

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



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The second annual Veteran’s Day Dinner was held on Veteran’s Day, Nov. 11, 2009. Shown are Marvin Pellerin and Tom Whitebird, members of the FDL Honor Guard. This year’s focus was on FDL Vietnam Veterans who received a special thanks for their service. See page 11 for a related picture. (Pictures by Todd Defoe)

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Local news

Dates to save

The December open meeting of RBC officials and Band Members will take place at 5:30 p.m. on Dec. 17, 2009 at the Damiano Center, 206 W. 4th St., Duluth.

The January open meeting will be held in the Twin Cities at 5:30 p.m. The location of the meeting will be published in the January issue of this newspaper, and it will appear on the FDL Website.

The State of the Band Address will take place at 5:30 p.m. on Feb. 25, 2010 at the Black Bear Convention Center. More information on that Address will appear in the January issue of this newspaper.

Environmental film fest starts in December at ENP

The FDL Natural Resources Division will be hosting a Winter Environmental Film Festival in 2009-'10. Come to the Tribal Center Elder Nutrition Program meeting room at noon on Dec. 9, 2009 for "The Power of Community - How Cuba Survived Peak Oil." The movie lasts 50 minutes. It shows how Cuban citizens worked together to create a more sustainable community in spite of the loss of one of that country's major oil suppliers, the Soviet Union.

Energy Assistance Program offers relief for heat bills

The FDL Energy Assistance Program is accepting applications for the heating season that starts on Oct. 15 2009 and ends on April 15, 2009. Apply now! Applications can be found at www.fdlrez.com under community services -- energy assistance.

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

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

Ojibwe School Board seeking new reps

The Fond du Lac Ojibwe School invites interested persons to apply for school board representative positions from the Sawyer and Cloquet districts, and for an at-large position.

If you would like to serve on the School Board, please send a letter of interest to Jennifer Trotterchaude, FDL Ojibwe School, 49 University Rd., Cloquet, Minn. 55720

The closing date is Dec. 31, 2009.

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; Greensky, Charles; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary; Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela;

Olson, Daniel G. Sr.; Reed, Marie; Sharlow, Gerald D.; Smith, Carl; Smith, Catherine; Stanford, Cathy; Tiessen, Raymond Leroy; Trotterchaude, Rex.

Treatment center job opportunities

The Mash ka wisen Treatment Center is seeking a full-time Director of Rehabilitation/Clinical

Supervisor. Must be a Licensed Alcohol and Drug Counselor, and be familiar with Minnesota's Rule 31 on chemical dependency treatment, the Commission on the Accreditation of Rehabilitation Facilities, and the Minnesota Chippewa Tribe licensing criteria.

We are located 30 miles south of Duluth on a wooded lakeshore. We offer a competitive salary and fringe benefit package. Call (218) 879-6731 for more information. Send resumes to: Mash ka wisen, Director Search, P.O. Box 66, Sawyer, Minn. 55780

The Minnesota Indian Primary Residential Treatment Center, Inc. is seeking a full-time Chemical Dependency Counselor - LADC preferred or eligible for licensing in Minnesota for our Duluth location.

Competitive salary and fringe benefit package. Interested candidates should submit a resume to: Mash ka wisen, Attn: Counselor Search, P.O. Box 66, Sawyer, Minn. 55780. American Indian preference, Equal Opportunity Employer

Super One gift certificates to be distributed in Dec.

Once again at the holiday season, the FDL Reservation Business Committee will give Super One gift certificates to enrollees and employees who are age 18 and over. The certificates are in the amount of \$25, and may be picked up from Linda Nelson at the Tribal Center, 1720 Big Lake Rd., Cloquet.

Fond du Luth and Black Bear Casino Resort employees are excluded from receiving the certificates, as well as employees of the Black Bear Golf Course.

The certificates are available from Dec. 1, 2009 to Dec. 23, 2009. They may be picked up between 8 a.m. and 4:30 on Monday through Friday. Weekend hours for pickup will be held from 8 a.m. to 4:30 p.m. on Dec. 5 and 6, 2009 at the FDL Community Center.

Again, recipients must be age 18 and older. Everyone must pick up their own certificate.

Notice to Pine Journal readers

The Fond du Lac Band will no longer pay for Pine Journal subscriptions for Band Members because of budget restrictions. Many years ago the FDL tribal newspaper appeared as a part of the Pine Journal and at that time, free subscriptions were provided to Band Members. If you wish to continue your subscription on your own, contact that newspaper at (218) 879-1950.

Nah gah chi wa nong Di bah ji mowin nan

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

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Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720
Editor: Deborah Locke

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

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

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

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

Corporate Member of the
Native American Journalists Association

FDL Law Enforcement news

Extra FDL police patrols on the lookout for impaired drivers as part of statewide December initiative

As a way to curb impaired driving on FDL Reservation roads, FDL Tribal Police will join other Minnesota law enforcement agencies in increasing the number of its patrols. December is one of the most dangerous months for alcohol-related crashes and DWI arrests.

About 400 state law enforcement agencies will participate in the campaign that will pay

extra officers to work overtime and target impaired drivers. If a driver is found guilty of driving while intoxicated, he or she would lose their license for at least 90 days.

In a prepared statement, FDL Police Chief Jeremy "Sam" Ojibway said that DWI arrests could be avoided by simply having a plan for a safe, sober ride. He said there was no excuse for driving impaired and

putting lives at risk on Reservation roads.

Although alcohol-related deaths are down in Minnesota, drinking and driving crashes continue to account for more than one-third of annual traffic deaths.

A major factor for alcohol-related deaths is the lack of seat belt use. As many as 75 percent of impaired drivers who were killed in vehicle crashes were

not wearing their seat belts.

"Partnering seat belt and DWI enforcement is a strategy that will deliver the greatest results for traffic safety," Ojibway said. "The primary law serves as a tremendous tool to stop impaired drivers because the facts show impaired motorists are also not buckled up."

The primary seat belt law became effective in June 2009. All passengers and the driver must

be belted or in a correctly fitted child restraint. Police officers can now stop and ticket motorists for belt violations.

The enhanced patrol program is funded by the National Highway Traffic Safety Administration, and is administered by the state Dept. of Public Safety. The December campaign is part of the Minnesota traffic safety platform, "Toward Zero Deaths."

FDL officers receive commendations from Cloquet Fire and Police Depts.

Several members of the Fond du Lac Law Enforcement Division have received commendations lately from an area fire department and police department for their exceptional police work. In both cases, the officers responded to fires, one at an 18th Street 12-unit apartment complex in Cloquet on Oct. 13 and the second on Oct 18 at the FDL Senior Housing Apartments at 1580 Big Lake Road.

The officers responding to the Oct. 13 fire, Mike Diver, Dewey Dupuis and Charles Martin, will receive a Meritorious Award for Service at a future Cloquet City Council meeting. The FDL officers received a call from the Cloquet Police Dept. requesting assistance at the apartment building.

In his letter to FDL Police Chief Sam Ojibway, Deputy Chief Terry Hill wrote that

the actions of the FDL police officers "averted what could potentially have been a very devastating tragedy to ten families, children and tenants of that building. Officers entered the apartment without regard to their personal safety, awoke tenants who were asleep or unaware of this fire, and were able to get them to safety."

Hill wrote that the actions showed a keen devotion to duty, and were beyond what is normally required of a police officer.

Gordy Meagher, Battalion Chief for the Cloquet Area Fire District, wrote to the Tribal Council about the actions of Sgt. Mike Diver, Officer Vanessa Northrup and security personnel who responded to a fire call on Oct. 18. According to Meagher, Diver quickly coordinated efforts to determine where the fire originated and to evacuate more tenants.

Meagher wrote that the actions of the FDL department "assured a successful and quick extinguishment of the fire."

FDL Police Chief Sam Ojibway said he has received many compliments from members of the public about the actions of the police officers on Oct. 13 and Oct 18. "We're proud of what they did," he said.

In other police news: The FDL Law Enforcement Division received a federal Tribal Resources grant for \$189,000, that has been used to purchase items including tasers, a 4x4 utility vehicle, squad cars, computers, new uniforms, and training. In addition, another police officer will be hired from that funding source which will bring the total number of officers to 16.

Police Reports

You asked, and here they are. In the months ahead, a summary of approximately one month of select police reports will appear in these pages with each issue.

- **11/16/09** Reports of gunshots coming from the field south of Moorhead Rd.
- **11/15/09** Report of vehicle in ditch on Mission Rd., not a hazard.
- **11/14/09** Report of horses in yard, ongoing problem.
- **11/13/09** Assist St. Louis County Probation case.
- **11/13/09** Reports of shots fired near the Sawyer Center.
- **11/11/09** Black Bear Casino reported that someone hit a deer at the back entrance and the deer is still alive. Conservation Officers took the deer.
- **11/9/09** Assist Cloquet Officers with alarm at Applebee's Restaurant on Hwy 33.
- **11/8/09** Assist Carlton County Deputies with an assault.
- **11/7/09** Complaints of four-wheelers in the road way with the lights off swerving in traffic on Wolf Ridge.
- **11/3/09** Report of suspicious vehicle on University Rd.
- **11/3/09** Complaints of four-wheelers and dirt bikes speeding through Danielson Rd. and Jack Pine Dr.
- **11/2/09** Assist Cloquet police officers with locating a vehicle.
- **11/2/09** Security alarm went off at Head Start, false alarm.
- **11/1/09** Complaints of dogs running in the compound.
- **11/1/09** Motor vehicle accident on Big Lake Rd.; truck hit deer.
- **10/26/09** Motor assist on Cary Rd. -- car problems.
- **10/26/09** Motor vehicle accident on McCamus Rd.; car hit a deer.
- **10/26/09** Traffic complaint, the stop sign at Danielson Rd. and Jarvi Rd was down, temporary sign will be put up.
- **10/25/09** Vehicle in the ditch along West Brookston; no one around.
- **10/24/09** Abandoned car on University Rd.; owner showed up.
- **10/23/09** Vandalism complaint of graffiti on many houses in the compound.
- **10/22/09** Motor vehicle accident on Brevator and Reservation Roads; car hit deer.

Ashi-niswi giizisooog (Thirteen Moons)

Manidoo Giizisoons

Manidoo Giizisoons is the little spirit moon and begins its cycle as a new moon on December 17. Names for the winter moons reflect different traditions over time. Maji bibooni giizis refers to the start of the winter moon. Gitchi bibooni giizis is the big winter moon. Whatever the tradition or belief, the moons of December and January seemed to capture the attention of people the world over.

The Spirit of Forestry

By Steve Olson
Fond du Lac Forestry

December brings the Spirit Moon. Spirit reminds me of the spirit of managing the land. FDL Resource Management is currently carrying on a tradition that has endured thousands of years.

In the book "1491," Charles C. Mann describes how the land in the Americas was managed prior to the arrival of Columbus. For example, Eastern forests were managed for nut crops. Native management strategies encouraged chestnut, oak, and other trees with edible nuts. Vast openings were created to entice bison movement eastward, out of the prairie and into the eastern forests.

Today FDL Forestry continues this land

management tradition. For a number of reasons our forest landscape is presently dominated by aspen; we are trying to reintroduce oak into this system. FDL forestry has been planting oak since 1988. Aspen is a tough competitor growing 4 to 10 times the height of the oak. But armed with a brush axe, chainsaw or brush saw, we give the oak a chance.

This winter Forestry will continue a wildlife project along the Stoney Brook. We'll be using brush cutters to mow down alder and willow. In another two years we'll burn the mowed areas. Much like it did before 1491, the burning will keep the brush back. In summer, the resulting grass and forbs such as clover will feed the wildlife we depend on for food in winter.

Ojibwe Biboon

By Dave Wilsey,
UMN Extension

Biboon. Winter. Anishinaabe probably know winter better than any other Minnesota communities. In earlier times, winter was survived in lodges framed with saplings and covered with wiigwaas, birch bark. Cedar strips were used to attach the wiigwaas to the frame. Winter lodges were larger and differently shaped than the peaked lodges of spring and fall due to the need to conserve heat and shelter entire families. The winter landscape is the rightful domain of the Anishinaabe. Winter months were dedicated to hunting and trapping. Aagimag, snowshoes, were fashioned from bent aagimaak or baa-paagimaak (black or white ash wood) and rawhide



lacing; nabagidaabaan, toboggans, were fashioned from wiigwaais-mitig (birch). The English term "toboggan" is actually a corruption of the Ojibwe word. Snowshoes and toboggans were key survival tools and remain essential winter technologies to this day. The Ojibwe are recognized for use of the "bear paw" style of snowshoe and the pointed snowshoe, which is often referred to as the "Ojibway style."

Winter was and remains the season of storytelling - aadizookaanag (legends) of the people, the seven fires, and the gifts of the people are passed from elders to the children.

Prepared with support from the National Park Service's "Winter Lifeways of the Ojibwe," Grand Portage National Monument.

A Native American Christmas, *By Looks for Buffalo (Cherokee).*

Everyday is our Christmas. Every meal is our Christmas. At every meal we take a little portion of the food we are eating, and we offer it to the spirit world on behalf of the four legged, and the winged, and the two legged. We pray-- not the way most Christians pray-- but we thank the Grandfathers, the Spirit, and the Guardian Angel.

The Indian Culture is actually grounded in the traditions of a Roving Angel. The life-ways of Roving Angels are actually the way Indian People live. They hold out their hands and help the sick and the needy. They feed and clothe the poor. We have high respect for the avatar because

we believe that it is in giving that we receive.

To the Indian People Christmas is everyday and they don't believe in taking without asking. Herbs are prayed over before being gathered by asking the plant for permission to take some cuttings. An offer of tobacco is made to the plant in gratitude. We do not pull the herb out by its roots, but cut the plant even with the surface of the earth, so that another generation will be born its place.

Excerpted from eaglerocktradingpost.com/nachristmas.



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

Events:

December 3, 2009, 9-12 a.m.: NE MN Sustainable Partnerships Natural Resources Committee Open Meeting, FDL TCC Commons. Info - (218) 726-6464

December 17, 2009: 13 Moons Workshop: Wanii'iganan / Adaawaagan, Trapping and Fur Handling, Info - (218) 878-8001

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

Your teen's behavior: rules, confrontation and results

By Lucy Carlson

For those who have never raised a teenage child, it is hard to imagine the day-to-day swings between crazed frenzy and genuine tranquility. Crises can arise in the blink of an eye. Parents can feel very much on the spot, needing an immediate strong and correct response to the situation, but having no idea what that response should be.

Meanwhile, adolescents often feel that life would be just fine if only their parents would leave them alone. Yet, we all know that our teenagers have household chores that need to be done, and curfews that must be met. In addition, fighting between siblings has to be kept to a minimum.

At the same time that teens start to act with greater independence, we adults see them growing bigger and more defiant. We feel less able to convince them of the importance of what we are saying. Some of us have an adolescent boy who, if he wanted to, could pick us up and twirl us around. Gone are the days of leading him to a "time out" chair.

Yet, we are the parents. It is our responsibility to keep children safe and to raise them to know right from wrong and act accordingly. There are certain things we absolutely do not want our children to do, like drink, use drugs, be sexually active, cut school, or hang around with undesirable friends.

The reality is that most teenagers do some of the above on a regular basis. Granted, many of our adolescents do what we parents want. Usually, adoles-



cents behave somewhere in the middle and the best we parents can get is imperfect control.

And in raising most of our teens, that is enough.

Will we worry? Will we have headaches about certain areas of concern? Of course. But in raising most teenagers, that imperfect control will be enough to get us through those adolescent years with both teenager and parent surviving in reasonably good shape

Establishing boundaries

It is a good idea to have rules to set clear boundaries and provide for clear understanding between parent and teen. Here are examples:

- You have to be home on weekend nights by eleven.
- You may not have friends in the house after school when we are not here, except for (name of friend)
- All of your dirty laundry should be put in the laundry hamper.

As Anthony Wolf, Ph.D. says in his book "Get Out of My Life, But First Will You Drive Me and

Cheryl to the Mall?" teens can do nothing about the rules set by a parent unless the parent abandons them. He writes: "This is how, without recourse to threats or punishment, parents do exert a very real power over their children."

- "You stayed out again last night way past your curfew. Do not think for a minute that is acceptable. Two a.m. is way too late for you to be coming in. I want you in at eleven-thirty, and I expect you to be home on time in the future."
- "I can come home when I want. Eleven-thirty is for babies. You can't stop me."
- "That's right. I can't stop you. But the eleven-thirty curfew stays."
- "I don't care."

But she does care. That 11:30 p.m. curfew will continue to sit there in her head exerting a steady pressure every time she goes out. Most of the time, that curfew will pull the adolescents in on time. Going against the family rules is usually not worth the hassle.

There are some teenagers

who will disobey and there is little their parents can do about it. But with the majority of adolescents, if parents confront their teenagers with each instance of disobedience and keep the rules in place, they will have a teen who usually obeys their rules.

Keeping rules in place

First, state the rule, such as this.

"Dawn, you have to be home by 11:30."

Stating the rule is the main starting place of control for the parent. The rule must be in place and kept in place.

Whether the teen accepts the rule or not, further discussion only leads to arguing. This is a waste of energy. When teens really do not like a rule, they sometimes have a fit. If teenagers have a fit because they are not getting their way, let them. The rule has been put in place.

The wisest thing a parent can do is to withdraw. Don't let yourself get pulled back into the argument with your teen over the fairness of the rule. Teens are adept at pulling their parents into the tussle. They will tell you they hate this house and are not ever going to do anything you ask them to do again! Don't respond. Now that the rule is in place the next step is up to the teen. She will either obey or not.

Often adolescents obey the "spirit" of the rule, rather than the specific rule. For instance, your teen might come in 20 or 40 minutes after curfew. How much energy should be spent on trying to get a teenage boy to come in at the exact time of curfew? Probably some, but

not a lot. At times, a teen will intentionally not obey the rule down to the letter, just to show that he or she is independent. In this case, parents can know their rules are working, just not exactly.

Devious defiance

Most teens stay away from direct defiance. They prefer to be a little devious. They really don't mind disobeying, they just don't want their parents to know about it. For instance, when their parents put a rule into place that they don't like, an adolescent will use an array of techniques to get it changed, to get around it, to confuse the issue, or if they are pretty sure they won't get caught, they'll disobey the rule altogether.

Most teens prefer to be devious rather than outright defy a parent's rule. This is an important point for parents to keep in mind. In order to combat a teen's deception, we must be sure to put our rule in as specific terms as possible.

"Dad, I'm going over to Anna's after school. I'll call you later to pick me up at five. OK?"
"Sure."

Later that evening:

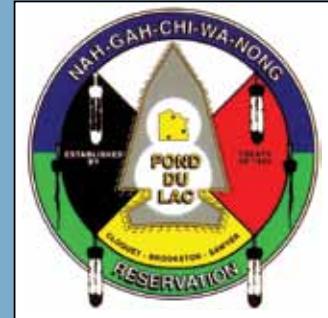
"Where do want me to pick you up? I've never heard of Meredith. You said you were going to be at Anna's."
"Yeah, but we went over to Meredith's. Is there a problem with that?"

If a parent wants his daughter to stay at Anna's he better say that.

"All right, you may go to Anna's, but you are not to go anywhere else unless you call me and ask me."

Or imagine this exchange:

continued on page 7



A few thoughts from RBC members

From Chairwoman Karen Diver

As I mentioned last month, I was honored to attend the Tribal Nations Summit held by President Obama on November 5th in Washington D.C.

President Obama signed an Executive Order in front of the tribal representatives that orders his Cabinet members to develop a comprehensive strategy for tribal consultation within 90 days in order to improve what he called “nation-to-nation” dialogue. He said that priorities of his administration include investing in tribal police and courts, reducing health disparities, environmental issues and education.

President Obama said, “I get it. I’m on your side. I under-

stand what it means to be an outsider. I was born to a teenage mother. My father left when I was two years old, leaving her -- my mother and my grandparents to raise me. We didn’t have much. We moved around a lot. So even though our experiences are different, I understand what it means to be on the outside looking in. I know what it means to feel ignored and forgotten, and what it means to struggle. So you will not be forgotten as long as I’m in this White House.”

As proof that he meant what he said, President Obama said that over \$3 billion dollars in stimulus (Recovery Act) funding



Karen Diver

was funneled to tribes. Additionally, the Tribal Summit was the largest tribal gathering ever held with a sitting President, and was held within the first year of his presidency, as promised.

The President opened and closed the summit, and in attendance through the day-long session were the Secretaries of Interior, Agriculture, Commerce, Energy, Labor, Health and Human Services and Education, the Deputy Attorney General, and the Deputy Secretaries of Housing and Urban Development and Homeland Security, the Indian Health Service Director and the Environmental Protection Agency Administrator.

Many tribal representatives felt that the President made an important commitment to Indian Country by requiring the highest levels of his Administration to be present at the summit. It was truly an honor to represent Fond du Lac.

Please mark your calendars for the State of the Band address to be held at Black Bear (Otter Creek Convention Center) on Thursday, Feb. 25, 2010 at 5:30 p.m.

Construction on the Supportive Housing project can now start because the closing on the financing package occurred Nov. 16. The 24 units of housing will go a long way to helping Band Members who not only need housing but services to achieve their long-term goals.

There have been no significant changes since last month

about the Nelson Act settlement. Leech Lake would like to work with the federal government on having management duties in the Chippewa National Forest. The MCT Tribal Executive Committee passed a resolution supporting this. Leech Lake will have to let our local Congressman know if they are willing to move the settlement forward at this time. I’ll keep you updated.

Best wishes to all of you and your families for the upcoming holiday season.

Please call or email if you have questions or concerns. Office (218) 878-2612, Cell (218) 590-4887 or email karendiver@fdlrez.com.

From Ferdinand Martineau

To the Fond du Lac Band Members, I left you last month with a question on how to distribute per capita payments when minor Band Members turn 18. I received several responses to the question.

The responses were varied and ran the range from no payments until the Band Member reaches 18 years of age, continue with the same method, require a high school diploma, pay them at age 21, require at least a two-year college diploma, or pay them at 25 years of age. There is no plan at this time to change the way that the payments are made to the minors. I will say though that the vast majority of the comments

were to require a high school education.

I would like to touch on the pipeline settlement a little this month. There have been lots of questions and rumors about the settlement agreement. First, the agreement has four separate sections. The first section deals with damages for the past 50 years of the pipeline running through the Reservation without the necessary easements in place. This portion of the agreement settles the issues associated with all trespass issues through Band land by the pipeline.

The second section grants the

necessary permits to construct and run a pipeline on Band-owned land. The third section grants an easement to the pipeline through Band-owned land for the next 20 years. At that time the entire agreement will be up for renegotiation. The last section of the agreement states that the Band will not oppose construction of the new pipeline through the Reservation. It also states that the Band will assist in the process of securing all other landowner easements.

We received a monetary settlement for agreeing on these four points with the pipeline. Part of an addendum

to the agreement included four parcels of land and a new position within the environmental department. The person in that position will monitor the pipeline during the term of the settlement.

The last thing that I want to touch on this month is the Reservation budget. It is made up of program monies that we receive from grant sources, and from income derived through business operations. This year it will also include monies from the pipeline settlement. The bulk of our business income is produced through gaming. The money that is made is used to run our businesses, to supplement our programs and make our per capita payment which is a large part of our annual expense.

The commitment is to keep the per capita payment at its current level for the next year. Although there has been a slight increase in our gaming income, we will still have to keep the belt tight again this upcoming year.

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.



Ferdinand Martineau



At left: Sawyer community members doing craft activities at recent Family Day celebration

RBC Thoughts

continued from page 6

From Sandra Shabiash

Boozhoo -- On the local scene: The Sawyer Center had a full house for Family Day held on Nov. 14. Sixty-eight community members were in attendance, 40 children and 28 adults. The first item on the agenda was, of course, food. All community members enjoyed a spaghetti dinner.



Sandra Shabiash

lowed. Parents and children enjoyed participating in sand art, painting a bear, and coloring a banner. Children attending ranged in age from one year to 17 years.

The togetherness of the community and its families is, simply put, what it's all about! Anyone entering the Sawyer Center on Saturday couldn't help but have a smile on their face. From watching a little one lose their plate of spaghetti on the floor to seeing the artistic

abilities take shape from the children as their projects took shape, to watching parents interact with the children, it was a good day in Sawyer. A special thank you goes out to the Elder Nutrition Program staff, the Adult and Youth recreation staff, and maintenance -- all for a job well done.

On the Reservation level: On Nov. 11 the Vietnam Veterans were honored with a dinner at the Black Bear Casino Convention Center. Veterans from near and far attended.

Regretfully I was unable to attend due to a prior commit-

ment. I did speak to several attendees and they couldn't say enough on how nice everything went. Each Veteran received a jacket and had his or her picture taken.

Chuck Smith, head of the Veterans Office and Mary Northrup, a veteran herself, District III Representative, deserve special thanks for their outstanding job of planning this special event for our Vietnam Veterans.

In conclusion, I want to express my appreciation to Band Members for allowing me to be involved, on a daily basis, with

community members, staff and fellow RBC members. After 21 months in office, I continue to enjoy each and every day of work. I have come to realize that decisions made today will have an impact on future generations. This is what we are all about. Mii Gwetch

To reach Sandra Shabiash, call (218) 879-3667 (home); or (218) 878-7591 (office)

from page 5

"Dad, me and Anna are over to Meredith's. Is that ok?"

"I meant that you were to call me before you went anywhere."

"Oh, sorry, Dad, I didn't understand."

Teens can be pretty adept at sliding off the hook. Of course we cannot anticipate everything they are going to do, but it is important to anticipate as much as we can as well as learn from experience what they are capable of thinking up. This will let us be as clear as possible in the beginning in order to pin down exactly what the expectations are. This will give parents more control, as there will be less wiggle room for our teens to maneuver and disobey.

Confronting teenagers when

they disobey is very important.

Blatant disobedience

Confrontation is the only step to take when parents are faced with blatant disobedience. The time for confrontation is not at 2 a.m. when your teen arrives home without calling, two hours after her curfew. Confrontations at these times can often lead to things said that are regretted the next day. The next morning is better.

"Lizzie, come down here. I want to talk to you."

"What?"

"I said Lizzie come down here."

"Ok, what?"

"You came home at two and you were supposed to be home at midnight. I don't care who else was with you and what time their curfew was, it is your

responsibility to keep track of time. You may not stay out that late."

"Midnight is too early."

"We've been over that before. Midnight is your curfew and it is not going to change."

"You can't make me come in if I don't want to."

"Midnight is your curfew and staying out any later is not ok."

"You treat me like I was twelve."

The parent should say no more. He has made his point and any more discussion would not be productive.

Confrontation has three parts.

These are the parts: a clear statement that the rule has been broken; emphasis that this behavior is not ok; a clear statement that the rule remains in effect.

This confrontation is the cornerstone of control of teens. It's effective, but works best with teens who don't want to rock the boat, at least not too much. And this includes most teens.

What about threats, groundings, lectures on motivation and attitude? They may have some impact, but usually are not too effectual.

This is because of two major facts about control of teenagers. The first fact is that the only way to really control a teenager or anyone else is to physically stop them. That is often what we do with small children, but it is certainly ridiculous to consider that option with adolescents!

The second fact is that no threat, punishment, or reward will have any effect unless the teen buys into the system. If

teenagers choose to go against their parent's rules, they can.

So, what can parents do to control their teenage children? Make rules and continuously confront children when the rules are broken. And if broken, keep the rules in place. Teens will disobey again. There is nothing that will totally stop them. But our consistent confrontation will provide as effective a control as possible, without hiring a huge football player to physically keep our teen in line.

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

A disease, a sanitarium, and an unusual minister

The naming of Nopeming

By Christine Carlson

In the early 1900s, tuberculosis swept through Carlton County, long before a vaccine was approved for general use in the 1940s. Unfortunately, FDL Band Members became ill and died from the disease. I did not find any record that gave the number of FDL deaths from tuberculosis.

But I did learn of an interesting connection between the Nopeming Sanitarium and a FDL Band Member who was also a Christian missionary.

Tuberculosis, also known as “TB,” “Consumption” and the “White Plague” are all names for the highly contagious disease that primarily attacks the lungs. Victims coughed blood and white phlegm.

TB took many lives. Some patients were treated at the

Nopeming Sanitarium, which was located at the intersection of Interstate 35 and Midway Road in St. Louis County.

“Out in the woods”

In about 1910, a contest was held to name the new facility. The Rev. Frank H. Pequette from Sawyer won the contest by submitting the word “nopeming” which means “out in the woods” in Ojibwe. In 1909, 25 out of 181 deaths from Carlton County were from tuberculosis. Between 1909 and 1930, 400 people in Carlton County died from TB.

The photograph shows the initial building where TB treatment took place, known as the Hart House. It was named for Dr. William M. Hart from Saranac Lake, N.Y. who once had tuberculosis. Dr. Hart and Jean Poirier selected the sanitarium

location above Gary-New Duluth off Highway 61. The land was purchased on Sept. 1, 1909. The facility on a 260-acre site bordering the St. Louis River valley opened for patients on May 23, 1912.

Suspicion at first

At first many people did not wish to receive treatment at the Nopeming sanitarium. However, TB was very contagious so they were forced to live there. Some patients recuperated and even returned home. Some died. Others regarded Nopeming as a beautiful, wonderful place of hope.

The “war” on tuberculosis was both local and global in scope. A May 29, 1909 story from the Carlton County Vidette featured this headline: “One Million Women in White Plague War -- Rich and Poor Unite

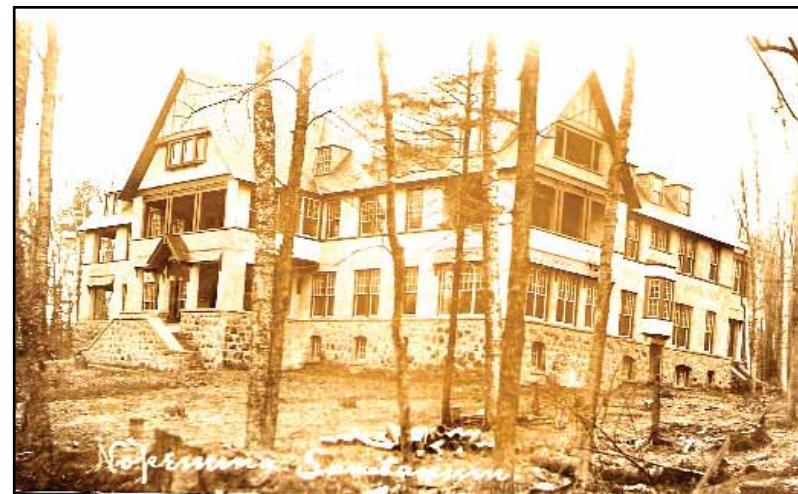
Against Consumption.” Below is an excerpt from the story:

One million women representing cities, towns, villages and isolated rural settlements in every section of the country are today enlisted in a campaign against tuberculosis according

to a statement issued by the National Association for the Study and Prevention of Tuberculosis.

Pequette’s lineage

Frank H. Pequette, who was also known as Opiniwabo, was continued on next page.



The original Nopeming Sanitarium in 1912. It was known then as the Hart House. Photo courtesy of Christine Carlson.

When Christine Carlson filed the story on the Nopeming property near Duluth, I asked her to include a paragraph or two on the current status of the land. Readers will want to know what is going on today, I said.

Christine made a few calls. No answer. Then she located a news story tying the facility to the Tom Petters alleged Ponzi scheme case. The federal case started in mid-November in St. Paul.

We wondered how the property evolved to become involved in such a complex matter. One news story led to the reading of many others. The four-story, 212-bed facility on 140 acres has an unusual past. At the same time, the land features one of the more beautiful vistas and bluff areas

in the region. This story will give a few details from Nopeming’s surprising past.

The former Nopeming Sanitarium for tuberculosis patients – and later a nursing home – still carries mixed memories for many FDL Band Members. At one point former RBC members considered purchasing the building and its picture-perfect landscape until a group of Band Members heard about it. They came forward and expressed their hard feelings about Nopeming -- a place for many with memories of illness and sadness and restive spirits. Don’t buy it, they advised. FDL placed no bid at that sale.

St. Louis County closed Nopeming in 2002 after years of emotional debate about its fate. At that time, the nursing home

had about 150 patients; 49 of those had severe dementia and were assigned to the building’s locked second floor unit.

Before its closure, County Board members spent years wrangling over costs and the placement of the Alzheimer’s patients at Nopeming. The patients eventually were moved to a new wing of the Chris Jensen Center in Duluth.

After the building was put up for sale, a few potential buyers proposed a restaurant at that location, or a culinary school. In 2005, a Twin Cities developer bought the property with plans to turn it into a troubled youth Christian facility.

In an unexpected twist, the developer, Frank Vennes Jr., had his assets frozen in 2008 by federal agents who suspected that Vennes profited by funneling

investors to businesses owned by Tom Petters. Petters is a Twin Cities businessman accused of a multibillion-dollar investment fraud scheme. Vennes has not been charged with participating in the alleged Ponzi scheme, but his estate was put in the control of a court-appointed receiver whose job it is to liquidate assets for a possible distribution to victims.

An October 2009 story from the Star Tribune reported that Vennes did time in 1987 for money laundering and drug and firearms charges. Federal affidavits claim that Vennes convinced investors to put \$1.2 billion in Petters’ companies. Vennes received more than \$28 million in commissions from Petters.

The tentacles of twisted finance that reach to the Nopeming

facility may be of idle curiosity to some Fond du Lac Reservation Band Members. For most, however, the buildings and facility more strongly represent the final years of loved ones. A check of obituaries from the Duluth area shows last names like Martineau, Zacher, Houle, Dufault, and many more, all of whom were Nopeming residents.

We will always have family ties to the sanitarium and nursing home, and before that, to the land with its breathtaking beauty.

Deborah Locke

Duluth News Tribune and Star Tribune news stories contributed to this story.



Photos courtesy of the Minnesota Digital Library, www.mndigital.org/reflections.

In 1909, 25 out of 181 deaths from Carlton County were from tuberculosis. Between 1909 and 1930, 400 people in Carlton County died from TB.

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from previous page

born in Michigan about 1857. He was married around 1886 to Georgianna (Bedell), whose Ojibwe name was Ishquaahche-bequoquay.

Georgianna was born about 1856 and her family was from the L'Anse Band of Chippewa in Michigan. Records show that the couple did not have children. However, Frank went on to have 11 children with Lizzie (Connors) St. John, while he was still married to Georgianna.

Records show that at one point, Lizzie was referred in the 1922 U.S. Census as Lizzie St. John Pequette, the mother of nine Pequette children at that time.

This arrangement between a Methodist Episcopal minister and two women may appear unusual for the early 1900s, especially since it's likely that Georgianna and Lizzie got along. One of Frank and Lizzie's children was named after Frank's first wife, Georgianna.

Lizzie was born in Minnesota about 1881. The 1922 U.S. Indian Census from Fond du Lac

lists Lizzie St. John Pequette's nine children: Kate, Annie, Georgiana, Alice, Dulcie, Kate Celia, Lily, Clifford and Ruby.

In 1909, Frank Pequette was employed as a traveling Chippewa Indian missionary in Duluth and Moose Lake. He was also the minister of the Methodist Episcopal Church in Sawyer.

That same year Pequette organized the Epworth League, a Sunday evening devotional service for young people. Joseph Northrup served as League President. Two children assisted with the ministry by singing hymns in Ojibwe and English at the services. They were Lucy Connors, also known as Bemosoqua or Walking Lady and Ellen Peterson, also known as JeBad or Little Mischief. Ellen's oldest sister, Angeline, later married Joseph Northrup.

FDL TB victims

Heartache struck the Peterson family when Susan (Peterson) Whitebird died of tuberculosis on Dec. 16, 1929. Susan was followed by Nelson S. Peterson, who died on Jan. 25, 1942 at the Ahgwaching TB sanitarium

in Walker, Minn. The parents of the Peterson children were John Peterson and Mary (Baptiste), who was also known as Nokah-sunoquay.

The Carlton County Vidette of Feb. 9, 1912 states:

Rev. F. H. Pequette, Indian missionary of Sawyer, was in the city on Wednesday and was a visitor at The Vidette. In a few minutes of very pleasant chat with Rev. Pequette, it was plainly evident that he is a thoroughly good man, and one who is working always toward the uplift of the human race and especially that of his fellow Indians.

In 1913, Rev. Pequette was in charge of the Sawyer, Orr and Tower Indian Missions, and was assisted by the local preachers of each charge. Clearly, he was regarded as representative of the Fond du Lac Band's interests. That same year, Pequette traveled to Washington, D.C. with John Roy and Chief Moses Day of the Bois Fort Chippewa. The Carlton County Vidette of Feb. 28, 1913, reported this headline: "Indians have \$100,000 Coming from Govern-

ment on Back Claims, etc." The story said:

The Indians claim arrearages of some \$46,000 from the government on appropriations which they have not as yet received, and they want to get it. They also claim another item of \$70,000 back pay for the same reason. This makes about \$116,000 which the delegates say would come in mighty handy to their red brothers at this particular cycle of their existence.

Fundraising campaigns popped up. "Christmas Seals" were introduced in Denmark in 1904 to raise money for a sanitarium operated by the Danish National Association to Combat Tuberculosis.

The idea caught on in the U.S. in 1907 after a Delaware woman, Emily Bissell, read about the Danish Christmas Seal campaign. Christmas Seals

grew to become a national program in 1908. The first seals were sold in Delaware post offices at one cent per stamp. In December, 1907 Bissell took her story to a major Philadelphia newspaper. The story, with the headline "Issued by the Delaware Red Cross to Stamp

Out the White Plague" increased the popularity of Christmas Seals. The advertisement read as follows:

For this stamp with message bright on every Christmas letter; Help the tuberculosis fight and make the New Year better; These stamps do not carry any kind of mail but any kind of mail will carry them. Wishing you a Happy Holiday Season

Christine Carlson continues to research old Fond du Lac families. She wishes you a safe and healthy New Year.



(Off)-Rez adventures with the Indian Scout

By Deborah Locke

On an unusually warm November day, the Indian Scout and I headed for Lake Superior's Wisconsin



Point to gauge the trash situation. To our relief, not much garbage marred the famous three-mile sand bar for which FDL Band Members once literally fought tooth and nail.

That's right – "Old Warrior" Frank Lemieux, who died in 1902, defended by rifle point his right to continue to live on Wisconsin Point until the steel and land companies wore him and others down. Frank was my great-great grandfather.

The FDL Band has attempted to purchase some Wisconsin Point property now owned by the U.S. Army Corps of Engineers. The drawn-out bureaucratic process is stuck in limbo in the federal

Office of Management and Budget in Washington, D.C.

Last summer officials with the city of Superior, Wis. took measures to cut back on the trash dumped at Wisconsin Point. Those measures included an increase in fines (from \$100 to \$1000) and closed curfew hours for vehicles at the end of the Point.

Superior city staff removes the abandoned household appliances, computers and construction debris, said Mary Morgan, Director of the Superior Parks and Recreation Department. Volunteer groups sometimes organize and receive plastic trash bags from the Department and pick up trash.

We picked up potato chip bags, two empty beer cans, a Camel cigarettes package, two plastic pop bottles and an unidentifiable plastic tube. The roadsides contain larger bits of garbage but the amount decreases the further you drive in.

The gradual decline of garbage pleased the Indian Scout, who is especially sensitive about the

300-year-old Ojibwe cemetery on the Point. He sprinkled tobacco near the stones and the placard explaining the area's history, and advised me not to photograph a red beaded necklace hanging 40 feet from the ground on an old pine tree branch. Whoever climbed that tree had to be young, he said.

As the Scout approached the placard, I saw an eagle sweep across the sky to the east. It seemed to float out of view. I hollered for the Scout to look but he missed it. We walked in the general direction of the eagle past a circular clearing with a fire pit and over a ridge. The roar of the mighty lake welcomed us.

The Scout glanced east down the beach and spotted the eagle at a distance, seated on a fork-like branch. I snapped off more pictures.

We turned back for the cemetery, picking up small bits of trash, happily taking pictures, basking in all the out-of-doorsness. So this is why Grandpa Frank fought so hard. No wonder.

I noted a pathway. Something has been through here, I told the Scout.

Deer, he said. You found a deer path.

We returned to the monster truck as the sun sank behind thick narrow pine trees. The truck ambled past a surprisingly glass-like Lake Superior cove where 30 ducks swam. Imagine this 200 years ago, the Scout said. You would have seen a million ducks. The nets would have been pulled in about now. You'd have fish for supper.

The conversation back to the Rez on Interstate 35 South took many turns. We drove by an overpass where sweet grass grows.

"How did you know to look there?" I asked.

"I know what to look for," the Scout said.

I thought for a minute.

"I saw an eagle and a deer path before you did!" I said. The Scout smiled.

"Finally all of this is rubbing off," the Scout said. "We're getting all that urbanization out of

you. The Indian in you was there all along."

For a couple years, now, various FDL Indian Scouts have taken me to points near and far with cultural and historical significance to the Ojibwe people. Each adventure brought something new to think about.

On that late November day, I thought about Frank Lemieux and the Wisconsin judge who dismissed the Ojibwe claims to the land.

Eventually the Fond du Lac Band must reclaim as much of Wisconsin Point as is possible. Our grandfathers and grandmothers would heartily approve.

Volunteers interested in removing trash from Wisconsin Point are invited to call Mary Morgan, Director of the Superior Parks and Recreation Dept. at (715) 395-7279. Plastic bags will be provided.

Deborah Locke can be reached at deborahlocke@fdlrez.com



Etc.

Community Center Christmas parties held on Dec. 19

A Christmas party for residents of each FDL district will be held at each Community Center – Brookston, Cloquet and Sawyer -- on Dec. 19, 2009. The parties start at 3 p.m. A meal will be provided, and Santa will be on hand to greet everyone.

A home for unwanted Christmas tree lights

Tangled, burnt out, unwanted holiday lights can be brought to the Fond du Lac Reservation Waste Site on University Road for recycling. Please do not throw them away!

Please donate labels, milk caps, box tops for playground equipment

The FDL Ojibwe School needs to raise money to purchase new playground equipment, which is costly. One way to raise money is to collect cereal box tops, Campbell's soup can labels and Kemps Milk caps. If you would like to donate these items, please drop them off at the administrative office with Jennifer.

The school is located at 49 University Rd., Cloquet. For more information, call the school offices at (218) 878-7547.

Elder Essentials

Elders Christmas Party scheduled for Dec. 4

The annual Elder Christmas Party will be held from 11 a.m. to 2 p.m. on Dec. 4, 2009 at the Black Bear Convention Center on Hwy. 35 in Carlton, Minn. Registration starts at 9 a.m.

The event is open to enrolled FDL Band Members age 52 and over and their spouses.

Entertainment will be provided by an Elvis Presley impersonator. Drawings will be held for a variety of prizes. You must be present to win.

Questions may be directed to the FDL Advocate Debra Topping at (218) 878-8053 or Tina Myhre, (218) 878-2620.

Trip to Plymouth for Church Basement Ladies play in January 2010

FDL Elders are invited to see "Church Basement Ladies" perform in "Away in the Basement" at the Plymouth Play House near the Twin Cities on Jan. 9, 2010. The bus will leave the Tribal Center at noon and arrive around 3 p.m. The play starts at 7:30 p.m. Hotel rooms at double occupancy are available.

The cost for FDL Enrollees is \$50 deposit, which will hold your place and be returned to you after you board the bus. The \$50 deposit covers the ticket and hotel room cost. Participants will receive a \$25 food allowance.

The bus will depart from Plymouth at 9 a.m. on Jan. 10, stop for breakfast, and then take a side trip to the Mall of America for two and a half hours of shopping. Arrival back at the Tribal Center is expected to be in mid-afternoon.

The cost to non-enrollees is \$65 (ticket and hotel), plus you must pay for your own food.

The cancellation date is Jan. 2, 2010.

For more information, contact Heidi Hilton (218) 348-0533; Greta Klassen (218) 345-6304; or Jerry Setterquist (218) 879-9412.

Les Northrup agreed to write a summary of the bus trip to the Chanhassen Dinner Theater by FDL Elders in September. The group attended "Always...Patsy Cline" which told the story of country western star Cline and a fan that she corresponded with over the years. Here's what Les had to say:

The Elder trip to Chanhassen Dinner Theater was a great event that was enjoyed by all who attended. To start the day off, the Elder Planning Committee provided doughnuts, juice and coffee before we boarded the coach at the Tribal Center for the ride to the theater.

Road construction on Interstate 35 South slowed us down for a half hour, but we prevailed due to the excellent coach driver. Upon arrival at the theater we were welcomed and directed to our reserved area for a delicious meal and then on to the show. We listened to the fine Patsy Cline songs sung by an understudy who did an excellent portrayal of Patsy's songs. The show also featured a character named Louise who addressed the audience. Personally, I believe that Louise was 90 percent of the show. Her narration gave a very good account of Patsy's life until Patsy's premature death in an airplane crash in 1963 at the age of 30.

A special thank you to the RBC, the Elder Planning Committee and chaperones, Jerry Setterquist, Greta Klassen, and Heidi Hilton.

Les Northrup



Jon Pensack presents a gift to Jimmy Johnson at the FDL Veteran's Dinner on Nov. 11, 2009. Jon is the FDL Honor Guard Commander.

Enjoying food during cancer treatment

From the Betty Crocker "Living With Cancer" cookbook

During treatment, cancer patients often experience side effects of chemotherapy, radiation or surgery. Foods may taste metallic, patterns of hunger may be different, or, as several patients have commented, "Food just did not taste the way I remembered it before treatment."

There are ways you can bring back the joy of eating and eat well. Try these:

- Start small. Eat small quantities of food more often. You may feel full after eating only a little bit of food. Try eating a small amount, then try eating more food 30 minutes later.
- Eat big when you can. Try eating your largest meal at a time when you are the least tired. If you are less tired in the morning or at noon, try eating your main meal then, instead of waiting until evening.
- Have someone else cook. Food just seems to taste better when

someone else cooks! Invite friends or family members to cook in your home, or pick a day when you're feeling better and try dining at their home.

- Dine at restaurants. "If I choose good foods when eating out, it entices me to eat more because of the variety of choices," said a patient who ate many of her meals at restaurants.
- Choose comfort foods. Everyone has a different version of comfort foods. Rice pudding, custard, mashed potatoes, oatmeal, and macaroni and cheese conjure up pleasant, nostalgic thoughts and are comforting and enjoyable for many.
- Eat foods at room temperature. Because room-temperature foods have less aroma, this is a particular help when you are experiencing nausea.
- Eat away from the kitchen. Avoid the smells associated with cooking by eating in a room other than the kitchen. Another environment can be quite helpful if you have nau-

sea.

- Eat foods that are easy to swallow. If you have mouth sores or dry mouth, this is the key. "Soups, mashed potatoes and oatmeal went down easily," suggests one patient.
- Avoid greasy or fried foods. Greasy or fatty foods are particularly difficult to digest if you have an upset stomach or are feeling nauseated.
- Eat foods that agree with you. Trial and error is the only way to know which are the best foods for your system right now. Start with small tastes of foods to see how well you tolerate them and if they taste good to you before you opt for a larger serving.
- Enhance eating. Find simple ways to add pleasure to your dining experience. Try using colored plates, lighting candles or adding fresh flowers to improve your mood and help make you feel more like eating.

Recipe suggestion: Turkey Tetrazzini

(From the Betty Crocker "Living With Cancer" Cookbook; 5 servings; 1 cup each)

Poultry, such as turkey and chicken, is a good source of zinc, a mineral needed in very small amounts. Deficiencies of zinc can lead to decreased appetite and a reduced ability to taste and smell.

Ingredients

- 1 7-oz. pkg. spaghetti, broken into thirds
- ¼ c. butter or margarine
- ¼ c. all-purpose flour
- ½ t. salt
- ¼ t. pepper
- ¾ c. chicken broth
- 1-¼ c. milk
- 2 c. cubed cooked turkey or chicken
- 1 3-oz. can sliced mushrooms, drained
- ½ c. grated parmesan cheese

Heat oven to 350 degrees. Cook spaghetti as directed on package. While spaghetti cooks, melt butter in 3-quart saucepan over medium heat. Stir in flour, salt and pepper. Cook, stirring constantly, until mix is bubbly. Remove from heat and stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 min. Stir in turkey and mushrooms.

Drain spaghetti; place in ungreased 2-quart casserole. Stir in turkey mixture. Sprinkle with cheese. Bake uncovered about 30 min. or until hot and bubbly.

Bipolar disorder is genetic in origin; caused by brain imbalance

By Dan Rogers
Licensed Psychologist
FDL Human Services

Bipolar disorder is a severe mood disorder caused by a bio-chemical imbalance in the human brain. Bipolar disorder is always genetically inherited. If someone is often moody, it does not necessarily mean they are bipolar. This is a popular misconception.

Bipolar disorder consists of extreme lows in mood called

major depressions and extreme highs in mood called manic episodes. A manic episode usually involves a very high mood, going at least four days with little or no sleep while still having a high energy level with racing thoughts and risky behavior.

Some people with bipolar disorder have periods of normal mood in between the highs and lows, while others do not. Bipolar disorder usually strikes when a person is in their 20's and never after age 45. Children

cannot have bipolar disorder but on rare occasions, older teens can develop it.

If you have been diagnosed with bipolar disorder, the odds of your children developing it some day are roughly one in four. If both parents have bipolar disorder, the odds of their children getting bipolar disorder someday are roughly one in two.

There is no cure for bipolar disorder but there is effective treatment in the form of medi-

cine. Without treatment, people with bipolar disorder have a higher suicide rate than people with bipolar who get treatment.

Medicine is always necessary for bipolar disorder and often people need to stay on it for decades. With effective treatment, many bipolar individuals can lead fairly normal lives. For example, I have worked with physicians, teachers, dentists and psychologists who have bipolar disorder. Some of them were my coworkers and some

were my clients.

Bipolar disorder used to be called manic-depressive illness. They are the same thing.

Bipolar disorder evaluations are done by the Behavioral Health staff at the FDL Min no aya win Clinic, (218) 879-1227, and at the Center for American Indian Resources in Duluth, (218) 726-1370.

Area news

Sandy bottom Pinehurst pool extremely popular

The renovated Pinehurst Park swimming pool, with its sandy bottom that required approval from the state legislature, proved to be hugely popular this summer. Known as "The Beach," the pool was open from July 3 to Sept. 4.

A total of 14,000 people used the pool in the 46 days that it was open. At times, more than 1,000 people used the pool in a single day. The revenue earned, \$65,000, nearly equaled the facility's expenses of \$72,000, according to a story in the Pine Journal. The renovation cost \$1.5 million; sand from the FDL gravel pit was purchased by the city for the pool floor.

The pool was closed in 2005 due to extensive wear and damage.

Governor shifts medical costs from state to local counties

In October Gov. Tim Pawlenty announced that the 28,000 state residents who are enrolled in the General Assistance Medicare Program will become automatically enrolled in MinnCare when GAMP is discontinued.

Earlier this year Pawlenty unilaterally deleted the health insurance program from the state budget as a cost savings gesture. Criticism has grown for the measure that would leave thousands of people with chronic illness without medical care.

County officials across the state pointed out that the transfer merely shifts the cost

burden to county residents who are already paying higher property taxes due in part to drastic cuts in local state aid.

Counties will pay the MinnCare premiums for the transferred enrollees for the rest of their eligibility period, up to six months. Enrollees must then reapply and pay premiums that will average \$5 a month. General Assistance recipients currently pay no premiums.

MinnCare has an annual \$10,000 cap for hospital stays; many members of the GAMP program are chronically sick and require more than \$10,000 in hospital care. They are often homeless, in precarious housing, or in low-income housing. An estimated 70 percent of those who receive GAMC deal with a mental illness or substance abuse. The story appeared in the Star Tribune and the TCDailyPlanet Website.

Wisconsin deer hunters may gain an extra week

The Wisconsin Department of Natural Resources wants the nine-day deer hunting season to grow to 16 days, and start a week earlier.

Historically, the gun deer season starts in Wisconsin the Saturday before Thanksgiving. The longer season is seen as a solution to hunter's objections to the Earn-A-Buck system in that state, which requires that hunters shoot an antlerless deer before shooting a buck. It's presumed that an earlier opener date offers more opportunities for hunters to see and shoot deer. Additionally, an earlier opener would coincide

better with the peak of the mating season.

Bow hunters have objected, because they don't want guns in use a week earlier. The state has about 650,000 gun deer hunters and 250,000 deer bowhunters.

Hearings were held on the proposal in October. If the Wisconsin DNR approves the changes, they will go into effect in 2010 and would be made on a two-year trial basis.

Shakopee adds turbine

A new wind turbine at the Shakopee Sioux Community is expected to generate enough energy to meet that community's entire residential demand, according to a story from Indian Country Today.

The 38-story turbine operates around the clock, and was constructed in China.

The Shakopee Community is working toward a goal of self-sufficient energy production.

Gunflint Trail receives Scenic Byway designation

The 57-mile drive down the Gunflint Trail has been designated an official National Scenic Byway.

The announcement was made in Washington D.C. in October. The drive extends above Grand Marais and Lake Superior past the Loon and Gunflint lakes to Saganaga Lake.

The original trail was a foot path for American Indians.



October was a strange month this year with surprisingly cold temperatures across the Northland. But it wasn't cold enough to deter Trey Kettelhut from taking these pictures on what may have been the only sunny day of the month. The photos were taken at Twin Lakes Road and along U.S. Hwy. 2 near Brookston on the FDL Reservation. Trey, 15, is the son of Chad and Dannell Kettelhut.



Community News



More than 550 FDL elders and their spouses attended the 2008 Elder Christmas party. The 2009 party will be held on Dec. 4, again at the Black Bear Convention Center. See more information on page 11.

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, sent notices to us by Dec. 15 for the January 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.

Birthdays

A note to **Delilah Savage** on Dec. 17, who will be five years old. Happy Birthday my beautiful girl!

With love from Mom and family



Happy 1st Birthday **Zacobi White** on Dec. 17th.

Love, Grandma Nikki

Happy 40th Birthday on Dec. 28 to **Nicole Ammesmaki!**

From your friend, Tanya

Happy 15th Birthday on Dec. 14 to **Haley Psyck!**

Love you, Mom



Happy Birthday on Dec. 7 to **Xander Ripley Jaakola.**

Love, Gran

Happy Birthday to **Abby Volkert** on Dec. 24.

Bunny

Happy Birthday to **Curtis Defoe**, who will be 22 on Dec. 2.

With love always, your family

Happy Birthday on Dec. 20 to my husband, **Kevin Ray Dupuis, Jr.**

Love, Tasheana

Happy 9th Birthday **Brianna Jo Reynolds** on Dec. 15!

Love from Dad, Grandma Diane Mrozik and Grandpa Steve Mrozik

Happy Birthday to **Mackenzie Bassett** on Dec. 6th! Sweetheart, it seems like yesterday when I saw you for the first time and fell head-over-heels in love with you! You were then, are now, and will forever be my Baby Doll! I love you to the Sun, Moon, and Stars and back again!! Happy 9th Birthday, My Girl!

Love, Auntie Jamie

Happy Birthday, **Mackenzie Bassett!** Woo-hoo -- 9 years old!

Love, Uncle Travis

Happy 9th Birthday, **Mackenzie Bassett!** We love you!

Love, Uncle Wes, Aunt Sara, Kaylee, Zack, and Madds

I would like to wish **Nicole Ammesmaki** a happy birthday on Dec. 28.

Dawn Ammesmaki

Happy 25th Birthday to my twin brothers, **Jarvis and Jaris Paro**, on Dec. 8, 2009.

Love, Your big sis Janelle

Margaret Needham at the Center for American Indians in Duluth wants to apologize to **Lorraine Turner**, Family Doctor, and to **Greg Goodrich**, Behavioral Health Therapist, for missing their co-birthday, Oct. 30. Happy belated birthday to you!

In December, birthday wishes go out to **Nicole Madsen**, CAIR Pharmacist, on Dec. 11, and to **Jennifer Hall** on Dec. 24. Jennifer is a Nutritionist at CAIR and at the Min no aya win Clinic in Cloquet.

Have great birthdays and belated birthdays!

Happy Belated Birthday (Nov. 28) to the Best Grandpa Ever, **Jeff Savage**.

Love from Dannin Barney, your little monster

Happy 24th Birthday and 5th Birthday to **Patti Jo Savage** and **Deiliah Savage**, who share a Dec 16 birthday.

Love, your family

Happy Belated Birthday (Nov. 11) to **Alyza Savage** and to **Leah Savage** (Nov. 20).

Love, Dannin

Happy Belated Birthday to "Daddy's Daughter," **Lorri (Jaakola) Antus**, on Nov. 29, 2009.

Love from Mom

Happy 29th Birthday to **Jesse Zacher** on Dec. 4, 2009.

With love from your family

Jaakola family birthdays in December are these: **Piper**, on Dec. 11; **Blake**, on Dec. 11; and belatedly to **Alden** on Sept. 10.

Happy Birthday on Dec. 2 to my big sis, **Dianne (Blanchard) Kartiala**. I love you dearly.

El

Birth notices

Welcome to **Dannica Grace Marie Martin** who was born on Oct. 14, 2009 at St. Luke's Hospital, Duluth. Dannica was eight pounds, nine ounces and 20 inches at birth.

Her parents are Carissa Grace Diver and Denny Arnold Martin. Her grandparents are Kim and Tom Mcfatridge, Daniel L. Tiessen and Deb Diver.

Welcome to **Carter Jaakola**, who was born on Oct. 30, 2009 at St. Francis Hospital, Shakopee, Minn. Carter was eight pounds, five ounces and 20 and one-half inches at birth.

His parents are Bradley and Cassandra Jaakola. His grandparents on his father's side are Dean and Lori Jaakola of Jordan, Minn. His great-grandparents are Ed. Sr. and Carol Jaakola of Cloquet.

Thank you

The Sawyer Youth and Adult Programs staff would like to thank the entire community for its participation in Sawyer Center Family Day on Nov. 14. Everyone seemed to enjoy the spaghetti dinner, arts and crafts event and the prize drawings. Thanks so much for your kind support.

Military service

Christopher Johnson-Fuller, who graduated in May 2009 from the FDL Ojibwe School, graduated from basic training in September from Lackland Air Force Base in San Antonio, Texas. Chris is receiving technical training as a helicopter crew chief at Fort Eustis Army Base in Virginia. Upon completion of his training he will be stationed at Nellis Air Force Base in Las Vegas, Nevada. Chris is the son of Debra Johnson-Fuller and Daniel Fuller.



Lost and found

Found on Hwy. 210: a case holding an eagle feather. To identify, call Bobbi at (218) 878-2626.

For sale

Home for sale in the Cloquet District on leased land. Three bdrms., 1 bath, full basement, many updates. Large fenced in yard. Any questions or to view call (218) 269-1356.

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

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

Obituaries

Eleanore Lemieux Woodley, 75, of Brazil, Ind., died Oct. 10, 2009 after a long battle with cancer.

She was born in Superior, Wis. on Nov. 4, 1933 to John B. and Mary J. (Minness) Lemieux, and was the great granddaughter of Chief Joseph

Osaugie.

After graduating from high school in Superior, Eleanore joined the U.S. Air Force. She served during the Korean War and was honorably discharged in 1954.

Eleanore married Richard Woodley on Aug. 20, 1953. Her family moved from Brownsburg, Ind. to Terre Haute, Ind. in 1966. Eleanore spent her life caring for her family and spending time with friends.

She was preceded in death by her parents, brothers Harold and John and a sister, Jean (Lemieux) McConnell.

Survivors include her husband, Richard, children Donald F. Woodley (Karine); Jackie Taylor, Richard G. Woodley; grandchildren Corey Taylor, Dustin Taylor, Ellie Hightower, Jamison Woodley and Christian Woodley; great-grandchildren Jayce Taylor, Devon Taylor, Myles Taylor, Tate Cook and Journee Woodley; and nieces, nephews and extended family members.

The family will hold a private memorial service at a later date.

Joan Marie Lampi, 65, of Cloquet died Nov. 14, 2009 in her home with her loving family by her side.

She was born May 30, 1944 in Cloquet to Wesley "Barry" and Luella "Betty" Morrisette. Joan graduated from Cloquet High School in 1962.

She worked at Northwest Paper Company until her marriage to Dennis Lampi on



Nov. 21, 1964. They moved to St. Paul where Joan worked for an insurance adjuster and was employed by a St. Paul bank. In 1969 they returned to Cloquet.

Joan was a stay at home mom until 1985 when she went to work at Bergquist Imports until retiring in 2004.

She was a volunteer at the Community Memorial Hospital gift shop, had her own home day care for several years and was a mentor to children. She enjoyed crafts and cooking. She put together two cookbooks containing recipes of her own and those of other family members and friends.

Joan was preceded in death by her parents.

She is survived by her husband, Dennis; daughter, Amy Jackson of Cloquet; son, Chad of Esko; sister, Judy (Tom) Nuebel of Island Park, Idaho; mother-in-law, Lillian Ganter of Carlton; sister-in-law, Jeanne (Ed) Szumowski of Cloquet; two grandchildren, Courtney and Preston Jackson; and several nieces and nephews and their families.

Funeral services were held on Nov. 19, 2009 at the Atkins-Northland Funeral Home.

Burial was at the Maple Grove Cemetery in Cloquet. A time of lunch and fellowship was provided by the Elder Nutrition Program staff at the Fond du Lac Tribal Center following the service.

Manidoo Giizisoons – Little Spirit Moon December 2009

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185;

CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School;

CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		WIC pick-up noon CAIR Get Fit noon CCC After School program 3 p.m. CCC Massage 4 p.m. SCC Community Sewing 5 p.m. CCC 1	Elder Exercise 8 a.m. CCC Elder Concern's mtg 10 a.m. CCC Adult game day 12:30 p.m. CCC After School program 3 p.m. CCC 2	Pilates Class noon CCC After School program 3 p.m. CCC Massage 4 p.m. SCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC 3	Elder Christmas Party 11 a.m. BBCR After School program 3 p.m. CCC Story time 3:30 p.m. CCC Intro to Drum and Singing 6 p.m. CCC Women's night 6 p.m. CCC Moccasin game 6 p.m. CCC 4	Church bazaar set-up Game afternoon with Jimmy CCC 5
Church bazaar Cribbage tournament 2 p.m. CCC 6	Elder Exercise 8 a.m. CCC Quilting SCC Community Sewing 10 a.m. CCC After School program 3 p.m. CCC Adult Cribbage 5 p.m. CCC 7	2nd Annual Holiday Potluck noon ENP WIC pick-up noon CAIR Get Fit noon CCC After School program 3 p.m. CCC Massage 4 p.m. SCC Community Sewing 5 p.m. CCC 8	Elder Exercise 8 a.m. CCC Quilting SCC Elder Concern's mtg 10 a.m. CCC Lunchtime movie noon ENP Adult game day 12:30 p.m. CCC After School program 3 p.m. CCC I CAN COPE 5 p.m. MNAW Caregivers Support Group 5 p.m. CCC 9	Pilates Class noon CCC After School program 3 p.m. CCC Massage 4 p.m. SCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC 10	FDL Human Services Year End mtg. Noon MNAW After School program 3 p.m. CCC Story time 3:30 p.m. CCC Intro to Drum and Singing 6 p.m. CCC 11	Movie at Premier Theater 10 a.m. CCC 12
Open pool tourney 1 p.m. SCC 13	Elder Exercise 8 a.m. CCC Quilting SCC Community Sewing 10 a.m. CCC After School program 3 p.m. CCC Adult Cribbage 5 p.m. CCC 14	WIC pick-up noon MNAW Get Fit noon CCC After School program 3 p.m. CCC Massage 4 p.m. SCC Community Sewing 5 p.m. CCC Cooking class 5 p.m. CCC 15	Elder Exercise 8 a.m. CCC Quilting SCC Elder Concern's mtg 10 a.m. CCC Adult game day 12:30 p.m. CCC After School program 3 p.m. CCC 16	Pilates Class noon CCC After School program 3 p.m. CCC Massage 4 p.m. SCC Bimajii 4:30 p.m. CCC Language table 5 p.m. CCC RBC officials and Band Members open mtg 5:30 p.m. DC 17	After School program 3 p.m. CCC Story time 3:30 p.m. CCC Intro to Drum and Singing 6 p.m. CCC Women's night 6 p.m. CCC Moccasin game 6 p.m. CCC 18	Game afternoon with Jimmy CCCC Brookston Christmas party 3 p.m. BCC Cloquet Christmas party 3 p.m. CCC Sawyer Christmas party 3 p.m. SCC 19
Open Cribbage 1 p.m. SCC Cribbage tournament 2 p.m. CCC 20	Elder Exercise 8 a.m. CCC Quilting SCC Community Sewing 10 a.m. CCC After School program 3 p.m. CCC Adult Cribbage 5 p.m. CCC 21	WIC pick-up noon MNAW Get Fit noon CCC After School program 3 p.m. CCC Community Sewing 5 p.m. CCC 22	Elder Exercise 8 a.m. CCC Quilting SCC Elder Concern's mtg 10 a.m. CCC Adult game day 12:30 p.m. CCC After School program 3 p.m. CCC 23	Closed – Happy Holidays 24	Closed – Happy Holidays 25	Game afternoon with Jimmy CCC 26
	Elder Exercise 8 a.m. CCC Community Sewing 10 a.m. CCC After School program 3 p.m. CCC Adult Cribbage 5 p.m. CCC 27	Get Fit noon CCC After School program 3 p.m. CCC Community Sewing 5 p.m. CCC 29	Elder Exercise 8 a.m. CCC Elder Concern's mtg 10 a.m. CCC Adult game day 12:30 p.m. CCC After School program 3 p.m. CCC Sobriety Feast 7 p.m. BBCR 30	After School program 3 p.m. CCC 31		