

# *Nah gah chi wa nong* (Far end of the Great Lake – Fond du Lac Reservation) *Di bah ji mowin nan* (Narrating of Story)



*Twenty-three students affiliated with the Fond du Lac Reservation or the Cloquet Indian Education Program attended the March National American Indian Science & Engineering Fair in St. Paul. Here leaving the Science Museum of Minnesota are (left to right): Jamis Richie, Grade 9; Tara Dupuis, chaperone; Tyler Murto, Grade 11; Nick Martin, Grade 10; Brandon Quagon, Grade 8; Aliza Gingras, Grade 11; and Vanessa Fox, Grade 11.*

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# FDL to host annual State Indian Mental Health Conference in June

Each year one of the 11 American Indian communities in Minnesota hosts the Minnesota Indian Mental Health Advisory Council Conference.

It's Fond du Lac's turn June 16 - 18, 2009 at the Black Bear Casino Resort. The conference title is "Reclaiming Our Past To Preserve Our Future." Typically, about 200 people attend these conferences.

The conference's purpose is to educate attendees about mental illness and how to successfully develop a healthier community. The conference attracts area providers in social services, behavioral health and chemical dependency. Also, foster parents often attend, as well as interested community members.

Topics include grief intervention for Native children, self-care for providers, and Healthy Sexual Health for Children.

The FDL outpatient chemical dependency treatment program will be featured.

Terry Cross, the National Indian Child Welfare Association executive director, will talk about the continuing need for the Indian Child Welfare Act in 2009.

Other conference subjects include integrating Ojibwe values into today's lifestyles, and making the transition to a healthy adulthood. A panel of elders will address ways to raise healthy children.

The Oshkii Gizhik Singers, a women's drum group, will perform.

Conference participants are also invited to attend a concert by singer Helen Roy who will perform at the Black Bear Otter Creek Events Center at 7:30 p.m. on June 17. Roy incorporates Anishinaabe words into her music. She and guitarist David Fuhst translated a wide variety of songs including those of Rod Stewart, the Beatles and Patsy Cline. The cost of the concert is included in the registration fee.

Registration is \$50 for the two-day conference. A lunch, feast and other refreshments will be included in the registration fee. Participants are encouraged to register in advance, but they could also register at the door.

To register, call the FDL Social Service Division (218) 878-2145 or Fran White, (218) 878-3769.



Spring 2009 prescribed fire on Deadfish Lake dam

## Firefighters complete prescribed fire season in 2009; 195 acres burned

Fond du Lac Reservation forestry firefighters conducted several prescribed fires in April. The crew successfully burned six units for a total of 195 acres.

When conditions are right in the spring, summer, or fall, prescribed burns are conducted to help reduce the amount of fuel that could lead to larger fires, if they should occur. Sometimes the burns

take place to reduce brush and open areas to different kinds of wildlife.

Often the burns are prescribed to renew habitat for plants (such as blueberries) and trees (such as white pine). The Fond du Lac Reservation, the Bureau of Indian Affairs and many other northern Minnesota reservations work together to help achieve these goals.

This year Paul Maday, BIA Agency Assistant, came to Fond du Lac to supervise and train our newest firefighters. Topics included how to assess weather using a fire belt weather kit, drip torch use and maintenance, and ignition patterns. Mille Lacs and Leech Lake fire fighters also were on hand to assist in our operation.

### Nah gah chi wa nong Di bah ji mowin nan

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

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Editor: Deborah Locke	

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

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

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

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

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Native American Journalists Association

# Latest step in effort to increase safety at Rez: RBC offers draft ordinance strengthening housing policy criminal history investigations

By Deborah Locke

A draft ordinance that spells out the way eligibility for FDL housing including the process of criminal history investigations was introduced at the Open Meeting held in Sawyer on April 16.

Band Members were asked to comment on the draft, which will be reviewed again at the May 21, 2009 Open Meeting to be held at the Cloquet Tribal Center, 1720 Big Lake Rd. The meeting starts at 1:30 p.m.

Copies of the draft are available at all of the Community Centers.

The purpose of the ordinance is to establish standards of eligibility for housing services “which disqualify persons who have been convicted of crimes involving violence or drug distribution, or who otherwise threaten the peace of the Fond du Lac Community.”

The housing policy review is part of the larger issue of achieving consistent and fair ways to increase safety at the Reservation.

Reservation-wide discussions on reducing violence started last year when tribal officials asked Band Members for guidance in policy changes. That request came on the heels of a drive-by shooting on Whispering Pine Drive. Band Members wanted the matter dealt with swiftly, and the RBC determined that the home should be vacated, pursuant to current housing policy.

At the April 2009 Open Meeting, FDL Chairwoman Karen Diver said again that the review would allow the Reservation to take a firmer stand against violence. Some housing and employment checks are now in place.

RBC members are often asked to take action when violence occurs, Diver said, adding that Band Members need to be willing to support those actions. The draft ordinance (that deals with felonies only) may be too strong at this point, or it may not be strong enough, Diver said.

If passed, the ordinance would apply to applications

for housing services including homes funded through the federal Dept. of Housing and Urban Development, home improvement programs, supportive housing, the lease or purchase of a home through the FDL Development Corporation, and eligibility for residential property leases from the Band.

## Criminal investigations

Criminal history investigations would include these steps: Applicants and each member of his or her household would fill out a “Consent to Criminal History Investigation Form” which would be submitted to the FDL Police Dept.

The Police Dept. would conduct a criminal history investigation of the applicant and household members and give results to the housing Program Manager. Investigations would encompass every local law enforcement agency within the geographical region where the applicant resided within the past 10 years.

If the applicant or household member has a criminal his-

tory that prohibits eligibility for housing assistance due to a conviction of domestic violence, child abuse, sexual assault, or crimes against persons including assault, murder, manslaughter, robbery, kidnapping or false imprisonment, the Program Manager will send a letter to the applicant that spells out the reason for denial. The applicant then has the opportunity to appeal the finding.

The FDL Housing Committee may deny an applicant based on a criminal record, reputation, habits or associations that present a threat to the health, safety or peace of the community.

## Rehabilitation

Anyone denied housing services can file a petition for recognition of suitability for housing services if 10 years have passed since their felony conviction. The Housing Committee will evaluate the past conduct with an eye to:

The nature and seriousness of the conduct;  
How recent the conduct occurred and other circumstances

surrounding it;  
The individual’s age at the time of the conduct;  
Societal conditions that contributed to the conduct;  
The probability of continued conduct of this type; and  
The individual’s commitment to rehabilitation and a change in behavior.

Each case would be evaluated on its own merits. All available information would be considered.

## Decision would be final

The Housing Committee decision would be final and unappealable. If the petition is accepted, the individual’s criminal history will no longer be an impediment for housing eligibility. However, it will not guarantee housing services or boost the person’s application to a higher priority.

Those whose petitions were denied can submit another petition one year after the denial.

# What to do with dangling pike Guidelines for the 2009 net/spear season

By Brian Borkholder  
FDL Fisheries Biologist

As a new provision for 2009, FDL Band Members will be allowed to spear at two landings, and will be allowed to set nets at any of the public landings north of the Mille Lacs exclusive zone.

FDL Resource Management Division (FDLRMD) will provide conservation enforcement and creeling services to FDL Band Members for spearing and netting at one primary landing. (Creeling is the weighing and measuring of harvested fish.)

In addition, the Division will provide just creel spearing activities at a second landing.

The Great Lakes Indian Fish

Wildlife Commission will creel FDL nets at all landings except for FDL’s primary landing.

As in previous years, FDL Band Members will be allowed to set multiple nets, up to four per person, depending upon ice conditions and the remaining allocation. Further, FDL Enforcement will have a boat available to assist elders with setting up to two nets per elder, on a first come, first served basis.

Elders will be responsible for setting and pulling their own nets, and this service will only be available at FDL’s primary landing and not at any of the other landings.

The FDLRMD also would like to stress the importance

of releasing northern pike from gill nets, if the pike appear able to survive. This is extremely important this year. Fond du Lac has a 22,000-pound walleye allocation, but only an 800-pound northern pike quota. The regulations state that once

FDL harvests their quota for any species, netting is shut down for all species. So once FDL has harvested 800 pounds of north-



Preparation for the spear/net season at Mille Lacs Lake. Photo courtesy of FDL Natural Resource Division.

ern pike, we are done netting, even if we’ve only harvested 100 pounds of walleye out of our 22,000-pound quota.

Please keep that in mind when you are pulling your nets, and notice a few pike just dangling by their front teeth.

# Shooting potatoes, 10,000 bugs and what's that on Venus?

## The results are in: FDL science students excel at the national science fair

Story and pictures by  
Deborah Locke

St. Paul -- For those challenged by reading a map of Minnesota highways, think of the Cloquet geology student who is creating a map of the planet Venus.

For anyone aiming a can of Aqua Net hair spray at a head of hair, think of the student who uses the pressure from a can of spray to project objects into the air.

For those swatting at mosquitoes and black flies this summer season, think of the environmental student who collected and studied more than 10,000 bugs to learn the impact of a rain garden as a storm water management solution.

The above shows that the quality of science projects presented by Fond du Lac Reservation-affiliated students is limited only by their keen intellect and active imaginations. In other words, there is no limit to what they can do.

Twenty-three middle school and high school kids affiliated with the Reservation or with the

Cloquet Indian Education Program participated in the March 22nd National American Indian Science & Engineering Fair in St. Paul. Over 500 American Indian students from across the United States presented their scientific findings.

Seven students were from the Ojibwe School, three were from the AlBrook School District, and 13 were from the Cloquet School District.

Two students advanced to the prestigious Intel International Science and Engineering Fair in Reno, Nevada in May.

They were Courtney Jackson, a Cloquet sophomore who maps Venus and is the granddaughter of FDL Band Member Joan Lampi. Also headed for Reno is Logan Pallin -- a CHS Junior from Scanlon -- who has examined 10,596 insects so far to learn about the impact of a rain garden on road runoff. Logan is the great grandson of a Canadian Ojibwa, and is affiliated with the CHS Indian Education Program.

The Science Fair took place at St. Paul's downtown RiverCentre Convention Center. The kids, many dressed up in shirts and

ties, milled around the Center on March 27 immediately after the judging and before the early evening open house that was open to the public.

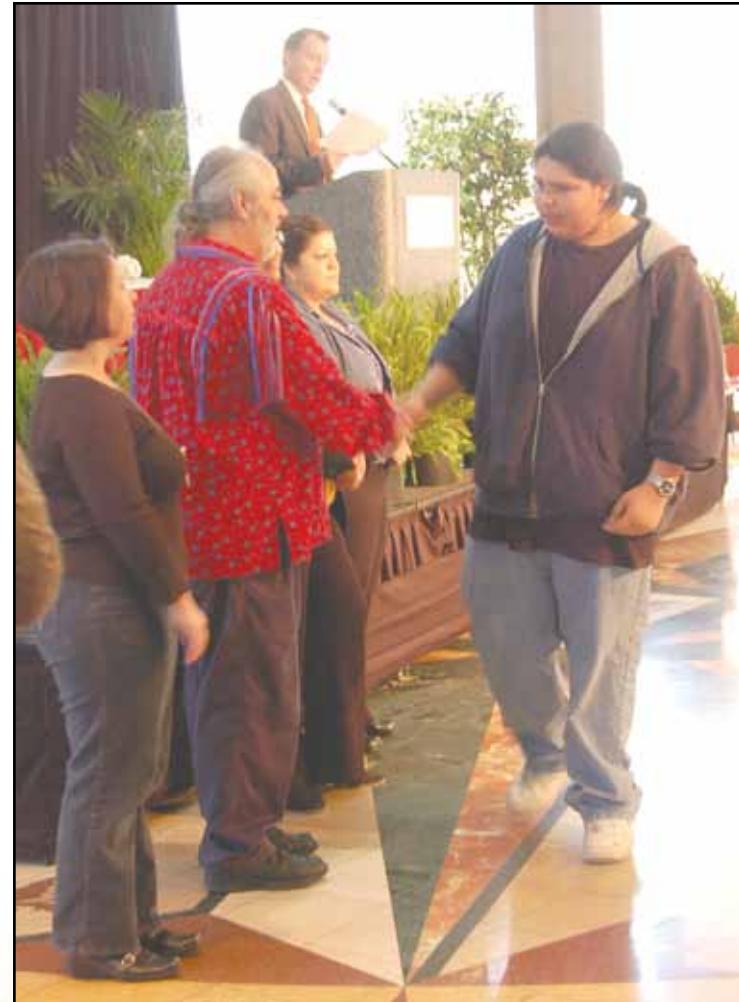
### Professional standards

The competition mirrors the standards held by professional research scientists, and the judging is rigorous. When the questions begin to fly from the professionals, good communication skills are as necessary as a solid scientific method. A couple of the Ojibwe School students new to competition were rattled following the judge's strenuous inquiry into their research.

What makes a winner?

"Putting in the time," said CHS science teacher Cynthia Welsch. "Judges reward hard work. Our kids stay after school, they seek outside expertise, work over the summer, work over breaks. And they win. They are excited and motivated about what they do."

For example, it's nothing for Logan Pallin to be found at midnight in the science labs at the Cloquet Middle School. A future environmental engineer, Logan has taken water and wildlife samples from



Brandon Quagon, an eighth grade student at the FDL Ojibwe School, accepts an award in the physics and astronomy category

A small portion of the audience at the Saturday morning award ceremony in St. Paul



## Competitors and their projects and awards

### AlBrook School District

#### 7th grade

**Chase Viche** “How long will it take to melt three different types of chocolate”

**Brian Miller** “Which substance makes water boil fastest? Brian took first place in the seventh grade math competition.

#### 10th grade

**Lexie Barcus’s** “Visual Search” tested an individual’s ability to locate objects in a picture. She received a first place award in the behavioral science category. In the math competition, Lexie came in second place for all 10th grade students.

### FDL Ojibwe School

#### 8th Grade

**Brandon Quagon** “Projectile distance with use of a catapult” 2nd place in physics and astronomy

#### 9th Grade

**Jamis Hietala** “How RPMs change in an electromagnet due to battery size” 1st place in electrical and mechanical engineering  
**Daimon Reynolds** “Catapults”

#### 10th Grade

**Nick Martin** “The measurement of velocity by varying the amount of combustible in a potato launcher” 3rd place physics and astronomy. Nick also won the \$150 Cargill Award and the U.S. Air Force award (bag, pen, certificate, MP3 player)

#### 11th grade

**Vanessa Fox** “Can young children differentiate between candy and medicine?” 1st place in the medicine and health category

**Aliza Gingras** “Can bacteria become resistant to medicine?” Won 2nd place in the microbiology competition

**Tyler Murto** “Effects of caffeine on fruit flies” Won 2nd place in biochemistry

### Cloquet School District

#### 7th grade

**Bradley Durfee** “Doggy Dinners” 1st place Animal science category

**James Loyzola** “Hissing Cockroaches Run the Maze” 2nd place Animal science category

**Drewrez Budreau** “The Poop on Milkweed and Frass Production” 3rd place Animal science category

#### 8th grade

**Cassie Roy** “Tasting the difference: Attitudes and behaviors regarding organic and locally grown foods” 3rd place Behavioral category

**Dana Houle-Mcfatridge** “Taste the difference: Well water monitoring on Fond du Lac Reservation” 2nd place Environment category

**Tanaya Smith & Courtney Thompson** “Talking Mold” 2nd place microbiology category

**Kelsey Diver & Shawna Peacock** “Mineral Evolution: Lake Superior’s North shore Basaltic Rock” Association for Women in Geoscientist Award

**Preston Jackson** “Stopping Power! The use of non-Newtonian fluids to stop a projectile and be used in a bullet proof vest--phase II” 1st place Team Physics category

**Randi Nikko** “Soapy Sediment: What effect do surfactants (car washing fluid) have on Lumbriculis variegatus’s reproduction and survival rate?” 1st place Biochemistry category, American Fisheries Aquatic Science Award and was selected as the best project in environmental science that communicates a strong understanding of the scientific method.

#### 10th grade

**Courtney Jackson** “Mapping Venus--The use of Magellan radar data to determine the overall geologic history of an area, how the area varies in space and time and if it formed by endogenic or exogenic processes--Phase II Earth and Space Science” 1st place category, Grand Award, American Meteorological Society, Taking the Pulse of the Planet Awards and the NASA Award as the top high school project related to space science.

#### 11th grade

**Logan Pallin** “The use of a rain garden to control road runoff in Scanlon Creek and an assessment of rain gardens as the best storm water management practice--Phase III” 1st place category, Grand Award, BNSF Railroad Award for a project that best incorporates green technology. Pallin also won the National Center for Earth Dynamics best water related project Award and USDA-ARS best environmental science award.



Rebecca Reynolds accompanied her son, Daimon, at the two-day Science Fair. Here they are during the Open House segment.

Scanlon Creek near his family’s home for three years. He collects blackflies, may flies, stone flies and more. He said that over time, the bugs demonstrate the amount of organic pollution in the water. Theoretically, the rain garden acts like a natural filter for road runoff which means that insects living in the rain garden should show signs of improved health.

That was Logan’s hypothesis. He proved that it was true. He also learned that upkeep of a rain garden is hard.

### Flying potatoes

While Logan worked with a microscope and slides at the Cloquet Middle School, his contemporary, Nick Martin, worked outdoors. Nick Martin shot potatoes into the air aided by an aerosol can. He wanted to know the maximum velocity of an aerosol-powered potato launcher. He didn’t think that the aerosol could work as a fuel, and cause the spark in the launcher that would create combustion.

Many flung potatoes later, Nick learned the maximum velocity of an aerosol powered potato launcher, a discovery also found interesting by the U.S. Air Force, which gave Nick an award for his work. The less aerosol he used, the further the potatoes traveled. At

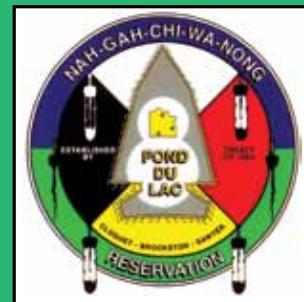
his poster board during the Open House, Nick spoke with authority and confidence, like so many of his classmates.

Courtney Jackson, 16, also spoke with authority. That’s a good quality, since six judges collectively descended on her poster board findings during the judging session. It’s stressful enough to answer questions from two judges, but six were “nerve wracking,” she said in the Convention Center during the Open House.

Several judges didn’t understand the meaning of Courtney’s measurements and conclusions.

To give an idea of the difficulty of her work, know that the computer program she uses is so complex that it takes 20 minutes to boot up, said her teacher, Cynthia Welsch. Courtney has examined multiple layers of photographs of Venus through a graphic design computer program. She may see what could be a hole on the planet surface, or maybe it’s a mountain. When the photograph is broken into layers, the image becomes clear.

What also became clear after the two days of judging and explanation and award winning was this. In March, a very talented group of kids stepped into a well-deserved spotlight.



# A few thoughts from RBC members

## From Chairwoman Karen Diver

Last month I spoke a little about how the stimulus package might affect the Reservation. We do know that we will have extra funds for roads, water and sewer projects and housing. Regarding roads, Belich Road construction will be the first road project of the summer. The grade will be made safer. There was an open meeting on March 30 at the Sawyer Center to inform the community about the reconstruction of Moorhead Road this summer. Construction is planned from June through October with work being done by Fond du Lac Construction.



Karen Diver

The Enbridge negotiations on the pipeline expansion within the Reservation has been completed. While the

terms of the agreement are required to remain confidential, the RBC is pleased with the outcome. It will help the Band weather tough economic times. At the time of writing this column, Enbridge had scheduled an April 23 job fair at the Casino to recruit Band Members for work on the project.

In response to the community meetings on violence, a draft of a new ordinance is being considered by the RBC that would require background checks for housing applicants, and which may put restrictions on applicants who have felonies involving violence in their backgrounds. Right now the ordinance is just a draft and we are seeking public comments. It was reviewed at the

April open meeting in Sawyer, and will be reviewed again at the May 21 open meeting in Cloquet at 1:30 p.m.

The issues around St. Louis County

not wanting to offer Fond du Lac tax forfeit land is still lurking around. Peg Sweeney, county commissioner representing the northern part of the Reservation, has given the Band an apology in writing for her remarks made during the County Board's workshop. She has pledged to increase her understanding of tribal issues. I have been invited to a County Board workshop in May to begin face-to-face dialogue with the County Board regarding land and other issues affecting the tribe and county.

The Ethics Committee is nearly finished with their work on a code of ethics for the Reservation Business Committee. When it is finished, we will print it in the paper so the community is informed.

*I hope you are enjoying spring.*

*Please feel free to call me or stop by if you have any questions or comments. karendiver@fdlrez.com, office (218) 878-2612, or cell (218) 590-4887.*

## From Ferdinand Martineau

To the Fond du Lac Band Members: It seems like just yesterday that I wrote my column for April, and now it is time to write for May. I do not know about you, but I am so glad that winter is over. This season always gives me renewed energy and enthusiasm. It makes me feel ready to face the challenges of the upcoming year.

As for the next few months, we will still be on a tight budget. I am confident, though, that we will be able to maintain current services with little or no affect on Band Members. As I am writing this column, our audits are being completed and presented to the council for review. I



Ferdinand Martineau

have not had a chance to look at them yet, so I will not say if there were any questions.

The casino budget is done and we are working to finish the program budgets. There will be little or no affect on services this year. We are continuing to work on efficiencies rather than cutting out programs. This trend will continue into the future even when our cash flow is freed up to help prevent us from being in this situation again.

There is a lot of activity taking place on the Reservation and it should be increasing throughout the summer. If you are looking for a job, be sure to watch the postings and talk to Lonny Susienka, Tribal Employment Rights Officer, so Lonny knows your skills and availability. His office is at the Tribal Center.

The last thing I want to touch on

this month is the Enbridge pipeline settlement. This settlement is for use of Band-owned lands that the pipeline runs through. I am not able to tell you how much we settled for at this time as we have signed confidentiality agreements that bind us until Enbridge finishes the rest of their negotiations for the line. I am able to mention, though, that we settled for past damages, right of way payments, construction permits and help with acquiring other permits necessary for completion of the line through the Reservation. I will be able to give a full report at the State of the Band Address in January 2010. Miigwich!

*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.*

## From Wally Dupuis



Wally Dupuis

Unfortunately, Sandra Shabiash, the District II Sawyer Councilperson, was tied up on other matters this month and regrettably is unable

to include an article for the paper. I am sure she will catch up with all of you soon.

As the seasons change from winter to spring, our Natural Resource Division is preparing for the spring netting and spear- ing season. In their preparation, they have made some changes to how the boat landings and fish counting will be handled during the spring season. The staff has made arrangements with Great Lake Fish and Wildlife to assist them in their efforts. Please have a safe and happy harvest.

Our community centers are also working on summertime activities. Youth baseball and golf camps and programs are being developed and have or will be starting soon. Adult baseball and golf programs are also being developed. We are all hoping for a summer full of community activities.

Our golf course will be opening soon and the staff has been busy preparing the course for the season. The golf course employees have been called back to work and all seem to be excited to get started.

*To reach me, please call (218) 879-8078 (w); (218) 879-2492 (h); or (218) 428-9828 (c).*

*Email: wallydupuis@fdlrez.com*

# Local briefs

## Deadline is May 15 for youth to apply for summer employment

The Fond du Lac Reservation Summer Youth Employment Program is accepting applications for summertime employment. Applications will be accepted through May 15, only. They will NOT be accepted after that day.

You can pick up an application at the Workforce Investment Act (WIA) office at the Tribal Center, the Cloquet, Carlton and AlBrook School District Indian Education offices, and the three FDL district community centers.

Youth must be ages 14 to 17.

For more information, call Annette Himango at (218) 878-2698 or Char Bodin at (218) 726-1370.

## FDL/Enbridge finally reach agreement on pipeline; lawsuits may delay any action

The FDL Reservation and Enbridge Energy Partners reached an agreement in April that will permit Enbridge to construct a pipeline across reservation land.

The amount was not disclosed as a part of the settlement agreement.

The Reservation and Enbridge had battled for two years on the pipeline issue. Last year the state Public Utilities Commission gave approval of the pipeline route from Clearbook to Superior. The company asked the PUC for a 21-mile detour around the reservation to avoid the 11-mile crossing across reservation land. The PUC denied the detour route, forcing the company back to the negotiation table with the Band. It is expected that the PUC will approve the pipeline route at its next meeting.

The company hopes to begin construction in June, after federal environmental reviews and

the receipt of permits.

A court challenge may delay all of that: the Minnesota Center for Environmental Advocacy filed lawsuits against the PUC to stop the new pipeline. The organization claims that dirty tar sands oil from Canada will increase global warming, and that the oil isn't needed. It claims that the oil will come from tar sands mined in northern Canada, and that process disturbs the forest and requires too much energy to extract the oil.

The stories on the FDL/Enbridge agreement and subsequent law suits appeared in the Duluth News Tribune.

## Cloquet Spring Pow Wow to take place on May 9

The District 1 Spring Pow Wow will be held on May 9, 2009 at the FDL Cloquet Community Center, 1720 Big Lake Rd., Cloquet. The pow wow will be held in the Community Center Gym.

Grand Entry will take place at noon and 6 p.m. A feast will be held at 5 p.m.

The host drum is Cedar Creek, and the Pow Wow Master of Ceremony will be Dan Houle.

The Arena Director will be Jarvis Paro, and the Spiritual Advisor is Ken Danielson

A jingle dance special for dancers age 18 and older will be held. Also, a drum group tug of war will take place. All drums are welcome.

Vendors need to pre-register. To register or get other information, call Dan Houle at (218) 878-7510.

No alcohol or drugs will be permitted on the premises.

## Ojibwe School powwow held at school gym May 7

The FDL Ojibwe School Annual Pow Wow will be held on May 7, 2009 with grand entries at 1 p.m. and 6 p.m. The school is on University Rd. and the pow wow will be held in the school gymnasium.

The master of ceremony will be Frank Goodwin; Rick DeFoe will serve as Spiritual Advisor. Arena Director is Dan Houle.

Honor guards, spot dancers and head dancers will be featured, as well as the school royalty. The Ojibwe School will act as host drum. The co-host drum is Northern Star. The first five drums will be honored.

No alcohol or drugs are allowed.

For more information, call (218) 878-7551. The FDL Ojibwe School is a smoke-free campus.

## GED classes offered in Duluth and at three community centers

Those who wish to receive their high school diploma equivalency degree are invited to attend these classes at the three community centers or at the Center for American Indian Resources in Duluth:

Brookston – Tuesday and Thursday, 1 p.m. to 4 p.m. For more information, call Bob at 878-8173.

Cloquet – Monday and Wednesday, 4 p.m. to 7 p.m. For more information, call Rita at 878-8161.

Duluth Damiano Center, 206 w. 4th St. – Tuesday and Wednesday, 5 p.m. to 7 p.m. For more information, call Dennis at 393-6643.

Sawyer – Tuesday and Wednesday, 4 p.m. to 7 p.m. For more information, call Mike at 8778-8163.

The classes will end the last of May and will resume in September, 2009.

## Notice to all Fond du Lac Band Members

Please keep your address and your children's addresses current so you receive future correspondence from FDL Enterprise Accounting. If you and/or your children have changed residences or plan to change residences, contact Patti at (218) 878-2674 or call toll free, (800) 365-1613, Ext. 2674.

## Head Start programs accepting applications for 2009-10

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

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

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

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

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

## Add your square of memories to the Community Center quilt

Everyone is welcome to add a square of fabric with your own design to what will become the Cloquet Community Center Quilt. Please limit the square to eight and one-half inches in height by eight and one-half inches in length. Also, remember to leave a one-half inch border around the square for stitching purposes.

Please bring them into the li-

brary class room between noon and 3 p.m. on Mondays and Saturdays.

The Cloquet Community Center is part of the Tribal Center located at 1720 Big Lake Rd., Cloquet. If you need more information on the quilt, please call the Center at (218) 878-7510. The finished quilt will be displayed at the Community Center.

## 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.

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

## Resource Management Fire Prevention open house scheduled for May 1

The FDL Fire Prevention Day/Resource Management Division Open House will be held in the Natural Resources Garage from 10 a.m. to 1 p.m. on May 1, 2009. The Garage is across from the Ojibwe School on University Rd. Bag lunches will be served. All are welcomed.

# 1900s Fast footwork

## FDL men employed by logging industry became champion log rollers

By Christine Carlson

Watch the St. Louis River float lazily past today, and it's hard to imagine the river as a focal point for athletic competition and employment. In the late 1800s and early 1900s, lumbering was a huge operation in the Cloquet area. It was the main source of employment and income throughout the region, and employed Fond du Lac family members.

With employment came recreation in the form of log rolling contests. Included on the list of champion log rollers were well-known names such as Houle and LaPrairie.

This story will review parts of the history of the lumber industry on the St. Louis River, and the Ojibwe men who went on to gain reputations for log rolling excellence.

### The earliest logging years

In the 1860's, lumbering took place in Oneota, a river town near western Duluth. Later, the industry came to Knife Falls, Thomson and "N.P. Junction," now known as Carlton. A few early lumber mills included Paine Mill, Johnson-Wentworth Mill, and the Scanlon-Gipson Lumber Company.

The railroad was built in 1869 through what is now Jay Cooke State Park. Large timbers were

needed to make the huge train trestles, as well as homes. Consequently, towns sprouted up along the river banks including Cloquet.

The old lumber companies had log drives on the rivers and streams of this area. The St. Louis River was the main waterway for this area. Logs were floated down to the various sawmills. Log rollers were also called drivers. These drivers could handle a sapling cedar, root of a pine stump or anything in between.



*Above is a 1900 logjam on the St. Louis River; picture courtesy of the Carlton County Historical Society*

Drivers moved the logs around and through the water by standing on them. They used a wooden pole called a peavey. It had a sharp pointed end on it to move the logs around. Drivers were also called to break up logjams or piles of logs that would not move. If drivers couldn't do it, dynamite was used.

### Dangerous competition

Competitive log rolling, a dangerous sport, was a natural outgrowth of industrial log rolling. Rolling logs in the water required a great amount of skill and athletic ability. It required two people, who kept an eye on the dividing line down the center of the log.

Several champion log rollers (or "birlers") hailed from the Fond du Lac Reservation in the early 1900's. Two were brothers, John and Henry LaPrairie, the sons of Louie LaPrairie and Mish-a-kiassinokwe, also known as Charlotte Frank. The 1900 Federal Census lists Louis LaPrairie as a "cruiser," or someone who

took place in Duluth and in communities along the St. Louis River. Participants included a few Fond du Lac Reservation families whose descendants live on today.

As with most state history, it's impossible for American Indians to view that era of tree removal without regret. That's because for centuries, the

### Chronology of the logging industry in Minnesota (from the Minnesota Historical Society Website)

**1830s** – Lumbermen entered Minnesota along the St. Croix River to harvest pines along the river banks. They sought the white pine.

**1839** – New England businessmen started the Marine Lumber Company on the St. Croix River near Stillwater, Minn.

**1840** – A second commercial mill was built at Stillwater; the lumbering boom began.

**1860** – The center for saw mills moved from the St. Croix River to Minneapolis at St. Anthony Falls.

**1870** – Steam power was introduced, replacing the need for water power. Saw mills moved from St. Anthony Falls to other Mississippi River towns. The steam power and new circular saws helped increase logging production.

**1880** – Band saws were introduced that left less wood waste. Sawmills increased throughout Minnesota to Brainerd, Little Falls, Crookston, Cloquet, and International Falls. The "golden era" of lumbering started; more than 20,000 lumberjacks were employed, who used 10,000 draft horses throughout northern Minnesota. Twenty thousand men worked in the state's saw mills, and another 20,000 worked in related wood-production factories.

**1890 to 1910** – Years of catastrophic forest fires fueled by logging operations swept the landscape, devastating many northern communities. The were Hinckley (1894); Chisholm (1908); Baudette (1910); Cloquet-Moose Lake (1918).

**1900** – The peak year of white pine logging with about 4.7 million cords cut from the state's forests.

**1910** – The annual cut of the state's pine began to drop and sawmills began to close their doors.

**1911** – Conservation efforts began to prevent forest fires; an agency developed to enforce strict laws about slash removal, regulated railroads to prevent sparks from locomotives (presumed to be the cause of the 1918 Cloquet fire), and required burning permits.

**1929** – Two Virginia, Minn. pine lumber companies close, signaling the end of big-pine logging in Minnesota.

**1937** – Year of the final log drive, which took place on the Little Fork River.

Minnesota landscape included towering white pine. Lumber barons in the 1800s recognized the financial gain to be made from such timber, and soon logging camps sprung up along rivers all over the country. Minnesota was rich with the highly desired white pine, and became an attractive target for the logging industry.

Historian Christine Carlson wanted to learn more about that industry, log rolling and FDL participation in both. Her stories on FDL history will be featured in the months ahead.

*Deborah Locke*

**Editor's note:**  
A hundred years ago, as the winter snow retreated and days grew longer, area loggers geared up for their seasonal work.

Ojibwe history became entwined with the evolution of the logging industry. The word for the floating storage buildings, known as

"wanigans," was taken from the Ojibwe language. The word meant storage pit from the Ojibwe verb waanikee, or "to dig a hole."

The men who worked in the seasonal camps were hardy, strong and courageous. Of course, work was followed by recreation, and popular log rolling sporting events

goes into the woods to estimate the value of the timber in a tract of forest.

Henry LaPrairie was listed as a laborer in a lumber camp. On August 12, 1905, a Pine Knot news article reported: "The LaPrairie boys (John and Henry) are undoubtedly the best log rollers in Northern Minnesota."

According to the 1910 Federal Census, John and Julia LaPrairie had six children and lived in Brookston. John's occupation was a river driver. He floated logs down the river or stream. This same census shows Henry LaPrairie and Delina (Couture) as having three children.

Another log roller was John Houle. The 1920 Federal Census lists John Houle as a "boom man." John worked with floating logs and used cables to corral or stop the logs from going down the river.

John's father and mother were Joseph and Louise Houle. They lived at Knife Falls. Joe Matrious of Scanlon was also a log roller.

The seasoned pine log was from 12 to 16 feet long and from 14 to 17 inches in diameter. The action started when both competitors slowly rolled the log with their feet. Most log rollers wore special caulked boots that featured steel pegs or spikes in the boot sole to

prevent slippage.

As the log started to spin faster, the log rollers used their arms for balance. The most skillful rollers attempted to roll the competitor off balance while keeping the log moving.

Sometimes the log birler shifted the log flow in a different direction, requiring flexibility and quick reflexes. Sometimes log rolling lasted 30 seconds or 30 minutes or more. Eventually one of the rollers went flying into the water. Sometimes they fell off or chose to jump off if they lost their balance. The winner was determined by the best two out of three or three out of five tries.

There was some good prize money back in the day and these were very popular contests. Referees and judges lined the shore or observed from a boat on the river.



*Those who worked in the lumber industry used temporary structures that floated on logs for storage. The storage huts were known in logging camps across the northern United States as "wanigans," which is taken from an Ojibwe word "waanikee."*

### **News stories recount contest popularity**

These log rolling contests were usually held during the July 4 celebrations and other special summer events. The log rolling events at White City in Duluth were very popular with crowds that counted in the thousands. The Aug. 18, 1906 edition of the Duluth News Tribune featured this headline: "Indians Look Like

Winners - Log Rolling Card Proves to be One of Best Features of Season at White City."

Henry LaPrairie, Joseph Matrois, John LaPrairie and John Houle took home the big money at this contest. They were the best log rollers in the three state area.

The skilled rollers also pleased the crowds with various games that could be played on the logs. An Aug. 19, 1906 Duluth News Tribune story stated: "The Chippewa Indian boys will also give an exhibition of three men on a log. The contest has drawn crowds to White City and is considered by the management to be the best attraction of the season."

John and Henry LaPrairie, John Houle and Joe Matrios were the Chippewa "boys." These rollers were also involved with a novelty act featuring a Mrs. Ka-ta-oa, who was actually a man dressed in women's clothing.

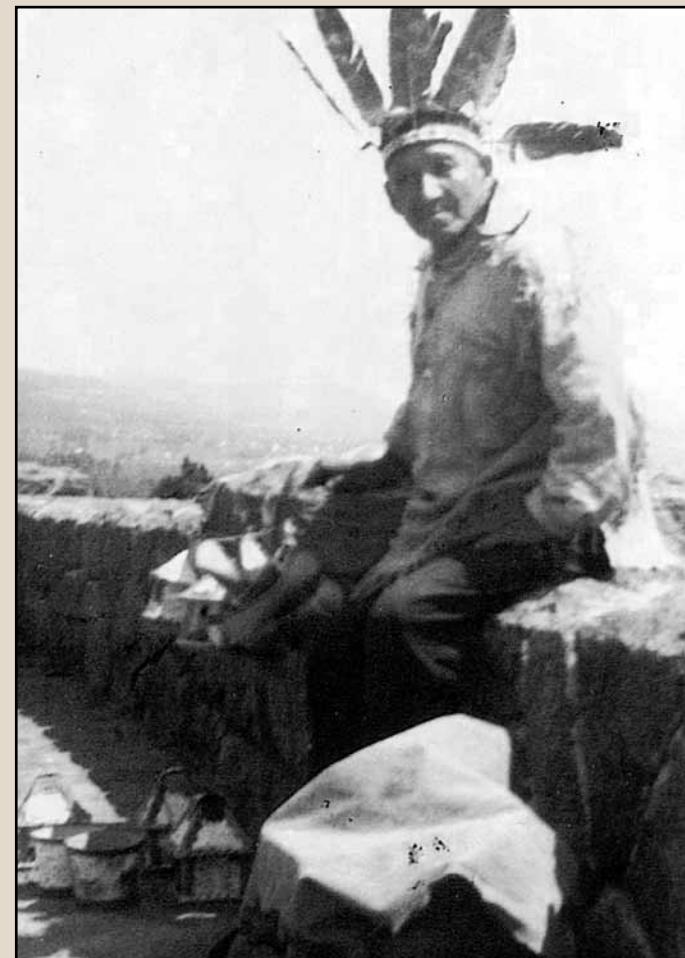
Wearing a dress, peek-a-boo blouse, short skirt and parasol, Mrs. Ka-ta-oa was an expert on the log. When she sent one of the guys flying into the water, the crowd screamed with laughter.

*Christine Carlson self-published a book on the old village of Fond du Lac at the western end of Duluth. She loves "discovering the past" and spends a lot of time looking through vintage newspapers on microfilm. She is currently working on several research projects.*

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*Henry LaPrairie used to display his birchbark arts and crafts on the Thompson Hill rest stop just outside of Duluth. It is believed that this picture, which is featured in the FDL Cultural Museum, is from the 1940s. AS a young man, Henry was a champion log roller.*

# Everyday lessons that boost a toddler's first reading skills

By Lucy Carlson

**H**ave you heard that reading to your young children (even babies) is important?

Was this surprising to you? You're not alone.

Many parents find it hard to understand why reading to a very young child should matter. Most toddlers can't hold a book right side up, turn pages, or sit still long enough to enjoy a story.

Let's look at what is called early literacy, which is what children know about reading and writing before they actually read and write. It is made up of the building blocks that are the foundation for formal reading and writing. Research shows that children get ready to read years before they start school. You can help your toddler learn important skills now so she or he can become a good reader. A good start is to help your child learn new words. Each word becomes a building block in the toddler's vocabulary. A child who hears lots of words will soon understand and try to use them, and later will have an easier time learning to read. Talking, singing and reading are terrific ways to prepare toddlers for a skill they'll need for the rest of their lives.

## Talking

Seventeen month old Sam splashes in the bathtub. His dad says, "Keep the water in the tub, not on the floor. See what kind of splash you can make with your hand. Now make a splash with your boat." Sam splashes away as his father says, "You made a big splash, wow, it was huge! The water got all the way up to your

eyes."

Children learn language from people who talk to them and listen to them. When you talk with a toddler about something she or he is doing, it becomes meaningful. For instance, when your toddler is banging pots and pans together, you could say, "You're making music, you've got the beat."

You can also describe to a toddler the simple everyday things that go on. When you say, "Time to get the potatoes out for dinner: Will you get me a potato out of the bag?," you use vocabulary to establish the routine of making dinner. You're teaching the child the word potato while giving him or her the chance to follow directions. In addition, your child will be helping you, something toddlers dearly love. The words you use as you are sharing this short experience will be much more meaningful to your child because the words are accompanied by actions and shared time.

Use many different words to say the same thing. For example, "That truck is loud. It makes a big noise" or "It's a bright, sunny day." When we say "get away from that" or "don't do that," we don't teach toddlers very much. Instead of giving orders, it is helpful to teach by giving more information. We might say, "Don't touch the stove. It's hot. You may burn yourself."

Give your toddler simple directions to follow, like, "Please get a napkin for your sandwich." When he returns you can say, "thank you for getting the napkin."

You can also help toddlers use words to tell about their feelings. When your son gets

angry, let him know you understand that he is upset even if you can't do what he wants. "I know you are angry because you want to stay at the park. It's time to go home. We can come back again." You are teaching him words to describe feelings through words like angry, sad, or happy.

## Singing

Toddlers love to sing, which is an opportunity for learning words. Make up songs about the things you and your child do everyday. Getting dressed, going to work, and cooking dinner are examples of things you do that can be put to a favorite tune. Use your toddler's name and clap and dance to the song. Chants and nursery rhymes are like songs, because they repeat words and help your child learn about sounds. Think about all the words in this song: Pat-a-cake, pat-a-cake, bakers man. Bake me a cake as fast as you can. Roll it, and poke it, and mark it with a "B" And put it in the oven for baby and me!

## Reading

Toddlers usually like short, simple books that repeat the same words. They enjoy hearing a favorite story over and over, including books that rhyme. Examples of rhyming books are; *Mice Squeak*, *We Speak* by Tomie de Paola and *Mr. Brown Can Moo, Can You?* by Dr.



Seuss.

Library books are free, and your librarian will help you choose books for your toddler. Some libraries have a story hour for toddlers.

Find sturdy, cardboard books that your toddler can handle by himself. Talk about each book and read the title. Ask your toddler to point to pictures as you read. Ask "where's the cow?" or "Do you see the mice?"

Don't worry if your toddler doesn't sit still for long. Try two or three short reading times during the day. Pick short books or poems. Share books at a time of day when your child is relaxed and can listen. This might be just after a nap or before bedtime. Remember that a part of beginning reading is sharing pictures in the book. Toddlers often like to go through a book and take turns with you naming the pictures they see. It's ok to skip the words.

Some toddlers have special needs and do not speak much, or have hearing or sight limitations. Still, they can listen to and enjoy stories. Talking with your toddler about the everyday things they are doing, and making story time a special part of your daily activities will give your toddler a big head start toward becoming a successful reader. And these things are free!

*Information from "Reading Right from the Start. What Parents Can Do in the first Five Years" by Toni S. Bickart and Diane Trister Dodge. 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

## Duluth Airport construction project to benefit from stimulus money

The Duluth International Airport will receive \$7.1 million in federal economic stimulus money toward the construction costs of a new airport terminal, according to a March Duluth News Tribune story.

Before work on the three-year project begins, the state legislature has to approve the new terminal, new apron and other essential utilities. The total cost of the project is about \$65 million. State legislators will need to provide \$4.9 million in bonding money. That money, plus the stimulus package is enough to get the project started in late June or early July.

## Cloquet water scare proven groundless

The Minnesota Department of Health has given Cloquet's drinking water a clean bill of health.

The city's water site was among 20 selected by the Health Department for testing of perfluorochemicals, or PFC's. When news got out that the testing would take place, City Hall was flooded with calls from residents who were concerned that their water was contaminated.

Health Department officials say that most of the water test results show no PFC contamination. The chemicals do not appear to cause serious health problems, but do accumulate in humans and wildlife. The story was reported in the Pine Journal.

## Fond du Luth Casino profits to go to city road repair

Duluth Mayor Don Ness will direct all city revenue from the Fond du Luth Casino toward street repair. The money will help to improve 100 of the city's 350 miles of paved roads in the next five years.

Currently, city casino proceeds are placed in a Community Investment Trust Fund, and interest from the fund pays for bond debt for street repairs.

The casino revenue will pay for the bulk of the \$8.1 million cost in 2009. The remainder of the money will come from Municipal State Aid revenue and property owners. The

story was reported in the Duluth News Tribune.

## U.S. Supreme Court rules tribes unrecognized before 1934 can't put land in trust

The U.S. Supreme Court ruled that tribes not under federal jurisdiction as of 1934 can't place land into trust. The ruling is at odds with tribal, federal and legal understanding of the Indian Reorganization Act.

The decision will lead to questions on the validity of tribal land placed into trust by the Dept. of the Interior since the IRA was passed in 1934. Tribes not acknowledged until after 1934 with pending applications will now have to prove they were under federal jurisdiction in 1934.

The ruling resulted from a law suit filed by Rhode Island against the Narragansett Tribe which was recognized by the Dept. of the Interior in 1983. Only Justice John Paul Stevens wrote an opinion that supported the Tribe. The story was reported in The Circle.

## President Obama's proposed budget increases funding to Indian Country

President Barack Obama's proposed budget dramatically increases funding to Indian Country programs in the areas of health, law enforcement and education.

A key priority is increased funding to the Indian Health Service for a total of more than \$4 billion. The funding proposal represents one of the largest increases to IHS in two decades.

President Obama also proposes more funding for prevention initiatives.

The budget also includes more than \$100 million in increased funding to the Bureau of Indian Affairs for law enforcement and education. Tribes can also access additional funding through the Departments of Justice and Education.

The money is expected to strengthen tribal courts, detention centers and police programs. The budget also increases funding for tribal colleges.

## Dismal joblessness stats for northeastern Minn.

December, 2008 job vacancy data from northeastern Minnesota shows that for every open job, there were more than eight unemployed people searching for work.

The forecast for 2009? Not much better, according to a March study in the Duluth News Tribune. It's more likely that things will get worse as unemployment jumped 28 percent in January from 14,143 people to 18,159.

## FDL law enforcement among group preparing for Carlton County Hells Angels visit

The Hells Angels Motorcycle Club will host their 2009 USA Ride in Carlton County from July 29 to Aug. 2. Each year 500 to 1,000 riders meet somewhere in the United States for meetings, riding and revelry prior to the popular Sturgis, South Dakota motorcycle rally.

Some club members had made hotel reservations at local hotels by early April. Meetings by law enforcement officials have taken place since February, according to a story in the Cloquet Pine Journal. The law enforcement representatives include the Cloquet, Fond du Lac, Duluth and Superior police departments, the St. Louis County Sheriff's Office, the Minnesota State Patrol and the FBI.

The FBI classifies the group as one of the four largest outlaw motorcycle gangs in the country.

Club members have gathered in Missoula, Montana in 2000 and 2008. Missoula County Sheriff Mike McMeekin has reported that visits from the Angels are notoriously unpredictable.

Club members say they are a motorcycle club, not a gang, and they sponsor charity events to benefit children's hospitals.

## Mille Lacs Band bank opens Minneapolis branch

Woodlands National Bank, headquartered in Hinckley, has opened a Phillips Neighborhood branch in Minneapolis. Located on East Franklin Avenue, the bank will attempt to attract minority com-

munities. This is the bank's first metro-area branch location.

It is owned by the Mille Lacs Band of Ojibwe, and is a founding member of the North American Native Bankers Association. Woodlands is participating in the new U.S. Dept. of Housing and Urban Development program to help American Indians buy and refinance homes. The bank, with six branches including one in Cloquet, has \$117.6 million in assets.

## HUD formula gives Wisconsin Tribes upper hand in housing

The smaller Indian tribes in Wisconsin will receive more stimulus money for housing projects than most other cities in the state.

The U.S. Dept. of Housing and Urban Development reports that the 4,000-member Oneida Tribe will get \$1.4 million from a housing block grant, and the 3,300-member Menominee Tribe will receive \$1 million for public housing projects.

Green Bay, Appleton and other cities will get less HUD stimulus money than the tribes.

The stimulus money is based on formulas already in use that distribute money to local communities. The dollar amounts depend on the age of the housing stock and poverty levels. An HUD spokesperson said that the money was awarded strictly by formula.

## Drop Indians as mascots in Wisconsin public schools

An editorial in the Wausau Daily Herald supports a bill in the Wisconsin Legislature to eliminate public school use of American Indian logos, nicknames and mascots. More than 36 Wisconsin schools, including Mosinee High School in Wausau, use them.

The editorial stated: "We remain broadly supportive of efforts to erase Indian nicknames and logos, though we wish common sense and conversation – not legislation – were sufficient to achieve that goal."

## More Indians voted in 2008; some won elective office

A story from the March 19 Con-

gressional Quarterly reported that American Indian turnout for the 2008 elections was the highest it had ever been. Registration and get-out-the-vote efforts by groups like the Native Vote Alliance of Minnesota, Take Action Minnesota, and the National Congress of American Indians ensured that the Red Lake Nation produced its highest voter turnout ever. In November, 2008 2,249 tribal members cast ballots, for an increase of 125 votes from 2004 and an 800 vote increase from 2000.

The NCAI reported survey results showing that tribal turnout on some Minnesota reservations was as high as 83 percent.

In addition, at least 23 American Indians from 11 states and 17 tribes won elective offices in 2008. Kevin Killer and Ed Iron Cloud III, members of the Oglala Sioux Tribe, were elected to the South Dakota state house race.

## No Jay Cooke Vet's cemetery

Carlton County Veterans Service officials are considering other site options for a state veterans cemetery following the refusal of a county landowner to sell his acreage.

Initially it was hoped that the cemetery would be located on a 60-acre Jay Cooke State Park site near Carlton. But Clifford Gallup, who would need to sell some of his property for a cemetery entrance road, refused.

The state wanted as few as two and as many as 10 acres from Gallup for the access road. According to the Pine Journal story, Gallup did not want to reduce the size of his farm, and he did not believe that the state park was the best place for a cemetery.

Tony Lourey, who tried to strike a deal with Gallup, said that the need for a veterans cemetery in northeastern Minnesota continues. The Dept. of Veterans Affairs estimates that 46,000 vets now live within a 75-mile radius of the Jay Cooke State Park site.

Other Carlton County sites of 60 to 80 acres are now under consideration.



Almost 70 Band Members gathered at the Cloquet Community Center on April 11 for an Easter Egg Hunt in the gymnasium. Photo by Jordan Mallery.

# Community News

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

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

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

## Notes of thanks

The family of **Sewell Tibbetts** extends a heartfelt thank you to Dr. Kendall and the staff at the Min no aya win Clinic, along with a special thank you to the Home Health Aids. Thanks also to the St. Mary's Hospice staff for helping us keep Dad at home, to the RBC and the Elder Nutrition Program staff and to all those who helped with the luncheon. Thanks to Ben Anderson and Bill Erickson for the firewood, and to family and friends who sent flowers, cards, food, and gifts.

We also appreciate all who gave their time at the fire.

The thoughts, prayers and kindnesses extended to us gave us strength at this difficult time. Chi-Miigwech

*The family of Sewell Tibbetts*

It has been a year since I was diagnosed with cancer. Today I am cancer free. A big thank you to: the people of Fond du Lac for the overwhelming support I received during this past year. Band Members brought food, took me to medical appointments, donated vacation time so I could support my family during that time, and most of all, made me feel like I

was really valued.

Thanks also to my co-workers in the Human Resource Division. They helped in more ways than I could count. I'm very fortunate to have had a compassionate, caring manager at that time. I appreciate the Min no aya win Clinic staff, the Duluth Clinic and Breast Center, and my doctors for their expertise in helping me win my battle. Finally, thanks to my family for being there every step of the way.

Oh, by the way, thanks also to all of you who gave me hats and scarves and wigs! You kept my head (and my heart) warm.

*Sharri St. Germaine*

## Birth announcement

A big welcome to **Joseph Allen Barney, Jr.**, who was born on February 5, 2009 at St. Luke's Hospital, Duluth. He weighed six pounds, three ounces. Joseph is the son of Joseph Sr. and Rachel Barney. He is the grandson of Loretta Kloster, Dawn Barney, Flora Diver, Butch Martineau and Norman Barney.



## Greenlee Aderiene Fineday

was born April 5, 2009 at St. Mary's Hospital in Duluth to Anne and Herb Fineday and big sister Molly. She was seven pounds, 13 ounces and 19 and three-quarters inches in length.

## Birthdays

Happy 13th Birthday on May 6 to our "baby," **Deja Mae DeFoe**, who is finally an official teenager! Watch out world!



*Love, Mom, Dad, Cuddles, Herby & Cornell*

Happy Birthday to **Darryn Jaakola** on May 28.

*With love from your sister*

Happy Birthday and blessings to **Rosemary Bridge** on May 12!

*Love from your niece, Jamie*

Happy Birthday to my beautiful baby sister **Rosemary Bridge**.

*Love and hugs from El*

Happy Birthday guys! **Robin Bridge**, May 8; **Hailey Bridge**,

May 15; **Ryan Bridge**, May 18.

*Much love and hugs, Auntie Ellen*

Happy Birthday to **Maggie DeFoe** (May 17) and to her daughter, **Justice Paro** (April 21).



*Mom and Grandma Pam*

Happy belated birthday to **Justice!**

*Love, Mom*



A belated Happy Fifth Birthday to **D'zhae Goodwin** on April 7.

*From Auntie Jessie and family*

Happy May 14 Birthday to **Shirley Reynolds**.

*Margaret*

A belated Happy Birthday to **Jayden Wise** who was a year old on April 16.

*From Grandma Ann and Grandpa Russ Rule*

# Community News

Happy Belated Birthday to **Devin Reynolds** on April 7 who turned 11.

*Love from Dad, Mom and Derrick Leann Reynolds*

I would like to wish **Cory Mountain** a Happy 21st Birthday!

*Love, Mom, Sammy, and Warren Jr.*

Happy Birthday to: **Sharon Nystrom** (May 8); **Tyler Volkert** (May 10); **Nicolette Volkert** (May 13); and **Renee Erickson** (May 26).

*Bunny*

## Anniversaries

**Chuck and Faye Diver:** Congratulations on your 50th wedding anniversary, which takes place on May 26, 2009.

*Love, your family*



Celebrating a first wedding anniversary are **Joseph and Rachel Barney** on May 17, 2009. The couple wants to thank all family and friends who helped make that day so special.



## Welcome back

Welcome home **Mom and Pops, Judy (Welsand) and JD DeMuth**. We are glad to see you back on the Rez after all these years. We love you.

*With love from Billie Jo, Fred and Deja.*

## Congratulations

Congratulations to **Trevor Ojibway** for taking second place in wrestling on April 4, 2009 at the state championship competition held in Albany, Minn.

*Heidi, Sam, Tyler, Lil' Sam and Rita Ojibway*

Congratulations to **Alyssa Abramowski** who will graduate on May 29 from Cloquet High School!



We are so proud of you, "Lu."

*Love, Mom and Derrick*

## Memorial

In Memory of **Terra Bishop Lind** who passed away six years ago:

If roses grow in heaven, Lord, Please pick a bunch for us. Place them in our Terra's arms.

And when she turns to smile, Please place a kiss upon her cheek

And hold her for a while.

*We Love and miss you Terra, Dad, Mom and Family*

## Homes for sale

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two



bdrm, 1.5 baths, sauna, fireplace, open floor

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

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

## Graduation

**Jillian Beaufaux**, daughter of Corrine and Jeff Beaufaux and granddaughter of Fred and Pearl Houle, will graduate Magna Cum Laude (with high honors), from the University of St. Thomas in St. Paul with a Bachelor of Science degree in Biochemistry on May 23, 2009.

She has been accepted into the University of Minnesota's College of Pharmacy program and will begin classes at the Duluth campus in September.

Jillian was also the recipient of the Peter's Scholarship for Future Practitioners in Underserved Communities, which is awarded to incoming pharmacy students who have the best and most feasible plan for practicing with underserved populations in Minnesota.

Congratulations, Jillian! We are so proud of you!

*Love from Mom, Dad and all your family*

## Obituaries

**Stacy E. Pellerin**, 44, of Duluth, passed away unexpectedly at home on April 9, 2009.

She was born September 19, 1964 in Palo Alto, Calif. to Ray Pellerin and Sandy Shabiash. Stacy grew up on the Fond du Lac Reservation.

She graduated from Cloquet High School and was united in marriage to Larry Beaumont in 1983. Stacy earned a degree in social work from the College of St. Scholastica.

She was employed by the Fond du Lac Reservation as a social worker; additionally, Stacy was a guardian ad litem. She was well respected by her colleagues as a leader concerning the Indian Child Welfare Act. Stacy also helped develop relationships between the county and tribe.

Stacy was an avid reader. She wrote manuals, taught classes and sold her artistic work. She took in Dereck Williams when he was a teenager and helped him finish high school. He will miss her.

Stacy is survived by her daughter, Chelsea Pellerin; one sister, Laurie Pellerin; one brother, Eric Pellerin; and Larry Beaumont, Sandy Shabiash, and Marge and Harris Stillwell.

She will be missed by her dear friend, Terrol Cousineau and her three dachshunds Teddy, Betty, and Ruby who were her constant friends.

Visitation was at 10 a.m. on April 16 followed by an 11 a.m. memorial service at Nelson Funeral Care, Cloquet. Burial was at the new Holy Family Church Cemetery.

**Catherine Jean Smith**, 53, of St Louis Park, Minn., formerly of Brookston, passed away of natural causes on April 7, 2009.



Catherine was preceded in death by her father, Eustace and her maternal and paternal grandparents.

Cathy loved her grandchildren dearly, they were her world. She received a degree in horticulture and was a wonderful gardener.

She is survived by her mother, Verna (Peterson) Smith; son, Creed; daughter, Cami; grandchildren, Brandon, Anthony, Madeline, Alexandria, Ava, Cameren, Christopher, Cathlina, and Dannylynn; brothers, Robert and Richard (Mary); sisters, Judie (Terry) Pyrlik, Dorothy (Randy) Pittman, Theresa (Jim Butchart) St. Germain, Mary Jo (Ray) Anvid, Genie (Dave) Jacobson, and Debbie (Randy) Webster, and many other family and friends.

We will always love and miss you, Shashy!

A celebration of her life was held on April 18 at the Fond du Lac Reservation Tribal Center, Cloquet. Burial will be at Fond du Lac.

# Etc.

## A note on Enrollee Day

FDL vendors who would like a table at this year's Enrollee Day Celebration on June 28, 2009 should contact Bryan Bosto at (218) 878-8184.

## What's goin' on (at the Black Bear Casino Resort)

From Catherine Colstrud, General Manager

**Tom Smith** has been hired as the new Black Bear Casino Hotel Slot Manager. We are excited to have him on our team; he brings a wealth of knowledge and experience to this key position. Tom has already had a positive impact on the floor, jumping right in and aligning plans for the Casino



Resort to introduce new slot games. So far, 32 new games have been introduced to players including "Zeus II" and "Hearts of Venice." Tom said he hopes that by the end of the summer, the Casino will have 1,000 updated slot machines.

**David Gitzen** has been promoted to the Table Games Manager position. David has extensive experience in Table Games and once worked as a Black Bear dealer.

We are very pleased to have David in the top leadership position for Table Games. He has already implemented some changes including the hiring of a few more dealers, and has made scheduling changes. Look for more exciting changes in the next few months.

Our new Food and Beverage Manager should also be



on board within the next few weeks, just in time for the Buffet expansion completion. More on that in the next issue.

Be sure to enter to win the Ford Flex drawing on May 24, 2009. Ticket entries start on April 20.

## Sign up now for May Softball Tournament

The Cloquet Community Center's Men's Softball Tournament Double Elimination will be held starting at 9 a.m. on May 9, 2009 at the Ojibwe School Field. The team fee is \$150 and must be paid by game time.

The first place winning team receives a trophy and \$400; second place receives a trophy and \$300; third place receives a trophy and \$200. The cash prizes are based on the participation of six teams.

Only six teams may participate in this one-day tournament.

Register by May 7, 2009 at the Cloquet Community Center. For more information, call Rebecca Reynolds at (218) 878-7510 or (218) 269-2406.

## A thank you note

We would like to thank the District III Representative, **Mary Northrup**, for being our Easter Bunny this year. Thanks, too, to the maintenance staff for helping with the Easter Party.

The turnout at the party was a little overwhelming as we did not expect so many people to attend. The staff made every effort to accommodate the crowd. Thanks to the community members who attended the party for their time, patience and understanding.

*Brookston Center Staff*

## Women's Wellness Gathering May 14-15 at Forestry Center

The annual Women's Well-

ness Gathering will take place May 14-15, 2009 at the Cloquet Forestry Center, 175 University Rd. This year's theme is self-care.

Speakers will address topics including spiritual, emotional, physical and mental well being. A session will be devoted to time management. Also, the group will take part in creative and healthy activities that relate to self care.

The gathering begins at 9 a.m. on May 14 and ends at 5 p.m. Lunch is included. A talking circle will be held starting at 6 p.m.

The May 15 gathering begins at 9 a.m. with speakers and activities until 3 p.m.

If you have questions, call Marcia Kitto at (218) 878-3782 or December Bird at (218) 878-3783.

The event is sponsored by the FDL Human Services Division/Social Services Dept. There is no charge. No children, please.

## Elder Essentials

**The 52+ Elder Group meets the second and fourth Wednesday of every month from 5 p.m. to 7 p.m. Speakers in May will be Carol Christenson from the National Weather Service and Police Chief Sam Ojibway from the FDL Police Department. A potluck dinner is served.**

**Wisdom Steps Youth Team will be hosting their monthly Pancake Breakfast from 7:30 a.m. to 10 a.m. on May 22. See you there.**

**If you have questions about these or other elder activities at Fond du Lac, call Debra Topping, Elder Advocate, (218) 878-8053**

**Reminder: Elder Exercise is held every Monday and Wednesday from 8:30 a.m. to 10:30 a.m. at the Tribal Center**

**The Foot Clinic will be held on May 5. Please call Tracice Little for a ride, (218) 878-2128.**

## May 2009 Cobalt Cabaret entertainment

Appearing in May are the following: May 1-3, Jacob Rice, country variety; May 6, Ventriloquist Peter Hefty and Justin, comedy; May 7-10, "Area Code," variety; May 13, "The Fryman" and Elaine Thompson, comedy; May 14-17, "Lip Service," variety; May 20, "The Tonight Show's 'Chili,'" comedy; May 21-24, Kelly J Band, variety; May 27, Jerry Wolski, comedy; May 28-31, "Bear Creek," variety.

The Cobalt Lounge is located in the Black Bear Casino Resort.

## Big name country music stars to perform at Bear on May 10

Country music legends Roy Clark, Crystal Gayle and Ray Price will perform as part of the "Legends Extravaganza" show at the Black Bear Otter Creek Event Center at 4 p.m. on May 10, 2009. Tickets range from \$40 to \$53, and may be purchased through Ticketmaster by phone at 800 745-3000.

Or they can be purchased at the Otter Creek Event Center ticket office, located at the Black Bear Casino Resort at Interstate 35 and Hwy. 210 in Carlton.

## Meeting Notices

**The next FDL open meeting with tribal officials will be held at 1:30 p.m. on May 21, 2009 at the Tribal Center, 1720 Big Lake Rd., Cloquet. All are welcome.**

**The FDL Law Enforcement Review Board will hold its next meeting at 3:30 p.m. on May 14 at the Police Dept. building on University Rd. All are welcome to attend. Sometimes after the regular meeting, the Board goes into an executive session to discuss personnel matters. That portion of the meeting is not open to the public.**

## Men's Health Brunch scheduled for May 2

The annual Men's Health Brunch will be held from 10 a.m. to noon on May 2 in the Cloquet Community Center meeting room. Dr. Arne Vainio will be featured along with a showing of the film "Walking into the Unknown."

Prize drawings will be held, and guests are welcome. Guests will receive a special gift.

The Health Brunch is sponsored by the FDL Cancer Program, FDL Public Health and the American Cancer Society.

## Party plus info on breast health to be held May 13

Here's a new way to learn more about breast health and the importance of mammograms - Attend the FDL "Friend to Friend Party" from 5 p.m. to 7:30 p.m. on May 13 at the Tribal Center ENP meeting rooms. The guest speaker will be Dr. Lana White-King.

Bring a friend and enjoy a great meal catered by Jim and Jo's Katering. Drawings will be held for prizes. Space is limited so please call to reserve a seat. The phone number is (218) 878-3726 or (218) 878-2128.

The party is sponsored by the FDL Human Service Division, FDL Public Health, the American Cancer Society and the YWCA-Duluth Breast Advocacy Project.

## Free Pilates classes on Thursdays

Pilates class will be held from noon to 12:30 p.m. every Thursday at the Tribal Center Library Classroom. Pilates is an art form similar to martial arts or dance. Pilates increases strength, flexibility, stamina and concentration.

If you have any questions, call (218) 878-3794. The class is sponsored by the FDL Human Services Division - Public

Health Nursing Dept.

## Nun brain study to resume

The famous "Nun Study" of the effect of Alzheimer disease that began two decades ago returned to the University of Minnesota in March after being transferred to the University of Kentucky. The transfer occurred because the project director moved there, according to a story in the Star Tribune.

"Nun Study II" will begin soon, and will apply genetic testing and high-tech imaging to study how brains age.

The project began when in 1986, sisters with the School Sisters of Notre Dame in Mankato agreed to donate their brains for research. The study found that people with good language skills early in life were less likely to develop dementia later on, and that those with optimistic outlooks tended to live longer.

More than 600 elderly nuns from across the country volunteered to let a University of Minnesota scientist study their brains for clues on how aging affects the brain. The study required the women to take many tests; ultimately, they agreed to donate their brains to science. Today only 52 of the original volunteers are still alive.

## As with tobacco misuse, obesity can reduce a human life span by a decade

The Star Tribune reported in March that a new British study concluded that morbid obesity will cut as many as 10 years from an individual's life, which is similar to the effect of lifelong smoking. Lifelong smokers, too, die ten years before their time.

The study used Body Mass Index data to determine obesity. Death rates were lowest in people who had BMIs of 23 to 24. Moderately fat people with a

BMI of 30 lost about three years of life.

To calculate your BMI, go into a computer search engine and search for "Body Mass Index." Most websites will ask for your height and weight; some also ask for gender.

## Teeth whitening tips

No documentation exists indicating that whitening teeth causes a detrimental change in

tooth composition, according to the Mayo Clinic Health Letter.

Effects of whitening include sensitivity or pain. Teeth that are severely worn or have an exposed root system don't whiten as easily.

## Save that date: FDL Health Fair at Tribal Center June 11

The Fond du Lac Reservation

annual Health Fair will be held on June 11, 2009 at the Tribal Center, 1720 Big Lake Rd., Cloquet. The focus this year will be healthy eating.

The Shakopee Mobile Mammography Unit will be available for women age 40 and older to get mammograms. About 100 vendors will be in the Community Center gym to offer health information.

## Know your risk for heart disease

*From the FDL Public Health Nursing Dept.*

Researchers have learned that heart disease develops from a number of conditions, not just one condition as many believe. The causes are called "risk factors."

The more risk factors you have, the more likely you are to have a heart attack or stroke. These risk factors are: diabetes; tobacco misuse; high blood cholesterol; high blood pressure; being overweight; physical inactivity; age (if you are older than 45); family history of early heart disease.

Some risk factors are outside of your control. You can't change your age, for example. Also, some people are born

with certain risk factors. We know that heart disease "runs in some families."

But we can control most risk factors. We can increase physical activity and reduce our weight. Both high blood cholesterol and high blood pressure can often be controlled through lifestyle changes and with medicine. We can choose to stop smoking.

When you have risk factors that you cannot control - like being older than 45 or being born into a family with a history of heart disease - it is especially important to take charge of those risks that you can control.

Diabetes is at the top of the list of risk factors. For many, heart disease is a complication of diabetes. You can also have

heart disease without having diabetes. The good news is that what you do to prevent heart disease also helps you prevent diabetes (as well as cancer and other serious illnesses). When you make lifestyle changes to prevent or control diabetes, you also reduce your risks of heart disease.

*Future columns will discuss how you can make changes for a heart healthy lifestyle. Also, you can call Amber at (218) 878-3079 if you want more information about on Fond du Lac's Public Health Nursing Department and the services we offer. Topic for next month: Three Important Tests To Help Prevent Heart Disease.*

## A heart healthy meal choice: Three Bean Chili

*(from The Ultimate Weight Solution Cookbook by Dr. Phil McGraw) (six servings)*

2 t. olive oil  
1 large chopped onion  
2 ribs celery, thinly sliced  
1 large chopped green pepper  
2 minced garlic cloves  
2 T. chili powder  
2 t. ground cumin  
1 (14.5 ounce) can no-salt diced tomatoes  
1 C. canned great Northern beans, drained and rinsed  
1 C. canned pinto beans, drained and rinsed  
1 C. canned red kidney beans, drained and rinsed

2 C. no-salt, fat-free vegetable broth  
1 medium sweet potato, peeled  
One-half t. salt

### Directions

Heat oil in large pot on medium heat. Add onion, celery, and green pepper. Cook, stirring, until fragrant, about 3 min. Add garlic and cook 30 seconds, then stir in the chili powder and cumin. Cook 20 seconds. Pour in the tomatoes, beans and broth and bring to a simmer.

Using the large holes of a box grater, grate the sweet potato into the chili. Cover, reduce heat to low, and simmer slowly, stirring occasionally, until thickened, about 40 min. Stir in the salt and let stand at room temperature for 5 min. before serving.

*Nutrient Analysis Per Serving: 172 calories; 8g protein; 34g carbohydrate; 3g fat; no cholesterol; 8g fiber; 2g sugar; 660mg sodium.*

# Waabigwani Giizis – Flower Moon

## May 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Child Abuse Prevention Conf. 8:30 a.m. CFC <b>Fire Prevention Day 10 a.m.</b> NRG Community quilting 12 p.m. CCC Story time 3:30 p.m. CCC Women's Night 6 p.m. BCC	<b>Walking Into the Unknown</b> 10 a.m. CCC Staff's Choice Day SCC Flower Planters 2 p.m. BCC
					1	2
Fun & Fitness day CCC Basketball playoffs SCC <b>Mother's Day Brunch</b> 10 a.m. BCC	Community quilting 12 p.m. CCC Movie day 3 p.m. CCC Cribbage 5 p.m. CCC Girls club 6 p.m. BCC	Jr. Golf 4 p.m. CCC Kids games 6 p.m. BCC Jr. Golf 7 p.m. SCC	Pilates 12 p.m. CCC Board games 12:30 p.m. CCC Prevention Intervention 5 p.m. SCC	<b>Annual Pow-Wow 1 p.m. OJS</b> Jr. Golf 4 p.m. CCC Anishinaabeg language 5 p.m. CCC Women's night 6 p.m. CCC Candleholders 6 p.m. BCC Jr. Golf 7 p.m. SCC	SCC closed FDL Memorial Day BCC closed FDL Memorial Day CCC closed FDL Memorial Day	<b>Spring Pow-Wow</b> 12 p.m. CCC Community Birthday 3 p.m. BCC Story time 3:30 p.m. CCC All games day SCC Men's Softball tourney
3	4	5	6	7	8	9
<b>Happy Mother's Day</b> Fun & Fitness day CCC Funny Glasses 12 p.m. BCC <b>"Legends Extravaganza"</b> Roy Clark, Crystal Gayle, Ray Price 4 p.m. BBCR	Community quilting 12 p.m. CCC Movie day 3 p.m. CCC Boys Club 6 p.m. BCC	Jr. Golf 4 p.m. CCC Adult Game Night 6 p.m. BCC Jr. Golf 7 p.m. SCC	Pilates 12 p.m. CCC Board Games 12:30 p.m. CCC <b>"Friend to Friend" 5 p.m.</b> CCC	<b>Women's Wellness</b> 9 a.m. CFC Cooking class 3:30 p.m. CCC Anishinaabeg language 5 p.m. CCC Photo frames 6 p.m. BCC Jr. Golf 7 p.m. SCC	<b>Women's Wellness 9 a.m.</b> CFC <b>Deadline Youth Employment</b> applications Tutoring Book-it 4 p.m. SCC Movie night 6 p.m. BCC	Kids Choice day SCC Community quilting 12 p.m. CCC Story time 3:30 p.m. CCC Men's Night 6 p.m. BCC
10	11	12	13	14	15	16
Fun & Fitness day CCC Decorate/sundae 2 p.m. BCC Family Night 4 p.m. SCC	Community quilting 12 p.m. CCC Movie day 3 p.m. CCC Cribbage 5 p.m. CCC Girls Club 6 p.m. BCC	Cooking Class CCC Jr. Golf 4 p.m. CCC Kids Games 6 p.m. BCC Jr. Golf 7 p.m. SCC	Pilates 12 p.m. CCC Board games 12:30 p.m. CCC Prevention Intervention 5 p.m. SCC	<b>FDL Open mtg 1:30 p.m. CCC</b> Cooking class 3:30 p.m. CCC Anishinaabeg language 5 p.m. CCC Women's Night 6 p.m. CCC Fuzzie Butterflies 6 p.m. BCC Jr. Golf 7 p.m. SCC	Story time 3:30 p.m. CCC Women's night 6 p.m. BCC	Community quilting 12 p.m. CCC Community Clean Up SCC Community BBQ 2 p.m. BCC
17	18	19	20	21	22	23
<b>24</b> Fun & Fitness day CCC Board/Card games SCC Premier Theatre 9:15 a.m. BCC	SCC closed BBC closed CCC closed	Jr. Golf 4 p.m. CCC Adult Games 6 p.m. BCC Jr. Golf 7 p.m. SCC	Pilates 12 p.m. CCC Board games 12:30 p.m. CCC <b>Sobriety Feast 7 p.m.</b> BBCR	Anishinaabeg language 5 p.m. CCC Butterfly Suncatchers 6 p.m. BCC Jr. Golf 7 p.m. SCC	Brown Bag lunch 12 p.m. CCC Cooking class 3:30 p.m. CCC Story time 3:30 p.m. CCC Tutoring Book-it 4 p.m. SCC Movie night 6 p.m. BCC	Community quilting 12 p.m. CCC Parachute Games SCC Kids Kool Aid Stand BCC
31	25	26	27	28	29	30
Fun & Fitness day CCC Obstacle Courses SCC Free Choice day BCC						