

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



The Enrollee Days weekend had many people participating in many events like the 5k walk/run. This shot at the finish line shows just how happy everyone was during the weekend's festivities. For more information on Enrollee Days, see pages 2 and 3. Due to the limited space and high number of pictures, the Veteran's Day Powwow will be in next month's paper.

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Local news

FDL Enrollee Days

By Zachary N. Dunaiski

Summer is a busy time on the Reservation with many big events going on but the biggest event each year is Enrollee Days. Enrollee Days span 3 days, practically non-stop, with hundreds, if

not thousands, of people in attendance.

I have been attending Enrollee Days since it was at the Black Bear Casino's parking lot, and looked forward to my tokens for the arcade. A lot has changed in the last decade or two, but the one thing that

remains the same is people's excitement for it each year. People start talking about it in early May (and I'm not talking about the people who put it all together), and usually talk about it through late August (if not later).

Many community members

I have spoken with would like to thank the people who work incredibly hard putting on this event, as well as many other events. I know for a fact that these people are not commended enough for their efforts, but those I have spoken with want them to know that their efforts don't go unnoticed.

At this year's Enrollee Days I tried to sneak around unnoticed for some candid pictures, but too many people are beginning to recognize me. This makes my job both more enjoyable and difficult. Difficult because it's harder to get pictures of people being natural if they stop what they're doing and come greet me with a friendly hello. But also more fun because it's nice being able to speak with so many great people.

This year not only was I able to take pictures of the events, but I also was asked to play in the first softball game of the morning. One team, which was still waiting for a few of their players to show up, was asking random people to play on their team. Those of us who were asked to fill in during the early

game got not only a chance to play, but to meet new people. It was then when I realized the best part of Enrollee Days. Not only do people get to see family and friends, they can get acquainted with new people.

After the early morning softball game, was the 5k walk/run. I watched as person after person crossed the finish line. Some, excited to have beaten an old time, others just excited to finish. There were some small groups of friends just walking and talking (and most of them were still curious about their results).

With great numbers, there was a packed bingo hall in the morning, an excited gathering for the family Olympics, a noisy gymnasium where Enrollees and their families gathered to have another great meal provided by FDL, and many other fun and entertaining events all weekend. All in all it was an exciting and enjoyable weekend for everyone who was able to be there.



The dunk tank was a great way for the FDL basketball team to raise money for the upcoming season as well as cool off on a hot day.

Nahgahchiwanong Dibahjimowinnan

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

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Editor: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news



5k participants sign-up for the drawing after the race.



The baseball fields were busy all day long during Enrollee Days for the softball tournament.



The FDL Historical Society tent just outside the museum.



Christine Carlson talking to people at the FDL Historical society tent.



Employees hard at work keeping Enrollee Days running smoothly.



The artists drawing caricatures for the kids in the Tribal Center gymnasium.

FDL ENROLLEE DAYS

A few thoughts from RBC members

From the Chairwoman

The President's Task Force on Climate Resilience and Adaptation met for its final time in person in July. In addition to regular participation by members of the Cabinet, this meeting was extra special. The Task Force members were able to meet directly with President Obama in the White House. Climate Change is one of the administration's key priorities. In regards to Indian Country, the President announced \$10 million in new grant funding for tribes through the Department of Interior for work on climate change activities.



Karen Diver

These efforts will be staffed by five regional staff positions that will provide technical assistance to tribes, and provide assistance in connecting tribal efforts with other state and local initiatives. The President's Council on Native American Affairs, made up of his Cabinet members, will also have one staff position dedicated solely to advising them on climate change efforts in Indian Country. This is great news. The Task Force committees are finalizing their work into August, with the final report delivered to the White House in September.

The community suffered an outbreak of some type of food borne illness the third week of

July. The illness sent a number of elders to the hospital. There was a lot of activity going on that weekend. At the time of writing this article, it is unknown where the problem originated. There was the elder picnic and the Veteran's powwow going on. There were outside caterers, vendors, and tribal food services involved between all of these events. The Band is taking the issue very seriously and investigating to find the source. The Band is being assisted by the Minnesota Department of Health who has the experience and staff in handling these types of situations.

While in Washington D.C. in July, I met with the Bureau of Indian Affairs regarding Wisconsin Point. The General

Services Administration has completed the revised survey, with the parcel desired by the Coast Guard (because of their communications towers), being removed. BIA staff is well aware that this is the Band's third time going through this process. They assured us that the transfer of this property will be a priority, and they will keep it moving along in a timely manner. We will keep on top of the process to hold them to their word.

I also took time to touch base with Representative Rick Nolan. About a month ago, Mayor Don Ness of the City of Duluth was in the media talking about his perception that the City of Duluth has sympathy from the area's congressional delegation regarding the Fond-du-

Luth litigation. He gave the impression that the delegation was interested in more active involvement in the issue. The Indian Gaming Regulatory Act applies to all gaming tribes, so I was curious as to what members of the delegation thought they may do, so I went and asked. Clearly, Representative Nolan would prefer the matter be settled, and the Band shares that opinion. He offered whatever help we thought may be appropriate.

Please feel free to email at karendiver@fdlrez.com, or call the office (218) 878-2612. Hope you are enjoying your summer.

From the Secretary/ Treasurer

Boozhoo,

I was going to say we are entering our busy season but that is not so true anymore. With all the activities that go on all year round we don't have a slow season. We finished up with Enrollee Day weekend this past week and it was a huge success. It started with a bingo game and breakfast to golf and a run/walk. There was a softball tournament and lunch. Later we had a concert and fire-



Ferdinand Martineau

works. All afternoon we had drawings and 400 adults and several hundred children were winners. There were a few complaints but most people I talked to were very happy with the day's events. Thank you for the hard work to the Enrollee Day committee.

We went right into the Veteran's Powwow which turned out to be fantastic. On Saturday at Grand Entry we had 466 dancers and over 30 drums. This powwow has become one of the largest in the nation honoring veterans. We had over 290 vets come through the line to be honored by having their

names and dates of service announced. As they formed a circle around the arena, it went around almost twice. Each time I shook their hand and said thank you, they said, "No, thank you." The pride in their eyes and voices was very evident in these proud men and women. The turnout for this event is overwhelming the size of the Powwow Grounds so we are talking about where we could house this event in the future. The last thing with the Powwow is Chuck Smith, who is the Veteran's Service officer for the Res, has announced his intention of retiring this fall. Chuck has been intricately involved with this Powwow and helped the growth immensely.

I want to thank the Powwow committee for the admirable job and to thank Chuck for all that he has contributed in his service to our country but finally for all he has done for our veterans here at home.

Over the past several years I have talked about how lucky I have been along with my family to have had both our parents still being with us. They are knocking on the door of 80 years old. They have raised our family and both of them have been successful in their life's endeavors. This is not what I want to say though, we, sometimes take things for granted and assume that everything is going to be the same. I was reminded of this a couple

of weeks ago when I gave my wife a shot that she has been getting for over 10 years for her arthritis and she went into anaphylactic shock. She had a severe allergic reaction and ended up in intensive care for 3 days on a respirator. We should be thankful for what we have every day and not have any regrets for not saying that you care for the people that share in your everyday life as they may not be there in the morning.

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

Gigawaabamin.

RBC thoughts continued

Sawyer News

My apologies for not having a column in last month's paper. A lot has happened since my last article. I was re-elected to represent the awesome district of Sawyer for a full 4-year term, and I would like to thank everybody who participated in elections. This position is you the peoples position, and I am honored, humbled and excited to serve in tribal government and work for you. Thank you. It means more to me than anybody will ever know.

Well, back to business. In July I attended the Native Nations Rebuilders Program in beautiful Leech Lake. If you are a regular reader of my articles you will surely have heard about the program. I have one session left in December, then our cohort will be "passing the torch" on to the next



David Tiessen Jr.

cohort. If you are interested in making a difference in your community and on your Reservation, I strongly urge you to sign up for this wonderful program. They are currently taking applications now until Thursday, August 28th. You will need a reference if you wish to take part of the program, and if you are truly committed to making a difference, I will be more than happy to write a letter of recommendation for anybody wishing to attend. It's a great opportunity, and I would love to see a plethora of Fond du Lac-ers attend.

The Veterans Pow-Wow was held at Mash-ka-wisen this year, and what a turnout! When I drove down there, I literally got a lump in my throat when I seen all of the cars lined up about a quarter mile in each direction. That was just so awesome to see all of the people coming together

The Fond du Lac Band has been notified by the Minnesota Department of Health (MDH) that several cases of a food borne illness linked to the E. coli bacteria have been confirmed in our community. We are working with MDH to determine the number of people affected and the source of the E. coli. Left-over food that hasn't been handled properly is a common source of food borne

disease. If you have leftovers from any recent community event, health officials recommend that you discard them. If you are experiencing symptoms, our medical staff recommends that you contact your health care provider or local emergency room.

For more information and specific symptoms related to E. coli infection, please visit <http://www.health.state.mn.us/divs/idepc/diseases/>

to honor our veterans. Great job to the all of the staff and helpers who made this possible.

Finally, I am proud to announce that we recently passed a resolution that allows for same-sex marriage on Fond du Lac. I know this is a hotly debated topic, but my thoughts have always been if you love somebody, then good for you! Love, to me, is the greatest thing you can find in our short time on this earth, and discriminating against love in any form is just not understandable to me. Maybe that's my obsessive devotion to Beatles philosophy talking, but even if it is, so be it.

I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at davidtiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. ALL YOU NEED IS LOVE!!! Miigwetch.

[ecoli/ecoli.pdf](#)

MDH has also provided the following contact numbers; Toll free: 1-877-FOOD ILL (1-877-366-3455) or (651) 201-5277 for individuals who have questions or would like to learn more about E. coli or any other food borne illness. You can leave a message and someone will call you back promptly.

Cloquet News

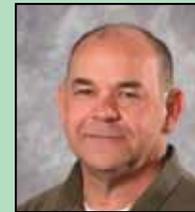
Hello All

The Enrollee Days went fairly smooth again this year, lots of folks attended and many had their names drawn for the giveaway and loved and appreciated their opportunity to receive their winnings. The festivities were good and all had an opportunity to meet and see family and friends. The entire staff that worked on this event should be commended for all their hard work, thank you.

As always, our Cloquet Community Center has regular programming and attendance is high. The Cloquet Community Center staff continue to offer swimming classes, water aerobics, and much more, please see their schedule of events posted in the center as well as on the internet. They are also holding the softball under the lights and encourage any and everyone to attend.

On a different note, in speaking with Joan Markon, our energy assistance program director, she informed me that in late August, energy assistance applications will be mailed from the State to Band members who received energy assistance last year. It's important to get applications in early so they can be processed and ready to fund when the grant arrives in the fall. Joan also wanted to inform anyone

interested that the GED program will be starting up after Labor Day. Classes will be held at each of the community centers. Classes are open to Band members and their decedents, members of federally recognized tribes, and FDL employees. If you have any questions regarding energy assistance or our GED program please feel free to contact Joan at (218) 878-2658. Please keep in mind, that Joan, on occasion, has been able to help those from out of town/state to locate energy assistance programs in their area also.



Wally Dupuis

The Elders picnic party was held at the Ojibwe school gym due to the weather. Turnout was great and all

seemed to have a good time. Music was performed by some of our local musicians and the food was good. It was good to see the gathering of our folks in an inviting atmosphere. The annual Vets Powwow was also a huge success again this year. I am not sure how many were in attendance but it sure was a busy event. The honoring of our Veterans is truly an honor. I say "Good job" to all who put these events together.

As always, please feel to call or write me with your questions or concerns. Office (218) 878-8078, Cell (218) 428-9828, or email wallydupuis@fdlrez.com

RBC thoughts continued

Brookston News

Hello Band members

I hope everyone had an enjoyable and safe 4th of July with family and friends.

First, I would like to apologize for not getting last month's article in the paper, time slipped away from me.

There have been many activities that have occurred. During this past week the Brookston center started the annual Lacrosse Camp; fortunately with superb weather and great turnout. It's great to hear about the excitement and the vast participation from the kids.

Also, the Elders had their annual summer picnic held in the Ojibwe school gym, again with wonderful turnout and great conversation. However, we (RBC) learned that there was salmonella poisoning at this picnic and some of our elders were hospitalized and others that were treated with antibiotics and other medications were able to remain home. This saddens me and I want to extend my wishes on a healthy recovery and a deep apology. The RBC along with divisions of the Reservation are doing everything we can to find where this stemmed from to ensure this does not occur again. Please let us know if there is anything

we, as RBC members, should know or do.

The following projects are taking place on the Reservation. First, the construction crew is in full swing busily working on the Cartwright Road project. This project is part of the cleanup efforts of the 2012 flood which took out part of the road and culvert. Also the crew finished up the Larson Rd. project. Crews are currently working on sewer and other smaller projects.



Kevin Dupuis

A crew that doesn't get much recognition but sure makes our Reservation look great is the cleanup crew. We see them wearing reflective vests cleaning up our roadsides throughout the Reservation. They do a great job. Thank you! Another group that deserves a Chi Migwetch is our youth group. This group of kids work throughout the summer mowing elder's and members lawns that are not able to do it themselves. Finally, the MOD crew is from our Housing division. They work diligently on fixing homes on the Reservation. I want to let these crews know how much they are appreciated and how great of a job they do. So when you are driving by and you see people working along the roads, the youth mowing lawns, or work-

ers swinging hammers, honk in appreciation for their hard work making our Reservation a better place to live.

Lastly I left this paragraph as my ending update. I want to stress the importance of this paragraph to all of you. I encourage each and every one of you to obtain and read our MCT Constitution. In June's edition the article by Chairwoman Diver, she wrote about a censor request of her as the Vice-President of the TEC, along with President Norman Deschampe, which was made by Band member Pete Defoe. Karen incorrectly informed the membership of the details, in which she stated this request was merely politically driven request. Pete Defoe's (20 year plus tribal leader) request was for the following. There are requirements for members to meet when signing up to become a candidate for office. One of these requirements pertain to criminal prohibitions. A secretarial election (an election where all eligible voters of the tribe vote on added language to our constitution) in 2006 established an amendment (added language) to the MCT Constitution which stated the following:

MCT Constitution Article IV. Sec. 4: No member of the Tribe shall be eligible to hold office, either as a Committeeman or Officer if he or she has ever

been convicted of a felony of any kind; or of a lesser crime involving theft, misappropriation, or embezzlement of money, funds, assets, property of an Indian Tribe or a Tribal organization.

Pete Defoe's argument in requesting a censorship of Karen and Norman Deschampe was the adoption and implementation of interpretation 13-09, it states as follows: No member of the tribe shall be eligible to hold office, either as committeeman or Officer if he or she has ever been convicted of a felony of any kind; or of a lesser crime involving theft, misappropriation, or embezzlement of money, funds, assets, or property of an Indian tribe or tribal organization SHALL INCLUDE A CONVICTION FOR AN ATTEMPT TO COMMIT SUCH A CRIME IF THE ATTEMPT IS PUNISHABLE AS AN OFFENSE UNDER APPLICABLE LAW.

The bolded language is not an interpretation, which is used to clarify meanings. The bolded language is new language, which we as Band members, Tribal members were not given the ability to utilize our right to vote to adopt it in our constitution- which is a secretarial election. Instead, the leaders of the TEC added this language and referred to it as interpretation to circumvent the entire process of a Secretarial Elec-

tion. Pete Defoe's argument is based on the inability for us as band members to vote on issues that are guaranteed under the MCT Constitution and requested censorship on Karen and Norman.

When this censorship request was presented before the TEC, the TEC failed to acknowledge the request but instead discussed to have future procedures to be established on the censure request was made. This interpretation was adopted in 2009, there have been elections in the Tribe in 2010, 2012, 2014, and other special elections. During that time frame, this interpretation has never been adopted into the Tribal election ordinance #10. None of the Tribal members who have run for office on their Reservations were ever notified that this was adopted into the constitution. WHY?

I urge anyone that has questions regarding this issue to feel free to contact me at the listed number or email address. Until next month I wish everyone a healthy and safe continued summer journey.

Sincerely – Kevin Dupuis Sr.
email: kevindupuis@fdlrez.com
or Office # (218) 878-7583.

30 Year Anniversary of NiMiWin at Spirit Mt. A Photo Gallery of Special Memories from 1984

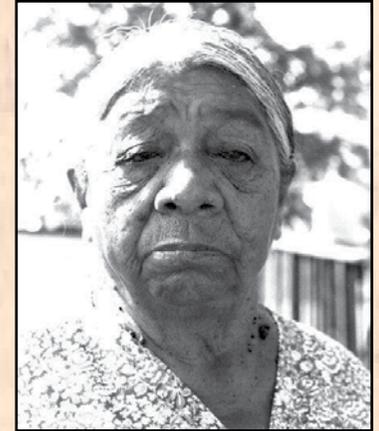
Photography by Christine Carlson



Gerrold Ojibway and moccasin game



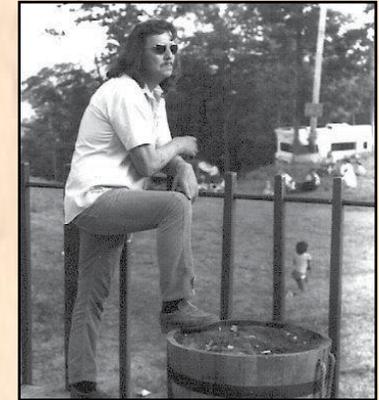
Isaac "Ike" Greensky age 67 - Spiritual elder from Sawyer, Mn



Mary aka Mrs. Pat Jourdain age 79 from Lac La Croix, Ontario



June Sayers age 5 from the old village of Fond du Lac



Hank Mesabe - Executive Director of Pow-wow



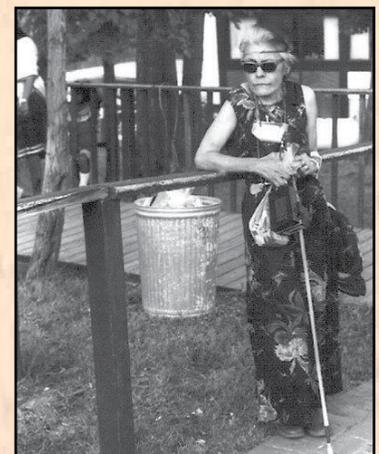
Jimmy Jackson - Medicine man and Ojibwe elder



Bill Diver age 11- His uncle made his belt with a coon's tail



William Lyons from Sawyer



George Morrison's Aunt



LAX-4-Life

FDL hosts another LAX-4-Life Camp

By Zachary N. Dunaiski

Fond du Lac Band members, employees, and anyone visiting the Tribal Center have become accustomed to seeing lacrosse players outside in late July over the past several years.

This year was no exception as FDL hosted the LAX-4-Life camp July 22-24. The game of lacrosse is a game of Native American origin and has grown popular around the world.

Each year, its popularity seems to grow even in this area. The numbers at this year's camp might have been down slightly but only because White Earth was hosting their own lacrosse camp the following week. Some members of White Earth had participated in previous years at Fond du Lac's lacrosse camp.

Each year two of the more exciting events for the campers is the scrimmage which takes place on the last day of

the camp, and the "Eliminator" course. The Eliminator is a game the camp councilors made up based off of the popular 90's TV show American Gladiators.

In the Eliminator, the camp participants had to run behind obstacles (a goal and two tables) trying not to be hit by tennis balls shot at them by the camp councilors. If they were hit, they were out, and each team of 5 or 6 tried to get as many points as they could by making shots into a bucket or reaching the winners circle.

After all the campers ran the course, the campers were given a chance to shoot tennis balls at the camp councilors as they went through the Eliminator. While everyone took the drill seriously and wanted to win, there was also a lot of laughter by all as the game was played.

On the last day of camp, the coaches divided up the players and held a scrimmage for the players to finally get to use the

skills they had been working on in an actual game. The coaches reminded them before the scrimmage started of just how important what they had worked on would be in a game, and that they weren't scrimmaging to, "just go out there and kill each other."

While at times the game of lacrosse is brutal, it was really exciting to watch how good the players had become at passing the ball, making moves to get around defenders, and even watch them fight over a dropped ball. I'm not even sure what the final score was, the game is very casual but a good chance for the campers to play in an organized game, but it was fun to watch.

Several proud parents, friends, and employees of FDL showed up to watch all that the kids had learned and were impressed to see just how far they had come in a few days.

Coaches teach the proper box out technique to get in position to scoop up a loose ball



Two players awaiting the whistle during a drill to practice getting in position for a ball on the ground.

LAX-4-Life



The councilors shooting tennis balls at the campers during the eliminator drill.



One player dodging tennis balls as he dives into the winner's circle.



LAX campers pair up to work on drills against one another.



Players who have been hit during the eliminator sit down and watch the remaining challengers dodge tennis balls.



A goal scored during the final day's scrimmage.



The camp councilors get their chance to go through the eliminator while the campers shoot tennis balls at them.

Etc

School clothing assistance

Checks for school clothing assistance will be issued to enrolled children in the beginning of August for the 2014-2015 school year.

The amount of assistance is based on your child's age as of Sept. 1, 2014: 3-6 years of age will receive \$250, 7-12 years of age will receive \$300, and 13-17 years of age will receive \$350.

Enrolled members over age 16 or less than 6 years of age as of Sept. 1 must provide proof of school enrollment to Rita Ojibway.

Checks will be issued directly to each child, so please make sure that their mailing address is correct.

For program information, call Rita at (218) 878-2619; for address changes call Patti at (218)878-2674 or Sharon at (218)878-7496.

Dupuis teaches Bands about the Affordable Care Act

By Rhonda Peterson

Band member, Jennifer Dupuis, Associate Director of Human Services, has been creating quite a stir in Indian Country. In 2013 she was featured in a training video that was used in regional Tribal and IHS conferences to inform participants about the Affordable Care Act (ACA). Its success led to her joining the Tribal Education and Outreach Consortium University (TEOC U), a small group of select scholars from around the United States who were given special training on the ACA and how it will affect American Indians and Alaska

Natives.

She has been invited to speak at several regional trainings at the request of officials of the Bemidji Area Indian Health Services. Recently, Fond du Lac received a one-time grant to send Jennifer to each of the 11 reservations in Minn. to teach staff and community members about the protections and benefits for American Indians in the ACA.

This May, Jennifer gave two presentations to the national Tribal Self-Governance Consultation Conference in Arlington, Va. where she shared the stage with the top health care policy authorities in Indian Country. Her Tribal Readiness presentation has been videotaped and will be shared with audiences at many future regional trainings. "I'm always happy to share Fond du Lac's experience and success with other Bands", she said. "I'm not sure people at home know how far ahead we are compared to most other tribes".

Summer food program

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

9 and ending Aug. 21. Adults will be charged \$3.50.

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

FDLHS now taking applications

Are you interested in enrolling your child in Fond du Lac Head Start programs. Applications for the 2013-2014 school year are now ready. Returning HS and EHS children do not need to reapply. EHS children transitioning to HS will need to apply.

- Early Head Start Center Base—children 6 weeks to 3 years of age
- Early Head Start Home Base— pregnant moms to 3 years of age
- Head Start children who will be 3 years of age by Sept. 1, 2013

For more information call (218) 878-8100 or please stop by 33 University Avenue with a copy of your income (pay stub, taxes, per cap, etc.)

FDLOJS students creating mobile apps

The Ojibwe School is holding an Application Creation Workshop for 7th - 9th grade students. The work shop for these students was 8 days long for 6 hours each day. The students learned how to create apps for mobile devices such as smart phones and tablets.

On July 31, the last day of the camp, the students had their apps set up and displayed in the Tribal Center. This short camp was possible through a grant that FDL received from the Blandin Foundation.

Contract Health Services descendent eligibility

Because of its trust responsibilities to provide health care to American Indians, the federal government included several provisions in the Affordable Care Act that are American Indian specific. One of these provisions is the ability for American Indians enrolled in a federally recognized tribe to enroll in a qualified health plan (QHP) at any time throughout the year. This provision does not apply to descendants of American Indians enrolled in a federally recognized tribe.

Descendants are only able to enroll in a QHP during the open enrollment period. For the coverage year of January 1, 2014 through December 31, 2014, the open enrollment period ended March 31, 2014. Any descendent who does not enroll in coverage, either public or private, may face a tax penalty (Shared Responsibility Payment), and may risk their Contract Health Services eligibility.

For decades, Contract Health Services has served as a payer of last resort. With the new methods of securing private insurance at no cost to Indian patients, Contract Health Services dollars will only be used for those individuals who comply with all of the rules related to acquiring health insurance

coverage. This includes completing the application process for public and private medical insurance through MNsure, Minnesota's new Health Insurance Marketplace.

Because of the confusion surrounding the ACA in general, and the lack of American Indian specific outreach and education, Contract Health Services eligibility for descendants will not be affected by non-enrollment in a QHP for the 2014 coverage year. The Open enrollment period for 2015 coverage begins November 15, 2014 through February 15, 2015. Descendants who do not complete the application process during this time will not be eligible for Contract Health Services beginning January 1, 2015. Please keep in mind that individuals must apply for Medicaid and MinnesotaCare at any time throughout the year to determine eligibility.

To ensure you and your family's CHS eligibility, please stop in to Min No Aya Win or CAIR to see a FDL Patient Advocate or call them at (218) 878-2165.

Become a foster parent

Fond du Lac Reservation Foster Care Services is now accepting applications for Native American foster care providers residing either on or off the FDL Reservation.

For more information call (218) 879-1227. Foster a future.

Diabetes prevention classes

Diabetes Prevention classes will start the week of Sept. 15 in both Cloquet and Duluth if there is enough interest. Day

Etc

and time of week have yet to be determined.

These classes are for people who have a diagnosis of pre-diabetes. You are being contacted due to a referral from your medical provider or a blood sugar test that came back in the prediabetes range at a community screening event.

The program includes classes on eating healthy, increasing physical activity, and losing weight. As a participant you will receive supplies to help you reach your goals.

Please register as soon as possible. There are a few things we need to do prior to starting class. Call Chris at (218) 878-3759.

The first 15 to register are guaranteed a spot and will receive an incentive when they complete the baseline assessment.

From the scholarship division

Congratulations to our graduates who have completed their education goals during the 2013-14 school year. You have proven that hard work truly pays off by earning your certificates, diplomas, and/or your degrees. What an accomplishment! You can all be proud of yourselves and be those role models for your family, friends, and community demonstrating that we can achieve our education goals.

If we have forgotten anyone I apologize in advance and please let us know so I can get their names into our next article.

Plan ahead:

If you are thinking about going to school this fall you must apply as soon as possible. Most

colleges and universities have opened their registration for the fall semester months ago. We highly suggest students plan ahead and complete their applications early: right after April 15 taxes are completed you can start filling out financial aid applications.

Minnesota residents: Your refusal to plan ahead leads to a loss in funding from the Minnesota Indian Scholarship Program who requires an application deadline of July 1.

Program Updates: Scholarship Amounts and Incentive Program

The Reservation Business Committee has raised the yearly scholarship award amounts to reflect the high costs of attending college and/or universities. They also re-structured the incentive awards for academic excellence adding 2 credit courses and reducing the dollar amounts for each grade.

Scholarship Amounts:

The previous \$8,000 for undergraduates has been increased to; up to \$10,000 per year. Graduate programs have remained the same up to \$15,000 per year.

Incentive for Academic Excellence Program:

We added two credit courses to the incentive effective summer term 2014. The new dollar amounts are; A's - \$600, B's -\$500, and C's - \$400.

It is our hope that these changes will have a positive effect for more students in completing their education.

As always if you have any questions or concerns please feel free to contact our office. Our Band members live all across the United States and are eligible for Scholarship

services by working with our office.

Contact: Patty Petite, Ed.D, Scholarship Director (218) 872-2633 pattyette@fdlrez.com or Veronica Smith, Scholarship Assistant (218) 878-2681 veronicasmith@fdlrez.com

Fond du Lac Tribal & Community College:

Monica DeCaro- Diploma, Nursing
Nathan DeFoe - A.A. Degree
Michelle Demenge - A.A. Degree
Jaime Goodreau - A.A./AAS Human Services
Benjamin Lafave - A.S Law Enforcement
James Ohman - Diploma, Nursing
Rocky Pertu - A.S. Nursing
Cherida Martineau- A.S. Nursing
Annette Rennquist - A.A. Degree
Patricia Savage - A.A./AS Business & Finance
Kaitlin Thompson - Diploma, Nursing
Karlee Thompson - A.A. Degree
Kaylin Strom - A.A. Degree
Lake Superior Community College
Jeremy Brooks - Diploma
Integrated Manufacturing - Welding

National Welding Inspection School

Daniel Lund - Certified Pipeline Welding Inspector
University of Minnesota, Duluth
Donald Wiesen - Master of Tribal Administration & Governance

Rasmussen College

Valerie Whitebird - B.S. Criminal Justice and Leadership &

Management
Walden University
Tina Myhre - B.S. Business Administration

Alert driving improves safety for all road users

The tragic death at the beginning of July of a mother bicycling with her two young children in Rock County is a horrifying reminder that distracted driving is a growing problem in this state. According to the criminal complaint, the driver admitted to taking his eyes off the road to check his cell phone when he hit the bicycle and bike stroller.

Inattentive driving is a leading contributing factor in fatal crashes. Cell phones and other electronic devices are commonplace in our lives today. But using them while we are driving is unsafe, irresponsible, and can be deadly.

The Department of Public Safety reports one in four crashes is related to distracted driving, although such crashes are likely under-reported. Distracted driving was a contributing factor in 175 fatal crashes, resulting in 191 deaths from 2011 to 2013 in Minnesota. More than half of those crashes occurred in rural areas. Those fatalities cost Minnesota more than \$269 million.

In Minnesota, it's illegal to text while driving and to access the web while in motion or part of traffic, including at a stop light or stop sign. It's also illegal for drivers under the age of 18 to use a cell phone while driving. Citations for these offenses increased from 388 in 2008 to 2,189 in 2013. That's an alarming trend that must be

reversed.

If you text while driving, on average you take your eyes off the road for up to 4.6 seconds out of every six seconds. That's like traveling the length of a football field at 55 mph without looking up, according to DPS. Using a cell phone while driving, whether hands-free or hand-held, delays a driver's reactions as much as having an alcohol-concentration level of .08 percent.

Safety campaigns by DPS and the Minnesota Department of Transportation remind drivers, bicyclists, and pedestrians that we all have the same rights and responsibilities and that we all need to "share the road."

DPS, MnDOT and the Department of Health lead Minnesota's *Toward Zero Deaths* program to reduce traffic crashes, injuries and deaths. Its mission is to create a culture for which traffic fatalities of all kinds are unacceptable. Distracted driving is unacceptable.

Our personal decisions can save lives. It's time for us to take that next step. Distracted driving goes beyond just mobile devices. Anytime we take our eyes off the road, hands off the wheel or our minds off our driving, we're putting lives at risk. Children should be taught the importance of good behavior in a vehicle. Drivers who have to tend to children are distracted drivers. So are drivers who are eating, drinking or grooming.

FDLOJS Board regular meeting June 3

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

Etc

Roll Call: Wayne Dupuis, Debra Johnson-Fuller, Joyce LaPorte, Meredith Martin, and Jean Zacher

Absent: Roberta Fox, Jeremy Ojibway, and Don Wiesen
Others Present: Jennifer Johnson and Barbara Dahl

Reading of the Mission Statement and Vision: Read by Joyce LaPorte

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

Approval of Minutes: Tuesday May 15, 2014, Meredith Martin made a motion to approve the minutes. Debra Johnson-Fuller seconded the motion. Motion carried.

Review the Ledger: The board reviewed the Ledger.

Supervisor Reports:

Michael Rabideaux, Superintendent: Absent, no report

Jennifer Johnson, Principal: The Principal presented her report to the board. Topics shared included:

- Staffing: Posted for a kitchen helper and math coach
- Attendance 94% We need to revisit attendance policy and make appropriate changes
- Enrollment: 245 students, K-3 111, 4-8 73, and 9-12 61
- Focus areas:

1) DI Reading; NWEA testing completed. Teachers will be implementing Ojibwe novels to curriculum

2) Math; NWEA testing completed

3) Science and STEM; STEM teacher will be implementing aeronautics and building an airplane. 8th grade is building apps that focus on Ojibwemowin and culture

4) Social Studies; Teachers are implementing and align-

ing Ojibwe and other Native Nations Curriculum to the MN State Standards

5) Ojibwemowin; Working on standards and benchmarks for grades 5th-8th Teachers will continue to upload Ojibwemowin to school website

6) Cultural Field Trips; K-3 Northwest Company Fur Trade Post Museum, 4,7, and 8 Madeline Island, and 9-12 Sandy Lake.

- Dan Anderson, Education Grants and Accountability Manager
 - Sharon Belanger, Special Education
 - Earl Otis, Athletic Program Manager
 - Maria Defoe, Activities Board discussed the After School Program.
 - Mel Buckholtz, Behavior
 - Lorraine Fosness, FACE
- The board reviewed the reports submitted.

New Business:

i. School Board Training Consultant Contract: The retreat will be scheduled sometime between July 1st and August 31st. Debra Johnson-Fuller made a motion to continue to proceed forward with the school board contract. Joyce LaPorte seconded the motion. Motion carried.

ii. Video for School Board: The students presented an educational video to the board. The board members enjoyed it and said the students did a great job.

iii. School Board Room Relocation: The board room will be located in the area outside of the conference room. It will be done by fall.

Old Business:

i. Parent Advisory Committee: Superintendent sent out a

template. Waiting for feedback from the board. Need parents to get involved.

ii. 2014/2015 Student/Parent Handbook: Administration will be reviewing it. Recommendations for any policy changes. Board member feels the Emergency Plan should be made reservation wide.

iii. Technology Policy: Debra Johnson-Fuller made a motion to Table. Jean Zacher seconded the motion. Motion carried.

Adjourn:

Debra Johnson-Fuller made a motion to adjourn the meeting. Jean Zacher seconded the motion. Motion carried. Meeting adjourned at 7:05 p.m.

Recorded by: Barbara Dahl. Submitted and approved by: Don Wiesen, Fond du Lac Ojibwe School Board Secretary

Become a Native Nation rebuilder

The Native Nation Rebuilders program brings together Native leaders so they may be instrumental in moving their nations, in cooperation with their Tribes' unique goals. Each year, the Bush Foundation selects a cohort of 20-30 "Rebuilders" to participate in a two year program.

The Bush Foundation is currently accepting applications for Cohort 6 July 15-Aug. 28.

Learn more at Bushfoundation.org/rebuilders

Gidoodenawimin Gitigaanimin Ate'wewin

Community Farm Market is next to the FDL gas and grocery and open Saturdays 9 a.m. to noon (weather permitting).

Vegetable and craft vendors

welcome. Open through October (weather permitting).

For more information on spaces and fees, contact the market manager Mary McConnell (218) 341-6219 cfmfdl@gmail.com

The transit corner

The summer months are upon us and once again the transit buses are gearing up to ensure comfortable and safe rides for the warmer months. As previously mentioned we now have two new buses and we intend on ensuring the air conditioning systems remain operative throughout the summer months. Of course our older buses have a much more difficult time in keeping cool but we are intent on keeping them brisk and ready but Father Time has its way of getting in the way.

The Fond du Lac transit system has been in existence since 2007 and with the help of the RBC, the executive directors, as well as the community and transit team, has grown into a very important service for the populous at large. There are literally hundreds of customers who depend on our services weekly not to mention the amount of special trips that are accommodated throughout the year but especially during the summer months. And we'd like to thank those passengers for being our base.

We currently have a driving force of eleven drivers and three dispatchers however we are looking to expand the work force by including more dispatchers as well as on-call drivers. Working for the transit system is not only a challenging but a rewarding job that keeps our passengers moving

on a daily basis to and from work, school, and medical or legal appointments.

I have had numerous calls about the road conditions and how that can cause an uncomfortable ride and unfortunately this is an issue transit cannot address other than redirecting their concerns to the proper departments. We have considered alternate routes as to avoid poor roads but [of course] that would eliminate rides for many passengers.

We are still in the process of developing the Transit Zone System, with more focused planning, the roll-out date has been extended to late summer or early autumn. We are still looking for feedback from the community on how to best approach this effort.

The director will also be discussing with the front office about developing a Community Advisory Committee as strongly advised by the state office during the last audit. That committee might consist of passengers, community center members, an elder representative, law enforcement and others.

Passenger information flyers will be made available in all buses in the near future for passengers to read about schedules, fees, and other vital information pertinent to transit.

Again all the staff and management at Transportation wish to extend a warm migwetch for all those who keep transportation moving forward.

Bagamiwizh weweni "Arrive Carrying Someone Safely"

FDL Law Enforcement news

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

- June 1 Officers assisted with a drug recognition expert (DRE) evaluation for Hermantown PD
- June 2 Request of welfare check at the casino, male was passed out in his car and he was arrested for DWI and several drug charges
- June 3 Report of theft of items from a residence in compound, under investigation
- June 4 Gas drive-off at the FDL Gas and Grocery; person cited for theft
- June 5 Report of a disturbance in the Danielson area, argument over a theft
- June 6 Request for extra patrol in Danielson area
- June 7 Officers assisted with property retrieval at a residence
- June 8 Report of kids fighting over a bicycle in the compound
- June 10 Report of an intoxicated person causing trouble on Higbee Dr
- June 12 Report of a fight in the compound between several males; one of the males arrested for 2nd degree assault
- June 14 Male walking on Hwy 210 reported drug paraphernalia found on the side of the road, paraphernalia was destroyed
- June 16 Report of intoxicated male banging on doors in the compound; male was arrested for disorderly conduct
- June 17 Report of a domestic in Sawyer, male was arrested for domestic assault
- June 19 Gas drive-off at the FDL Gas and Grocery; person cited for theft
- June 22 Report of theft from a hotel room at the casino; under investigation
- June 24 Report of unknown trouble at the Tribal Center; two males were asked to leave for the day
- June 25 Gas drive-off at the FDL Gas and Grocery; person cited for theft
- June 27 Sound of shots in the Danielson area and suspicious male parked by pump house.

Legal notice

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ANKERSTROM, Arthur
BREWER, Devereaux
CICHY, Gerald
CICHY, Leslie
DEFOE, Richard
LAPRAIRIE-COLUMBUS, Elizabeth
LAPRAIRIE, Robert
LOUDEN, Irene
MARZINSKE, Larry
MAXWELL, Lorraine
OJIBWAY, Jeffrey
PEQUETTE, Richard
STAR, Ione

Sobczak named to DWI enforcer all-star team

Officer Matt Sobczak of Fond du Lac Police Department was named to the 2013 Minnesota Department of Public Safety Office of Traffic Safety (DPS/OTS) DWI Enforcer All-Star team for his efforts to prevent alcohol-related crashes and resulting tragedies. Officer Sobczak arrested 14 drunk drivers in 2013.

Officer Sobczak, a 5-year veteran of the agency, was among 37 law enforcement representatives and prosecutors on the DWI Enforcer All-Star team from the Twin Cities and Greater Minnesota.

All-Stars were selected based on their total number of DWI arrests made in 2013. This is the seventh year DPS has recognized law enforcement for exceptional DWI enforcement efforts. The All-Stars were honored during pre-game festivities at Target Field on July 24.

“Officer Sobczak’s efforts go a long way toward keeping our local roads safe and we are proud of his service,” said Chief Jeremy Ojibway. “Drunk driving is responsible for several preventable

deaths and severe injuries each year in our community, and both enforcing the law and educating the public is key to stopping this illegal behavior and its life-altering consequences.”

Extra enforcement and education efforts have helped Minnesota reduce drunk driving deaths in recent years, still, alcohol-related crashes caused 117 deaths in 2013. These fatalities represent 30 percent of the state’s total traffic deaths. Nearly 26,000 motorists were arrested for DWI last year.

“Our goal as law enforcement officers is to do everything we can to make this great state a safer place for everyone – taking drunk drivers off the roads is one of the ways we’re accomplishing that goal,” said Officer Sobczak. “It is an honor to be recognized as one of this year’s DWI Enforcer All-Stars.” Officer Sobczak urges Minnesotans to always plan ahead for a safe and sober ride home to avoid driving drunk and putting lives at risk.

DWI Consequence

A DWI offense can result in loss of a license for up to a year, thousands of dollars in costs and possible jail time. Repeat DWI offenders, as well as first-time offenders arrested at 0.16 and above alcohol-concentration level, must use ignition interlock in order to regain legal driving privileges or face at least one year without a driver’s license. Offenders with three or more offenses are required to use interlock for three to six years, or they will never regain driving privileges.

Tips to Prevent Drunk Driving

- Plan for a safe ride — designate a sober driver, use a cab/public transportation or stay at the location of the celebration
- Offer to be a designated driver or be available to pick up a loved one anytime, anywhere
- Buckle up — the best defense against a drunk driver
- Report drunk driving — call 911 when witnessing impaired driving behavior. Be prepared to provide location, license plate number and observed dangerous behavior.



Health News

Why Water?

By Kara Stoneburner, RDL, D,
Public Health Dietitian

You've probably wondered "How much water should I drink each day?" The answer isn't that simple. Everyone's fluid needs are different. Most adults need 8-12 cups of fluid daily. Needs increase during warm weather, while exercising, if you are pregnant or breastfeeding or have a fever. You are likely consuming enough fluid if you are producing urine that is light in color and you rarely feel thirsty.

Your daily total fluid intake doesn't have to come from just water. About 20% of your total fluid needs can be met by eating a healthy diet. Foods like watermelon and cucumbers are more than 90% water! Beverages such as sports drinks, Kool-aid, juice, pop, milk, and fruit beverages can be counted in your total fluid intake. They also contribute calories, sugars, and other ingredients that you may not want and can increase the risk for dental decay and obesity. Beer, wine, coffee, and tea can contribute a small amount towards total fluid needs, but shouldn't be the main fluid for the day. Water should be the first choice, most often.

Water is essential for good health. It plays an important role in controlling body temperature, carrying nutrients to cells, and removing waste. It acts as a cushion to joints and protects organs and tissues. Dehydration occurs when the body doesn't have enough water and other fluids to carry out its normal functions. Dehydration can drain energy- causing fatigue, decreasing the ability to concentrate, and contributing to constipation.

There are several easy ways to

increase total fluid intake:

- Carry a water bottle
- Have water available at your desk or on the table at home
- Exchange one glass of soda or coffee for water each day
- Drink small amounts throughout the day
- Eat a healthy diet, with plenty of fruits and vegetables
- Have a beverage with each meal
- Take water breaks instead of coffee breaks
- Substitute sparkling water for alcoholic beverages at gatherings.

Since water should be the first choice for fluid needs, keeping it safe is very important. Natural disasters (like a flood) or an accidental contamination of a well or a municipal water source can be harmful. Lead can also seep into the drinking water from lead pipes. Some safety precautions include:

- Keep a week's supply of bottled water to use in case of emergencies; be sure to replace it every six months
- Don't cook or drink water that has been sitting in lead piping for many hours; run the cold water faucet for at least 60 seconds before using
- Avoid using the hot water tap for cooking
- Bottled and tap water are regulated by the Environmental Protection Agency or the Food and Drug Administration. Private wells should be tested routinely; contact your local County Health Agency or the Minnesota Department of Health for more information.

*Sources: MDH, Mayo Clinic, the Academy of Nutrition and Dietetics, PubMed.gov and CDC

E. coli on the FDL Reservation

The Fond du Lac Band has been notified by the Minnesota Department of Health (MDH) that several cases of a food borne illness linked to the E. coli bacteria have been confirmed in our community. We are working with MDH to determine the number of people affected and the source of the E. coli. Leftover food that hasn't been handled properly is a common source of food borne disease. If you have leftovers from any recent community event, health officials recommend that you discard them. If you are experiencing symptoms, our medical staff recommends that you contact your health care provider or local emergency room. For more information and specific symptoms related to E. coli infection, please visit <http://www.health.state.mn.us/divs/idepc/diseases/ecoli/ecoli.pdf>

MDH has also provided the following contact numbers; Toll free: 1-877-FOOD ILL (1-877-366-3455) or (651) 201-5277 for individuals who have questions or would like to learn more about E. coli or any other food borne illness. You can leave a message and someone will call you back promptly.

New immunization laws for schools, child care and early childhood programs begin September 2014

On Sept. 1, 2014 changes to Minnesota's Immunization Law will take effect. The changes were made to be more closely aligned with the current Advisory Committee on Immunization Practices (ACIP) recommendations. Medical and conscientious exemptions are still allowed under the current law.

New Vaccine Requirements

The new vaccines that will require documentation of immunization or legal exemption include:

- Hepatitis B- For all children over 2 months old enrolled or enrolling in child care or an early childhood program.
- Hepatitis A- For all children over 12 months old enrolled or enrolling in child care of early childcare program.
- Tdap- For all students entering seventh grade. Students in 8th-12th grade must show documentation if the school requests it. This replaces the Td immunization requirement.
- Meningitis (meningococcal)- For all students entering seventh grade. Students entering 8th-12th grade must show documentation if the school requests it.

For more information on current immunizations laws, please visit the website: www.health.state.mn.us/immunize or call the immunization program at 1-800-657-3970

Please contact Min No Aya Win or the CAIR Clinic to schedule your head start physical exams, sports physicals, child and teen check-ups and immunizations for the 2014/2015 school year. Don't delay, call today.

Hyperthermia: Too hot for your health

During the summer, it is important for everyone, especially older adults and people with chronic medical conditions, to be aware of the dangers of hyperthermia. Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms in the body to deal with the heat coming from the environment.

Older people, particularly those with chronic medical conditions, should stay indoors, preferably with air conditioning



Health News

or at least a fan and air circulation, on hot and humid days, especially when an air pollution alert is in effect. Living in housing without air conditioning, not drinking enough fluids, not understanding how to respond to the weather conditions, lack of mobility and access to transportation, overdressing, and visiting overcrowded places are all lifestyle factors that can increase the risk for hyperthermia.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and is unable to control its temperature. Heat stroke occurs when someone's body temperature increases significantly (above 104 degrees Fahrenheit) and shows symptoms of the following: strong rapid pulse, lack of sweating, dry flushed skin, mental status changes (like combativeness or confusion), staggering, faintness, or coma. Seek immediate emergency medical attention for a person with any of these symptoms, especially an older adult.

If you suspect someone is suffering from a heat-related illness:

- Get the person out of the heat and into a shady, air-conditioned or other cool place; urge the person to lie down
- If you suspect heat stroke, call 911
- Apply a cold, wet cloth to the wrists, neck, armpits and/or groin; these are places where blood passes close to the surface of the skin, and the cold cloths can help cool the

blood

- Help the individual to bathe or sponge off with cool water
- If the person can swallow safely, offer fluids such as water or fruit and vegetable juices, but avoid alcohol and caffeine.

Even though the summer has been cooler overall, it is a good idea to keep this information handy for the days that are not so cool.

*The National Institute on Aging (NIA)/Fond du Lac Caregivers Program

Strategies for learning how to stay tobacco free

Written by **Rozanne Hink**
Tobacco Cessation Educator

Attempts at quitting smoking and/or chewing commercial tobacco can be very frustrating for people who quit and then start smoking again, usually because of a trigger like stress caused by too many demands on an individual, a crisis, or life-altering event. I see this over and over with clients who have had successful quit attempts (sometimes for months or years) and then start smoking again because this was a coping behavior that helped them lessen the anxiety they felt during the stressful period in their lives. When people meet with me, they may feel a lot of guilt and shame for not being able to stay tobacco free; but, getting into a tobacco cessation program again and starting a new quit plan is the

fastest way to dash your self-doubts and lack of confidence.

One of the ongoing, yet little recognized problems of staying tobacco free according to Howard Koh (Assistant Secretary for Health of CDC) is that, "too many people in our nation assume that past successes in tobacco control guarantees future progress." He also states that is far from the truth.

Howard Koh shares that with rejuvenated national efforts in tobacco control, such as mass media campaigns to encourage prevention and quit attempts, smoke-free policies, such as the "No Smoking" signs (which are posted at all entrances of the Min No Aya Win and CAIR clinics), restrictions on youth access to tobacco products, and price increases can collectively drive further meaning for future reductions in tobacco use. One local effort that Fond du Lac Tribal council has made is to not allow E-cigarettes to be sold in their gas and grocery store. This is a preventive measure. I do not know of any other store or gas station who will not sell E-cigarettes in the area. We should commend our Tribal council on taking a proactive approach to reduce the prevalence of commercial tobacco products with our youth.

Preventing tobacco use and helping people to quit using tobacco products is especially important in Indian country. According to a 2012 report from Center for Disease and Control (CDC) commercial tobacco use and disease, such as cancers

and heart disease are more prevalent in our Indian communities as compared to non-Indian populations. Whereas, the general population for commercial tobacco use is at a rate of 16%, it is far higher in Indian communities (average, national) rate of fifty-nine percent.

As an individual, you can decide to not have commercial tobacco in your house and car. I have "No Smoking" signs you can have to put on your front door and similar ones for your car, letting people know that you are "smoke-free." If you feel strongly about having smoke-free public places where the air is much cleaner, speak up and let people know how you feel. Indeed, it only needs to take a small group of committed people to make life-long healthier changes in your community. For tips, strategies, and quit plans, (that include nicotine replacement and alternative therapies) call me or just stop by and ask to see me when you are at one of our clinics. I will be happy to assist you in any way I can. My phone number at Min no aya win is (218) 878-3726, or CAIR at (218) 279-4064.

HS needs

assessment

The 2014 Human Services Needs Assessment is now available! Visit the FDL website (<http://www.fdlrez.com/>) to find the link in the middle of the page-look for "FDL Human Services Needs Assessment

Survey."

The survey helps Human Services get to know the community better, plus the results help guide efforts in a way that means the most to the community. Questions cover a broad range of topics. Some ask about your opinion of the services delivered at Min No Aya Win (MNAW) and Center for American Indian Resources (CAIR). Other questions ask about your knowledge of cancer screening and some chronic diseases. "This year we have some very important questions about health insurance and how people access the internet. With changes that the Affordable Care Act, sometimes called Obamacare, brought, we need to know what the community thinks," said Jennifer DuPuis, Human Services Associate Director.

If you choose to provide your name and contact information at the end of the survey you will be entered for a drawing for one of several great incentives, including a Pendleton blanket, a Fitbit Flex, rounds of golf at the Black Bear Golf Course, and gift baskets. Winners will be notified once the survey is closed.

If you have questions about the survey please contact the research team at hsneedsassessment@fdlrez.com or (218) 878-2660.

Open RBC Meeting
August 21st, 1:30
p.m. CCC

Ashi-niswi giizisoog (Thirteen Moons)

Manoominikie giizis

Manoominikie giizis is the Ricing Moon. The new begins on August 25th. Other names for the month of August are Odatagaagomini giizis or Blackberry Moon and Basikwa'o giizis or Flying Moon.

GLIFWC Healing Run/Walk 2014

By Nikki Crowe
13 Moons Program Coordinator

On July 16, runners from the Fond du Lac Resource Management

helped support the Great Lakes Indian Fish and Wildlife Commission Healing Run/Walk. The run/walk connected eight Ojibwe reservations in northern Wisconsin, Michigan, and Minnesota starting July



Lyz Jaakola

12 at the Lac Courte Oreilles Reservation; Lac du Flambeau; Mole Lake; Lac Vieux Desert; Bad River/Red Cliff; Fond du Lac; St. Croix; and ending at Lac Courte Oreilles on July 18 for the purpose of healing ourselves and our communities, including the land, water and air.

Fond du Lac Resource Management runners included Kari

Hedin, Shannon Kesner, Shannon Judd, and Kristen Moen. Other runners on the Fond du Lac route included Jennifer Trotterchaude, Emily Trotterchaude, Rick Trotterchaude, Lyz Jaakola, Jackson

Jaakola, Hunter Jaakola, Xander Jaakola, Jagger Jaakola, Tara Graves, Sarah Agaton Howes, Nichole Diver, Edie Howes, Annette Rennquist, Sarah Mur-

ray, Janelle Rose, Shala Topping, Nashay Baker, Bill Howes, and Vicki Reynolds.

It's great to see the interest and commitment of the runners increase this year.

Fond du Lac runners finished a combined total of 25 miles for the healing of our communities. Miigwech for your participation.



Fond Du Lac Runners



FDL Runners L-R Kristen Moen, Shannon Judd, Kari Hedin, and Shannon Kesner



Tom Howes and Tim Krohn making their big finish!



Emily Trotterchaude, Rick Trotterchaude, Jennifer Trotterchaude

Upcoming Events:

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing thirteenmoons@fdlrez.com Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

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

- “Zh”- sounds like the “su” in measure
- “a”- sounds like the “u” in sun
- “aa”- sounds like the “a” in father
- “i”- sounds like the “i” in sit
- “ii”- sounds like the “ee” in feet
- “o”- sounds like the “o” in go
- “oo”- sounds like the “oo” in food
- “e”- sounds like the “ay” in stay

Four Medicines

- Cedar- Giizhikaandagoons
- Sage- Bashkodejiibik
- Sweet Grass- Bashkodemashkosiw
- Tobacco- Asemaa

Source:

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

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle

Ojibwe Wordlist

Arm	Ninik
Back	Nipikwan
Ear	Nitawag
Eye	Nishkiinzhig
Finger	Nininjiins
Foot	Ninzid
Head	Nishtigwaan
Heart	Ninde
Hand	Ninij
Leg	Nikaad
Mouth	Nindoon
Nose	Injaanzh
Stomach	Nimsad
Toe*	Niibinaakwaanizidaan
Tongue	Nindenaniw

*NOTE: Toe, Niibinaakwaanizidaan is not in the puzzle.

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

Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on August 15, 2014 for the September 2014 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy 1st birthday **Kendrick Hickman** (July 11)
Love, mom, dad, and your big brother



Happy birthday to my beautiful girls – **Alyssa Abramowski** (Aug. 1) and **Amy Thompson** (Aug. 17)
Love you both, mom



Happy 5th birthday to **Takota Michael Thompson** (Aug. 3).
We love all the silliness and joy you bring into

our lives.
Love, mom, dad, and sissy

Happy birthday **NaKyle Bridge Misquadace** (Aug. 3)
Love, grandma and Avery

Happy birthday to my son **NaKyle Bridge Misquadace** (Aug. 3)
Love, mom, Tannia, and Amelia



Happy 70th birthday dad, **Robert Diver** (Aug. 4)
Love, your kids

Happy birthday grandpa **Bob Diver** (Aug. 4), we love you.
Love, Liliana, Acacia, and Kory

Happy birthday little big brother **Shane DeFoe** (Aug. 8)
Love, sister Sheree

Happy birthday to **Karen DuFault** (Aug. 11) and **Ann Rule** (Aug. 22) to you's both.
From, brother Phil

Wishing very happy birthdays to **Mark Laakso** (Aug. 13), **Steve Kieswetter** (Aug. 22), and **Bryan Kowalik** (Aug. 30)
From your family at Fond du Luth. We hope all you wonderful men have wonderful days.

Happy 60th birthday **Dave "Donald" Danielson** (Aug. 15)
Love, Marla and kids

Happy 2nd birthday to my little darling daughter **Anarae Houle** (Aug. 16), I love you to the moon and back.
Love always, momma Kathy

Happy birthday to our beautiful mom, **Pam Sordelet** (Aug. 16)
Love you always, Taj and Bree

Happy birthday **Randy Barney Jr.** (Aug. 16) who would have been 30 years old
Love and miss you, mom, and your family

Happy birthday **Sheree DeFoe** (Aug. 19)
Love, family and friends

Happy 75th birthday to our

coolest "POPS" in the world, **Dick Diver** (Aug. 20), you are a much loved man from your family and friends. Hope your day is as awesome as you are.
Lots of love from the Diver-Mullen crew

Happy 11th birthday to my daughter **Arayah LaFave** (Aug. 26)
Love, mom and Tony

Happy birthday to my sister **Jamey Houle** (Aug. 27) who would have been 32, I love and miss you.
Love, Jodie, Tony, and family

Wishing a happy birthday to my dear friend **Romain Mangan** (Aug. 29). Have a great day.
From, Al



Happy 13th birthday to **Jalen Paulson** (Aug. 30), we love you.
Mom, dad, and Cordell

Happy birthday to my son **Tony Barney** (Aug. 30)
Love, mom and Tony

Happy birthday to my fiancé **Anthony Barney** (Aug. 30)
Love, your fiancé Jodie

Happy 23rd birthday **Tony Barney** (Aug. 30)
Love, dad and RaeAnn

Anniversary

Happy Anniversary to my one true love, **Taj Wise** (Aug 3rd), IFLY Babu.

Love, your wifey

Thank you

I want to thank everyone who helped me with my dad, **Bobby Bassett**, at the veterans' powwow. This was a very special day for him, he is a 94 year old WWII FDL veteran, and everyone coming together to help him made the day even more special. He especially enjoyed stopping at the Indian Taco stand and getting an Indian Taco that was especially made for him.
Darlene

Bonnie Wallace and Ron Hagland would like to extend our appreciation and thanks for the help we have received from the FDL Construction Company, Forestry Division, and the Summer Youth Workers (under the direction of Bob Danielson) along with the advice and referral from District One Representative, Wally Dupuis regarding yard waste, tree trimming, and other outdoor clean up questions. All those who helped were professional, friendly, respectful, and comical at the same time. A good job done by all. Chi Migwetch.

Congratulations

Jeremy O'Connor, son of Chuck and Jody (Tidaback) O'Connor and grandson of Barbara Tidaback, graduated from the law enforcement program after receiving his AS from FDLTCC this summer. He





Community News

also received his BA in Criminology from the University of Minnesota Duluth in May.

Congratulations Shane and Melissa on the new baby girl, and Meia on the new sister **My-Lia Lynn DeFoe** (June 19).
Love, sister Sheree



Congratulations to Scott Abramowski and Megan Wait on the birth of their daughter **Paisley Mae Abramowski**. Born June 29, she was 7lbs 13.3oz, 20.4in. She's absolutely perfect. Best of luck to the many lovely years ahead. We all love you guys.

Love always, your family and friends

Memorial

In loving memory of **Delia M. Moreland** (June 7, 1921–July 8, 2006).



Losing you, mom, was and is the hardest thing to accept. Remembering you is easy, we do it every day. Missing you is the heartache that never goes away.

Forever grateful, your family

June 30th marked the one year anniversary of our dad, **William J Houle's** passing.

Here is a letter we have written to him, to touch on how even with time there are some pains that never go away they just aren't quite as painful.

Dear dad, as June ends and July approaches, we cannot help but think of your passing; as we have thought of you every day since your journey began. We all know Gramma was there, she held you like we did while you took your last breath. We know you missed her dearly and although we are sad, we take comfort in knowing you are now with so many other loved ones who took the journey before you. We know that your pain is gone; we love and miss you every day since you left things have been hard, but we are doing well. We move through our lives as we always have hoping you are proud of us and what we do.

Enrollee day has come and gone; we will all sign up as we did on your last day and played our 10 bucks at the Casino, thinking of you the whole time. The elections came and went, we voted for the people we thought you would support. Hunting season came we talked about the old times, fishing opener was the hardest when it came we shed a few tears because we knew you would have wanted to be on the river, we often wonder are there fish in heaven dad? This is what we hope for you that you are on the best river in heaven, catching the BIGGEST Giig ever. It's been hard to say goodbye dad, so let's just say Giigawabamin!

Love you always, your daughters; Lorraine, Briana, Brenda, and families

Obituary

Dylan Thomas Ambrose Houle, 23, of Cloquet, passed away July 5, 2014, of leukemia.

Ruth Ida Towslee, 71 of Cloquet, passed away Sunday, July 6, 2014 surrounded by her loving family after a long courageous battle with lung cancer.

She was born in Cloquet on Aug. 15, 1942 to Victor and Stella Berglund.

She was a 1960 graduate of Cloquet High School. Ruth was a member of the Fond du Lac Band and worked for and retired from FDL Human Services.

Ruth's many hobbies included quilting, crocheting, reading, knitting (everyone in her family had socks), and bird watching. She enjoyed family functions and barbecuing but most all loved spoiling her grandchildren.

Ruth was preceded in death by her parents; sister Joyce; and daughter Jolene.

She is survived by her children Bo (Kathy) Peil, Tina Peil (Becki DiStefano) and Nicki Rookey; son-in-law Bruce Weske; sisters Bergie (Jack) Bassett and Marilyn (Scott) Grover; grandchildren Toni (Dave) Petite, Matt (Cristina) Weske, Landen Rookey, and Alex, Tyler, Jordon and Shelby Peil; great-grandchildren Darren and Brady; and numerous nieces and nephews. Her loyal lap buddy, Spot, will always be with her.

The family wishes to thank Dr. Vainio, Dr. Silva, and Dr. Bonin, St. Luke's Oncology Department, Hospice nurse Margy, Cristal and Billie with

FDL Health Services for their compassionate and loving care given to Ruth.

Susan Elaine Newago passed away, Monday, July 21, 2014, at her home in Red Cliff. She was born Aug. 14, 1957, in Minneapolis, Minn. the daughter of Elsie (Cantola) Newago.

Susan worked as a bank teller in Minneapolis for several years. She moved to Red Cliff where she raised her family. Susan was a member of the Fond du Lac tribe.

Susan loved her grandchildren very much and looked forward

to spending as much time with them as possible. She also had a lot of respect for the elders in the Red Cliff community.

She is survived by her three children, Tony Newago, Summer (Ezra) Klinger and Julie Newago; a special granddaughter, Lisa Marie and many other grandchildren; and she was looking forward to the birth of a great-grandson.

She was preceded in death by her mother and a daughter, Cori Newago.

At this time there will be no formal services.



Ferdinand Martineau and David Tiessen being sworn in to their re-elected positions at the end of June.



Manoominikie giizis – Ricing Moon – August 2014

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; 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; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing; CHS: old FDLSS door; MTC: MN Chippewa Tribal building; ALR: Assisted Living Residence; CHS: Cloquet High School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Center closed – Aug 24 FDL Cloquet district trip – Minnesota State Fair	Saturday Night Under the Lights softball tourney Aug 16 & 30 (ages 15-99) 7 p.m. CCC		Get ready for school? FDLOJS K-12 starts Sept 2 Cloquet (1-12) starts Sept 3 Cloquet K starts Sept 4		Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC Youth swim 12:15 p.m. CCC Baseball (18+) 5 p.m. CCC	Open for Powwow showers (8-12 p.m.) Pool opens 12 p.m. Black Bear Brawl 6 p.m. BBCR
Mash Powwow showers 8 a.m. CCC Pool open 12 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Adult volleyball 12 p.m. CCC T-ball (ages 4-5) 4:45 p.m. CCC Cribbage 5 p.m. CCC	WIC 12 p.m. CAIR Baseball (ages 7-10) 4:45 p.m. CCC AA/NA support 7 p.m. TRC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Teen dodgeball 12 p.m. CCC Baseball (ages 11-13) 4:45 p.m. CCC	MNAW Food Safety/ Green Cleaning class 12 p.m. CCC Disc golf, horseshoes 12 p.m. FDLOJS Youth dodgeball 3 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language table 5 p.m. CCC	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC Youth swim 12:15 p.m. CCC Baseball (18+) 5 p.m. CCC	Beading 1 p.m. CCC CCC closed
3	4	5	6	7	8	9
Beading 1 p.m.	Water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Adult volleyball 12 p.m. CCC T-ball (ages 4-6) 4:45 p.m. CCC Cribbage 5 p.m. CCC	WIC 12 p.m. CAIR Caregiver Support Group 12 p.m. CHS Baseball (ages 7-10) 4:45 p.m. CCC AA/NA support 7 p.m. TRC	Water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Teen dodgeball 12 p.m. CCC Baseball (ages 11-13) 4:45 p.m. CCC	Youth dodgeball 3 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language table 5 p.m. CCC	Water aerobics 8:15 a.m. CCC Adult dodgeball 12 p.m. CCC Youth swim 12:15 p.m. CCC Baseball (18+) 5 p.m. CCC	Saturday night under the lights Softball tourney (ages 15-99) 7 p.m. CCC
10	11	12	13	14	15	16
FDL family movie morn- ing 9:30 a.m. CPT	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Adult volleyball 12 p.m. CCC T-ball (ages 4-5) 4:45 p.m. CCC Cribbage 5 p.m. CCC	WIC 12 p.m. MNAW Second Time Around group 1 p.m. CHS Baseball (ages 7-10) 4:45 p.m. CCC AA/NA support 7 p.m. TRC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Teen dodgeball 12 p.m. CCC Baseball (ages 11-13) 4:45 p.m. CCC	MNAW Make & Take class 12 p.m. CCC Disc golf & horseshoes 12 p.m. FLDOJS Open RBC mtg 1:30 p.m. CCC Youth dodgeball 3 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language table 5 p.m. CCC	BACK TO SCHOOL Car- nival 4:30 p.m. CCC No BB game Center closes 6 p.m. CCC	Beading 1 p.m. CCC
17	18	19	20	21	22	23
FDL Cloquet district MN State Fair bus trip	Pool closed for annual maintenance. Elder exercise 9 a.m. CCC Adult volleyball 12 p.m. CCC T-ball (ages 4-6) 4:45 p.m. CCC Cribbage 5 p.m. CCC	Pool closed for annual maintenance. WIC 12 p.m. MNAW Baseball (ages 7-10) 4:45 p.m. CCC AA/NA support 7 p.m. TRC	Pool closed Elder exercise 9 a.m. CCC Elder concern mtg 10 a.m. CCC Teen dodgeball 12 p.m. CCC Baseball (ages 11-13) 4:45 p.m. CCC Sobriety Feast 6 p.m. CCC	Pool closed Youth dodgeball 3 p.m. CCC Ojibwe language table 5 p.m. CCC	Pool closed Adult dodgeball 12 p.m. CCC Baseball (18+) 5 p.m. CCC	Saturday night under the lights Softball tourney (ages 15-99) 7 p.m. CCC
24	25	26	27	28	29	30
Pool closed Beading 1 p.m. CCC						
31						

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