple met for coffee at the Cloquet Perkins restaurant.

The couple had 16 years of wonderful meals together, adding 50 pounds to Roberta's small frame. She lost the weight during her many illnesses, she said.

Roberta also said Leonard slept on her couch to care for her during her recuperations for cancer surgery that began in 1998. Between 1998 until the present, Roberta has been treated for lung, colon, breast, and pancreatic cancer.

She continues to be treated for breast cancer that recurred after Leonard's sudden death in 2006. Her condition has reached a plateau, where she is not declining but not regaining her health. She looks well but tired from all chemotherapy that is necessary to combat her cancer. About her emotional health, Roberta said she still has not recovered from the grief over losing Leonard.

After Leonard's death, Roberta said she was extremely depressed, and learned she

had breast cancer again. She continues to receive chemotherapy.

Roberta said she still has not recovered from the grief over losing Leonard.

"Leonard taught me that two people who have lost can have a good life together," she said.

About life, Roberta said, "You have to look on the bright side and fight with all your might. I thank God every night for letting me live longer."

The kids step up

Before Leonard's death, Roberta's granddaughter, Brook Barney, 24, came to care for her for a year. Brook is working as a certified nursing assistant in an adult foster home and plans to pursue a nursing degree.

Brook said that Ojibwe tradition expects family members to care for each other. Brook took the tradition a step further when she chose nursing

as a career.

"Culturally, you're close to your family," Brook said. "Belonging, affection and caring for your family has led me to care for others."

After Brook's year of care for

Roberta, Josh Barney, 22, cared for Roberta and stayed for three years.

"It made me look at life differently," Josh said. "Everything that she's been through with her health, that is.

She's one of the most positive people I know."

"I think I would be worse off if I hadn't cared for her," he said. "It taught me not to take things for granted. You don't know when your time is up."

While caring for his grandma, Josh attended Fond du Lac Tribal and Community College and received an associate's degree. He plans to attend

UMD this summer or fall and pursue a degree in teaching the Ojibwe language.

When Josh took a position at the Fond du Luth Casino last fall, his younger sister, Ashley, age 17, took over. Ashley is a senior at Cloquet High School. Her goal is to graduate this May, attend FDLT&CC and then continue her studies in either graphic design or social work. She plans to spend her per cap money on a trip with her mom, sister, grandma, and auntie on a trip to Mexico.

Ashley had this to say about what caring for her grandmother has done for her. "I can respect elders more because they have a lot to tell you; they've been through it all," she said.

"Grandma has helped me deal with cancer," Ashley said. "I used to be scared of it; she's helped me not to be afraid." Ashley said she channels those emotions into her pottery and sculpture, where she has found her link to her heritage.

Ashley hopes to remain at Roberta's until she finishes college.

Then younger brother, Jacob, 14, plans on moving in.



From left to right, Gus Gurmo holding baby Roberta and wife Mary Gurmo.

Legal Q&As

How to receive last year's Economic Stimulus check through this year's tax return; how to stop calls from a collection agency after income dries up

Dear Senior Legal Line: I sent in my Economic Stimulus request when I filed taxes last year, but I did not receive my check. Is there any way that I can receive it this year?

Leonard

Dear Leonard: Yes – you may claim it on this year's federal income tax return. People who did not receive their Economic Stimulus check, got less than their maximum amount, or had a change in certain circumstances in 2008, may be able to get paid by claiming the "Recovery Rebate Credit" on their 2008 1040, 1040A, or 1040EZ tax return.

If you have not received the check by now, you will not get it unless you claim the Recovery Rebate Credit. The IRS stopped all delivery of the Economic Stimulus checks in December 2008 so there will be no cross claiming of the Recovery Rebate Credit and the Economic Stimulus payment.

In addition, some people who were not eligible for the payment last year may be eligible now due to changed circumstances. For example, a person who did not have enough qualifying benefits in 2007 to be eligible (less than \$3000 in Social Security or Veterans' Benefits, for example) may have increased benefits in 2008 that brought him/her up to \$3000/year. If a person's income was too high or too low but has changed in 2008, he/she may have become eligible for more of the credit. Also, if a person adopted or gave birth to a child in 2008 he/she can claim an additional \$300.

It is worth doing your taxes to figure out if you are eligible for the Recovery Rebate Credit.

In order to calculate the credit, you need to know the amount of the Economic Stimulus payment you were entitled to or received in 2008. You can find this amount on the Economic Stimulus Payment Notice you received from the IRS. The 2008 1040, 1040A, and 1040EZ tax return forms have a worksheet that you can use to calculate the credit. Or, you can choose to have the IRS calculate the figure for you.

If you would like assistance in filling out and filing your tax returns, you may wish to contact the Tax Counseling for the Elderly Program for people age 60 and older. Volunteers provide tax counseling through non-profit organizations such as AARP that receive a grant from the IRS to help people file their taxes.

For more information on tax counseling for the elderly call toll free at (800)829-1040. Community Action Duluth also has volunteers to help people file their taxes as long as their income is below \$40,000 per year for individuals and families. Community Action Duluth has several locations: to find the one closest to you, call (218)726-1665 or toll free at (866)761-5257.

Dear Senior Legal Line: I have a credit card for about \$3,000 that I cannot pay. I used the card to pay off medical debts and buy a few needed items. I paid the minimum due until a few months ago when my living expenses increased. I now need all of my Social Security income to pay for food, rent and medicine.

Now a collection agency has been calling me every day

demanding payment. Is there any way that I can make them stop contacting me?

Emma

Dear Emma: You are not alone. There are many people in the same situation. Credit counselors agree that there is a hierarchy of debt that you should pay each month. That means some debts are more important to you like survival expenses including shelter (rent), medicine, and food.

Credit card debt is classified as unsecured debt. This means that there is no collateral tied to it. Because of this, unsecured debt should be the last debt that you pay each month if you can afford to pay it. If your survival expenses cost you your entire monthly income and you have no savings, there is nothing you can do to pay the left over debt such as credit card debt.

When you cannot afford to pay a credit card, the credit card company will contact you by phone and by mail. Sometimes the company will help you negotiate an affordable payment. Often the companies are not willing to settle for a reasonable amount, and the debt will be sent to a collection agency.

Federal and state law regulate collection agencies. In Minnesota, you will know that you are dealing with a collection agency because by law their correspondence must state that they are a debt collector.

Because the collection agency is calling you every day, you take advantage of some of the law's protections for debtors. The Fair Debt Collection Practices Act allows a debtor to tell a collection agency to stop contacting them. By law, they

must then stop contacting you unless it is to tell you what legal action they are going to take or that they have decided to stop contacting you. Send the collection agency a letter requesting that they stop contacting you pursuant to the Fair Debt Collections Practices Act. Keep a copy for your records. Once you send them the letter, keep a log of their phone calls in case they violate the law.

In your case, you may be able to persuade the collection agency this it is not worth their time to try to collect because of the type of income you receive. Some forms of income are exempt from collection. Social Security is one such form that is protected by federal and state law. As an attorney, we call this "judgment proof" income. If the creditor decides to sue you for the debt and wins a judgment, they ultimately cannot collect that judgment from your Social Security income because it is exempt. Even so, they may try to attempt to garnish your bank account. For this reason, it is wise to send the collection agency and/or credit card company proof of your Social Security income to show them that it is not worth their while to sue you or attempt a garnishment. In your same letter, you can request that they have no further contact with you.

Usually, once they get this information they will sell your debt to another collection agency. You will have to re-submit similar letters to each new collection agency.

If you wish to avoid having to send judgment proof letters to additional collection agencies, your other option is to petition the bankruptcy court

to discharge your debts. In the petition you would list all of your debts. Once the petition is filed, according to law, all collection efforts must stop. If the bankruptcy court grants the discharge, you will no longer owe the debts. There are advantages and disadvantages to bankruptcy, and you should seek the advice of a bankruptcy attorney for more information.

One last caveat: if you know that you cannot afford to pay back credit, do not use the credit. In other words, do not use your credit card if you know that you cannot afford the minimum payments. In fact, it can be a form of fraud if you use credit knowing that you cannot repay it.

In your situation Emma, you took out the credit believing that you could pay and indeed were paying for a time. Your circumstances changed so that you could not afford to make payments. This caveat does not apply to you but certainly, you should not use credit in the future unless your financial situation improves.

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

(Off)-Rez adventures with the Indian Scouts

By Deborah Locke

Two Indian Scouts participated in this month's adventure, one expounding on his fondness for food; the other, a successful Duluth businessman who spoke about his passion for the business and creativity of food.

It all started the day the alpha Scout suggested a search for area American Indian businesses beyond those operated by FDL. A check with the American Indian Chamber of Commerce, the Yellow Pages and then the Internet pointed us to one Indian-owned business in Superior, Wis. Also, the Scout heard a rumor of a White Earth Band Member who owned a couple of Duluth restaurants.



"Even though he's not a Fond du Lac'er, it's good to know there are Native businesses out there so we can patronize them," the Scout said. "I like turning dollars over within the community."

So we jumped into the monster truck one January morning and spoke of food and weight problems all the way into Duluth.

"The problem isn't the food - it's how often you eat," the Scout weighed in, crossing the Bong Bridge into Wisconsin. The Internet address took us to a residential home that looked anything but business-like.

Undaunted, we then headed for the Miller Hill Mall to check out a Native arts store. As the picture shows, it went belly up.

Somewhat disheartened but with a firm resolve, we drove to Duluth's Fitger's Building, 600 E. Superior Street, home of the attractive Baja Billy's Cantina & Grill. Inside on the second floor we asked to see restaurant co-

owner and manager Brian Roy. Several minutes later, a cheerful Brian suggested that we find him after we had lunch.

I'm here to tell you that the food was fantastic. The Scout had Yucatan-style fish tacos (\$7.99) and pronounced them perfect. I had a piece of grilled "Polynesian" pork with rice flavored with coconut milk (\$8.99). Dessert was a magnificent creation called fried ice cream - a large scoop of premium ice cream coated with a light cinnamon-like crust and smothered in chocolate sauce (\$4.29). If you're not diabetic going into that gigantic dessert, you will be afterward. It was mouth-watering good.

Via a phone interview later, Brian said he and his partner, Jamie Wilson, own Baja Billy's and the Tejas Restaurant on Miller Trunk Highway, Hermantown. He had no clue as to why more Indians weren't in business occupations.

But he's pretty certain of this. If he had not left the White Earth Reservation after high school, he would never have succeeded in a mainstream business enterprise. The reservation had no restaurants except for a small mom-and-pop operation.

That's not to say that his Ojibwe heritage had no influence. As an employer, Brian said he is collaborative. "I'm the boss and make the decisions but I'm not the smartest person in the room," he said. "We come to our decisions together."

Additionally, he said his dad set forth an excellent work ethic, and that, too, is a characteristic of traditional Ojibwe culture.

"My father was amazing," he said. A strong work ethic is required in an occupation that serves three meals per day, seven days per week, and is open late at night for cocktails.

Brian's interest in food prepa-

ration and presentation began at the age of 12 or 13 when his mother insisted that each child cook the dinner meal one day per week. Brian specialized in meat loaf.

"I love to cook, I love knowing that someone will enjoy what I create," he said. "It gets in your blood. It's a tough business but when you put that perfect plate out or you come up with a new menu hit, there's a lot of satisfaction."

The family was of modest means - Brian said he ate his share of commodity food. But his parents told him from an early age that he could succeed. If he ever encountered any racism, he should ignore it and realize that the problem belonged to someone else, not him.

"I did what they said and never let anything get me down," he said.

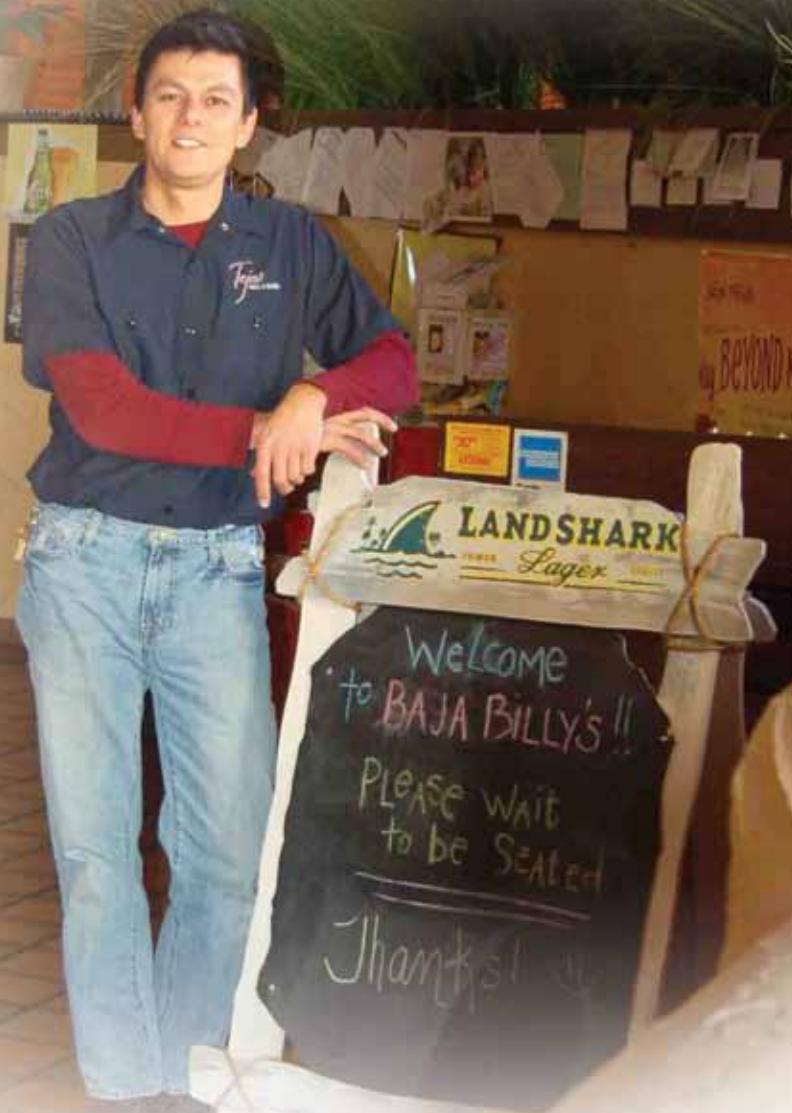
He's been a chef and manager of restaurants from California to Arizona to White Earth's Shooting Star Casino to FDL's Black Bear Casino Resort. After five years at the Bear as food and beverage director, he returned to a more corporate job with the Holiday Inn in Duluth, and from there went into business with his partner Jamie at Duluth's Buena Vista Lounge for five years.

An opportunity arose to start a new restaurant at the Fitger's Building, and the partners accepted that challenge while at the same time, putting finishing touches on the new Tejas restaurant on Miller Trunk Highway.

Creating two new restaurants at once was difficult, Brian said.

Most likely, that is where his heritage and its long tradition of hard, honest work came into play.

Deborah Locke can be reached at deborahlocke@fdlrez.com.



Brian Roy, Baja Billy's co-owner, at the entrance to the restaurant



Closed store in Miller Hill Mall, Duluth

Black Bear chef serves cuisine with generous helping of attitude

Photo and story by
Jane Skalisky

Gerald Bayerl began as executive chef at the Black Bear Casino Resort in July 2008. The place hasn't been the same since.

Bayerl grew up in Minneapolis, where his parents operated a small restaurant/bar on 48th and Chicago.

His first career break came with Golden Bear, a national restaurant chain that sent him to Chicago to learn how to become a chef. Thirty years and over 50 restaurants later, Bayerl took over the reins at the new Black Bear.

"I like the challenge of coming into a new facility, especially

one that wants to go to the next step," said Bayerl.

"I saw this as a great opportunity – a golf course, gaming facility, convention center and hotel," he said. Naturally competitive, Bayerl wants to "crush" all competing restaurants within 100 miles.

Prior to his arrival, a good

night at the buffet meant 300 to 500 diners. On Valentine's Day 2009, the buffet staff fed over 1,000 diners, Bayerl said. The number of patrons coming to eat at the Casino doubled between the first five weeks of 2008 and the first five weeks of 2009.

"I work for my own goals," said Bayerl, a self-confessed workaholic who hasn't taken

a day off since he started last July. Rocky Wilkinson, Marketing Director for the Black Bear, was Bayerl's toughest critic. Now Wilkinson advertises Bayerl's work as producing the "best buffet in the Northland."

One of the roles that Bayerl has had to assume with his new position is that of teacher. "I get 'what is that?' everyday," said Bayerl.

At his interview last summer, Bayerl was expected to give a cooking demonstration. He had hoped to find fresh herbs and vegetables at the Casino kitchen. Instead, everything on hand

In a typical day, Bayerl oversees the work of 26 employees and more than a semi load of food, the equivalent of 988 cases.

On a typical Thursday seafood night, Bayerl and his crew prepare 40 cases of crab, 200 pounds of beef, 60 pounds of red snapper, 20 whole salmon, and 200 to 400 pounds of "real not frozen" mashed potatoes.



Chef Bayerl sautés onions in the Seven Fires Restaurant kitchen

was frozen.

Since then, Bayerl has made changes to almost everything at the Bear, including inventory, sanitation, presentation, and purchasing.

Another role that Bayerl has had to assume is that of office manager.

"You start out doing something you love, which is cooking, and then you end up doing something you didn't have a passion for, like budgeting and staring at a computer," he said.

In a typical day, Bayerl oversees the work of 26 employees

and more than a semi load of food, the equivalent of 988 cases.

On a typical Thursday seafood night, Bayerl and his crew prepare 40 cases of crab, 200 pounds of beef, 60 pounds of red snapper, 20 whole salmon, and 200 to 400 pounds of "real not frozen" mashed potatoes.

Bayerl has created a fine dining night on Saturday, featuring grilled lamb, t-bone steaks, duck a la orange, a fresh catch of the day, and veal.

In response to popular demand, Bayerl hopes to feature

a different theme every night at the buffet. He also plans to make the Seven Fires Restaurant more upscale and add more variety with different presentations.

Of his work, Bayerl says, "Food is the universal language. Everybody eats." He continued: "I am living a chef's dream: a brand new facility with complete creative freedom. The only thing I've been told is 'make it better.' They've (management) backed me 100 percent."

News for FDL Elders

Elder activity kick-off to be held on March 15

FDL Elders age 52 and up are invited to attend a free brunch at 11 a.m. on March 15 in the Black Bear Casino Buffet followed by a choice of movies at the Premiere Theatre in Cloquet. Sign up by March 13 in the FDL library or any Reservation community center. Please bring an FDL identification card. For information, call Jerry Setterquist at (218) 879-9412.

The Elder activity fund was created in 2008 by the RBC for FDL Elders age 52 and older. A board was established with three members from each district who have made rules and regulations on how to apply for

funds for Elder activities.

The board meets the second Tuesday of every month at 1 p.m. in the Cloquet Community Center. Meetings are open and Elders who have a desire to share their suggestions about elder activities and trips are encouraged to attend or to contact a board member. To contact your board member, call Russ Savage, Chairman, at (218) 878-1134, Debra Topping at (218) 878-8053 or Jerry Setterquist at (218) 879-9412.

Elder foot clinic

The Min no aya win Human Services Division Public Health

Nursing Dept. will sponsor an elder foot care clinic at 9:30 a.m. on March 10. The clinic is free for any Elder or any person with diabetes.

52-Plus Elder group meetings scheduled

The 52-Plus Elder Group will meet at 5 p.m. on March 11 for a potluck dinner and presentation by Rebecca Blackmarr, RN, who will speak on emergency preparedness. It will be held at the Cloquet Community Center. Please bring a dish to share. Also, on March 25, Debra Johnson Fuller will talk about cancer

prevention. The meeting will start at 5 p.m. and includes a potluck – bring food to share.

Wisdom Steps Youth Team Fund raiser on March 27

The Wisdom Steps Youth Team will host its monthly breakfast at 7:30 a.m. on March 27. The breakfast concludes at 10 a.m. It will be held at the Cloquet Community Center. Stop in for bacon, pancakes, sausage, scrambled eggs, orange juice and coffee, all for \$5.

Wisdom Steps Conference June 16-18

The Annual Wisdom Steps Conference will be held June 16-18 in Hinckley. In order to participate, you must provide the following Health walk records; health records; \$20 conference fee.

The fee must be submitted to Deb Topping by April 24. For further information, contact Deb at (218)878-8053.

Legal advice and much more offered for dads at FDLTCC at March day-long conference

Oscar Reed, former Vikings player, will give the keynote address on the importance of dads at the “Minnesota Fathers Forever” event to be held from 9:30 a.m. to 3 p.m. on March 21 at the Fond du Lac Tribal & Community College.

The event is free, and is intended for fathers who are struggling with child support, child custody and parenting time issues. County officials will be on site to review and possibly modify court orders concerning child support issues. For example, participants could have their child support orders reviewed and changed, or they could get a partial waiver of past-due child support arrears. Also, they could have their driver licenses reinstated.

The movie “Smoke Signals” will be shown. The film is about American Indian youth with absent fathers. Resource vendor booths, childcare, lunch and limited transportation will

be provided. Please call if you plan to bring any children so appropriate day care help is on hand. Call Rebecca Ahlstrand at (218) 384-9550.

This event is co-sponsored by the Arrowhead Economic Opportunity Agency (AEOA), Boyz II Dadz, Carlton County Child Support, Duluth Fathering Project, Fond du Lac Head Start, Fond du Lac Social Services, St. Louis County Child Support, and University of Minnesota Extension.

For more information, contact Jo Musich (218)327-5963 or John Stark (218)726-2016.

Members invited to apply for Tribal College Board

The Fond du Lac Reservation Business Committee is seeking applications from persons interested in serving on the Fond du Lac Tribal College Board. If interested, please submit your resume by March 16, 2009 to Michael Himango, RBC Executive Director, 1720 Big Lake Road, Cloquet, Minn. 55720

Ojibwe School parents to review survey results

A meeting for parents of FDL Ojibwe School students will be held at 3:15 p.m. on March 18, 2009. The meeting will focus on the results of the parent survey from December 2008. Please call Betty Anderson (218) 878-7565 with any questions.

Sugar bush experts needed to help teach Ojibwe School kids

The FDL Ojibwe School invites community members to work with students as they learn about the Spring 2009 sugar bush harvest. Applicants will work with school staff to identify goals, demonstrate traditional and modern harvesting practices, and manage and supervise students through each phase of the harvest period.

A stipend will be paid.

For more information, contact Josa Barney at (218) 878-8084 or Jennifer Trotterchaude, (218) 878-7547.

Ojibwe School Candidates for Princess/Brave Contest may apply now

The Ojibwe School Junior and Senior Princess/Brave contest will be held at the school’s annual powwow that will be held on May 7, 2009. Students interested in entering the contest will write an essay on how they will honor the position and what they wish to focus on if

they win.

The student will do an Ojibwe language introduction at the May 7 pow wow, and will enter the pow wow dance contest. Grades, school attendance and behavior of the students will be taken into consideration.

For more information, contact Josa Barney at (218) 878-8084.

Cobalt Nightclub March 2009 schedule

Date	Time	Show	Type
March 1	7 p.m.	Bear Creek	Variety
March 4	8 p.m.	TBA	Comedy
March 5	7 p.m.	Passion	Variety
March 6 & 7	9 p.m.	Passion	Variety
March 8	7 p.m.	Passion	Variety
March 11	8 p.m.	TBA	Comedy
March 12	7 p.m.	BB Secrest	Variety
March 13 & 14	9 p.m.	BB Secrest	Variety
March 15	7 p.m.	BB Secrest	Variety
March 18	8 p.m.	TBA	Comedy
March 19	7 p.m.	D-Boys	Variety
March 20 & 21	9 p.m.	D-Boys	Variety
March 22	7 p.m.	D-Boys	Variety
March 25	8 p.m.	TBA	Comedy
March 26	8 p.m.	Manny B & the Rhythm Knights	Variety
March 27 & 28	9 p.m.	Manny B & the Rhythm Knights	Variety
March 29	7 p.m.	Manny B & the Rhythm Knights	Variety

Teaching children good money habits

By Lucy Carlson

Times are tight. Magazine articles that share information on how to live less expensively are gaining in popularity. How can we squeeze that last cent out of each dollar? How can we develop even better money habits so we make the most out of what we have?

These questions are ever present in our country these days as we tighten our belts and plunge into the future. As we make adjustments in how we spend and save, let's take a look at what our children are learning about money.

What's the best way to teach children good money habits? Most experts agree that being aware of what a family values and communicating those values consistently are the keys. But what if parents don't agree? No two people will agree totally about money issues, but if parents can cooperate in setting guidelines, children will benefit from the consistency.

All children need to have experiences in earning, spending, sharing, saving and borrowing money. These experiences need to be appropriate to a child's age and level of understanding.

For example, very young children can't be expected to say no to spending impulses, so it's up to parents to limit the amount of money available to them. Older children learn the consequences of spending decisions if parents resist bailing them out.

Including children in family financial discussions and decisions is also a powerful teaching tool. This is one of the best ways for them to learn about what is valued, and to sharpen their communication skills.

Many parents wonder whether to

start giving children an allowance. Although not the only way to teach children about money, an allowance offers many valuable learning opportunities.

Here are some tips for using allowances to encourage learning:

- Allowance money is not a reward tied to chores, grades, or behavior, but a share in the resources of the family. When children are paid for doing chores, the money they receive is more like a wage than an allowance.
- Children differ in development, but usually are able to start learning from an allowance around the age of six to eight years.
- The amount of an allowance should be large enough to allow the child to learn from decisions, but small enough to experience "running out of money."
- After discussing what required items need to be covered by the allowance, a child needs to be free to decide how to use the rest.
- Sympathize when a child's money runs out, but never rescue.
- Point out when you see a child make a wise decision about spending the allowance; avoid comments about poor decisions.
- Relax! Have confidence that by giving an allowance, you are helping your child learn important skills in money management.

The "Tips" are from the Working Parent Resource Center, sponsored by the St. Paul Public Schools and the University of Minnesota Extension Service-Ramsey County. Lucy Carlson is a Family Educator with the Fond du Lac Head Start Program. She writes regularly on parenting matters for this newspaper. Her email address is lucycarlson@fdlrez.com



Area news briefs

Mississippi River bridge to be renamed

The DeSoto Bridge crossing the Mississippi River in St. Cloud that is being rebuilt will be renamed, according to a report in the St. Cloud Times. The bridge, slated to open in Nov. 2009, was named after Spanish explorer Hernando De Soto. DeSoto was the first European to discover the Mississippi, and had a history of committing violence against American Indians.

The St. Cloud City Council formed a committee in Oct. 2008 to recommend a new name for the Highway 23 bridge.

Five indicted for stealing American Indian artifacts

The U.S. Attorney's office indicted five men in January for looting American Indian artifacts from the Missouri River in South Dakota. According to an Associated Press report, the five pleaded not guilty in federal court in Pierre, S.D., to charges that included excavating and trafficking in archaeological resources and trafficking in Native American cultural resources.

Internet trading has opened up opportunities for those with an interest in ancient items to profit from it, said Richard Harnois, senior field archaeologist with the Army Corps of Engineers.

Anyone with information about items taken from Indian land can report it by calling 866-NO-SWIPE.

Haskell University student ousted from school

A student was graduated against her will from Haskell Indian Nation University by newly-appointed college president, Linda Sue Warner, according to a report from the McClatchy News Service. Haskell is the nation's only federally funded four-year university dedicated to American Indian students.

The student, 45-year-old Brenda Councillor, was a member of the student senate and had complained loudly about president Warner's decisions, which included raising student fees and not upgrading computers. The board of regents

complained that Warner wasn't listening to students and wasn't forthcoming about university finances. She was asked to resign last summer.

Councillor has filed a complaint with Congress, the federal inspector General's office and the Bureau of Indian Affairs. "They're trying to run me off," said Councillor. "I'm still here."

Indian scholarship changed

The U.S. House Education Committee recently passed HB1046, broadening eligibility for American Indians outside of South Dakota for the Hagen-Harvey Scholarship. The \$6,000, four-year scholarship was previously open only to students enrolled in South Dakota tribes. The scholarship continues to require that it be used at a South Dakota college, university, or technical institute.

The story was reported by the Associated Press.

U of South Dakota adds master's in computer science

A new program was approved in December that would allow students at three South Dakota tribal colleges to obtain a master's degree online from the University of South Dakota. Funding came from the National Science Foundation and aims to increase the number of American Indians employed in computing and information technology, according to the Sioux Falls Argus Leader.

South Dakota regent's president Harvey Jewitt predicts that 25 percent of university coursework will be online in the very near future.

Bush denies clemency for Peltier

Leonard Peltier was denied clemency by former President George W. Bush. Peltier, an American Indian activist, was sentenced to two consecutive terms of life imprisonment for the murders of two FBI agents during a 1975 shootout on the Pine Ridge Indian Reservation in South Dakota.

Peltier's request for clemency was filed in 1993 and is one of the longest-standing in the U.S.,

according to a story in the Chicago Tribune. It was among 1,729 pardon applications and 7,498 requests for commuted prison sentences that were denied by Bush during his presidency.

Two men to stand trial for 1975 Pine Ridge murder

John Graham and Richard Marshall will stand trial together on Feb. 24 in Rapid City, S.D., for the 1975 slaying of Annie Mae Aquash. Arlo Looking Cloud was convicted in 2004 for his role in Aquash's murder and is cooperating with the government in its case against Graham and Marshall.

Witnesses at Looking Cloud's trial said that he, Graham and Theda Clark drove Aquash from Denver in late 1975 and that Graham shot Aquash, a fellow Canadian, as she begged for her life. Clark lives in a Nebraska nursing home and has not been charged. According to a story in the Bismarck Tribune, Marshall is accused of providing the handgun and shells that Graham used to kill Aquash on orders from American Indian Movement leaders who suspected she was a government informant. Both men have pleaded not guilty.

Indian Country could receive \$2.8 billion in stimulus money

The House and Senate Appropriations Committees included \$2.8 billion for Indian tribes as a part of the \$900 billion economic stimulus bill passed in February, included in this is money for schools, health clinics, roads, law enforcement, and water projects, according to an Associated Press report.

"It really has the potential to lift our communities out of poverty," said Dante Desiderio, economic development policy specialist at the National Congress of American Indians.

Per capita income on reservations is still less than half the national average. Unemployment is twice that of the rest of the country, and eight of the 10 poorest counties in the U.S. are on reservations.

North Dakota improves relationship with tribes

The 2007 North Dakota legislative session resulted in the provision of financial assistance to non-Indians attending tribal colleges, authorization of an oil and gas tax revenue sharing agreement, and making tribes eligible for drinking water grants.

The story was reported in the Bismarck Tribune.

UND considering dropping Fighting Sioux as nickname

North Dakota governor John Hoeven said he was willing to put a representative on a committee that will consider dropping Fighting Sioux as the University of North Dakota's logo, according to an Associated Press report. The Grand Forks Herald reported that the North Dakota State Board of Higher Education was to discuss the nickname when it met Jan. 15.

The state board settled a lawsuit with the NCAA over the nickname in Oct. 2007, giving the school three years to get tribal approval to keep it. If the school does not get approval from the Spirit Lake and Standing Rock Sioux tribes by Nov. 30, 2010, it must retire the nickname and logo.

Senator Udall assigned to Indian Affairs committee

New Mexico Senator Tom Udall was appointed to the Indian Affairs committee in late January. The committee addresses tribal sovereignty, land management, education, and health care concerns of American Indians.

Udall has extensive experience on water rights and recovery from destructive uranium development, said Committee Chairman Byron Dorgan in a story reported in the Farmington Daily Times.

"He has been a strong supporter for native people," said committee member Francis Mitchell.

New hope for Indian health bill

Congress adjourned in December without sending the wide-

ranging Indian health bill to former President Bush. President Obama campaigned in Indian country more than any president before him, according to News from Indian Country.

"I want you to know I will never forget you," Obama said to the Montana Crow Reservation last May. Obama said that he supported more funding for the Indian Health Service. He also promised to create a new White House position to oversee Indian affairs, an historic first.

The Indian health bill would authorize \$35 billion more in funding over the next 10 years, providing better access to health care services, including screening and mental health programs.

Obama freezes pending federal rules for wolves

In one of his first presidential acts, President Obama ordered federal agencies to halt all pending legislation until his administration has had a chance to review them. Conservationists say the freeze will delay and possibly prevent the removal of gray wolves from the federal endangered species list in Minnesota, Wisconsin, Michigan, Montana, and Idaho and in portions of North Dakota, South Dakota, Iowa, Illinois, Indiana, Ohio, Oregon, and Utah, according to a story in the Environmental News Service.

On Jan. 14, in what conservationists view as a last-ditch effort by the Bush administration to undermine environmental protections, the U.S. Fish and Wildlife Service announced that the Northern Rockies gray wolf would be taken off the endangered species list. Two previous attempts had been struck down by federal courts.

Overseeing wolf protection is the new Secretary of the Interior, Ken Salazar, who was unanimously confirmed in January.

Briefs

Participants needed for June canoe/language immersion project

The Fond du Lac Museum is soliciting community members to participate in the June 2009 language immersion birch bark canoe building project to be held at the Museum starting on June 8, 2009. The project will extend through June for three weeks.

This intensive project requires time during the week and on weekends. A stipend will be offered for the eight participants to cover any expenses they incur during the course of the project.

If you are interested, call Jeff Savage, FDL Museum Director, at (218) 878-7582.

Conference on Alzheimer's to be held in St. Paul

A conference on Alzheimer's will be held on March 28, 2009 at the RiverCentre in downtown St. Paul.

The conference is sponsored by the Alzheimer's Association and the Mayo Clinic. Family scholarships are available. For more information or to register, call (952)857-0538 or send an email to conference2009@alzmnadk.org.

Pawlenty proposes cuts to local government aid for area communities

If Gov. Tim Pawlenty gets his way, area municipalities will be bracing for cuts in local aid as state officials attempt to plug the \$5 billion budget shortfall for 2009-'10.

For example, the City of Cloquet would be shorted \$960,000. Pawlenty's overall budget would cut local government aid from cities by five percent in 2009, and by 11 percent in 2010.

Cloquet's budget for 2009 is \$6.7 million. City officials are reviewing all city services to see where

reductions can be made. Capital projects like street and park improvements will remain on hold, according to the story that was published in the Pine Journal.

Proposed cuts to other area budgets include these: Moose Lake, \$157,000; Carlton, \$76,200; Barnum, \$43,700; Wrenshall, \$25,143; Cromwell, \$23,000; Thomson, \$15,000.

Pawlenty also proposes that the state cut 84,000 adults from state-subsidized health care programs.

A sign of spring: Gitagaan classes and tilling at FDL

Want to take a bite out of that grocery bill while at the same time, learn more about Ojibwe culture and history?

The Fond du Lac Reservation Gitagaan garden project starts on March 24, 2009, with its first class focusing on soil preparation, composting, dipel and heirloom seeds. A potluck meal will be served at 5:30 p.m. followed by the 6 p.m. class that ends at 8 p.m. Participants are invited to bring a dish to share. The meals are offered every other week.

The ten classes are held each Tuesday afternoon at the Tribal Center meeting room, and there is no charge. Class dates will be March 24, March 31, April 7, April 14, April 21, April 28, May 5, May 12, May 19, and May 26. A schedule of class topics will be available at the March 24 class.

For those who need to have their gardens tilled, contact the Resource Management Division at (218) 878-8001.

Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased Band Members contact the Fond du Lac

Legal Affairs Office at (218)878-2632 or toll-free at (800)365-1613 to assist the Band in distributing the trust money to the appropriate heirs.

Begay, Raymond Sr.; Brigan, Calvin; Christensen, Terry; Crowe, Gary; Defoe, Charles; Gangstad, Harold; Glasgow, Edith; Greensky, Faye; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary; Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Laduke, Sylvester; Lafave, John; Lemieux, Elvina; Lussier, Pamela; Olson, Daniel G. Sr.; Sharlow, Gerald D.; Smith, Carl; Stanford, Cathy; Trotterchaude, Rex; Wright, Frances

Science student stars move to next level of competition

Nine students from the Fond du Lac Ojibwe School were selected to present their research and findings at the National American Indian Science and Engineering Fair to be held March 26-28, 2009 in St. Paul.

The fair gives an opportunity for American Indian students to participate in a science-based learning environment and create science projects that can be shared with peers, teachers, and educators.

NAISEF provides a forum for students to have their research recognized and critiqued in the disciplines of science, mathematics, engineering, technology, and cultural preservation. Participants have opportunities to win scholarships, cash awards, and traditional prizes. NAISEF Grand Award winners will advance to compete at the Intel International Science and Engineering Fair in Reno, Nevada on May 10-15, 2009.

Students chosen this year to attend are: Brittany Bird, (personality study); Vanessa Fox, (can young children differentiate between candy and medicine);

Aliza Gingras, (can bacteria become resistant to medicine); Nick Martin, (the measurement of velocity by varying the amount of combustible in a potato launcher); Tyler Murto, (effects of caffeine on fruit flies); Brandon Quagon, (projectile distance with use of a catapult); Daimon Reynolds, (experiment with catapults); Jamis Ritchie, (how RPMs change in an electromagnet due to battery size); and Valerie Ross (flammability differences of tanned and chemically tanned leather).

Premiere of "Walking into the Unknown" to be held March 23

"Walking into the Unknown," a documentary tracing the journey of a middle-aged Indian man through the health care system, will premiere on March 23 at 7 p.m. at the University of Minnesota-Duluth's Marshall Performing Arts Center.

The 65-minute documentary features Dr. Arne Vainio, a physician with FDL Human Services, and is based on a critical turning point in Vainio's life.

The film was created to further educate American Indian males on health care services and to reduce resistance to necessary health screenings.

Special attention is focused on five main topics including diabetes, heart disease, stroke, suicide, and alcoholism.

The documentary was funded by the Fond du Lac Reservation with partial support from a grant from Indian Health Services. The premiere is sponsored by FDL, the UMD's American Indian Learning Resource Center, American Indians in Science and Engineering Society, the Anishinaabe Student Organization and the Center for American Indian and Minority Health at the University of Minne-

sota-Duluth's medical school.

The premiere is free and open to the public. For more information, see www.walkingintotheunknown.com

Equal pay bill first priority of new President

The first bill signed by President Barack Obama's will allow employees more time to file their pay discrimination lawsuits in court.

The bill reverses a 2007 Supreme Court decision that denied a woman the opportunity to seek equal pay with her male workers.

The woman, Lilly Ledbetter, learned of a large salary discrepancy between her and her male co-workers at the end of her 19-year career at an Alabama tire plant. The Supreme Court ruled that she missed her opportunity to bring the action, and that employees had to file discrimination claims within 180 days of a company's initial decision to pay a worker less than a co-worker who did the same job.

Obama said that equal pay is not just a women's issue, it is a family issue. He added that the last thing struggling families need in this economic climate is to lose a part of each month's paycheck due to simple and plain discrimination.

The story was reported in the Star Tribune.

Tribal Court phone no.

The FDL Tribal Court now has its own phone number. For information on tribal court hearings or procedures, call Dorothy Leifeste at (218) 878-7307. Information will be given on court proceedings, only.

Health news

Health officials urge parents to vaccinate

Five cases of the infectious children's bacterial disease known as HIB, or Haemophilus influenza type B, were reported in Minnesota in 2008, the most since a vaccine was introduced in the early 1990s. One of the children died, becoming the first HIB fatality in Minnesota since 1991, according to a story in the Minneapolis Tribune.

State epidemiologist, Ruth Lynfield, is urging parents to have their children vaccinated.

Endometrial cancer

The good news on the war against cancer is that while endometrial cancer, also known as uterine cancer, is the most common form of cancer in women, it is also the most treatable cancer if caught early. Symptoms of the disease include vaginal bleeding between periods or after menopause, pelvic pain, pain during intercourse, and unintended weight loss, according to the Mayo Clinic's website.

Scientists believe that estrogen levels play a part in the development of this disease. Some of the factors that increase estrogen levels are these:

- Early menstruation and/or late menopause
- Never having been pregnant
- Irregular ovulation
- Obesity
- High fat diet
- Diabetes
- Estrogen replacement therapy
- Ovarian tumors
- Being over the age of 55
- History of breast or ovarian

cancer

- Tamoxifen treatment
- Ethnic background. Caucasian women are more likely to contract the disease and African American women are more likely to die from it.

A diagnosis is conducted through an ultrasound, biopsy, dilation and curettage, and pap test.

How to prevent the disease

- Take oral contraceptives
- Maintain a healthy weight
- Exercise

Source: www.mayoclinic.com

Cutting healthcare costs

The January 2009 issue of Consumers Reports on Health has these tips on ways to save money on medical expenses.

- Tell your doctor that cost matters to prevent the ordering of unnecessary tests.
- Find a pharmacy that offers the best price for your pharmaceuticals.
- Utilize free screenings.
- Negotiate with your health-care provider.
- Check your bill for errors.

How to spice up (and save) your life

Recent research has discovered disease-fighting phytonutrients in a number of spices. Below is a list of ways provided by Consumer Reports to not only add flavor without fat, sugar, or salt, but to prolong life.

- Sage improves cognitive performance by boosting the levels of acetylcholine in the brain.
- Cinnamon has been found to

control blood sugar, cholesterol, and triglyceride levels, and boost insulin sensitivity to aid in combating diabetes.

- Chili pepper appears to boost a person's metabolism in several studies, thus helping with weight loss.
- Turmeric's possible benefits are protection against Alzheimer's disease. Research is currently being conducted on the use of four teaspoons daily of turmeric to prevent colon cancer.

Treating Alzheimer's

Two drugs used separately against Alzheimer's have been found to combat the disease when used together. Lifestyle changes have also been found to prevent cognitive decline.

The new study, published in the journal Alzheimer Disease and Associated Disorders, found that over the course of three years, the combination therapy cut the rate of decline in half compared to taking only one of the drugs. The longer the drugs were taken, the more dramatic the results.

The cost per drug is \$1,700 to \$2,600 annually. Side effects can include diarrhea, constipation, and headache.

In additional research, Dimebon, an antihistamine used in Russia, has been found to prevent the death of nerve cells, improving cognition function, and behavior. The most common side effects are dry mouth and depression.

Prevention of Alzheimer's includes adopting a heart-healthy lifestyle, remaining fit,

engaging in socially and intellectually stimulating activities, staying connected with family and friends, using ginkgo biloba supplements and Vitamin B12, and eating fish, fruits, and vegetables.

Recommendations for talking to people with Alzheimer's includes reducing distractions, using touch and eye contact to maintain their focus, speaking slowly and directly, asking one question at a time, repeating your message is necessary, offering comfort and support, acknowledging their feelings and distracting them, discussing the past, and humor.

Breast cancer support groups beneficial

A study published in Consumer Reports of 227 patients enrolled in a randomized trial found that after 11 years of follow-up, cancer recurred in 25 percent of the women who attended support groups compared with 29 percent who did not.

Laugh man standing

Research reported in Consumer Reports has found that laughter is the best medicine. Some of the benefits are increased blood flow, lowered blood sugar, improved immunity to disease, increased metabolism, and lessening of pain.

Buyer beware

The Feb. 2009 issue of Consumer Reports on Health has recommended the following cautions when in the grocery

store.

- "Natural" can include high-fructose corn syrup, a highly processed form of sugar.
- "Whole grain" bread only needs to include one gram of fiber per slice.
- "Free range" eggs only requires that the hens get five minutes of fresh air daily.
- "Zero trans fat" can include 0.5 grams of transfat.

Steps to kicking the tobacco habit

Quit smoking today and start with a call to the Wiidoo-kawishin Quitplan Center at Fond du Lac at (218)878-3707. Band Members in Duluth can call the Center for American Indian Resources at (218)279-4064. Those in the Twin Cities area are invited to call the Mashkiki Waakaigan Pharmacy in Minneapolis at (612)871-1989.

Persons not eligible for smoking cessation sessions and nicotine replacement therapies at Min no aya win or CAIR can access Quitplan Services at St. Mary's Quitplan Center in Duluth at (218)786-2677.

Free professional telephone counseling is available toll free at (888)354-PLAN and at www.quitplan.com, offering free membership, helpful quitting tools and a chance to connect online with others trying to kick the habit.

Community News

These community pages are yours, the employees and members of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths.

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

Please submit materials during the first two weeks of the month. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com

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

Wedding anniversary

A belated Happy 25th Wedding Anniversary to **David and Patti Goward (Murray)** on January 31, 2009.

With love and kisses from your kids and grandkids

Birthdays

Birthdays for Center for American Indian Resource staff

members in Duluth are: **Patrick Boyle**, March 2; **Tiffany Elton**, March 4; **Mike (Rudolph) Peterson**, March 9; **Emily Sisco**, March 10; **Mike Jenkins**, March 15; **Mary Gronseth**, March 27; **Renee Gibbs**, March 30. Happy Birthday to all!

Happy Birthday on March 16 to **Bonnie DeFoe**.

Love from your daughter, Maria

Happy Birthday to **Jesse Kennebeck** on March 8, who will be 24.

Your friend, Julie

Happy 19th Birthday on March 11 to **Samantha Mountain**.

Love, Mom



Happy belated birthday to **Brenden Gin-gras/Greenleaf**, who turned 17 on Feb. 13.

Love from Manz

Happy Birthday **Melissa LaFave** on March 2!

Love, Mom

Happy belated 18th birthday to **Cherokee Smith**, whose special day was Feb. 14. Love you very much my little valentine!

Gram

Happy belated birthday to **Cherokee** from Mom and Dad, Stephen, Toby, Raymond III and Shelly Rae.



Happy 1st Birthday **Charles Badmoccasin, Jr.!** You make us all so happy and we love you very much!



With love from Dad, Mom, your brother, Nick, and your sisters, Chey & Kris



JD and birthday girl Mik

Happy Birthday to **Michelle "Mik" DeMenge** on March 11!

Love from Jamie "JD" Manie-kee



Happy Birthday (belated) to **Madilynn Martin**, who was two years old on Feb. 19.

Love from Mom and Dad

Happy Birthday to **Maci Martin**, who turned four years old on Feb. 17.

Love from Mom and Dad



A belated happy second birthday to **Kingslee Zacher** on Feb. 9, 2009. We love you "Honey-

Bear."

Love, Mom, Dad and Breea

Happy Birthday to my mother **Diana Reynolds**, and to my little brother, **Jaimie**, who turns 27 on March 23. Also, Happy Birthday to my beautiful niece **Jezlyn Marie Abramowski**, who turns five on March 27.

With love to all from Janelle Barney

Happy Birthday from Mom to **Jezlyn Marie**. She will be 5!

Happy Birthday to **Carol Jaakola** and **Champ Zacher** on March 3. Champ will be five years old. Happy Belated Leap Year Birthday to Dean Jaakola on Feb. 29.

Happy Birthday on March 5 to Lori (Benton) Jaakola. Happy Birthday to Kelsea Jaakola on March 30. Kelsea will be 11.

Love to all from your daughter, sister, auntie, Gramma Lorri, uncle, bro'-n-Law, son-n-Law, and Grampa Chris

Happy 13th birthday on March 22, **Alexis Kettlehut**

Love you, Dad, Mom, Clay, and Trey

Happy First Birthday to Baby **Jerron Jones** on March 11. Love you.

Your Auntie Koko

Happy 23rd Birthday to **Ashley Jaakola** on March 22! We love you, Ash.

Mom and Dad



A belated Happy Birthday (Feb. 18) to my sister and best friend **Dawn Ammesmaki**.

Love you much.

Your sister Koko

Happy birthday, **Dawn!** Have a great day!

Rill

Happy Birthday to **Cody Bauer** who turned 14 on Feb. 7, 2009!

Love, Mom, Mike, Andy, Joey, Prairie and Grandpa

Happy Birthday on March 12 to my favorite sister, **Barbara Tidaback!**

With love from your number one sister, Kathy

Happy Birthday **Barbara!** Hope you have a great day!

Love from Nicole Ammesmaki

Happy Birthday **Eric Rilling** on March 11.

Love, Mom

Births

Welcome to **Maya May Elizabeth McMillen**, who was born on July 29, 2008 at St. Luke's

Hospital, Duluth. Her proud parents are John McMillen, Jr. and Victoria Thomas. Her grandparents are John Henry McMillen and Skeeter McMillen, and Cookie Briggs.



A new graduate

Congratulations to **Samantha Greensky** who was graduated from St. Mary's University of the Twin Cities Campus in Au-

Community News

August 2008. Samantha received a Master of Science degree in Nurse Anesthesia.

She is now working as a Certified Registered Nurse Anesthetist in Duluth.

She received a B.A. in nursing from the College of St. Scholastica in 1999, and is a 1994 graduate of Carlton High School.

Her parents are William (Sam) Greensky (FDL Band Member), Jennifer Warner, and Darryl (Dean) Martineau, all of the Cloquet area. Samantha is the granddaughter of the late Isaac (Ike) Greensky and Florence Greensky.

FDL Tribal Veterans office information

If you need to reach the Fond du Lac Tribal Veterans Office, please call Clarence "Chuck" Smith at (218)878-2670 or (218)591-3113. The Veterans Office is located in the Tribal Center, at 1720 Big Lake Road, Cloquet, Minn. 55720. Please feel free to call with any questions or concerns.

Thank you

Thanks to the RBC members and to our friends and relatives who helped us with Vernon's funeral. Also, we are very grateful to those who helped with the luncheon at the ENP meeting rooms.

We will always remember your kindnesses at this difficult time.

The family of Vernon ("Butch") B. Olson, Jr. and Joanne Olson and family

Congratulations

We are so proud of **Cody**

Bauer, who took second place at the Minnesota Regional Science Fair held at the University of Minnesota



- Duluth on Feb. 7, 2009. He is in the seventh grade at Cloquet Middle School. Way to go Cody!

Love, Mom, Mike, Andy, Joey, Prairie and Grandpa



Home for sale

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$270,000. Call (218) 878-5617 for more info.

Memorials

In memory of **Dell Johanson**, who passed away on Feb. 21, 2008: One year has passed and you are thought about each and every day. Thanks for always being a great boss and a wonderful friend! I miss you always and forever.

*Your staff member and friend,
Nicole Ammesmaki*

In loving memory of our son, **Randall Barney Jr.** We miss you like crazy. Your little girl is growing up so fast. We wish you were here and think of you every day.

With love from your family and from your daughter Raeann

In loving memory of **Carl "Bucky" Olson** who would have been 70 on March 17.

With love from his family

In loving memory of **Elizabeth "Betty" Vogan** - Sister, you have already been gone for a year as of Feb. 18. Not a day goes by when you are not thought about and deeply missed. We love you very much.

Nancy, Bruce, Gail, Chico, Bonita, Dennis, and your nieces and nephews.

In memory of our beloved sister, **Nada K. Joseph**, 1958 - 1999 (Makwa ode Ikwe -- Bear Heart Woman). You will always live in our hearts.

If tears could build a stairway,
And memories were a lane,
We would walk right up to Heaven

To bring you home again.

No farewell words were spoken,

No time to say goodbye.

You were gone before we knew it,

And only God knows why.
Our hearts still ache in sadness

And secret tears will flow,
What it meant to lose you ten years ago
One will never know.
Forever and always in our hearts from your family, Paige, Jackie, Don, Robert, Shirl, Juan and Esther

To our beloved sister **Nada K. Joseph**, who passed into the Spirit World on Jan. 28, 1999

Letting go is never easy, nor is it often kind.

Thoughts of what used to be keep running through our minds.

Tall pines that you loved so dearly, snowflakes, Snow angels, the colder the better.

The campfires burning fiercely, and the winter birds arriving early.

Your canine companion at your side, family and friends from far and wide

All stood up to fight this demon, but its darkness took your life.

As promised we will continue your fight. Pink ribbons, three-day walks, relays. Someday, somehow, they'll find a cure.

Blessings little sister. Know that HOPE remains eternal.

*Always and forever in our hearts,
Bon and Juan*

Obituaries

Michael Shawn Perales, 42, of Palm Springs, Calif., passed away at Desert Regional Medical Center on Jan. 24, 2009.

Michael was born on May 2, 1966 at Selfridge Air Force Base, Mt. Clemens, Mich. He was the son of Benjamin Perales, San Antonio, Tex. and Anna (Whitebird) Perales, Columbus, Oh.



Michael was preceded in death by his grandparents, Simon Whitebird and Kathryn (Godfrey) Lucas, and Francisco and Angelita Perales.

He is survived by siblings, SHERALYN (Perales) Brown (Mike), Benjamin Perales Jr., Columbus, Oh., Cynthia (Perales) Moore (James), Veronica (Perales) Martinez; several nieces and nephews; aunt, Shirley Godfrey, Duluth, Minn.; many aunts and uncles, and cousins.

Interment will be at the old Ojibwe cemetery at the Fond du Lac Reservation at a later date.

Open meeting to be held at 6 p.m. on March 19, 2009 at the American Indian Opportunities Center, 1845 E. Franklin Ave., Minneapolis.



Community News

Making moccasins

For Ojibwe people, beadwork is sacred.

“The bead is a tool for artistic expression,” said FDL Band Member Wendy Savage to a group of ten FDL Elders. The group gathered to begin making as many as 150 baby moccasins on Feb. 11 in the Tribal Center meeting rooms. The moccasins are for the Community Head Start Baby Shower to be held on June 25, 2009 in the Head Start Gym.

Savage described herself as suffering from “bead addiction” with more than \$3,000 of beads in her possession.

Bead making, said Savage, is an art form dating back more than 10,000 years. Beads were originally made of coral, shells, clay, stone, fruit pits, tree sap,

seeds, root stems, bone, horns, talons, beaks and teeth. With the arrival of Europeans to this continent, beads made with indigenous materials were replaced with those made of gold, silver, copper, glass, metal and pearls and became a main trade item in the fur trade.

Czechoslovakian and Italian beads were the most desirable, Savage said. The people of Venice, Italy, and a city in Czechoslovakia did nothing during the fur trade era but make beads.

Savage also said that the Ojibwe people were known for their floral and geometric designs inspired by the plant life surrounding them.

It takes about three days uninterrupted to make one pair of moccasins, she said.



From left to right, Audrey Smith and Valerie Ross at a baby moccasin making class in February at the Tribal Center



Ed Jaakola caught this pike somewhere on the Fond du Lac Reservation in January. In fine fisherman form, he will not divulge the fish's weight nor the lake in which it was caught. "I'd rather have people guess," he said. "That's the way fisherman are."

Frequent phone call list (218) Area Code

Tribal Center Switchboard	879-4593
	1-800-365-1613
Black Bear Casino	878-2327
	1-888-771-0777
Black Bear Hotel	878-7400
	1-800-553-0022
Brookston Community Center	878-8033
CAIR	726-1370
FDL Propane	879-4869
FDLTCC	879-0800
Food Distribution	878-7505
Head Start	878-8100
Housing	878-8050
Human Resources	878-2653
Law Enforcement	878-8040
Mash-Ka-Wisen	879-6731
Minnesota Chippewa Tribe	1-218-335-8581 (admin.)
	1-888-903-8582 (loans)
Min-No-Aya-Win Clinic	879-1227
	1-888-888-6007
Natural Resources	878-8001
Ojibwe School	878-7559
Planning Department	878-2642
Sawyer Community Center	878-8185
Cloquet Community Center	878-7510

Onaabani Giizi – Crust on the Snow Moon

March 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Premier Theater 9:15 am (BCC) Drop in games 10 am (CCC) Adult weight room 10 am (CCC) Adult TV 1 pm (CCC) World of Wheels 1 pm (SCC) Family volleyball 3 pm (CCC) Kids weight room 4 pm (CCC)</p> <p style="text-align: right;">1</p>	<p>Adult sewing 10 am (CCC) Team basketball 3 pm (CCC) Baton class 3 pm (CCC) Tutoring 3 pm (OJS) GED 4 pm (CCC) Tutoring, Book-it & Crafts 4 pm (SCC) Drop in games 5 pm (CCC)</p> <p style="text-align: right;">2</p>	<p>GED 12:30 pm (BCC) Drop in games 5 pm (CCC) Family sewing 5 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">3</p>	<p>Elder Concern Mtr 10 am (CCC) Baton class 3 pm (CCC) Anishinaabeg Circle 4:30 pm (CCC) Caregivers support group 4:30 pm (CCC) Cancer Support group 5 pm (CCC) Anishinaabeg language 5 pm (CCC) Prev. Interv. 5 pm (SCC) Women's night 6 pm (CCC)</p> <p style="text-align: right;">4</p>	<p>Weight Watchers 12 pm & 4:45 pm (CCC) Rock band & Wii 12 pm (CCC) GED 12:30 pm (BCC) Cancer Talking circle 4:30 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">5</p>	<p>Rock band & Wii 12 pm (CCC) Reading circle 3:30 pm (CCC) Tutoring, Book-it & Crafts 4 pm (SCC) Women's Night 5 pm (BCC) Intro to drum & singing 6 pm (CCC)</p> <p style="text-align: right;">6</p>	<p>Drop in games 10 am (CCC) Wii games 3 pm (CCC) Open Gym game day (SCC)</p> <p style="text-align: right;">7</p>
<p>DAYLIGHT SAVINGS TIME STARTS Drop in games 10 am (CCC) Adult TV 1 pm (CCC) Family volleyball 3 pm (CCC) Weight room 4 pm (CCC)</p> <p style="text-align: right;">8</p>	<p>Housing Board mtg 1:30 pm Housing bldg Team basketball 3 pm (CCC) Baton class 3 pm (CCC) GED 4 pm (CCC) Tutoring, Book-it & Crafts 4 pm (SCC) Adult cribbage 5 pm (CCC)</p> <p style="text-align: right;">9</p>	<p>Elder Foot Clinic 9:30 am (MNAW) GED 12:30 pm (BCC) Drop in games 5 pm (CCC) Family sewing 5 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">10</p>	<p>Baton class 3 pm (CCC) Anishinaabeg Circle 4:30 pm (CCC) Relay for Life 5 pm (CCC) I Can Cope 5 pm (CCC) Cancer support 5 pm (CCC) Anishinaabeg language 5 pm (CCC) Prevention Intervention 5 pm (SCC) 52 + Elder group 5 pm (CCC)</p> <p style="text-align: right;">11</p>	<p>Weight Watchers 12 pm & 4:45 pm (CCC) Rock band & Wii 12 pm (CCC) GED 12:30 pm (BCC) Cancer Talking circle 4:30 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">12</p>	<p>First Nations Boys & Girls Tourn 10 am (OJS) Rock band & Wii 12 pm (CCC) Reading circle 3:30 pm (CCC) Tutoring, Book-it & Crafts 4 pm (SCC) Men's night 5 pm (BCC) Intro to drum & singing 6 pm (CCC)</p> <p style="text-align: right;">13</p>	<p>Kids Choice playoff day (SCC) First Nations Boys & Girls Tourn 10 am (OJS) Drop in games 10 am (CCC) Wii games 3 pm (CCC) Community birthday 3 pm (BCC)</p> <p style="text-align: right;">14</p>
<p>Drop in games 10 am (CCC) Adult TV 1 pm (CCC) Family volleyball 3 pm (CCC) Weight room 4 pm (CCC) Family Night 4 pm (SCC)</p> <p style="text-align: right;">15</p>	<p>Team basketball 3 pm (CCC) Baton class 3 pm (CCC) Tutoring 3 pm (OJS) GED 4 pm (CCC) Tutoring, Book-it & Crafts 4 pm (SCC)</p> <p style="text-align: right;">16</p>	<p>GED 12:30 pm (BCC) Drop in games 5 pm (CCC) Family sewing 5 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">17</p>	<p>Elder Concern Mtr 10 am (CCC) Baton class 3 pm (CCC) Anishinaabeg Circle 4:30 pm (CCC) Caregivers support 4:30 pm (CCC) Cancer support 5 pm (CCC) Anishinaabeg language 5 pm (CCC) Women's night 6 pm (CCC) Prev. Interv. 5 pm (SCC)</p> <p style="text-align: right;">18</p>	<p>Weight Watchers 12 pm & 4:45 pm (CCC) Rock band & Wii 12 pm (CCC) GED 12:30 pm (BCC) Cancer Talking circle 4:30 pm (CCC) Junior Golf 7 pm (SCC) Open meeting to be held at 6 p.m. at the American Indian Opportunities Center, 1845 E. Franklin Ave., Minneapolis.</p> <p style="text-align: right;">19</p>	<p>SPRING BEGINS Rock band & Wii 12 pm (CCC) Reading circle 3:30 pm (CCC) Women's Night 5 pm (BCC) Intro to drum & singing 6 pm (CCC)</p> <p style="text-align: right;">20</p>	<p>Drop in games 10 am (CCC) 3 on 3 Basketball Tourn 10 am (CCC) Incline Station Bowling 1 pm (SCC)</p> <p style="text-align: right;">21</p>
<p>Drop in games 10 am (CCC) Adult weight room 10 am (CCC) Movies 10 am (SCC) Adult TV 1 pm (CCC) Video games 2 pm (SCC) Family volleyball 3 pm (CCC) Kids weight room 4 pm (CCC)</p> <p style="text-align: right;">22</p>	<p>Adult intro to computers 11 am (CCC) Team basketball 3 pm (CCC) Baton class 3 pm (CCC) Tutoring 3 pm (OJS) GED 4 pm (CCC) Drop in games 5 pm (CCC) Walking into the Unknown 7 pm (UMD)</p> <p style="text-align: right;">23</p>	<p>GED 12:30 pm (BCC) Drop in games 5 pm (CCC) Family sewing 5 pm (CCC) Gitagaan gardening 6 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">24</p>	<p>Elder Concern Mtr 10 am (CCC) Baton class 3 pm (CCC) Anishinaabeg Circle 4:30 pm (CCC) Caregivers Support group 5 pm (CCC) Cancer support 5 pm (CCC) Anishinaabeg language 5 pm (CCC) Prev. Interv. 5 pm (SCC) Sobriety Feast 7 pm (BBCR)</p> <p style="text-align: right;">25</p>	<p>Weight Watchers 12 pm & 4:45 pm (CCC) Rock band & Wii 12 pm (CCC) GED 12:30 pm (BCC) On the Move Collection 3:30 pm (SCC) Cancer Talking circle 4:30 pm (CCC) Junior Golf 7 pm (SCC)</p> <p style="text-align: right;">26</p>	<p>Wisdom Steps Youth team breakfast 7:30 am (CCC) Rock band & Wii 12 pm (CCC) Reading circle 3:30 pm (CCC) Men's night 5 pm (BCC) Intro to drum & singing 6 pm (CCC) Youth mtg 6 pm (SCC)</p> <p style="text-align: right;">27</p>	<p>Kick/Basket/Dodgeball game day (SCC) Drop in games 10 am (CCC) Wii games 3 pm (CCC)</p> <p style="text-align: right;">28</p>
<p>Staffs Choice playoff day (SCC) Drop in games 10 am (CCC) Adult weight room 10 am (CCC) Adult TV 1 pm (CCC) Family volleyball 3 pm (CCC) Kids weight room 4 pm (CCC) Tracy Lawrence & Tracy Bird 5 pm (BBCR)</p> <p style="text-align: right;">29</p>	<p>Adult sewing 10 am (CCC) Family Pool Cribbage Tourn 12 pm (CCC) Team basketball 3 pm (CCC) Baton class 3 pm (CCC) Tutoring 3 pm (OJS) GED 4 pm (CCC) Tutoring, Book-it & Crafts 4 pm (SCC) Drop in games 5 pm (CCC)</p> <p style="text-align: right;">30</p>	<p>GED 12:30 pm (BCC) Drop in games 5 pm (CCC) Family sewing 5 pm (CCC) Gitagaan gardening 6 pm (CCC) Junior Golf 7 pm (SCC) End of Biggest Loser Contest</p> <p style="text-align: right;">31</p>				