

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



*FDL Forester Christian Nelson chops down a European Buckthorn shrub in the woods not far from the Holy Family Church on Reservation Road. The hearty, invasive shrub tends to wipe out vegetation in its path. The Reservation prescriptive fire crew has contracted with Carlton County to burn out a few thick areas of the pest next year. See story on page 3.*

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# Local news

## Energy Assistance Program offers relief for heat bills

The FDL Energy Assistance Program is accepting applications for the heating season that started on Oct. 15 2009 and ends on April 15, 2009. Apply early! Applications can be found at [www.fdlrez.com](http://www.fdlrez.com) under community services -- energy assistance.

Or just stop by the Energy Assistance Program offices at the Tribal Center, 1720 Big Lake Road, Cloquet. This is an income qualified program so stop by or look on line to see if you qualify.

If you need more information, call Tammy at (218) 878-2603 or Joan, (218) 878-2658.

## Elder Complex fire under investigation

A fire at the Cloquet Elder Building, 1580 Big Lake Road, occurred on Oct. 18. Two apartments were extensively damaged; one was gutted and the other was damaged by soot and smoke. No one was hurt in the fire.

The cause of the fire is not yet known as of late October. Also unknown is the damage cost. Residents are expected to be back in their apartments by Thanksgiving.

The hallways will be painted, said Barb Purtu, housing director. Rooms have been "fogged" to remove the smell of smoke. In addition, an alarm system will be installed.

Additional improvements were already on board for the housing complex. The heavy entrance door will be replaced early in November by an automated door. A sprinkler system will be installed. The complex entry will be renovated to include a canopy, and a courtyard will be installed.

## Northland woods receding; prairie to replace forest

A new University of Minnesota study claims that substantial areas of Minnesota's northern forests may convert to savanna or grassland do to climate changes.

That means that over the

next 90 years or so, forest types in the Duluth area, including red and white pine, birch and aspen, will recede northeast to Thunder Bay, and prairie-like habitats common in southern and central Minnesota will move into the Northland.

By the end of the century, Minnesota could become mostly prairie said Lee Frelich, one of the study's authors from the university's Department of Forest Resources.

Some areas of forest will remain in the state's cooler areas, but right now, it's clear that the prairie takeover has already migrated into the northeast.

For example, summer droughts like that experienced in northeastern Minnesota this year stress forests, Frelich said. Rainfall needs to fall once a week to keep a forest thriving.

"If you don't get that, you have a prairie," Frelich said. "We've had these mini-droughts nearly every year for the past six or seven years."

*The research was published in the September "Ecological Society of America." The story was reported in the Duluth News Tribune.*

## Large number of flu cases at Cloquet School District

With more than five percent of its students sick with the flu, the Cloquet School District reported more absences due to the flu than any school district in the area. "Our numbers are increasing daily," said Sarah Elnena, the district nurse.

So many kids were home sick at one point that the district has had to report its student absences to the Minnesota Department of Health.

However, other districts are catching up to Cloquet: Two Harbors, Duluth and Proctor seemed to be flu-free at the beginning of the year but are catching up.

*The story was reported in the Duluth News Tribune.*

## Head Start program offers tips, snacks, activities

The Fond du Lac Head Start program will host "GymAntics & SnackTastiks!," a family fun program with open gym activities, healthy snacks, recipes,

diabetes prevention tips and prizes.

Stop by the Head Start gym between 3 p.m. and 5 p.m. on Wednesdays for activities and a snack. All Head Start parents will receive Parent Points for attendance and all participants will be eligible for a monthly prize drawing.

November's prize will be a harvest food basket. Call Head Start at (218) 878-8100 for more information.

## Brookston addresses needed

Note to Brookston residents: please send us your current address so you can be put on our mailing list for monthly flyers and community notices. Please send the information by mail to Bryan Bosto, Brookston Center, 8200 Belich Rd., Cloquet, Minn. 55720. You can reach Bryan by email at [bryanbosto@fdlrez.com](mailto:bryanbosto@fdlrez.com). His phone no. is (218) 878-8048.

## 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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# Buckthorn be gone

## Invasive species presents challenges to Reservation and County Foresters

By Deborah Locke

The Fond du Lac Band will lend its prescriptive fire fighting skills to Carlton County in the removal of European Buckthorn shrubs. The operation will start as early as next spring or whenever the fire experts decide, said Greg Burnu, a Carlton County Land Commissioner. The County has contracted to pay the Band for its services.

Meanwhile, the Band is developing its own plan to eradicate the pesky tree-like plant, said Christian Nelson, FDL forester. Foresters are noting buckthorn growth on a locator map and have started to cut and remove the invasive European species.

"It's all around us," Nelson said. He said a St. Louis County Forester identified a large Buckthorn area north of the St. Louis River near Brookston. Buckthorn grows across the river from the U.S.G. plant by the Highway 33 bridge campground area.

### Buckthorn introduced

The Natural Resources Division learned of the presence of Buckthorn in late September when a homeowner on Reservation Road brought in a sample of Buckthorn berries for identi-

fication. The woman, who lives outside the Reservation boundaries but is a Band Member, makes jam from chokecherries and pin cherries and thought the berry resembled a chokecherry. Then she learned the plant was a Buckthorn.

"She wanted it out of her yard," Nelson said, who used a chain saw to chop the growth and then treated it with a herbicide that is not harmful to humans or wildlife except Buckthorn.

**Buckthorn was introduced in the United States from Europe in the late 1800s as a hedgerow similar to lilacs. In the 1930s, it became apparent that the plant was invading forest areas and pushing out other plantings including trees. Buckthorn replaces native plants in part because it blooms early.**

On an October day, Nelson and Forester Steve Olson took turns hacking at a 20-foot tall Buckthorn shrub not far from the Holy Family Church on Reservation Road. They sprayed the stump with a special herbicide, as well as the massive Buckthorn seedling growth that spread beneath the tree. They will check the area in a year to see the plant's status, and keep checking for

about five years.

The shrubs can reach more than 20 feet in height and have light egg-shaped green leaves that appear early in the spring and last until late fall. The plant's bark is a gray/brown in color. Peel the bark and you'll see an orange-colored wood. "Thorns" resembling frail toothpicks extend throughout the branches. The berries

are black in color and ripen in August and September. They are toxic to humans, and are consumed by birds who become sick with diarrhea after eating the berries.

### Flying while intoxicated

The sick birds explain the spread of Buckthorn, said Carlton County Land Commissioner Greg Burnu who manages 73,000 acres of county land. More harmless berries are scarce now, and the birds will eat whatever is left. Buckthorn berries act like a laxative, and more.

"The berries are fermented this time of year and it gets the birds loopy," Burnu said. "They feed on the buckthorn, it makes them drunk and they fly 30 feet and poop." The poop contains seed, encouraging a new Buck-

thorn patch.

The shrubs flourish on a plot of land north of Moose Lake along railroad tracks. Workers threw down brush in the affected area to make it more flammable later. Buckthorn has a thin bark and shallow root.

"Cook the soil and it will kill the plant," Burnu said. The plant may have been present in Carlton County for as long as 30 years.

Buckthorn was introduced in the United States from Europe in the late 1800s as a hedgerow similar to lilacs, Nelson said. In the 1930s, it became apparent that the plant was invading forest areas and pushing out other plantings including trees.

Buckthorn replaces plants in part because it blooms early. The shade from Buckthorn shrubs keeps smaller plants

from growing. Trees stop regenerating, and the bushes act as a host to an aphid that lives off Buckthorn and then moves to soybean plants.

"Our primary concern is what it does to the forest," Nelson said. "It takes over a landscape." The shrubs have a long growing season and more easily survive a severe winter season than native plants.

Buckthorn is known to replace useful plants including medicinal and gathering plants such as chokecherries, pincherries, and the high bush cranberry.

In Europe, the plant is kept in check because of the insects and diseases native to those countries that limit growth. Those checks have not developed yet in the United States.



*Buckthorn berries near Reservation Road.*

**If you notice Buckthorn growth within FDL Reservation boundaries, please call the Forestry Division at (218) 878-8001. Foresters will help to identify the shrubs, and remove them.**



# Faces that tell the story

## Eastman Johnson art exhibit shows mid-1800s Ojibwe life

*Eastman Johnson charcoal image of an Ojibwe woman with a child. "The work is entitled "Kay be sen day way we win"*

By Christine Carlson

Since humans first walked the earth, the Ojibwe have told stories. At a reception for the Eastman Johnson art collection held in Duluth in September, Dr. Linda Grover of the University of Minnesota – Duluth said that the Ojibwe also tell stories through their faces.

Eastman Johnson (1824-1906), a well-known painter and co-founder of the Metropolitan Museum of Art in New York, created his artwork of the Ojibwe during a period of great change for American Indians, Grover said. With the treaty of 1854, the Ojibwe had just signed over vast areas of land. It was a time of hardship.

The reception at the Duluth Depot's Great Hall featured 36 pieces of Johnson's art, historic Ojibwe clothing and artifacts, two birch bark canoes, and works from contemporary artists. Some of the pieces remained on display at the Depot building for one week before they were returned to storage at the Tweed Art Museum at UMD.

FDL Band Member Rick Defoe conducted a pipe ceremony for the event, followed by remarks from FDL Band Member Vern Zacher, who is president of the St. Louis County Historical

Society.

The evening started with music from Cochise Anderson from Minneapolis. Anderson played the flute, and sang and drummed throughout the evening. The event was a collaboration of the Fond du Lac, Grand Portage and Bois Fort Reservations as tribal museum partners, the St. Louis County Historical Society, and the UMD Tweed Museum of Art.

Over the course of his career, Johnson focused on everyday people as well as prominent Americans. In the mid-1800's, he traveled to Wisconsin and Minnesota to visit relatives and began to create images of Ojibwe life. His relaxed, everyday pictures of Indian people, scenery and dwellings were unusual for their time.

It's commonly believed that Johnson's art was produced at Grand Portage and Pokegema Bay. However, newspaper articles describe a connection between Johnson and the old village of Fond du Lac. A story with drawings was written by historian Nathan Cohen in the Duluth News Tribune on Feb. 27, 1938. It stated that the pictures used with the story were of Indian women that Johnson knew from Fond du Lac.

A picture accompanying the 1938 story showed a woman known as "Shamen Negin" or Southern Bone. It appears that Eastman sketched three drawings of her. The "Ojibwe women" oil painting shows a woman with a baby in a cradleboard and a group of women. Cohen believed that the women were from the Fond du Lac village.

A Duluth Herald story of Aug. 5, 1935 states:

*In addition to the portraits of the Indians, there are several scenes of Duluth and Fond du Lac. One, an oil painting, shows the village of Fond du Lac in 1857 with its Indians and small trading posts. Another shows the Duluth-Superior harbor entry in that year with old Superior in the distance.*

A Duluth News Tribune story of July 20, 1941 says of Eastman Johnson:

*He won over the Chippewas. He built himself a primitive studio camp in the woods and wore blankets and moccasins in an effort to adopt frontier life and habits. He drew and painted the Chippewas at their work and rest, in their canoes and wigwams at Fond du Lac, on*



*Shown from the left is Rick Smith, Director of the American Indian Learning Resource Center at UMD. Bill Howes, center, is a Fond du Lac Band Member. His wife Edye Howes on the far right is a Leech Lake Band Member. Photo by Christine Carlson.*

*Minnesota Point and at Grand Portage.*

Johnson came to the area in 1856 and 1857. He was escorted by Ojibwe guide and interpreter Stephen Bonga. Stephen was born about 1798 at Pokegema Bay in Superior, Wis. Bonga died in 1884 and was buried at Wisconsin Point. Eastman also lived at Pokegema Bay, across from the old Fond du Lac village.

Bonga had relatives living at the Fond du Lac village. It seems quite logical that Bonga would have taken Johnson to the historical village to visit

Bonga's relatives.

The reception came to a dramatic close when Grand Portage Band Member Bob Swanson opened a glass display case, carefully picked up a faded letter from Sept. 28, 1874 and handed it to UMD's Brian McLinnis. McLinnis translated the letter to a delighted audience. What a night!

*Christine Carlson is a researcher and award-winning photographer from Nickerson, Minn. She grew up in the old village of Fond du Lac.*

# Singing for the women in our lives

## Oshkii Giizhik drum group receives prestigious Native American Music Award

Eleven members of the Oshkii Giizhik drum group traveled to Niagra Falls, N.Y. in early October to collect the "Traditional Music" award from the Native American Music Award Association. Each year the awards receive more than 150 nominations.

Lyz Jaakola, a group founder and FDL Band Member, answered questions about the award and how and why the group formed.

### Who nominated the group for this award? Was the judging based on a live performance or a CD?

The Oshkii Giizhik Singers' CD, "It is a New Day" was submitted to the Native American Music Awards Advisory Board by me early in 2009. The CD had to have been produced and nationally distributed in 2008 to be considered for the 2009 NAMA (aka "Nammy").

The application asked which songs were to be considered for an award and the music categories. We submitted in the "Debut Group" and "Traditional Music" categories, and asked the board to listen to "Anishinaabekwe" and "Gangsta Song."

We were informed of the decision to accept our submission in August when the Advisory Board voting began. The NAMA Advisory Board vote makes up 65 percent of the election results. Public voting makes up the remaining 35 percent, and all voting is done online at the Nammy website.

### How many nominations were received for this award?

I do not know how many submissions were made to the category we won. Once the decisions were made to post the first round of ballots, there were 23 groups in the "Traditional Music" category. When public



*From left to right: Suzanne Swanson, Sarah Curtiss, Bonnie LaFromboise, Darcey St. John, Lyz Jaakola, Maija McCloskey (seated in front), Eileen Dwyer, Mary Kathryn Dwyer, Melissa Pope, Gladyce Nahbenayash. Group members who didn't travel to New York and usually sing with OGS: Jess Dawson, Gayle Nikolai, Deb Palonis, Sheila Fairbanks. About 35 women have sung with OGS over the past four years.*

voting began, the nominee list was reduced to six groups (three of the final six groups were women's groups).

### What is the group's purpose?

We do what we do to empower Native women (and children) to use their voices. More than a century has passed since powwows evolved in the midst of "federal regulations" of Native music and dance. When the powwow tradition began, it was so men could gather around the drums and learn those teachings. Everyone has their own knowledge and understanding of their place in that powwow circle. Although powwows have become a large part of Anishinaabe culture, we are so much more than powwow singers.

The elders and spirits that guide and assist Oshkii Giizhik Singers, both male and female, encourage and support what we do while reminding us of our humanity. We are pitiful beings who need all the help we can get. Singing is one way we can help ourselves and maybe help others.

Today Anishinaabe women's

voices are more regularly heard, in music, in politics, in traditional leadership roles. Anishinaabe women are the backbone of our communities, but an oppressive history made it less common for our voices to be heard. Singing is just one of the ways we use our voices in a good way. Oshkii Giizhik was formed to encourage and empower women to stand tall and use the gift of sound they received from the Creator. A woman's voice can do much to influence her environment in a positive way. We encourage each woman to do just that.

### Sometimes women are criticized for playing the drum. What would you say to your critics?

My philosophy, which is based on the wisdom of elders from all over Anishinaabe territory is this: Every individual has their own path. That path, that walk, comes with necessary teachings for whatever it is that that individual needs to do while they are here. My teachings are specific to my purpose, which includes singing with a handdrum.

I didn't come to this lightly, nor did I choose this path. It was very clearly given to me in a dream, and there are things you know you just must do, no matter how uncomfortable or unpopular it may be. Of course, since I knew the handdrum use could be controversial, I sought out elders for their thoughts.

One way Oshkii Giizhik Singers continue to seek teachings from elders is by hosting annual women's handdrum gatherings. The latest was held Oct. 9-11. Over the years we have had about 130 Anishinaabe women participate in the gatherings.

Some Anishinaabe elders stated that if it weren't for women, men would not have a drum. One of them said "Women have always sung. We've always used the Grandfather Drum (waterdrum). All drums come from that Grandfather Drum and therefore no one can say 'women can't use a drum.'"

Other comments: "My girl, you know what you need to do. You don't need my permission; just get on with the doing of it."

"You girls remind me of when I was a boy listening to my grandmother sing with her drum. Miigwech."

These are but a few of the many comments I have heard in almost 20 years of singing with a handdrum.

### Who writes the music?

Some of the songs are "standard" women's songs, passed on from group to group. Some are "gifted" to us from a specific singer. Some come from spiritual sources. Some we "write." We get together and sing a line, ask if others like it, change it, re-sing it and eventually we have something that works.

We ask for permission to sing songs that we hear and think would be good to sing as a group. We never sing songs that

are only ceremony songs unless we are in ceremony. A challenge with that is that some people take social songs and sing them in the sweat lodge, for example, so if we sing one of those songs that others have only heard in a sweat, they think we are singing ceremonial songs out of place.

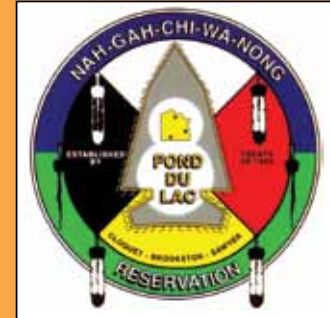
In fact, the song may never have started out as a sweat song. So, we try to know the history of songs that are given to us and follow "Indian copyright" by telling where we learned the song and where it came from. Floyd Crow Westerman came up with the "Indian copyright" term, I think. It works pretty good.

We try to be very musically responsible. That's part of the expectation when one uses a voice this way. If you're going to be heard, be sure to do your homework and know what it is you're doing with your voice.

### Is there anything about what you (i.e., the group) do that is immediately identifiable? What makes the group different from others?

We're Indigenous women, for one. But other Native women's drum groups are doing similar things. We each have our own sound. We each affect our own communities in a unique way because each community has its own strengths and needs. Oshkii Giizhik's mission is tied to empowering women, especially those who are survivors. Our next CD will start with a "Women Survivors Song" honoring all survivors of trauma or violence.

Personally, I sing for the women in my life who can't sing because they've passed on, or because they can't get out from a situation that is silencing them. They continue to empower me in their own way, and I hope to empower others in my way.



# A few thoughts from RBC members

## From Chairwoman Karen Diver

There has been additional discussion regarding the Nelson Act settlement funds. You may recall that this settlement was for litigation with the federal government regarding land and timber losses. The litigation was settled some years ago, but even though the member bands of the Minnesota Chippewa Tribe had agreed years ago to split the settlement evenly, some bands now wanted to get the money based on other formulas.

An alternative formula for distribution was considered that would give every member of the six bands a per capita payment, and a lump sum back to the bands (some bands, like Fond du Lac, plan to distribute their lump sums also as a per capita to Band Members).

The alternative formula was agreed to by all of the bands except Leech Lake. Leech Lake

feels that they should get more. The MCT was told previously by legislators that all six bands had to be in agreement in order for the federal government to release the settlement funds.

In mid-November, RBC members from the bands will be asking our legislators to honor the vote of the MCT and release the funds. I'll keep you updated if this occurs even without unanimous approval of the distribution plan.

Tribal leaders are being invited to the White House to meet with the President and his advisors for the first Tribal Leaders summit. This exciting opportunity will be on November 5, 2009.

On the two days prior, I will be in Washington D.C. for my first meeting on the Indian Health Services Tribal Self-Governance Committee.



Karen Diver

This Committee is made up of one primary and one alternate representative from each of the nine IHS service areas. I will serve as the primary representative of the Bemidji Area Indian Health Service area that covers Minnesota, Wisconsin, Michigan and Illinois. Thank you to the Shakopee Mdewakanton Community for nominating me to this Committee. It will

be interesting to have input on health care reform initiatives and how they may impact Indian Country. The committee meets quarterly in Washington D.C.

The last month has been a tough one for a few RBC members.

There have been a lot of requests for personal assistance by Band Members. The requests include help with gas and food money, avoiding utility shut-offs, car repairs, etc.

There was a time when many

of these types of requests were fulfilled. In the last two years, programs were developed to review these types of requests. For example, the emergency food assistance program is at the Social Service Department so that Band Members can be assisted in finding other programs that can be helpful, as well as looking at long-term solutions to problems that people may be facing. Energy assistance programs have clear guidelines and eligibility requirements. The per capita loan program was started to help meet unexpected needs. The day labor program allows people to work to earn funds for unexpected needs if they are not already employed.

Since these programs are in place, the answer that the RBC has given to people making these requests is often a referral to many of the programs. As you may imagine, this often makes people unhappy especially if they have already

utilized these programs. I am concerned about the increasing level of anger being shown to RBC members -- as well as to staff -- when people do not hear the answer that they want. It has become an almost daily occurrence to be yelled at or sworn at, fists pounded on doors or a harassing number of phone messages.

It's not easy because I truly believe that each RBC member wants to be able to help people when they can. However, in fairness to all Band Members, there has to be limits on how the RBC uses Band funds because they belong to the entire Band membership. We would appreciate your understanding and respectful communication.

*As always, feel free to let us know what you think.  
Office phone: (218) 878-2612,  
Cell phone: (218) 590-4887 or  
email karendiver@fdlrez.com.*

## From Ferdinand Martineau

To the Fond du Lac Band Members: I am beginning this column about 30 minutes before it is due. The work schedule has been very hectic around here this past month. With the colder weather and the start of a new heating season, there have been lots of requests for help with energy bills. Our energy assistance program funds have not been released yet, so people are getting impatient or worried about their bills.

I am concerned with some of the reactions of Band Members who interact with our FDL staff members. Our employees are

working as fast as they can but some Band Members do not accept that and they become very rude. I realize that the situation many find themselves in may seem desperate, but it does not help to treat rudely a staff member who is trying to help.

On another front: the employment situation for construction workers on the Reservation is changing very rapidly. With the start of the pipeline project, the resource management building and the supportive housing unit, quite



Ferdinand Martineau

a few of those waiting to go to work are now working. If you are interested in working on one of these projects

please contact Lonnie Susienka at the Tribal Center at (218) 878-7527 for more information.

The budget season is beginning again. Our first look will be soon. My goal is to keep spending down without cutting programs. That is getting tougher but I think we

can do it again this year. The big question that I have been asked is how is this going to affect the per-capita payment.

The plan is recommended to remain the same for next year and I feel that will be passed by the time you read this column. With us keeping expenses under control and a pick-up in the economy next year, we should be able to relax a little.

If you have not been able or willing to go to the Casino over the past several weeks, you would have missed noting the increase in players. The Hotel has been booked for the week-ends and there have only been a few unoccupied rooms during the week. I do not think that we have turned the corner yet, but I do think the financial worst has passed. I am not completely confident, but I feel good about

the Casino for the future.

Finally, I'd like feedback from you on the way we handle minor distributions. Currently, and for the next year, we issue a check to the minor when they turn 18. Should we change that? If you think we should, how would you change it?

*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 .  
Miiigwich !*

*RBC columns continued on next page.*

# RBC Thoughts

continued from page 6

From Mary Northrup

**B**oozhoo! I hope everyone is looking forward to a safe and happy holiday season!

As some of you may know, I have been out of the office recently due to a family medical emergency.

I apologize to those of you who were unable to reach me, but the crisis is over and I am back in the office full time. I appreciate your understanding, and thanks to fellow council members and the community for your support.



Mary Northrup

There have been some changes recently at the Brookston Center. I announced at the open meeting in Sawyer that we have hired Bryan "Bear" Bosto as the Brookston Community Center Manager. He will be overseeing the community center operations. Karrie Smith is still the youth coordinator, and Becky Salmon is the adult/elder coordinator. We look forward to many activities that will meet the needs of all of the Brookston Community members.

In addition, I would also like to invite everyone to our Annual Brookston Powwow and feast that will be held on November 21, 2009. Grand Entry will be held at 1 p.m., and the feast will be served at 3 p.m. If you have any questions concerning upcoming events, please call Bear at (218) 878-8048, or check the FDL web site.

Just a reminder that our 2nd Annual Veterans Day Celebration is being held on Veterans Day, Nov. 11, 2009. The event will be held at the Black Bear Convention Center, and dinner will be served at 5 p.m. This year we will be honoring our Fond du Lac Vietnam Veterans. Veterans who received the Vietnam Service Medal must register to attend. Contact Clarence "Chuck" Smith at (218)878-2670, for more information.

I would personally like to say Miigwetch to all Veterans for their service.

As always I appreciate any comments, suggestions or concerns you may have. I can be reached at (218) 878-7583, or (218) 393-2107. My email address is [marynorthrup@fdlrez.com](mailto:marynorthrup@fdlrez.com). Miigwetch!

# Serving with pride

## A son remembers the Dad who served in the Korean War

Veterans' Day is celebrated on Nov. 11, 2009. To acknowledge the long-standing tradition among Ojibwe people to serve admirably in the U.S. military, we asked a veteran for a story. FDL Veteran Service Officer Chuck Smith wrote the following tribute to his dad. Chuck asked that a comment he found be included with the story: "Some people come into our lives and quietly go. Others stay for a while and leave footprints on our hearts and we are never the same."

“The Man in the Green Hat.” I have heard my Dad described as such a number of times by people who didn't know him.

Those people were mostly from the Casino, as well as some of the younger generation here on the Rez.

The Man in the Green Hat was much more than that to those who knew, loved and miss him. Dad passed away on Jan. 19, 2009, and our Smith lives have been forever changed.

He was the patriarch of our family, our Dad, Brother, Uncle, Cousin, Friend and revered Grandfather. He loved hunting and was the best shot I've ever seen. He shot five ten-pointers in one hunting season, a remarkable feat for open sights. How many times does a hunter see just one ten-pointer in a season? He taught me and his grandsons to hunt and share our bounty with the

Elders. "Always take care of your Elders," he would say to us. We did and still do as you say, Dad.

The Man in the Green Hat was a very proud Marine who served and sacrificed for his country with FOX Co. 2/1 First Marine Division, from Sept.

1952 to Sept. 1953. During the Korean War, I'm proud to say that my Dad was awarded two purple hearts for wounds received in combat.

Sadly, most people didn't know that about Dad until after he passed away. He didn't brag, he didn't talk about combat. He kept the war and pain to himself with a quiet dignity. I recall only a few times in my life when he opened up about his experiences as a Marine serving in Korea. There was the time he gave me a paperback book written by a Marine detailing his account of Chosin Reservoir. Dad said "Read this book. It's about where I was at in Korea."

After reading it, I had a greater appreciation of him and for all who served in Korea. Dad said "It was very cold there

and we didn't have any Sorel boots."

Another time during hunting season my sons, Charlie and Steven, heard an account of Dad's life being saved by a 30 carbine. He told us of being in a firefight in which he was the only survivor.

"If it wasn't for that rifle, I wouldn't be here now," Dad said. "My platoon was wiped out."

After he said this, he had a look that told us that he was reliving the experience. He took a puff of his cigarette, a drink of coffee and offered no more. He wanted to go hunting.

The boys later wondered if Grandpa was thinking of his Marine friends who died that night. All I could say to them

was that I thought so.

Dad remained a proud Marine his entire life. There were Marine artifacts throughout his house. He also gave me Marine things for my birthday and Christmas because he was proud that I was a Marine Vietnam veteran. And for those of you who didn't know, the green hat that he wore was a marine utility hat.

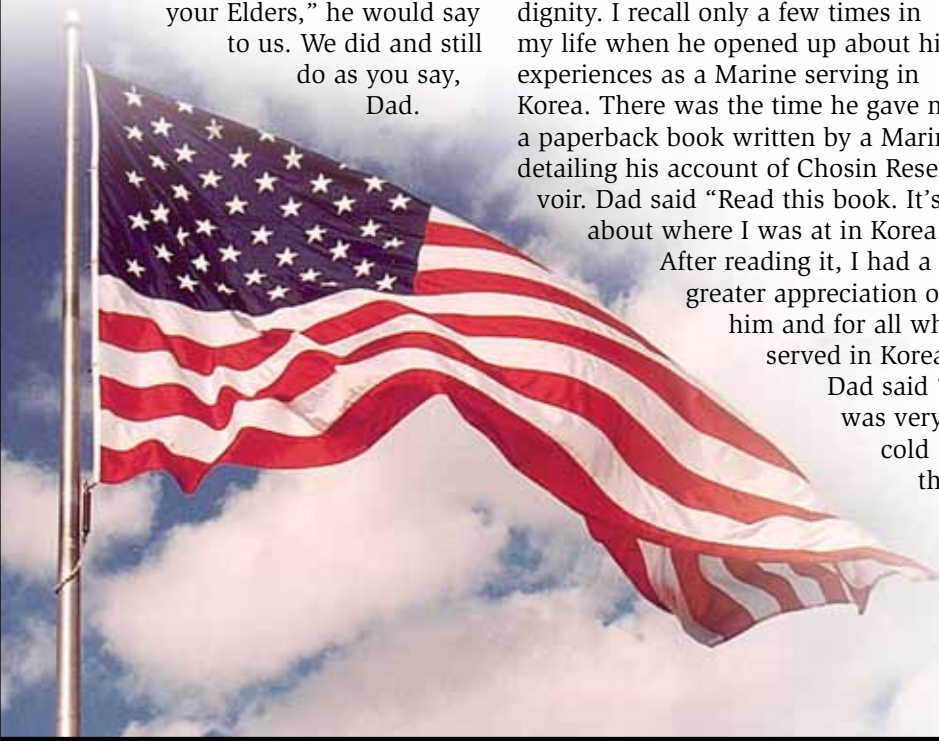
I'm proud, Dad, that both of us were Marines and that we honorably served our country. To you, Dad, from me, Miigwetch for serving. I love and miss you. There can be only one man, in my eyes, who can be called the Man in the Green Hat and that's you.

My dad was Ronald "Chic" Smith.

To those of you who have read this, please acknowledge all veterans by respectfully telling them "Miigwetch for serving."



Ronald 'Chic' Smith



# (Off)-Rez adventures with the Indian Scout

By Deborah Locke

The Scout appeared borderline giddy about a proposed drive to Itasca

State Park to see the state's largest white pine. Mentioning that tree was like lighting a candle behind his eyes. He glowed.

That's because the giant grandfather pine harkens to a time when our ancestors thrived beneath the broad sheltering boughs of thousands of pine trees. The Scout mourns the loss of those trees, and cherishes the final living reminder at Itasca State Park.

Artifacts discovered in 1937 at the Park's bison kill site show that descendants of the Ojibwe and Dakota lived in the area as long as 8,000 years ago. Indians of the Woodland Period who lived in more permanent settlements and buried their dead in burial mounds came after the more ancient Indian communities.

Eager to see the great big tree, we traveled north toward Floodwood on U.S. Highway 2 on an early October day. The Scout chatted away, snacking from an abandoned bag of garlic chips left in the company van. He described the drive as "primitive and desolate" because we would pass only one Indian casino on the way, the Northern Lights in Walker. The Scout views Indian casinos as the ideal rest stop for gasoline, potty breaks and the purchase of Cheetos.

So why do you think Floodwood is named Floodwood, he challenged as the vehicle trundled along. Do you think it has anything to do with floods?

It has to do with floods, I said.

Floodwood was named for an Ojibwe chief, the Scout said. He added as we passed through the city of Floodwood that the area was once a critical travel juncture for American Indians, a kind of water "freeway entrance" to Lake Superior.



Following the usual rambling conversation that included thoughts on Michael Jackson and Prince Harry, we arrived in Walker for lunch. Following consumption of a mediocre walleye sandwich (me) and beer cheese soup (him), we resumed our adventure.

The terrain quietly changes as you drive north, giving way to hardwood, pine and prairie land. Finally, we approached Wilderness Drive and the bison site on the southwestern shore of Lake Itasca. The air, nippy and drizzly, penetrated coats, chilling from the inside out.

The weather hardly dampened the Scout's enthusiasm, which stemmed from more than his chance to revisit the big tree. Turns out the Scout

is a gifted sculptor, and created the bronze sculpture called "Heartwaters Caretaker Woman" near the headwaters entrance.

He said that the day the sculpture was installed in 2005, a herd of baby turtles hatched and crawled all over the place, causing park staff members to freak out.

"They called and said they had never seen baby turtles there before!" the Scout said, standing near his sculpture of the woman. Her arms form like the land, her hair is shaped like wind and water, and the bowl she holds represents spilling water. The woman sits on a large turtle, surrounded by bronze baby turtles.

The day the real baby turtles descended on the visitor's center and outlying areas, the electricity went

out, causing park staff to further freak out.

The day we were there, only a few of the half-million tourists who visit the Mississippi Headwaters each year, were around. We walked to the river's source, admired the view and group of ducks poking in the water, walked the big log crossing the river opening, and resumed our quest for the big tree. A five-minute drive later, we walked a path into the deep woods and beheld the great tree protected by a two-by-four wood frame.

The white pine's bark is thick and heavily rutted, like a face that weathered countless storms. The long trunk reaches high into the sky before you see branches.

We walked around the tree a few times while the Scout recounted the days before the loggers took out all the giant pine. A guy in a light jacket joined us, glanced at the tree, told the Scout in a southern accent that this was his final stop on a river-long trip, and left.

We noticed his license plates on our way out. The car was from Louisiana, where the great

river ends. The man drove a long way to see the headwater trickle and the tall tree.

We drove a relatively short distance that day. The Scout seemed content during the drive back to the Rez. He saw his Heartwater woman and turtles. He saw his tree.

*Deborah Locke can be reached at [deborahlocke@fdlrez.com](mailto:deborahlocke@fdlrez.com)*





# Taking the last boat to safety

FDL Band Member and ship captain Edward Smith gained a reputation for excellence

By Christine Carlson

At about 3:30 a.m. on June 7, 1928, Captain Edward “Indian” Smith’s steamer, the America, hit a reef

at the southern tip of Isle Royale, the largest island in Lake Superior.

The captain had retired to his quarters. Left in charge was John Wick, an experienced, licensed, First Mate. This was Wick’s first trip out of the harbor into Lake Superior. Smith had told Wick to stay off the shore, an ignored instruction. The collision with the reef created a hole in the ship’s steel hull.

The Captain and crew were awakened by the thud and went into action. In the Duluth News

Tribune story of June 8, 1928, Wheelsman Fred S. Nelson said this:

*We were out bound in Washington Harbor about a half mile from the dock when the ship*

*struck the reef. There was no confusion while the lifeboats were being lowered. Everyone behaved wonderfully and the six women aboard, mostly members of the crew, were not a bit excited over the crash as all saw there was no danger. The boat started sinking slowly. All five of the ship’s boats were*

*launched. Members of the crew were assigned to take charge of the*

*boats and everyone was taken off. Capt. Edward C. Smith left on the last boat just before the*

*entire ship was practically under water.*

That Captain Edward C. Smith maintained a cool head during a crisis would come as no surprise to those who knew him. Smith was the son of Hank Smith and Therese Loonsfoot (who was the daughter of Mongosit.) Edward Smith was born on April 16, 1859 in a sugar-bush camp between Superior and Bayfield.

He married Charlotte Cadotte in about 1883. She was born in Wisconsin in about 1850. Charlotte was the daughter of Augustus and Mary Ann Cadotte. Edward and Charlotte’s names are in the 1893 Indian Census for the Fond du Lac Band.

In the Minnesota Census of 1895, Edward is listed as a steamer captain; his wife’s name is Sharlotta. They had a daughter named Bessie. Edward’s wife died in 1902. Edward then married Catherine (or Katie) Cadotte in Superior, Wis. in 1905. Catherine is also known as Harriet Angelique Cadotte, and was born in 1874 in Superior. Catherine was the daughter of Augustine Cadotte

and Catherine St. John.

The 1923 Fond du Lac Indian Census shows that Edward and Catherine had five children: Theresa, Edward, Charles, Ethel, and Harriet. Ethel Smith married Percy LaPorte. Harriet Smith married Perry Smith who showed up as living with the family in 1930. He was employed as a sailor.

In the 1900 Federal Census, Ed Smith was First Mate with Capt. Jacob F. Hector on the steamer Dixon. He had been First Mate about five years prior to his time on the Dixon. In 1910, Capt. Hector retired and Edward took over.

An Oct. 8, 1965 story about Smith and his family stated:

*Captain Smith was a native of Duluth and a lifelong resident there. At the height of his career he was one of the best known vessel masters on Lake Superior and usually the first to sail his vessel out of the local harbor each navigation season.*

Smith often took his wife and family on trips. On the route to Canada, the vessel typically made stops at Two Harbors, Belle Isle, Chippewa, McCar-

goe’s Cove and Tobin’s Harbor on Isle Royale. Mrs. Smith recalled that the ship carried a crew of about 25 men.

Capt. Smith was concerned about the grave removal at Wisconsin Point, done with funds designated to American Indians. In a 1914 letter to Congressman Clarence Miller, Edward Smith wrote:

*The Government has the legal right to appropriate and use for their benefit money belonging to Indians and in the hands of the Government, independent of the consent of the Indians. I do not think they have a moral right to do so, however, against the wishes of the Indians in any matter, peculiarly within the sentiment of knowledge of the Indians.*

Smith’s credentials as a seaman were stellar. Historian John Bardon wrote that in commercial fishing and later in the passenger business, Smith commanded boats for the Booth Fisheries Company down the North Shore of Lake Superior, as far as Port Arthur and Fort William.

Bardon wrote that Smith  
*Continued on page 13*



Captain Smith (foreground) descending the America.

Photo courtesy of Superior Public Library



The America leaves Duluth. The old Aerial Transfer Bridge is in the background. Photo courtesy of the Lake Superior Maritime Collection UW-Superior

# Legal Q&As

## Credit card debt: Should I answer a summons and complaint?

**Dear Senior Legal Line: I just received a “Summons and Complaint” in the mail about a credit card debt that I owe. It states that I have 20 days to answer, and if I do not answer, I will lose the lawsuit by default. Also, I’m supposed to sign an “acknowledgment of service” in order to reduce the cost of the lawsuit.**

**I am a senior and live on a fixed income of Social Security benefits. I live modestly in a small apartment and have one old car for transportation. I simply could not afford to pay back the credit card debt, and now I am being sued. What should I do?**

*Baxter*

**Dear Baxter:**

I see many clients in the same position who have the same reaction. They are fearful of a lawsuit and potential judgment. I encourage you to contact us or another attorney for more information.

First, here is a short explanation about what is going on: The summons and complaint you received is the start of a lawsuit (if you acknowledge the service in writing).

In Minnesota, a lawsuit begins with the service of the summons and complaint; this is called “pocket service” or “pocket filing” because the plaintiff does not have to notify the court.

In most other states, a lawsuit begins when the summons and complaint is filed with the court (where the petitioner/plaintiff

has to pay filing fees).

After a person (known as the defendant) receives the summons and complaint, they need to make a decision. Should they sign the acknowledgment of service and return it to plaintiff?

In Minnesota, the lawsuit has not started until proper service is accomplished. This happens

- when a defendant signs the acknowledgment and returns it; or
- if the defendant is personally served with the summons and complaint; or
- if the defendant cannot be located after reasonable attempts, by publication in the local newspaper of record.

The plaintiff will argue that the defendant will reduce the overall potential judgment against him or her by signing the acknowledgment since the plaintiff did not have to pay a process server or sheriff to serve the summons and complaint on the defendant.

On the other hand, if the defendant does not sign the acknowledgment, the defendant will buy himself more time to contact the plaintiff to explain why the lawsuit is a waste of the plaintiff’s time.

In Baxter’s case, his income (Social Security benefits) is fully protected from collection under federal and Minnesota law. He has no other attachable assets since his car is probably valued under \$4,200. Even if the defendant has a house, the house is protected by Minnesota law

from collection for these types of judgments up to \$300,000 in equity.

Once a plaintiff knows the lawsuit is a waste of time, the plaintiff can choose not to file it. Also, even if the plaintiff files and the judgment includes the service fees, Baxter is exempt from collection, so there really is not much incentive for Baxter to make it easier on the plaintiff and sign the acknowledgment of service.

Here’s another matter for Baxter to ponder: Whether or not to answer the complaint within 20 days.

If a defendant disputes the debt, or if there is a defense to the debt, then the defendant should submit an answer to the complaint. If the defendant does not dispute the debt and has no defenses, then there really is no reason to submit an answer. The defendant is allowed to do nothing and to allow the plaintiff to get a default judgment.

Twenty days later, if the defendant did not answer, the defendant will lose the case, which means the court will determine that he owes the money to the plaintiff. A judgment will be entered against the defendant. The judgment will automatically become a lien on any real estate that the defendant owns in the county in which the lawsuit took place (but Minnesota law protects homesteads, so the judgment will essentially just sit on the title of the homestead for up to twenty years).

In Baxter’s case, because he

is exempt from collection, he can choose to do nothing with relatively little risk to himself.

Sometimes, plaintiffs will attempt to grab the money from defendant’s bank accounts and/or wages before they obtain a judgment against a defendant. Minnesota recently added new protections for defendants in regard to these “prejudgment garnishments.” The plaintiff must serve a new, plain language “Notice of Intent to Garnish” on the defendant any time after the twenty days following the service of the summons and complaint, if the defendant did not answer the complaint.

This is essentially a second notice that the plaintiff will attempt a garnishment in 25 days unless the defendant takes one of the following actions: (1) answers; (2) claims an exemption; or (3) contacts the plaintiff to set up a payment plan.

So, 45 days after service, the plaintiff can start garnishing the defendant’s bank accounts or wages without filing the lawsuit. However, in Baxter’s case, because only his Social Security benefits go into his bank account (he has no wages), the bank account is exempt from collection under federal and Minnesota law.

Please note: the sheriff will not come and arrest you if you choose not to sign the acknowledgment or go to court (you are not being subpoenaed and the summons and complaint is not a court order). There are no debtor’s prisons in America.

It is common for the court

to order that the defendant disclose his/her financial assets and income. The defendant must answer a court order or face contempt of court.

In conclusion, if you receive a summons and complaint in the mail, you have to decide (1) if you wish to acknowledge service by mail or wish to make the plaintiff personally serve you; and (2) if you wish to answer the complaint and appear in court. In Baxter’s case, because the law protects his income and assets (the car), he can choose to not acknowledge the service by mail, to not answer the complaint, and to not appear in court.

Anyone who has any questions about the lawsuit process and/or debt management is encouraged to contact our office or another private attorney for more information. This article does not purport to answer all aspects of a question, so please seek further advice about your particular situation.

*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.*

By Lucy Carlson

**M**y daughter lives in New York City. We were talking on our cell phones one morning, while both of us were on our way to work.

My daughter was walking down Madison Avenue in Manhattan and I was driving on Highway 33, North of Cloquet. We talked about the great people-watching opportunities my daughter gets to experience, living in a city with so much diversity. Daily opportunities are presented that offer glimpses into individual value systems, lifestyles, and lifelong hardships.

She frequently shares some of the more unusual experiences with me, as she knows I like glimpses into “human interest” situations that are out of the ordinary. As we chatted, she said, “Mom, here is a case in point. I just passed a small child being pushed in a stroller and she was drinking a big cup of coffee!”

Hmmmm. Was this some kind of a family tradition? Or could it have been a need to put something (anything) into a child’s stomach to curb hunger? Or, perhaps the child was thirsty and the parent had discovered she had forgotten the child’s bottle of water or milk at home, so gave her the coffee. Or was it a case of the parent truly not being aware of the impact caffeine can have on a small child’s nervous system?

We’ll never know the motivation that parent had for offering coffee to her child. However, in thinking about that scene, I also thought about how things sometimes are not what they appear to be. The coffee cup could have been full of milk or water. We will certainly hope that is so.

This situation brought to

mind the struggles many of us have around food and getting our children to eat things that will support their healthy growth and development.

Last week I helped do parent interviews for early childhood screening for an area school district. Without question, one of the most frequent concerns parents had was what and how much their children were eating. Many parents wondered how to make sure their children were eating foods that their young bodies need to grow properly. Dietitians talk about how to help parents minimize the tantalizing snack items like chips and pop that our children beg for, but which promote childhood obesity as they fill the tummy with empty calories.

#### Why not a chips/pop mix?

To be honest, it is sometimes tempting to give our children pop and chips, just because it is easier. But information from the field of nutritional experts has shown us just how detrimental that can be. The sugar, caffeine, and color dyes in most Kool Aid, soda pop, and chips can have a significant negative effect on our child’s behavior, mood, and ability to learn in school, as well as the health of their forming teeth.

A suggestion for a healthy and inexpensive snack was given to me by my friend, Patrick McCormick. Patrick was a “stay-at-home dad” who raised his four children and became very creative in providing healthy snacks! For parents and their children who are old enough to eat popcorn safely, try the recipe (shown in the box) for home-made microwave popcorn. More healthy snacks are available from your WIC representative.

Besides knowing about healthy snacks, it helps to have

a realistic idea of what foods and daily amounts kids need to be healthy and to flourish.

The following is a daily food guide for a two to three year old. You can adjust amounts for an older or younger child.

- Bread, cereals, rice, noodles: 6-11 servings; 1 slice bread; 1 tortilla; 1/3 cup cooked noodles or rice; 1/3 cup cooked cereal; 1/2 to 1 cup dry cereal
- Vegetables: 3-5 servings; 1/2 cup vegetable juice; 1/3 cup small pieces of vegetables; 2/3 cup leafy vegetables
- Fruits: 2-4 servings; 1/2 cup fruit juice (read labels and be aware of those with lowest sugar content); 1 small fruit, such as a banana; 1/3 cup small pieces of fruit
- Milk, yogurt, cheese: 4 child-size servings; 1/2 cup milk; 1/2 cup yogurt; 3/4 ounce cheese; 1 ounce processed cheese
- Meat, Poultry, fish dry beans, eggs, nuts: 3-5 servings; 1 ounce meat, poultry, or fish; 1/2 cup cooked beans; 1 egg; 2 tablespoons peanut butter spread on crackers, celery, apple slices or bread. Note: Do not give children a spoon of plain peanut butter; it can cause choking. Do not give whole nuts to young children, especially peanuts. Feed young children only when they are sitting up.

These are some guidelines for amounts to feed your child. But what if your child is overweight?

Obesity in kids has reached epidemic levels. Experts estimate that 15 percent of kids are overweight and another 15 percent are at risk of becoming overweight. Two-thirds of these overweight kids will become overweight adults. What can we do to prevent obesity and help our kids stay at a more healthy



weight? If our child is already overweight, how can we help him or her lose weight?

We’ve talked about healthy nutrition, so let’s take a look at physical activity. Sports, swimming, and walking are easy choices to begin an exercise habit.

Which exercise is best for your child? Whichever one he or she will stay interested in, from golf to baseball. Help prevent obesity and keep your kids fit and healthy with these exercise and fitness tips.

#### Sports for preschoolers

Consider getting them involved in organized sports, like soccer, baseball, or gymnastics, at an early age. Think about organized swimming games at the Tribal Center pool. Many games that can be played on land adapt well to the water, too. Volleyball, football, and even simple games like tag all work at the pool.

Walking is a great, natural way to achieve daily physical activity. Remember simple walking is great exercise for both parents and children. If you start with a goal to walk comfortably for 20 minutes, you might be able to gradually increase to 30 minutes. This will put you at the level recommended to help prevent heart disease, type II diabetes, breast and colon cancer. And you will be helping your child lose weight while developing a healthy exercise habit together.

Proper nutrition and exercise in childhood can reinforce lifelong healthy habits that will contribute to your child’s overall well-being. This will help children to grow to their full potential and enjoy a healthy life. Let’s start today.

*Lucy Carlson specializes in early childhood education. Her email is lucyannec549@Gmail.com*

## Pat’s Popcorn

Mix 1 T. oil with 1/4 C. of popcorn. Put into a brown lunch bag and place in a microwave oven on top of a napkin to soak up the oil. Put the microwave on “Popcorn” setting.

*Makes 1 quart popcorn. A tasty alternative to butter and salt is to sprinkle brewers yeast on the warm popcorn. Brewers yeast has a salty, sweet taste that kids love. You can buy brewers yeast at the Natural Foods store.*

# Ashi-niswi giizisooog (Thirteen Moons)

## Adikamego Giizis

### Adikamego-giizis apii, gibagidawaag adikamegwag (In November, you net whitefish.)

By Shannon Judd,  
FDL Resource Management

With the cold of November comes the opportunity to harvest a valuable food resource: adikameg (whitefish). One member of the adikameg family found primarily on inland zaaga'iganan (Lakes) is Odoonibii (Tullibee), otherwise known as Northern Cisco, and Lake Herring.

Adikamego Giizis (November) is traditionally a time for bagida'waa (netting) these fish as cooling water temperatures draw them to the surface to spawn. At the same time, bigger game fish flee to deeper waters. Once netted, they are typically smoked in order to preserve the meat as a long-term food source.

Many Northern Minnesota zaaga'iganan are ideal habitat for Adikamegwag as they depend on cooler water temperatures and high oxygen levels for survival. They are a very sensitive fish so any environmental changes can be detrimental. According to fisheries specialists, ogaawan (walleye) and ginoozhe (northern pike) feed on odoonibiig, so a decline in their population could possibly affect these fisheries as well.

Bagida'waawag Adikamegwag/Odoonibiig (Whitefish/Tullibee netting) is not as common as it once was. When asked, many people stated that it is because they are not as abundant as they once were. This is true for some zaaga'iganan, particularly in central Minnesota. On the other hand, others who went as recently as last year found them in large numbers further north. Additional reasons cited for the decline in popularity include: the overall trend of younger generations hunting and fishing less; other food sources are available, so it is not as necessary for survival; and some people would like to net, but have not had an opportunity to try it. If you are interested in bagida'waawag Adikameg/Odoonibii this season, you can obtain your permit from the Fond du Lac Resource Management Division on University Road or call (218) 878-8001 with any questions. The bagida'waa season this year will run from October 23rd until ice cover.

#### Additional sources of information:

<http://www.fdlrez.com/newnr/main.htm>

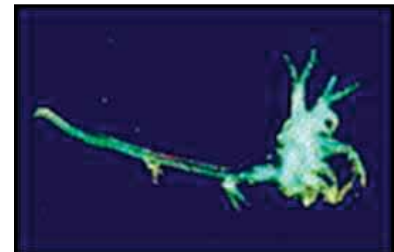
<http://www.glifwc.org/>

<http://www.1854treatyauthority.org/fisheries.htm>

<http://www.dnr.state.mn.us/areas/fisheries/index.html>

Adikomego Giizis is the whitefish moon and begins its cycle as a new moon on Nov. 16. November's new moon is also known as Gashkadino Giizis - the freezing moon. We know from these two names that whitefish netting ends as the waters begin to freeze and, like the netting of oga, it is a cold weather activity.

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



Above: Photo of odoonibii <http://www.dnr.state.mn.us/areas/fisheries/audette/whitefish.html>. Right: Photo of spiny water flea; <http://www.great-lakes.net/envt/flora-fauna/invasive/spinyflea.html>

## Beware of Aliens

By Shannon Judd  
FdL Resource Management

Those who have been out on the Gichigamiin (Great Lakes) or nearby inland zaaga'iganan have most likely seen signs posted about invasive species and how to avoid spreading them. Invasive species are those that are not native to, or naturally found in, a particular area. Their presence can greatly impact the native species as oftentimes, they have no natural predators to control their population. The spiny water flea is one example of an invasive species found in the gichigamiin area. This bagida'waa and ice fishing season, do your part to prevent their spread and protect our valuable natural resources: rinse off your watercraft and dump bilge water and bait buckets. Asabiig (nets) used on lakes already infested with spiny water flea should not be used on any other lakes.

Source: <http://www.great-lakes.net/envt/flora-fauna/invasive/spinyflea.html>

Thirteen Moons is a monthly production of Fond du Lac Resource Management Division and University of Minnesota Extension. Content is based on the appropriate moon, and addresses culture, ecology, and the management of natural resources. Comments and contributions should be directed to FDL Resource Management at (218)878-8001

#### Events:

November 15: America Recycles Day

November 19: 13 Moons Workshop: Abwewasigan, Fish Smoking and Processing.

Info - (218)878-8001

## Legal notice on tax-exempt status for tribal members living and working on the Reservation:

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

bring a copy of the levy to the Legal Department, and a letter can be sent on your behalf to the State.

For further information, please contact Dennis Peterson, Tribal Attorney, at (218) 878-2607.

## 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; Gangstad, Harold;

Glasgow, Edith; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary;

Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela;

Olson, Daniel G. Sr.; Sharlow, Gerald D.; Smith, Carl;

Smith, Catherine; Stanford, Cathy; Tiessen, Raymond Leroy; Trotterchaude, Rex.

## Meeting notice

The November Quarterly Open Meeting will be held at 1:30 p.m. on Nov. 19 at the Brookston Community Center.

# Elder Essentials

## SSA to pay out more than it takes in

Job losses and an increase in early retirement claims from laid-off seniors will force the Social Security Administration to pay more in benefits than it collects in taxes over the next two years.

However, the deficits, \$10 billion in 2010 and \$9 billion in 2011, will not affect payments to retirees because the Administration has surpluses of \$2.5 trillion.

Benefit applications are up 23 percent over last year, and disability claims have risen about 20 percent. In 2009, more than 55 percent of people age 60 to 64 are working, compared with 46 percent a decade ago.

## Morris Blanchard to address 52+ Elders on Nov. 18

All newly turned Elders who are at least 52 years of age are invited to the 52+ Elder meeting at 5 p.m. on Nov. 18. The meeting will be held at the Elder Nutrition Program meeting room at the Cloquet Community Center, 1720 Big Lake Road, Cloquet.

The Nov. 18 speaker will be spiritual leader Morris Blanchard. Please bring a dish to share at the potluck dinner and feel free to ask questions of Morris while enjoying a good meal.



*The America pulls into a harbor. Notice the narrow channel that the captain had to maneuver the steamer through. Photos courtesy of the Lake Superior Maritime Collection UW-Superior.*

*From page 9*

knew every inlet and shoal. He could locate himself from the whistles echo and rarely lost time due to inclement weather. Smith had an alert, cheerful, likable disposition and was a favorite with the traveling public. He knew every fisherman on the entire route, and until the advent of the automobile and the Lake Shore Roadway, commanded the bulk of the North Shore fishing.

Capt. Smith knew anglers, and he knew his water route. Travel up and down Lake Superior is a challenge, even for a seasoned seaman. Reefs, rocks, rugged shores, snow, ice, fog, smoke from fires and fast approaching storms (called nor'easters) each assured that a ship crew would remain alert. Smith also knew his ship well: the America was 182 feet long, had a beam of 27 feet and was valued at \$125,000.

It was coal fired and owned by a Duluth fish wholesaler, A. Booth and Company a subsidiary of the United States and Dominion Trans-

portation Company. The steamer traveled a regular route from Duluth, Grand Marais, Grand Portage, Washington Harbor at Isle Royale, Ft. William and Port Arthur, Ontario, which is now named Thunder Bay in Canada.

The America was usually the first ship out of the harbor when the season began in the spring. The famous steamer was a favorite tourist ship that also carried fish, cattle, groceries, supplies and mail up and down the North Shore. The ship had staterooms for sleeping, a social hall, fine dining, and a bar and gambling area. She traveled at the speed of about 15 miles per hour.

After the America sank, Smith was captain of the tug Hollis M. for two seasons. He retired from active service in 1929. After a brief illness, Edward C. Smith died in a Duluth hospital on May 16, 1935.



*The America's engine room crew in their place of work.*

*Writer and photographer Christine Carlson continues her research of Fond du Lac people and events.*

# Autumn bounty

By Deborah Locke

The heat of summer retreated at the same time area lakes produced a bountiful crop of wild rice. We asked FDL employees and Band Members for their favorite fall recipes that use fall food: wild rice, apples, cranberries, squash, pumpkin and more. Below are a few favorites.

**Bruno Zagar** remembers fondly the wild rice hotdish served at the restaurant of the Black Bear Casino before its renovation and expansion. He recognized a few ingredients: rice, bacon, meat.

Bruno, an environmental specialist with the FDL Natural Resource Division, went on to create his own version of the dish, shown below. He made it for a few Hopi and Navajo friends in Arizona while visiting there this year. Zagar's wild rice dish was pronounced delicious.

This makes a hearty meal. If you like cranberries, add a few more.

## Bruno's Wild Rice Hot Dish

One-half C. cranberries, dried or fresh, chopped  
 2 C. wild rice  
 6.5 C. beef broth (divided)  
 1 large onion, chopped  
 4 stalks chopped celery  
 One-half lb. bacon, chopped  
 2 cloves garlic, minced  
 One-half C. mushrooms  
 1 lb. ground venison, buffalo or hamburger  
 1 t. "Better than Boullion" beef flavor (at Super One)  
 One-fourth t. ground pepper  
 One-half C. pecans, chopped

Rinse and clean the rice; mix

with chopped cranberries in a pot. Add 3.5 C. beef broth, bring to a boil, turn it down to a simmer and cover. Be careful not to overcook; should take about 20 min. While the rice cooks, fry the bacon; drain some of the fat and then add celery, onion and garlic. When vegetables start to get tender, add the mushrooms and meat. Add "Better than Bouillon," and pepper. When the meat is brown, add 2-3 C. beef broth. Chop up and add one-half C. pecans. Add the rice; stir in more beef broth if the mixture seems dry.

**Jan Setterquist**, an accreditation coordinator with the FDL Min no aya win Clinic, combined a couple of salmon recipes about six years ago. The result of her nutritious inventiveness is below. The recipe is easy to make, and the salmon can be purchased at FDL's grocery and gas store.

## Janette Setterquist's Maple Syrup Salmon and Squash

1 lb. salmon filet cut into 4-6 pieces  
 2 small or 1 large acorn or butternut squash, seeded and cut into 1-inch by 3-inch pieces  
 1.5 t. salt  
 One-half t. black pepper  
 One-fourth t. ground cayenne pepper  
 One-half C. maple syrup  
 1 tart apple, chopped  
 1 sweet onion, chopped

Wash and pat dry salmon pieces. Spray 13x9 inch baking dish with nonstick cooking spray. Season salmon with salt, pepper and cayenne pepper.

Place onion, apple and squash pieces in baking dish; layer fish on top. Drizzle maple syrup over top. Cover with foil and bake for 40 min. in 350 degree oven. Uncover for remaining 15 min. of baking.

**Diane Holt**, an investigator with the FDL Compliance Division, has been making the wild rice soup recipe for at least 20 years. The original recipe calls for half and half, but evaporated milk works just as well. This is a thick, flavorful soup. Thin it with chicken broth, if you like a soupier soup.

Diane has been making French Onion bread for at least 40 years. Her kids request it all the time, and like its crouton-like crust. The bread also goes well with lasagna or with fondue.

## Diane Holt's Wild Rice Soup

One-third C. wild rice  
 One-fourth C. butter  
 4 C. chicken broth  
 One-half C. flour  
 One-half C. celery  
 One-half t. salt and pepper  
 One-fourth C. chopped onion  
 One-half t. garlic powder  
 One-half C. sliced fresh mushrooms  
 One-half C. green pepper  
 1 C. evaporated milk

Cook rice in chicken broth 20-30 min., until done.

Sauté vegetables in butter. Slowly add flour into vegetable mixture, stirring constantly. Add thickened vegetables to broth/rice mixture, and seasonings. Slowly pour milk into broth/vegetable mixture. Serve. (This

doesn't call for meat, but you can add ham or chicken, as well as slivered almonds for garnish.)

## Diane Holt's Excellent Bread

1 18-inch loaf French bread  
 One-half package dry onion soup mix  
 One-half pound butter (2 sticks)

Mix soup mix with softened butter. Cut loaf into slices but don't cut all the way through. Spread both sides of bread with onion butter. Wrap with foil; bake in 375 degree oven for 45 min. Diane buys the bread at Cub Food or Super One.



Maple Syrup Salmon and Squash (Photos by Deborah Locke)



## Autumn bounty

### Taste of Home Website's Merry Berry Salad

1 pkg. (10 ounces) mixed salad greens  
 1 medium red apple, diced  
 1 medium green apple, diced  
 1 C. (4 ounces) shredded Parmesan cheese  
 1/2 C. dried cranberries  
 1/2 C. slivered almonds, toasted in a fry pan until light brown (stir constantly)

#### Dressing:

1 C. fresh cranberries  
 One-half C. sugar  
 One-half C. cider vinegar  
 One-fourth C. thawed apple juice concentrate  
 1 t. salt  
 1 t. ground mustard  
 1 t. grated onion  
 1 C. canola oil

In a large bowl, toss the first six ingredients. In a blender, combine the cranberries, sugar, vinegar, apple juice concentrate, salt, mustard and onion; cover and process until blended. While processing, gradually add oil in a steady stream. Drizzle

desired amount of dressing over salad and toss to coat. Serve immediately. Refrigerate leftover dressing. Yield: 10 servings.

The following recipe contains a surprise ingredient: ketchup. Don't be afraid of it! The ketchup is not discernible as ketchup, and the blend of all ingredients makes a very tasty bar.

### Pumpkin Bars

(*Star Tribune, 2006*)

One-fourth C. ketchup  
 2 eggs  
 One-half C. oil  
 1 C. granulated sugar  
 1 C. minus 2 T. canned pumpkin (About one-half of a 15 oz. can; avoid pumpkin pie mix)  
 1 C. flour  
 1 t. baking soda  
 One-half t. baking powder  
 One-fourth t. salt  
 1 t. cinnamon  
 One-fourth t. ground ginger  
 One-fourth t. ground cloves  
 One-fourth t. ground allspice  
 1 C. semisweet chocolate chips

#### Frosting:

4 oz. cream cheese  
 One-fourth C. butter, softened

1 C. plus 2 T. powdered sugar  
 One-half t. vanilla

Preheat oven to 350 degrees. Grease and flour a 9"x13" pan. In a large bowl with an electric mixer, combine the ketchup, eggs, oil, granulated sugar and pumpkin. Sift together the flour, baking soda, baking powder, salt, cinnamon, ginger, cloves, and allspice. With the mixer at low speed, gradually add the dry ingredients to the pumpkin mixture. Blend well. Stir in the chocolate chips; pour into the pan. Start to check the bars after 20-25 min. An inserted toothpick should come out clean.

Frosting: beat cream cheese and butter with electric mixer; sift powdered sugar and add a little at a time. Beat in vanilla and frost the cooled bars.

**Lorri Antus** is a clerk with the FDL Legal Division. She's been making her apple squares for many years. Line the baking pan with parchment paper rather than using oil, if you wish. The crust will be more firm.

### Lorri Antus's Cedar Lake Apple Squares

1 and one-fourth C. whole-wheat flour  
 1 and one-fourth C. all-purpose flour  
 2 T. sugar for crust; Three-quarter C. sugar for apple mixture  
 Three-quarter t. salt  
 One-fourth t. baking powder  
 4 T. cold butter, chopped up  
 5 T. oil  
 One-third C. ice water  
 1 large egg, separated  
 6 C. thinly sliced, peeled apples  
 1 t. ground cinnamon

Whisk flours, 2 T. sugar, salt and baking powder in bowl. Cut

butter into dry ingredients until evenly mixed; add oil and toss with fork. Whisk water and egg yolk together and add to flour mix. Stir until mixed, knead dough and divide it in half. Wrap dough pieces in plastic wrap and refrigerate for at least an hour.

Preheat oven to 400 degrees. Coat 9x13 in. baking pan with cooking spray or parchment paper. Mix apples, three-fourths C. sugar and cinnamon. Roll dough between 2 pieces of wax paper into rectangle; invert dough on a pan, spread it with remaining dough and place on top

of apples. Trim edges so filling is covered. Beat egg white until frothy and brush on top crust. Bake 40 to 45 min. or longer until filling is bubbly.



*Apple Bars*

*Pumpkin Bars*





## Cooking and eating to lower your cholesterol

*From the FDL Public Health Nursing Department*

In the last column, I wrote about measuring the cholesterol in your blood. High blood cholesterol raises chances of heart disease, which can lead to heart attacks and strokes.

While cholesterol is in your blood, it is also in the food you eat. We call this dietary cholesterol. Scientists have found that if we eat a lot of saturated fat and cholesterol, we are likely to have high blood cholesterol.

Saturated fat is a kind of fat that is found mostly in foods that come from animals. Usually, you can see this fat on food. Try to pick meats that have less fat, like round or low fat ground beef. Avoid the high fat meats

like chuck, ribs, sausage and bacon.

You can reduce the amount of saturated fat you eat by cutting the fat off meat before cooking and throwing it away. If you are cooking ground beef, pour off the fat and rinse the cooked ground beef in hot water before using it in your recipe. Take the skin and fat off chicken, turkey, ducks and other birds before you cook them. When making soups, stews or gravies, cool them then skim the fat off the top.

Fat free milk gives all the nutrition of whole milk without the cholesterol and saturated fat. It is easy to substitute low

fat dairy products in place of high fat products. Try frozen yogurt instead of ice cream. Use low fat, plain yogurt instead of sour cream. Select cheese made with fat free milk. Soft margarine or vegetable oil should be used instead of butter or lard.

Dietary cholesterol is found only in animal products. Egg yolks and organ meats are high in cholesterol and should be eaten in small quantities. Limit yourself to no more than four egg yolks in one week. Egg substitutes are available that have no cholesterol. Because mayonnaise is made with eggs, it is high in cholesterol (as well as fat). Look for low fat or fat

free mayonnaise, or skip the mayonnaise on sandwiches and use mustard instead.

Another way to reduce saturated fat: try cereal with fat free milk and fruit for breakfast. If you really can't give up bacon and eggs, try low fat turkey bacon and scrambled eggs made from an egg substitute. Try oven bread instead of fry bread. Instead of snacking on chips or French fries, eat an apple or a peach. Select fat free chips or chips that are baked instead of fried.

Many delicious foods do not have any cholesterol or saturated fat. These include fruits, vegetables, grain, and cereals.

When you make changes for your self, you can also help your whole family by preparing foods that are lower in cholesterol and saturated fat, such as those listed below from the Heart Healthy Better Homes & Gardens Website. That way every member of your family will reduce the risk for heart disease.

*Next month's topic: Being active keeps your heart healthy. Call Amber at (218)878-3079 for more information about on Fond du Lac's Public Health Nursing Dept.*

## Heart healthy recipes:

### Potato Wedges *(four servings)*

#### Ingredients

4 medium red potatoes and/or sweet potatoes or a combination of each  
4 cloves minced garlic  
1 T. olive oil  
1.5 t. paprika  
One-half t. salt  
One-fourth teaspoon ground black pepper

#### Directions

Preheat oven to 425 degrees. Scrub potatoes. Cut them lengthwise into quarters, and cook them, covered in a small amount of boiling lightly salted water for 10 min. or until just tender. Drain.

In a small bowl combine garlic, olive oil, paprika, salt, and pepper. Stir in enough water to make a mixture that's easy to brush on potatoes. Brush over potatoes, place on a baking sheet covered with aluminum foil that has been sprayed with non-fat cooking spray. Bake for 25 min. until crispy.

*Nutrition facts per serving: 145 calories; 3.7 g. fat; cholesterol 0; sodium 300 mg; fiber 3 g.*

### Chocolate Chunk Cookies *(makes about 5 dozen)*

#### Ingredients

2.5 C. oatmeal  
2 C. flour  
1 t. baking powder  
1 t. baking soda  
8 oz. soft tofu (fresh bean curd) (available at Cloquet's Super One and Wal-Mart)  
One-half C. butter, softened  
1 C. sugar  
1 C. packed brown sugar  
One-half C. canola oil  
1 t. vanilla  
8 oz. dark chocolate chunks or bittersweet chocolate pieces (1.5 C.)

#### Directions

Preheat oven to 375 degrees. Place oats, half at a time if necessary, in a food processor or blender. Blend until oats resemble coarse flour. In a medium bowl, stir together oats, flour, baking powder, and baking soda; set aside. Place tofu in the food processor or blender. Blend until smooth; set aside. In an extra large bowl, beat butter with an electric mixer on medium to high speed for 30 sec. Add tofu; beat until combined, scraping side of bowl occasionally. Add granulated and brown sugars; beat until combined. Add oil and vanilla. Beat in as much of the flour mixture as you can with the mixer. Stir in any remaining flour mixture and the chocolate. Drop dough by level teaspoons 2 inches apart on an ungreased cookie sheet. Bake for 8 to 10 minutes until edges are golden brown.

*Nutrition facts per serving: 118 calories; fat 5g; cholesterol 4 mg; sodium 40 mg; fiber 1 g.*



## Asking for help is not a weakness Suicide rate among Indian teens is especially alarming

Last year the state Department of Health reported that 585 Minnesotans took their lives.

The Department is urging people to learn the warning signs of suicide and how to prevent it.

In Minnesota the number of people who die by suicide each year is nearly five times higher than homicide, and represents 11 deaths out of every 100,000 people.

That number is higher in American Indian communities. For instance, the young American Indian population (ages 15-

34) has a suicide rate 1.8 times higher than the national average for that age group.

Health officials urge Minnesotans to pay attention to warning signs that someone is considering or planning to take their life.

### Know the warning signs.

- Statements about hopelessness or helplessness
- Sudden change from a depressed mood to a happier, calmer mood
- Giving away cherished possessions
- Isolating oneself from family and friends

- Setting one's affairs in order
- Direct or indirect statements that reference death or dying

Other risk factors include substance abuse, recent crisis or loss, family history of suicide or mental illness, access to firearms or other lethal means, past experiences of trauma, and chronic pain that doesn't respond to treatment.

Depression, the leading cause of suicide, is a mental illness that is stigmatized in our society. It is perceived as a form of weakness that few people feel comfortable sharing. Therefore, people who are becoming or are

depressed do not seek help and their condition worsens.

However, asking for help is not a weakness, said Sandi Savage, Prevention Coordinator for the Min-no-aya-win Clinic on the Fond du Lac Reservation. Savage recently facilitated three meetings for FDL employees and community members that addressed suicide prevention.

The group's purpose is this:

- start a FDL community dialogue on suicide prevention;
- create awareness/education of suicide prevention;
- reduce the stigma of seeking mental health assistance; and

- attain a core group of individuals who will determine how a small amount of money for suicide prevention can best be utilized in the Fond du Lac community.

Fond du Lac Human Services received a \$2,500 grant through Carlton County Public Health and Human Services and the Minnesota Department of Health to address the issue of Suicide Prevention. For more information, call Sandi Savage at (218) 878-2176 or email her at sandisavage@fdlrez.com.

## H1N1 arrives at Rez and outlying areas; treatment advice about the same as it is for any other flu

As of late October, the H1N1 vaccine was not available to any public health or medical clinic in Minnesota. In mid-October a small amount of the live vaccine (Flu Mist) was sent to hospitals where it was used for hospitalized children and other high risk patients.

The total number of flu cases in Carlton County or at the Fond du Lac Reservation can't be determined, said Deb Smith, Public Health Nursing Coordinator for the FDL Reservation.

Diagnoses are made after a hospital lab test, and not all patients with the flu would find it necessary to be admitted to a hospital.

It's likely, however, that all cases of the flu contracted by mid-October are H1N1; the traditional flu season with its many strains occurs later in the year, Smith said.

She added that because the vaccine will be sent in small batches, it is unlikely that the Reservation will offer large clinics to vaccinate people. Instead,

clients who meet the criteria established by medical experts will receive the vaccination.

No matter which strain of flu you get, however, the treatment for all of them is similar. Flu runs its course in 7 to 10 days. Fever reducers help, as well as cough syrup, and rest. Anti-viral medications are available to help lessen the symptoms of the flu, but they need to be prescribed by a medical provider and are only effective if given within a short time period after the influenza is contracted.

People who will use the FDL Min no aya win Clinic are asked to wear masks into the Clinic if they are coughing or sneezing. The masks contain the drops of moisture that are spread when people cough or sneeze. Health care providers may start wearing masks, too, if they are providing care to someone with an influenza-like illness. Just because a person is wearing a mask it does not mean they have the H1N1; it is only a precaution.

Additionally, the FDL Clinic

recently adopted a few "social distancing" techniques to reduce the spread of disease by canceling or rescheduling some activities organized and offered at the Clinic and in the community. In addition to controlling the spread of H1N1, this reduces the opportunities for health staff to become infected and transmit the virus to patients. Clinic staff will determine whether or not this needs to be done on a week-by-week basis.

# Community news

## Birthdays



Happy Birthday to **Anna Marie Locke**, who was born on Nov. 7, 1926. Mom, stay healthy and may there be many winning Bingo games in your future!

*With love from your kids*

Happy 11th birthday to **Tyler Ojibway**. We love you!  
*Your family*

Happy Birthday to **Amanda Hansen** who will be 26 on Nov. 2!  
*Love from Mom, Madelyn and Nick*

Happy Birthday to **Matthew Martineau** who will be 21 on Nov. 7.  
*With all our love from your mom and stepdad*

Margaret Needham with the Center for American Indian Resources in Duluth reports on birthdays for FDL employees in health care. For November, they are: **Wendy Gorder**, Pharmacy Technician, Nov. 10; **Kevin Walsh**, Physician Assistant, Nov. 17; **Laura Garza**, Public Health Nurse, Nov. 30. Happy Birthday to all!

Happy 14th Birthday to **Tayden Savage** on Nov. 6.  
*Love Mom, Gage and Fhenix*

Happy 63rd Birthday to **Rodney Marvin King** on Nov. 23, 2009! Lots of Love from your children and grandchildren, Christopher King of Blaine, Minn.; Michelle and Michael Verley; Austin, Isaac,

Leila and Olivia of Vadnais Heights, Minn.; Kathryn King and Jeffrey Bird of Cloquet; Robert King; Jalisa, Jordan and Taleah of Cloquet.

Happy Birthday to **Dwayne Jaakola** on Nov. 14th from your "seester" Lorri. And Happy Birthday to Daddy on Nov. 26th.  
*Love, Lorri*

## Open house

A celebration of **Bobby "Catfish King" Bassett's** birthday will take place from 1 p.m. to 3 p.m. on Nov. 22 at the Tribal Center Elder Nutrition Program meeting room. All are invited to come and celebrate.

Bobby will be 90 years young on Nov. 23. Happy Birthday Bobby, and may you have many more!

**Geraldine Rogge** will be 80 on Nov. 7. Family and friends are invited to a birthday celebration on that day from noon to 3 p.m. at the Mile Long Club on Highway 23. Please join us! For more information, call Sandy at (218) 879-5349. Happy Birthday Mother!

## Anniversary

A belated happy second anniversary (Oct. 20) to **Matt and Jamie Hague**.  
*Love, Mom*

## For sale

Home for sale in the Cloquet District on leased land. Three bdrms., 1 bath, full basement,



many updates. Large fenced-in yard. Any questions or to view call (218) 269-1356.

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$245,900. Call (218) 879-5617 for more info.

Charming 2-bedroom, 2-bath log home with loft on a wooded lot with spacious 2-car detached garage. Open floor plan with radiant in-floor heat, a natural gas stove/fireplace, and a Jacuzzi tub. Assessed at \$179,000, asking \$115,000. Must sell. (218) 213-6190.

## New graduates

Congratulation to the following FDL Band Members:

**Jason Barney**, University of Phoenix-Online; Associate of Arts Degree, Business major. Date awarded: Sept. 2009.

**Ryan Defoe**, FDL Tribal & Community College; Associate of Arts Degree, Liberal Arts major. Date awarded: May 2009.

**Stanley Soulier**, Ivy Technical Community College, Richmond, Indiana; Associate of Applied Science Degree, Medical Assistant major. Date awarded: August 2009.

## Thank you

A big thank you to all those who helped with the funerals in September for our mother, **Florence Greensky**, and our brother, **Chuck Greensky**. We

will never forget your kindness and generosity at that difficult time. Thanks again.

*The Greensky family*

## Memorials

In memory of **Michael A. Lund** (May 31, 1973 – Nov. 17, 2006)

We think of you each day and are grateful for the 33 years we had with you. We hope you are at peace. You are loved and missed very much.

*With love from your family*



The family of **Eugene "Steve" Shotley** misses our Ole Paw, who passed away Nov. 22, 1996. Steve was a good man, a father, husband, grandfather and friend. He was fun, hard-working, compassionate and loving. His stories of growing up on the Shotley farm on Airport Road and his adventures in life will live on, in the Shinob tradition.

In loving memory of **Dell Johanson** on her birthday, Oct. 24. You are always in my thoughts. I miss you.

*Your friend, Nicole Ammesmaki*

## Obituary

**Wilmer Martin**, 80, of Sawyer, passed away on Sept. 18, 2009 in the Villa Vista Nursing Home in Cromwell, Minn.

Wilmer was born on Aug. 13, 1929 to Frank and Georgina (Paquette) Martin. He loved to travel.

He is preceded in death by his parents, brothers Clifford and Byron Martin and sisters Carol Jean and Vittelyn Martin.

Wilmer is survived by many nieces, nephews and cousins.

Visitation began on Sept. 21 at 5 p.m. in the Sawyer Community Center on Mission Road, and continued throughout the evening until the 10 a.m. Funeral Service, also held at the Center.

Burial was at the Big Lake Cemetery.

**Steven D. Savage ("Noodin Makwa" Wind Bear)**, 61, of Sauk Rapids, Minn. died on Aug. 24 in St. Cloud from complications of lung cancer.

He was born in Duluth on April 7, 1948, and grew up in Cloquet, graduating from Wrenshall High School in 1966. He served in the U.S. Army from 1968-1970. He was a drug and alcohol counselor at St. Paul's Ramsey Hospital Treatment Center for many years.

Steven was preceded in death by his father, Truman Savage, his stepfather, Theodore Holm, and his brother, Jeffrey Holm.

He is survived by his mother, Ethel A. Holm of Kenyon, brothers Joe (Jeanne) Savage of St. Paul and David (Valerie) Holm of Northfield; sisters Sandra (Thomas) Hillman of Duluth, and Chris Bergeson (Dan Loesch) of Kenyon; and by many nieces, nephews, aunts, uncles and cousins.

A memorial service was held on Sept. 11 at the FDL Community Center. Burial was at the Hillcrest Cemetery.

# Area news

## “Ojibwe News” ceases publication; editor receiving hospice care

Bill Lawrence, editor of the often controversial “Ojibwe News,” has ceased publication of his newspaper and is in hospice care in Sun Valley, Idaho. A September story from the Star Tribune reported that Lawrence is in the late stages of cancer.

In a column with the headline “A good day to die,” Lawrence wrote that his failing health and business challenges with the publishing industry made it impossible to continue. He is an enrolled member of the Red Lake Nation.

The paper was published for 21 years, and was available at the FDL gas and grocery store.

Lawrence, 70, constantly fought with Native officials throughout Minnesota for more transparency in governance. His coverage of White Earth Chairman Darryl (Chip) Wadena, Leech Lake Chairman Alfred (Tig) Pemberton and former Leech Lake attorney Harold (Skip) Finn helped lead to prison terms for all three.

His final column stated: “I cannot say with certainty that ours will be a lasting contribution. But we sure as hell roiled the waters and made a lot of enemies. I also know in my heart that we made a lot of friends, and that our work was important to the Indian people, especially in Minnesota.”

## U-W Eau Claire considers option for preserving tree

An oak tree that may or may not be of historical significance to American Indians is in the way of a proposed new 156,000-square foot student center on the campus of the University of Wisconsin – Eau Claire. Some have said the “Council Oak Tree” provided a meeting place for generations of American Indians; others remain skeptical.

Whatever its history, it looks

like the tree is winning. The University Chancellor has directed architects to find a way to build while preserving the site that also includes a creek and wetlands. Initially the University Board of Regents had planned to approve the building design in October, 2009; however, the requested option has delayed that process. The story was reported in the Eau Claire Leader-Telegram.

## Leech Lake Band Member can't use sovereignty as a defense

The Minnesota Supreme Court ruled in September that an American Indian from the Leech Lake Reservation who was ticketed for speeding was subject to state traffic laws because he was not a member of the Mille Lacs Band. David Michael Davis, the driver, was ticketed for speeding on Minnesota 169 in Mille Lacs County.

Davis argued that the state could not impose state traffic laws on him because he is an American Indian who was subject only to tribal court jurisdiction.

However, earlier court rulings have said that if the person charged with a crime is not a member of the band or tribe where the offense took place, the strength of Indian sovereignty as a defense is lessened.

In a dissenting opinion, Minnesota Supreme Court Justice Alan Page said the traffic offense was in Minnesota Chippewa Tribal territory. Page wrote that the state had no jurisdiction over Davis because he is a Minnesota Chippewa Tribe member.

The story was reported in the Pioneer Press.

## Two more charged in 1975 Annie Aquash murder case

A Canadian man and a South Dakota woman were charged in September in the 1975 slaying of a Annie Mae Aquash, a fellow American Indian Movement

member.

John Graham, of the Canada's Southern Tutchone tribe, and Thelma Rios, of Rapid City, S.D., are accused of participating in kidnapping and killing Aquash.

According to prosecutors, Aquash was believed by some AIM members to be a government informant. She allegedly was driven to Rapid City by Graham, Arlo Looking Cloud and Theda Clark, and held against her will. Looking Cloud was convicted of murder in 2004 for his role and was sentenced to life in prison. He is now a government witness.

Prosecutors claim that Graham raped Aquash at Rios' apartment, and later killed her near Wanblee which is 86 miles east of Rapid City.

Graham, 54, is charged with one count of felony murder in relation to kidnapping, one count of felony murder in relation to rape and one count of premeditated murder in Aquash's slaying.

Rios, 64, is charged one count of felony murder in relation to kidnapping and one count of premeditated murder, said Attorney General Marty Jackley and Pennington County state's attorney Glenn Brenner. All charges carry a maximum sentence of life in prison.

It took prosecutors decades to press charges in Aquash's killing because for a long time, investigators could not get enough key witnesses to cooperate. That changed in 2003, when a federal grand jury heard enough evidence to indict Graham and Looking Cloud. The story was reported in the Associated Press.

## N.D. tribes urge passage of health plan reforms

The United Tribes of North Dakota Board, comprised of the Sisseton-Wahpeton Oyate, Spirit Lake Tribe, Standing Rock Tribe, Three Affiliated Tribes and the Turtle Mountain Band of Chippewa, called on state congressional members to support health care

reform.

Their resolution said that President Obama's proposals would assist American Indians who could not get health care through the Indian Health Service, since 60 percent of Indians live off reservations.

## Standing ovation for “Dances With Wolves” director

Director Kevin Costner was honored 20 years after making “Dances With Wolves” by the Flandreau Santee Sioux Tribe of South Dakota during a stop at the Royal River Casino.

In September, a crowd gave Costner a standing ovation and tribal officials draped him in a quilt. Fans later surrounded him outside the casino's hotel for pictures and autographs.

Tribal President Josh Weston says it's the biggest thing that has happened in Flandreau for a while.

Costner directed and starred in the Academy Award-winning movie about a lieutenant who lives among the Sioux people in the 1800s. The story was reported in Indian Country Today.

## Sharpshooters take aim on Apostle Island deer population

The National Park Service has assigned sharpshooters to kill enough deer in two of the Apostle Islands to save native plants.

Sand and York Islands are closed to the public until May 15, 2010 while sharpshooters thin the whitetail deer herd. Most of the shooting will occur in October, 2009. In past years, hunters were invited to trim the herd in order to save the final stands of native Lake Superior forest, which includes the rare Canada yew, an evergreen bush.

Deer were introduced to the Apostle Islands in the 1950s and 1960s; their numbers have skyrocketed in recent years. The deer meat will be donated to local food banks.

## Learning center dormitory construction starts at S.D. Crazy Horse Memorial

Work started on an American Indian student living and learning center at the Crazy Horse Memorial in the Black Hills of South Dakota.

The \$2.5 million project includes classrooms and a 40-unit student residence hall. The dormitory is scheduled to open next summer.

The Crazy Horse project is intended to honor all American Indians. The mountain carving is in the likeness of the Oglala Lakota warrior who led the defeat of Lt. Col. George Custer at the Battle of Little Big Horn in 1876.

## Rising poverty among Minnesota children

The 2009 annual “Kids Count” report from the Children's Defense Fund reports that rising poverty has caused more Minnesota children to suffer from physical and emotional stress that will result in irreversible delays in brain development for some.

There were about 140,000 children living in poverty in Minnesota last year, up from 106,000 in 2001. The current recession may have pushed that number to as high as 180,000.

The “Kids Count” report reviews a range of demographic, education, health, income and other government-collected data. Twenty-eight percent of the state's 1.26 million children live in families where no parent has a full-time, year-round job. That figure is up 65,000 since 2000. Additionally, 88,000 kids are without health insurance, up 16 percent since 2000.

# Gashkadino Giizis – Ice Forms Moon November 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open activities CCC Fun & Fitness CCC                      <span style="font-size: 2em; font-weight: bold;">1</span>	Elder Exercise 8 a.m. CCC Community Quilt 10 a.m. CCC After school program 3 p.m. CCC Adult Cribbage 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">2</span>	After school program 3 p.m. CCC Community Quilt & Sewing 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">3</span>	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. CCC Adult Game Day 12:30 p.m. CCC After school program 3 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">4</span>	Pilates class 12 p.m. CCC After school program 3 p.m. CCC Bimijii 4:30 p.m. CCC FDL language table 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">5</span>	After school program 3 p.m. CCC Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Women's Night 6 p.m. CCC Men's Moccasin game 6 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">6</span>	<b>Food Allergy Seminar 8:30 a.m. CCC</b> Men's Basketball starts Game afternoon with Jimmy Fun & Fitness Men's League 3 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">7</span>
Fun & Fitness Open activities CCC Adult Yathzee 2 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">8</span>	Elder Exercise 8 a.m. CCC Community Quilt 10 a.m. CCC After school program 3 p.m. CCC Adult Cribbage 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">9</span>	After school program 3 p.m. CCC Community Quilt & Sewing 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">10</span>	<b>Veteran's Day</b>                      <span style="font-size: 2em; font-weight: bold;">11</span>	Pilates class 12 p.m. CCC After school program 3 p.m. CCC Bimijii 4:30 p.m. CCC FDL language table 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">12</span>	After school program 3 p.m. CCC Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">13</span>	Game afternoon with Jimmy Fun & Fitness Men's League 3 p.m. CCC <b>Chippendales 8 p.m. BBCR</b>                      <span style="font-size: 2em; font-weight: bold;">14</span>
Fun & Fitness Open activities CCC                      <span style="font-size: 2em; font-weight: bold;">15</span>	Elder Exercise 8 a.m. CCC Community Quilt 10 a.m. CCC After school program 3 p.m. CCC Adult Cribbage 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">16</span>	After school program 3 p.m. CCC Cooking Class 5 p.m. CCC Community Quilt & Sewing 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">17</span>	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. CCC Adult Game Day 12:30 p.m. CCC After school program 3 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">18</span>	<b>Holiday silent auction, bake sale &amp; lunch 9 a.m. MNAW</b> Pilates class 12 p.m. CCC After school program 3 p.m. CCC Bimijii 4:30 p.m. CCC FDL language table 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">19</span>	After school program 3 p.m. CCC Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC Women's Night 6 p.m. CCC Men's Moccasin game 6 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">20</span>	<b>Brookston Powwow 1 p.m. BCC</b> Fun & Fitness Men's League 3 p.m. CCC Game afternoon with Jimmy                      <span style="font-size: 2em; font-weight: bold;">21</span>
Elder Exercise 8 a.m. CCC Community Quilt 10 a.m. CCC 10,000 Tournament 2 p.m. CCC Adult Cribbage 5 p.m. CCC Fun & Fitness Open activities CCC                      <span style="font-size: 2em; font-weight: bold;">22</span>	After school program 3 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">23</span>	After school program 3 p.m. CCC Community Quilt & Sewing 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">24</span>	Elder Exercise 8 a.m. CCC Elder Concern's Mtg 10 a.m. CCC Adult Game Day 12:30 p.m. CCC After school program 3 p.m. CCC Cooking Class CCC <b>Sobriety Feast 7 p.m. BBCR</b>                      <span style="font-size: 2em; font-weight: bold;">25</span>	<b>Happy Thanksgiving offices closed</b>                      <span style="font-size: 2em; font-weight: bold;">26</span>	<b>Closed for Thanksgiving holiday</b>                      <span style="font-size: 2em; font-weight: bold;">27</span>	Fun & Fitness Men's League 3 p.m. CCC Game afternoon with Jimmy                      <span style="font-size: 2em; font-weight: bold;">28</span>
Fun & Fitness Open activities CCC                      <span style="font-size: 2em; font-weight: bold;">29</span>	Elder Exercise 8 a.m. CCC Community Quilt 10 a.m. CCC After school program 3 p.m. CCC Adult Cribbage 5 p.m. CCC                      <span style="font-size: 2em; font-weight: bold;">30</span>					