

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



## FAST BREAK

Jordan Diver goes in for a fast break layup during Fond du Lac Ojibwe School's win over Chisholm, 93-71, on Jan. 24 improving their record to 13-2.

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# Local news

## FDLOJS Boys bball team lights up scoreboards

By Zachary N. Dunaiski

The Fond du Lac Ojibwe boys basketball team has had a very good start

to the year as they actually decreased their average when they beat Chisholm 93-71 on Jan. 24. After the game the FDLOJS team's average was 95.3 points per game. While they had a season low against Crosby-Ironton with 69 points, the FDLOJS boys have scored over 100 points in 4 games this year including 132 points against Mesabi Academy back in mid-December. But the game against Chisholm wasn't just another game for FDL to assert their dominance in high school basketball. It was just as much about the players showing their appre-



Trevontae Brown

ciation for Chisholm's Bob McDonald, 80, who has given 53 years of his life to basketball who recently eclipsed the 1,000 career victories mark (something only 13 coaches in the country have ever done). Fond du Lac was also coming off a celebration of their own, as just a few weeks ago Senior Trevontae Brown eclipsed 1,000 points. The school and the entire community are very proud of Brown for all his hard work and dedication. On this night, the Fond du Lac team won from

an up tempo team game that involved quick shots and a bunch of them. This victory was a good sign for FDLOJS Boys going forward as Chisholm is a team they are likely to see again late in the playoffs.

## SCUBA diving at MOA

By Julius Salinas

Over the holiday break on Sunday, Dec. 29, it was one of those days when the morning temperatures were in the -20F degree range. However, at 8 a.m. Cody Bauer, James Friedman, Jacob Ammesmaki, Justin Belanger, and Isaiah and Julius Salinas were departing from Black Bear Casino to "Dive With The Sharks" at the SeaLife aquarium in the Mall of America.

Due to the rapid ice accumulation on the lakes and Cody's need for a few more dives to qualify as a volunteer diver at the Great Lakes Aquarium in Duluth, the opportunity to dive in the SeaLife aquarium appeared to be the best option.

However, a huge disappointment needed to be overcome from the start. To participate in the aquarium's shark experience, all individuals needed to be certified divers. We were all certified divers, thanks to Maria Defoe's after school diving class last spring at the FDL Ojibwe school, so we were ready to go. The age limitation was another issue.



Minimum age for diving in the shark tank is 16. That meant that James, Jacob, and Justin had to settle for a snorkeling adventure involving sting rays, puffers, sea turtles and 75 other fish of which some were venomous and others are capable of being lethal.

Both events started with "behind the scenes" tours of the aquarium's exhibits. This included speaking with trainers and divemasters, learning about how the animals are maintained, safety precautions to be followed while in the tanks and viewing the array of equipment that it takes to keep the animals healthy.

After extensive pre-dive and pre-snorkling briefings, which we all gave our undivided at-

tention to, we were eager for the adventure. This was one of those events in a person's life that will not be forgotten and the pictures can only give a hint of what it was like to experience.

The sharks are big, ranging in length from 14 to 16 feet and they do have sharp teeth. Several of us found souvenirs to prove it. We also got up close and personal to the sting rays and can verify that their armored tails can be lethal.

James asked me if we could come back when he turns 16 so that he can dive with the sharks. I'll be first in line. Sure would be fun to go again with a larger group. Have you ever thought about scuba? A little challenge and adventure is good for the soul.

## Nahgahchiwanong Dibahjimowinnan

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

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Editor: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

# Local news

## FDL working with the Forestry Research Institute of Sweden

Before you get a chance to read this article, Tomas Johannesson of Skogforsk, the Forestry Research Institute of Sweden, will be arriving at Fond du Lac to work with Fond du Lac Logging and Timber, and the Fond du Lac Forestry and Environmental program. The purpose of this visit is to explore efficient timber harvesting techniques and drying methods to supply wood chip fuel supplies for renewable, non-fossil fuel derived energy production. This will allow the Band to potentially save money on energy, reduce our dependence on the fossil fuel industries, release less carbon dioxide into the air, and provide some economic opportunities for the Band.

Sweden now gets over 50% of the energy they use from renewable energy (wind, solar, and biomass). The U.S. gets just over 11% of its energy needs from renewable sources. Minnesota gets only 2% of its energy specifically from its forests, Sweden uses approximately 33%.

Fond du Lac was awarded funding from the Division of

Energy and Mineral Development to identify fuel efficient biomass harvesting practices. Mr. Johannesson will be working with FDL Logging and Timber on the latest cut-to-length (CTL) harvesting techniques. CTL harvesting systems are high tech machines that allow loggers to harvest and process individual trees while minimizing damage to the remaining trees. Timber harvesters in Sweden use CTL systems almost exclusively whereas in Minnesota most logging uses whole-tree logging systems. Whole tree systems are better adapted to clear-cutting rather than individual tree selection but CTL systems can be more flexible and lighter-on-the-land.

Skogforsk is the central research body for the Swedish forestry sector, and is financed jointly by the government and the members of the Institute. Mr. Johannesson is Skogforsk's primary researcher and educator with CTL harvesting systems.

In Minnesota wood fuel is harvested and delivered green (meaning still wet) to a processing facility or directly

to consumers. Then it can lie in piles for years to dry or it can be processed and used green which is inefficient in the same way burning freshly cut firewood is compared to burning dried firewood.

Minnesota's wood energy sector is at a critical juncture. No one wants to build large biomass utilizing facilities unless there's a reliable supply of suitable wood that is as cheap or cheaper than other fuels like coal, oil, or natural gas. But no one wants to provide suitable wood if there isn't anyone buying it. There is a lot to learn about how best to provide the wood in an economically sound and environmentally sensitive manner.

Part of the drying technique used in Sweden is to cover wood piles with a bioblan- ket. This fabric is a bit like a Gore-tex rainsuit, it keeps the rain from getting to you but breathes enough that you don't get wet from perspiration. Wood piles can dry out faster this way. It is also much less expensive to transport lighter dry wood than heavier wet wood.



*FDL logging and timber enterprise*

A full evaluation of this process isn't simple. This project will use field operations and procurement systems that are currently successfully used in Sweden and evaluate the localized effects of in-woods drying on delivered energy content, change in production costs, feedstock usage, boiler emissions, and may result in changes in the way the timber industry and landowners like Fond du Lac, the counties, or the state of MN buy and sell their wood.

If the results are promising it may result in more in-state renewable energy production and more investment in local economies. It could also help revitalize the state's declining forest products industry through diversification and capital reinvestment.

The forest products industry is a cornerstone of Minnesota's economy, ranking as the fourth largest manufacturing sector. In 2011, Minnesota contributed \$9.7 billion in direct benefit

with \$3.2 billion value added and employed about 40,400 people. The wood energy sector is a small but growing portion and provides an important market that supports wildfire risk reduction, combating disease and invasive species, and restoring forests for enhanced wildlife habitat.

Fond du Lac will be working with the University of Minnesota Forest Extension program and the Minnesota Logger Education program, who also provides a transparent setting for sharing industry ideas and commentary on the applicability of Swedish practices in Minnesota. The project partners have a good track record of working together and have all contributed some level of cash or in-kind match to demonstrate their commitment. Project partners collectively represent each piece of the wood energy value chain and possess extensive knowledge of industry practices.



*Biomass treetop moisture sampling pile used for wood chip fuel*



# A few thoughts from RBC members

## From the Chairwoman

Just a reminder for Band members that the State of the Band meeting will be on Feb. 20 at 5:30 p.m. in the convention center at Black Bear Casino. Hope to see you there.

At a couple of the open meetings, the issue of exclusions from the reservation has been raised, with those in attendance stating they do not believe that Band members should be excluded. The Removal and Exclusion of People from Band Lands Ordinance was approved in 1999. The Ordinance #04-99 was enforced, but not against Band members. It is

available on the website under the government tab if you would like to read it.

If you recall, there were a series of meetings between the RBC and Band members several years ago regarding violence in the community. It was in response to a drive-by-shooting in a housing complex, and the perception of an increase in gang activity. There was good community participation in those meetings and you gave feedback to the RBC that Band members should not be exempt from removal especially for committing felony level violence or drug distribution. Recommendations for removal are brought



Karen Diver

to the RBC by the FDL Police Department.

Now we are hearing that this may no longer have support from the community. We were also told that the RBC should not have listened to you because there was not enough Band member participation. Additionally, community members say it is the responsibility of the RBC to solve drug problems in the community. Removing people who deal drugs seems to be one strategy that could have an impact. The RBC is interested in hearing from more of you about your thoughts. While we will work for a follow up community meeting, in the meantime feel free to give us a call or email and let us know what you're

thinking.

The other issue that was raised at the last open meeting was about absentee voting, and that it should be eliminated. Should off-reservation folks lose their right to participate in elections? Right now, the Minnesota Chippewa Tribe Constitution and Election Ordinance set the parameters for elections, so the issue could not be decided by Fond du Lac alone. Would this create a different class of citizens? Is it a precedent for reducing other citizenship rights?

It was stated at another open meeting that perhaps off-reservation Band members should not get a per capita payment. As someone who was raised off-reservation, I understand

the reasons why people left the reservation and why some of them have stayed where they have built their lives. Many of you come back to visit often and maintain close ties with your family here. Obviously, these are weighty issues that community members are bringing up that will take far more widespread and involved discussion from all of our citizens and not just the ones raising it at open meetings.

If you have thoughts on these matters or anything else, please let me know at the office (218) 878-2612 or my cell (218) 590-4887 or by email, [karendiver@fdlrez.com](mailto:karendiver@fdlrez.com)

## Boozhoo,

Happy New Year! I hope you had a safe and happy holiday season and were able to share some time with your family and friends. I hope that the New Year is filled with all the success that you hope for and deserve.

As we move into the New Year my hopes are high for the Reservation. We continue to deal with the recession but

most signs in the economy are pointing towards growth in the upcoming year. That should mean more jobs and more spending money which should affect us in a positive manner.



Ferdinand Martineau

I asked all programs to cut back on unnecessary spending to help balance our budget for this year and they did a good job of meeting a 5% cutback. They are able to continue to offer the same activities and services that you have

become accustomed to so you should see little or no impact in their offerings for the next year.

We are experiencing a deep freeze from the end of December through the first part of January. Today, Jan. 6, the high was 12 below zero. During this time we have experienced a shortage of propane. The demand has outpaced the supply so we have had to limit deliveries to 150 gallons to be able to serve all our customers. We have not run out nor do we expect to but we are waiting for our next allocation from our

supplier which should be soon.

The next Tribal Executive Committee (TEC) looks like it will be scheduled for Feb. 5 and 6 in Mille Lacs. The subcommittees usually meet on the first day and the TEC on the second. The subcommittees are: legislative, housing and finance, education and human services, and natural resources. These committees serve to make recommendations to the TEC on issues specific to their area of expertise.

The next few months should be interesting. We have an elec-

tion coming up with a primary on Apr. 1, 2014 and the regular election on June 10, 2014. You can find the election calendar and Election Ordinance #10 on our website.

Stay warm, spring is on its way.

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

Gigawaabamin.

# RBC Thoughts (continued)

## Sawyer News Boozhoo!

**E**LECTIONS, ELECTIONS, ELECTIONS!!! They are right around the corner for the positions of Secretary/Treasurer and, of course, good ol' Sawyer. I have once again put my name into the fray for the position of Sawyer Representative. At the time of writing this article, I don't know who else will be in the running, but I wish them luck (yes, even for Sawyer).

I have been pushing for greater economic development on our Reservation. I think it is something that is very much needed and wanted. In particular, a training school to get people certified as carpenters, electricians, welders, and so on. I believe we have the capabilities to get these programs up and running

and begin training our people to learn a trade. Another proposal is a mechanic shop for our Reservation. We have a lot of people around here who know how to work on vehicles, and I think that having our own shop would be very beneficial to the Reservation. The underlying thread to all of these suggestions (as well as the current positions



David Tiessen Jr.

we already have) is training. Training in any form, whether it be for mechanics, security jobs, rec aids, or anything and everything, training is the key to get these things moving in a positive direction, or to make them even better than they currently are, good or bad.

I continue to hold the monthly Community meetings at the Sawyer Center. They have been going good, but they are starting to dwindle.

They are open to everybody, so if you are a wee bit apprehensive about coming out, don't be. I want you out there so I can hear your opinions or ideas. If the public forum is not to your taste, I am also open to phone calls, Facebook communication, drop-ins in my office, or even house calls. There's more than one way to holler at a Rep (kidding, kidding). Anyhoo, I am here to listen, so don't be afraid to talk to me, whatever the issue may be.

P.S.- Next Community meeting with be on February 18th at 6pm. It is potluck.

P.S.S- HUG'S NOT DRUG'S I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at david-tiessenjr@fdlrez.com, or call my office (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Miigwetch.

## Cloquet News

### Hello All

**T**he winter months sometimes leave folks with not much to do, or maybe not willing or wanting to challenge the cold weather. Our Cloquet Community Center has a number of indoor activities to offer for beating the cold weather. Please feel free to participate in the following scheduled activities being offered at the Cloquet Community Center.

Youth swim lessons have started and are held two times a week. Aikido is scheduled for the first three Tuesdays of the month. Jujitsu is scheduled for the first three Wednesdays of the month. Adult dodge ball is scheduled for every Friday from 12-1 p.m. Knitting and Crocheting Circle has been started and is held every Thursday 5-6:30 p.m. Beading classes occur every Friday, Saturday, and Sunday. The Arthritis Foundation's Elder Water Aerobics is held 2 times a week. Arthritis



Wally Dupuis

Foundation Water Aerobics is held 5 days a week. Instructor Archery Training will start and will be held here at the community center on Feb. 4. The Sobriety Feast is held the last Wednesday of the month from 6-8 p.m. And for those who are starting an exercise program the FDL Cloquet Community Center is open Monday through Friday at 6:30 a.m. with the pool area opening at 7 a.m.

Something new that is starting in February will be drumming. Jeff Savage, our museum director, has made us a drum and sticks. Jason Petite, a member of our staff, will be the instructor for the drumming lessons.

For specific times and dates of these activities please feel free to give the community center a call.

On another note, our FDL boys and girls basketball teams are again performing very well this season. The students love their role as athletes in the program and the students, staff, faculty, and community members are very supportive and proud of your accomplishments. Good job athletes, students, and fans.

### Attention:

**There are openings on the law enforcement review board. Anyone interested in serving on this board should submit their name to Rita Ojibway at 1720 Big Lake Road by Friday, February 28, 2014.**

# Annuities From Some Early Times

Research by Christine Carlson

## From the book *Chippewa Customs* by Densmore

Previous to the treaty of 1854 the Chippewa went to Madeline Island in Lake Superior to receive their annuities. The supplies to be distributed were brought in sailing vessels, the only vessels on Lake Superior at that time being the Algonquin and John Jacob Astor. The coin was shipped from Washington in boxes, each of which contained \$1,000. The tops of the boxes were screwed down and the top of each screw was covered with sealing wax. The Chippewa term for annuity means "the paying."

## Goods received by men, women, and children

A man usually received: Broadcloth for leggings and breechcloth, calico or linsey-woolsey for shirt, knife, three point blanket, gun, comb, and lead bars for making bullets. A woman received: flannel, comb, calico or linsey-woolsey for dress, broadcloth torn in dress lengths, sewing supplies, tin dishes, and a two-and-a-half point blanket. A child would receive: a one or two point blanket, cloth, or other articles.

## The Indian payments as shown in the *The Chronical* – Superior, Sept. 21, 1858

Those known as the Fondulac and Sandy Lake bands will receive their annuities at Fondulac about the first of November. Some of the bands who are now paid at Grand Portage have petitioned the Department to be allowed to receive their annuities hereafter at Fondulac; it being some three or four days

travel nearer their location than Grand Portage. The amounts received by each this fall will be very inconsiderable, on account of a large portion of the annuity having run out last year. About three dollars per head is the sum to be paid to each.

## The Indian payments as shown in *The Chronical* – Superior, Oct. 1, 1861

On Wednesday morning at an early hour the party left for Fondulac where the annuities and goods were paid out to the Chippewas of this portion of the district. We were not present at the payment, but learn that everything went off very satisfactorily. The Indians were all sober, and remained so during the time the officials were in their midst – an interval of nearly three days. We understand, those of the Indians who have kept on the Reserve, and paid attention to agricultural pursuits, received the largest share of the good as an inducement for them to preserve in their efforts to make homes for themselves; this is the right policy, and the only one which will induce these people to give up their nomadic habits, and cease their annoyances to the whites on border settlements.

## Indian payments – Superior Gazette of Sept. 24, 1864

The Indian payment at Fondulac passed off usually quiet on Monday last. The only thing worthy of note was the written protest entered by the Indians against the payment of their annuities in government currency. They claim that they are entitled to gold under the treaty stipulations, and contend that if payment is made in currency

it should be made as its market price. They took this payment as only part of what was due them and say next year they want gold. Perhaps they will get it!

## The Indian Policy – Duluth Minnesotian of July 26, 1873

From the hour Washington called them "Domestic foreign nations," and the courts recognized them as wards of the nation, the country has held the tribal relation of the Red man to be a convenient society to be legitimately robbed; and it seems as if every agent who has been appointed has sought his position upon the ground of its speculative features, and robbery of the Indian has been the prime incentive ever since.

If their history from their standpoint were truthfully written it would show one black page of injustice and inhumanity done them by the whites; and all the fiendish outrages which have darkened the pages of our own history of the Indian races, have had their origin in feuds caused by the invaders of their land.

## Lo: The Poor Indian – Lake Superior News 1879

Of this, the reports of the committee of Congress on the transfer of the Indians to the War Department furnish a striking illustration. Half report in favor and half against. But both admit in past treatment of the Indian to have been shameful, and confess that though there are honorable exceptions, yet the name of Indian Agent has become well nigh "synonymous with fraud and corruption."

## Carlton County Vidette – Dec. 9, 1893

A number of the Chippewa Indians were in town this week investing Uncle Sam's annuities in useful articles of dress, etc., such as velvet ribbon, looking glasses, red paint, glass lamps, headache wafers and cork-screws.

The Fond du Lac Indians residing in this vicinity received their annuities this week. The payment amounted to about \$4.85 for each Indian and was in charge of Paymaster Campbell and Assistant Rodman of the LaPointe agency and Indian Agent J.M. Morgan of Cloquet.

## A.A. Bear, Superintendent of Fond du Lac Reservation, checked in this week – Pine Knot Oct. 23, 1909

Mr. Bear has started another innovation that is certainly commendable and that is the enforcement of the ruling of the Indian department that every able-bodied male Indian must do a stated amount of work on the roads within the reservation and that unless he can show a certificate to the effect that he has done this work, the Indian is barred from receiving his share of the tribal annuity.

## Fond du Lac Indians paid their annuities- Duluth News Tribune Dec. 16, 1911

Nine hundred and forty-five Indians have been paid their annuity by the government payments being made by Superintendent C.W. Cross of the Fond du Lac at Superior, Solon Springs, Fond du Lac, Sawyer, Brookston and Cloquet. Last year the Indians received \$6.41 apiece, while the recent payment amounted to \$10 each.

## Indians to receive money – Carlton County Vidette Nov. 22, 1912

From Dec. 2 to Dec. 10, payments will be made by the government to the Indians of the Fond du Lac Reservation. All persons eighteen (18) years or over must be present in person.

During the past few years the Chippewa Indians of Minnesota have repeatedly petitioned the government to manage their own affairs and money matters, the same as the white men, but this the government has refused to do, except in a few cases, but now the Indian department has decided to let them have a hand in managing their own financial affairs.

Each and every Indian on the reservation will receive \$75, and it will be theirs to spend it as they like, and for what they like, but the local government officers will keep close scrutiny on the Indians and see how it is expended, and on this will largely depend upon like payments in the future.

## Money for Indians – Pine Knot of Oct. 30, 1914

G.W. Cross, the local U.S. Indian agent, announces that the annual payment to the Chippewa Indians of the Fond du Lac reservation will be made during the month of November. This annuity will amount to \$18.00 per capita and is the disbursement of the accrued interest of the Chippewa Minnesota fund. The total amount to be paid out is \$18,252.00, there being 1,014 Indians to participate in the payment.

# Gichi Manidoo Giizis Powwow 2014

*All photos courtesy of Ivy Vainio.*

This year's event brought a total of 1,020 participants, 373 registered dancers, 16 drums, 26 information tables, and 24 vendor tables. The powwow committee would like to thank the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Tribal and Community College, Minnesota Sustainable Agriculture, Research and Education

program, and Intertribal Agriculture Council for their support and helping us make this event a success. The powwow committee would like to thank all of our volunteer staff from FDL Resource Management, Brookston Center staff, and 13 Moons Minnesota Master Naturalist program, Miigwech.



*Veteran Honor Guard.*



*Jingle dress dancer Misty Rose.*



*Red healing shawls from Minnesota Indian Women's Sexual Assault Coalition.*



*Host drum Cedar Creek singers.*



*Robert DesJarlait and Veronica Smith, protect our Manoomin info table.*



# Etc

## Election board needs people to serve

The Fond du Lac Reservation Business Committee is seeking individuals who are interested in serving on the 2014 Election Board. There are openings in all three voting districts and for the general election board. If you are interested in serving, please submit your name in writing to Rita Ojibway at 1720 Big Lake Road Cloquet, Minn. 55720 on or before February 21, 2014 at 4:30 p.m.

## 2014 FDL Honor Guard scheduling

The Fond du Lac Honor Guard are pleased to appear at your upcoming events and request that you contact Honor Guard Secretary, Fran White at (218) 391-3505 or franwhite2005@msn.com or Commander Tom Whitebird at (218) 213-7357 or twhitebird@gmail.com for scheduling your events.

We would like to start scheduling events for 2014 now so that we can accommodate as many events as we possibly can.

## Community computer classes

The Fond du Lac Band will be offering more sessions of free Community Computer Classes. The next sessions of these classes are Feb. 6-8 in the FDL Tribal Center building. To register for these free classes visit



<https://www.surveymonkey.com/s/G9F33DZ> or call (218) 878-7333 to register or for more information on the classes, drop-ins are also welcome.

Open Lab time is a time to come in and speak with the trainer about any topic you may have questions about. This will help the trainer know specifically what people are wanting to learn and she will be able to set up future classes for those topics.

The February courses will have something for everyone and focus on basic computer use and online business training. Participants from past community computer classes are welcome and encouraged to attend.

**Feb. 6**  
2:30-5 p.m. Open lab and social media (create A Facebook, Twitter, Etc...)

5:30-6:30 p.m. Buy and sell online (EBay, Craigslist, Etsy, Etc...)

**Feb. 7**  
9-11:30 a.m. Using your computer to get a job  
12-1 p.m. Social media brown bag lunch—how to present yourself online  
1:30-5:30 p.m. Open lab—increase your computer and software skills

**Feb. 8**  
9 a.m.-2 p.m. Online storytelling (using blogs, videos, and photos to tell a story)  
2:30-4:30 p.m. Online E-commerce (setting up websites to sell, getting found online, website assessment)

Times will stay the same, but classes may change depending on interest. We are open to suggestions.

Please share topics/class ideas and preferred times with us by filling out the survey or calling the information line. Classes are open to all community members.

There will be another set of classes from Feb. 20-22.

**Feb. 20**  
3:30-5 p.m. Open lab  
5-7:30 p.m. Building your professional social network site (linkedin workshop)

**Feb. 21**  
9-11:30 a.m. Using your computer to get a job  
12-1 p.m. Social media

brown bag lunch—an introduction or discussion on how and why business might use social media

1:30-5:30 p.m. Open lab—promoting your business on social media

**Feb. 22**  
9 a.m.-2 p.m. Online storytelling (depending on the popularity)

2:30-4:30 p.m. Open lab (advanced wordpress)

## Staying comfy, cozy, and safe

If you have kerosene heaters,

woodstoves, fireplaces, or furnaces that burn oil or natural gas in your home, you are at risk for potential fire and/or carbon monoxide (CO) poisoning. Home heating equipment is essential, but it isn't safe unless you give it proper attention.

These heating safety tips from Cloquet Area Fire District (CAFD) could save your life and your property from disaster.

Chimneys should be checked by a qualified chimney sweep before and during the heating season. Fireplaces, furnaces, and chimneys should be checked for structural integrity. You should wet ashes down and dispose of them in metal containers. Never burn trash, charcoal, or plastics in your wood-burning appliance. These items can overheat and cause a fire; they also release dangerous pollutants.

Portable electric heaters are intended to heat a small space for a short period. They must be kept at least 36 inches from anything that can burn, and must never be left on when occupants are gone or sleeping.

Gas heating equipment is doubly dangerous; it can cause both fire and carbon monoxide poisoning. If you have an unvented, gas-fired space heater, be sure it has an oxygen depletion sensor to detect reduced oxygen levels and shut off the heater before carbon monoxide accumulates.

Fuel your portable kerosene heaters outdoors, in a well ventilated area when it has cooled

completely. Never use gasoline instead of kerosene.

Carbon Monoxide Poisoning  
About 230 people die each year from CO poisoning related to fuel-burning household appliances. CO is a tasteless, odorless, and very lethal gas, easily absorbed into the blood. Symptoms of carbon monoxide poisoning include headache, fatigue, weakness, shortness of breath, and nausea, which are sometimes dismissed as a "touch of the flu." Don't be fooled—get to fresh air.

For more information on home heating safety, go to the Minnesota State Fire Marshal website at [www.fire.state.mn.us](http://www.fire.state.mn.us).

"Safe home heating means proper installation, use and maintenance," says Captain Sarah Buhs, "Knowing about fire dangers and eliminating risks is essential preparation for winter."

The CAFD would like every home and family to follow these tips. "And please, make a home fire-escape plan and practice it," Buhs says. If tragedy strikes, a safe escape is the only alternative."

If you have questions about home heating or any fire issue, call the CAFD (218) 879-6514.

## FDL Biomonitoring Project

**Chemical Highlight: DDT/DDE**

DDT is the abbreviation for a pesticide that was banned in the U.S. in 1972, but is still used in some parts of the

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world. Until it was banned, DDT was used widely in the U.S. to control insects in agriculture and insects that carry diseases such as typhus and malaria. DDT remains in the environment for a long time and builds up in fish, birds, and other animals. People are mainly exposed by eating foods contaminated with very small amounts of the chemicals. DDT can affect the nervous and endocrine (hormone) systems. DDT and DDE may cause cancer in humans.

DDT and DDE from environmental sources can enter people's bodies through swallowing or breathing them in or through the skin. Since DDT and DDE may cross the placenta and can be in breast milk, fetuses and nursing babies may be exposed to these chemicals if their mothers have been exposed. Most people are regularly exposed to very small amounts of DDT and DDE from eating contaminated foods, such as root and leafy vegetable, but especially meat, fish, poultry, and dairy products.

People exposed to large amounts of DDT and DDE over a short time might develop nervous system effects such as excitability, tremors and seizures. Human health effects from exposures to low doses of DDT/DDE in the environment or at levels measured in biomonitoring testing are unknown. Studies of animals suggest that long-term exposure to smaller amounts can harm the liver, affect reproduction and other effects, and it is pos-

sible that this could happen in people too. Except for people who live near an industrial or waste disposal site that was contaminated with DDT/DDE, the greatest source of exposure to these chemicals is likely to be from food. While it is not possible to completely avoid DDT/DDE in the diet, there are choices people can make that will help reduce exposure.

#### **Make your meat lean.**

Choose lean cuts of meat and buy organic meat if possible. Cut off visible fat before cooking meat and choose lower-fat cooking methods: broiling, grilling, roasting, or pressure-cooking. Avoid frying meat in lard, bacon grease, or butter.

**Limit dairy fat.** Opt for low-fat, organic dairy products when possible.

**Wash fresh fruit and vegetables.** Imported foods may be from areas where DDT is still used. Cleaning fruit and vegetables will help remove DDT/DDE and other contaminants that might be on their surface.

**Choose fish wisely.** Commercial fish that contain higher levels of pesticides, including DDT, are bluefish, wild striped bass, American eel, and Atlantic salmon. When preparing fish, remove the skin, trim the fat, and broil, bake, or grill the fish so that fat drips away; this will reduce your exposure to DDT/DDE and other chemicals that accumulate in fatty tissue.

Fish are an excellent source of nutrients including protein, omega-3 fatty acids, and vitamin D, so don't remove fish from your diet—but be selec-

tive about the fish you eat.

## Free Income Tax Preparation at the Fond du Lac Community Center

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 individual with an income of \$50,000 or less. This service will be offered at the Fond du Lac, Cloquet Community Center located at 1720 Big Lake Rd, Cloquet in room 1410, next to the library.

The tax prep sessions will be held on Saturdays from 10 a.m. to 1 p.m. beginning Feb. 15 and on Tuesdays from 5-8 p.m. beginning Feb. 18.

There will be no tax service over Spring Break, Mar. 17-24.

Please note: Taxes are done on a first-come, first-serve basis. Please sign in and you will be served as you have signed in. The site will close Tuesdays at 8:00 p.m. when the community center closes. Apr. 5 is the last day for tax reparations.

You will need you and your spouses, W-2 forms, 1099 forms, social security and retirement information, mortgage information, per capita information, Social Security card number, birthdates, if you have children, their Social Security number's and birthdates, if you rent, a Certificate of rent paid from your landlord, a current valid picture I.D., and last

year's tax return if available.

If there are weather warnings for snow please call (218) 879-0701 to see if the tax site will be open. If bad weather is predicted the tax site may be closed as it has been in other years. Information about the site closing due to weather will also be available on WGZS 89.1.

If you have any questions contact Suzan Desmond at Fond du Lac Tribal and Community College (218) 879-0701.

## Drivers Education

The classroom portion of the Drivers Education class will take place Feb. 24-Mar. 7. Classes are Monday-Friday starting at 4 p.m. in the Library Classroom. Students must be at least 15 years of age at the start of the class. The cost of the class is \$120.

Over-the-Road, instruction is offered after students receive their learner's permit. These classes are arranged on an appointment basis. The class fee is \$200.

The registration form is available on the FDL website in the Community Services section. Students who qualify for "Sports Funding" should meet with Wanda to complete the paper work. Other students need to pay the fee in the Enterprise Accounting Division and bring the receipt and registration form to Community Services. Fees need to be paid before the start of class.

Additional classroom instruction will be Apr. 21-May 2 and July 7-22.

## From the Scholarship Division

The scholarship program staff would like to wish everyone a happy new year. We continue to provide assistance to Band members who are furthering their goals in higher education.

As we move forward with assisting Band members who may have defaulted in student loans we have new information where students may find out who their lenders are and where payments are to be sent. The student loan information is available at [www.StudentLoans.gov](http://www.StudentLoans.gov). You will be directed to the Free Application for Federal Student Aid (FAFSA) webpage where you will need a 4 digit student PIN number to access your private information. If you do not have a PIN number or have forgotten it, you will be able to apply for one or access it at this site by following the easy step by step instructions.

The scholarship office has a computer work station available to you if you need help navigating this site. Don't let student loan debt stop you from achieving your academic goals. We are here to assist you and we are making every attempt to provide you with the necessary tools to reach your goals.

Students who will be returning to school during the 2014-2015 academic school year, the time is now to fill out the FAFSA. The application is on line at [www.fafsa.gov](http://www.fafsa.gov). The computer work station is avail-

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able to you if you would like help filling out the application. Stop in if you need help, we are here for your convenience.

Our contact information:  
Patty Petite, Ed.D-Scholarship Director (218) 878-2633 patty.petite@fdlrez.com or Veronica Smith-Scholarship Assistant (218) 878-2681 veronicasmith@fdlrez.com

## FDLHS now taking applications

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

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

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

## Cloquet school facilities study needs public input

By Supt. Ken Scarbrough

A school facilities meeting was held at the Cloquet High School cafeteria on Jan 27. The district values and needs public

input and support during this planning process, so three additional meetings have been scheduled, these meeting dates Mondays, Feb. 10, Mar. 3 and 31.

Cloquet school officials are asking for public input and advice to finalize a major study which has identified the repair, maintenance, space, and educational needs for the school district's buildings. This will be the first of four public meetings, and each meeting will build upon the input received from the previous meetings.

The Cloquet School Board decided last spring to have a group of engineers and architects do a facilities study to identify the most pressing needs of our school buildings. This study identified over \$13 million in needed repairs and maintenance at the Cloquet Middle School and additional maintenance, space, and program needs at the elementary schools, high school, and alternative school. The Facilities Steering Committee and architects drafted several alternative plans to address the identified facility needs, but these plans only are in draft form to serve as a starting point for public discussion and input. The School Board will use this input to adopt a final plan to take to the public for approval. Some important topics to be discussed:

- Repair costs at the middle school versus a new school.
- Best location if we build a new middle school.
- Discuss need for a school

swimming pool and adequate community education and gym space.

- Additional space needs and upgrades at all buildings – regular classrooms, specialist classrooms, eating facilities, storage, upgrading worn or inadequate areas, and the like.
- Security needs – safe and efficient drop-off and pick-up of students, secure facilities, cameras, safe parking, safe play areas, and the like.
- Identify needs for disabled access.
- If a new middle school is built, what should be done with the current middle school?
- If a new middle school is built, should 5th graders be located in a separate wing at that school to open up more space at the elementary schools?
- What is the cost of the various construction and maintenance/repair options, and what will the public be willing and able to support for these options.
- Suggestions and help to build public awareness about the district's facilities needs and obtain public input – media, mailings, surveys, and ways to connect with our community members.

## AVANCE leads the way in child safety

One of the many lessons learned from the AVANCE program implemented at the Fond du Lac Early Head Start

Building concerns child safety and car seat training. As an example, our parents will have their second opportunity to be informed of the latest car seat safety guidelines on Feb. 11 at Fire Station #2. The safety clinic will be administered by Captain/Public Education Coordinator Sarah Buhs.

Another Child Car Seat Safety Clinic will be open to the public on Thursday February 20 on a first-come first-serve basis as the Safety Technicians will inspect your car seat to ensure it is properly installed. They will also answer any questions or safety concerns as well. The clinic will be held at Cloquet Area Fire District Station #1 at 508 Cloquet Avenue from 3-5 p.m.

As AVANCE winds down from its three-year commitment at FDL, the participants are continuing to develop their parenting skills through effective education and support programs. As their child's first teacher it is important to pave the way to a successful start of your child's education.

## LaFromboise leaves after 21 years

On Jan. 9, the Fond du Lac Human Services Division celebrated 21 years of service that Bonnie LaFromboise provided to the Fond du Lac Community as a Public Health Nurse. She consistently brought quality measures and insightful observation to staff to improve services and overall health. She mentored future nurses and



Bonnie LaFromboise poses with Nate Sandman and Phil Norrgard, marking the end of her 21 years of service.

guided them on the important professional skills and knowledge needed as a nurse. Bonnie is a natural leader and will be missed deeply at Fond du Lac. Her continued journey will bring her to the White Earth Nation as their Director of Nursing. Her commitment to FDL has impacted the health of each community member for generations to come. Miigwetch!

## Jingle dress raffle

At the Elder Abuse Awareness Conference (Apr. 22 and 23) at Northern Lights Casino and Event Center in Walker, Minn. a beautiful jingles dress that has been designed and sewn by the award winning artists and sisters Wendy Savage and Karen Savage-Blue will be raffled off to one lucky winner. This one-of-a-kind jingle dress will be part of a major fund raising event to cover the cost of the 2014 Elder Abuse Awareness Conference.

Both of the Savage sisters are enrolled members of the Fond du Lac Reservation. Wendy holds a Bachelor of Fine Arts and a Masters degree in Educa-

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tion. Karen holds an Art degree and Teaching degree as well as a Master's degree in Arts Administration. Each has a long record of teaching art both on and off the Reservation. They have won many art awards for their individual artwork. They have collaborated to design the jingle dress for the conference. Please help support the Elder Abuse Awareness Conference by purchasing a raffle ticket. Tickets will be \$5 and can be purchased from Wendy.

There are other fund raising events that need to be planned and we are looking for assistance from all FDL elders. Some of the events that were suggested are, a silent auction at the conference, a 50/50 raffle, hot dish plate sale, and letter campaign to large businesses for donations. All are encouraged to do any fund raising event that you would like to do.

If you attended last year's conference we need your assistance to ensure that this year's conference is a success and we raise the funds needed to make this conference successful.

To register for the this year's conference mail them to Minnesota Chippewa Tribe Sadie Cooper P.O. Box 217 Cass Lake, MN 56633 or call (218) 335-8585 or fax (218) 335-8496.

## School Board special meeting minutes

Wednesday Dec. 18, 2013 in the Fond du Lac Ojibwe School Board Room 12 p.m.

Call to Order: Chairman Wayne Dupuis called the meeting to order at 12:05.

Roll Call: Wayne Dupuis, Roberta Fox (entered 12:11), Debra Johnson-Fuller, Meredith Martin, Jeremy Ojibway, and Jean Zacher.

Absent: Joyce LaPorte and Don Wiesen

Others present: Michael Rabideaux, Jennifer Johnson, Barbara Dahl, Brenda Rice, Gen Olson-Hanks, S. Graves, and Melvin Defoe.

Reading of mission statement and vision: Read by Wayne Dupuis.

Approval of agenda: Jean Zacher made a motion to approve the agenda. Jeremy Ojibway seconded the motion. Motion carried.

Approval of minutes: Nov. 5, 2013 regular meeting: Jeremy Ojibway made a motion to approve the minutes. Meredith Martin seconded the motion. Motion carried.

Review the ledger: The board reviewed the ledger.

Supervisor Reports

- Michael Rabideaux, Superintendent: Mr. Rabideaux's report to the board is provided within the agenda topics listed

- Jennifer Johnson, Principal Staffing: Deb Duprey resigned Attendance: 94% Enrollment: 266 students: K-3 had 114, 4-8 had 78, and 9-12 had 74

Focus areas:

1) DI Reading: 60% of the intensive students moved to strategic. On track to meet pacing goals. On-going consultant's visits and trainings

2) Math: All students have increased their computation scores. On track to meet pacing goals. On-going consultant's visits and trainings.

3) K-12 science literacy curriculum: STEM teacher will be implementing aeronautics.

4) Implementation of K-12 social studies curriculum: Teachers are implementing and aligning Ojibwe and other Native Nations. Curriculum to the MN State Standards.

5) K-12 Ojibwe language curriculum: Working on standards and benchmarks for grades 5-8. Using technology to teach the language and uploading on school website.

6) Cultural activities: Biboon Celebration Dec. 19, 2013 from 1-6 p.m.

Board questioned report.

- Dan Anderson, Education Grants and Accountability Manager

- Sharon Belanger, Special Education

- Earl Otis, Athletic Program Manager

- Maria Defoe, Activities

- Mel Buckholtz, Behavior

- Lorraine Fosness, FACE

The board reviewed staff reports submitted.

### New Business

- Transportation policy: Bus Changes. superintendent reviewed the policy to the board. Three options were presented. Jeremy Ojibway made a motion to accept option 2. Debra Johnson-Fuller seconded the motion. Motion carried. Will allow time to communicate the revised policy to the public.

- Agreement with UMD Student Teaching Placement. UMD Student Teaching Placement wants to enter into an agreement for Administrator Education candidates classroom participation between Fond du Lac Ojibwe School and the University of Minnesota Duluth. Meredith Martin made a motion to accept the agreement. Jeremy Ojibway seconded the motion. Motion carried.

### Old Business

- Research project: classroom survey Superintendent explained to the board about the research. Fond du Lac will own this data. Went into discussion. Debra Johnson Fuller made a motion to accept the research thesis project with the exception that FDL retain rights to the study. Meredith Martin seconded the motion. Motion carried.

- Wellness policy: Went into discussion. Jeremy Ojibway made a motion to accept the Wellness Policy with the revision of the lunch schedule. Roberta Fox seconded the motion. Motion carried.

- School board budget/training: Superintendent recommends all board members provide input and come to an agreement on what topics to cover to shape a training for the school board.

- School budget update: Superintendent gave an update on the school budget.

- School security update: Jeremy Ojibway and Joyce LaPorte attended a session and came up with three proposed

changes to make our school more secure. Debra Johnson-Fuller made a motion to move forward to improving the security. Jeremy Ojibway seconded the motion. Motion carried.

### Other

Community comments: A community member discussed the need to transport Cloquet Middle School students in a more reasonable time. Community members are concerned about the length of time students spend on the bus from leaving the middle school to their drop-off at the Cloquet Community Center. The Superintendent responded that he will contact the district to review the issue.

A community member discussed the FDL/Cloquet Athletic Agreement. Why students are restricted from participating in cross activities. The board responded that they are reviewing the policy.

Adjourn: Jeremy Ojibway made a motion to adjourn the meeting. Debra Johnson-Fuller seconded the motion. Motion carried. Meeting adjourned at 2:35.

Recorded by: Barbara Dahl, Submitted and approved by: Roberta Fox, Fond du Lac Ojibwe School Secretary

**The next meeting of the Fond du Lac Historical Society is Wednesday, Feb. 5, at the Cloquet Community Center Classroom.**

**T**hese Tribal members/descendants maintain ownership in trust land or have money on deposit at the office of the special trustee for American Indians. We would like to locate these Tribal members/descendants and get them to update their Individual Indian Money (IIM) account with a current address and telephone number.

**If your name appears on the list: please call the office of special trustees (218) 751-4338 to update your account.**

ABRAMOWSKI, DAWN M  
 AMMESMAKI, CARISSA DAWN  
 AMMESMAKI, JOEL J  
 AMMESMAKI, JOEL JAY  
 AMMESMAKI, SHAWN LEONARD  
 ANDERSON, CHESTER  
 ANDERSON, CLAUDE  
 ANDERSON, CLYDE  
 ANDERSON, JEAN  
 ANDERSON, SAMUEL  
 ANDRE, STEPHAN L  
 ANGUS ROSE, LENORE MARLENE  
 ANTELL, BRANDON J  
 ANTINOZZI, NICHOLAS E  
 APPLEBEE, KARA L  
 BABICH, STEVEN  
 BABICH, WESLEY  
 BARNEY, AUGUSTINA I  
 BARNEY, DERRICK G  
 BARNEY, GLORIA J A  
 BARNEY, NORMA  
 BARNEY, STEPHANIE R L  
 BARNEY, VINCENT A L  
 BARNEY JR, LEWIS E  
 BARRETT, KAYDANCE M  
 BARTEN, RAYMOND P  
 BARTEN, RICHARD F  
 BARTLETT, EVELYN  
 BATEMAN, CYNTHIA L  
 BAUMANN, AVIANNA A  
 BEARGREASE, CORA D  
 BEASLEY, BRENDA GANGSTAD  
 BEAULIEU, KRIS E  
 BECHTOLD, EDITH A  
 BEGAY, DAMION A  
 BELGARDE, CHRISTOPHER W  
 BELGARDE, EMMILEE B  
 BERNARD, MARGARET A  
 BLACKETTER, SCOTTIE R  
 BLACKETTER, SPENCER D  
 BLAIR, GRACE N  
 BLAIR, LOUIS  
 BLAIR, SUSAN  
 BLOOMER, LORI  
 BOBROWSKI, SHIRLEY M  
 BOURDON, MATILDA  
 BOWEN WHITELOCK,  
 ANNETTE MICHELE  
 BRAXTON, EARL N  
 BROWN, KAREN L  
 BUNGO, DOROTHY E  
 BURNSIDE, BONNIE J  
 BUSCH, PATRICIA JO

BUSCH, JR, FLORIAN JOSEPH  
 BUTCHER, SAMIRIANA R  
 CADOTTE, MARVIN C  
 CARROLL, DONNA  
 CHAPMA, MELINDA  
 CHRISTENSON, JOHN L  
 CLARK, AMOS  
 CLOUTIER, MARTHA  
 CLOUTIER, MARTIN  
 CLOUTIER, MATTHEW  
 CLOUTIER, MICHAEL  
 CLOUTIER MONTREY, JUDITH  
 COFFEY, RUSSELL W  
 COLUMBUS, TRISTAN D  
 CONNOR, ARNOLD  
 CONNOR, GAIL  
 CONNOR, IDA  
 CONNORS, BERNICE  
 CONNORS, BERTHA TULLOS  
 CONNORS, CLYDE  
 CONNORS, ELLEN  
 CONNORS, HARRY  
 CONNORS, JENNIE INGALLS  
 CONNORS, RALPH  
 COUTURE, JEAN  
 COUTURE, JUSTIN  
 COUTURE, SUSAN  
 COUTURE FORD, GAIL  
 CRANFORD, BERNARD  
 CRANFORD, JOSEPH  
 CRANFORD, WILLIAM  
 CROAKER, NAKKITA A  
 DAY, RONALD  
 DEBROCK, RAYMOND P  
 DEFOE, AMY S  
 DEFOE, ANNA E  
 DEFOE, KAIO S  
 DEFOE, LEDA VALEN  
 DEFOE, RICHARD  
 DEMPSEY JEWELL, FERN  
 DIVER, ELEANOR L  
 DIVER, KAREN  
 DIVER, KENNETH  
 DIXON, WILLIAM J  
 DONAHUE, ANN C  
 DONAHUE, MABEL E JOHNSON  
 DUFALUT, AUSINESE A  
 DUFALUT, DONALD  
 DUFALUT, JULIA  
 DUFALUT, JULIA  
 DUFALUT, LAVONNE MARIE  
 DUFALUT JR, PETER J  
 DURFEE, EDWARD  
 DURFEE, MARTIN A

DURFEE, MICHELLE  
 DURFEE, PAUL  
 DURFEE, STEVE  
 DURFEE, WILLIAM  
 EGAN, JR., JAMES  
 ELSENPETER, M J  
 ENGEN, CINDY  
 ENGSETH, KAREN  
 ENO, VERNON  
 FAIRBANKS, DAVID L  
 FAIRBANKS, RALPH  
 FAIRBANKS JR, BERT A  
 FISHERMAN, LEONARD J  
 FRANKLIN, DEBBIE M  
 FRIEDMAN, D ANGELO J  
 FURTMAN, SUZANNE MA-  
 CIEWSKI  
 GAGE, MARY  
 GALLANT, SHAI A  
 GANGSTAD, BART CLINTON  
 GANGSTAD, BRIAN CURT  
 GEORGE, MYRA  
 GHEEN, JOANN OSMUNDSON  
 GODFREY, MAX J  
 GOETTE, BRAYLON T R  
 GORDON, KENNETH J  
 GOUGE, DELMA  
 GOUGE, RICHARD B  
 GOUGE, RICHARD B  
 GRANT, BERTHA D  
 GREIG, MARY  
 GRIFFITH, BONNIE LOU ANGUS  
 GRIFFITH, CATHERINE  
 GURNEAU, JOANNA  
 HACKENSMITH, CODEY A  
 HARNOIS, CHARLOTTE  
 HEBARD, JUANITA M BARTEN  
 HECKARD, EVELYN  
 HEELAM, DOROTHY MARIE  
 SLEVAHEIM, TERRY  
 HEINKEL JR, HARRY H  
 HOFFMAN, ROBERT A  
 HOGUE, MYRON D  
 HOGUE, TIMOTHY  
 BRIAN  
 HOCUEHAGE, ELIZABETH ANN  
 HOLTEN, AUDREY  
 HOULE, AMBROSE T  
 HOULE, DAVID R  
 HOULE, MICHAEL D  
 HOULE, PHILLIP M  
 HOWES, BETH A  
 HUBER, ANTHONY A  
 INGALLS, ROBERT STANLEY  
 INGALLS-HEFNI,  
 KATHLEEN MARIE  
 ISRAELS, PAUL EDWARDS  
 JACKSON, GEORGIA  
 JACOBSON, DONNA M  
 JENSEN, VIRGINIA M CLARK  
 JOHANSEN, ANNE  
 JOHNSON, DOROTHY M  
 JOHNSON, FEBRA JO  
 JOHNSON, HOWARD DUANE  
 JOHNSON, MICHELLE  
 JOHNSON, ROBERT W  
 JOHNSON, ROY ERNEST  
 JOHNSON, SCOTT EARL  
 JOHNSON SCRIVEN,  
 SUZANNE BABETTE,  
 JOHNSON SMITH  
 JULIANNA MARIE  
 JONES, HELEN

JONES, MARY  
 JONES, WILLIAM H  
 JONES HARVEY  
 JOANN,  
 KANGASS, BOBBIE  
 KARING, MICHELLE  
 KARJALA, ERVIN  
 KAST, DAVID J E  
 KETTLEHUT, CLAYTON L  
 KING, DONNA M  
 KING, JERED D  
 KING, JODI L  
 KING, TALEAH M  
 KORTISMAKI, WAINO  
 KRAMER, LUANA  
 LABARGE, DANIEL LEROY  
 LAFAVE, DESARAY  
 LAFAVE, EDWARD J  
 LAMOREAUX, CLARENCE  
 LAMOREAUX, EUGENE A  
 LAPRAIRIE, DAMION J  
 LAPRAIRIE, ROBERT H  
 LAROCK, DAHNE  
 LARUE, JOE  
 LAFAVE, DARREN A  
 LEE, VIRGINIA J  
 LEGORE, TERRI  
 LEMIEUX, KENNETH R  
 LEWANDOWSKI, LYNDON  
 LEWANDOWSKI, MARK  
 LEWANDOWSKI, TINA  
 LINCECUM GUNSON, ROSEMARY  
 LEE  
 LIVINGSTON, MARY J  
 LOGAN, GABRIEL C  
 LONEY, JAMES M  
 LORD, CHRISTINE L  
 LORD, LEE C  
 LORD, LEE C  
 LORD II, JOHN  
 LUMBAR, CHANELLE M  
 LUMBAR, CHARLES M  
 LUMBAR, VINCENT J  
 LUND, PATRICIA  
 MACIEWSKI, BRYAN  
 MAINVILLE, DAWN A M  
 MAJOR, BARBARA MAGNUS  
 MALLORY, ROSELLA  
 MALLOTT, CANDY R  
 MANN, MARY  
 MANZINOJA, ANDREW  
 MARSHALL, KARMALYNN S  
 MARTIN, ROSETTA  
 MARTINEAU, BERNARD E  
 MARTINEAU, DALE  
 MARTINEAU, MICHAEL G  
 MARTINEAU, STEVEN B  
 MARTINSON,  
 EVERLYN F. FRANCES SLEVA  
 MATHIS, PATRICIA R  
 MATHISON, ADRIAN S  
 MATHISON, JOANN  
 MATHISON, MICHAEL A  
 MCCAULEY, JOHN  
 MCCAULEY, STEPHANIE  
 MCFADDEN, RAYMOND P  
 MCGLONE, BUSCH MCCATHRAN  
 PHYLLIS K  
 MCNAUGHTON, JACK RAYMOND  
 MCNAUGHTON, MICHAEL JOHN  
 MCPHEE, MARGUERITE  
 MEDHURST, VIOLET  
 MEHTALA-HOWES, LISA

MELLINGER, DONA MAE SLEVA  
 MIKITA, GLENDA GRAY  
 MISQUAHDACE, DENISE  
 MISQUAHDACE, JOHN  
 MISQUAHDACE, WANESIA  
 MOELLER, JEFFREY  
 MOELLER, JOHN  
 MOELLER, LAURIE  
 MORRIS, GARY ALLEN  
 MUNNELL, MIKE D  
 MYERS, LISA  
 NASON, APRILLE S  
 NEUKOM, WILLIAM R  
 NEWAGO JR, MICHAEL  
 NEWMAN, APRIL A  
 NIGGELER, FLORENCE  
 NIGGELER, HELEN  
 NORTHRUP, DAWN M  
 NOVACINSKI JR, GERALD A  
 O'LEARY, MARGARET MARY  
 OJIBWAY, VERNON L  
 OSTROWSKI, LISA S  
 PAIGE, JOSEPH B  
 PALMERTON BUSCH, LUCILLE  
 PASSMORE, ALVENA  
 PASSMORE, ED  
 PATTERSON, MICHAEL P  
 PATTERSON, SHANNON L  
 PELTIER, COLLEEN SUSAN  
 PERKINS, DAWN L  
 PETERSON, DESIREE D  
 PETITE, TRICIA A  
 PICKUS, CAROL J  
 PINEAU, RUDY  
 POLASKI, INEZ D  
 POTTER, ELLEN  
 POULSEN STEPLER, KAREN SUE  
 PREMO, ISABELLA P  
 PUTNAM, MARGARET  
 RABIDEAU, JOHN  
 RABIDEAU, MICHAEL A  
 RADKE, BRUCE LYLE  
 ROLOPEZ, DELFIN D  
 RISING SUN, CYNTHIA A  
 RISING SUN, CYNTHIA A.  
 ROCHON, KEVIN M  
 ROMERO, GREGORY  
 ROSENE, JUDY  
 ROSENE, MARNY  
 ROSIN, DEBRA  
 ROSS, NAPOLEON JAMES III  
 ROSS, ROSEMARY  
 ROY, FELESHIA A  
 ROY, JOEL A  
 ROYER, FRANCIS D  
 RUSSELL, HENRY J  
 RYGG, ROBIN  
 SAM, ARTHUR  
 SAVAGE, DEREK J  
 SAVOYE, MARIE  
 SCHLIENING, KELLI  
 SCHNEIDER, ARTHUR  
 SCHOONOVER, LISA L  
 SCHULL, ELIZABETH  
 SEAT, CLIFFORD LOYD  
 SEAT, GENE HUBERT  
 SHABAIASH, AYDRIAN D  
 SHABAIASH, BRIAN L  
 SHABAISH, TRAE D  
 SHABIASH, BENJAMIN VINCENT  
 SHARLOW JR, JOHN  
 SHEEHY, DEBBIE M  
 SHEREK, MARY

SIMON, STELLA MARIE  
 SMITH, CAROL M  
 SMITH, DANIEL W  
 SMITH, JAMES A  
 SMITH, JOSHUA D  
 SMITH BARNEY, DAVIS R  
 SORDELET, MACARIA  
 SORDELET, RICHARD  
 SPODEN, BONNIE BERNICE  
 ST GEORGE III, DEXTER R  
 ST JOHN, NAVEEH R  
 STADLER, DANA J  
 STJOHN, WILLIAM J  
 STRONG, KEVIN FREDERICK  
 SULINGARF, ANGELICA M  
 SWARTOUT, BECKY  
 T F MCNAUGHTON,  
 TAYLOR DONTÉ D  
 TEPNER, GWENDOLYN C  
 THOMAS, GENEVIEVE  
 THOMAS, JOHN JR  
 THOMAS, MELBA  
 THOMPSON, DEBBIE  
 THOMPSON, DIANNE KAREEN  
 THOMPSON, JACK  
 THOMPSON, JACK RAYMOND  
 THOMPSON, KAHN S  
 THOMPSON, LAWRENCE T  
 THOMPSON, RAYMOND L  
 TOMKE, TIM B  
 TOPPING, CARLITO M  
 TRANTHOM JR, JAMES D  
 TYTECK, JUDITH A  
 UTA, REBECCA L  
 VANERT, MARGARET A  
 VENNIE, JEANNE BATSON  
 WACHS, LUCILLE ISRAELS /L/  
 WAIT, GREG  
 WAKEFIELD, LEROY  
 WAKEFIELD, LEROY G  
 WAKONABO, MCKAYLA A  
 WARD, AUDREY  
 WARDLE, MICHAEL R.  
 WARNER, ELIZABETH E C  
 WATKINS, STEPHEN A  
 WEBSTER FOX, FELIX L  
 WEGENER LEDUC, ADELIN M  
 WELSLAND, SARAH A  
 WENDLING, DOROTHY  
 WENDLING, TODD B  
 WERGELAND, KEITH IVER  
 WERNER, CECEILA CAROLYN  
 WEWASSON, SHARON  
 WHITE, RAWSON KENT  
 WHITEBIRD, VINCENT WAYNE  
 WIGGINS, FREDERICK A.  
 WIGGINS, JOHN T.  
 WILHELM-WENDLING,  
 VINCENT B  
 WILKIE, LOUISE  
 WILLITS, ROBIN H  
 WILSON, SHIRLEY CONNORS  
 WOOD, ALOUISE M  
 WOOD, CHRISTOPHER A  
 WOOD, CLARENCE E  
 WOOD, MARK S  
 YELLOW, GORDON F  
 YELLOWROBE, THEODORE J

# FDL Law Enforcement news

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

- Dec. 1 Traffic stop on Hwy 210 and County Road 5, vehicle stopped for speed and a written warning was given for speed and no proof of insurance.
- Dec. 2 Report of unwanted guests at the Black Bear Casino, parties were advised and transported off the casino grounds, one taken to jail for charges.
- Dec. 3 Report of suspicious activity near Colonial Homes; spoke with an individual in the area, all clear, and the reporting party was advised.
- Dec. 4 Traffic stop on Brookston Rd and Lund Rd, driver was advised for crossing centerline and released.
- Dec. 5 Report of drugs found at the Black Bear Casino. Arrived on scene and advised Security to place it in their drug box.
- Dec. 6 Gas drive-off at the Fond du Lac Gas and Grocery in the amount of \$29.01.
- Dec. 7 Report of a domestic/disturbance on Hwy 2, parties were calmed down once on scene and wanted nothing done.
- Dec. 8 Report for unwanted individuals at the Black Bear Casino, one transported to detox, one taken into custody for charges.
- Dec. 9 Report of a vehicle in the ditch on Hwy 210 and Mission Rd, vehicle towed.
- Dec. 10 Attempt to pick up an individual on a warrant on Blacketter Rd, one taken into custody.
- Dec. 11 Report of an assault at the Ojibwe School; under investigation.
- Dec. 12 Report of suspicious activity on Maple Dr, extra patrol done in the area throughout the night.
- Dec. 13 Report of damage done to a sink at the Black Bear Casino, under investigation.
- Dec. 14 Traffic stop on Hwy 210, driver was cited for speeding.
- Dec. 15 Report of 4 or 5 shots coming from Migizi Rd, officers checked the area and did extra patrol for the night.
- Dec. 16 Report of alarms going off at the Min-no-wii-ji-win house, officers cleared the building and key holder is pending.
- Dec. 17 Report of employee cash theft at the Black Bear Casino, under investigation.
- Dec. 18 Attempt to pick up on Ginniw Rd; one in custody for warrant.
- Dec. 19 Gas drive-off at the Fond du Lac Gas and Grocery in the amount of \$31.14.
- Dec. 20 Report of individuals being harassed at the Sawyer Community Center, under investigation.
- Dec. 21 Report of an unwanted individual at the Tribal Center; unable to locate.
- Dec. 22 Vehicle parked on the side of the road on Airport Rd and Wheaton Rd, note on dash says they are coming to get their vehicle. Matter of record.
- Dec. 23 Report of stolen credit card; under investigation.
- Dec. 24 Report of two dogs on Trettel Ln, owners were located and dogs were returned.
- Dec. 25 Report of a domestic in FDL Homes area; one charged for domestic assault.
- Dec. 26 Gas drive-off at the Fond du Lac Gas and Grocery in the amount of \$20.00.
- Dec. 27 Report of an unwanted individual at residence on Zhingos Rd, individual advised and they left the residence.
- Dec. 28 Report of a disturbance on Church Rd, parties were advised on custody papers.
- Dec. 29 Report of a vehicle rollover on Big Lake Rd and Connors Rd, one transported to Cloquet Memorial Hospital for injuries.
- Dec. 30 Report of cell phone theft from Tagwii, under investigation.
- Dec. 31 Report of a disturbance on Tyler Dr, one in custody on charges.

## Legal notice

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

### **BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:**

\*ANKERSTROM, Arthur  
 \*BREWER, Devereaux  
 \*CICHY, Gerald  
 \*CICHY, Leslie  
 \*CLARK, Norman  
 \*DAVIS, Jeremiah  
 \*DEFOE, Reginald  
 \*DEFOE, Richard  
 \*DIVER, Ronald  
 DURFEE, Edward  
 \*KNIGHT, Terri Lee  
 \*LAPRAIRIE-COLUMBUS, Elizabeth  
 LAPRAIRIE, Robert  
 LOUDEN, Irene  
 \*MARZINSKE, Larry  
 MAXWELL, Lorraine  
 MOELLER, Jason  
 OJIBWAY, Jeffrey  
 \*OJIBWAY, Joseah  
 PEQUETTE, Richard  
 PORTER, Betty  
 \*SAVAGE, Torrence  
 SMITH, James  
 \*VERARDO, Patricia



# Health News

## Nutrition and Influenza

**G**ood nutrition and a healthy lifestyle can boost your immune system and help you fight off colds and “the flu.” The typical influenza season runs October through April with peaks in January and February. The Minnesota Department of Health has announced that many influenza cases have been reported in the state already. Start now to boost your immune system with good nutrition.

- Rely on real foods and not supplements. An orange will provide you with more nutrients than just Vitamin C. A supplement will not.
- Eat more foods that are high in Vitamin C to help keep your immune system strong. Foods high in Vitamin C include oranges, grapefruit, strawberries, cantaloupe, kiwi, bell peppers, tomatoes, broccoli, spinach, and brussel sprouts.
- Eat more fruits and vegetables in general. Strive for five servings a day.
- Lean meats, eggs, dairy, and legumes provide protein. They also provide iron and zinc which helps the immune system stay strong.
- Include other healthy foods such as fish, poultry, low-fat dairy products, and whole grains.
- Limit foods high in sugar or unhealthy fats.
- Drink more water. Dehydration can happen quickly especially when you have a fever and a decreased appetite.

Of course there are other things you can do to help prevent colds and influenza too:

- Wash your hands often, keep hands away from your face
- Get enough rest.
- Get your flu shot, it’s not too late; getting the flu vaccine is the best protection against the flu.
- Exercise.
- Cover your coughs and sneezes.
- Stay home when not feeling well to prevent spreading the virus.

Hopefully we all can stay healthy over the next few months, but if you do get sick, call your medical provider for advice.

*\*Sources include: MDH, Nutrition.about.com, The Academy of Nutrition and Dietetics, Nutritionmd.org, mayoclinic.com*

## FDL WIC Program

Women, Infants, and Children (WIC) Nutrition Program is a supplemental nutrition program that offers tips and advice to help families eat well and stay healthy. It does not provide all of your food needs for the month. The WIC program provides:

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (range between \$35.00 - \$190.00/month)
- Support and help with breastfeeding
- Referrals to health care, immunizations, and other programs

Who is WIC for? Women who are pregnant, breastfeeding, or who recently had a baby. Infants from birth to 1 year of age and children from 1 year of age to their 5th birthday

To get WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC.

Contact the WIC office for further information on WIC or a voucher pick up schedule: Laura Garza, PHN, CLC, at MNAW (218) 878-2147 or CAIR (218) 279-4135 or Kara Stoneburner, RDL, CLS at MNAW (218) 878-2183 or CAIR (218) 279-4060.

WIC Program is an equal opportunity provider and employer.

## Homeopathy... what is it?

Homeopathy is a medical philosophy and practice based on the idea that the body has the ability to heal itself. Homeopathy is a safe, gentle,

and natural system of healing that works with your body to relieve symptoms, restore itself and improve your overall health. Homeopathic remedies are safe and natural; there are no drug interactions or side effects and can be taken by children and during pregnancy.

Homeopathy helps a person to heal at a deep level and to become their best self. Homeopathy can be helpful for conditions which conventional medicine has no effective treatments for. Homeopathy is very individualized. Five people with the same medical diagnosis may receive five different remedies because homeopathy treats a specific individual’s symptoms, not a specific disease. Unlike the “one size fits all” approach to prescribing often used in conventional medicine, a homeopath chooses a remedy that matches the unique symptoms of the individual.

Acute homeopathic remedies are available in clinic for a number of different common complaints including musculoskeletal pain, cold symptoms, anxiety, insomnia, teething, and colic.

A patient who wishes to try homeopathic treatment needs to make an appointment at the Fond du Lac Human Services Division. A homeopathic consultation is a lengthy interview covering many different things about a person such as food preferences, personality, sleep patterns, and temperature preferences. Based on the interview the homeopathic practitioner seeks to find the one remedy that will be most helpful for the patient in terms of their overall health.

Homeopathic medicines are considered to be drugs under the U.S. federal law and the FDA regulates

the manufacture, marketing, and sales of all homeopathic medicines.

For appointments call Kevin Walsh, M.S.W., R.P.A.-C. Physician Assistant at (218) 879-1227.

## Veteran’s receive 1.5 percent cost of living increase

Veterans, their families and survivors receiving disability compensation and pension benefits from the Department of Veterans Affairs will receive a 1.5 percent cost-of-living increase in their monthly payments beginning Jan. 1, 2014.

For the first time, payments will not be rounded down to the nearest dollar. Until this year, that was required by law. Veterans and survivors will see additional cents included in their monthly compensation benefit payment.

For Veterans without dependents, the new compensation rates will range from \$130.94 monthly for a disability rated at 10 percent to \$2,858.24 monthly for 100 percent. The full rates are available on the Internet at [www.benefits.va.gov/compensation/rates-index.asp](http://www.benefits.va.gov/compensation/rates-index.asp).

The COLA increase also applies to disability and death pension recipients, survivors receiving dependency and indemnity compensation, disabled Veterans receiving automobile and clothing allowances, and other benefits.

Under federal law, cost-of-living adjustments for VA’s compensation and pension must match those for Social Security benefits. The last adjustment was in Jan. 2013 when the Social Security benefits rate increased 1.7 percent.



# Health News

## Human Services welcome two new staff members

The Fond du Lac Human Services Division is pleased to welcome Dr. Meghan O'Connell and Dr. Marla DeWitt to its staff of primary medical care providers.

Dr. O'Connell attended Grinnell College in Iowa and earned her medical degree from the University of Washington in Seattle.

While at the University of Washington, she participated in the University's Native American Center of Excellence by

completing the Indian Health Pathway, which provided specialized training in American Indian healthcare issues. She also participated in a similar program for working with medically underserved populations.

Dr. O'Connell completed her medical training at the North Colorado Family Medicine Residency Program in Greeley, Colo. She is excited to be working with the Fond du Lac Human Services Division, as her career goal

since deciding to go to medical school has been to work in an American Indian community. Her special interests within the area of medicine are women's health, pregnancy and childbirth, and preventative care.

Dr. O'Connell lives with her husband and 5 year-old son in Cloquet. In her free time she enjoys running, biking and swimming, and is learning how to cross-country ski. Dr. O'Connell is an enrolled member of the Cherokee Nation.

Dr. DeWitt grew up in Council Bluffs, Iowa and attended the University of Northern Iowa. Between her undergraduate degree and medical school, she taught secondary school for two years with the Peace Corps in Tanzania, East Africa. In

2009 she worked in an Alaska Native community for 8 weeks in Nome, Alaska and enjoyed the experience immensely.

Dr. DeWitt earned her medical degree from the Mayo Medical School in Rochester, Minn. She completed her family medicine residency program at United Hospital in St. Paul, Minn. Dr. DeWitt has been

working in family medicine for the last few years in Hastings, Minn. She loves caring for the entire family, from infants to

elders.

She is happy to be working in family medicine in northern Minnesota. Dr. DeWitt is married and has a 15-month old daughter. She enjoys cross-country skiing and spending time with her family.

Both Dr. O'Connell and Dr. DeWitt chose to come to Fond du Lac because they wanted to work in a community-based clinic, offering family oriented medical care.



Dr. Meghan O'Connell



Dr. Marla DeWitt

### *Veteran's continued*

In fiscal year 2013, VA provided over \$59 billion in compensation benefits to nearly 4 million veterans and survivors, and over \$5 billion in pension benefits to more than 515,000 veterans and survivors.

For veterans and separating service members who plan to file an electronic disability claim, VA urges them to use the joint DoD/VA online portal, eBenefits. Registered eBenefits users with a premium account can file a claim online, track the status, and access a variety of other benefits, including pension, education, health care, home loan eligibili-

ty, and vocational rehabilitation and employment programs.

For more information about VA benefits, visit [www.benefits.va.gov](http://www.benefits.va.gov), or call (800) 827-1000.

### **There's so much more in life to see**

Glaucoma is a group of diseases that damages the eye's optic nerve, which carries visual signals to the brain. It can lead to vision loss or blindness if left untreated. Primary open-angle glaucoma is the most common form of this disease and often has no symptoms in its early stages. Quite

frequently, by the time people are diagnosed with glaucoma, they've already begun to notice changes in their sight, or peripheral, vision.

While anyone can get glaucoma, people at higher risk for glaucoma include African Americans age 40 and older; everyone over age 60, especially Mexican Americans; and those with a family history of the disease.

"Studies show that at least half of all persons with glaucoma don't know they have this potentially blinding eye disease," said National Eye Institute (NEI) director Dr. Paul Sieving. "The good news is that

glaucoma can be detected in its early stages through a comprehensive dilated eye exam."

A comprehensive dilated eye exam is a procedure in which an eye care professional places drops in your eyes to dilate (or widen) the pupil to examine the back of your eyes and check the optic nerve for signs of disease. This exam may help save your sight because when glaucoma is detected early, it can be controlled through medications or surgery. If you are at higher risk, make sure you get a comprehensive dilated eye exam every 1 to 2 years and encourage family members to do so as well.

So wherever life takes you, keep vision in your future. Don't wait until you notice problems with your vision to see an eye care professional. A low-cost exam may be available to you through Medicare. For more information, call (800)-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov).

For additional information about glaucoma, visit [www.nei.nih.gov/glaucoma](http://www.nei.nih.gov/glaucoma) or call NEI at (301) 496-5248.

The best years are yet to come. With more free time, you can set your sights on wonderful places to go and people to see. Just make sure you keep an eye on glaucoma.

# Ashi-niswi giizisoog (Thirteen Moons)

## Namebini-giizis

*The new Namebini-giizis begins January 30th. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon and Makoonsag-gaa-nitaawaadi-giizis, When the bear cubs are born moon.*

## Results and updates on the Moose Study

In 2002, the Minnesota DNR, 1854 Treaty Authority, and FDL Resource Management Division (FDL RMD) began a study of the moose herd in the 1854 Ceded Territory. Between 2002 and 2008 150 adult cows and bulls were captured and fitted with radio collars. These collars allowed biologists to study their movements and try to understand causes and rates of mortality. In many studies involving the capture and handling of wild animals, there was some capture related mortality. Six of the original 150 moose died directly or indirectly as a result of capture.

Almost all of the collared moose stayed in the home range for the entire study. For cows this home range averaged 11.5 miles squared and bulls averaged 22.4 miles squared. Only a couple individuals migrated between distinct seasonal home ranges. The longest was a bull that traveled back and forth for 20 miles from a summer range in the Boundary Waters to a winter range near Silver Island Lake. Even fewer moose left their normal home range and made permanent long distance movements. One bull went to Quetico Park in Ontario and one cow traveled all the way to east Duluth.

The oldest cow in the study lived to be 20 years old. The oldest bull was 16. Most of the

moose didn't live past about 14 years old, and many died before 10 years of age. Hunting accounted for 14% of all mortalities and trains and vehicles for 10%. Wolves took 9% of the study animals, and this was probably a conservative estimate. There were many instances where wolves clearly fed on a moose carcass, but the evidence wasn't clear if they killed the moose or just scavenged it. Health related mortality accounted for 32% of all mortality. In these cases an intact carcass was found without apparent injuries. Disease or parasites were likely culprits, but radio collar technology didn't allow for quick notification of an animal's death. By the time biologists could get to a carcass, the tissues had deteriorated too much to allow a specific disease or parasite to be identified. Remaining mortalities accounted for 33% and were labeled "unknown." In these cases there wasn't enough left of the carcass to know why the animal died. Likely "unknowns" were some combination of wolf predation and health related mortality. Non-hunting related mortality of adult moose averaged 21% in this study. This figure is significantly higher than the 8-12% reported from other moose studies in North America.

High rates of health related and unknown mortality from this original study led the DNR to begin a follow up study of adult moose. FDL RMD and 1854 Treaty Authority are assisting with this new study. Last February, 111 adult moose were fitted with satellite GPS collars that transmit the animal's location several times a day to the biologists' computers. The collars send a text message to the biologists' cell phones if an animal dies. This enables much faster response when a moose dies and a better opportunity to understand what happened.

Of the original 111 animals, 4 died in connection with capture activities. Of the remaining 107, 19 have since died. Roughly half of the adult mortalities so far are health related - broken bones, winter ticks, liver flukes, and brainworm have all been diagnosed. Three mortalities were classified as "unknown but likely health related." Wolves were responsible for the remaining mortalities either directly or indirectly through secondary infections resulting from an attack. The animals killed by wolves tended to be older than animals that died for other reasons.

In addition, the DNR began a study of moose calves last May to research why in spite



*Collared Moose by Mike Schrage, FDL RM Wildlife Biologist*

of good pregnancy rates, so few calves make it to adulthood. FDL RMD has assisted with this study too. Forty-nine calves were fitted with the satellite GPS collars this past spring. Eleven calves were abandoned by their mothers due to captures. This number is too high, and biologists are looking at ways to reduce this figure next spring. In addition, 4 calves slipped their collars off. Of the remaining 34 calves, 17 were killed by wolves and 4 by bears. One calf drowned,

and 3 others were abandoned later on by their mothers for unknown reasons. Most calf mortality occurred in the first month of life. At this time there are still nine calves alive.

Both of the new studies have so far collected less than a year's worth of data. Results are likely to change with more time. Contact Mike Schrage at (218) 878-7103 for more information.

### Upcoming Events:

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

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

# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

### Double Vowel Chart

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

“Zh”- sounds like the “su” in measure  
“a”- sounds like the “u” in sun  
“aa”- sounds like the “a” in father  
“i”- sounds like the “i” in sit  
“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go  
“oo”- sounds like the “oo” in food  
“e”- sounds like the “ay” in stay

### Days of the Week

Monday (day after prayer day)-  
Ishwaa-anami’e giizhigad  
Tuesday (second day)- Niizho-giizhigad  
Wednesday (half way)- Aabitoose

Thursday (fourth day)- Niiyo giizhigad  
Friday (fifth day)- Naano giizhigad  
Saturday (floor washing day)-  
Giziibiigiisaginige-giizhigad  
Sunday (last work day or prayer day)-  
Ishwaa-anokiigiizhigad or Anami’e-giizhigad

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

## Ojibwe Wordlist

Ojibwe language .....	Anishinaabemowin
Outside .....	Agwajiing
Pipe .....	Opwaagan
Powwow .....	Niimi'idim
Restaurant .....	Wiisiniwigamig
River .....	Ziibi
School .....	Gikinoo'amaadiwigamig
Singers .....	Negamowaad
Smudge .....	Nookwezigan
Star .....	Anang
Store .....	Adaawewigamig
Stream .....	Ziibiins
Sun .....	Giizis

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

# Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Feb. 14, 2014 for the March 2014 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy Birthday

Happy belated birthday momma **Tara Dupuis** (Jan. 12). We love you so much. Thanks for all you do mom. *Love, Aliza and Amanda*

Happy belated birthday **Clayton Kettelhut Jr.** (Jan. 19), 3 years old. *Love, mom and dad. We love you Clay J.*

Happy 32nd birthday to the incomparable **Aaron Diver** (Feb. 1) *With love from, Danielle and Belshazzar Diver*

Happy birthday **Sandy Curry** (Feb. 1), what are you about 95? *Love, your sister Deb*

Happy 30th birthday to the best mom in the world, **Eleanor Diver** (Feb. 2). *Love, your son Davis*

Happy 30th birthday to my loving wife, mother, and best friend **Eleanor Diver** (Feb. 2) *Love, Bullhead and Davis*

Happy 30th birthday **Eleanor Diver** (Feb. 2) *Love, Booie and Edie*

Happy birthday mom, **Eleanor Smith** (Feb. 2) *From, Davis Smith Barney*

Happy birthday papa **Reggie DeFoe** (Feb. 6) *From, Davis Smith Barney*



Happy 21st birthday **Jalisa Lindahl** aka **JuJu Beans** (Feb. 8) *Love, uncle Bullhead,*

*auntie Eleanor, Davis, and Melissa*

Happy 21st birthday **Tia Tokkesdal** (Feb. 9) *Love, Eleanor, Bullhead, and Davis*

Happy 21st birthday **Tia Tokkesdal** (Feb. 9) *Love, Melissa and Anthony*

Happy birthday to **Jeremy Francisco** (Feb. 10). Have a wonderful day, our awesome friend. *From, your loving coworkers at Fond du Luth*

Happy birthday **Christopher Starbuck St. John** (Feb. 11) we love you. *From, grandma and grandpa Delmar*

Happy golden birthday to **Christopher Starbuck St. John** (Feb. 11). *Love, grandma Bon and grandpa Del, auntie and uncle, and family*



Happy birthday **Jean Misquadace** (Feb. 13). *Love, Amanda, NaKayle, Tan- nia, and #9*

Happy birthday **Christine Emmiline** (Feb. 14) *From, your mommy and Defoe family*

Happy 13th birth- day **Jaykelah Cuevas** (Feb. 16) *Love, dad*



Happy birthday to my baby brother, **Cody Erickson** (Feb.

16), hope you have a wonder- ful day. *Love you always, Bree and Taj*

Happy Birthday to my won- derful son, **Cody Erickson** (Feb. 16). *Love, mom, Darrell, and Lish*

Happy 19th birthday **Cedar Savage** (Feb. 16), we love you oh so much. *Love, Dannin and Daicin*

Happy 9th birthday **Maci Ann Martin** (Feb. 17). *Love, auntie Ya'Ya, uncle Clay, and ClayJ*

Happy birthday **Maci Ann Martin** (Feb. 17), I love you. *Love always, mom*

Happy birthday **Danny Jaa- kola** (Feb. 18) *Love, aunty Tara, Amanda, Aliza*

Happy 7th birthday **Madilynn Lee Martin** (Feb. 19). *Love, auntie Ya'Ya, uncle Clay, and ClayJ*

Happy birthday **Madilynn Lee Martin** (Feb. 19), I love you. *Love always, mom*

Happy 13th birthday **Avery Misquadace** (Feb. 21), wel- come to the teenage world. *Love, Amanda, NaKayle, Tan- nia, #9*

Happy birthday **Avery Misquadace** (Feb. 21). *Love, grandma Jean*

We all wish you a happy birthday, **David Petite Jr. 28**

(Feb. 21). *Love you, Mom, Matt, April, Dezzy, Amber, Sabrina, James, and Royce.*

Happy birthday to our dad and grandpa, **John "JD" De- Muth** (Feb. 22), we love you. *Love, Billie, Fred, Deja, Bryson, Brayden, Sophia, An- nissa, and Haley*

Happy birthday **Rachel Reyn- olds** (Feb. 24) *Love, Beck and the boys*

Happy birthday **Brennin (Nykanen) Hill** (Feb. 25), you are such an awesome young woman and we are so proud of you and love you very much. Hope this year brings you all the happiness and peace you deserve. And by peace we mean a crying baby all night. *Love, mom, Mikey and Carl, and family*

Happy birthday to our beauti- ful granddaughter **Brennin Hill** (Feb. 25), you are truly a blessing to us and all you meet. *Love, granny (Vi Foldesi) and Bumpa (Tom Foldesi)*

Happy birthday to my beauti- ful niece **Renee Martineau** (Feb. 26). I love you very much and hope you have an awesome day. *Love, Allie*

Happy birthday to my beauti- ful niece **Renee Martineau** (Feb. 26), we love you very much Nae. *Love, auntie Sophie, uncle Bryce, and Sewell*



# Community News

**Michael Joseph Bosto** (Feb. 27), forever 31, thinking of and missing you on your special day. I love you and miss you son, it still aches so much.



*Love, mom and family*

## Anniversary

I would like to personally apologize to Les and Judy Northrup for their picture appearing next to an obituary last month. After apologizing to Les, I have informed him and his family that I would reprint the anniversary wish correctly for any members who may want to keep it.

Happy Anniversary **Les and Judy Northrup** (Jan. 14),

miigwech for everything you do for us.  
*Love, your family*



## Congratulations

Nancy and Hank Seppala want to welcome their first great-grandson, **Nathan Alan** (Oct. 5, 2013) into the world. Little Nathan starts the 5th generation pictured here with mother Elyse, grandma Neva, great-grandpa Hank, and great-great-grandma Bertha.



This picture is Ramona Thompson, Nancy Seppala, Joe, De-Foe, Katie Laundry, and Neva Seppala in the families first 5 generational photo.



Welcoming the new year baby **Lillyana McKenzie Thomas**. Birth weight 7 lbs 14 oz. Parents Steve and Blythe Thomas. Love, grandma Cookie Briggs and family

The Recruitment/Retention of American Indians into Nursing (RAIN) Program at the University of North Dakota is proud to announce the December 2013 graduation of **Billie Diver**, a member of the Fond Du Lac Tribe, with a Bachelor of Science in Nursing (BSN) degree from the UND College of Nursing and Professional Disciplines. Billie was honored with a Pendleton blanket at the RAIN Program Traditional Meal and Honoring Ceremony held on Dec. 18, 2013. Billie is from Cloquet, Minn. and is the daughter of Charlin Diver and Betsy Ingram-Diver.



The RAIN Program provides academic and nonacademic support services to American Indian students in Pre-Nursing, Nursing, and Graduate Nursing Programs at the University of North Dakota. The RAIN Program was established in 1990 to increase the number of nurses at the baccalaureate and masters levels prepared to provide health care to Indian people.

The Fond du Lac Ojibwe School would like to congratulate **Willow Johnson-Fuller** and **Sierra Barney** for attaining the Dean's List at the Fond du Lac Tribal and Community College. Excellent work ladies.

## Thank you

Miigwech to **Carol (Ber-glund) Sheehy/Reed Jaakola** and **Sharon (Doolittle) Houle/Couture Shuck** for planning and organizing the monthly Fond du Lac Historical Society meetings.

Miigwech to **LeRoy Defoe aka Obsibiness** for all you have accomplished through the years as Tribal Historic Preservation Officer. You will be missed. Giga-waabamin nigii.

*Researcher, Christine Carlson*

## Memorial

In Memory of **Raymond William Smith Jr** (Dec. 5, 1962-Feb. 27, 2013)

Ray, it's been a year since you went away. I miss you every single minute of the day.

I miss your laughter, smile; I miss your humor, the calmness about you. I miss your favorite saying "it doesn't matter." I used to wonder about that saying. Now I know why.

You left us way too soon. You're living in a wonderful, perfect place now. We will forever have the memories you left for us. Someday soon the missing links of our hearts will be back together and our family will be whole once again. Missing you so much my son.  
*Love, mom*

1 year ago today our chain was broken forever. Our brother, father, grampa, uncle, cousin, godfather, and friend was went to the spirit world at 50 years old way too young and too soon to leave us. Each and every day that goes by we miss you Ray more and more and it doesn't get easier. It was

like yesterday we were all at the powwow dancing, visiting, and laughing with one another. It won't be the same without your warm smile amongst us but we have that in our memory forever. We love and miss you **Raymond William Smith** (Feb. 27, 2013) a.k.a. Ray Ray. Until we meet again...

With all our love, Vickie and Bouda, Jared, Cherokee Smith, Stephan Smith, Toby Smith, Shelly Ray, Baby Ray, Vanessa and Tony, Richard, Veronica and Reggie, Velvet and Ronnie, Monica and Aaron, Rachael, Mariah, Timmy and Robin Diver, and grand children, great nieces and nephews, and cousins

In loving memory of **Michael Joseph Bosto** (Feb. 27, 1980-Feb. 5, 2012).



May the winds of love blow softly

And whisper for you to hear  
That we'll always love and miss you

And wish you were here.

Love and miss you with all our heart, mom, dad, and all of your family

## Obituary

**Jean A. (Ritz) Cichoski** died peacefully on Jan. 10, 2014 at the Bayshore Residence, Park Point, Duluth.

She is survived by her daughter, Juanita Ritz, of Kamuela, Hawaii, and grandson, Sky Cichoski, of Honolulu, Hawaii, sisters, Patricia McClellan, Evelyn Christensen, and Susan Grey, as well as numerous



nieces, nephews, grand nieces and grand nephews.

She was preceded in death by her husband Leon L. Cichoski, parents, Gordon Ritz and Frieda (La Garde) Ritz, sisters, Florence Carlson, Geraldine Rogge, Frieda Dupuis, and brothers, Norman Ritz, Gordon Ritz, and Warren Ritz.

Mrs. Cichoski, formerly of Minneapolis, was a devoted wife, mother, grandmother, and homemaker. She delighted in flowers, home decorating, and making friends with people of all ages and races. She was a member of the Fond du Lac Band of Lake Superior Chippewa, and was born in Duluth Minn., on Sept. 10, 1928.

The family wishes to thank Saint Mary's Hospice of Duluth, Fond du Lac Elder Advocate, and many of the Fond du Lac Reservation and Bayshore Health Center employees for their love and support during her long struggle with dementia.

**Marilyn Joan Paulson Smith** (Aug. 17, 1952 - Jan. 17, 2014), 61, of Sawyer, passed away peacefully, in her home surrounded by her family.

**Clarice Lynn Thompson, MishKwaanaKwadoKwe "Red Cloud Woman"**

26, of Cloquet passed away on Jan. 11, 2014. The Service was held Jan. 16, at Fond du Lac Headstart Gymnasium.

**Ronald E. Diver**, Cloquet, 60 passed away on Dec. 10, 2013.

# Manidoo-giizisoons – Sucker Moon – February 2014

CCC: Cloquet Community Center, (218)878-7510; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BCCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>State of the Band Address</b> 2/20/14 5:30 p.m. BCCR</p>			<p><b>Free Income Tax Preparation</b> Sat – 2/15/14 thru 4/5/14 Tues – 2/18/14 thru 4/1/14 See page 9 for times</p>			<p>Homemade Soup and Fry Bread contest 10 a.m. CCC Pool 10 a.m. to 7:30 p.m. CCC</p>
<p>Water aerobics 10 a.m. CCC Golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>2</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Personal trainer in weight room 12 p.m. CCC Zumba 4:45 OJSHS Cribbage 5 p.m. CCC</p> <p>3</p>	<p>Get Fit 12 p.m. CCC AA/NAA support 12 p.m. TRC WIC 12 p.m. CAIR Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC Pool reserved – sauna/kiddie pool/hot tub open</p> <p>4</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Adult game day 12:30 p.m. CCC Zumba 5:15 p.m. OJSHS Jujitsu 6 p.m. CCC</p> <p>5</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language table 5 p.m. CCC Knit &amp; Crochet potluck circle 5 p.m. CCC</p> <p>6</p>	<p>Adult dodgeball 12 p.m. CCC Pool reserved – sauna/hot tub/kiddie pool open <b>Scotty McCreery 7 p.m. BCCR</b></p> <p>7</p>	<p>Beading 11 a.m. CCC Water aerobics 5 p.m. CCC</p> <p>8</p>
<p>Water aerobics 10 a.m. CCC Golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>9</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>10</p>	<p>Get Fit 12 p.m. CCC AA/NAA support 12 p.m. TRC WIC 12 p.m. CAIR Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC Pool reserved – sauna/hot tub/kiddie pool open</p> <p>11</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Adult game day 12:30 p.m. CCC Zumba 5:15 p.m. OJSHS Jujitsu 6 p.m. CCC</p> <p>12</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language table 5 p.m. CCC Knit &amp; crochet potluck circle 5 p.m. CCC</p> <p>13</p>	<p>Adult dodgeball 12 p.m. CCC <b>Valentine's Dance/Jam 3:30 p.m. CCC</b> Pool reserved – sauna/hot tub/kiddie pool open</p> <p>14</p>	<p>Beading 11 a.m. CCC Water aerobics 5 p.m. CCC</p> <p>15</p>
<p>Water aerobics 10 a.m. CCC Golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>16</p>	<p><b>President's Day Center closed</b></p> <p>17</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NAA support 12 p.m. TRC Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC Pool reserved – sauna/hot tub/kiddie pool open</p> <p>18</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Adult game day 12:30 p.m. CCC Zumba 5:15 p.m. OJSHS Jujitsu 6 p.m. CCC</p> <p>19</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Knit &amp; crochet potluck circle 5 p.m. CCC Ojibwe language table 5 p.m. CCC <b>STATE OF THE BAND 5:30 p.m. BCCR</b></p> <p>20</p>	<p>Adult dodgeball 12 p.m. CCC Pool reserved – sauna/hot tub/kiddie pool open</p> <p>21</p>	<p>Beading 11 a.m. CCC Water aerobics 5 p.m. CCC</p> <p>22</p>
<p>Water aerobics 10 a.m. CCC Golf 10 a.m. CCC Beading 11 a.m. CCC Volleyball 1 p.m. CCC</p> <p>23</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p>24</p>	<p>Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NAA support 12 p.m. TRC Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC Pool reserved – sauna/hot tub/kiddie pool open</p> <p>25</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC Adult game day 12:30 p.m. CCC Zumba 5:15 p.m. OJSHS Jujitsu 6 p.m. CCC <b>Sobriety Feast 6 p.m. CCC</b></p> <p>26</p>	<p>Get Fit 12 p.m. CCC Water aerobics 5 p.m. CCC Ojibwe language table 5 p.m. CCC Knit &amp; crochet potluck circle 5 p.m. CCC</p> <p>27</p>	<p>Adult dodgeball 12 p.m. CCC Pool reserved – sauna/hot tub/kiddie pool open</p> <p>28</p>	<p><b>Pool reserved Tuesday and Friday 5:30 p.m. to 7:30 p.m.</b></p>

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