

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



With players from both teams looking on, Fond du Lac Center Travis Brown tries to talk his free throw attempt through the basket during the second round match-up between the FDL Ogichida and AlBrook High School on March 11. AlBrook won the game 91-74. See related story on page 4.

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Local news

Attention all Sawyer Girls' fast-pitch players

Please call Naomi Mohr regarding the start of the 2010 fast-pitch season. The phone no. is (218) 565-0429.

BB Golf Course to open in April

The Black Bear Golf Course will open on April 15, weather permitting. The course has a newly updated Website design for 2010. The new-look Website has fly-over images of every hole on the course.

Course Manager David Cahill, who is a PGA instructor, offers golf lessons. Beginners, and more advanced players may wish to have their golf swing recorded with assistance from the Black Bear digital camera system. A computer screen analysis reveals ways a golfer can improve his or her game.

Another technological advance: the golf carts are equipped with Global Positioning System tracking devices that calculate a golfer's distance from the pin, and carrying distances for greens and bunkers.

Leagues are now forming. Call (218) 878-2485 for informa-

tion regarding rates, tee times, league information, or scheduling lessons with a PGA professional. You can also get course information or view the golf course on the website at <http://www.golfatthebear.com>.

Woodlands Bank warns of consumer phone scam

If you receive a phone call from an automated voice message system claiming to represent the Woodlands Bank and inquiring about your credit cards or accounts, hang up immediately.

"Anybody with a telephone number may be targeted by this illegal operation," said Cindy Vallie, Branch Manager at the Cloquet Woodlands Bank. "No reputable financial institution ever asks for your personal information. If you receive this message, hang up the phone immediately."

The Bank has received calls from the public to see if their accounts were at risk, Vallie said.

The phone messages vary, but usually ask a "card holder" or "customer" to push a number on their phone key pad to con-

tinue with the message. Worse yet, some records ask for credit card or debit card information "for verification."

What they really want is to steal your money. All bank, credit union and credit card customers are warned to never give personal financial information over the phone. If you are asked, hang up, and call the bank later to report the inquiry.

Head Start Spring Round-up on April 14

Applications will be accepted for enrollment in the Fond du Lac Head Start 2010-'11 programs. Please stop by the Head Start gymnasium between 9 a.m. and 6 p.m. on April 14, 2010. You may also apply at our offices at 33 University Road any time after April 14. Remember to bring proof of income from a pay stub, tax form, per capita statement, etc.

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

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

Head Start children must be three years of age by Sept. 1, 2010.

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

FDL Ojibwe School's Kindergarten Round-Up

Kindergarten Round-Up will be held from 1 to 3 p.m. on April 23 at the FDL Ojibwe School. Feel free to stop by and meet our teachers, see our classrooms, and get questions answered about programs and curriculum. You may also take a tour of our school.

To register, bring copies of your child's birth certificate, Social Security number, tribal enrollment documents, and immunization records.

For more information, call (218) 878-7261

FDL Employees honored in March

On March 11, the American Red Cross presented Fond du Lac with an Excellence in Safety Award for its dedication in workplace and community safety, and for training others in CPR and First Aid.

Sharri St. Germaine and Steve

Mulroy accepted the award on behalf of Cassie Diver, Vern Northrup, Amber Ahonen, and Nate Sandman.

Most Census forms mailed to homes

The 2010 Census has been mailed to more than 120 million households, or roughly 90 percent of all homes in the U.S.

Census workers started hand-delivery of the 10-question form to another 9 percent of addresses where households do not have traditional mailboxes.

Residents are encouraged to complete the form when it arrives and return it in the enclosed prepaid envelope as soon as possible.

Every Census Bureau employee must take an oath and is subject to five years in prison or a \$250,000 fine or both if they disclose any information that could identify you or your household.

Census data is used to allocate congressional seats to the states and to distribute more than \$400 billion in federal funds to tribal, state and local governments each year.

Nah gah chi wa nong Di bah ji mowin nan

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

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

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

publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

Corporate Member of the Native American Journalists Association

State of the Band Address: FDL officials roll out Band achievements and challenges in 2009-'10

By Dan Huculak

Jobs are safe, but the Band has to keep an eye on its expenditures and keep its belts tight for the next 12 months, said Fond du Lac Secretary-Treasurer Ferdinand Martineau at the February 25, 2010 State of the Band Address. The annual Address was given by Reservation Business Committee members Martineau and Chairwoman Karen Diver before an audience of about 170 people. The meeting is similar to the annual meeting of any public governing body where officials present the financial status, plans for the future and achievements over the past year.

The financial segment covered the costs of the various programs operated by the Band.

Those programs include Health and Human Services, Education, Tribal Government, Housing, Community Services, and Public Safety.

All programs are required to have an approved budget in order to operate.

"As with the programs, our businesses operate under budgets also," Martineau said. "The difference between programs and business is the businesses operate totally on income generated through their operation."

Although FDL businesses combined to make a profit in 2009, four of the eight business entities lost money. The FDL Construction Company, the Propane Company, the Logging Company, and the FDL Convenience Store did not earn profits last year. The two casinos, the FDL Insurance Company, and

the Tribal Support divisions were profitable for the year.

Martineau added that the RBC will review each of the companies to evaluate the losses and determine if the Band can turn them around, continue to absorb their losses in the future, or discontinue them altogether.

After the financial presentation concluded, Fond du Lac Reservation Chairwoman Karen Diver discussed some of the key highlights of 2009. Among the highlights:

- Conclusion of the Enbridge Negotiations;
- Approval of the new radio station;
- The opening of the Band's Minneapolis office;
- FDL received \$5.6 million in federal stimulus funding, with an additional \$7.3 million pending;

- The FDL Environmental Division was awarded cooperating agency status by the U.S. Department of State;
- Six FDL construction projects which are currently underway;
- The recently completed FDL management restructuring.

After discussing the 2009 highlights in her presentation, the Chairwoman then announced some of the goals of the RBC for 2010. Among the goals:

- Working with the Minnesota Chippewa Tribe in the discussions toward constitutional reform. This process will need Band Member input;
- Rebuild financial stability among the Band's business and financial interests;
- Continue to expand the role of the tribal court to include

legal name changes, wellness/drug courts, marriages and domestic partnerships, and non-contested divorces;

- Implementation of strategic planning initiatives – A consultant has been hired, and the first public meetings are occurring in March and April. Band Members will have ample opportunity to participate during the process.

The Chairwoman then reiterated the importance of participating in the 2010 U.S. Census, and for Band Members to remember to list the "Fond du Lac Band" for the question that asks for tribal affiliation. She also urged Band Members to vote in the March 30 primary election.

Final approval finally reached in FDL land purchase

After just over a year of resistance, the St. Louis County Board of Commissioners gave final approval in March for the Fond du Lac Band to purchase 94 acres of County forest land.

The two parcels are located in Stony Brook and Brevator townships. All of the land is located within the boundaries of the Fond du Lac Reservation.

The Board's decision reverses its January 2009 decision not to sell on-reservation land originally owned by FDL and the Bois

Forte Bands back to the Bands. At that time, the Board also decided to oppose future tribal applications to place land into protected federal trust status.

Those decisions flew in the face of a 1985 law from the Minnesota Legislature concerning the sale of tax-forfeited St. Louis County property. The law said that if tax-forfeited land is within the Fond du Lac Reservation's boundaries, the County has to give FDL the right of first refusal to purchase the land.

FDL will purchase the proper-

ty for about \$150,000. The state, St. Louis County, local school districts, and local governments will share the proceeds of the sale.

Following the announcement of the Board's unanimous decision, Fond du Lac Chairwoman Karen Diver said in an interview that she was delighted that the board made the decision to carry out the sale of land back to Fond du Lac.

She added: "I'm excited that they are helping us restore our homelands."

St. Louis County Commissioner Steve O'Neil added: "I think it's the right thing to do for the County and for the Band and its members. I think the Band is doing really good work in providing jobs, housing, timber management, and natural resources for its Band Members." From the beginning, O'Neil supported the sale to Fond du Lac.

A March editorial in the Duluth News Tribune reported that between 1887 and 1934, 90 million acres, or about two-thirds of all Indian land, was wrongly

taken by the U.S. government and distributed to railway and lumber barons, and to white settlers. That total included much of the 100,000 acres of the Fond du Lac Reservation.

The editorial commended the St. Louis County Board for finally approving the land sale. "The County Board definitely had a good day," according to the editorial.

FDL Ojibwe School Boys Basketball team ends playoff run with mixed results

By Dan Huculak

The 2009-2010 Boys Basketball Season was a tumultuous one for the FDL Ogichida team. Even so, the boys finished their playoff run with two very exciting games. They played a much tougher schedule than the previous year, and endured a mid-season coaching change.

March playoffs

After a slow start, the boy's varsity team stepped up their effort on the defensive end, and cruised to an 87-71 victory over the Cardinals from Cotton High School on March 8.

The first round game was played before a near-capacity crowd at the FDL Ojibwe School.

Led by excellent three-point shooting in the early stages of the game, Cotton sprinted out to a 17-8 advantage.

Fond du Lac responded with a 42-16 run, and never trailed

again. Their aggressive defense led the turn-around.

By being able to maintain a comfortable double-digit lead, FDL head coach Jason Brown rotated fresh players throughout the remainder of the game.

Ogichida scoring was led by Lee St. John, who had 31 points. St. John had five three-point baskets. Travis Brown had 23 points in the victory. Eleven FDL players scored in the total team effort.

Cotton's Daniel Wood led all scorers in the game with 42 points. Kory Saver was the only other Cotton player in double figures, with 10 points.

At Hermantown

Fond du Lac advanced to the next round of the section 7A basketball playoffs on March 11, which was played in Hermantown. The seventh seeded Ogichida team took on number two seeded AlBrook in their second round match-up.

FDL started slowly, just as

they did in the previous game. The Ogichida trailed 17-9 before going on a 20-5 run of their own. The first half ended in an exciting, fast-paced 46-46 tie.

The pace was considerably slower during the second half, thanks to plenty of whistles from the officials.

AlBrook went on a 20-10 run during the first 6:25 of the half, while three FDL starters got into foul trouble. The Ogichida players couldn't erase the 10 point deficit.

Deadly 3-point shooting was ultimately the difference in the game for AlBrook. Kolten Karpinnen and Bryce Karpinnen combined for 14 triples in the game. The cousins had 41 and 30 points, respectively.

Travis Brown scored 26 points, and Trevor Brown added 22

points in the losing effort for Fond du Lac.

Although the FDL varsity team finished the season with a 7-18 record, the future looks bright for next season. Only one varsity player (Casey Connors) graduates this year, leaving a talented core of returning players.

From the AD

Shortly after their second round loss, FDL Ojibwe School Athletic Director



FDL Ogichida players presented long time FDL team supporter Doris Otis with a bouquet of flowers and an Ogichida team shirt on March 4. FDL player Hal Linde (on the right) congratulates Doris.

Ken Fox sat down for an interview.

Q: How many players did you have on the basketball team?

A: We had 16 players on the boys JV and varsity teams.

Q: What is one of the most important things you are looking for on a team?

A: We look for continuity and the players on the team working together. It is a plus to have standout players on a team, but working together as a team and seeing everybody clicking together and being on the same page is most important.

Q: Your final record of 7-18 is somewhat misleading, given the talent level of the players on the team. What are your comments on that?

A: As an independent school which is not in a specific conference, we can play a higher level of competition. I have to give a lot of credit to the boys, because they asked us last year to schedule tougher competition.

Legendary Minnesota high school coach Bob McDonald recently paid the kids a compliment on their sportsmanship, and how well they're doing as a program. We also had some AAU coaches and scouts, and a coach from UMD in the stands.

Q: Fond du Lac has most of their core players returning next season - your thoughts?

A: We will lose one senior, but the core group is returning and we'll build on that. We'd like to get the kids in the weight room and get them ready for next year. Chisholm, Minneapolis North, Minnesota Transition, and Red Lake all want to play us next year.

Q: The kids played hard, especially on defense, and they played solid team basketball despite a tumultuous season which included a coaching change. Have you made any plans as to your coaching staff next season?

A: Pending Tribal Council approval, we have our coaching staff in mind for next year.

Q: Any final thoughts about your basketball program this year?

A: First, we would like to thank our community for their continued support, and next year we intend to make some noise. We have the talent to go further in the section 7A playoffs. We are looking for more. We're going there with the thought to try and win the playoffs next year.

Note: FDL News will cover the Ojibwe School athletic banquet in April, and will profile a member of the girl's basketball team in a future edition.



FDL player Scott Abramowski scores a bucket in the paint against AlBrook on March 11. AlBrook won the second round playoff game by a score of 94-71.

2010 Spearing/Netting season

Individuals may set multiple nets this year

By Tom Howes

Resource Management Division
Manager

The Fond du Lac Band will have a 24,000-pound quota for walleye at the Mille Lacs Lake 2010 spearing and netting season. The FDL Resource Management Division is allowing Band Members to set multiple nets per day, depending on the remaining allocation.

Because the increase in nets has the potential to increase congestion and dilute catch rates, the Division and the Great Lakes Indian Fish and Wildlife Commission (GLIFWC) will be staffing several public landings for spearing and netting. The Resource Management Division has negotiated to have GLIFWC issue FDL Band Members spearing and netting permits at other available public accesses.

As a gesture of respect for Elders age 52 and older, the Division will provide boat rides for Elders to set their nets. One boat will be designated for this purpose. The service will only be available at one of the

landings that the Division will staff from 2 p.m. to 8 p.m. The landing used for that purpose will be determined by ice conditions.

Elders will be required to wear properly fitting life preservers, and should bring their own with them. Elders will be responsible for setting and pulling their own nets. If multiple nets per Band Member are permitted, each individual Elder will be limited to two nets if receiving a boat ride from the Division. We encourage able-bodied Band Members to take an Elder with you to set a net, or set additional nets yourself and share your harvest.

The Resource Management Division also would like to stress the importance of releasing Northern pike from gill nets if the pike appear able to survive. This is extremely important this year. Fond du Lac has a 24,000-pound walleye allocation, but only an 800-pound Northern pike quota. The regulations state that once FDL harvests its quota for any species, then netting is shut down

for all species. That means that once FDL harvests 800 pounds of Northern pike, we are done netting, even if we've only harvested 100 pounds from our 24,000-pound walleye quota. Please keep that in mind when you are pulling your nets.

A reminder: there are numerous invasive species in Mille Lacs Lake. This year an increased effort will be made at landings to inform harvesters how they can do their part to limit the spread of invasive species. Band Members should be aware that the 1837 Ceded Territory Conservation Code requires individuals to take the following actions each time they remove watercraft, trailers, nets, and associated equipment from infested waters:

- Aquatic vegetation must be removed from boats, trailers, nets and associated equipment
- Boat live wells and bilges must be drained by removing the drain plug
- Bait containers and any other boating related equipment that can hold water must be



Ken DeFoe Sr. and Ken DeFoe Jr. clean nets together at the North Garrison Landing at Mille Lacs in 2008.

drained

- All nets and associated fishing gear including any trap, buoy, anchor, stake, or line must be dried for at least 10 days or frozen for at least two days before being used in non-infested waters

We encourage Band Members to talk to their families and friends and make arrangements to be part of the harvest activi-

ties this spring. It is always a great time.

Updated information on the 2010 spearing and netting harvest will be posted on the FDL Reservation Website, community centers, and FDL Gas and Grocery. If you have any questions, please call the Resource Management Division at 878-8001 or visit the website at www.fdlrez.com/nr.

State and Band taking aggressive measures against gypsy moths

By Dan Huculak

The Minnesota Department of Agriculture is stepping up its efforts this year to contain the growing gypsy moth threat.

Resource Management members from Fond du Lac are assisting the state in its efforts.

"This is something we've been watching," said Fond du Lac Reservation Forester Steve Olson in a recent interview.

"We entered into an agreement with the State Department

of Agriculture, and we're working with the state in our trapping program."

The tree-eating moth species is moving westward, and Northeastern Minnesota can expect to see more spraying to combat the increase of moths.

The DOA caught more than 27,000 moths in the trapping program in 2009, twice the number found over the previous year. Nearly 99 percent of those moths were from the Northland.

"We're seeing a big increase in the number of moths caught in

our monitoring traps," Minnesota Department of Agriculture spokesperson Michael Schommer said in a story published in the Duluth News Tribune. "We are seeing an increase in the infestation in Minnesota, particularly in the northeastern corner of Minnesota."

Minnesota will increase the amount of acreage it will treat with chemicals or insecticides this year. It's expected that more than 100,000 acres will be treated, an increase from 71,500 acres in 2009.

The DOA also held informational meetings in early March to discuss plans with concerned residents.

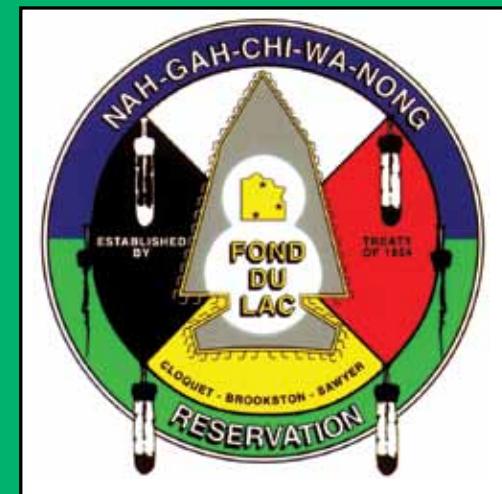
There are two methods that will be used in curbing the infestation: The first is the spraying of a chemical that confuses male moths so they are unable to find and mate with females.

Another method uses a chemical "Btk," a naturally occurring insecticide that attacks moths in the larval stage.

"Btk is used on areas with a high level of infestation,"

Schommer said. Parts of two Twin Cities suburban communities, Minnetonka and Richfield, were treated with Btk last year.

Gypsy moth caterpillars attack several different tree types, including birch, oak, poplar, and willow. They can defoliate tremendous quantities of trees, thus making areas appear as though they are in the autumn or winter months.



A few thoughts from RBC members

From Chairwoman Karen Diver

The Reservation Business Committee, along with eight division directors, participated in a two-day training sponsored by the Bush Foundation in early March. The training was presented by the Native Nation Institute from the University of Arizona for three tribal governments: Fond du Lac, White Earth and Mille Lacs.

The training included an in-depth review of current government and management structures using a format called "Governance Analysis for Na-

tive Nations." This analysis allowed each tribe to gauge how well local tribal government reflects best practices.

It was a very informative process. It reaffirmed that the priorities for the coming year are the right ones to be focusing on. They include strategic planning, the role of the tribal court and constitution reform efforts with the Minnesota Chippewa Tribe. The training will be replicated in Minnesota, South and North Dakota.



Karen Diver

The RBC gets frequent requests for updates on the status of Wisconsin Point. The BIA staff is recommending to the Secretary of Interior that the land be transferred from the federal government to the Fond du Lac Band.

What does the Band intend to do with Wisconsin Point? There are no plans for development on this land. It should be cleaned up and the history of the area should be preserved and shared.

The Band is also in discussions with the University of

Wisconsin about participating in environmental research regarding the St. Louis River estuary. It is very interesting to communicate with some Band Members and descendants of Band Members who have a rich and vibrant oral history from the time their families lived on the Point.

Regarding the Nelson Act, Congressman Jim Oberstar has been asked to introduce a bill to release the settlement funds. The Minnesota Chippewa Tribe is requesting that the distribution of the funds be kept separate from Leech Lake's request to manage the Chippewa National Forest, especially since

that process may take some time. We'll keep you updated if the settlement bill is introduced.

Because it is so important, here is another reminder to please fill out your U.S. Census forms, and under tribe designation put Fond du Lac Band! Thanks for your commitment to helping FDL obtain an accurate count.

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

From Ferdinand Martineau

To the Fond du Lac Band Members: We have had an early spring on the Reservation. Temperatures have been soaring in the mid- to high 50's. The snow is almost gone and spring cleaning will begin soon. I do not like the way it looks now but it sure is nice after it starts to green up.

I went to a basketball game the other night. The Ojibwe School was playing AlBrook in the Hermantown Gym. I was quite impressed when I walked in to see all the coaches

dressed up for both teams. Our boys looked nice and were very excited to be there. There were quite a few fans and lots of excitement in the gym.

As the game began the Ogichida fell behind by a few points. I thought this was a precursor for the whole game but it was not. The boys quickly caught up and then passed their opposition. At one point they led by ten points. You could feel their



Ferdinand Martineau

determination to win and they played their hearts out.

In the end the boys were tired and could not keep up with the opposition; still, they played their hearts out. I was very impressed with their performance. I was impressed with their dedication, their sportsmanship, their attitude, but mostly with the way they represented their school and our Reservation. I would like to congratulate the coaches, Ken

Fox, Jason Brown, Kevin Dupuis, Dan Houle, Chubby and Superintendent Mike Rabideaux.

I would also like to congratulate the team members for an outstanding game and a great season. You did great.

I have been attending all sorts of community gatherings over the past few years. I have noticed that the participation has been on the increase in all these activities. It is nice to see our community getting involved and active. As we continue to grow, we need the community to keep informed and active in

deciding the future direction of our Reservation. These community activities are a small way to keep you informed.

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

RBC columns continued on next page.

From Wally Dupuis

Hello all: In my last article I explained about the fire at the Elder's Building. I am pleased to inform you that the units have been fixed and are currently occupied.

I am also pleased to inform you that the fire safety sprinkler system, court yard, and new entryway to the Elder building with handicap accessibility is mostly complete and in use. Please take a look at it when you drive by.

The supportive housing and Tagwii projects are well underway. Buildings are standing and enclosed. The Natural Resources building is also well underway which includes interior work and the application of exterior siding.

On a different note, the Enbridge Pipeline work is almost complete. This project allowed many of our Band Members employment opportunities over the winter months. Those who were employed served our Band well with their hard work and dedication. Good job Fond du Lac'ers!

As we look ahead, Fond du Lac has been purchasing land for development, housing and/or preservation whenever possible. We have an assisted living project in its initial stages, with a construction start date set for this spring. We also have a couple road construction projects slated and hope to begin work on them this year. Our planning division has worked hard at getting the radio station operational. The Black Bear Casino Resort seems to have made it through the winter months in ok shape; we are hoping for a successful summer.

Meanwhile, Fond du Luth Casino continues to be stable. Our Cloquet Community Center is continuing with productive programming and is working on a few new ideas for further development.

On another positive note, our Fond du Lac Ogichida boys high school basketball team advanced to regional playoffs. As I watched them defeat Cotton school in our gym, I saw a team full of young athletic talent. Congratulations team on your efforts.

As always, please feel free to contact me any time. (218) 879-2492 (home); (218) 878-8078 (work); (218) 428-9828 (cell)



Wally Dupuis

FDL Code of Ethics

The FDL Reservation Business Committee adopted the following document in February. The Code replaces any earlier ordinance governing ethical behavior

Purpose

The purpose of this Code of Ethics is to establish ethical standards for the Fond du Lac Reservation Business Committee, its advisory bodies, committees, contractors and professional agents. All those acting on behalf of the Band are entrusted to act in accordance with the highest ethical standards and to carry out their official duties in such a manner as to serve the best interests of the Band.

Authority

This Code is enacted pursuant to Article VI, Section 1 of the Minnesota Chippewa Tribe Constitution, and the Bylaws of the Fond du Lac Band, FDL Ord. No. 01/64.

Definitions

- **Elective office** means any office regularly filled by a vote of the eligible members of the Band;
- **Committee members** are those appointed by the elected officials;
- **Immediate family** means spouse, domestic partner, parent, child, sibling, grandparent, and grand child;
- **Conflict of interest** means a real or apparent incompatibility between an official's personal interests and his or her duties to serve the interests of the Fond du Lac Band.
- **Personal interests** means result or effect of an official's actions which uniquely benefits the official or his or her immediate family. Personal interests do not necessarily occur when an official acts on a matter or issue that results in an incidental benefit to immediate family, and may be determined by an objective review of the circumstances surrounding the action and its beneficial effects.

Standards of ethical conduct

The following are standards of conduct important to the maintenance of trust and ethical behavior for officials of the Fond du Lac Band:

- Any elected or appointed official of the Band shall treat service to the Band as a solemn public trust with fiduciary responsibility to the Band requiring that they place loyalty to the Band and its constitution, laws and ordinances above personal and private gain.
- Any elected or appointed official of the Band shall not hold financial interests that conflict with the conscientious performance of his or her obligations to the Band.
- Any elected or appointed official of the Band shall protect and conserve Band property and only use it for duly authorized purposes.
- Any elected or appointed official of the Band shall disclose instances when they believe there is fraud, waste, abuse, and corruption to the appropriate authorities.
- Any elected or appointed official of the Band shall conduct all official business in accordance with the laws of the Band and other applicable law. If there is a question as to the legal standard applicable in any given situation, the official may consult with and rely upon the advice of the Fond du Lac Tribal Attorney.
- Any elected or appointed official of the Band may not use their position or office to obtain a personal gain of substantial value for the personal benefit of his or her immediate family. For the purpose of this section, substantial value is defined as items exceeding \$100 in value and must be

disclosed to the Reservation Business Committee for approval. Cultural gifts may not be subject to this valuation.

- Any elected or appointed official of the Band shall not threaten, intimidate, or discipline any employee in reprisal for the employee acting within the scope of the employee's official duties.
- Any elected or appointed official of the Band shall not solicit or accept, directly or indirectly, anything of value if the gift could reasonably be expected to influence the vote, official actions, or judgment of the official, and could reasonably be considered a reward for any official action or inaction.
- Any elected or appointed official of the Band shall not make public statements on behalf of the Band without obtaining approval from the Reservation Business Committee or Band Chairperson.
- Any elected or appointed official of the Band shall not disclose materials pertaining to matters discussed in executive session except by a consent of the Reservation Business Committee.
- Any elected or appointed official of the Band shall not take any official action or participate in a decision with respect to a matter if it will have a direct and predictable effect on the financial interest of the official or immediate family member. Any official in such situation shall recuse himself or herself from participating in a discussion and/or vote on the matter.

Reporting and investigating violations

Any person who, in good faith, or has reason to believe that an official subject to this Code has com-

mitted a violation may report such violation in writing to the Reservation Business Committee. The report shall include:

- (a) The name of the person, and their official position with the Band;
- (b) The nature of the alleged violation, including the date, time, place, and persons involved or who may have knowledge pertinent to the alleged violation. The report must clearly state the provision(s) of this Code which have been violated; and
- (c) A signed statement attesting that the information provided is true, accurate and complete to the best of the informant's knowledge. The name of the person reporting the alleged violation shall be kept confidential to the highest extent possible, if requested by the person reporting the alleged violation.

The RBC shall investigate the allegations, or may assign any part of such investigation to an appropriate investigative agency. Upon completion of such investigation, the RBC shall take appropriate punitive or remedial action, censure, restitution, removal from office, or such other punishments or remedies as are just and equitable, provided that actions taken towards members of the RBC must comport with Article X of the Minnesota Chippewa Tribe Constitution. Frivolous complaints or unsubstantiated allegations will not be tolerated, and may be subject to civil action.

Adopted by Resolution #1055/10 of the Fond du Lac Reservation Business Committee on February 16, 2010.

Policy Fellows program seeks representatives from Minnesota Indian communities



Former Vice President Walter Mondale and his wife Joan at the Policy Fellows reunion in Minneapolis in February. Photo by Deborah Locke

By Deborah Locke

A prestigious Minnesota-based program that trains people in leadership development is launching efforts to recruit applicants from the state's Ojibwe and Dakota communities.

Each year the Humphrey Institute Policy Fellows program brings 35 new "Fellows" to the Humphrey Institute at the University of Minnesota for a nine-month professional development program.

The Fellows meet once a month in the Twin Cities to focus on leadership skills and networking. A half day is devoted to a workshop; the rest of the day may include a presentation from a well-known public figure or work on a group project.

While the program has attracted members from diverse backgrounds including Somali, Hmong, African American and Latino groups, American Indians aren't well represented.

Fritz comments

Welcoming more Native people into the group is "just the sort of thing we ought to do," said Walter Mondale, a founder of the program. American Indians were an important part of the life of Hubert Humphrey, Mondale said. "They should be a part of the life of the Institute."

The "Institute" is a shortcut referral to the Humphrey Institute of Public Affairs, the umbrella organization for the Policy Fellows program.

It's been a "struggle" to attract Indians, especially those from outside the metropolitan area, said Larry Jacobs, Director of the Institute of Public Affairs.

A few attempts at reaching candidates from American Indian communities have occurred:

letters and/or meetings, for example.

In the coming weeks, tribal officials and others affiliated with the Ojibwe and Dakota communities will receive letters and phone calls from former Fellows program mem-

bers, encouraging their participation.

Over the past 20 years, more than 600 individuals have completed the program. From 60 to 70 individuals apply each year; about 35 are accepted. Fellows come from all walks of life from elected officials to farmers. U.S. Sen. Amy Klobuchar as well as former U.S. Sen. Norm Coleman are alumni of the Fellows program.

Mondale and 250 former Policy program Fellows gathered for a reunion in Minneapolis late in February. The room was filled with representatives from all walks of Minnesota life: state representatives, administrators, corporate leaders, journalists, teachers, and more.

The Happy Warrior

The Fellows program and the overarching Humphrey Institute were founded on the governing principles of Hubert Humphrey, an admired, respected and effective Minnesota politician. Those principles included an embracing of bi-partisanship, civil rights for all, public debate without rancor, and joy.

"Hubert put zip into the public process," Mondale told the February audience.

Deborah Locke was a member of the 1998-'99 Policy Fellows program.

The veep on HHH, Jourdain and education, education and education

By Deborah Locke

It's been a while since former Vice President Walter Mondale served as a U.S. Senator on the Indian Education Subcommittee. A long while: the late 1960s and early 1970s.

But you get the idea that he's as convinced as ever about the importance of education for Native people.

"When I was a young senator, we tried to make Indian education less government run, less paternalistic and more in the control of parents," he said during a phone interview from his Minneapolis office. "Bobby Kennedy and I worked on that."

College opportunities, the Cloquet Labor Day parade, Hubert Humphrey at Red Lake, Mondale's conversations with Peter Dufault: all are memories spanning Walter Mondale's 60-plus years of public life.

On the phone, however, he kept returning to education. Doesn't Fond du Lac have a tribal college up there, he asked.

"I like the idea of a strong Indian community college," he said. "That's just great. We've got to get kids doing well in school."

Remembering Pete

Mondale also recalled conversations with former FDL Secretary Treasurer Peter Dufault about educational opportunities for young Indians. Very few Indian students attended the University of Minnesota when Mondale was a law student, he said.

"We'd like to keep encouraging young Indians to reach out and grow and get educated," he said.

In addition to Dufault, Mondale also knew Roger Jourdain from Red Lake, who was a good friend

of Hubert Humphrey. Mondale remembered the many speeches given on the Red Lake Reservation by Humphrey. Humphrey, too, had a keen interest in the lives of Minnesota's American Indians and in ways to make Indians more self-directed.

"A lot of older Democrats had paternalistic ideas about Indians and reservations," Mondale said. "They thought Indians were supposed to be wards who couldn't manage their own affairs, who needed trustees to handle their money."

Hubert Humphrey disagreed with fellow Democrats on that score, and worked to replace many of the old notions with policies that empowered Indians to shape their lives.

Mondale and Humphrey were lifelong friends; at the age of 20, Mondale organized Humphrey's successful 1948 senate campaign. Humphrey had more "progressive instincts" than any leader in Minnesota history, Mondale said.

Rain maker

Both men made yearly appearances in the Cloquet Labor Day parade. Many area residents should recall Sen. Hubert Humphrey's solo walk down the middle of Cloquet Avenue, waving joyfully at spectators.

Mondale, too, drove to Cloquet for the parade.

"It was always raining," he said. "We'd bring rain just by driving up there."

No matter what weather Humphrey encountered, he'd make the best of it.

"He had the touch," Mondale said. "He loved being around people. Hubert was for the underdog. If people were hurting and things were unfair, he'd be drawn in."

(Off) Rez adventures with the Indian Scout

By Deborah Locke

Veterans and bridges were on the Indian Scout's mind, so late in March we drove through Jay Cooke



State Park to the bridge named for a legendary and mighty warrior, Biauswah (pronounced bee-ah-swa).

In the mid-1600s, Biauswah lived in a village about 40 miles west of La Pointe in what is now northern Wisconsin. After a time spent hunting, Biauswah returned home to learn that a Fox Indian war party had killed all villagers except for two, and burned the lodges to the ground.

Biauswah followed the Fox war party with plans to avenge the deaths when he realized that one of the people

taken as captive by the Fox was his young son. The Fox were preparing to burn the boy alive.

Biauswah stepped forward and offered himself as a substitute. The exchange was made. The boy was sent off into the woods and Biauswah was burned to death.

William W. Warren recounted this horrific story of courage and sacrifice in the "History of the Ojibway People" (Minnesota Historical Society Press, 2nd ed. 2009). Warren wrote that Biauswah gained legendary status among the Ojibway people; the story of the father's death spread like "wild fire" among the widely scattered bands.

The renaming

The story is still told today, and was told again at the bridge renaming in June 2008. Some vets traveled from as far away as Maryland to attend the ceremony that included representatives of the Lakota, Minnesota Ojibwe, and Canadian First Nation Ojibwe. For 11 years, attempts were made to rename the

Highway 23 Bridge for Biauswah and all veterans.

You think of them while exploring the peaceful site. From Highway 23 the bridge looks like any other but move down to the shoreline Chambers

Grove, part of the old Ojibwe village site, and the scenery picks up. We admired a towering old grandmother willow tree featuring a huge split trunk, and a remarkably steep bordering hill that looked like a triangle.

That's where the little Ojibwe kids climbed every day to look out, the Scout surmised. That's where they watched the comings and goings of the camp so they could tattle to their parents. How little Indian kids love to tattle.

We noted a group of Canada geese on the lawn near the

picnic structure. The geese grazed while one goose stood straight, looking out. The geese always designate a look-out, the Scout said.

The bridge arch on the shore created a fine echo chamber. I hollered slightly to take in

the sound. A couple of geese across the river honked in protest. They wouldn't shut up, flying off and yipping and honking for at least five minutes. Kids weren't the only tattle tales in those parts.

A local

We watched the St. Louis River slowly move and heard someone approach. An older man with a pinkish face, long white hair and a pointed beard came down the hill to say that no one could fish from that spot. We said "Oh?"

He said he didn't drink any more, and he couldn't fish right then, and what else was there to do except walk around.

He lived there for 30 years, and knew of a plaque that said the bridge was built in 1948. (The Scout thinks he said 1942).

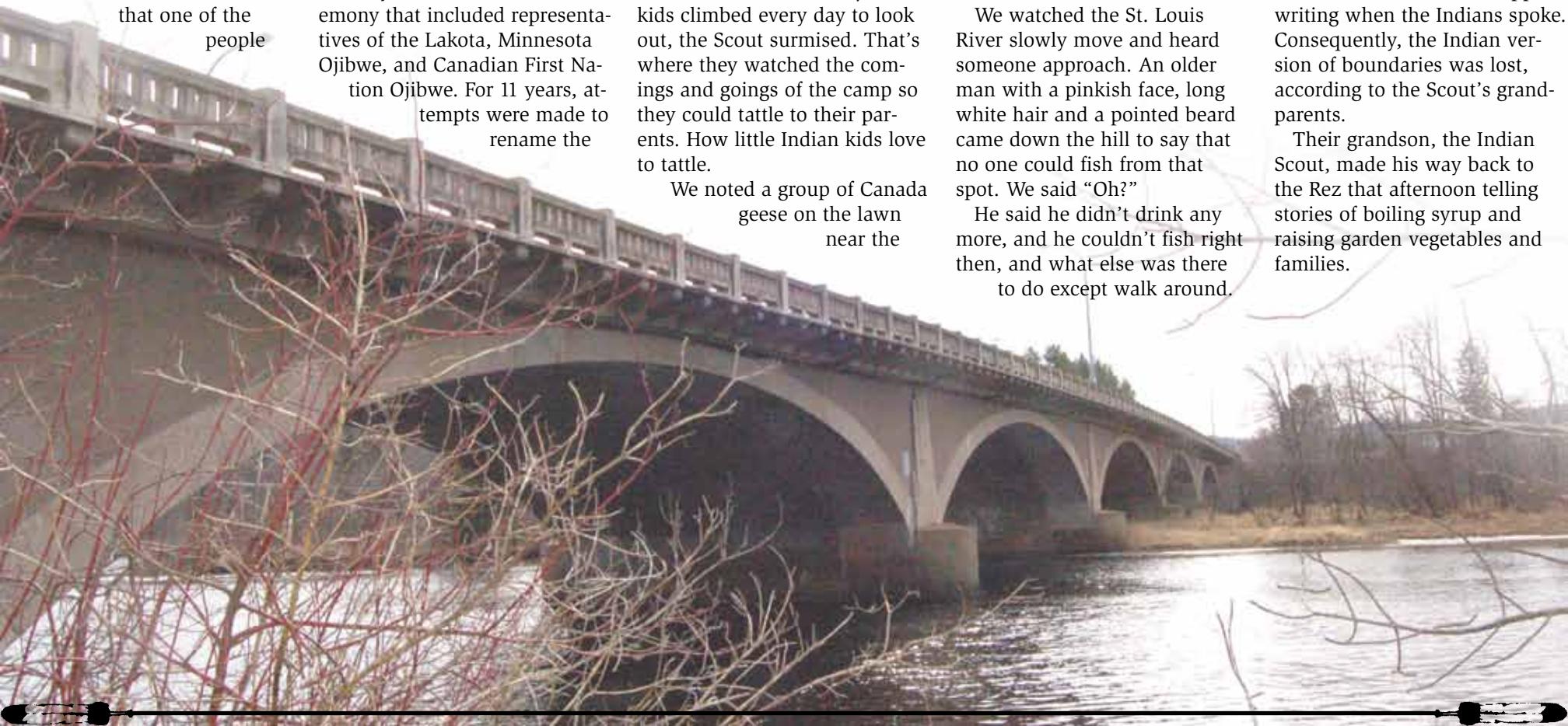
The man said the river water was at a low level, not rushing like the Mississippi. At best, only 30 inches of snow fell on the area that year. He gazed sadly at the low water level.

We said goodbye and took off in the monster truck to view the expansive river basin from the vet's outlook scenic stop on Highway 23.

"You're seeing some of the last undisturbed homeland of Fond du Lac," the Scout said. He recalled stories from his grandparents about the Reservation's real boundaries.

Those boundaries actually extended from the Old FDL Village to Cromwell, the Scout said. When the Ojibwe met with non-Indians to negotiate land matters, the note taker stopped writing when the Indians spoke. Consequently, the Indian version of boundaries was lost, according to the Scout's grandparents.

Their grandson, the Indian Scout, made his way back to the Rez that afternoon telling stories of boiling syrup and raising garden vegetables and families.



Iron monsters, discharged muskets and oh yes, a fastened scalp The story of the Fond du Lac Village burial grounds

By Christine Carlson

When you drive through the center of the old village of Fond du Lac on Veterans Evergreen Memorial Drive, also known as Highway 23, you are actually driving over three ancient cemeteries. The railroad and then construction of Highway 23 each further desecrated the graves.

The burial grounds are located in one large area: one section loosely designated for Christian Indians, one for non-Christians Indians, and one for non-Indians which included fur traders.

In the 1600s and even earlier Fond du Lac was a Dakota village until the Ojibwe drove the Dakota away from northern Minnesota. The village then became a great gathering place for the Ojibwe and non-Indians involved with the fur trading industry. Fond du Lac became

a permanent village for some, a seasonal village for others and a stopping place before or after the difficult journey to the Grand Portage and beyond. All trails led to Fond du Lac.

“Tour to the Lakes” by Thomas McKenney (Ross & Haines, Inc, 1959) describes the graves in the old village in 1826:

The graves of both whites and Indians are covered in. The sides and ends of that in which the whites are buried, are of hewn logs, and the tops are of boards over fourteen inches high to their eves. Some of them have a board at their head, with the name of the deceased cut into it with a knife.

The Indians’ graves were first covered over with bark. Over the grave the same shelter is made, and of the same materials, as enter into the form and structure of a lodge. Poles are

stuck into the ground, and bent over and fastened at the top; and these are covered with bark. Thus the grave is enclosed. An opening is left like that in the door of a lodge.

Before this door, a post is planted, and the dead having been a warrior, [the post] is painted red. Near this post, a pole is stuck in the ground, about ten feet long.

From the top of this pole is suspended the ornaments of the deceased. From this, I see hanging a strand of beads—some strips of

white fur, several trinkets—six bits of tobacco, that looked like quids, and a little frame of a circular form with net work, in the center of which (it being of thread) is fastened a scalp, about three inches in diameter, the hair of which is of a dark brown colour (sic), and six inches long. In the top of the red post are three feathers.



An Ojibwe tree burial. Photo courtesy of the Douglas County Historical Society, Superior, Wis.

Rev. Edmund Ely, a Protestant missionary, opened a mission school in the old village. Ely’s diary stated that he was there from 1834 to 1839. He married an Ojibwe woman by the name of Catherine Goulais Bissell. Ely clearly did not

understand the culture of the Ojibwe. One particular, degrading offense was that he pulled children’s hair as a form of discipline. Generally, the missionaries wanted the Ojibwe to give up their way of life and become farmers.

Ely’s broken promise

The Ojibwe concept of land versus ownership of property was different from that of non-Indians. In August, 1838, Ely had a big garden and a 700-pound bull. His immediate neighbors, the Ojibwe, were hungry that year due to a poor wild rice crop and previous harsh winters. So the Ojibwe killed Ely’s bull and distributed the meat.

They had another reason for killing the bull: Ely did not fulfill his part of an agreement. He was supposed to build two shelters over the graves of Eninabonde’s two children.

Burial grounds at the old Fond du Lac Village site. Photo courtesy of Betty McCall and the Northeast Minnesota Historical Center at the University of Minnesota Duluth.



(Eninabonde was a respected village Elder.)

Ely's failure to build the shelters and his reluctance to share his bounty created bad feelings in the village. Many historical accounts present Ely in a sympathetic light as a victim. Those accounts failed to mention that the Ojibwe later paid Ely for the bull for Ely's asking price, \$55.

Ely did one good thing for the Ojibwe people: he kept a lengthy diary that noted many names and events from that time including deaths. (The diary is part of the Northeast Minnesota History Center collection at the University of Minnesota at Duluth.) According to Ely's diary, a musket was discharged when an individual died. The diary records these:

- March 6, 1835 an infant died;
- March 10, 1835 an infant died and its twin died 2 months earlier while on the winter hunt;
- June 20, 1835 Old Chief Shin-gup (Balsam) died;
- August 25, 1835 Adokin died last night at the gardens (The gardens were across the river on the place called Amik Island)
- April 15, 1835, Miskuaogizhik died
- November 23, 1837 a son, 6, of Oshkabaua was buried today
- November 25, 1837 the son of Akiuenzi was brought here to be buried
- Feb 27, 1838, a 100-year-old Frenchman by the name of Kennash of Sandy Lake was brought here to be buried;
- October 23, 1838 Akinenzi's son, 3, died after an illness of about 4 days (Akinenzi was the deaf man who shot Ely's bull)
- August 8, 1839, a woman by the name of Batabi died.

These are by no means all the individuals who died when Ely was at Fond du Lac. They were the ones who were mentioned the day he happened to write in his diary. It was interesting to note that two of the people did

not live in the village but asked that they be buried there.

The iron monster

In 1859, the state issued a charter or document for the construction of the Lake Superior and Mississippi Railroad. In 1860 surveyors located the line. The railroad was to go through Fond du Lac and its graveyards up to Thomson. At that time, there were no laws protecting cemeteries.

Francis and Zowedah Roussain, important villagers, did not want the roaring iron monster traveling over the graves of their family and friends. (A story about the Roussain family appeared in the January 2010 issue of this newspaper).

Francis Roussain owned a half section of land up the hill from the village where he and family farmed. A fire destroyed the house, and the Roussains moved back to the village.

They still owned the land on the hill so they started moving the graveyard remains to their property. It was then called the Roussain or Indian Cemetery. (Imagine what a difficult job that must have been to dig up your family members and move them.)

Some burials at the Roussain cemetery were:

Elizabeth also known as Leasia Roussain, 1847; John B. Roussain, 1849; Vincent Roy, Sr., 1872; Lizette (Cournoyer) Roy also known as Mrs. Vincent Roy; Chief Wawateese; Francois Roussain. 1885; Zowedah (Cadotte) Roussain, 1902;

Mary LaGarde also known as Mrs. Joseph LaGarde; Elizabeth (Shincoop) Sharette, 1914, also known as Mrs. Joseph Sharette; Phillip Morais, 1908; Louisa Roi prior to 1893 also known as Mrs. Jean Baptiste Landry; Charles January; infant son of John and Nancy Gurno, 1906;

Paula Obiqua; Mary DuBras also known as Mrs. Louis DuBras; Frank Roussain Jr.'s four children; Cecelia (Roussain)

Durfee and her five children; Roy Durfee; William Eustache Durfee; Margaret Durfee; Susan Marie Durfee; Mace Durfee.

From the notes of the Roussain land court case in 1890, Frank and Zoe Roussain's son, Eustache, stated that there were 75 graves at the site. Additionally, there were many burials after that date. Many graves remain at that site.

Spirit houses

Sometimes the houses sheltering graves are called "spirit houses." Some Ojibwe buried their dead in a sitting or laying position facing west. If it was in the winter, some placed the deceased on the limbs or forks of a tree or made a scaffold to protect and preserve the bodies and then later bury them. Sometimes a fire was started to soften the ground enough for burial.

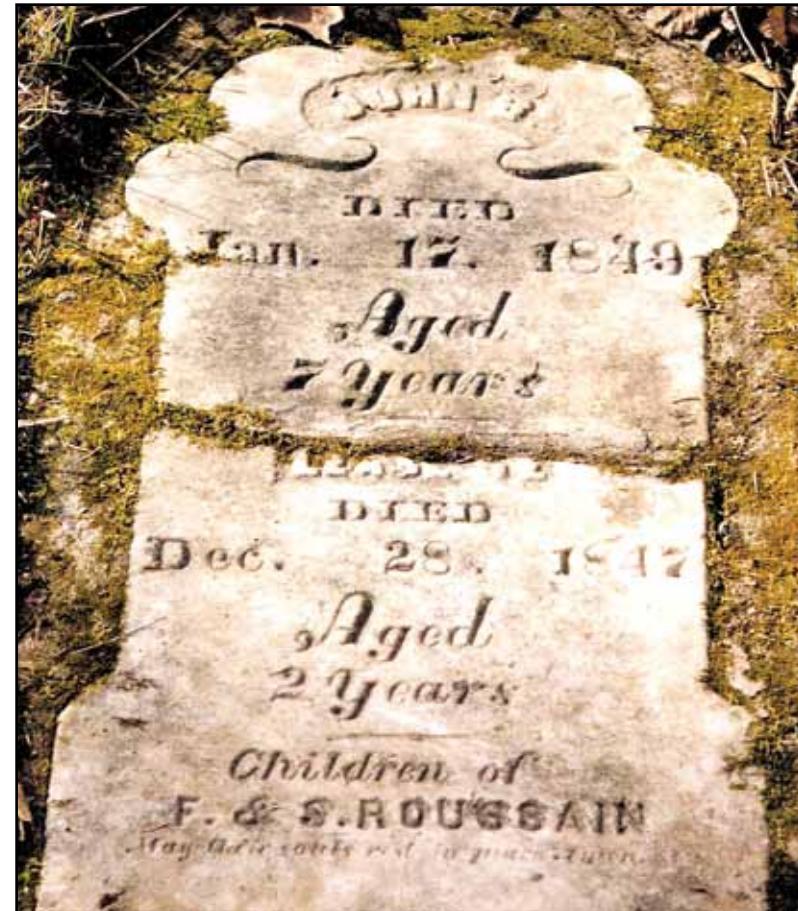
The deceased were wrapped in skins or blankets. Often food or drink was left at the gravesite. After the non-Indians arrived, lumber shelters were used.

I have come across many different stories regarding what is buried with the individuals. One explanation stated that items left with the deceased are placed as a kind of sacrifice on the part of the living. They're not left to "help" the person who has passed to the other side.

Another opinion is that the individual's possessions are buried with them not because they would want them in the afterlife, but that no one else had a right to use them. Items might include beadwork, a favorite bow and arrows, a pipe and a medicine bag.

Indian skeleton found

In 1932 along the Mission Creek in the old Fond du Lac village, a well-preserved skeleton of an Indian in a wooden coffin was unearthed when a homeowner leveled the bank to extend a garden. This is what



Gravemarker for two children of Zoweda and Frank Roussain located at what's called the Indian Cemetery or Roussain Cemetery above the old FDL Village.

was found, according to the Carlton County Vidette dated May 26, 1932:

Investigation brought to light a complete skeleton, a large quantity of beads, birch bark receptacles and various articles of birch in a fair state of preservation portions of a wool Indian blanket all but gone to dust, a tomahawk in perfect condition, the rotted remains of a bow and a tintype of Henry Clay with the name of the statesman perfectly legible, preserved between two pieces of mirror with the words, Paris, Fr., on them and all contained in a birch bark pouch.

Hwy. 23 construction and bones

In 1937, the area was once again disturbed when a road was dug for the larger and improved Minnesota Highway 23. A work crew unearthed several

graves. They were found to be about two or three feet deep. Birch bark covered the remains. Over 30 graves were desecrated with the highway construction.

Fond du Lac Band leases cemetery

In the 1890's, the Roussains lost title to the land through an oversight of the requirements of the law and manipulation by others who wanted control of it. In 2003, the City of Duluth leased the cemetery to the Fond du Lac Band for \$1. The lease is good for 99 years.

Christine Carlson continues to write about Fond du Lac historic events and Band Members. She has self-published a book about the old village of Fond du Lac called "Wa ye kwaa gichi gaming" which means end of great body of water. Christine can be reached at cac48@frontiernet.net

Activity keeps your heart healthy

From the FDL Public Health Nursing Department

In our great-grandparent's generation, there was not much heart disease. This is because people were very active physically. They worked outside to grow, herd, hunt and gather food. They chopped wood and hauled water. They walked or ran most places. They danced and played running games.

Today we drive cars instead of walking. We sit at desk jobs. We sit in front of televisions. Instead of grinding corn and chillies, we buy food already prepared at the grocery store. Instead of physical activity being part of our everyday lives,

we have to make time for physical activity.

While our lives today are easier in many ways, our hearts are suffering. Physical activity helps to strengthen heart muscles. It lowers our blood pressure and blood cholesterol, which reduces our risk for heart disease. Physical activity helps us keep our weight at a healthy level, which also reduces blood pressure, blood cholesterol and the risk of heart disease.

Additionally, physical activity relieves stress and makes us feel better. Physical activity releases chemicals in our brain that combat depression. Also, consider this: Many kinds of physical activity are fun! Walk-

ing, dancing, and playing basketball give us social time with our friends and family. So, why don't we turn off the television and go outside to play?

Sometimes it is just a matter of changing habits. Can you walk to the store instead of driving a car? Can you park your car further from the store so that you walk a little more through the parking lot? Can you get up from the couch to get something you need, rather than asking your child to bring it to you?

Just 30 minutes a day of physical activity can reduce the risk of heart disease. This does not have to be all at one time. It can be for 10 minutes three

times a day. Any activity is better than no activity.

Walking is the easiest way to start exercising. You can do it at almost any age. You can do it when you are in almost any shape. You don't need any special equipment. It does not cost anything. You can do it almost any time and any place. It almost never causes injuries. You can do it with other people, including your children. You don't need a babysitter.

To benefit from walking, you should feel your heart beat faster than usual. You can start slow and build up to walking faster, further and for a longer time.

American Indian dances and

games are also great ways to strengthen our hearts. We are not only keeping our culture and spirituality alive, but we are also reducing our risk of heart disease.

Next month's topic: How alcohol and smoking affect your heart. Call Amber at (218)878-3079 if you want more information about Fond du Lac's Public Health Nursing Department and the services we offer.

Heart healthy recipes from the Southwest (American Heart Association Website)

Mushroom Quesadillas

(six servings)

Ingredients

Vegetable oil spray
8 oz. sliced fresh mushrooms
1/2 medium onion, thinly sliced and separated into rings
1 t. bottled minced garlic
3 T. chopped fresh cilantro
3 8-inch whole-wheat flour tortillas
6 T. shredded low-fat Monterey Jack cheese with jalapeño peppers or low-fat Cheddar cheese
Commercial salsa (low salt) (optional)

Cooking Instructions

Preheat oven to 350 degrees.
Spray large skillet with vegetable

oil spray. Cook mushrooms, onion, and garlic in skillet over medium heat until onion is tender, about 5 to 7 minutes. Stir in cilantro and remove from heat.

Arrange one-third of the mushroom mixture on half of one tortilla. Sprinkle with 2 T. of the cheese. Fold the other half of the tortilla over cheese. Place on a baking sheet. Repeat with remaining ingredients to make a total of three quesadillas.

Bake quesadillas about 5 min. or until filling is hot and cheese melts. Cut each into four wedges. Serve warm — with salsa, if desired.

Nutrition Analysis

79 calories; 1 g. fat; 2 mg. cholesterol; 168 mg sodium; 2 g. fiber; 1 g. sugar; 5 g. protein

Black Bean Tortilla Casserole

(serves 4)

If you're a some-like-it-hot kind of person, try the spiciest variety of salsa or picante sauce for this satisfying dish, use more crushed red pepper flakes, or sprinkle with canned jalapeno slices.

Ingredients

1 C. bell pepper
1 C. chopped onion
15- to 16-ounce can no-salt black beans, rinsed and drained
14 1/2-oz. can no-salt-added diced tomatoes, undrained
1/2 C. salsa or picante sauce

Vegetable oil spray
8 6-inch corn tortillas
1 C. shredded light Mexican mixed cheese blend or Monterey Jack cheese
Heaping 1/8 t. crushed red pepper flakes
1/4 C. snipped fresh cilantro

Cooking Instructions

Preheat oven to 400 degrees.

In a large bowl, stir together the pepper, onion, beans, undrained tomatoes, and salsa.

Lightly spray a 9-inch square baking pan with vegetable oil spray. Spoon 1 C. bell pepper mixture into the pan. Arrange 4 tortillas in the pan, overlapping as necessary. Spoon half the

remaining sauce over the tortillas. Top with 1/2 C. cheese. Repeat.

Lightly spray a sheet of aluminum foil with vegetable oil spray. Cover the pan with the foil, lightly sprayed side down, to prevent the cheese from sticking.

Bake for 30 min. Remove the foil. Bake for 5 min., or until hot and bubbly. Let stand for 5 min. Sprinkle with red pepper flakes and cilantro. Cut into 4 squares.

Nutrition Analysis

272 Calories; 5 g. total fat; 10 mg. cholesterol; 8 g. fiber; 10 g. sugar; 17 g. protein

Psychotherapy: asking for help with a thorny problem shows strength, not weakness

By Dan Rogers

What is psychotherapy? Sigmund Freud defined psychotherapy as “the talking cure.” Although simplistic, this definition is still accurate.

Does psychotherapy work? For most people, psychotherapy works most of the time if they cooperate and stick with it long enough.

How long does therapy take to work?

There is no instant cure or

magic wand. Most problems take more than two or three sessions to resolve. For instance, if a person has been depressed for many years, it is not realistic for them to expect that their depression will be gone in two or three sessions of therapy.

Also, if someone has had a problem all of their life it will take longer to resolve it. However, therapy need not take years. Many therapists today specialize in brief therapy.

What if a person does not like or trust their therapist?

Then it is time to search for another therapist. Most people are satisfied with the first therapist they find but others have to try three or four different ones until they find one with whom they can really “click.”

Don't give up! There IS someone out there who can help you. No one is hopeless even if you sometimes feel you are.

Remember, it is the therapist's job to occasionally say something to you that you may not want to hear but that you need to hear. The purpose of this is

to help you.

One of the great things about having a good therapist is that the client can say anything they want in the therapist's office and not be judged for it! Many consider this a luxury.

All mental health professionals believe that asking for help is a sign of strength, not weakness. On the east and west coasts, it is even considered fashionable and prestigious to have your own therapist.

Sometimes when things get tough I hear people say “I can

handle it on my own.” While that's probably true, the point is you don't HAVE to handle it on your own. There are people just waiting to assist you. During those difficult times, it would be easier on you if you let someone help you.

Dan Rogers is a Licensed Psychologist with the FDL Human Services Division

End your tobacco misuse forever

Quit smoking today! Call the Wiidookowishin (Help Me) QUITPLAN Center at Fond du Lac. Schedule an individual appointment to get ready for your quit date! Save money, be healthy, smell better, quit today!

Call (218) 878-3707 to make a smoking cessation appointment at the Min no aya win Clinic; (218) 279-4064 for an appointment at the Center for American Indian Resources, Duluth. Those in the Twin Cities area can call (612) 871-1989 for an appointment at the Mashkiki Waakaaigan Pharmacy, Minneapolis.

Persons not eligible for smoking cessation sessions and nicotine replacement therapies can access QUITPLAN Services at St. Mary's QUITPLAN Center in Duluth, (218) 786-2677.

The QUITPLAN Helpline, 1-(888) 354-PLAN is available to any Minnesota smoker, and offers free professional telephone counseling to help you quit.

You may also go to www.quitplan.com – the Website offers free membership, helpful quitting tools and a chance to connect online with thousands of others

Mini health tips (From the April 2010 Consumer Reports on Health)

Better health through helping others

Elders who volunteer have lower rates of physical frailty than those who do not volunteer, even after exceptions are made for disability and other factors. Those who offer a helping hand have higher energy rates and more stamina.

Beware of kitchen scalding

Kitchen burns are a leading cause of burns among older adults. To avoid them, boil water on the back burner, turn handles away from the stove edge, and never use extension cords near a cooking appliance. Position your microwave at eye level or lower to avoid tipping hot food or liquids.

Microwaving food

Use containers made from glass and porcelain. Some plastic containers contain BPA, a chemical linked to reproductive and other health problems. BPA can leach from plastic into food. Containers without BPA may also degrade at high temperatures, especially single use containers like margarine tubs.

Protecting lungs

Leafy greens like collards, kale, spinach and similar vegetables may protect the lungs, according to a January study reported in Cancer Research. Current and former smokers who ate more leafy greens had fewer cellular changes associated with lung cancer.

Less salt, lower risk for heart disease

Most Americans eat about 3,500 milligrams of salt a day, or twice the 1,500 mg. maximum recommended for people age 40 and older, and for anyone with high blood pressure.

Sodium raises blood pressure which increases the risk of heart attacks and strokes. It can also boost the risk for asthma, kidney stones, osteoporosis and stomach cancer.

It's hard to cut back because so much processed, packaged and restaurant food contains too much salt. To seriously reduce your salt intake, you'll need to cook more from scratch, eat fresh foods and go to restaurants less often.

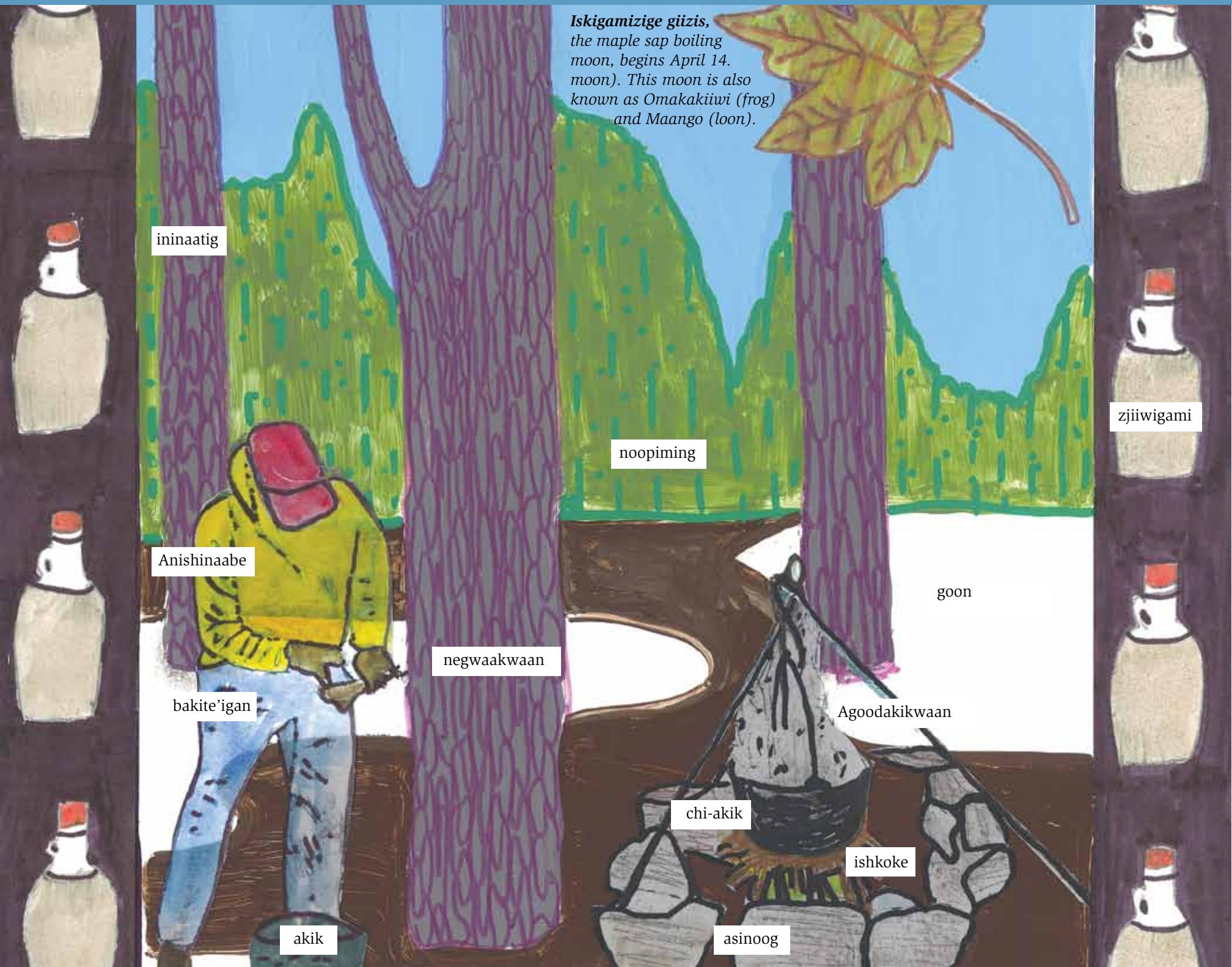
“Great American Eat Right” to be held Apr. 16

The FDL Public Health Nursing Dept. along with the American Cancer Society is sponsoring the “Great American Eat Right” at noon on April 16 in the Tribal Center community meeting rooms.

Everyone is welcomed. Lunch will be served. Information will be given on how your lifestyle increases or decreases your risk for cancer. Registration is not necessary. Call (218) 878-3726 with any questions.

Ashi-niswi giizisoog: Iskigamizigan

Ojibwemowin is the language of our people, this place, and the things that we do - like tapping the sugarbush. Here are some key terms associated with this important traditional activity.



Iskigamizige giizis, the maple sap boiling moon, begins April 14. This moon is also known as Omakakiwi (frog) and Maango (loon).

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Sugarbush art by Karen Savage-Blue's 3rd period art class at the Ojibwe School: F. LaDeaux, K.Reynolds, G. Spears, G. Greenleaf, E. Munoz, S. Ross, R. White, and Cotee Hoffman. Chi miigwetch to Tara Dupuis for assistance with Ojibwemowin.

Thirteen Moons is a monthly production of FDL Resource Management Division and University of Minnesota Extension. Comments and contributions are welcome and should be directed to FDL RMD at (218) 878-8001 or giizis13@gmail.com <http://giizis13.wordpress.com>



FDL Seasonal Activities

Two FDL Ojibwe students take top awards at Bemidji snow snake competition

Two FDL Ojibwe School students took first place in separate categories at the March Snow Snake (Shushumay) contest at Bemidji State University.

Jeroam DeFoe took first place in the upper middle school division championship, and Darricka Auginash took first place in the Excellence in Art Category. A total of ten FDL kids participated in the contests.

The Snow Snake competition is played with a stick of about three feet that is thrown down an icy trough.

The object is to see how far a competitor can throw the stick and yet keep it within the walls of the trough. Jeroam's snake traveled 98 feet. The game is hundreds of years old.

The University of Minnesota promoted the competition.

FDL Project Intersect Coordinator Tara Graves helped the students prepare for the competition. A total of 45 students from tribal schools in grades four through eight took part in the annual event.



The FDL Ojibwe School's Jeroam DeFoe throws a stick at the snow snake competition in March. The elevated track looks like a miniature toboggan run.



Spirit Lake Native Products workers are busy producing maple syrup. (L to R): Mike Savage and Caleb Dunlap are checking sugar content with a hydrometer as John Skalko Jr. feeds the wood burning stove used to boil the sap. Owner Bruce Savage (far right) watches. The company bottles between 200 and 300 gallons of maple syrup per year.



FDL Resource Management Division technicians Adam Thompson (left) and Sean Thompson (lower left) demonstrate the proper netting technique at the March 18, 2010 spearing and netting workshop. The free workshop was held at the Resource Management garage.

FDL Law Enforcement news

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

- **2/11/10** Report of vehicle in the ditch on Brevator Rd. Driver stated that she was turning around when she went into the ditch. Vehicle was pulled out of the ditch.
- **2/12/10** Officers stood by during a property exchange.
- **2/12/10** Report of two car accident by Sawyer Store; Officers responded and did not locate the accident.
- **2/13/10** Report of domestic assault on Ridge Rd., both parties separated for the night.
- **2/13/10** Report of verbal domestic dispute at Black Bear Casino. Parties got different rooms and would work out their problems later.
- **2/13/10** Report of domestic assault on Ridge Rd. Victim left the residence and was advised to get an order of protection.
- **2/14/10** Traffic stop on County Road 7, driver was arrested for driving after cancellation.
- **2/14/10** Report of damage done to vehicle on Whispering Pine.
- **2/14/10** Report of assault on Whispering Pine, allegedly due to damage done to the car.
- **2/15/10** Report of intoxicated person on Grey Birch Ct., person was transported home.
- **2/15/10** Report of vehicle in the ditch on Jarvi Road, located vehicle; driver was arrested for DWI.
- **2/15/10** Traffic stop on Hwy. 2, driver cited for speeding; matter going to State court.
- **2/16/10** Report of domestic disturbance on Ridge Rd., man was arrested for disorderly conduct.
- **2/16/10** Report of damage to mailbox on Pine Drive.
- **2/16/10** Traffic stop on Jarvi Rd., driver was warned for driving conduct.
- **2/17/10** Assist motorist on Hwy. 2; vehicle with broken tie rods.
- **2/17/10** Traffic stop on Hwy. 2; driver was warned for speeding.
- **2/17/10** 911 hang up call on Big Lake Rd., once on scene, unwanted person was asked to leave.
- **2/18/10** Assist State Patrol with two vehicle and semi accident on Hwy. 210.
- **2/18/10** Traffic stop on Hwy. 210 driver warned for speeding.
- **2/18/10** Assisted Social Service on a welfare check.
- **2/19/10** Report of someone shooting a BB gun through a window on Migizi Rd.
- **2/19/10** Report of domestic assault on Higbee Rd., suspect was taken to jail.
- **2/20/10** Traffic stop on Hwy. 210, driver was cited for failure to stop at stop sign.
- **2/20/10** Traffic stop on Hwy. 2, driver warned for speeding.
- **2/21/10** Report of getting harassing text messages. Talked to all involved and told them to stop.
- **2/21/10** Traffic stop on Hwy. 210, driver was cited for no proof of insurance; matter referred to Tribal Court.
- **2/22/10** Traffic stop on Jarvi Rd., driver cited for driving after suspension.
- **2/22/10** Traffic stop on Jarvi Rd., driver cited for no proof of insurance and driving after suspension.
- **2/22/10** Report of snowmobile accident on Hwy. 2, driver located and arrested for DWI.
- **2/23/10** Report of drunken people at residence on Northrup Rd., asking for a ride to Danielson Rd.
- **2/23/10** Report of disturbance on Migizi Rd., one person taken to detox in Duluth.
- **2/24/10** Report of theft in the Compound, statements were taken.
- **2/24/10** Traffic stop on County Rd 7, driver cited for speeding.
- **2/25/10** Traffic stop on Mahnomen Rd, driver was cited for driving after suspension.
- **2/25/10** Report of underage drinkers at Black Bear Casino. Two juveniles cited for underage drinking.
- **2/26/10** Traffic stop on Reservation Rd., for obstructed plate, driver was taken to jail on arrest warrant.
- **2/26/10** Traffic stop on Reservation Rd., driver cited for driving after revocation, no proof of insurance, and failure to provide registration.
- **2/27/10** Traffic stop on Hwy. 210, driver was warned for registration.
- **2/27/10** Report of male walking on Twin Lakes Rd., located the individual; his car was found in a ditch.
- **2/28/10** Report of domestic assault on Rustic Lane, suspect located and brought to jail.
- **2/28/10** Traffic stop on Brevator Rd., driver warned for speeding.
- **3/1/10** Motorist assistance near B & B Market, vehicle battery went dead.
- **3/1/10** Report of vehicle hitting a deer, deer removed from the road.
- **3/2/10** Report of threats, spoke to all parties involved.
- **3/2/10** Reports of getting threats from someone in Duluth, advised on how to handle it.
- **3/3/10** Traffic stop on Big Lake Rd., driver was cited for driving after revocation, speeding, and no proof of insurance.
- **3/3/10** Traffic stop on Hwy. 210, driver warned for snow on license plate.
- **3/4/10** Report of juvenile swearing and threatening staff at the Tribal Center; juvenile was gone when officers arrived.
- **3/4/10** While driving through Ojibwe School parking lot, police noticed a vehicle with no handicap sticker or plate parked in handicapped space. Owner of vehicle cited.
- **3/4/10** Traffic stop on Big Lake Rd., driver cited for no child restraints and no insurance.
- **3/5/10** Traffic stop on Danielson Rd., driver cited for speeding.
- **3/5/10** Assisted Cloquet Police Officer concerning a two car accident on Hwy. 33.
- **3/6/10** Traffic stop on Danielson Rd., driver cited for speeding and no proof of insurance.
- **3/6/10** Report of intoxicated male in the parking lot of Black Bear Casino; located male and brought to detox.
- **3/6/10** Traffic stop on Big Lake Rd., driver arrested for DWI.
- **3/7/10** Traffic stop on Danielson Rd., driver cited for speeding.
- **3/7/10** Traffic stop on Hwy. 210, driver warned for speeding.
- **3/8/10** Report of people fighting on Mahnomen Rd., parties separated for the night.
- **3/8/10** Report of suspicious phone call from automated phone stating fraudulent charges on credit card. Advised this is scam.
- **3/9/10** Traffic stop on Hwy. 2, driver issued an equipment warning.
- **3/9/10** Traffic stop on Hwy. 2, driver cited for speeding.
- **3/10/10** Report of vehicle in ditch by Belich Rd.; located vehicle and transported driver home.
- **3/10/10** K-9 demo at South Terrace School in Carlton.
- **3/11/10** Traffic stop on Hwy. 210, driver cited for speeding and possession of a small amount of marijuana.
- **3/11/10** Report of unwanted intoxicated person on Mahnomen Rd.; individual was taken home.
- **3/12/10** Traffic stop on Reservation Rd., driver warned for speeding.
- **3/12/10** Traffic stop on County Rd 7, driver cited for speeding.
- **3/13/10** Found a woman walking on Hwy. 33 and Big Lake Rd., transported individual home.
- **3/13/10** Report of underage drinkers on Ridge Rd.; juveniles cited for underage drinking.
- **3/14/10** Report of domestic assault on Morningstar Lane, suspect taken to jail.
- **3/14/10** Report of unwanted person at Black Bear Casino; individual was transported to detox.
- **3/14/10** Traffic stop on Big Lake Rd., driver arrested for DWI.
- **3/15/10** Traffic stop on Cary Rd., driver cited for driving after revocation and no proof of insurance.
- **3/15/10** Traffic stop on Pine Dr., driver cited for driving without license.

Teens and success in school

By Lucy Carlson, M.A.

Do you know a teen who dropped out of school? Perhaps that teen is a grandchild, nephew, or even your own child.

As adults, we are aware of the difficulties of earning enough income to make ends meet. We also know that to survive in today's world with a job that pays enough to live on, a high school education is essential. Without that, job options are dim.

Furthermore, if a high school dropout has a child, the reality of earning enough money to support that child, pay rent, and buy food and diapers becomes even more discouraging and overwhelming.

Let's take a look at some facts about dropping out.

- Every year, 1.2 million students drop out of high school in the United States. That's one a student every 26 seconds – or 6,000 a day.
- More than a quarter of high school freshmen fail to graduate from high school on time.
- There are nearly 2,000 high schools in the U.S. where 40 percent of the typical freshman class leaves school by its senior year.
- More than one in four Hispanic youth drop out, and nearly half leave by the eighth grade.
- Hispanics are twice as likely as African Americans to drop out. White and Asian American students are least likely to drop out.
- In the last 20 years, the earnings level of dropouts doubled, while it nearly tripled for college graduates. Throughout their lives, recent dropouts will earn \$200,000 less than high school graduates, and over \$800,000 less than college graduates.
- Dropouts make up nearly half the heads of households on welfare.
- In the U.S., 65 percent of convicts are dropouts. Lack of education is one of the strongest predictors of criminal activity.

The dropout problem is likely to

increase substantially through 2020 unless significant improvements are made. America's high school graduation rate ranks 19th in the world. (Forty years ago, we were number one.)

Parents make a difference!

One tenth grader said: "My parents have no clue what school is like for me. I bet they couldn't even tell you who my teachers are."

Research shows that when parents are involved in school life, their children do better in school and have more positive attitudes about it. Some parents become less involved with school activities as their children move from elementary to middle school and on to high school.

Yet, there are many ways parents can become involved in their child's school. Teenagers clearly benefit when their parents show interest. The following are some ways to start:

• Communicate with the school.

One of the most important types of parent involvement is communication with your teens' teachers and school officials. Just knowing teachers' names and subject areas is an important first step. Make that family/teacher connection early in the year, before any problem areas arise. At open houses or conferences ask about the teacher's expectations for her students and how you can be of support to both the teacher and student. Build a partnership with teachers so your teen sees you working with teachers, not against them.

• Support your teen in school activities.

One way students become connected and committed to school is by taking part in extra-curricular activities and sports. Encourage your child to join school activities. If your teen is already involved, show support by attending school concerts, games, athletic meets, and other events.

• **Expect success.** When parents set high expectations for their

children's school performance, teens are more likely to meet those expectations. When teens work toward their "personal best" in school, they are less likely to become depressed or involved in harmful, violent, sexual or drug-related behaviors. (Remember, however, that "personal best" does not mean perfect.)

- **Volunteer in the school.** Volunteering in the school is a way to stay connected. Before volunteering, ask your teen how he or she would feel about your presence in the classroom. Your teen may not be as receptive as he or she was in elementary school. If this is the case, other non-classroom ways to volunteer include chaperoning for field trips, tutoring for students who need extra help, helping at sporting events, and serving on committees for special projects.
- **Involve BOTH parents.** Mothers are more likely than fathers to be involved in their children's schools. Yet, research shows that children do better when both parents are involved. Whether parents live together or not, young people are less likely to repeat a grade or be suspended if their fathers participate in their school life.
- **Encourage involvement in leadership opportunities.** Many schools offer programs for older students to serve as tutors to younger students. Being a "big buddy" to a younger student may be just the role a teen needs to feel valued.

Do's to help your teen in school

- **Set high expectations for school success.** Help your teen set reasonable goals and stick to them
- **Recognize your teen's academic accomplishments.** Sometimes teens are pressured not to excel by their friends. You can offset this by recognizing his or her accomplishments.
- **Create a positive home environment that encourages learning.**

Keep learning resources handy, like a dictionary, learning books from the library, or a computer with an encyclopedia software program. If possible, designate a study place where seating is comfortable and lighting is bright.

- **Establish a quiet time every night for studying.** Keep the time period consistent. (For instance from 7 p.m. to 8 p.m..) Have everyone in your family participate to show the importance that you, as an adult, place on lifelong learning.
- **Monitor the number of hours your teen works during the week.** Studies show school performance suffers when teens (9th to 12th graders) work over 15 hours a week.
- **Monitor your teen's school attendance.** Use TV wisely. Limit the hours your teens spend watching television and help select educational programs. Watch and discuss shows with your children.
- **Know how and where your kids spend free time (especially after school).** Encourage your teen to be involved in productive activities when not in school, rather than "hanging out" for large periods of time.

With the interest and encouragement of caring adults, our teens can avoid the struggles and hardships that come from dropping out of high school. Instead they will be able to access higher paying jobs, which will then provide greater opportunities for the rest of their lives.

Sources: Strong American Schools; Underlying Causes of High School Dropouts; Kid Source Online: New Information on Youth Who Drop Out; The Silent Epidemic; University of Wisconsin Extension

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

An Advisory Task Force on American Indian Tribes and Communities Report to the Legislature (May 2009) reported that 41 percent of Minnesota's American Indian students graduate from high school in four years. Eighty percent of Minnesota's white students graduate in four years.

Nearly one-fifth (19 percent) of American Indian students dropped out of school, compared with four percent of white students.

The data is from the 2006-'07 school year, and is calculated from the National Governor's Association's graduation and dropout formulas.

To see the full 80-page report, go to <http://education.state.mn.us/mdeprod/groups/Communications/documents/Report/014446.pdf>

Beargrease biography an excellent story about a local legend

By Dan Huculak

Many Minnesotans have heard about the Beargrease dog sled marathon, and local residents are well aware of the history of the race.

Daniel Lancaster, author of “John Beargrease - Legend of Minnesota’s North Shore” (Holy Cow Press: 2009) begins the biography of this local legend from the early days of Minnesota’s history.

The book begins during the summer of 1854, with eager prospectors and entrepreneurs set to race out

of Superior, Wis. the moment the treaty negotiations between the United States government and representatives of the North Shore Anishinabe were settled.

The North Shore area was mostly Indian land, and white settlers were eager to stake claims in the new area after copper was discovered in Michigan’s Upper Peninsula.

After the La Pointe treaty was signed in 1854, the surge began. European settlers began moving into the rug-

ged North Shore area. The first post office opened two years after the treaty was signed.

During these early years, the Ojibwe and the white settlers were mostly friendly to one another. The Indians taught the mostly German population critical hunting and survival skills, while the white settlers provided employment opportunities for the Indians.

The Wieland family opened a water-powered sawmill, and operated the schooner “Charley” to export lumber to Michigan.

During this period several local Indians served on the schooner, including the father of John Beargrease, Chief Moquabimetem.

John Beargrease was not the first postman in the area. He wasn’t born until 1862, eight years after the La Pointe treaty was signed, and six years after the first post office opened in Beaver Bay. The first Anishinabe family moved to Beaver Bay in 1858.

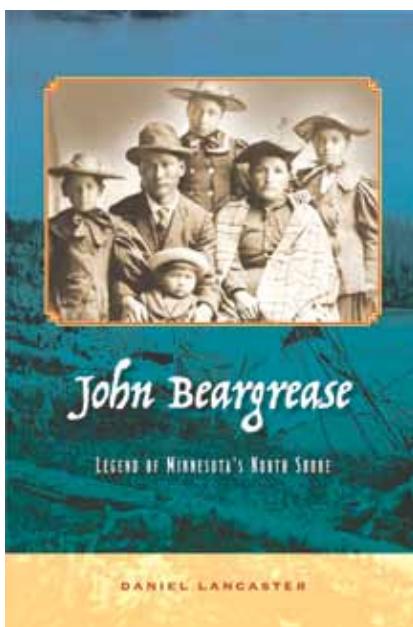
Postmaster Albert Wieland sometimes subcontracted the mail route to “reliable Indians” from the area, and John’s father was one of them. Later, John Beargrease himself began mail deliveries around 1879.

John Beargrease, like other mail carriers, used whatever means necessary to deliver North Shore mail on time. He used a canoe, a rowboat, and even a dogsled during the fierce winter months.

Beargrease would serve in this role for most of the next 20 years. Local newspaper accounts

from the era describe his arrivals as an event similar to the arrival of Santa Claus. Local townspeople would greet Beargrease when he arrived, any time of day or night.

Lancaster’s book provides an insightful view of the life of John Beargrease. By quoting local newspaper stories, local historians, and Beargrease family members, he provides readers with a complete understanding of the life of John Beargrease. Once I began reading, it was very hard to put this book down.



“Manoomin” is a helpful Ojibwe language guide for kids of all ages

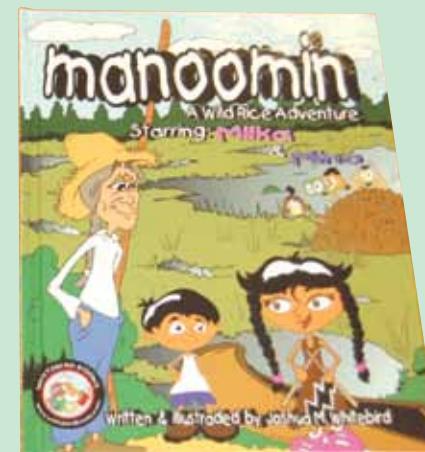
By Dan Huculak

FDL Resource Management Conservation Officer Joshua Whitebird self-published “Manoomin” as a children’s guide for learning Ojibwe culture and language.

A talented artist already holding down a full time job, Joshua went into writing reluctantly.

He spent the past two years putting “Manoomin” together. His animation style is creative, and the story is well mapped out. Although children are intended to be the target audience, adults may also read “Manoomin” in an effort to learn the beginning of the very complex Ojibwe language.

The page numbers in the book are cleverly numbered. At the bottom of each page, the page number and the corresponding Ojibwe word are next to each another.



Whitebird is working on another book project that will focus on the sugar bush. He markets the book through his own website, www.whitebirdbooks.com. He can be reached by telephone at (218) 428-6124.

Leah Savage book for children highlights powwow activities

By Dan Huculak

“Niimiwin”, by Leah Savage (FDL Band; 2009), is her first book publication, and the third children’s book by a member of the Fond du Lac Head Start teaching staff.

“Our Journey” and “Boozhoo,” the earlier books, have gone into a second printing. Proceeds from those books generated most of the funding to publish this book.

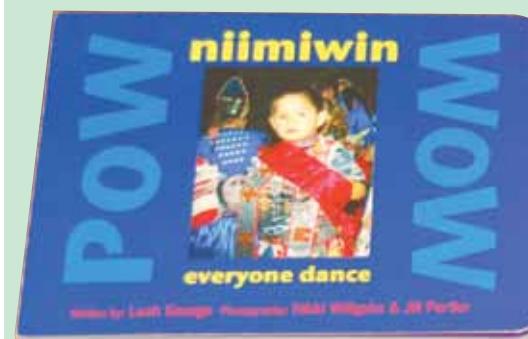
The book uses a powwow as a means to teach Ojibwe language to readers. With photography by Nikki

Willgohs and Jill Pertler, Ms. Savage describes the elements of a powwow, including music, drums, and singing. FDL Head Start Literacy Coordinator Barb Forcier also contributed to the book.

Photos show children from the FDL Head Start dressed in elaborate ceremonial clothing. The story chronicles every aspect of a powwow, from sewing the children’s regalia, to getting the children prepared for the Powwow, the grand entry, and finally, the traditional Ojibwe Powwow.

According to Leah, the book took about a year to complete, and was inspired by the memory of her first powwow. She also used to make up books about animals and Indian cultural books as a little girl.

Leah hopes to write more books highlighting Ojibwe activities. She hinted that future books may involve some of her own artwork, including painting.



Area news

Ojibwe News editor Bill Lawrence passed away in March in Idaho

William "Bill" Lawrence, 70, of Bemidji, died from prostate cancer on March 2, 2010 at the VA Medical Center in Boise, Idaho.

Lawrence, a Red Lake Band Member, edited the often controversial "Ojibwe News" newspaper starting in 1988. His reporting exposed financial irregularity and corruption on Minnesota reservations that led to jail sentences for several tribal leaders in the 1990s. For that work, Lawrence received the 2003 Freedom of Information Award from the Society of Professional Journalists.

He received a business degree from Bemidji State University, and served with the U.S. Marine Corps. from 1962-1966. He received a law degree from the University of South Dakota in 1972. Bill's jobs include economic development/planning director at Red Lake, education administrator with the Minnesota Dept. of Education, superintendent of the Colorado River Agency Bureau of Indian Affairs, Fort Mohave Indian Tribal executive director, and Bemidji State adjunct instructor.

Lawrence was born in 1939 to Joseph Lawrence and Stella (Spears) Lawrence Smith in Red Lake. He was preceded in death by his parents, and by his son, Joel, and a brother, Richard.

Survivors include two daughters, Sara Lawrence of Minneapolis and Amy Wolf of Lakeville, and five grandchildren. A memorial service was held on March 13, 2010 at Bemidji State's Memorial Hall.

The story was reported in the Bemidji Pioneer and Star Tribune.

Former Cherokee Principal Chief diagnosed with pancreatic cancer

Wilma Mankiller, author, lecturer and former Cherokee Nation chief, has been diagnosed with

Stage IV metastatic pancreatic cancer. Mankiller served 12 years in elected office at the Cherokee Nation, the first two as Deputy Principal Chief followed by 10 years as Principal Chief. She retired from public office in 1995, deciding not to seek another term.

President Bill Clinton awarded the Presidential Medal of Freedom to Mankiller. She had a wide impact locally and nationally on matters of justice, health and jobs. Mankiller was the founding director of the Cherokee Nation Community Development Department, which received several national awards for innovation in housing and water projects in low-income Cherokee communities.

In a statement, she wrote: "I want my family and friends to know that I am mentally and spiritually prepared for this journey; a journey that all human beings will take at one time or another. I learned a long time ago that I can't control the challenges the Creator sends my way but I can control the way I think about them and deal with them.

"On balance, I have been blessed with an extraordinarily rich and wonderful life, filled with incredible experiences. And I am grateful to have a support team composed of loving family and friends. I will be spending my time with my family and close friends and engaging in activities I enjoy. It's been my privilege to meet and be touched by thousands of people in my life and I regret not being able to deliver this message personally to so many of you. If anyone wants to send a message to me, email me at wilmapmankiller@yahoo.com."

Mille Lacs former CEO charged with theft, misconduct

Charges filed in March in Mille Lacs District Court claim that former Mille Lacs Reservation CEO Melanie Benjamin inappropriately obtained goods and services that were paid for with Band money totaling \$52,000. Benjamin denies

the charges.

Documents describe Benjamin's use of casino "comping" privileges, which involve a high roller card allegedly used for Benjamin's purchase of meals, hotel rooms and bingo cards at the Mille Lacs and Hinckley casinos from March 2004 to August 2008.

The three criminal charges are: theft of property or services, misconduct of a public officer or employee and misconduct of a public official or employee. An investigation by the Band alleges that Benjamin used falsified invoices to pay for \$21,000 in home costs with Band money, such as the installation of a \$1,600 French toilet and an \$800 waterfall faucet.

The District Court charges are separate from a federal fraud investigation of the Band's Community Development Department involving tribal building projects. The story was reported in the Star Tribune.

State on path to formation of a special veteran's court

A pilot project to determine whether the state court system should set up a special court for Minnesota veterans will begin in Hennepin County in July. Hennepin County has the state's largest veteran population.

A working group that included Minnesota Court of Appeals Judge Renee Worke developed the idea to deal with Minnesota veterans who are returning from combat in increasing numbers. Today there are about 10 veterans courts in the U.S. The first was launched in Buffalo, N.Y. in 2008. None of the 20 or so veterans who graduated from the Buffalo program have been re-arrested.

Participants in the pilot project will not be absolved of their crimes; rather, the specialized court will deal with their offenses in more than a strictly punitive manner. The veterans will take responsibility for the actions that brought them to the court, such as DWI, domestic assault, and fights. The project

blends punishment with treatment.

A Rand Corporation study estimates that nearly 20 percent of the 300,000 Iraq and Afghanistan veterans are returning with signs of post traumatic stress disorder and/or depression. Minnesota recently passed a law that encourages treatment instead of incarceration in sentencing vets who have service-related psychological injuries.

The story was reported in the Star Tribune.

Plaintiff responds to never ending Fighting Sioux lawsuit

When is an agreement really not an agreement?

Parties to the "Fighting Sioux" nickname skirmish at the University of North Dakota continue to file legal briefs about an agreement struck last year between the NCAA and University of North Dakota.

That agreement said the University needed to win the support of the state's Sioux communities about use of the "Fighting Sioux" nickname. The deadline was Nov. 30.

Meanwhile, the state's Board of Higher Education filed a brief with the N.D. Supreme Court arguing that the state can change the name whenever it wants. The Board also alleges that the Spirit Lake Dakotah Nation, which lends its support for the "Fighting Sioux" nickname, is without a legal leg to stand on.

Board officials prefer to retire the nickname relatively soon so UND can apply to join the Summit League athletic conference. The conference won't consider a membership application until the nickname issue is resolved.

The plaintiffs say the shortened time span breaches the agreement with the tribes and with them. They thought they'd have until Nov. 30 to bring the Sioux communities to their way of thinking.

The N.D. Supreme Court was scheduled to hear the latest arguments late in March. The story was published in the Grand Forks Herald.

Wisconsin tribal official addresses state legislature about recession woes

Speaking before a joint session of the Wisconsin State Legislature, St. Croix tribal Chairman Lewis Taylor said that the current economic slump has hit reservations in Wisconsin especially hard.

Taylor noted that some Indian reservations are remotely located, which makes them more vulnerable to the recession. Nearly all of the 11 federally recognized tribes in Wisconsin are located in the sparsely populated northern half of the state. Wisconsin's Indian population was about 69,386 in 2000, or about 1.3 percent of the 5.3 million population. In 2009, Wisconsin's 10 tribes with gaming revenue made more than \$122 million in payments to the state in accordance with the state compacts.

Taylor said tribes have been lobbying lawmakers in Washington D.C. for more stimulus money. He also noted that because of the tribes' influence, that money helps the entire state.

Taylor also urged lawmakers to consult more often with tribes, and asked for a tribal representative on the University Of Wisconsin System Board Of Regents, state benefits for tribal police officers, and better broadband access on reservations. Taylor noted that the remoteness of some Indian reservations make broadband access critical to their economic viability.

The state's federally recognized tribes are: Bad River Band, Forest County Potawatomi Community, Ho-Chunk Nation, Lac Courte Oreilles, Lac du Flambeau Band, Menominee Nation, Mohican Nation -- Stockbridge Munsee Band, Oneida, Red Cliff Band, St. Croix Band, and Sokaogon Chippewa.

The story was published in the Appleton Post-Crescent newspaper.

Community News



Birthdays

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by April 15 for the May 2010 issue. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com

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

Happy 5th Birthday **Dannin Barney** (April 27)

Love, your family



Happy 11th Birthday to **Dylan Savage** (April 9)

Love, Patti Jo, Danny and your favorite cousin Dannin



Happy First Birthday to **Greenlee Fineday** on April 5th!

Love, Mama, Dada, and Ninna (Molly)

Happy Fourth Birthday to my awesome son, **James Wichern**, on April 12. We love you!

Mom and Gary

Happy Birthday **James!**

Love, Rich, Kris, Shawna, Cotee, Jeremy, Brian



Happy 43rd birthday **Davey Merrill** (Apr.23)

Love, Tammy, Mikey, and Brennin

Happy birthday **Dave!**

Love, "Monster" and Sonya

Happy Birthday **Rick Sunde** (April 30) You're the best brother!

Love, Tammy, Dave, Brennin, Jon, and Mikey

Happy birthday to **Mom (Vi Foldesi)** on Apr. 11! We all know you're "younger" than us!

With love from "the greatest kids ever"

Happy anniversary (April 11) to **Vi and Tom Foldesi**, the best parents ever! Love you lots!

From your little angels

Happy Birthday on April 4 to **Steve Defoe**.

Love, your friends.

Margaret Needham with the Center for American Indian Resources in Duluth reports on birthdays for FDL employees in healthcare.

For April: **Laura Green-smith**, Public Health Nurse, April 6; **Grace Bennett**, Families First Social Worker,

April 2; **Viola Foldesi**, Receptionist, April 11; and **Timothy Stratton**, Pharmacist, April 5.

Happy 17th Birthday to **Beau William Diver** on April 13!

Love, Mom, Tom, Mikey, Damien, Cassandra

Happy Birthday to **Beau William Diver** on April 13.

With love from your sister

Happy belated birthday to my sister, **Julie Reynolds**, who turned 34 on March 13, 2010.

Love, Nikki

Happy Birthday **Stephanie Defoe** on April 4.

Love from your friend, Kim

Happy 12th Birthday on April 28 to **Fhenix Elijah Savage**. Love you bunches.

Mom, Gage and Tayden

Happy Birthday **Tiffany Welsand** on April 16! Tiffany will be 22.

Love from Mom, Zac, and Stori

Happy Birthday to **Charles Aubid** on April 3, and to **Zibens Aubid** on April 15.

All the love in the world to you both.

Mom and family

Happy Birthday **Michael LaFave** on April 23!

Love, Mom

Happy Birthday to my mom, **Shawna DeFoe**, on April 22. I love you.

Your daughter, Mariah Holm-DeFoe



Happy 17th Birthday to my beautiful daughter, **Shawna** (April 22). We love you!

Mom and Gary

Happy Birthday **Shawna!** From your brothers, Rich, Kris, Cotee, Jeremy, Brian and James

Happy Birthday **Uncle Butch Martineau** (April 26). Happy Birthday **Russ Northrup** (April 28). Happy Birthday **Rory Northrup** (April 11). Happy Birthday **Solai Mohr** (April 20).

Love from Naomi (mom/daughter/neighbor)

Hats off!

Congratulations to **Sonya Skoglund**, the 2010 AA Minnesota women's billiards champion! Way to go! We are proud of you!
Love, Tammy, Davey, Morgan, and Mikey

Congratulations to **Cade Northrup** and to **Solai Mohr** for placing first in the Cloquet Home Wrestling Tourney. Love you both always!
Mom

Congratulations to **Jaxen Mohr** and **Julius Northrup** for being awesome wrestlers!
With love from your mom and your auntie

Congratulations to **Jeffrey Tibbetts**, who completed his Masters in Social Work at the University of Minnesota Duluth on Feb. 16, 2010.

Jeff's graduation brings the number of Band Members receiving higher education degrees to 22 (so far) for the 2009-'10 school year. That's the largest number of graduates per year since the Scholarship Program was implemented in 1996. A huge "Ho Wah" to all!
Scholarship Program Staff

Roselyn Joyce Diver, Ajiibig-ookwe ("Root Woman"), 80, of Cloquet, passed away Feb. 16, 2010 at the Chris Jensen Nursing Home in Duluth.



She was born on June 25, 1929 in Cloquet to Antoine and Elizabeth (Madwaosh) DeFoe.

Rose enjoyed caring for children; she was a foster parent for many years. She also enjoyed fishing, camping, game shows, and crossword puzzles. Most of all she enjoyed working at the Fond Du Lac Ojibwe School.

She was preceded in death by her parents, and her brother Rupert.

Rose is survived by her husband; Harold Sr. of Cloquet, brother; Roy (Geraldine) DeFoe, Sr. of Sawyer, special grandson; Thomas (Missy) Quaderer of Cloquet, step sons; Harold (Beth) Diver, Jr., Darwin (Karen) Diver and Douglas (Billie) Diver all of Cloquet, step daughters; Margo (David) Casey of Janesville, Wis.,

Thank you

I would like to express sincere thanks to everyone who helped my family and me following the passing of my wife, **Roselyn Diver**. I'm especially grateful for the support from so many family members and friends who helped at this difficult time. A special note of thanks to the Fond du Lac Band for its financial help with funeral costs, and to Rita, Mary, and the ENP staff for all that each of you did. Thanks, also, to Jarrod and Jenelle Mankie of the Northern Peace Funeral Home, in Walker, Minn.

*On behalf of my entire family, miigwetch to all.
Harold G. Diver, Sr.*

The family of **Kenneth Doolittle** wishes to express its heartfelt thanks to the Fond du Lac Band, FDL Veteran Service Officer Chuck Smith, and the family's many supportive friends. The kindness and caring following the loss of Kenneth ran deep and true. Your compassion will never be forgotten.

The family of **Geraldine Rogge** wishes to extend a very special thank you to Cloquet Memorial Hospital, Sunnyside Heath Care Center, Hospice caregivers, Dr. Kendall and the staff at Minnoyawin Clinic, and to all family members and friends for your support and help given though Geraldine's illness.

Obituaries

Deb (Dan) and Darla (Charles) Diver of Bemidji, Doreen (Kevin) of Cloquet, numerous grand and great grandchildren, nieces, nephews, other relatives and friends.

Visitation began at 7 p.m. on Feb. 19 and continued until the 11 a.m. Feb. 20 service, each at the FDL Head Start Building. The spiritual leader was Lee Staples. Pallbearers were Garrett DeFoe, Curtis DeFoe, Justin DeFoe, Roy DeFoe, Jr., Leroy DeFoe and Doug Misquadace. Honorary pallbearers were Roy DeFoe, Harold Diver, Sr., Harold Diver, Jr., Darwin Diver, Doug Diver and Thomas Quaderer. Burial was at the Holy Family Cemetery.

Kenneth Lee ("Chief") Doolittle, beloved husband and brother, of St. Paul, passed away unexpectedly Feb. 5, due to heart disease. He was 66.

Kenny's family lived in the Brookston area when he was a child. His seven family members



later moved to Duluth after a house fire. Kenny stayed behind and lived with Grandma Couture, Uncle Len, and Aunt Dottie.

He graduated from Duluth Central High School in 1961. Ken enlisted in the U.S. Air Force after high school, and later worked for Univar in St. Paul for 40 years.

Kenny had many friends, including "The Flatheads", "The Hot Rods", and patrons from the Victorian Bar. His friends nicknamed him "Chief."

Ken was an avid golfer, and played in Black Bear golf tournaments with friends. He also enjoyed playing pool, and was an avid Vikings fan. He enjoyed meeting friends and family at the Casino Buffet. Elvis Presley's version of "My Way" was Ken's favorite song, and Ken did things "his way".

He leaves behind Lynne, his wife and best friend of 38 years; his brother Fred Jr. (Kay) Doolittle; and four sisters; Pat Ells, Sharon Shuck, Fran (Bob) Gruba and Nancy (Jay) Cormier.

Ken joins his parents, Fred Sr.

and Theresa (Couture) Doolittle; his sister, Maxine "Fern" Doolittle; grandparents John and Ella (Ruttle) Couture, and Louis and Mary (Houle-Doolittle) Laundry.

Funeral services were held in St. Paul; full military rites were held at Fort Snelling National Cemetery in Minneapolis on Feb. 18.

Geraldine (Ritz) Rogge, age 80, of Cloquet, passed away Feb. 19, peacefully in her home with her family members present. She was born Nov. 10, 1929 in Duluth.

Geraldine attended St. Clements grade school and St. Jean's Baptist school. She worked with the Head Start Program at Lincoln Elementary School, St. Ann's and Disabled Home. She helped anyone in need.

She was a devoted wife, mother, grandmother, sister, and friend. Geraldine loved cooking for her many family gatherings and picnics. Geraldine also enjoyed watching football, and especially loved the Vikings. She enjoyed watching old-time wrestling matches, and passed the time

For sale

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

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



Memorial

In memory of **Doris Smith**, also known as "**Doe**," the Mayor of Mahanomen:

Dear Grandma: It has been a year since you've been gone, and that's still hard to accept. Everyone misses you so much, and talks about you all the time. I hear the funny, crazy stories from everyone and I remember your laugh. The memories make

everyone smile. It's hard to believe we can't go over to see you and give you hugs and tell you that we love you.

I wish we had more time together. We all love and miss you Grandma. We will see you again.

Love from all of your family, and Love from your granddaughter, Jaelisa Northrup

with puzzles, cards, and slot machines at the casino. Most of all, she loved long rides along the North Shore.

Geraldine was well loved by all and will be sadly missed.

She was preceded in death by her husband Frank Rogge Sr., daughters Bertha Peterson and Eileen Anderson; son Allen Rogge; great-grandson Trevor Daughtery; and her parents Frieda and Gordon Ritz.

Geraldine is survived by her children, Frank Jr. (Amy), of Superior, Dennis of Cloquet, Laurel (Robert) Dietrich of Superior, Sandra (James) Fralich of Richwood, Texas, Joel (Teri) of Duluth, and Donna (Mark) Hayward of Duluth; sons-in-law John Anderson of Duluth, and Kenneth Peterson of Wrenshall; 23 grandchildren, and 33 great-grandchildren; also numerous nieces and nephews.

The funeral was held Feb. 24 at the Handevitd Funeral Home in Cloquet. Father Rick Banker officiated. Burial was a Calvary Cemetery, Duluth.

Legal Q&A

Help with a critically ill spouse

Dear Senior Legal Line: I take care of my husband, all day, every day, in our home. He has dementia and needs supervision and some help with his daily care. I love him and gladly do all that I can to take care of him, but lately, I am exhausted. Our children live in the Cities, so they come up on the weekends when they can, but I still have a hard time taking a break for myself, or even getting into town during the week to get things done. Is there any help out there for caregivers?

Elaine

Dear Elaine: It is not surprising that you feel exhausted. Research shows that caregivers are at risk for emotional, mental, and physical health problems from the stress of caring for frail or disabled relatives.

Female caregivers seem to have an even higher risk to their health. For example, female caregivers report higher levels of depression and anxiety symptoms and lower levels of physical health than male caregivers. Alarmingly, a 2003 Journal of Preventive Medicine study has shown that women who spend nine or more hours a week caring for an ill or disabled spouse increase their risk of heart disease two-fold.

In addition, a 1999 Journal of the American Medical Association study has shown that an elderly spouse (between the ages of 66-96), who experiences care giving-related stress, has a 63 percent increase in mortality rate compared to non-caregivers

of the same age.

You are not alone. Estimates vary, but approximately 5.8 million to 7 million informal caregivers (family, friends, and neighbors) take care of people aged 65 and older with their daily care in the United States. Studies vary, but many show that caregivers are trying to do it all on their own without utilizing available services. For example, in one study, over three-quarters (78 percent) of adults living in the community and in need of long-term care depend solely on family and friends as caregivers.

Luckily, you can reduce your stress and get help in taking care of your spouse. Contact the Senior Linkage Line at 1-800-333-2433 for information and referrals about caregiver consultants, respite and adult day care programs, support groups, and agencies that can help provide care.

If you have access to a computer, you may also use the www.MinnesotaHelp.info Website to locate help and information about care giving.

In your case, a caregiver consultant can be extremely helpful. Through a caregiver consultant, you can get one-on-one help. They can connect you with services that can give you respite from caring for your husband. They can develop a plan to care for your spouse and help solve other problems. They can put you in touch with support groups. In other words, they can help you survive and possibly even enjoy caregiving again. There are approximately

11 publicly-funded caregiver consultants in the Arrowhead Region. Their contact information can be obtained by calling the Senior Linkage Line.

You and your spouse may be eligible for help with long-term care from your county. Each county's public health and human services department in Minnesota provides free service to anyone who requests it, which is called Long-term Care Consultation Services. The purpose of this program is to help people determine what services are needed and if they are eligible for any county-run care programs. If you request this service, a public health nurse and a county social worker will visit with you and your husband to determine what sort of services he requires and whether or not there are programs available to help.

I hope this information helps open the door to the help that you and your spouse deserve. While taking care of others, please don't forget to take care of yourself.

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 in 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, Minn. 55802. Please include a phone number and return address.

Indian Legal Assistance Program

Minnesota's Truth-in-Repairs Law

By Sofia Manning

We have all been in tough situations when we need vehicle repairs done quickly and we do not have time to shop around and compare estimates. However, even in circumstances like these, Minnesota's Truth-in-Repairs Act protects you from unexpected or unnecessary repairs.

The Truth-in-Repairs Act clarifies exactly what a repair shop can and cannot do when its mechanics do vehicle repair work that costs more than \$100 and less than \$7,500.

Written Estimates: You have the right to request and receive a written estimate for repair work whenever the cost of those repairs is more than \$100 and less than \$7,500. The estimate should contain a description of the problem, charges for parts and materials and whether those parts are new or rebuilt, and the total estimated price, including labor and taxes. If you request a written estimate and the repair shop accepts the job, the shop cannot charge more than ten percent above the estimated cost without your permission. The repair shop is required to provide the customer with an invoice if a repair costs more than \$50, and/or the work is done under a manufacturer's warranty, service contract or an insurance policy.

Unnecessary or Unauthorized Additional Repairs: A

repair shop cannot perform any unnecessary or additional unauthorized repairs. If repair work has been started and the repair shop determines that more work needs to be done, the shop may exceed the price of the written estimate only if the customer has been informed about the additional repair work and has been provided with a new, revised estimate. Moreover, the shop may not charge more than ten percent above the new estimate. Before the shop begins the repairs, the customer can request the replaced parts to verify repairs, unless those parts are under a warranty.

After the Repairs: Upon completion of the repairs, the shop must give the customer a copy of a dated invoice for the repairs performed. This invoice must contain a description and itemization of all the charges for the repairs, notification of any used or rebuilt parts and an odometer reading.

Important note: Save all invoices and receipts in case you have problems. Also, make sure to document service dates and the names of the people you dealt with.

You can find more information about this topic on the Minnesota Attorney General's website.

If you have any topics you would like addressed in future columns, please write to us at: Indian Legal Assistance Program, 107 West First Street, Duluth, Minn. 55802.

etc.

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; **CAST**, Cheryl; **LAFAVE**, John; **LEMIEUX**, Elvina; **LUSSIER**, Pamela; **MODEEN**, Dorothy; **OLSON**, Daniel G. Sr.; **REED**, Marie; **SHARLOW**, Gerald D.; **SMITH**, Carl; **STANFORD**, Cathy; **TIESSEN**, Raymond Leroy; **TROTTER-CHAUDE**, Rex.

Hairball and Huey Lewis and the News concerts at the Bear in April

Hairball will appear at the Otter Creek Event Center at the Black Bear Casino Resort at 8 p.m. on April 16, 2010.

The 1980s tribute band plays hit songs from nearly 20 of the greatest rock & roll acts from the decade, a period also known as the hair band era of Rock & Roll.

Seeing Hairball perform is similar to seeing Twisted Sister, Guns 'n Roses, Whitesnake, Bon Jovi, Def Leppard, Motley Crue, Ozzy Osborne, Poison, AC/DC, Kiss, and more... all at the same concert.

Tickets are \$10, and are available at the Ticketmaster.com website, or by calling (800)745-3000.

Huey Lewis and the News will play at the Otter Creek Event Center at the Black Bear Casino Resort at 8 p.m. on April 23, 2010.



Family members from four generations posed for this picture in the Black Bear Hotel lobby. Bruce Sunde, Jamie (Sunde) Hoock and Gabriel Sunde Hoock, all of Merrill, Wis., joined Viola ("Gabby") (Northrup-Sunde) Foldesi. From left to right they are: Jamie (Gabby's granddaughter), Gabriel (Gabby's great-grandson), and Grandma Gabby next to her son, Bruce.

The group had 19 top-ten hits during the 1980s and the 1990s, according to Billboard Magazine.

Their "Sports" album reached number one, thanks in part to their hit single "The Power of Love", which appeared in the 1985 movie "Back to the Future." That single was nominated for an Academy Award

in 1986.

Huey Lewis and the News sold more than 30 million records worldwide. They've also won two Grammy awards.

Tickets are \$44, \$49, and \$55, and are available at the Ticketmaster.com website, or by calling (800)745-3000.

April Child Abuse Prevention events

Fond du Lac has the following activities scheduled in April:

On April 10, **Art and Talent Show**, 2-4 p.m. (Set-up begins at 1:30); **Family Jam**, 4-6 p.m.; **Feast** 6-7 p.m. All activities will be held at the Ojibwe School gymnasium.

The Child Abuse Prevention Committee is sponsoring **Family Picture Day**. Pictures will be taken from 5-7 p.m. on the following dates: April 8, Tribal Center; April 15, Brookston Center; April 22, Sawyer Center.

The Child Abuse Prevention Walk will be held at 10 a.m. on April 24, at the FDL Head Start Gym. Registration begins at 9:15 a.m. Brunch will be served at 11:45 a.m. All participants will receive a tee shirt and knit cap.

The Family Wellness Conference will be held from 8:30 a.m. to 4:30 p.m. on April 26 and 27 at the Cloquet Forestry Center. Robin Charboneau, subject of the film documentary "Kind Hearted Woman" will be the guest speaker. Acclaimed filmmaker David Sutherland followed Ms. Charboneau over the course of three years to film this documentary.

Call Linda Dunaiski, (218) 878-2162 or Bunny Jaakola, (218) 878-2134 for more information on any of these events.

Concert Review

Air Supply & Loverboy delight a Black Bear concert crowd

By Dan Huculak

It was a blast. Easy Rock favorites from "Air Supply" and traditional rock & roll favorites from "Loverboy" entertained a sold-out crowd at the Otter Creek Event Center on March 12, 2010.

Air Supply began the music doubleheader by playing the hit songs that propelled the British and Australian act to international stardom.

Listening to Russell Hitchcock's smooth, high-pitched tenor voice proves that his voice has not changed. The 60-year-old Hitchcock's voice is still very impressive.

Then came "Loverboy." The band raised the energy level a couple of notches. The 2009 inductees into the Canadian Music Hall of Fame wasted little time in getting into their repertoire of classic rock hits.

With members from "Air Supply" watching and listening to their performance backstage, lead singer Mike Reno and "Loverboy" led the audience into a sing-a-long of their hits, including "Working for the Weekend," "Lovin' Every Minute of it", "Turn Me Loose", and "Hot Girls in Love."

In my opinion, Otter Creek is an outstanding venue for concerts. Todd Edkins and the Event Center staff did an excellent job managing all of the concert details.



With fans standing three rows deep before the stage, Loverboy lead singer Mike Reno (center) performs at the Otter Creek Event Center on March 12, 2010.

Photo by Dan Huculak

Iskigamizige Giizis – Sugar Moon April 2010

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				GED classes 1-4 p.m. BCC After School program 3 p.m. CCC Bimajii 4:30 p.m. CCC FDL Language Table 5 p.m. CCC Easter Dinner 5 p.m. BCC	Closed for Good Friday	
				1	2	3
Happy Easter Open activities CCC	After School program 3 p.m. CCC GED classes 5-8 p.m. SCC Cribbage 5 p.m. CCC	Get Fit 12 p.m. CCC WIC pick up 12 p.m. CAIR GED classes 1-4 p.m. BCC After School program 3 p.m. CCC GED classes 4-6 p.m. DC GED classes 4:15 – 7:15 p.m. CCC Garden Club 6 p.m. CCC	Elder Concern's 10 a.m. CCC After School program 3 p.m. CCC GED classes 4-6 p.m. DC GED classes 4:15 – 7:15 p.m. CCC GED classes 5-8 p.m. SCC	Get Fit 12 p.m. CCC GED classes 1-4 p.m. BCC After School program 3 p.m. CCC GED classes 4-6 p.m. DC Bimajii 4:30 p.m. CCC FDL Language Table 5 p.m. CCC Family Picture Day 5 p.m. CCC	Cooking Class 12 p.m. CCC After School program 3 p.m. CCC Story Time 3:30 p.m. CCC Intro to Drum & Singing 6 p.m. CCC	<i>Child Abuse Prevention events</i> Art & Talent Show 1:30 p.m. OJS Family Jam 4 p.m. OJS Feast 6 p.m. OJS
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25	26	27	28	29	30	