

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)

Family faces challenges



The Couture family has three members fighting off Juvenile Polyposis Syndrome Smad 4 and can't work while they battle against potentially cancerous cells.

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Local news

A benefit for Couture family

By Kim Seacord

A benefit for FDL police officer Ray Couture and his family will be held at 3 p.m. March 17 at Cheers in Cloquet. Ray's family consists of wife Valerie Kavaloski, and children Valerie (10), Edward (8) and Michael (5).

While Valerie was pregnant with Michael she found that she had Juvenile Polyposis Syndrome Smad 4. Valerie also has severe Ulcerative Colitis. After a few years of dealing with this condition, Valerie's health has started to decline where she cannot work anymore because there are days she is in too much pain. She is already missing all of her stomach and now needs her colon removed to save it and herself from cancer. Because of her health she needs it done in three surgeries. Valerie also goes for weekly iron infusions and recurrent colonoscopies.

Ray had to work two jobs to keep up with medical bills and regular monthly bills. In March of 2011 Ray had an accident at work where he hurt his shoulder and was off work until October 2011. He still cannot return back to full duty as a police officer or to his other job as a truck driver because of his shoulder injury.

The Couture's decided they should get the kids tested for Juvenile Poly-

posis Syndrome Smad 4. Heather and Edward both have the gene, but thankfully Michael does not. In November Heather and Edward went for a colonoscopy. Edward is fine for now, but he needs to come back every year to get rechecked. Heather had 5 polyps and the doctors said that she needs to have her colon removed this summer.

Each of these requires a week stay, or maybe longer, in the hospital at the Mayo Clinic in Rochester, Minn., plus Valerie will require extensive care at home after surgeries so Ray cannot work.

Juvenile Polyposis Syndrome Smad 4 is very rare and it occurs in approximately 1 in 100,000 individuals worldwide. Juvenile polyposis syndrome is a disorder characterized by multiple noncancerous (benign) growths called juvenile polyps. These growths occur in the gastrointestinal tract; typically in the large intestine (colon). Polyps may cause gastrointestinal bleeding, a shortage of red blood cells (anemia), abdominal pain, and diarrhea which Valerie has.

Most juvenile polyps are benign, but there is a chance that polyps can turn cancerous (malignant). It is estimated that people with juvenile polyposis syndrome have a 10 to 50 percent risk of developing a cancer of the gastrointestinal tract, but in Valerie's case the

percentage is much higher. The most common type of cancer seen in people with juvenile polyposis syndrome is colorectal cancer.

Ray has been a great officer serving the Fond du Lac Reservation and surrounding communities. We would like to help Ray and his family through this difficult time. The officers and staff at the Fond du Lac Police Department are asking for donations to help set up a benefit for the Couture's. The Couture family appreciates all your help. Thank you in advance for anything you can do to help with this benefit. Again, the benefit dinner is planned for 3 p.m. March 17 at Cheers in Cloquet. Please watch for future notices.

If you have any questions please call the Fond du Lac Police Department at (218) 878-8040.

**Couture
Benefit**
Cheers in Cloquet
3 p.m.
March 17

Digital story luncheon starts contest

In the Otter Creek Event Center Jan. 28, was a kickoff luncheon for the Men's digital storytelling event.

This event was part of an initiative to help raise money for the Ojibwe School drum trip to the All Nations Gathering in Albuquerque, New Mexico which will be held the final weekend of April.

If you would like to enter, you must create and submit a 3 to 6 minute digital video about your own personal story, past, present, or future no later than 4 p.m. April, 13 to Steve Thomas (Fond du Lac Social Service Department, Ext. 3786, stevethomas@fdlrez.com).

The contest will have two categories for American Indian males who reside in the Fond du Lac service area. Group one will be for those who are over 20 years of age and group two for those under 20 years of age. The grand prize is an all-expense paid trip to the American Indian Film Festival in San Francisco, Calif.

For those of you interested in telling your story but don't know how to make a digital video, trainings and assistance will be provided by OJS and the Human Services Division.

Nahgahchiwanong Dibahjimowinman

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

FDL student makes Dean's List; works toward MBA

By Zachary N. Dunaiski

Patti Dufault became the first female, the first Native American female, and the youngest student ever to be accepted into the Master of Business Administration (MBA) program at Augsburg College in Minneapolis, Minn.

Dufault has been all over in her collegiate career which started when she went to Florida. She even spent some time abroad in Ecuador where she learned to speak Spanish. This semester she will be abroad again in

April, when she goes to Germany. Bonnie Wallace, the Scholarships Program Director for the Fond du Lac Band, has played a large part in Dufault's story. "She has overcome tremen-



dous challenges in her life. Most of us raised in poverty, witnessing a lot of family violence, alcoholism, that whole gambit that really keeps our community from moving forward. I think one of the reasons that she was finally able to dig herself out was that she left the state. I supported her decision and she went to Florida," Wallace said. Wallace knew that if Dufault started elsewhere that she'd learn important life experiences and learn what the rest of the world is like.

Dufault has worked very hard in her life, but it's been a new kind of challenge during her schooling.

"My school work is very demanding and difficult. My

last year of undergrad was so intensive and difficult, I felt like I couldn't do it. I had to do a capstone project on an organization of my choice. I had to build it from the ground up. I had to make a business plan, with finances, and marketing, and all that. I had to present it at the end of the semester and that was one top of my other 3 classes that I had."

And at times she struggled because of what she had to leave behind.

"I was discouraged at first because none of my high school peers went to school. I mean some of them went to school," Dufault said. "Nobody else was trying to do anything with their lives. I couldn't change any of that, because it wasn't my choice to make. People have their own agendas and I can't do anything about that."

Now that Dufault has made the choice, she knows she can't let herself or her family down.

She works extremely hard in school and has made the Dean's list a few times on her way to her MBA, while still working long days to earn a living.

"I go to work all day and have time for my studies. My whole day is from 8 to 10 so it's pretty demanding, school is demanding, work is demanding, and family is demanding, but I always find that balance in between all of those to get a little me time in," Dufault said. She currently works at a foster care program with upper Midwest American Indian center.

"She's developing into a leader, she's got this really positive attitude about the world in general, in yet she hasn't forgotten about her past," Wallace said about her.

Dufault has worked very hard, but wants young children to know that it's more a mental attitude than a physical gift.

"It can be difficult but anything you set your mind to you

can do. No matter, some people just put blocks on themselves and say, 'no that's just too difficult.'" Dufault said. "It's very critical nowadays that people can go to school, and strive for good grades and I always get insight from my elders. People always told me just keep going. Just don't ever make yourself feel like you can't do it."

Despite all of Dufault's accomplishments she remains humble. When asked if she had anything to add about her accomplishments she had this to say, "I want to thank Fond du Lac scholarship program and the RBC for everything that they've helped me with, they've helped me so much through my journey and my education, they've been so supportive. I'd really like to thank my family and my friends and my supervisor, just giving me the opportunity to have this interview."

Minnesota tribal members to receive free estate planning

The Indian Land Tenure Foundation has established the Minnesota Indian Estate Planning Project to provide free basic wills and legal estate planning services to Minnesota tribal members. The first open forum will take place at 2:30 p.m. Feb. 10, in the Cloquet Community Center ENP. All tribal members are welcome.

Swanson, Drobnick & Tousey P.C. will come to the Fond du Lac Reservation to present

educational forums about the program and the importance of estate planning as a means to empower tribal members.

Monthly office hours will be held within the community to meet one-on-one with individuals to assist with creating estate planning documents such as wills, health care directives, designations of custodian for minor children, etc.

4-H and FDL team up to mentor youth

The University of Minnesota 4-H program in conjunction with the Fond du Lac Band has successfully secured a grant to support the 4-H Mentoring Youth and Families with Promise (4-H YFP) program.

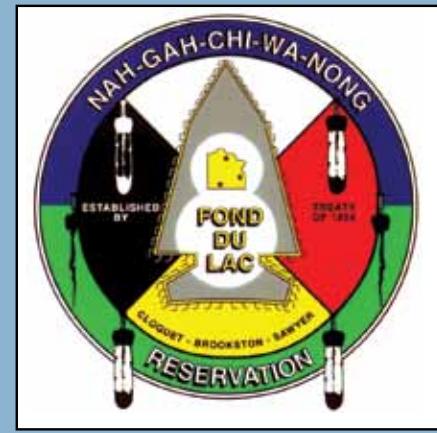
The program will help up to 29 tribal communities, reaching 1,100 Native American youth ages 10 to 17. This grant is awarded through National 4-H Council, supported by a \$1 million award from the United States Department of Justice

Office of Juvenile Justice and Delinquency Prevention (OJJDP). OJJDP's national effort is to improve the lives of young Native Americans by strengthening, expanding, and implementing youth mentoring activities. The Fond du Lac Band was one of 29 Tribal communities selected to implement this program beginning Feb. 2012.

The Minnesota 4-H Tribal Youth National Mentoring Program will engage between 36 to 40 youth ages 10 to 17 from the Fond du Lac community. Program activities will take place at the Brookston

Community Center. Youth will be matched with mentors from the community based on areas of interest and will participate in monthly mentoring sessions and a bi-weekly site based 4-H club. The club will engage youth in leadership development, career exploration and service learning projects relating to the environment, Ojibwe culture, and technology.

Small mentoring groups and the 4-H club will also participate in field trips to local businesses and summer capstone experiences.



A few thoughts from RBC members

From Chairwoman Karen Diver

The Mayor of Duluth, Don Ness, has been having a media frenzy in the Duluth media in the past few weeks, issuing all kinds of threats against the Band, from declaring he can close the Fond-du-Luth Casino to opening the city's own casino in Canal Park. During his tirades, which amount to no more than media sponsored extortion, Mayor Ness or the City Attorney will always say they prefer to work with the Fond du Lac Band instead. What the Mayor or his staff fails to say is they have not tried to talk to us. The Band and the city met once, despite repeated attempts by the Band to negotiate, and the city

would not offer a proposal that would allow the Band to meet the requirements of the Indian Gaming Regulatory Act. They made one offer, then walked away from the table, and have not made any attempts to talk to the Band since.

To the Mayor's claims that he can close the Fond-du-Luth Casino, the Band's position is that the federal court has already ruled that the Band can continue to operate the casino as it sees fit. To the Mayor's attempt at a state-licensed casino, perhaps, but that would require an amendment to the state constitution, and then the approval of state legislature. To the Mayor's opposition of the Band placing the Carter Hotel into trust, the Band has never made a secret of the fact that we hope to

upgrade and expand the facility to create more jobs in the city. The Band will not submit to the bully tactics being used by the city, and will continue to protect our legal and financial interests.

On Jan. 18, the RBC hosted a special guest. Jeroam Defoe is 14 years old and a 9th grader at the Ojibwe School. He expressed interest in tribal government, so he came over for a day of job shadowing.



Karen Diver and Jeroam Defoe

He attended an RBC meeting, learned about the by-laws and other governing documents of the Band, and toured some of the departments. He was able to get an update from the Band's state lobbyist and spent some time with the Secretary-Treasurer. We hope he enjoyed the day, and was motivated to continue down a path to pursue his education and professional goals in order to build his leadership skills. Thanks for

being with us Jeroam!

The Nelson Act will finally be getting a hearing from the Natural Resources Committee of Congress in early February. We'll let you know the results of that as soon as we can, but are heartened that this required step is finally taking place.

We hope that Band Members will mark your calendars for the annual State of the Band Address to be held on at 5:30, Feb. 16 at the Otter Creek Convention Center at Black Bear Casino. We hope to see many of you there.

Please feel free to contact me with comments or questions at karendiver@fdlrez.com, (218) 878-2612 (office) or (218) 590-4887 (cell).

From Ferdinand Martineau

Boozhoo niiji, I am amazed at the rapid passage of time. It seems like yesterday that I was replacing the calendar on my desk with 2012. I was thinking about the things that we have to do this year. We are building a ten unit veteran's apartment complex, another ten unit single family apartment complex, developing our radio stations, completing our road project in Sawyer and finishing our lawsuit with the city of Duluth. I am sure that there will be plenty more to do as things continually pop up,

but these are the major things that I hope we can accomplish over the next 12 months.

There has been a lot of media coverage over the past few months about our dispute with the city of Duluth and I have kept out of it. The Chairwoman has been our spokesperson and will continue to be that. She has relayed our message well, "The Band will continue to game at the site under its control." She has not talked about any future plans that we



Ferdinand Martineau

have for the site as we are still in the middle of the court case with some parts of the settlement. The city has not done much with blocks around the casino and we were unwilling to put any more money into the facility until we had sole proprietorship of the property. I will tell you this, when the case is settled, and it will be, we do have plans to improve the site.

We recently made an offer on a local radio station and the FCC is considering us for

ownership of WKLK. Once the process is complete we will be on the air 24/7. This will expand opportunities for band members interested in the field of broadcast journalism, sales, production, or management. It will also give us an opportunity to have our voice heard in the broader community.

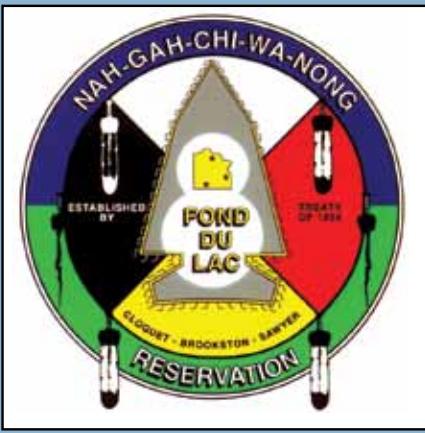
The last thing that I would like to touch on this month is the upcoming tribal election. It is important for you to get out and vote. Every two years we have an opportunity to make a choice to decide who will guide our reservation. We have the chance to have a say in the direction we are going. Listen to

those who are willing to serve and make your choice for the one who will best represent your goals for our future. Make your voice heard and cast your ballot for your choice, for our future.

If you have any questions or comments please feel free to contact me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com.

Gigawaabamin.

RBC columns continued on next page.



From Sandra Shabiash

On the local Sawyer scene:

Our community wishes to offer its condolences to the family of Loretta Kloster, who passed away Jan. 15, 2012.

The Sawyer Community Center held its Christmas Party after we went to press last month. One hundred thirteen adults and seventy-one children attended. The dinner consisted of mashed potatoes, gravy, roast beef, vegetables, rolls, and a fruit salad. To ensure that the

children enjoyed the menu, spaghetti was also made available. You know how kids are when it comes to eating.

During the month, Sharon Shabiash held weekly Christmas cookie baking classes. This was a big hit with community members. Juanita Fineday was busy with her quilt making. A beautiful quilt was made for the senior's Christmas party. A special thank you to Nancy Seppala for the tasty Christmas cookies she

supplied for the Christmas Dinner.

We recently purchased two radio stations that offer both AM and FM. These were the last two available frequencies and were a sound investment. We now have a total of three stations, one in Cloquet, Moose Lake, and one operating out of the Ojibwe School. Now is



Sandra Shabiash

the time for our enrollees, interested in a broadcasting career, to start looking at the various educational institu-

tions out there that would lead to positions within our radio stations.

In closing we have enjoyed a remarkably warm January, but winter has finally arrived in mid-January.

If you haven't heard, the John Beargrease sled dog races have been cancelled due to lack of snow. We have the cold temperatures, but still not a significant amount of snow on the ground.

*For questions contact me at Office (218)878-7591
E-mail sandrashabiash@fdlrez.com*

Election Calendar

This year's election is fast approaching. Those intending to run for an available seat can submit their statement to the newspaper for next month to be published. A photo will also be placed in the paper with the article and should be sent no later than Feb. 14 to zacharydunaiski@fdlrez.com.

- January 23: Opening of period for filing for office.
- February 3: Close of filing period
- February 27: Deadline for appointment of Election Boards.
- February 28: Notice of Primary
- April 3: Primary
- April 4: General Reservation Election Board certifies Primary Results.
- April 5: General Reservation Election Board publishes Primary Results.
- April 6: Deadline for Request for Recount.
- May 11: Notice of Regular Election (TEC provides ballots)
- June 12: General Election
- June 13: General Reservation Election Board certifies results of Election.
- June 14: General Reservation Election Board publishes Election results.
- June 15: Deadline for Request for Recount.
- June 19 (4:30 P.M.): Deadline for Notice of Contest.

From Wally Dupuis

Hello all,

The holiday season was a very busy time for the Cloquet Community Center staff. Along with their many other events, they planned for and managed to put on a very successful annual Christmas party. With well over four hundred in attendance, they successfully held games, gave away prizes and made sure everyone had enough to eat. It was clear that everyone was having a good time. Thanks to the entire staff for all your hard work during these events.

On Feb. 4 the community center will be holding a homemade soup and bread

making contest. These contests prove to be a lot of fun and a chance to get together with others for fun and laughter. Another important event recently implemented is the drum and dance educational program which was recently started by The Thirteen Moons program. This will be held every Tuesday evening in the head start gym. This is a new program and it is in early stages so the volunteers are still working out the bugs. Please feel free to attend.

Also, our new Police K-9 has arrived and is in the adjustment stages of her new

home. I would like to thank everybody that has and continues to make this possible. Starting in Feb., a transit and school bus drivers training course will be offered here at Fond du Lac please call (218) 878-2658 for more information.



Wally Dupuis

Lonnie, our TERO Officer, is working with the DOT to hold a six week driver's training program for earning a CDL license. Please call the TERO office for more information on this opportunity.

The Fond du Lac planning department is in the early stages of developing plans for the expansion of the Assisted Living facility as well

as the Veterans Supportive housing facility. The site layout has been discussed and approved and further planning for apartment size and access is in progress. The assisted living is an expansion to the current building located on Airport Rd. and the veterans housing will be located in the newly developed area between current supportive housing units and the existing assisted living facility. We are hoping to get construction started this spring. As always, please feel free to contact me anytime.

Please feel free to contact me. You can call my office at (218) 878-8078, or (218) 879-2492.

Joseph Northrup Family Story

Wanabazho / Northrup Family By Christine Carlson

Please note the different spellings and hyphens used in the story. I am using the names as they were listed in the references where they were found. Joseph Northrup was also known as Chief North Wind and Keewadin. He was a fire guard, delegate to Washington D.C., activist, and writer.

James Charles Northrup

James Charles Northrup is the father of Joseph Northrup. James was born in 1855 in Michigan and died in 1908 in Minnesota. His spouse was listed as Waynahbozhoor Louisa Nonabojo and her listed death date was also 1908. Two children were listed with them: Charles was born in 1874 and Joseph Anthony Northrup was born on June 14, 1885.

Wa-na-bo-sho Family

The Wa-na-bo-sho name was the thirteenth family listed in the 1850 Census of the Fond du Lac Bands. The numbers listed were one man, one woman and four children for a total of six members of the family. Many of the early census records were recorded at LaPointe.

The Carlton County Courthouse Records show a Nov. 17, 1875 death date of a married woman who died in childbirth at the age of 32. Her name was Lucen Wennebosha. Some of the writing found in research is hard to read. Sometimes you just have to make a guess of the letters.

Louisa Wenabosho or Louisa Nenabosho

Joseph Northrup's mother Louisa sometimes had the last name of Wenaabozho and sometimes Nanabojo. The 1888 Fond du Lac Indian Census used Wenabozho. Louise Wenabozho was 31 years old and she had the following children: Charles age 13, Joseph age 11, Jim age nine and boy age one.

In the 1900 Federal Census for the Fond du Lac Reservation, Louise used the last name Nenabosho. At that time she was married to a man named Henry Woods. There are two children listed: Joseph Nenabosho a son was 19 years old and a four year old daughter named Julia Nenabosho. In later records, Julia used the last name of Woods. Julia could have been the daughter of Henry Woods and Louise.

Louisa Way-nah-bo-zho, age 45 was in the 1902 Fond du Lac Census from LaPointe. I did not find her name in any other census records after 1902.

In the List of Allottees for the Fond du Lac Reservation Number 137 is Louise Way-nah-bo-zho. Her sub-division was W ½ NW ¼ in Section 21, Town 50 and Range 17. Number 372 is Louisa Win-ne-ba-sho. Her sub-division was SE ¼ NW ¼ and Lot 2 in Section 19, Town 50 and Range 18. I am not sure why there is one Louisa and one Louise. There was a Louis Waynah bo zhoe who shows up in the 1912 FDL Census. He was listed as a 21 year old orphan. In an earlier census, a Louis was listed as a son.

CHIPPEWA "BRAVES" DANCE ORIGINAL JAZZ STEPS



Duluth News Tribune of June 24, 1921. The photo caption reads: Chippewa "braves" danced the dances of their forefathers at a conclave of surviving members of the famous mid-western tribe last night.

Left to right Gus Houle (Ogi-sh-ta, "Oh yes"), Cloquet, Frank Barney (Wa-sa-gi-shg, "Bright Day"), Sawyer, Joe Northrup (Wa-na-bo-sho, "Mystic God") Duluth; Frank Martin (Be-da-wa-bins, "Flying Partridge"), Sawyer, and Mike Sha-bai-ash, "Shining Through," Sawyer.

Indian Schools

Joseph, Louis and James Northrup were listed in the 1900 Federal Census for the Morris Indian School. Joseph was 18, Louis 17 and James was nine. The Morris Indian School was in Steven's County.

In 1903, Joseph Northrup was listed in Genevieve Bell's Dissertation as being at the Carlisle Indian School of Carlisle, Pennsylvania and being a Chippewa from Minnesota.

Joseph Northrup – fire guard

A 1910 Duluth newspaper article reported that Fire Warden

A.A. Bear appointed Thomas Jackson, Louis LaPrairie and Joseph Northrup fire guards for the reservation. Fire guards notified settlers and loggers regarding state laws regarding burning brush and slashing.

Angeline (Peterson) Northrup

Angeline Peterson was the daughter of John and Mary also known as Nokahsunoquay (Baptiste) Peterson. This family was listed in the 1910 Federal Census of the Fond du Lac Reservation. The children listed are Angeline age 15, Josephine age 13, Joseph age 11, Ellen age six, Susan age three, James age seven months. William Baptiste

age 69 was listed as living with them.

Angeline's Grand-parents William and Mary Baptiste

William and Mary Baptiste were listed in the 1885 Kettle River Census. William and Mary were both age 40 and a daughter Lucy was age eight. They were also listed in the 1897 Indian Census for Fond du Lac. William was listed as Waywezhegwonabe and Mary was listed as Kewaycumigoquay.

Sawyer Indians Attend Council at Cloquet

The Carlton County Vidette of May 16, 1913 reports:

A number of the Indian residents here went to Cloquet on Thursday, May 15 to attend the council held at the Indian village near Cloquet, and organized the council with Pat Conner, president; Joseph Northrup, secretary. The object of this council is to look up the claims of the members of the Fond du Lac reservation, which may be pending before the department at Washington.

Joseph Northrup, Rev. Frank Pequette and Chief Songgskomigonce (Strong Little Earth) go to Washington, D.C.

May 22, 1913, Joseph Northrup, Rev. Frank Pequette and Songgskomigonce were the delegation from Fond du Lac that went to the United States Capitol. Their purpose was to clear up the uncertainty of the membership rolls of the reservation.

Joseph Northrup of Sawyer is in National Guard

On Sept. 12, 1918, Joseph Northrup signed his registration card with the Local Board for Carlton County. Joseph's birth date is listed as June 14, 1882 and he was 36 years old. Joseph's occupation was listed as National Guard at the Duluth Armory under Capt. Tourtelotte. Angeline was listed as his wife and they lived in Sawyer.

Indians Demand Freedom from U.S. Shackles is the headline from the Duluth News Tribune paper of April 25, 1921:

Chippewa Indians of the Head of the Lakes at a meeting at 118 West Third Street yesterday demanded that the government issue a second "emancipation proclamation" to free the red men of the shackles that were placed upon them when the whites gained possession of their lands.

"Exploitation of the Indian must cease" said Mr. Northrup, "in order that this nation of the 'square deal' will not blacken its honor by regarding its treaties as mere scraps of paper. The Indians have well earned the right to administer their own affairs like other citizens instead of being held in subjugation while foreigners may come into this country and exercise rights withheld from the Indians.

Joe Northrup was head of the Wanabosho Club

Joe Northrup was the head of the Wanabosha Club that was located at 118 Third Avenue West in Duluth. The group was

comprised of Chippewas who lived at the Head of the Lakes. There were 12,000 Chippewas in Minnesota in 1921. This club is named Wanabosho after Joe Northrup's grandfather.

1930 Federal Census for Scanlon, Minn.

Joseph Northrup was listed as being 46 years old and a laborer in the paper mill. His wife was Angeline who was 36 years old. Their children are Julia age 18, Stanley age 15, Francis age 12, Robert age ten, James age eight, Ernest age six and Inez age four. The family lived in Scanlon, Minn.

Joseph Northrup's story is about Wawina an Indian Princess

Wawina is the name of a story written by Chief Northwind also known as Joseph Northrup. His Ojibwe name is Keewadin (North Wind). The Wawina story ran as a weekly, serial story in the Carlton County Vidette in 1936. The story was published in book form in Carlton about 1937. The story of Wawina is 83 pages long and I will leave a copy of it in the library. I am sure one of the nice women in the library will make a copy for you.

Wawina Means Place of Rest

Wawina is also a small town located in the southeast corner of Itasca County. It is the name of the township and town. Years ago the Ojibwe traveled from the town of Blackberry through Wawina on their way to Floodwood, they stopped at Wawina

to rest. Many Indian graves were found by settlers as they tilled the soil. A major burial ground was also unearthed when Highway 2 was being built in 1933.

Looking for Joseph Northrup's Obituary

I was quite frustrated while looking for Joseph's obituary. I looked in Carlton and St. Louis Counties but to no avail. Here is a genealogical tip. I should have looked at the Minnesota Death Index that can be found on Ancestry.com.

The journey of research and finding things by accident

So many times I have found things by accident. I am beginning to think that there actually are no accidents. I show up somewhere or find something somewhere and that is where I was led. Could it be Winabazho that is leading me there? I should just be thankful for the experience and opportunity of where the journey of research leads. Mii gwech!

Finding Joseph Northrup's obituaries

I make a yearly trip to Grand Rapids, Minn. I was having breakfast one morning at a little restaurant and saw an interesting looking guy. I introduced myself and lo and behold it was a Fonjalacker named Gilbert Fisherman who lives up there. His grandparents were Ed and Mary Wilson from the Fond du Lac Reservation. When in Grand Rapids, I also go to the Itasca County Historical Society. While looking through

micro-film for some information on Gilbert's father Guy Fisherman, I came across Joseph Northrup's obituary. Wow, life is good.

The Deer River News Sept. 18, 1947: Funeral services held Monday at Ball Club for Joe Northrup.

Funeral services were held Monday morning at St. Joseph's Mission Church at Ball Club for Joe Northrup 74, who died Friday Sept. 12 at 3:30 p.m. of a heart attack.

Joe Northrup was born in Cloquet and was raised there. He was for some time the tribe secretary at Cass Lake. Recently he moved to Deer River.

Surviving Mr. Northrup are his wife, four sons, Stanley of Stillwater, Francis of Duluth, Robert of Duluth, Jimmie of Duluth, Ernest of Sawyer, and two daughters Miss Julia Northrup of Duluth and Mrs. Inez Jackson of Farmington.

Obituary from the Grand Rapids Herald Review of 9-18-1947:

Joseph Northrup, who lived three miles east of Deer River, died at his home Friday afternoon. The death was reported at the office of Sheriff Marvin W. Mitchell by Otto Kjono of Squaw Lake, a trucker who was driving past the Northrup home. He said Mrs. Northrup hailed him and asked him to come to help her with her husband who seemed to be seriously ill. Kjono said when he came to the bed the man apparently was dead. He had a severe hemorrhage. Dr. Thomas Russell, coroner, was sent to the scene.

Seek out more than one obituary

In researching, it is good to try and find more than one obituary. In Joe's case the death was listed as two different causes. There was also different information in both of them. Then the next step would be to go to the courthouse in the county where the person died and get a copy of the official death certificate. The cost varies from county to county.

Looking for other stories

Joseph, also known as Keewadin wrote several other short stories. If anyone out there has copies of these, please call or email. There is also another longer story called The Moccasin. It also ran as a serial story in the Carlton County Vidette. I am not sure if this one was ever published. I have yet to find a copy of the book.

Joe Northrup's grand-son Jim Northrup

There is so much more to Joseph Northrup's life it could fill a book. That is just what his grandson, the famous writer Jim Northrup will be doing. He will be writing a book about Joe Northrup.

I feel honored to have written the introductory piece of this exceptional man Joe Northrup.

etc

RBC suspends consideration of enrollment applications not filed within one year of birth; requests clarification from TEC from the Reservation Business Committee

The Fond du Lac Reservation Business Committee (RBC) has suspended its consideration of applications for enrollment for persons over one year of age until such time as the constitutionality of such enrollments is reviewed by the Tribal Executive Committee (TEC) of the Minnesota Chippewa Tribe (MCT). The reason for this action is as follows. Article II, Section 1(c) of the Revised Constitution of the MCT provides for the enrollment of “all children of at least 1/4 degree MCT blood born after July 3, 1961, to a member, provided that an application for enrollment was filed ... within one year of the date of birth of such children.”

For reasons which are not entirely clear, the MCT has disregarded the “within one year of birth” application requirement of the MCT Constitution, and has continuously granted applications for persons over one year old since the 1960s.

MCT Resolution #31-68, enacted by the TEC on Jan. 11, 1968, provided for the “adoption” of persons whose enrollment applications were not timely filed under Article II, Section 3, which states that “Any person of Minnesota Chippewa Indian blood who meets the membership requirements of the Tribe,

but who because of an error has not been enrolled, may be admitted to membership in the Minnesota Chippewa Tribe by adoption [not to be confused with parent-child adoptions], if such adoption is approved by the TEC, and shall have full membership privileges from the date the adoption is approved.”

This interpretation of the “because of an error” provision explained that, in addition to administrative error by the Tribe, many persons erroneously believed that their children were automatically enrolled if they were born in an Indian hospital, by the BIA or by survey or census takers. However, Resolution #31-68 required that such adoption actions must be accompanied by specific documentation of the error upon which each adoption is based. It does not appear that this requirement was followed. There was no separate adoption process established for the enrollment of persons over one year old. Further, although Resolution #31-68 was rescinded by MCT Resolution #110-79 on March 16, 1979, it appears that the “within one year of birth” application requirement has continued to be routinely disregarded.

Our concern is that, as your elected representatives, we took an oath to uphold the MCT Constitution. In order to meet that promise, and to correctly process applications for enrollment, we need to know exactly what the MCT Constitution requires. On the issue of the “within one year of birth” application requirement, if the constitutional requirement is deemed to be unfair or unduly

burdensome, this may require a secretarial election to ask the members of the MCT whether they want it removed.

We will report back to you on this matter after we have brought it before the TEC. Meanwhile, until this issue is resolved, we encourage the parents of eligible children to apply for the enrollment of your children before they reach one year of age.

Students make honor roll at OJS

The second quarter of the school year has finished and the following students have made the A honor roll: Sierra Barney (Grade 9), Brenden Bird (11), and Daezha Bird (8) all with grade point averages higher than 3.670.

These students made the B honor roll: Dakota Barney (8), Brody Blacketter (7), Ovaughn Boshey (7), Shadow Bressette (8), Jeroam DeFoe (9), Sara Fineday (8), Naazhe Freeman Suttin (7), Christian Goseyun (7), Cole Hilton (11), Jodelle LaClaire (11), Gabriel LaDeaux (7), Daniel LaPrairie (11), Jacob Lund (12), Kaitlyn Miller (11), Nakyle Misquadace-Bridge (8), Brian Robinson (9), Dylan Savage (7), Jaylee Sayers (7), Jocelyn Sayers (8), Kyle Souk-kala (10), Tekla Stolberg (7), Greta Stromquist (12), Donte Taylor (7), Quintana White (8), Racquel White (12), and Faryn Wilson (10).

The following are the grade school age kids who made the B honor roll: Jacob Ammesmaki (4), Mary Ammesmaki (5), Samuel Ammesmaki (3), Justin Belanger (4), Nathan

Billyboy (3), Daisha Bosto (3), Devin Brisbois (4), Kendrik Burns (6), Edward DeFoe (6), Izaiah Lightfeather (6), Jagger Lind (6), Dorlan Mainville (4), Jacob Reynolds (6), Kayla Reynolds (4), Michael Reynolds (4), Maraya Sandy (6), Michael Sayers (5), and Chauncey Trotterchaude (3).

Congratulations to all the students who made honor rolls and keep up the good work.

Six Native American artists recognized with national award

First Peoples Fund announced artists from six states who will receive a prestigious 2012 Jennifer Easton Community Spirit Award fellowship. Each year, the national organization honors and celebrates exceptional American Indian artists who embody Collective Spirit “that which manifests self-awareness and a sense of responsibility to sustain the cultural fabric of a community.” Each honoree is recognized with a \$5,000 no-strings-attached fellowship.

First Peoples Fund’s President, Lori Pourier (Oglala Lakota) explains that honorees are chosen not only for artistic excellence but for exemplifying indigenous values of generosity, wisdom, respect, integrity, strength, fortitude and humility. “Each artist exemplifies Collective Spirit which moves each one of us to stand up and make a difference, to pass on the ancestral knowledge, or simply extend a hand of generosity,” she said.

This year’s honorees are, Duane Goodwin from Bemidji, Minn. Sculptor, Elizabeth Jaakola from Cloquet, Minn. Mu-

sic/Voice/Composition/Performance, G. Peter Jemison from Victor, N.Y. Fine Art Painting, Mixed Media, Jackie Parsons from Browning, Mont. Traditional Arts, David Boxley from Kingston, Wash Visual Arts, and Charlie Hill from Oneida, Wisc. Stand Up Comedian, Spoken Word.

Honorees were nominated for the national award by members of their own tribes and were selected by an independent panel of American Indian cultural leaders. This year’s panel of reviewers included Shannon Martin Ron Martinez Looking Elk (Isleta/Taos Pueblo) and Darrel Norman.

Over the past 13 years, First Peoples Fund has recognized a total of 59 Community Spirit Award honorees representing 43 tribal nations.

Minnesota Sheriff’s Association names “Volunteer of the Year” From Fond du Lac Social Services

Marcia Kitto, Women’s Advocate for the Fond du Lac Band, was named the 2011 “Volunteer of the Year” by the Minnesota Sheriffs’ Association. Marcia was nominated for the award by the Carlton County Jail Administrator Debora Zauhar and Sheriff Kelly Lake for her work in cultural women’s programming at the Carlton County Jail.

Kitto has worked as an advocate in sexual assault and domestic violence for 15 years through the FDLHSD, Social Services Department. FDLHSD advocates provide caring, culturally sensitive assistance

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for victims, including offering weekly women's groups at the Min No Aya Win Human Services and the Center for American Indian Resources in Duluth. An annual women's wellness gathering is held in May and other supportive services and community events are sponsored by the Fond du Lac Reservation. The jail groups emphasize positive thinking and support, healthy relationships, self care, cultural and spiritual connections, in addition to providing information on domestic and sexual violence.

Upcoming April events will include the Fond du Lac Child Abuse Prevention activities. This will include family pictures, walk and brunch, family wellness conference and other events. For more information on these and other events, groups and services, contact Fond du Lac Social Services at (218) 878-2145.

Free income tax preparation at OJS

Business students from Fond du Lac Tribal and Community College and the University of Minnesota Duluth will once again offer free tax preparation to any family or an individual with an income of \$50,000 or less. This service will be offered at the Fond du Lac Ojibwe School Library located at 49 University Rd., in Cloquet.

Beginning Feb. 11 the tax prep sessions will be held from 10 a.m. to 1 p.m. on Saturdays and from 5 to 8 p.m. on Tuesdays. There will be no tax service during the month of March, due to scheduling issues.

You will need your W-2 forms,

Social Security card, children's (if any) Social Security numbers, a Certificate of Rent Paid if you rent, a valid picture I.D., and last year's tax return if available.

Please park and enter at the back entrance of the school. If you have any questions contact Suzan Desmond at Fond du Lac Tribal and Community College (218) 879-0701.

First-time homebuyer education class offered by MCT

Minnesota Chippewa Tribe Finance Corporation will offer a first-time home buyer education class from 8:30 a.m. to 4:30 p.m. March 3 at the MCT Building in Cass Lake, Minn. If you need all the information or just need to touch up on what you know, this class will help.

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers. Please reserve your spot in this class with Cindy Beaulieu at (218) 335-8582 ext. 150 or cbeaulieu@mnchippewatribe.org.

There is no cutoff for reserving a spot. If not enough people sign up for the class it will be moved to a later date. No child care will be available.

A day of fun for Elders

Attention Fond du Lac Elders on Feb. 12, your activities board has scheduled a brunch and movie event. The brunch will be from 11 a.m. to 1:30 p.m. at Black Bear Buffet. The movie will be from 1 to 5 p.m. at Pre-

miere Theatres. This is for Fond du Lac Elders, age 52 and older. Non-Band members must pay for the buffet and movie. We hope to see you there.

School and transit bus training

The Fond du Lac Band is offering a course for people interested in receiving a commercial driver's license. This course is meant specifically for driving a school bus or transit bus and begins Feb. 13.

The course will cover permit preparation, math, reading, and computer skills, and over-the-road driving.

Instructors from the FDLTCC and Duluth Transit Authority (DTA) will prepare students to be comfortable in all aspects of bus driving.

The class is limited to ten students. For more information or an application, please contact Joan Markon at the tribal center (218) 878-2658.

A Chance to win \$200

Have your blood sugar checked at a community screening for your chance to win \$200 at Fond du Lac Gas and Grocery or in fresh produce at Super One.

There will be four drawings; One held each month during Jan - April. In order to be eligible, participants must be 18 years of age or older (on the date of the screening), American Indian, and eligible for services at the MNAW or CAIR clinics.

If diagnosed with diabetes or pre-diabetes you can participate by getting your blood sugar checked at a community screen-

ing.

Each participant may only be screened once during the four month event. Once screened, their name stays in the raffle for the entire contest unless they win as each participant may only win once.

Fond du Lac Human Services medical staff, their spouses, and household members (whether related or not) are not eligible.

The contest started Jan. 17, and ends April 30. If you have questions you can attend a community screening.

Neighborhood crime watch

A Neighborhood Crime Watch for the Danielson area will be held 2 p.m. March 11 in the training room of the Tribal Center. For more information on the meeting, or to join the crime watch, contact Cassie Diver (218) 878-7502, or the police department (218) 878-8040.

Powwow on Campus

Fond du Lac Tribal and Community College (FDLTCC) is hosting a Biboon Fest Powwow and feast Feb. 19, at FDLTCC Gymnasium.

Grand entry begins at 1 p.m. and 6 p.m. Feast starts at 4:30 p.m. For more information, contact Chad Auginash at (218) 390-1106

Wisdom Steps has a new meeting time

The Wisdom Steps group would like to announce a new meeting time for their monthly meetings. Please join them 10 a.m. on Feb. 16 at the Cloquet Community Center. The meet-

ing will begin with a discussion on the 2012 conference and new timeline for recording your steps. There will not be a potluck, but coffee and snacks will be provided.

School fundraiser continues

Just a reminder that the Ojibwe school is still working to collect Kems bottle caps, soup labels, box tops, and more as part of their fundraiser. Instead of throwing these away, bring them to the school to help them collect enough for their fundraiser.

Next open RBC meeting

As a reminder the next open RBC meeting, 5:30 p.m. Feb. 16, will be the State of the Band address and will take place at the Otter Creek Event Center.

A new health class

The Heart Health class is done but the class will continue under the title "Gift of Health." The next class is noon Feb. 6 in the classroom by the library. The next cooking class is scheduled for noon Feb. 3 in the ENP as usual.

Correction

I would like to make a correction from last month's paper. I said that Lucille Diver passed away on Jan. 1, 2012, when it was a full year earlier. I would like to apologize to her friends and family, I didn't mean any harm. Please accept my apology.

FDL Law Enforcement news

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

- **Dec 16** Traffic stop on Brookston Rd, driver cited for no Minn driver's license and no proof of insurance
- **Dec 16** Report of car hitting mailbox on Whitetail, located three males and brought to jail on multiple charges
- **Dec 17** Report of underage party on Moorhead Rd, two minors cited for underage consumption
- **Dec 17** Traffic stop on Moorhead Rd, driver warned for expired registration
- **Dec 18** Traffic stop on Cary Rd, driver cited for driving after suspension (DAS)
- **Dec 18** Traffic stop on Hwy 2, driver cited for speeding
- **Dec 19** Traffic stop on Brevator Rd, driver warned for speeding
- **Dec 20** Traffic stop on Hwy 210 driver cited for speeding and no proof of insurance
- **Dec 20** Traffic stop on Big Lake Rd, driver warned for driving habits
- **Dec 21** Report of gas drive-off for \$12.03
- **Dec 21** Traffic stop on Hwy 31, driver warned for burnout headlight
- **Dec 22** Traffic stop on Hwy 2, driver warned for window tinting
- **Dec 22** Traffic stop on Hwy 31, driver warned for faulty tail light
- **Dec 23** Report of a verbal domestic dispute on Pinewood Dr, parties separated for the night
- **Dec 23** Traffic stop on Reservation Rd, driver cited for DAS and no insurance
- **Dec 24** Report of domestic assault on Whitetail Dr, one party to jail
- **Dec 24** Traffic stop by Black Bear Casino, driver warned to figure out cruise control.
- **Dec 25** Traffic stop on Hwy 210, driver cited for DAS
- **Dec 25** Traffic stop on Hwy 2, driver cited for speeding
- **Dec 26** Report of gas drive-off for \$15.10, driver came back later and paid for their gas.
- **Dec 26** Report of domestic assault in the compound, one sent to jail
- **Dec 27** Traffic stop at Black Bear Casino, located marijuana pipe
- **Dec 27** Traffic stop on Hwy 31, driver cited for speeding
- **Dec 28** Report of gas drive-off
- **Dec 28** Report of domestic assault on Scotty Dr, one party sent to jail
- **Dec 29** Traffic stop on Mahnomomen, driver cited for DAS and no insurance
- **Dec 29** Report of domestic assault at Black Bear Casino, one party sent to jail
- **Dec 30** Report of house fire on Church Rd, no one injured
- **Dec 30** Traffic stop on Big Lake Rd, driver cited for no seat belt and no insurance
- **Dec 31** Report of underage party on Moorhead Rd, four minors cited
- **Dec 31** Report of unwanted people at Black Bear Casino, they left once officers arrived
- **Jan 1** Assisted Carlton County squads with a bar fight
- **Jan 1** Report of disturbance in the compound, party left before authorities arrived
- **Jan 2** Traffic stop on Paul Rd, driver warned for expired registration
- **Jan 2** Assisted St Louis county officers with a domestic assault on Olson Rd
- **Jan 3** Report of accident on Twin Lakes Rd, one driver cited for no child restraints and driving after revocation (DAR), other driver was cited for failure to yield.
- **Jan 3** Report of gas drive-off at three different pumps
- **Jan 4** Report of gas drive-off for \$42.50
- **Jan 4** Traffic stop on Twin Lakes Rd, driver cited for speeding
- **Jan 5** Traffic stop on Hwy 210, driver warned for speeding
- **Jan 5** Traffic stop on Mission Rd, driver cited for DAR and no insurance
- **Jan 6** Traffic stop on Mahnomen Rd, driver cited for no seat belt
- **Jan 6** Assisted Carlton County with bar fight
- **Jan 7** Assisted Cloquet Police with a burglary at store
- **Jan 7** Reported damage to room at Black Bear Casino, person charged with damage
- **Jan 8** Report of unwanted person at Black Bear Casino, person taken to jail for disorderly conduct
- **Jan 8** Report of underage male at Black Bear Casino, male was cited
- **Jan 9** Report of burglary on Danielson Rd, located and jailed one on multiple charges
- **Jan 9** Traffic stop on Twin Lakes Rd, driver cited for DAS
- **Jan 10** Report of gas drive-off for \$43
- **Jan 10** Traffic stop, driver warned for faulty equipment
- **Jan 11** Report of car hitting a light pole on Moorhead Rd, car left scene
- **Jan 11** Assisted Carlton County on traffic stop
- **Jan 12** Report of car hitting a deer on Big Lake Rd
- **Jan 12** Report of disturbance at Black Bear Casino, male brought to jail for disorderly conduct
- **Jan 13** Report of intoxicated male passed out in the bathroom, male was brought home
- **Jan 13** Traffic stop on Loop Dr, driver warned for faulty equipment

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:

AMMESMAKI, Beverly
 BANKS, Robert
 BARNEY, Derrick Sr.
 BARNEY, Frances
 BEGAY, Raymond Sr.
 BOYER, John
 BRIGAN, Calvin
 CAMPBELL, Patricia
 CICHY, Gerard
 CICHY, Leslie
 COPA, Hope
 CROWE, Gary
 DAHL, Richard
 DEFOE, Charles

DEFOE, Richard
 EUBANKS, Charice
 GLASGOW, Edith
 GREENSKY, Charles
 GREENSKY, Florence
 HEENEY, Mary
 HERNANDEZ, Phyllis
 HERNANDEZ, Sherry
 HILTON, Lois
 HOULE, Jamey
 HUHN, Cheryl
 HYLTON, Tina
 JEFFERSON (Drucker), Mary
 JONES, William Sr.
 JOSEPHSON, Charles
 KAST, Cheryl
 KESELBURG, Arlene
 KNIGHT, Terri

LAFAVE, John
 LAPRAIRIE, Robert
 LEMIEUX, Elvina
 LIVINGSTON, Bruce
 LUSSIER, Pamela
 MARTINEAU, David
 MARZINSKE, Larry
 MOSTROM, Darlene
 NORD, Marjorie
 OLSON, Daniel G. Sr.
 OSTROWSKI, Lorraine
 PALMER, Agnes (aka Agnes Rock)
 PERALES, Benjamin Jr.
 RAISCH-DAY, David
 RAISCH, Sharon
 RITZ, Warren
 SAVAGE, Maxine

Area news

Susan Allen elected in Minneapolis

The Star Tribune in Minneapolis has reported that Minneapolis voters elected the first American Indian woman to the Legislature in the latest of several special elections.

DFL attorney Susan Allen got 56 percent of the vote in south Minneapolis. She was vying for the House seat vacated by former Rep. Jeff Hayden, now a state senator.

"By the time I was 11 years old, I knew I wanted to be an attorney and that I wanted to work for social and economic justice," Allen said. She said growing up on reservations at a time of major social change for American Indians shaped her views. This change is just the kind of thing that Minnesota needs, a change of view point and a fresh start to help make some major changes.

In Minnesota's long history only nine American Indians have ever served in the Legislature. Six of those entered office when Minnesota wasn't even a state, it was still a territory. Meaning that after 1933, only three American Indians have served at the State Capitol, none of which have been women, until now.

Election in 2012 rides on health care

By Zachary N. Dunaiski

Many of the voters know it, but how many of the candidates really understand that the easiest way to bring in votes is all about where a candidate stands on health care.

The Obama care plan was a step in the right direction, but we need to keep walking or even leaping in that direction before healthcare costs grow to an uncontrollable amount. Right now it is rising at a rate too fast, and for this election, voters need to make sure that one of the important factors is the healthcare plan.

Currently it seems that a handful of Republicans want to appeal the act as their first move in office (which the president doesn't have the power to do). Even if such a move were possible, what would be the benefit of such a decision? To go backwards after taking a small step forward?

The most interesting part of this whole health care debate is that it means so much more than just helping a large number of Americans who can't afford it. This is such an important issue for a candidate to get votes because the cost of health care is the federal deficit.

It's absurd to assume that by

fixing this major issue that the United States will correct all of its budget issues; however, we have to assume that by making this one improvement that the country starts to work its way back to a more manageable plan.

Robert Gates used the Military as a great visual example of how this is getting out of control and fast, stating, "Sharply rising health care costs are consuming an ever larger share of this department's budget—growing from \$19 billion in 2001 to \$52.5 billion in this request." That's an awfully large jump, especially considering we've had less troops overseas the last couple of years.

The best way for America to debate the reform is to make certain this is the single issue for the 2012 election year. The Affordable Care Act was a baby-step, a beginning towards a goal, not the end of a plan.

Sex trafficking remains a big problem in Minnesota

A report, released in late October by the Minnesota Indian Women's Sexual Assault Coalition and Prostitution Research and Education, is the first study to detail the personal experiences of Native women who have

been prostituted and trafficked in Minnesota.

Based on interviews with 105 Native women in Minneapolis, St. Paul, Duluth and Bemidji, the report links poverty and frequent violence including child sexual abuse, rape and beatings to their journey into prostitution. "Prostitution is only now beginning to be understood as violence against women and children," says Melissa Farley, founder of Prostitution Research and Education, who co-authored the report. "It has rarely been included in discussions of sexual violence against Native women. The 105 women in this study did not choose prostitution. Instead, prostitution chose them, through a combination of harms perpetrated against them and a lack of escape options."

Almost all have been homeless at some point, and 97 of the women say they want to escape prostitution but believe they have no other options.

The report's findings confirm earlier studies by Amnesty International and the U.S. Department of Justice that found Native women experience the highest rates of sexual assault in the United States.

Native women in prostitution are marginalized because of a lack of opportunities and education, because of race and ethnic discrimination, poverty,

previous physical and emotional harm, and abandonment.

Many of the women surveyed said they owed their survival to Native cultural practices and most wanted access to Native healing approaches integrated with mainstream services.

The report recommends that health-care practitioners apply a holistic healing approach to Native women that embraces traditional healing and includes a decolonizing perspective that analyzes historical trauma, violent crimes, family violence, child abuse and neglect, discrimination, unresolved grief and mourning. The most pressing needs of the women interviewed for the report were for housing, individual counseling and job resources.

The report calls for increased state and federal funding for transitional and long-term housing for Native women and others seeking to escape prostitution, along with funding for Native women's programs, including physical and mental health care, job training and placement and legal services. It also urges state, local and tribal officials to re-examine policies toward victims of prostitution and trafficking. For example, arresting and prosecuting the sex buyers rather than the victims of prostitution.

Put a freeze on winter fires

Each winter the high cost of home heating fuels and utilities causes many Americans to search for alternate sources of home heating. The use of wood burning stoves is growing and space heaters are selling rapidly. Fireplaces are burning wood

and man-made logs. All these methods of heating may be acceptable. They are, however, a major contributing factor in home fires.

Many of these fires can be prevented. You can prevent the loss of life and property resulting from heating fires by being able

to identify potential hazards and follow a few safety tips.

All heaters need space. Keep anything that can burn at least three feet away from heating equipment. Use heating equipment that has the label of a recognized testing laboratory. Make sure all fuel-burning

heating equipment is vented to the outside to avoid carbon monoxide (CO) poisoning. Only purchase portable space heaters with an automatic shut-off in the event they're tipped over. Allow wood stove and fireplace ashes to cool before disposing of them in a tightly cov-

ered metal container. Keep the container at least ten feet away from your home.

These safety tips will help ensure a safe, warm, and happy winter.

Health News

The Importance of Breakfast

Kara Stoneburner RDLD,
Public Health Dietitian, Fond du Lac Human Services Division

How many times have you heard “I don’t eat breakfast?” The truth is breakfast is really important. Breakfast can help with weight loss or control, blood sugar control and it can help you eat healthier throughout the day.

Many people skip breakfast in an effort to lose weight. However, as the day continues, your body is starving and you will

tend to replace these skipped calories with mindless nibbling and binging for the rest of the day. The foods eaten typically consist of high calorie, high fat snacks. You may also overeat at the next meal. Breakfast skippers tend to consume more calories throughout the day because their body is craving food and energy.

Blood sugars can be harder to control without breakfast. Overnight, your body experiences a fast. By skipping breakfast, the fast continues. Energy stores are

not replaced and snacking on foods that may not be the best choice could cause blood sugars to rise and fall.

Make an effort to include breakfast in your day. Making healthy choices at breakfast doesn’t need to be expensive or difficult. Try to avoid sugary cereals, high calorie pastries and meats high in saturated fat and sodium such as bacon or sausage. Include a protein source, a carbohydrate and a fruit and/or vegetable.

Breakfast ideas:

*whole grain toast with peanut butter *whole or multi-grain waffles or pancakes *oatmeal *whole grain cereals with low-fat or fat-free milk *small, whole grain bagel with low-fat cream cheese *trail mix or nuts *tortilla roll-up (peanut butter & a banana or scrambled egg and low-fat cheese) *hard cooked egg *omelets *vegetable omelets *Canadian bacon slice *ham slice *tofu *low-fat cheese *low-fat/fat-free milk or yogurt *fresh/frozen/canned fruit *Vegetable juice *smooth-

ies (fruit, ice & milk or fruit & yogurt)

Plan ahead. Prepping or preparing your breakfast the night before saves time in the morning. Pull the toaster out, make tortilla roll-ups, make the smoothies and refrigerate or pre-mix waffle batter. Breakfast will also benefit the children too. Breakfast can improve concentration, produce better behaviors in the classroom and promote healthier weights.

Information collected from ADA, Mayo clinic & WebMD

Can childhood traumas affect us today?

Dan Rogers,
Licensed Psychologist, FDL Human Services

Sometimes my clients say, “Since I never think about those terrible things that happened to me in my childhood they could not possibly affect me today.”

Experiencing traumas in our childhood nearly always causes emotional scars in our soul (or psyche) that can stay with us

all our lives if we do not find a way to heal them. Furthermore, those “inner scars” tend to fester just like an open sore on our skin.

As those sores and scars fester over time they often cause depression, anxiety/panic attacks, or anger problems even when we are not thinking about those traumas. Just like sores on our skin will sometimes fester even when we are ignoring them so too can emotional scars affect

us years later even if we rarely think about them.

This is also why adults who were abused as children sometimes (but not always) abuse their own children. This is called the “cycle of abuse.” Those inner scars can cause us to do things we normally would not do even if that trauma is the farthest thing from our mind. One of the most effective ways to break this cycle is counseling.

Some people even believe that having lots of emotional scars in our soul prevents us from being in touch with our natural inner spirituality.

Working through those traumas in therapy usually resolves any depression, anxiety, or anger issues because those scars start to heal. This kind of healing often causes our spirituality to blossom.

No matter how many traumas you have suffered you are not

hopeless because all scars can heal.

Just think what it would be like to go through the rest of your life without anymore flashbacks, nightmares, intrusive thought, panic attacks, depression, or rages. All humans have a tremendous capacity for healing.

A weight loss reminder

By Zachary N. Dunaiski

With the first month of 2012 over, most people have probably given up on their New Year’s resolutions, but here’s a little motivation to keep going.

In a recent study, British researchers discovered that people who did vigorous exercise more

than an hour a week were 27 percent less likely to become obese, with over 200,000 adults tested.

Weight loss also does more than keep individuals healthy, it’s also said that it can help your emotional side too. After surveying almost 15,000 adults with type 2 diabetes, people who lost an average of 9.2 pounds felt improved self-esteem, work performance, and quality of life compared to those

who gained weight.

While most people give up on their weight loss resolution, it may prove more important to keep working on it than most people think.

Old – Fashioned cream of tomato soup

1 small onion diced finely
3 Tbsp. butter
3 Tbsp. flour

2 tsp. sugar
1 tsp. salt
¼ tsp. pepper or less
2 cups of diced canned tomatoes or tomato juice
¼ tsp. baking soda
2 cups of cold milk
Sauté onion in butter. Stir in flour, sugar, salt and pepper. Cook until smooth and bubbly, stirring constantly. Remove from heat. Gradually stir in tomatoes, add ¼ tsp. or little more of baking soda after you

have brought the mixture to a boil. Stir hot tomato mixture gradually into the cold milk, heat rapidly to serving temperature. When doing this, watch carefully and stir constantly, so this isn’t over cooked, anything with a milk base likes to cook onto the bottom of the pan.

Ashi-niswi giizisoog (Thirteen Moons)

Namebini-giizis

The new Namebini begins Feb. 21. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon; Makoonsag-gaa-nitaawaadi-giizis, When the Bear Cubs are Born Moon.

Namebini Giizis

By Leroy Defoe

When I was young, I used to live with my “Gram.” Gram wasn’t just my grandmother, she was my great-grandmother. She was my favorite person in the whole world. We used to sit around the old kitchen table and talk, all the while keeping the old wood stove burning on those cold winter months. I could ask my Gram just about any kind of a question. After I asked her my question, she would look at me,

smile and quietly start telling me the answer.

One evening in February, I asked her, “Gram, why is February called the Sucker Moon?”

Gram gave me that look as she always did and thought for a few seconds. After she wiped her watery eyes, she said, “I was always told that February is called the Sucker Moon, because the water in those lakes is rapidly being used up by all the fish that live in there. During the Sucker Moon, the air in the water has become so poor that

the fish are almost dying for the lack of oxygen. It is during this time, that the Indians will cut holes in the ice, usually above a fresh water spring, and leave it open for the fish. The fish will swim over to the ice hole to breathe the good fresh air. The Indians will hide and wait by that open hole in the ice and spear the bigger fish, usually suckers, swimming by the ice hole. During this time the Indians will take all the fish that they need, because fresh fish tastes delicious, and leave the

rest for the other people, and the future.”

Last year, around the first of February, I got to thinking about my Gram and our conversation regarding the Sucker Moon. I got in my car, drove out to the lake and walked over to the fish hole. What I saw shocked me so much that I almost cried. There was a big hole in the ice all right, but someone beat me to it, and had scooped out hundreds of the smaller fish lying all around that ice hole to die. I was sick to my stomach that

someone would do that sort of thing. To scoop hundreds of fish out of a lake and throw them aside to die on the ice is not the Indian way of doing things.

I wish that everyone would take a minute to stop and think about how irresponsible doing something like that is. It is better to respect our natural resources and use what we have available for food, medicine, or building.

Fond du Lac hunting seasons recap

By Mike Schrage, *Wildlife Biologist, Fond du Lac Resource Management Division*

In 2011 Fond du Lac moose hunters took 17 moose, 7 fewer than the previous year. In addition, FDL Conservation Officers took three moose for program purposes. State-licensed hunters took 53 moose, while 1854 Treaty Authority hunters took another ten.

Again this year FDL hunters were asked to participate in the moose health assessment project. Nine successful hunting parties turned in completed health kits (moose brains, blood, hair, tooth, liver and data sheet) and were entered in a drawing. Congratulations to Ed, Daniel and Wendy Jaakola who each collected a

\$75 gift certificate to Gander Mountain. The nine parties are also entered in the Minn. DNR drawing for moose hunters returning a completed health kit.

The Fond du Lac deer harvest was also lower in 2011 with preliminary totals of 93 deer from the reservation down 36 percent and 154 from the Ceded Territories down 39 percent. Harvest by state-licensed hunters on the reservation also declined from 268 deer to 184 in 2011. In unit 181, state harvest declined from 4,538 deer to 3,649 deer in 2011.

Last year marked the first FDL season for sand hill crane hunting in the 1854 Ceded Territory. FDL is the first state or tribal agency to have a sand hill crane season east of the Mississippi River since

the early 1900s. Twenty Band Members requested crane tags and two cranes were harvested. FDL turkey hunters collected four turkeys during the spring and fall seasons. No Band Members registered a bear in 2011.

Trapping seasons continue for most species until the end of March. Typically FDL trappers register fewer than 100 bobcat, fisher, marten, and otter from the Reservation and Ceded Territories. The Wall Street Journal reported rising prices for furs with prices for muskrat going as high as \$10/pelt. Local DNR offices reported a lot of bobcats were registered by state-licensed trappers. Cat numbers have been rising in recent years and low snow has made access easy for trappers.

New FDL Garden Program Coordinator

Danielle Diver grew up in Ohio, where she learned about gardening by helping her parents and grandmother with their gardens. She earned a degree in entomology from Ohio State University.

Her love for plants started when she rescued several plants from a dumpster and she checked out some books from the library to learn how to care for them. She has since worked as a garden center associate, landscaper, horticulturist, plant protection technician, and farm apprentice. She has worked on organic farms in 5 states and Costa Rica.

Danielle and her husband Aaron moved to the Reservation last spring. She is passionate about growing food organically and

supporting local food systems.

The new Garden Program Coordinator, will help design, establish, and maintain a demonstration garden. The garden will be used as a teaching tool to showcase Ojibwe cropping systems as well as contemporary organic growing methods. Danielle will conduct and host seasonally relevant garden workshops and weekly informal lessons in the

demonstration garden. She has created a weblog for the Ojibwe Garden Program at www.ojibwegardenprogram.wordpress.com. Interested members may ask for gardening advice or suggest a lesson topic. All workshops and lessons are free and open to the public.



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, and University of Minnesota Extension.

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 Feb. 14, 2012 for the March 2012 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 Birthday **Emilia Garcia-Belcourt** (Feb. 18)
Love, Mom, Dad, and Grandma



Happy Birthday **Ruth Phipps** (Feb. 12) you're a great sister and auntie.
Love your sisters, brothers, favorite nephew Mikey and niece Brennin

Happy Birthday **Ruth Phipps** (Feb. 12), we love you mom.
Love Joey and Jimmy

Happy Birthday to the greatest daughter **Brennin Nykanen** (Feb. 25), we hope this year bring you all you dream of.
Love mom and dad



Happy 18th Birthday to **Austin Ray Reynolds** (Feb. 27).
Love you, Granny

Happy 12th Birthday to **Winter Mia Mayorga** (Feb. 16). Hope you have a great day.
Love mom and Mitch

Happy 14th Birthday to my beautiful niece **Renee Martineau** (Feb. 26), I love you very much.
Love, Allie

Happy 14th Birthday to my niece **Renee Martineau** and Happy late 15th Birthday to my nephew **Bruce Martineau** (Jan. 18), we love you guys very much. We are very proud of

both of you.
Love, Auntie Sophie, Uncle Bryce and your cousin Sewell

Happy 6th Birthday **Orion "Lil' Man" Martineau** (Feb. 22).
Love Mom, Grandma Carol, and Sissys.



Happy 12th Birthday **Cody Lee Tesser**.
Love, Mom, Darwin, and all your family

Happy 14th Birthday **Dylan King** (Feb. 16)
Love from your entire family



Happy Birthday **Dean Jaakola** (Feb. 29), you get one this year! *Love your sister and Bro-n-Law*

Happy 34th Birthday to my big brother **Jason Petite** (Feb. 20)
Love, Janelle

We want to wish our dad, **Jason Petite**, a Happy Birthday (Feb. 20). *Love Alex, Alijah, & Alyssa*

Happy 61st Birthday **Sandy Curry (Johnson)** (Feb. 1), hoping your birthday was the best.
Love, your sister Deb and the whole family

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy Birthday: **Mark Blackwood** (Feb. 1), **Joel Steiner** (Feb. 10), **Linda Wagner** (Feb. 18), and **Raymond Lorincz** (Feb. 26).

Margaret Needham at the CAIR would like to wish the following staff a Happy Birthday: **Cassie Peterson**, PHN (Feb. 3); **Mary Johnson**, CNM CAIR/MNAW (Feb. 12); and **Valerie McCarney**, PHN (Feb. 15). *Happy Birthday to you all.*

Happy Birthday to my loving mother **Jean Misquadae** (Feb. 13). I Love you mom, have a good one.
Love, Maria, Makayla, Callie and Janice

Happy 30th Birthday to **Aaron Diver** (Feb. 1), I love you and I hope you have a great day.
Love, Danielle

Happy Birthday **David Petite Jr. "bunnerbugs"** (Feb. 21), we all love you and hope you have a great day.
Love Mom, Lonnie, April and Doug, Matt and Angel, Dezzy, Amber, Sabrina and James

Happy 17th Birthday **Courtney Thompson** (Feb. 20), love you lots and are so proud of you my girl!
Love, mom, Jr, Cam, Isha, Tamara, Layah, and Chazzman



Happy 17th Birthday **Cedar Savage** (Feb. 16)
Love, Mom and Dad

Happy 17th Birthday **Cedar Savage** (Feb. 16) Love you Lots!
Love Patti Jo

Happy Birthday to my **Cedar Eggs**.
Love Always Dannin

Happy Birthday to the following family members, **Thomas Howes** (Feb. 11), **Annette Rennquist** (Feb. 13), **James Froemming** (Feb. 14), **Che Howes** (Feb. 28)
Love, Auntie and your cousins

Happy Valentine's Day

Happy Valentine's Day to **Michael John Martin**.
Love you with all my heart, Cindy.

Happy Valentine's Day **Owen Wilton**.
Love, Mom

Happy Anniversary to my husband, **Chris Antus**, love you, can't wait to dance in the moon.
Love, Lorri

Happy Anniversary to **Duane and Evelyn Putnam**, (Feb. 12) 57 Years!
Love, Karen

Congratulations

Congratulations to Marine Private First Class **Jordan R. Huie**, "Waboose" A 2011 Shakopee Senior High School





Community News



graduate. Jordan graduated on December 2, 2011, from the Marine Corps Recruit Depot, 3rd Battalion, Kilo Company, Platoon 3235, San Diego, Calif. He currently is stationed for Military Combat Training (MCT). Jordan is the great-grandson of Beatrice Huie and grandson of Gil Huie. *Super Job, from your family, Angela and Shawn Mackenzie, and siblings, Quentin and Chyanne.*

Our little princess **Creedence Karen Diver** born on Jan. 07, 2012, to the proud Parents, Cristal and David Diver.



Darren Johnson and Denise Olson would like to congratulate their daughter **Kierra Johnson** for finishing her semester at Bemidji State with a 4.0 GPA. We're proud of you baby, dad and I know you'll accomplish just as much, if not more, at St. Scholastica. *Love, mom and dad*

Congratulations to **Shandelle Friedman**, I and everyone that knows you would like to congratulate you on making the Dean's list for Spring Semester 2011 at the Fond

du Lac Tribal and Community College. I know you have much potential on following your dreams to reach your success, don't stop now, you're on your way. *With much love, Mom, Debbie, and friends*

Goodbye

The CAIR staff would also like to say good bye to **Ben Anderson**, Pharmacist. His last day was Jan. 20. We'll miss you.

Thank You

I wanted to thank everyone that has donated hours to me in the last 3 months. It made such a difference to me and my family. I can't thank you enough. You are all so wonderful. And thank you for all the support, humor, and sarcasm. That really keeps me going. Also thanks to everyone for covering for me. I love you all.

Deb St. Germaine (CAIR Pharmacy)

Obituaries

Marilyn Lucille Carpenter, 67, died Jan. 26, 2012 at Essentia Health Care in Duluth, surrounded by her family. She was born Dec. 19, 1944 in Cloquet to William and Marie (Bear) Diver. Marilyn

was a member of the Fond du Lac Reservation and enjoyed playing bingo, scrap booking, beading, making blankets, and dancing at Powwows. She was a very giving person and a devoted mother, grandmother, great-grandmother, sister, aunt, and godmother. Marilyn was preceded in death by her parents; brothers, Robert Peacock, Eugene Peacock, William Diver Jr., Norman Diver, Gene Diver, and Richard Diver. She is survived by two sons, Tim (Robyn Diver) and William Carpenter; one brother, Charlin Diver; two sisters, Eleanor LaFave and Linda Olson; two sisters-in-law, Gloria Solots and Cathy Diver; 9 grandchildren, Stuart Diver, Christina Diver, Dominic Diver, Justice Carpenter, Jordan Diver, Brook Barney, Joshua Barney, Ashley Barney, and Jacob Barney; 3 great-grandchildren, Aiyanna Lussier, Makiy Diver, and Allen Barney; numerous nieces, nephews; and her dog, "Buddy"; her best friends, Mike and Maxine Babineau, and numerous other friends.

Visitation and funeral services were held at Nelson Funeral Care. Interment services followed at New Holy Family Cemetery.

Keith A. Lind Sr., 58, of Cloquet, passed away Jan. 21,

2012, in his home. He was born July 17, 1953, in Cloquet to John and Leatrice (Petite) Lind and served in the U.S. Marines from 1973-1977. Keith was united in marriage to Cindy Few on Nov. 11 1975, in Belflower, Calif. He was a member of the Fond du Lac Reservation and worked as a cook most of his life. Keith lived like a gypsy for numerous years, traveling back and forth from Minnesota to California. He loved cooking, gambling at the casino, clowning around and having a good time. Most importantly, he had a lot of pride in his family and taking care of them. Keith had spent 10 years of his life in prison for a crime he was falsely accused of.

Keith was preceded in death by his parents; two brothers, Kim and Troy Lind; and one sister-in-law, Michelle Weske. He is survived by his wife, Cindy; three sons, Keith Lind Jr., Brian Lind, and Josh (Mary) Lind all of Cloquet; three brothers, Mike Lind, Kevin (Linda) Lind and Hal "Boochi" Lind all of Cloquet; one sister, Loretta Erickson of Cloquet; two grandchildren, Zachary and Destiny Lind; and numerous nieces and nephews.

Visitation and memorial services were held at the Nelson Funeral Care in Cloquet.

Home For Sale



Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm., 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lake-shore; driveway and septic tank on 56 feet of FDL leased land. Asking \$235,000. Call (218) 879-5617 for more info.

Namebini-giizis – Sucker Fish Moon February 2012

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; 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>State of the Band Address 5:30 p.m. Thurs, Feb. 16 BBCR</p>			<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern Group 10 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM</p> <p>1</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Language Table 5 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p>2</p>	<p>Water Aerobics 8:15 a.m. CCC CCC Cooking class CCC</p> <p>3</p>	<p>Souper Saturday – enter or just come, taste, and vote for your favorite! 11 a.m. CCC</p> <p>4</p>
<p>Volleyball net up 12:30 p.m. CCC</p> <p>5</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Tai Chi 9:15 a.m. CCC Gift of Health class 12 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>6</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. CAIR Ged 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p>7</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern group 10 a.m. CCC On the Move Pick-up 12 p.m. CCC 52+ Elder potluck mtg 5 p.m. CCC GED 4:30 p.m. SCC Beading 5 p.m. FDLM I CAN COPE 5 p.m. CCC Zumba 4:45 p.m. OJSHS</p> <p>8</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Language Table 5 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p>9</p>	<p>Water Aerobics 8:15 a.m. CCC CCC</p> <p>10</p>	<p>Open basketball CCC Chi of Shaolin – Tale of the Dragon 7 p.m. BBCR</p> <p>11</p>
<p>Volleyball net up 12:30 p.m. CCC Water Aerobics 1 p.m. CCC</p> <p>12</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Tai Chi 9:15 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>13</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p>14</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern group 10 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM</p> <p>15</p>	<p>Get Fit 12 p.m. CCC Wisdom Steps 10 a.m. CCC GED 4 p.m. CCC Language table 5 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC State of the Band Address 5:30 p.m. BBCR</p> <p>16</p>	<p>Water Aerobics 8:15 a.m. CCC CCC</p> <p>17</p>	<p>Open Basketball CCC</p> <p>18</p>
<p>Volleyball net up 12:30 p.m. CCC Biboon Feast Powwow 1 p.m. FDLTCC</p> <p>19</p>	<p>CLOSED PRESIDENTS DAY</p> <p>20</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. MNAW Elder Activity BD mtg 1 p.m. CCC GED 4 p.m. CCC Age to Age Traditional speaker 4:30 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m.</p> <p>21</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern Group 10 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM 52+ Elder potluck mtg 5 p.m. CCC</p> <p>22</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Language table 5 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p>23</p>	<p>Water Aerobics 8:15 a.m. CCC CCC</p> <p>24</p>	<p>Open Basketball CCC</p> <p>25</p>
<p>Volleyball net up 12:30 a.m. CCC</p> <p>26</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Tai Chi 9:15 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>27</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p>28</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern group 10 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM Sobriety Feast 5:30 p.m. CCC</p> <p>29</p>			