

# *Nah gah chi wa nong*

(Far end of the Great Lake – Fond du Lac Reservation)

# *Di bah ji mowin nan*

(Narrating of Story)



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*In July, a group of Ojibwe built a birchbark canoe as part of a language immersion project initiated by the FDL Cultural Museum. Here four of the participants carefully move the bark through the dense forest. From the left are Chris Ojibway, Kyra Paitrick, Jerry Jenkins and Charlie Nahgahnub. See related story on page six.*

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# New ordinances establish small claims court and housing eligibility guidelines

By Deborah Locke

In June the Reservation Business Committee approved an ordinance that permits the hearing of small claims action by the FDL Tribal Court. The addition of small claims to the Court's jurisdiction gives Band Members a chance to settle smaller disputes without hiring an attorney. The Tribal Court will start to hear small claims cases no sooner than the Fall of 2009.

The ordinance lists filing and court procedures. A brochure will be made available that summarizes the new ordinance including the process for filing a claim. Filing fees for both the plaintiff – and the defendant (who may want to file a counterclaim) -- will be charged but have not yet been set by the Court. The fees will cover court costs.

To file a claim, at least one of the parties to the dispute must be an enrolled member of the FDL Band. Claims may be filed with the Court when the claim is for the recovery of money or personal property or for perfor-

mance of a contract, and the total amount of the claim is \$5,000 or less.

Also, the debt or injury must have occurred within the Reservation boundaries. If the claim concerns a contract, the contract must have been executed or performed on the Reservation.

Claims have to be filed no later than a year after the date that the plaintiff knew or should have known of the damage or injury the claim is based on.

The RBC also approved an ordinance in June that clarifies eligibility for FDL housing which will include the use of criminal history investigations. The ordinance, which was drafted from input from community members at open meetings, establishes standards of eligibility for housing services. The new law disqualifies people who have been convicted of crimes involving violence or drug distribution, or who otherwise threaten the peace of the community.

Housing applicants will fill out consent forms that permit a criminal history investigation, which will be turned over to the FDL Police Dept. The Depart-

ment would then conduct the investigation, reviewing records from all local law enforcement agencies within the geographical region where the applicant lived within the past 10 years.

The applicant could be denied housing assistance due to convictions for domestic violence, child abuse, sexual assault or crimes against people including assault, murder, manslaughter, robbery, kidnapping or false imprisonment.

The FDL Housing Committee could deny an applicant based on criminal record, reputation, habits or associations that present a threat to the safety of the community.

The new housing ordinance is a part of widespread discussions that started last year on ways to reduce the amount of violence at the Fond du Lac Reservation.

Copies of the new ordinances will be made available on the FDL Website. The small claims court ordinance will not be available until the Court convenes with its initial small claims actions.

## Band hosts state housing conference in June

By Amy Wicklund, FDL Economic Development Planner

The Minnesota Indian Housing Conference took place at the Black Bear Casino Resort June 1-3, 2009. Nearly 200 representatives from ten reservations and 40 for-profit and non-profit organizations got together to learn and interact. One highlight was a luncheon honoring the 2009 Minnesota Indian Housing Conference award recipient, Bob Odman, who plans to retire from Minnesota Housing as Assistant Commissioner of Multifamily Housing.

Conference sessions were held on urban supportive housing, green development, foreclosure prevention, services for housing stability, developing financing in today's market, housing homeless veterans, green rehabilitation lessons from the field, success stories in housing, and sustaining whole communities. One session highlighted American Indian Supportive Housing Developments in Progress, including Fond du Lac Supportive Housing and the American Indian Community Housing Organization's Gimaaji Mino-Bimaadiziyaan renovation of the historic YWCA building in Duluth.

Conference participants could select to participate in optional activities including a pre-conference golf tournament, tours of two affordable and supportive housing developments in Duluth, and a craft activity creating a birch bark birdhouse.

My favorite conference session was on sustaining whole communities. Dennis Sun Rhodes from the Great Horse Group presented a design for "An American Indian Home." He is an architect and used traditional structures such as a tipi as the foundation for his designs. One of his house plans, for example features a circular "feast" area in the center of the oblong home, as well as an outdoor circular ceremonial area. Of course, typical rooms are also included like a kitchen, living room, bathroom and three bedrooms. Sun Rhodes uses fire pits in his outdoor communal sites and pays close attention to the way space is used.

Lance Morgan from Ho-Chunk, Inc., spoke about large-scale planning for the Ho-Chunk Village on a 40-acre site on the north edge of Winnebago, Nebraska. It is hoped that some day the site will be home to mixed development including commercial and residential complexes. The site will be pedestrian friendly.

FDL Chairwoman Karen Diver gave the opening address for the conference, and the conference closed with remarks from FDL Secretary Treasurer Ferdinand Martineau, Jr.

### Nah gah chi wa nong Di bah ji mowin nan

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

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

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

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

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

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

Corporate Member of the  
Native American Journalists Association

## Meeting, activity notices

The Elder Concerns Meeting takes place at 10 a.m. on July 1, July 8, July 15 and July 29 at the Cloquet Community Center. All elders age 62 and above are welcomed.

The Elder Activity Fund Board meeting will take place at 1 p.m. on July 7. The mission of this board is the fair distribution of funds for activities of ALL FDL Elders.

An Elder Meeting will be held at 5 p.m. on July 8 at the Cloquet Community Center. A potluck supper will be served. There will be a speaker and a \$25.00 drawing for FDL G&G.

Don't forget the Elder Vista Fleet Dinner Cruise at the Duluth Harbor on July 8. Buses leave at 5 p.m. from the Cloquet

Community Center. You MUST be pre-registered to attend.

The Wisdom Steps Power Poker Walk will be held at 8 a.m. on July 13 and July 27. The Entry fee is \$2; One dollar from each entry will be awarded to the Poker walk winner.

The Min no aya win Foot Clinic will be held at 9 a.m. on July 14. Elders, diabetics and people who have a hard time caring for their feet are invited to attend. For more information, call Tracie Little at (218) 878-2128. If you live in Duluth, call Mike Jenkins at the Center for American Indians Resources (218) 279-4116.

The Wisdom Steps Youth Team will host a pancake breakfast fundraiser from 7:30 a.m. to 10 a.m. on July 31 at the Cloquet Community Center. The team will deliver breakfast

for free if at least five or more meals are ordered. The cost is \$5 for three pancakes or fried potatoes, two sausages, two strips of bacon, scrambled eggs, orange juice, and coffee.

## Elder Picnic to be held on July 10

FDL's elder picnic for those age 52 and above will be held from 11 a.m. to 3 p.m. on July 10, 2009 at the Ojibwe School pow wow grounds.

Food, drinks and prizes will be included in the day's events for tribal members and their spouses. Food will be served from 11:30 a.m. to 1:30 p.m. For further information, or if you need a ride to the picnic, contact Tracie Little at (218) 878-2128.

The picnic is sponsored by

the FDL Reservation Business Committee and has been organized by the Public Health Nursing Dept.

## How to stay independent

A study of seniors who lived into their 90s and over 100 showed that many had diabetes, emphysema, heart disease and other chronic conditions for 15 years or more. But they avoided the disability associated with those diseases this way:

Don't give up. No matter what their age, those who lived the longest received excellent medical care by physicians who believed in treating "the oldest old." That means if you are in your 90s and need joint replacement surgery – have it.

Stay physically active. If you

are agile at 65 and continue to exercise, it's likely you will live another 25 years.

Keep your legs strong. Legs get you where you want to go. Two months of weight training can double or triple the leg strength of frail older people. After the training, some seniors even abandoned their canes.

Eat enough. Young people need to control appetites while many older people need to stimulate their appetites. Eat several small meals of fruit, vegetables, low-fat dairy product, lean sources of protein and whole grains.

Accept help. It's ok to rely on friends and family who want to help, but don't want to intrude. Let them know how they can help.

# Senior Legal Line Q&A

## Regulations protect consumers here, so be sure to use only Minnesota debt management companies

**Dear Senior Legal Line: I have over \$10,000 in credit card debt and saw an ad from a California debt management company that promises to work with my creditors to help me pay my debts. After reading your columns, I am more aware of scams. Are debt management services companies scams?**

*Ben*

Dear Ben: Not all debt management services companies are scams, but you should definitely examine them closely before you decide to do business with them. I would recommend only doing business with a company that is registered in Minnesota, because Minnesota has new regulations to protect consumers doing business with debt management services companies.

For those who do not know, a debt management service is a company that collects money from you and makes payments to your creditors. In addition, they may try to work out agreements with your creditors to reduce your total debt.

Scam companies are those that charge you large fees and don't do anything for you. People are so desperate to get help paying their debts in order to avoid filing for bankruptcy that they fall victim to the scam companies. It sounds like you may be in this situation.

I advise you to not do anything rashly but to think through your proposed contract with the debt management services company. Again, only work with a Minnesota regulated company.

The Minnesota State Legislature created Minn. Statute

Chap. 332A, Debt Management Services, in order to provide Minnesota residents with protection from scam companies. To do this, Chapter 332A sets requirements for any debt management services company that wishes to do business in Minnesota.

First, the company must register with the state Department of Commerce. The DOC will not register a company unless it provides proof that it has accreditation by the Council on Accreditation, the Bureau Veritas Certification North America, Inc., or BSI Management Systems America, Inc.

Also, the company must disclose in its application whether or not its license to do business has ever been suspended or revoked in any other state. It must post a bond and pay a fee. The DOC may deny, suspend, or

revoke a registration.

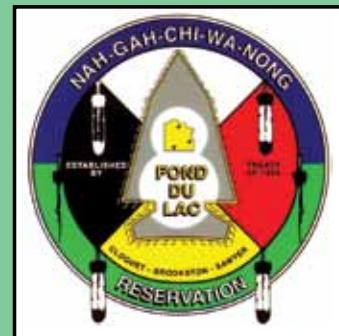
The law also protects citizens in that it requires your contract with the company to contain certain protective promises, as well as giving you other protections separate from the contract. The contract must contain certain terms. If it does not, it is invalid.

It must for example:

- Spell out the amount of any initial and/or monthly fees to be paid by you;
- List the total amount of fees expected to be paid during the contract;
- Give a detailed description of all services to be provided by the company;
- Include a notice telling you when you may cancel the contract; and
- Provide an explanation of the company's refund policy.

Furthermore, before signing the contract, the company must first give you specific debt counseling, prepare a financial analysis, and propose a plan to you; decide that you would benefit from the plan based on the facts that they have gathered; and give you a list of creditors that they believe will agree to work with them on the plan.

The company must tell you within ten days if any of your creditors refuse to agree to the plan. If a creditor has agreed to a plan but then withdraws, the company must tell you within 15 days. Furthermore, the company must hold your money in trust and make timely payments to your creditors. People were having problems in the past with debt management services companies holding on to the *Continued on page 5*



# A few thoughts from RBC members

## From Chairwoman

**Karen Diver**

**G**ood news! The bids on the supportive housing project came back within the projections, so construction should start by the middle to end of summer. After working on this project first as staff, then as the chair, it will be great to see us breaking ground. The leadership that our planning, housing and human services staffs have shown deserves the gratitude of our community. **THANK YOU!**

While the terms of the financing are still being worked out, the Band is grateful to the Shakopee Mdewakanton Sioux Community for providing a \$3 million loan to Fond du Lac for the construction of a new

Resource Management building. The department has been overcrowded, and the building now in use is severely substandard. It has been a priority to replace it. Several years ago the Reservation received a grant of \$600,000 from HUD towards new construction. At the time the Band accepted the funding from HUD, a resolution was passed by the RBC that said that the Band would commit to finding, or self-funding, the additional funding to complete the \$4 million dollar building. In the meantime, the Black Bear project started and the economy declined, which means that the



*Karen Diver*

Reservation is not in a position to fund this project itself. Because the Band did not start the project in a timely manner, it loses points in its grant applications to HUD for the Indian Development Block Grants. The Band has traditionally been very successful in securing these grants, so we must honor our past commitment and get the building done.

A follow-up meeting was held with St.

Louis County Commissioners regarding their position of not selling tax-forfeit land that is within Reservation borders to the Band, and its opposition to the Band putting fee land that it buys into trust status. The Com-

missioners listened to the history of the Band's treaty-making with the United States, and how land was lost over time due to the Dawes Indian Allotment Act and policies of the federal government. There was also an update about the current program and economic contributions of the Band. The fact of the matter is that the land offered for sale is currently in tax-forfeit status, so despite the feeling of some of the Commissioners that they will oppose no net loss of taxable land is a moot argument. Additionally, the Board cannot state that it dislikes funding services for Native clients, but will block the Band on acquiring land for housing, economic development and habitat.

All-in-all, it was important to provide the County Board with

some education. It remains to be seen whether or not their minds will be open enough to realize that the success and stability of the Band has benefit for not only our members, but the whole area.

Enrollee Day will have passed by the time you read this. I hope that you enjoyed the new format of entertainment and family activities. If you have feedback, please let us know so that we can find the right mix of activities for our families.

*I hope you are enjoying your summer. Please call with questions or comments at the office (218) 878-2612, or cell (218) 590-4887, or email at karen-diver@fdlrez.com.*

## From Ferdinand Martineau

**T**o the Fond du Lac Band Members: I was reflecting the other day about the last three years. I was thinking about the Reservation and the challenges that faced us when I took office. Our remaining elections took six more months before they were finally decided. The casino expansion took two years. The financial restructuring took two and a half years. We are still dealing with the Tribal College. The restructuring of the administration will remain an ongoing project. And the financial assistance guidelines were not very clear or in effect.

I wish I could say that I was able to solve these challenges

with the council, but we were backed into making a lot of these decisions. I am not saying that the decisions were not good, they were, and I am not saying they were not timely. They were timely. I am saying that having to make a decision to do something because you have to and not because you want to is not the same.

I have been invited to several graduation parties this past month. The nice thing about this is that the students are not only graduating from high school. They are two- and four year graduates from col-

lege. Usually when I am dealing with a Band Member it is due to a crisis, so I do not get to see a lot of the accomplishments that happen throughout the

Reservation on a daily basis. I am reminded every once in a while by Band Members with a thank you card or when I see them doing a job they were hired for with a smile and a friendly hello.

Sometimes progress is so painstakingly slow that we do not always recognize it.

In order for me to recognize change, I have to take the time to think about how it was before. Whether it was last week or last year I do not necessar-

ily remember it unless I think about it specifically. For example, I was thinking about my life prior to being elected. I was doing a job that I had done for almost twenty years, working in Natural Resources. I could set my clock by what season it was. I knew what was going to happen almost before it happened. Decisions were easy because they were the same year after year. The staff knew what to do and Band Members knew what to expect.

Today, the decisions are not so easy. I do not know what to expect from staff or Band Members. But I am figuring it out. I realize now that I am dealing with a different kind of resource – human resources. And I'm dealing with different

kinds of seasons: the start of school season, the preparation for winter season, the tourist and entertainment season, and more.

Change is not always easy, but it is always exciting.

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

*RBC columns continued on next page.*



*Ferdinand Martineau*

From Sandra Shabiash

**B**oozhoo  
On the local scene: The Sawyer Center had a full house on Friday, June 12. It started out as a surprise birthday party for Beatrice Huie. The center was packed with Bea's many friends, family and community members. However, the first person to arrive was the birthday girl! The surprise was the look on each face as people entered and saw Bea already in the room. Everyone enjoyed the food, cake, beverages and the Happy Birthday serenade performed by the community members.



Sandra Shabiash

Sawyer Center is now planning the second annual Jerry Fairbanks Memorial Scholarship Fundraiser Pow Wow to be held at the Mash ka wisen grounds in Sawyer on August 28 - 30. Proceeds will go towards scholarships and assist in center activities.

Sawyer will be getting one new home under this year's Native American Housing Assistance and Self-Determination Act allocation, bringing the number of new homes to four in the past two years.

On the Reservation level: Our summer youth program started on June 8 with 45 students employed. They will work for four

weeks and then another 45 students will work for the last four weeks of the program. Students are placed in a variety of positions throughout the Reservation.

In conclusion, I express my appreciation to Band Members for allowing me to be involved, on a daily basis, with community members, staff and fellow RBC members. After 30 months in office, I continue to enjoy each and every day of work. I know that decisions made today will impact our future generations to come. This is what we are all about. Mii Gwetch

Contact information: home phone (218)879-3667; work phone (218)878-7591; email: sandrashabiash@fdltrez.com

## Legal Line *continued from page 3*

money and not paying the creditors. This law should eliminate that problem.

Other provisions: a company cannot charge you more than \$50 to set up a plan, your monthly service fee cannot be more than 15 percent of your monthly payments to the company or \$75, whichever is less.

Finally, you have a right to cancel at any time for any reason after giving the company a ten day written notice. In contrast, the company can cancel the contract only after giving you a 30 day written notice and must have good cause for cancellation.

If the company violates the law, the state Attorney General's Office has the power to enforce it. You also have the right to bring a private lawsuit against any company that violates the law.

Consequently, it makes no sense to do business with an unregulated company. Minnesota has given you protections under Chapter 332A. Take advantage of these protections and only do business with a debt management services company that is registered with the Minnesota Department of Commerce. You can look up a company's license by going to the Minnesota Department of Commerce's website at [www.commerce.state.mn.us/LicenseLookupMain.html](http://www.commerce.state.mn.us/LicenseLookupMain.html).

If you decide that bankruptcy is an option worth exploring, the Minnesota Bankruptcy Court's website has a "Debtor Help" with many answers to bankruptcy questions. The website is [www.mnb.uscourts.gov](http://www.mnb.uscourts.gov).

*This column is written by the Senior Citizens' Law Project. It is not meant to give complete answers to individual questions. If you are 60 years of age or older and live within the Minnesota Arrowhead Region, you may contact us with questions for legal help by writing to: Senior Citizens' Law Project, Legal Aid Service of Northeastern Minnesota, 302 Ordean Bldg., Duluth, MN 55802. Please include a phone number and return address.*



*About 1,300 people attend the Legends Extravaganza concert at the Black Bear Casino on May 10. The crowd reacted most strongly to the big hits from each artist which included "Don't It Make My Brown Eyes Blue" by Crystal Gayle, the guitar picking of Roy Clark and "Heartaches by the Numbers" by Ray Price. The performers enjoyed the warm reception, and rewarded the audience with an extended performance. Shown are Ray Price, Crystal Gayle, Marty Martel (booking agent), and Roy Clark*

## Ojibwe School Graduation Celebration

The FDL Ojibwe School graduation ceremony was held at 6 p.m. on May 27, 2009 at the school gym. The hour-long ceremony was followed by a feast. At the end of the ceremony, family members and guests happily congratulated the new graduates.



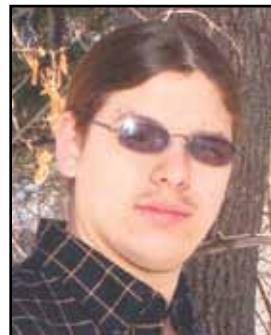
Devon Martin



Jeremy Ammesmaki



Larissa Bosto



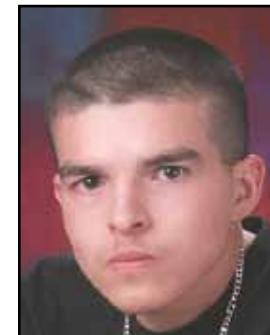
Christopher Johnson-Fuller



Sh'Shawna Lone



Jeremiah Rule



Edmund Two Stars

# Rez adventures with the Indian Scouts

By Deborah Locke

The thing you need to know about peeling bark from a birch tree on a hot summer morning is this, and it has nothing to do with canoe building.



Like a small advancing army, the woodticks scamper up your pant leg, into your ears, throughout your purse, and down your throat. Also, know that the thick brush snaps hard on a passing face. That an even terrain may camouflage a sudden steep hole that's anxious to twist an ankle. That sweat runs like the Mississippi River from your neck past your bra cups and down the inside of your shirt before it splashes to the forest floor.

Readers, I was a bug-ridden, deodorant-challenged, red-faced, hard-breathing mess. But God bless them, one of the Indian Scouts stayed behind with each faltering step to ensure I didn't get lost.

The many Indian Scouts were part of the language immersion/canoe building project sponsored by the FDL Cultural Museum and paid for by the FDL Band and an Administration for Native Americans grant. For three weeks in June, eight to 14

Full-time and part-time Ojibwe workers co-built a birchbark canoe. Most builders came from the Rez, but a couple traveled from Michigan and Indiana.

Mornings started in the Museum. Dave (Niib) Aubid, East Lake, led the group through new Ojibwe words that described the work and building materials.

The canoe construction took place under a wigwam-like structure behind the Museum with Ojibwe words taped to the walls. I didn't know the words for "large squeamish bug-hating weenie woman" and didn't ask.

That's because when you're in the middle of the deep woods under three coats of insect spray, surrounded by hearty, strong and highly motivated Ojibwe Scouts, you shut your mouth. Following the language lesson, the group piled into trucks and vans and headed

west for Ditchbank Road. A tire path extended from the road into the woods. We set out on foot, seeking towering, straight birch trees.

What signals birchbark peeling season?

"When the mosquitos are thick and fly into your mouth," said Jeff Savage, Museum Director and organizer of the event. He spotted two ideal birch trees early as the van bumped down the narrow path. The best bark trees are about 70 years of age.

The best canoe bark is thick with short lines and is unlikely to tear.

About a mile into the woods, we reached a semi-clearing and parked. We carried cell phones, a Global Positioning System and an alarm device that signaled a truck's location.

Yet no matter where the group trekked, someone knew the way out without technology.

Sweat lessened the impact of bug spray. After climbing over

20 logs and a mile of zigzag steps through thick brush, wood ticks moved in over flesh as bug spray trickled off. Each time I pulled a tick off my scalp, I looked at my watch.

Finally Marvin Defoe, master canoe builder from the Red Cliff Reservation, stopped at a tree, judged its straightness, cut a strip of bark, and pronounced the tree ready. In a flash he reached up and cut a line through the bark to the ground. Marvin then propped a ladder against the tree, climbed and extended the bark cut higher.

Two Scouts on the ground grasped a wide strip of bark and slowly began to peel. Birch trees emit a "pop" sound as they release their bark when the time is right. We heard two pops. In slow motion, the Scouts lowered the bark to the ground before carrying it to the path, rolling it into a bundle and delivering it to a vehicle.

*Returning with the first strip of bark, from the left: Troy Bassett, Bill Howes, Kyra Pattrick, Joe Rodak, Niib (photo by Deborah Locke)*

It takes 60 to 70 square feet of bark to make a canoe. That day the group collected three bundles. A few younger Scouts led by the ever-alert Marvin immediately returned to the woods for more bark. The older Scouts headed back for the vehicles and ate ham and cheese on wild rice bread and then watermelon.

They jabbered nonstop, waiting for the younger Scouts to return and eat before everyone took off in search of the two birch trees near the tire trail entrance.

I learned more about cohesion that day -- the way energetic and talented people with a single purpose can labor hard and succeed.

*Deborah Locke can be reached at [deborahlocke@fdlrez.com](mailto:deborahlocke@fdlrez.com). The finished canoe will be on display at the Black Bear Casino Resort. Eventually, it will be used.*



*Three bundles: the first day's birch bark harvest*



*Marvin Defoe tests the bark*

# Local briefs

## Vet's Powwow scheduled for July 10-12 at Mash

The FDL annual Veterans' Powwow will be held July 10-12, 2009 at the Mash ka wisen Powwow grounds at Hwy. 210 and Mission Road in Sawyer. The "Honoring Veterans" portion of the celebration will take place at 1:30 p.m. on Saturday, July 11.

Grand entry times are these: 7 p.m., July 10; 1 p.m. and 7 p.m. on July 11; 1 p.m. on July 12. A feast will be served at 5 p.m. on July 11; lunch will be served at 3 p.m. on July 12.

The Masters of Ceremonies will be Dan Houle and Pete Gahbow. Arena Directors are Steven and Charlie Smith and Jaimie Petite. Host Drum: Cedar Creek; Head Dancers: Mike Diver and Vanessa Northrup.

The dance specials include the women's fancy shawl and the men's grass dance. A hand drum contest will be held.

For more information call Mary at (218) 878-7583.

Alcohol and drugs are prohibited.

## Ojibwe School seeking representatives for its School Board

The Fond du Lac Ojibwe School is seeking school board representatives to fill positions in Sawyer, Cloquet and one at-large position.

Interested candidates are encouraged to submit a letter of interest to: Jennifer Trotterchaude, FDL Ojibwe School, 49 University Rd., Cloquet, Minn. 55720.

If you have questions, please call (218) 878-7547. The closing date is July 30, 2009.

## Band backs out of fireworks funding

The City of Cloquet is on its own in seeking funding for the annual \$7,000 Fourth of July fireworks display. For five years, the FDL Reservation Business Committee sponsored the event. However, last year the city was informed that due to the poor economy, the Band will not pay for the 2009 event.

A volunteer coordinator, Lisa Karulak, expressed gratitude to FDL for sponsoring the fireworks for as long as it did. In years past, the July 4 Veterans Celebration, that included fireworks, was sponsored by the Cloquet VFW. That ended in 2003. Fireworks are the most expensive amenity of the day's events. Karalack met with local service groups who raised \$7,000 so the fireworks will go forward as usual. The story was reported in the Pine Journal.

## Protect your bike: Have it registered

Bike owners on the Fond du Lac Reservation can have their bicycles registered free of charge with the FDL Police Department. If a bike is stolen and then recovered, it's much easier for authorities to return the bike to its original owner if it is registered.

Bike registration cards are available from the FDL Animal Control officer, Celena Diver, or they can be obtained at the FDL Police Department.

## Program to aid foster care participants held in fall

The Fond du Lac Social Service Department is seeking Native American youth age 14 to 21 years old who are in long-term foster care to attend the SELF (Support for Emanci-

pation and Living Functionally) Program in the Fall.

The groups will meet for 90 minutes each week for 10 weeks. A \$10 stipend will be paid for the sessions that are attended; stipends will be paid at the end of the program.

Participants will learn job seeking skills, resume writing, self-care, budgeting, etc. For more information contact Linda High Miller at (218)878-3728.

## Legal Notice

Allotment 246-405.

Robert Ojibway is interested in acquiring permission from the heirs to the property located at the Southeast Quarter of the Southwest Quarter in Section 4, Township 48 North, Range 17 West of the Fourth Principal Meridian, in Carlton County, Minn. Robert would like to lease the land for a home site.

Please contact him at 2025 Hwy. 210, Carlton, Minn. 55720 or call (218) 879-7952 or cell (218) 590-3647.

The names are: Ojibway, Margaret L.; Ojibway, Danielle M.; Ojibway, Jonathan M.; Ojibway Ashley L.; Beloy, Kristine M.; Katzele, Frank T.; Fond du Lac Reservation;

Katzele, Clement Bradley; Ojibway, David Franklin; Ojibway, Dale Richard; Ojibway, Daniel Jay; Ojibway Mrozinski, Dawn Renee; Ojibway, Donald; Ojibway, Jerrold; Ojibway, Jeffery Todd; Ojibway, Judy Lee; Ojibway Maurice Jr.; Ojibway, Nancy Jo; Ojibway, Robert; Ojibway, Steven James; Ojibway, Terry Allen; Weske, Phillip; Cope, Daniel.; Cope, David Jr.; Cope, Jesse;

Weske, Bruce E.; Ojibway, Jeffery Michael; Ojibway, Mark Edward.

Estate of: Ojibway, Michael Edward; Ojibway, Beatrice M; Weske, Michelle.

## Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased Band Members contact the Fond du Lac Legal Affairs Office at (218)878-2632 or toll-free at (800)365-1613 to assist the Band in distributing the trust money to the appropriate heirs.

Begay, Raymond Sr.; Brigan, Calvin; Christensen, Terry; Crowe, Gary; Defoe, Charles; Gangstad, Harold; Glasgow, Edith; Heffernan, Douglas; Hernandez, Phyllis; Huhn, Cheryl; Jefferson (Drucker), Mary; Jones, William Sr.; Josephson, Charles; Kast, Cheryl; Lafave, John; Lemieux, Elvina; Lussier, Pamela;

Olson, Daniel G. Sr.; Perales, Michael; Sharlow, Gerald D.; Smith, Carl; Smith, Catherine; Stanford, Cathy; Trotterchaude, Rex; Wright, Frances.

## Don Savage Golf Tournament to be held on Aug. 1, 2009

The third annual Don Savage Memorial Golf Tournament Four-Person Scramble will be held on Aug. 1, 2009 at the Headwaters Country Club in Park Rapids, Minn.

The entry fee is \$75 per person.

For more information and tee times, please call toll free at (866) 250-4224

## Booster seat law to change in July

On July 1, 2009, a booster seat law goes into effect in Minnesota. All children up to the age of eight and under 57 inches in height must be in a vehicle booster seat or the driver will be stopped, ticketed

and fined.

Car seat and booster seat classes are offered at the Min no aya win Clinic in Cloquet at 2 p.m. on the following dates: July 1, July 16, Aug. 5, Aug. 19. Registration is required. Call (218) 878-3759.

If you plan to attend the classes, enter the Clinic through Door 3. The FDL Public Health Nursing Dept. is sponsoring the classes.

Booster seats are also available for \$22.

A new state law that went into effect on June 9, 2009 requires all drivers and passengers of vehicles on Minnesota roads and highways to wear a seatbelt.

## Notice regarding tax-exempt status of tribal members who live and work on the Reservation

Reminder: Under federal law, tribal members who both live and work on their tribe's Reservation are exempt from state income tax on those earnings. Tribal members who are employed by the Band must make sure that they have filed tax-exempt forms with the Payroll Department.

The State Department of Revenue has taken the position that it does not know who is tax-exempt unless an exemption form is filed with them. If you receive a notice or levy from the State on income that is exempt, you can bring a copy of the levy to the Legal Department, and a letter can be sent on your behalf to the State. For further information, please contact Dennis Peterson, Tribal Attorney, at (218) 878-2607.



# Health News

## WIC health program

If you are pregnant, breastfeeding, or have an infant or child under five years of age, you may be eligible for the Women, Infants and Children (WIC) health program. WIC provides nutrition education, breastfeeding support, nutritious supplemental foods and health services referrals.

For more information, contact FDL Human Services WIC Program, (218) 879-1227. A Public Health Nurse and a Registered Dietitian will be available during WIC clinics for family planning, maternal child health and nutrition questions or concerns.

## Doula program available to pregnant women

Pregnant women are reminded that they can receive support throughout their pregnancies from American Indian "doulas" who are women professionally trained to assist during pregnancies and childbirth. Doulas also offer assistance after the baby's birth.

For more information, call Danielle at (218) 279-4109. The Birth Doula program is sponsored by the Min no aya win Clinic in Cloquet and the Center for American Indian Resources in Duluth.

## Mirthful medicine

Laughter is an effective medicine. The February Consumer Reports on Health gave the physical health benefits of laughter, such as these:

Blood flow increases. The arteries of volunteers expanded during a humorous movie, but they constricted during battle scenes from "Saving Private Ryan."

Those with Type 2 diabetes maintained better blood sugar control after watching comic performances, according to a study from Japan.

A good laugh can help regulate the immune system. Laughter reduced inflammation-triggering

cytokines in people with rheumatoid arthritis. Also, those with asthma became more resistant to flare ups after watching a funny film.

Four-year-old children laugh about once every four minutes; adults laugh about once an hour.

## Healthy and wise food choices during a recession

Consumers are advised to skip prepared food, which is more costly than cooking from scratch, and produce that's already been cut since it can cost up to three times more than the uncut produce.

Also, select food from the top and bottom grocery store shelves since more expensive foods are displayed on the middle shelves.

Buy store brands. Finally, fill your shopping cart with beans, potatoes, low-sodium canned soups and other low cost, high-nutrition food. The story was reported in the March 2009 Consumer Reports on Health.

## Tobacco industry to see large industry changes

The U.S. Senate voted overwhelmingly to give regulators the power to limit nicotine in the cigarettes that kill almost 500,000 people each year. Also, ads that glorify tobacco will be dramatically curtailed, and flavored products designed to attract young smokers will be banned.

President Barack Obama signed the legislation in June, following approval by the U.S. House and U.S. Senate.

Supporters of the bill say that it will cut the death rate from tobacco misuse and reduce the \$100 billion already spent in annual health-cares costs associated with tobacco misuse.

For decades the tobacco industry and tobacco-state lawmakers resisted passage of the bill, com-

bined with veto threats by former President George W. Bush.

The law gives the Food and Drug Administration the authority to regulate the content, marketing and advertising of cigarettes and other tobacco products. The FDA

can now evaluate the contents of tobacco products and order changes or impose bans on those that present a danger to public health. The agency could limit nicotine yields, but it will not ban nicotine or cigarettes. Regulators

could also keep tobacco companies from using candy or other flavors in cigarettes to attract younger smokers. Misleading terms such as "light" or "mild" will be banned, as well.

## Measuring blood pressure

*From the FDL Public Health Nursing Dept.*

**B**lood pressure keeps blood flowing in our bodies. Blood pressure naturally changes during the day. When it stays high over time, it is called "hypertension," or high blood pressure.

High blood pressure means that the heart works harder to carry blood to vital organs in the body. High blood pressure causes heart attacks, strokes, kidney disease and other serious medical problems.

The only way to know if you have high blood pressure is to have your blood pressure checked. A nurse or a doctor usually does this by putting a "blood pressure cuff" around your upper arm and filling it with air. As the air releases, blood pressure is measured. The results are called a "reading."

A blood pressure reading has

two parts. The first number, sometimes called the top number or the "systolic" pressure, measures blood pressure when the heart contracts and is pumping blood.

The bottom number, which measures "diastolic" pressure, indicates blood pressure when the heart is at rest, between heartbeats. Normal blood pressure is less than 130/85. When medical professionals say the reading out loud, they say "130 over 85."

If your first number is 130 or higher or your second number is 85 or higher, there is reason to be concerned. Have your blood pressure checked on another day. Also, begin making changes in your lifestyle to lower your blood pressure.

If your first number is over 140 or your second number is higher than 90, you may have hypertension. In addition to lifestyle changes, your doctor

may prescribe medicine. Don't stop taking the medicine if your blood pressure reading is okay - that means the medicine is working!

People with higher blood pressure numbers have a greater risk of heart attack, stroke and kidney disease. For example, a person with a blood pressure of 160/100 is three times more likely to have a heart attack or stroke than a person with blood pressure of 140/90.

So, have your blood pressure tested and know your numbers. The people who love you will be glad that you are taking care of yourself.

Next month's column will discuss ways to lower blood pressure. Also, you can call Amber at (218) 878-3079 for more information about the FDL Public Health Nursing Department and its services.

## A heart healthy choice: Roasted Vegetable Pasta

**Makes 6 servings, about 1 1/2 cups each**

1 medium zucchini, diced  
1 red or yellow bell pepper, seeded and diced  
1 large onion, thinly sliced  
2 T. extra-virgin olive oil, divided  
Salt & freshly ground pepper  
2 large tomatoes, chopped  
one-fourth cup chopped fresh basil  
2 cloves garlic, minced  
12 ounces whole-wheat pasta  
one-half c. crumbled feta cheese

Preheat oven to 450°F. Put a large pot of lightly salted water on to boil.

Toss zucchini, bell pepper and onion with 1 T. oil in a large roasting pan or a large baking sheet with

sides. Season with salt and pepper. Roast the vegetables, stirring every 5 minutes, until tender and browned, 10 to 20 min. Combine tomatoes, basil, garlic and the remaining 1 T. oil in a large bowl. Season with salt and pepper. Cook pasta until just tender, 8 to 10 min. Drain and transfer to the bowl with the tomatoes. Add the roasted vegetables and toss well. Serve, passing feta cheese separately.

### Nutritional information

Per serving: 288 calories; 7 g fat; 3 mg cholesterol; 49 g carbohydrate; 11 g protein; 9 g fiber; 177 mg sodium; 619 mg potassium. Nutrition bonus: Vitamin C (90 percent daily value), Fiber (34 percent dv), Vitamin A (25 percent dv)

# A giant exhibit to address a giant but curable health threat

## Super Colon looks funny but delivers a serious message

By Kristine Shotley

Some laughed. A few were grossed out.

Most picked up the literature on colon health after walking through the Giant Colon.

The Super Colon – which has been on a nation-wide tour with the Prevent Cancer Foundation since 2003 -- proved to be a popular feature at the FDL Health Fair on June 11. The purpose for the pink eight-foot high, 20 foot long inflated replica of a human colon was to address colorectal cancer and the way it transforms a healthy colon. Colorectal cancer is the second leading cancer killer in the U.S. American Indians are more pre-disposed to develop the disease than members of other groups, and have the highest rate of colon disease in the U.S. A diet short on fiber from fruits, vegetables and whole grains contributes heavily to the development of colon cancer.

The cancer affects both men and women who are equally at risk. In the U.S. last year, more than 150,000 new cases of colon and/or rectal cancer were diagnosed. To avoid this preventable disease, men and women age 50 and over are urged to have a colonoscopy, or earlier if they have risk fac-

tors such as a family history of the disease, smoking, obesity, diabetes or a personal history of inflammatory bowel disease.

Screening is the best way to catch this killer disease in the beginning stages, or to prevent it altogether. While it's best to discover the cancer early on, the disease is still 90 percent curable, even at Stage Four. In 1999, the National Institute of Health observed that American Indians have the poorest survival rate "from all cancers." The U.S. Cancer Statistics Working Group wrote in 2005 that though American Indian women have the lowest incidence of cancer in all minority groups, they have the third worst survival rate once a diagnosis is made.

That's in part why the Giant Colon came to the 2009 Health Fair. The graphic display showed the degeneration of tissue from healthy to a state of polyps and then cancerous tumors. Informational subject matter was provided inside the exhibit such as risk factors, symptoms, prevention, treatment and screening tips concerning colorectal cancer.

The super colon is very attention-grabbing because of its colossal size and detailed shape and color. It requires a lot of space because the inflated



*Wendy Savage, an art instructor, and Linda Duhaime, a therapist with the Min no aya win Clinic, get up close and personal with the Super Colon exhibit at FDL in June. Almost 700 people toured the Super Colon.*

display is free standing and sits in a "U" shape. The colon model weighs about 450 pounds and takes approximately two hours to put up and take down. The Prevent Cancer Super Colon is also handicap-accessible for wheel chairs, strollers and motorized scooters.

The Foundation seeks to provide American Indian people, rural populations and the underserved with vital information about colon health. The key message they want to get out is that colorectal cancer is "preventable, beatable and treatable".

This year is the first time the interactive exhibit traveled to the Fond du Lac Reservation for the annual Health Fair. It offers an extremely up close and personal look at the colon and what you can do to prevent colorectal cancer.

## Health Fair again brings hundreds to Tribal Center

Four additional exhibits were featured at the 31st Annual FDL Health Fair that was held in the Reservation Tribal Center gym and Community Center on June 11, 2009. The Health Fair started in 1978 to bring health awareness and information to the community. It has grown into a major event and is providing more information and services yearly.

This year's fair attracted 846 people of all ages. Of those, 522 people had their blood glucose level checked, 132 had cholesterol screening, 42 women had mammograms and 42 people (including 16 walk-ins) donated blood.

The Shakopee Dakota Sioux Mobile Mammography unit made an appearance for the second year in a row, as did the helicopter Life Flight Team from St. Mary's Medical Center in Duluth. It is the only service of its kind in the Duluth, Cloquet and surrounding areas. Local fire departments also brought vehicles for show.

The newest exhibit was the Super Colon, a traveling health exhibit that seeks to increase awareness of colorectal cancer to American Indians, rural and other underserved populations.

B&B Market of Cloquet catered the lunches, and 68.2 pounds of food was collected for donation to the local food shelf.

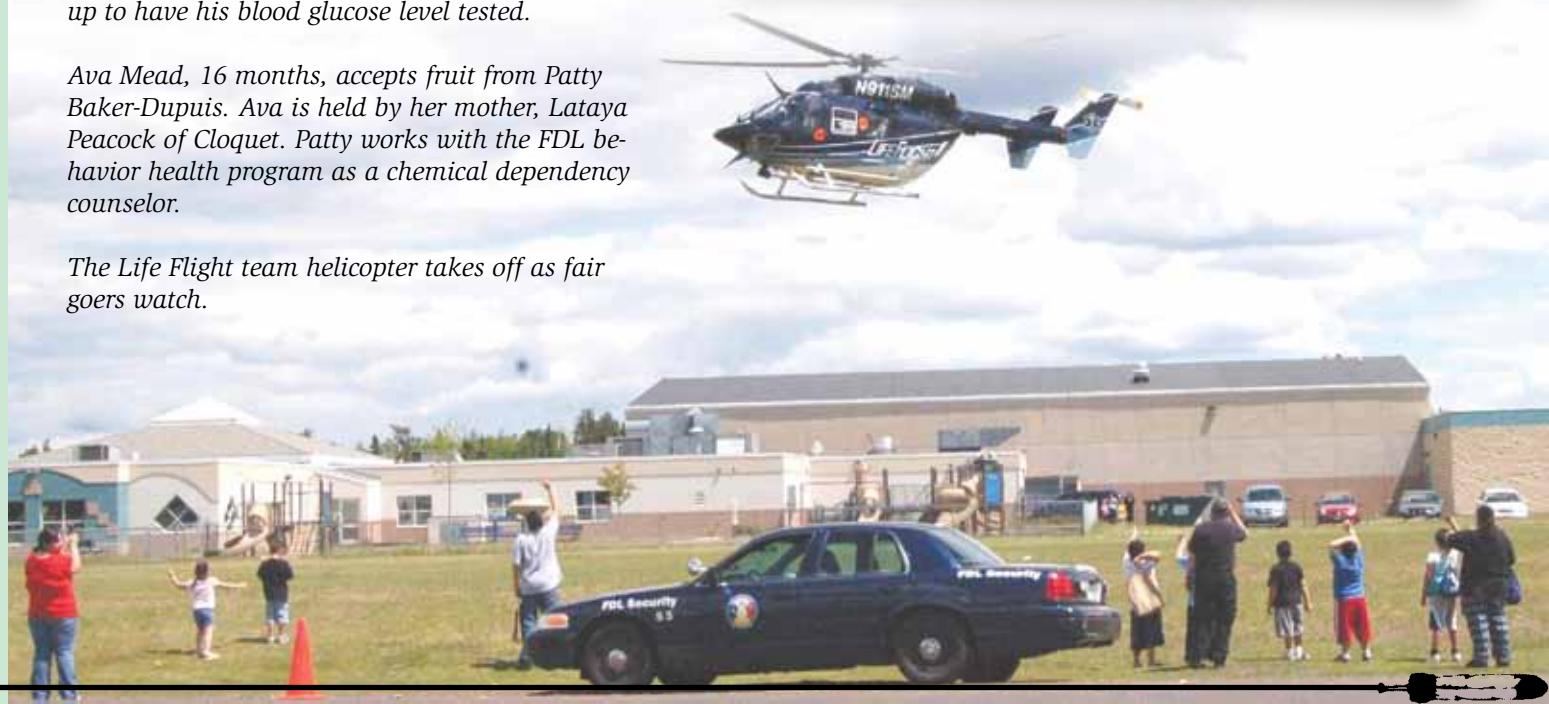


*Mary Munn, Air Program Coordinator for the Fond du Lac Reservation Environmental Program, donates blood.*

*Mike Jenkins a public health nurse at the Center for American Indian Resources in Duluth, signs up to have his blood glucose level tested.*

*Ava Mead, 16 months, accepts fruit from Patty Baker-Dupuis. Ava is held by her mother, Lataya Peacock of Cloquet. Patty works with the FDL behavior health program as a chemical dependency counselor.*

*The Life Flight team helicopter takes off as fairgoers watch.*





*From the left: Sage Graff, 10, Joyce LaPorte, Judy Northrup and Geraldine “Beanie” Savage wait to hear if they were among the prize winners at the 2009 Health Fair. Top right: Deb Johnson-Fuller, FDL cancer health educator and Julie Fjetland from the Mayo Clinic Comprehensive Cancer Center. Bottom left: Lisa Herron, an intern at the Min no aya win Clinic, checks Robert Erickson’s cholesterol level. Bottom right: Sam Ammesmaki stopped by the FDL Dental Program table at the 2009 Health Fair. He spoke with Dr. Abby Danielski (left) and Megan Luokkala, dental assistant.*

# Marceline (Couture) Champagne

## Granddaughter of medicine man earned reputation for excellence as a midwife in late 1800s

By Christine Carlson

**M**arceline Champagne was born on June 20, 1868 in Moose Lake, Minn. She was the descendant of Chief Loonsfoot on her mother's side, as well as Biauwah, a famous Ojibwe warrior and peacemaker.

Marceline was the daughter of John Couture from Canada and Margaret Loonsfoot (Nah tah waush e quay) from Minnesota. Margaret was a Loon Clan member. She was the daughter of Mongosit and his second wife, Kiwegabowikwe. Mongosit (aka Loonsfoot) was born about 1800, and signed treaties in 1825, 1826, 1837, 1842, 1847 and 1854. He was the FDL Band chief in 1837, and served his people as a medicine man.

John Couture, Margaret's father, was a stage driver on the old Military Road that extended through Twin Lakes, Blackhoof, Moose Lake, Kettle River, Grindstone and more communities in Carlton and Pine Counties. He also was a private with the Douglas County Guards, which organized in 1863.

The "Coutia" family was found in the Minnesota Territorial Census of 1875 in Moose Lake. The children were listed as Louis, Mary, Antoine, Maceline, George and Joseph. The family was also found in the 1880 Federal Census in Moose Lake. According to the records, John and Margaret had

nine children: Louis, Mary, Antoine, Marsaline, George, Joseph, Delena, John M., and Addie.

According to the 1880 census, John "Coutia" was listed as a saloon keeper. The 1885 Minnesota Census listed John and Maggie "Coutcie" as the parents of eight children: Antone, George, Jo-

seph, Galena, John, Batice and Edward. The Census records varied widely in the spellings of names.

In about 1884, Marceline moved to Duquette, Minn. which is located south of Duluth on Veterans' Evergreen Scenic Drive or Old Hwy. 23. Many French Canadians and Ojibwe lived on the riverbanks of the little town.

In 1887, Marceline Couture married Desire Champagne. Nickerson Township records state that Desire was born in Copper Harbor, Michigan. His father and mother, Louie and Eloise Champagne, were French Canadians from Lenora, Canada.

The 1895 Minnesota Territorial Census lists Marceline and De-

sire with children John, Louisa (also known as Jenny), William and Carrie. The 1900 Federal Census lists Marceline and Desire in Kerrick Township with four children: John A., Louisany, William and Mary Agnes. The records list Desire's occupation as a farmer.

**Midwives assist a woman through childbirth, and learn the procedures from a mother or an auntie. Midwife care was based on judgment, knowledge and skills. Plants and herbs were used by the mid-wife to assist the woman through childbirth. Roots, barks, seeds, blossoms, flowers, berries or leaves were used for healing.**

Several people interviewed for my first book about Northern Pine County said that Marceline Champagne was a midwife. Midwives assist a woman through childbirth, and learn the procedures from a mother or an auntie. Midwife care was based on judgment, knowledge and skills. Plants and herbs were used by the mid-wife to assist the woman through childbirth. Roots, barks, seeds, blossoms, flowers, berries or leaves were used for healing.

Midwives were critical members of communities. A medical doctor traveled through town occasionally, but when the time of a delivery drew near, women asked for the help of a midwife. Women immediately came to the need of other women.

Many children in the Nick-



Above: Theodora and Marceline Champagne, about 1914  
 From left to right: Desire, Theodora, Marceline; standing: Billy, Jenny, Agnes and John



*The Champagne House in Duquette, about 1904. From left to right are William, Marceline holding Theodora, Agnes, Jenny and John. Bottom right: Mongosit, aka Loonsfoot, courtesy of Northeast Minnesota Historical Center, Duluth*

erson/Duquette area were brought into this world by the able hands of Marceline Champagne, one of three midwives in that area. Yet when it was time to give birth herself, tragedy struck. A neighbor of Marceline's, Christine Norell, wrote a letter on Jan. 21, 1903 to her husband, Peter, who worked away from home at a lumber camp. The letter explained what happened to Marceline and her infant son:

*Champagnes got a baby boy that morning you got back to camp. I went over there to see if there was anything I could help them with and I wasn't there a half a hour before the baby died. It bled to death and it was the doctors fault. He had not tied the string good, he had made just one knot and so loose that the poor thing bled to death. If they had noticed it in time and tied it better the baby would have lived now and I tell you that they feel sorry. They buried the baby yesterday at the burnt bridge. I was over yesterday to do what I could for them. As you know Mrs.*

*Champagne was here when Ida was born.*

In 1911, Marceline and Desire owned the Champagne Hotel in Nickerson, a place for lumbermen to stay. On Aug. 28, 1911, Marceline's husband Desire died. He was one of the oldest and respected settlers in the area and was buried at the Catholic Cemetery in Duquette.

During WWI, Marceline was elected president of the Duquette Red Cross. This busy group raised money by sewing, knitting and making bandages for the soldiers overseas. Marceline's oldest son, John Champagne, served with the US Army Signal Corp. John's photo is displayed

on the wall of the Fond du Lac Cultural Museum. The photo is from the collection of Caroline and Arnold Bassett. Arnold's grandmother was Marceline's sister, Mary (Couture) Lavoie Stevenette Martin.

On May 26, 1917, Nickerson's Township records state that Marceline's youngest daughter, Theodora (also known as Florence) died. She died in Ashland, Wis. at the St. Mary's Institute Convent. Theodora's confirmation photograph has been displayed in a glass case at the FDL Cultural Museum.

On Aug. 22, 1920, Marceline's son William died of tuberculosis at the Nopeming Sanitarium in Duluth. Three of the children

John, Theodora and William, are buried in the Catholic Cemetery in Duquette with their mother and father. Marceline also participated in many fundraisers for the Catholic Church in Duquette.

Marceline Champagne died of pneumonia on Dec. 27, 1944. The Askov American newspaper said of Marceline:

*Friends of Mrs. Champagne were sorry to hear of her sudden death. She was always ready to meet you with a smile and a*

*kind word. She will be missed by all who knew her as a loyal and true friend.*

*Christine Carlson has self-published two local history books. She is working on several other stories.*

**Midwives were critical members of communities. A medical doctor traveled through town occasionally, but when the time of a delivery drew near, women asked for the help of a midwife. Women immediately came to the need of other women.**

## A natural teacher and antidote

# Nature supplies critical life lessons while urban environment can ‘push the brain beyond its limits’

By Lucy Carlson

Now that summer has arrived, many of us spend more time outside with friends and families, enjoying nature. One day while walking with my dog in the woods, I thought about the way some tribes taught children to turn to nature for solitude and peace.

Just climbing a tree or going off into the woods provided a way to become renewed and to learn the silent messages of the world.

Nature also provided teachings with strong meanings. Children were taught to observe their natural surroundings, and to learn from what they saw: tiny insects, large animals, the sky and changes in the wind. Nature gives example of how to get along with others, cooperation and enduring hardship.

“Empowering The Spirit: Native Literacy Curriculum” (Kateri Akiwenzie-Damm and Deana Halonen) gives examples.

- **The quail** moves in family formation, the father on guard, the mother in the midst of the young. The lesson is that family unity leads to safety.
- **Willows** bend and do not break. The lesson is that rigidity will bring defeat.
- **Clouds** may bring needed rain or damaging torrents. The lesson is that people are neither all good or all evil.
- **A stream** makes its way in spite of obstacles. The lesson is that determination, combined with sustained effort, will reach the goal.
- **Turtles** are at home wherever



they are. They show that one can follow the changing season of nature and be a home with every change.

- **The water’s smooth surface** does not reveal the water’s depths. The lesson – see each problem from more than one point of view.

Ed Edmo, Shoshone-Bannock, remembered when his grandmother sent him out to observe an anthill. He then had to tell her what he learned about teamwork and persistence. Elders tell young people to watch animals to see how they cooperate, when they look at one another, and how they protect their young.

Charles Eastman, Sioux, who was raised in the 1800s, wrote about being sent out in the dark to bring wood or fetch water. He was taught to be still and to feel the power of the world around him. In this way, he learned to be at peace in the dark and to be part of nature.

An article from the Children and Nature network explained how important nature is for the brain. It explained that with time, humans slowly evolved to live in small, primate tribes. However, during the last 50 years instead of inhabiting wide-open spaces, the majority of humans are crowded into concrete jungles, surrounded by taxis, traffic, and multitudes of strangers. Studies have clearly shown that unnatural surroundings have an important impact on our mental and physical health and can powerfully alter how we think

Scientists are now studying the way city life affects the brain. They’ve learned that just being in that environment weakens basic mental abilities. Marc Berman, University of Michigan scientist, discovered shortfalls in thinking ability caused by a short walk in the city. He wrote: “The mind is a limited machine. And we’re beginning to under-

stand the different ways that a city can push the mind beyond its limits.”

After a few minutes on a crowded city street, the brain is less able to hold things in memory and suffers from reduced self-control. That’s because of everything a brain has to keep track of: pedestrians, crosswalks, where we are going and how to get there safely while ignoring irrelevant distractions like a flashing neon sign or cell phone conversations. These tasks don’t seem overwhelming in and of themselves, but they can exhaust the part of the brain that tells our mind what to concentrate on.

Natural settings don’t require the same amount of thinking and effort. If we imagine taking a walk around a small pond, we can picture the woods around the water filled with pine and willow trees. Chickadees and red-tailed hawks nest in the branches; squirrels and rabbits scamper around in the bushes. Natural settings are full of objects that capture our attention without setting off a negative emotional response - unlike, say, a backfiring car. The mental gears that direct attention are able to relax deeply, replenishing themselves.

Also, city life can lead to a loss of emotional control. Crowding and unpredictable noise can lead to increased aggression. A tired brain, run down by the stimulation of a life in the city, is more likely to lose its temper.

But there is good news. Stud-

ies have shown that people in the city who look out onto a grassy courtyard with trees and flowerbeds recover more quickly from illness and have a higher ability to focus. Small glimpses of nature provide a mental break from the churning city life, and brain performance is improved.

We can see why nature has proven to be a strong and effective teacher for our children in the past. Today, we continue to learn about the positive benefits that are gained simply by looking at its beauty. The woods are a kind of medicine, free for the taking. Its pleasures and powers are provided by the Creator for all people. We acknowledge this with gratitude, both for ourselves and for our children.

*Information on the impact of urban living on the brain was taken from “Nature is Essential For The Brain, Scientists Report,” Boston Globe, Jan. 2, 2009. To read the entire article go to: [http://www.childrenandnature.org/news/detail/nature\\_essential\\_for\\_the\\_brain\\_scientists\\_report/](http://www.childrenandnature.org/news/detail/nature_essential_for_the_brain_scientists_report/)*

*Lucy Carlson is a Family Educator with the FDL Head Start Program. She writes regularly on parenting matters for this newspaper. Her email address is [lucycarlson@fdlrez.com](mailto:lucycarlson@fdlrez.com)*

# Community News

## Engagement

**Alyssa Lee Martilla and Philip Jeffrey Savage** of Cloquet announce their engagement. The couple will marry August 8, 2009 in a private ceremony.

The future bride is the daughter of Jim Martilla of Floodwood and Nancy Martilla of Harrison, Ark. The future groom is the son of Jeff and Sandi Savage of Cloquet.

## Graduation

Fond du Lac Band Member, **D'Arcey Ann Martineau**, graduated with honors on June 6 from Cook County High School, Grand Marais, Minn.



D'Arcey's accumulative grade point average since the ninth grade placed her in the top 15 percent of her graduating class. She attended Churchill Elementary, Cloquet Middle School and Cloquet High School but moved to Lutsen, Minn. shortly before her senior year.

While the transition was difficult, D'Arcey persevered and earned the right to wear the gold-colored honors cord with her sapphire blue graduation cap and gown.

She will attend the College of St. Scholastic in the fall. D'Arcey is the daughter of Kelli (Michael) Ross of Lutsen, Minn. and Robert Martineau of Cloquet, Minn.

Congratulations to the following BFF's (Best Friends Forever) on graduating from the FDL Head Start program:

**Justice Paro, Jezlyn Abramowski, and Addison**



**Thompson.** Have fun in Kindergarten next year!

*From all of your family and friends*

Congratulations to my nephew, **Jeremy Ammesmaki**, on his graduation. I am so proud of you!

*Love you, Auntie Koko*

## Thank you

To the FDL Reservation Business Committee, the Min no aya win staff and enrollees: Thank you for the retirement party held on my behalf. I will always cherish the memories of my work on the Fond du Lac Reservation. It has helped me to become who I am today.

*Chet Welch*

Thanks to the following committee members who helped with the 2009 Health Fair planning. We simply could not have had a successful Health Fair without them.

Your hard work at making everything run smoothly will be long appreciated. The committee members were: **Karen Dufault** (Community Health Representative); **Jeanine Bakken** (Dental Division); **Jay Hooley** (Public Health Nursing); **Wendy Yrjanson** (Public Health Nursing); **Betty Laveau** (Clinic administration); **Shari Gentilini** (Pharmacy); **Greg Goodrich** (Behavioral Health, Center for American Indian Resources, Duluth); **Beth Diver** (Maintenance); and **Tracie Little** (Public Health Nurse secretary).

*Many, many thanks to everyone! Missy Wilson and Denise Houle*

## Birthdays

Happy 24th Birthday to my daddy, **Danny Barney**, on July 3rd.

*Love from Dannin*



Happy 5th Birthday to **Davis Smith-Barney** on July 7! Also, congratulations on your Head Start graduation.

*Love from Mom, Bullhead and Hank*

Happy 1st Birthday **Thomas Holmes III** on July 4, 2009.

*Love, Chrissy and family*

Happy Birthday to our Auntie **Alyssa Martilla-Savage** on July 22nd!

*Love from Dannintello and Delilah*

Wishing a Happy Birthday to my Grandma **Sandi Savage** on July 26th. I love you!!

*With love from Dannin*

Happy Birthday to **Marilyn Grover** on July 14, and to **Mary Ann Erickson** on July 13!

## CAIR July birthdays

A big Happy Birthday to the following members of the Center for American Indian Resource staff in Duluth: **Jenny Howard**, July 8 (Pharmacy); **Sarah Chilberg**, July 11 (Social Services); **Chuck Ells**, July 12 (Adult Benefit Specialist); **Kevin Walsh**, July 17 (Physician's Assistant); and **Lesla Turnbull**, July 18 (Social Services)

Happy Birthday to all!!!  
*Peg Needham at the CAIR Front Desk*

Happy Belated Birthday to **Diane Mrozik** on June 9! Hope you had a great day!

*Your friend, Nicole Ammesmaki*

Happy Golden (Belated) Birthday to **Michael LaRose, Jr.** (June 16), who turned 16.

*Love from your family*

A belated Happy Birthday **Heather-Rose Valcourt (Bassett)**, who turned 28 on June 23.

We love you very much!

*Mom, Kyle, and Mackenzie*

Happy Birthday **Connie Kay Blanchard** (June 18). We miss you so very much.

*With love from your family*

A late Happy Birthday wish to **Jeanne Smith!** (June 22)

*Love, El*

I would like to wish **Bev Otis** a Happy Birthday on July 15th.

*With love from Tristin, Jezlyn, and Antonio!*

Happy Belated Birthday to **Larry (Tal) Ward** on June 7.

*From your better half, Lori*

Happy 16th Birthday to our nephew **Branden King** on July 28.

We love you so much.

*Auntie Nell and Uncle Mel*



## Welcome

A big Welcome Home to **Danneaha Butcher and Jerron Jones Jr.!** We love you.

*Auntie Koko and Mommy*

## Memorial

In memory of my dear friend, **Angel Diver**, who passed away on June 25, 2008.

I cannot believe it has been a year since you have been gone. Each and every day I think about all the fun times we had together. I miss our everyday phone calls just to say hello.

I miss you so very much and will always keep you in my heart.

*Your friend, Nicole Ammesmaki*

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

Your presence still fills each day.

Your voice and smile are everywhere.

You are and always will be in our hearts.

*Love forever from your family*



## For sale

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car



insulated pole building. On private lot with 93 ft. of

lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$270,000. Call (218) 878-5617 for more info.

Charming 2-bedroom, 2-bath log home with loft on a wooded lot with spacious 2-car detached garage. Open floor plan with

radiant in-floor heat, a natural gas stove/fireplace, and a Jacuzzi tub. Assessed at \$179,000, asking \$150,000. Must sell. (218) 213-6980



## Get cash for your stuff

Cash paid for used 3-wheelers, 4-wheelers, motorcycles. Running or not.

Call (218) 591-5096

# Etc.

## BBCR July Golf Tournaments

The 17th Annual Black Bear Casino Resort Golf Tournament will be held July 18-19, 2009. The entry fee is \$300 per team and the winner of the hole-in-one contest gets a new 4X4 pickup truck.

Bring your tribal identification card because teams will be allowed to have only one non-Anishinabe golfer.

Late registration can be made at the Black Bear Hotel lobby from 6 to 8 p.m. on July 17.

The junior golf tournament will be held at the Black Bear Golf Course on July 17. The entry fee is \$25 and includes awards and a meal. Further information can be obtained by calling tollfree at (888) 771-0777 ext. 2330.

**There will be no Open Meeting in July, 2009. The next Open Meeting will be held in August in the Twin Cities.**

The 6th Annual Veterans on the Lake Tournament will be held July 25, 2009 at the Black Bear Golf Course. The entry fee is \$240 per team and includes carts, prizes and a meal after the tournament. All proceeds go to benefit disabled veterans, veterans, active duty service members and families.

If you have any questions, call Veterans on the Lake Resort (218) 365-6900 or (800) 777-7538. The website is: [www.veterans-on-the-lake.com](http://www.veterans-on-the-lake.com).

Native Vote Alliance of Minnesota will host its Second Annual Golf Outing on July 28, 2009 at the Black Bear Golf Course. Entry fee is \$300. The four person scramble will benefit NVAM administrative costs. Go to [www.nativevotemn.org](http://www.nativevotemn.org) for more information or call 218-335-8581 ext. 139 or 218-368-1766. You may also contact [sallyfineday@hotmail.com](mailto:sallyfineday@hotmail.com).



## FDL T-shirts sold as fundraiser

The FDL Elders Concern Group has t-shirts, sweatshirts and tank tops for sale. The shirts feature the Lake Superior Ojibwe logo, or the words "Fond du Lac" in your choice of a variety of colors. The t-shirts and tanks are \$10, and the sweatshirts are \$20. Children's t-shirts are \$5, and the sweatshirts are \$10. There are no small sizes in the tank tops. The shirts are on sale every Wednesday morning at the Elder Nutrition Program meeting rooms at the Cloquet Community Center. They are also sold at most FDL events. For more information, call Carol Jaakola at (218) 879-9296. (Shown modeling the t-shirts are Beatrice Kitto and Marlene Shafner)

## Fourth Quarter Honor Roll, Fond du Lac Ojibwe School

### "A" Honor Roll

Clair Friedman; Patia Hayes; Rebecca Lund

### "B" Honor Roll

Christopher Abramowski; Dako-

ta Barney; Daezha Bird; Winona Blue Bird; Alissa Bosto; Shadow Bressette; Jasmin Budreau; Jerom DeFoe; Joseph Fineday; Sara Fineday; Adrianna Gibson; Muri Goseyun; Shane King; Jagger

Lind; Arrowanna Martin; Bruce Martineau; Janessa Martineau; Nakyle Misquadace-Bridge; Jacob Reynolds; Maraya Sandy; Dylan Savage; Kasey Shabaiash; Tori Smith; Tekla Stolberg; Kyle

White; Quintana White; Ziibens Aubid; Jamie Blue Bird; Justice Bressette; Morningdove Bressette; Travis Brown; Shawna DeFoe; Aliza Gingras; Alexander Hayes;

Dominic Johnson-Fuller; Daniel LaPrairie; Tyler Murto; Natasha Reynolds; Manuela Sandoval; George Spears; Lee St. John; Morningstar Webster; Kwanita White; Racquel White



The Blandin Community Leadership Program started in 1985 and has served over 4,000 leaders from around Minnesota focusing on individual and community change. The program is designed for community teams that reflect the diversity of their communities such as educators, elected officials, health care workers, clergy and retirees. Fond du Lac Reservation participants who attended the April 20-24, 2009 Blandin Community Leadership Program were, left to right, front row: Roxanne DeLille, Instructor; Marcia Dupuis. Second Row: Tamara Smith; Rick Smith, Blandin Recruitment Consultant; Wayne Dupuis; Betsy Peacock; Sarah Murray; Sam Ojibway; Annette Rennquist; Russ Rule; and Carrie Smith. Back row: Victor Klimoski, PhD, Instructor; Bonnie Wallace; Steve Inyan Mata; Bubba DeVerney; Mike Mumell; Charlie Nahgahnuh; and Toni Branley,

# Notice to Allotment Shareholders on Moorhead Road

## Allotment Numbers: 405-84, 405-95, 405-309

We are trying to reach Allotment Holders of the following Allotments along Moorhead Road on the Fond du Lac Reservation regarding right of way acquisition. The Fond du Lac Band of Lake Superior Chippewa and the Bureau of Indian Affairs, in cooperation with Carlton County, plan to reconstruct portions of County Road 110, also known as Moorhead Road, from State Highway 210 approximately 3.2 miles to County State Aid Highway 7, also known as Cary Road.

Preliminary plans have been drawn up. We are now arranging to meet with allotment owners. We are looking to update contact information of allotment holders and seeking right of way acquisition from those holders. If your name is listed below, please call Shelly Micke with the Carlton County division of right of way and permits. The number is (218) 384-9103.

For additional information, call Diane Mrozik with the FDL realty office at (218) 878-2610.

### Allotment 405-84

Adeline M. Wagener Ladue, Robert J. Budreau, Kenneth Budreau, Christopher D. Hoffman, Charryse J. Hoffman, Margaret A. Morris, Jacob J. Starr, Joseph G. Starr, Anna M. Starr, Kelly Diver, Harold G. Diver, Anna M. Whitebird Perales, Robert L. Diver, Romalda Delgadillo Wright, Terrance L. Budreau, Laura M. Budreau, Yvonne Littlewolf, Donna J. Oachs, Terrance Senogles, Leonard L. Thompson, Ronald W. Thompson,

**Estate of:** Leonard P. Starr, William V. Beaudreau, Josephine Johnson Beadureau, William A. Beaudreau Jr., Ronald D. Budreau, Willaim D. Budreau, Margaret A. Henry, Albert Starr Jr.

### Allotment 405-95

Lissa M. Plucinski Andrews, Steven L. Beauregard, Brian Blanchard, Scott Duncan Miller Blanchard, Valerie Nadine Deloney, Sandra L. Ford, Jeanine Stevenson Giles, Dana J. James Jackson, Stan L. Jackson. John Kajune, Phillip R. Livingston, Theresa L. Livingston Backler, Robert Duane Livingston JR., Richard John Livingston, Gina Beth Livingston, Gregory John Livingston,

Shawn McConnell, Judy Moore, John E. Moore, Rosemary Arbuckle Nelson, Mary Pember, Genevieve J. Smith, Shea Spencer, Russell Spencer, Anthony J. Spencer, Patrick J. Spencer, Walter Stevenson, Paige Weiderholt, Lucretia L. Arbuckle Wilson, Edna Stewart Schiller, Gail Patricia Wilson, Beatrice Bender, Virgile R. Deloney, Robert B. Bender,

Keeweenaw Bay Band of Chippewa Indians, Jean C. McConnell Diane M. Chingway Dannenberg, Mary M. Stevenson, Rueben A. Aubid, Robert L. Smart, Toni M. Hanson Cooper, Michael R. Aubid, Robert L. Stone, Samuel W. Smart Jr, Gene Stone Jr. Virgil A. Stone, Audrey G. Martinez Deloney Holton Wolf,

Denise M. Neveux, Anne Rosin, Donald Rosin, Pearl Arbuckle Deargon, Agnes Lillian Deloney Mogue, Leonard Arbuckle, Creighton Orville Deloney, Maureen Anne Deloney Sanchez, Regina M Notbohm, Daryl J. Aubid, Robert M. Arbuckle, Teri L. Martin Fredrickson, Kathleen D Aubid Martin, William Moore, David Williams, Krista Burns, Lori Hull, Jolene M. McConnell Korn, Bernice M. Rabideaux Pember, Kayle Huntington, Timothy Jackson, Michael D. Martin, Marcos Davila, Violet L. Deloney, Mary J. Blanchard, Lisa M. Jackson, Jewel Davis, Isable Moore Dore, Barbara J. Gammell,

Laverne Quam, Darnelle Jones,

David McConnell, Teresa A. McConnell Farmer, Jacqueline S. McConnell, Shawn Gordon Garrett Gordon, Paqtricia Burns Stone Salawater, Barbara Hochschild Quam, Rachel A Chingway Peralta, Tad Deloney, Lucille Moore Ford, Joy Ann Jackson Kulkoski, Stanley Moore, Steven Notbohm, Lawrence R. Plucinski, Jane Arbuckle Welty, Darryl Rosin, Robert Rosin, Cindy L. Jackson, Agnes B. Smart Szwarek, Roland A. Smart, Elisa Nicole Plucinski, Gail L. Deloney, Terry R. Deloney, Laverne C Moore, Lorrie J. McConnell Madden, Thomas J. Gammell Jr., Yvonne J. Gammell, Terrance R. Deloney, Lois J. Moore Haack, Michelle L. Wilmer, Darell Smart, Phillip W. Gordon Jr., Ciseley A. Smart Dick, Linda Smart Lasieur, Theresa M. Hanson, Jeffery Hull,

Christine E. Hansen Medlin, Barbara J. Moore, Brooke Spencer, Joseph D. Spencer, Catherine A Livingston, Donna Livingston Galazen, Colleen Moore Best, Laura Naomi Deloney Cornelius, Donna Denise Smith Deloney, Edna M. Kelley, Catherine A. Sosne, Barbara Mitchell, Colin J. Hockings, Lawrence Martin, Jodi A. Martin, Charlene A Williams Murray, Julius E. Williams.

**Estate of:** Doris Rogers, Melanie R. Jackson, Anthony Chingway Jr., Clarence W. Larocque, Steven Lamay, Genevieve O'Keef, Agnes Moor Kleinsteiber, Daphne Burns Soulier Laroque, Steven C. Livingston Jr., Dawn Blanchard, Stanley L. Sharlow,

### Allotment 405-309

Irene Couture Kosloski, Joe Larue, Mary C. Abbott Murray, David W. Couture Jr., Dorothy Couture Yadon, Margaret Couture Clark, Pamela J. Smith Woody, David Woody, Ella Couture Netland, Theresa Couture, George Wilfred Couture, Sherry Ann

Couture, James Couture, Michael John Couture Jr., John Henry Couture, James David Couture, Joseph Anthony Barney Halfaday Jr., Olvina Halfaday, Laura E. Halfaday, Lois M. Livingston Erickson, Nicole A. Goodwin, Jacqueline A. Hariluk, Leon Robert Murray, Ardis Murray, Dennis P. Murray, Michael C. Murray, Noel Albert Murray, Marilyn P. Kirkeby, Elsie Prentice Fairbanks, Bradley T. Sam, Alfred Charles Hintt, Jr., Dana Marie Shelafoe, Dorothy J. Shelafoe,

Peter Carlson, Richard F. O-Bester, Kristin Guerin, Delores Keshena Boyd, Rita Keshena, Gordon Keshena, Petronelle Keshena Martin, Gregory Stevens, Thomas Peters, Victoria Peters, Joan Keshena Hart, Gary J. Rockman, Marvene Rockman, Jennifer Rockman, Julia Halfaday, Robin R. Halfaday, Tammy L. Paul, Theresa A. Halfaday, Barbara A. Halfaday, Becky L. Halfaday, Brian L. Halfaday, Christopher J. Halfaday,

Brandon Kip Wandahsega, Cheryl Ann Wandahsega Jesse, Marlene N. Wandahsega Williams, Stephen Joseph Wandahsega, Thomas W. Wandahsega III, Russell V. Thomas, Joe Larue, Jeffery Jurina, Karl R. Rockman, Marlene Murray Laroque, Lori L. Dakota, Alison K. Dakota,

Vaughn L. Murray Rice, Frank Murray III, Constance M. Murray, Allen W. Murray, Alden J. Fairbanks, James D. Fairbanks, Evelyn Fohrenkam Bradford, Donald Niemi, Jessi D. Rockman, Lawrence E Lynch, Derrick Rockman, Jerry L Shelafoe, Marco L. Torres, Ruth J. Murray, Andrea L. Keezer, Donald W. Niemi, Bonnie L Fohrenkam, Kimberly Fohrenkam, Thomas R. Fohrenkam,

Nathan Couture, Jeremy Couture, Heidi Flynn, Justin Couture, Janice Irene Meshiguad Halfaday, Peter Halfaday III, Leslie Halfaday Medlin, Diane Halfaday

Ward, Louis Halfaday Sr., Deborah J. Halfaday, Shirley Halfaday Lafernier, Wilma D Halfaday Kelly, Joseph B. Halfaday Jr., Velma Halfaday Dashner, Robert L. Bellanger Fohrenkam,

Stacy R. Bellanger Fohrenkam, Bobbie Kangass, Eric Fairbanks Johnson, Christphor P. Fairbanks, Juel F. Fairbanks Jr., Michael A. Fairbanks, Michele E. Fairbanks, Tamara M. Fairbanks, Thomas M. Fairbanks, Michelle A Thomas Lucero, Giselle Lyons, Rock Keezer, Kenneth Coleman Jr., Charles F. Coleman, Richard B. Jurina, Alan D. Dakota, Deanne L. Murray Grey, Liza M. Oppegard, Jessica R Oppegard,

William L. Keezer, James A. Jurina, Veronica Lois Jurina, John J. Bresette, Carla Peterson Letellier, Joseph W Shelafoe, Edward L. Shelafoe, Steve A Shelafoe, , Robert W. Shelafoe, Frank Peters, Rhonda M Paulson Shelafoe, Eugene Bell, Kenneth Boswell, Anna M. Skinaway Eitrem, Barbara J. Kozeneski Sherman, Harvey A Boswell Jr., Roseann Newell Krozeneski, Debra Bablick, Clarence F. Zabawa Jr., Joy L. Zabawa, Kathleen Craig, Edmond Kozeneski, John Shelafoe, George Starr Bresette,

Mary Zabawa Duffy, Elizabeth Zabawa Johnson, Daniel R. Rockman, Jeffery R. Rockman, Leola L. Rockman, Rochelle M. Torres, Danielle D. Rockman, Destiny R. Rockman, Kameron K. Rockman,

**Estate of:** Raymond Budreau, Lawrence St. John Church, Delores Couture Fornari, Janice Couture Tindal, Robert Allen Fisher, Camilla R. Littlejohn Fohrenkam, Virginia M. Halfaday Mcbridge, Herschell J. Fairbanks, Roxanne Frances Johnson, Dawn M. Murray, Francis Keshena, Loretta Lea Wandahsega, Delphin D. Relopez, Ellen Rose Stevens, Benjamin R. Murray, Charles P. Murray, Vaughn L. Murray Rice,

# Ashi-niswi giizisooog

## Thirteen Moons

Aabita niibino giizis is the half-way or midsummer moon, likely a reference to its timing. All moons have different names due to the geographic range over which the language is spoken.

### Miini Giizis (Blueberry Moon)

by Steve Olson,  
FDL Resource Management

The FDL Forestry Program has been using fire to promote and improve blueberry growth. This year four areas (one-half acre to one acre in size) were intentionally burned to renew the plants.

Indigenous people held the wild blueberry in very high esteem due to the fact that the blossom end of each blueberry forms a five-point star. It was believed the "Great Spirit" sent these star berries to relieve the hunger of children during a famine.

Why does burning work so well for blueberries? First, the top growth of the plant becomes unproductive after several years. Burning kills the top and the plant sends up new growth. This new growth produces more flowers. Burning also exposes more bare ground, allowing the sun to warm it. The warmer ground stimulates the roots and the plants, which produces more blueberries. The ash from fire also provides nutrients to fuel the growth. Burning keeps the trees and brush from shading the blueberries.

Recently, blueberries have been labeled as a "Superfruit" due to their health benefits. You've probably heard of antioxidants. The antioxidants in blueberries fight aging, cancer, heart disease, stroke, and Alzheimer's disease. If you know of areas that may be suitable for blueberry management, call Resource Management, (218-878-8001).



Matt Ammesmaki uses a drip torch to ignite a prescribed fire in a cultural blueberry burn near Arrowhead truck trail.

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



### Raspberry Leaf Tea Miskomin Niibish

by Shannon Judd,  
FDL Resource Management

Use fresh or dried leaves -- young, small leaves are best. Steep in boiled water for ten minutes. Raspberry leaf tea is full of vitamins and minerals and is known to have medicinal properties. More information on Raspberry Leaf and other traditional medicinal plants can be found in Plants Used by the Great Lakes Ojibwa, published by Great Lakes Indian Fish & Wildlife Commission (GLIFWC).

### Preparation

by Tom Howes,  
FDL Resource Management

Anishinaabe people learned over the course of centuries to be prepared in advance for the unforeseen and upcoming events. Here is a list of things that you could or may need to collect or prepare over the next couple months to enhance the remainder of the year. For translations of these words and much more go online to [www.freelang.net](http://www.freelang.net)

- Wiigwaas
- Bimiwanaan
- Wiigob
- Aagimaak
- Miinan
- Ode'iminan
- Odatagaagominag
- Gozigwaakominag
- Mashkiigiminag
- Asasaweminan
- Miskwaabiimizh
- Misan
- Zhaaboominag
- Bagaanag
- Bawa'iganaakoog
- Bawa'iminaan
- Bagesaanag
- Gaandakii'iganaak
- Miskominag
- Gitigaanensan
- Nooshkaachinaagan

# Area news briefs

## Mystery contents of barrels in Lake Superior to be examined

For five years, the Red Cliff Band of Chippewa in Wisconsin has been investigating the 1950's dumping of 1,400 60-gallon barrels into Lake Superior.

The Department of Defense is expected to spend \$1.2 million on the project. The Red Cliff Band is also seeking another \$365,000 for a toxicology study as to whether the barrels contain any hazardous material that may have caused damage to the lake's fish habitat and tainted the City of Duluth's drinking water.

The project will begin this summer. Seventy barrels near the Lester River, Talmadge River and Sucker River will be brought to the surface for examination. Reports of a purplish ooze has been observed and appears to be coming from the barrels.

A May 12, 2009 editorial published in the Duluth News Tribune commended the Red Cliff Band for its persistence in learning the barrel contents.

## Indian charter school official charged with embezzlement

The former executive director of an American Indian charter school in Minneapolis has been charged with embezzling \$1.38 million from the school. Joel Pourier of Shakopee was charged early in June with eight felony counts of theft by swindle. His attorney said that Pourier will plead not guilty.

The complaint states that from 2003 to 2008, Pourier allegedly forged school official signatures on checks and transferred money to at least six bank account under his control. As a consequence, the school often did not have enough money to pay for field trips, supplies, computers or student textbooks. The complaint states that the embezzlement and mismanagement led to a closing of the school last summer when the Minneapolis

School Board revoked its charter.

The investigation into Pourier and school finance started last summer when a school audit showed that \$160,000 was missing.

Pourier worked as school finance director for seven years before being promoted to executive director. The complaint alleges that Pourier's resume was largely fabricated, and he did not earn the B.A. and M.A. degrees listed on the resume. The story was reported in the Star Tribune.

## "Fighting Sioux" to be retired

The North Dakota State Board of Higher Education, with a vote of 8-0, will retire the University of North Dakota sports nickname, "Fighting Sioux." The May decision follows years of conflict over the nickname and logo. The logo depicts an American Indian man wearing feathers with streaks of paint on his face. The name and logo will be retired on Aug. 1, 2010, according to a story from the Associated Press. A committee will form to select a new name and logo.

## Federal stimulus money to improve infrastructure needs

The National American Indian Housing Council reports that more than 200,000 new homes are needed in Indian Country, according to a May story in USA Today. The federal government has allocated \$3 billion in stimulus funds so tribes can address the chronic need of the country's 562 federally recognized tribes. The economic stimulus money is earmarked for the building and repair of ailing infrastructure on reservations. The funding will go to housing, schools, jails, roads, water treatment plants and health clinics. The money may be used for job training, energy efficiency for homes and the expansion of youth and domestic violence programs.

A Joint Committee on Taxation reported in July 2008 that Indians

are worse off economically than any other minority. The Census Bureau reported that in 2007, the median household income of an American Indian family was \$35,000, 31 percent less than the \$50,700 median for all Americans. One-fourth of Indians live below the poverty line, compared with 13 percent of all Americans.

South Dakota's Pine Ridge Reservation will apply for \$12.7 million for the construction of 36 homes, the renovation of 124 homes, the repair of 150 roofs, and the construction of a "green" government office building. The White Earth Reservation will ask for \$3.7 million for communications equipment, more officers to bolster the 22-member police force, and for money to pay for new jail feasibility study.

## Governor reflects with regret on 2004 effort for state/band casino

Minnesota's Gov. Tim Pawlenty expressed regret about the way a proposal to create a jointly run state-American Indian casino was handled. In 2004, Pawlenty convinced tribal leaders on the Red Lake, White Earth and Leech Lake Reservations to create the casino that was hoped to raise \$90 million each year for the state and \$65 million for each band. Leech Lake agreed to the idea at first, then backed out.

Pawlenty believed the partnership would allow the state to break into a lucrative casino industry and would provide leverage in negotiations with the wealthier tribes with successful casino operations. "I think we handled that poorly, because we just came out and dropped it, and it didn't go well for me," Pawlenty said. The story was from the Star Tribune.

## "Multiracial" designation increasing according to U.S. Census data

Multiracial Americans now make up five percent of the minority population, and millions more are believed to be uncounted. The number of multiracial people rose 3.4 percent last year, to about 5.2 million, according to the U.S. Census.

The increase has been attributed to more social acceptance, and slowing immigration rates. Well-known Americans such as Tiger Woods and President Barack Obama also encourages Americans to identify themselves as multiracial.

Interracial marriages have also increased threefold to 4.3 million since 2000. One in 13 marriages is of mixed race partners, with the most prevalent being white-Hispanic, white-American Indian and white-Asian.

## Indian student grad rate at 40 percent

Eighty-four percent of Minnesota's white high school students graduated on time in 2006. Forty percent of American Indian students graduated that year.

Minnesota Education Commissioner Alice Seagren said that Minnesota "still needs to do a lot of work with our minority students and students in poverty. We want to aggressively start moving toward a better rate for all our kids."

According to the magazine Education Week, an analysis released in June showed that Minnesota graduation rates (79.2 percent) were fourth in the country. Wisconsin graduation rates (81.7 percent) were even higher, at second in the country.

However, the study does not account for students who transfer into schools, or have to attend summer school of the year they graduate to attain their diplomas. The students who are counted in

the study graduate in four years, generally from the same school they began as freshmen.

The state has one of the widest graduation gaps for white and minority students. The story was reported in the St. Paul Pioneer Press.

## Brother kills an eagle, second brother buys it

A North Dakota man, James Robertson, is accused of killing an eagle on the Spirit Lake Reservation last year, and then selling it to his brother, Kim Lee Robertson. Taking and selling bald eagles is prohibited under the Migratory Bird Treaty Act and the Bald and Golden Eagle Protection Act, according Rich Grosz, a special agent from the U.S. Fish and Wildlife Service.

His agency handles about 10 to 15 cases a year of eagles that were shot. Grosz also said that raptors are hunted for many reasons, such as the protection of pheasants. He says that raptors do occasionally prey on pheasants, but not enough to limit pheasant populations. Eagles are often sold on the black market for their parts and feathers.

## Firewood ban in state parks

The state Department of Natural Resources has banned firewood in state parks and forests. The rules have been tightened since the Emerald Ash Borer was discovered in St. Paul last month.

The order took effect on June 15. Firewood must now be purchased at a state park, or from a DNR-approved vendor within 100 miles.

That means campers will have to keep their receipts to prove where they purchased their wood. The state has nearly 750 approved vendors.

The order also bans the sale of ash wood from local vendors. Wisconsin already has a similar rule in effect, as well as national parks and forests across the Northland.

# Aabita Niibino Giizis – Half Summer Moon

## July 2009

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Elder Exercise 8 a.m. CCC Elder Concern's mtg 10 a.m. CCC/ENP P.I. Activities 10 a.m. CCC GED 4 p.m. CCC	P.I. Activities 10 a.m. CCC Pilates 12 p.m. CCC Language table 5 p.m. CCC	All Tribal offices are closed for Independence Day	CCC is open SCC is open Brookston Community Center closed
			1	2	3	4
Brookston Community Center closed	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC Cribbage 5 p.m. CCC	Driver's Education 9 a.m. CCC P.I. Activities 10 a.m. CCC	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC GED 4 p.m. CCC Caregiver Support Group 5 p.m. MNAW I Can Cope 5 p.m. MNAW	Pilates 12 p.m. CCC P.I. Field Trip CCC Language table 5 p.m. CCC	<b>Youth Pow Wow CCC Elder Picnic 11 a.m. OJS</b> Intro to Drum and Singing 6 p.m. CCC <b>Veteran's POWWOW 7 p.m. MKW</b>	<b>Youth Pow Wow CCC</b> Men's Softball Tourney 10 a.m. OJS <b>Veteran's POWWOW 1 p.m. MKW</b>
5	6	7	8	9	10	11
<b>Youth Pow Wow CCC</b> Men's Softball Tourney 10 a.m. OJS <b>Veteran's POWWOW 1 p.m. MKW</b>	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC Cribbage 5 p.m. CCC	P.I. Activities 10 a.m. CCC	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC GED 4 p.m. CCC	P.I. Activities 10 a.m. CCC Pilates 12 p.m. CCC Language table 5 p.m. CCC	Intro to Drum and Singing 6 p.m. CCC <b>BBCR Golf Tournament</b>	
12	13	14	15	16	17	18
	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC Cribbage 5 p.m. CCC	P.I. Activities 10 a.m. CCC	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC GED 4 p.m. CCC	P.I. Field Trip CCC Pilates 12 p.m. CCC Language table 5 p.m. CCC	Intro to Drum and Singing 6 p.m. CCC	<b>Veterans on the Lake Golf Tourney BBCR</b>
19	20	21	22	23	24	25
	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC Cribbage 5 p.m. CCC	P.I. Activities 10 a.m. CCC <b>Native Votes Alliance of MN Golf Outing</b>	Elder Exercise 8 a.m. CCC P.I. Activities 10 a.m. CCC GED 4 p.m. CCC <b>Sobriety Feast 7 p.m. BBCR</b>	P.I. Activities 10 a.m. CCC Pilates 12 p.m. CCC Language table 5 p.m. CCC	Brown Bag Lunch CCC Intro to Drum and Singing 6 p.m. CCC	<b>Don Savage Golf Tournament Park Rapids</b>
26	27	28	29	30	31	Aug. 1