

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

A SMART/SADD message



The Toward Zero Death Committee came presented a campaign at the Fond du Lac Ojibwe School to remind the teens in our community the dangers of distracted driving.

In This Issue:

Local News..	2-3
RBC Thoughts ..	4-5
School Section ..	6-10
Etc ..	11-15
Health ..	16-18
Osagie and Odishquaycumigoke ..	19
13 Moons ..	20-21
Community News ..	22-23
Calendar ..	24

1720 BIG LAKE RD.
CLOQUET, MN 55720
CHANGE SERVICE REQUESTED

Presort Std
U.S. Postage
PAID
Permit #155
Cloquet, MN
55720

Local news

SMART/SADD speak to high school students

By Zachary N. Dunaiski

On Apr. 24 students at Fond du Lac's Ojibwe school were given a chance to learn the dangers of distracted driving by Students Against Destructive Decisions (SADD) and Safety Means Always Responsible Thinking (SMART).

Three Proctor High School juniors, Megan Stemper, Caitlin Rudd, and Brianna Westendorf, came to the FDLOJS as part of their Destination Imagination project.

"We just want people to be making smart choices," Stemper said of the day's events.

One of the most eye opening of the educational events was a car from a fatal distracted driving crash that was displayed just outside the school for the students to get an up close look. The young woman was ejected from the car and killed while she was texting and driving. Holly Kostrzewski, the Northeastern Minnesota regional Toward Zero Death (TZD) coordinator, said that the car had been donated by

the family and pine county to help teach others.

Kostrzewski use to work at Min No Aya Win, and really enjoyed being able to help out the school.

"I was looking today, and I was kind of chuckling, because for some of these kids, I helped with their car seats or their booster seats. And there weren't so many cell phones then, and now they all have cell phones."

Kostrzewski said the goal from TZD, SMART, and SADD is the four Es, which stand for engineering, EMS, enforcement, and education working together to reduce fatalities. While we all know the dangers of drinking and driving which remain at the top of the list for the main causes of serious injury or death while driving, inattentive driving remains right up near the top of the list.

Distracted driving is a leading cause of crashes, and that was the main point that SMART and SADD tried to get across to the Ojibwe students who are just learning to drive or have just recently received driver's licences.

Northeast Minnesota law

enforcement are highlighting distracted driving during the prom and graduation seasons — in the last three years distracted teen drivers were involved in crashes that resulted in 25 deaths and 4,505 injuries. Driver distraction is a leading crash factor in Minnesota, accounting for around 20 percent of all crashes annually, resulting in at least 70 deaths and 350 injuries, according to the Minnesota Department of Public Safety - Office of Traffic Safety.

In Minnesota, it is illegal for drivers to read, compose or send texts/emails, and access the Web on a wireless device while the vehicle is in motion or a part of traffic, such as at a stoplight or stuck in traffic. It is also illegal for drivers under

age 18 to use a cell phone at any time while driving. Distractions cause drivers to react more slowly to traffic conditions or events, such as a vehicle stopping or pulling out in traffic.

The Proctor juniors wanted

to thank the Ojibwe school for allowing them to teach the students about safe driving practices.

"I'm just really proud of the great participations from the Ojibwe students. They look like they're having a lot of fun, they look like their learn-



Students who attended the SMART/SADD campaign took a pledge and signed a banner to promise to be safe, non-distracted drivers.

ing. Hopefully they will take this into their own vehicles and their own homes and just remind everyone to buckle up and be safer drivers," Kostrzewski said.



One student tries to trace a line via a mirror as part of one of the exhibits of safe driving as one of the three students from Proctor holds the mirror.

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
School Section	6-10
Etc	11-15
Health.....	16-18
Osagie and Odishquaycumigoke	19
13 Moons	20-21
Community News	22-23
Calendar	24

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: Zachary N. Dunaiski

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

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

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

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

Corporate Member of the Native American Journalists Association

Local news

FDL women earn MTAG

By Zachary N. Dunaiski

Leah Savage and Sandi Savage are graduating May 16 from UMD with a Masters in Tribal Administration and Governance (MTAG). What makes this duo receiving their MTAGs at the same time so impressive is that Sandi is Leah's mother.

It's not always easy to receive a degree, let alone a Masters degree, and all that matters is that a person finishes, not when. That being said, it's still rare to see a mother and daughter graduate from the same program at the same time. And it's also very exciting.

In 2007 Leah graduated from UMD with a BA in elementary education with a minor in Ojibwe language. Sandi also graduated from UMD in 1995 with a BA in History and a minor in Indian studies.

Leah and Sandi are both very proud of one another, and they've even used each other as support to help them through this program.

"We've shared our frustrations but we've been a good support system," Sandi said of her and her daughter's Master's degrees. Sandi had been encouraging Leah for a few years to get into the program until she finally read about the MTAG program in the Duluth News Tribune.

"Well, how about if we find a program and do it together? And Leah said, 'yeah,' then I read about the MTAG program in the paper," Sandi said. But

Leah is just as proud of her mother, knowing that it would have been easy for her mother to change her mind.

"Being in this program with my mother, I couldn't have asked for anything better," Leah said. "You don't know how good my parents are, and I love my mom so much, and her pushing me through my hard times really makes me a better person, she's made me a better person every day of my life. I don't even have words to explain how proud I am of my mom for raising good kids."

The whole time I spoke with Leah and Sandi it was apparent how much the two of them really appreciated the help they received from their father/husband, Jeff Savage.

"Jeff helped me the most. He just wanted me to be productive with my life and he was very supportive," Sandi said of her husband. But in the beginning it wasn't always the easiest choice to go back to school.

"I made the choice to stay home with my kids while they were little. I view it now as a luxury. Families don't have that, and that's something that I will cherish," Sandy said. While she knew going back to school was difficult she also knows that, "With challenges comes growth."

Leah on the other hand learned from her father and used that to motivate her through school.

"The culture that I learned from my family was how my dad help me, because each of my degrees has to do with cul-



Leah and Sandi Savage are graduating from UMD with their MTAG on May 16.

ture, and I love it." Leah said.

"I could not ask for better parents, because no matter how low I was they would make me believe in myself and lift me up." Leah added and stated that it isn't just her, but a lot of people in this community have respect for her parents.

The Cohort that Leah and Sandi are in started with 25 students and will graduate 22 May 16. The Savages liked learning about federal Indian law, state law, and different Tribal laws from the course as well as Tribal budgeting and financing.

Sandi knew earning an MTAG would definitely not be easy especially returning to school so many years after receiving her BA. "It has been a challenge, but it's also been rewarding. There have been

times that I found it, even as an older person, to be frustrating. But you just gotta dig in your heels and do what you gotta do and do the best of your abilities," Sandi said.

"I didn't get a lot of culture attending public school. I didn't get to learn about the Tribal histories and the treaties. So I've learned a lot. It gets very emotional, of how our people were treated in the past," Leah said of the challenges she faced while obtaining her MTAG. "Even if it's hard, you get right back up and you do it."

Leah and Sandi would like to thank the FDL scholarship office, as they have also been a great support system.

It was an absolute pleasure to get to speak with these two, and they have a couple of great messages that they would love

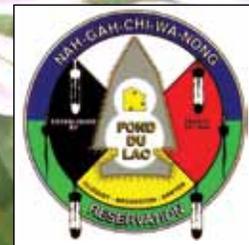
to get out to the community.

"You can do this. Doesn't matter what kinds of difficult curves that life gives you, you can straighten out the curves. It's easy to give up, you don't have to settle for an \$8 an hour job." Sandi said.

"We need to empower the youth," Leah started. "Keep the good, get rid of the bad, people can turn their lives around with the help of good people," Leah added.

"There is inherent good in everybody, and some people just lose their path for awhile, but all that is important is that at the end they find their way back." Sandi said.

**FDLOJS
Powwow
May 8, 5 p.m.**



A few thoughts from RBC members

From the Chairwoman

It was an honor to be selected to be part of a small group meeting between tribal leaders and the new Secretary of Interior, Sally Jewell. The Assistant Secretary of Indian Affairs, Kevin Washburn, said that it was important to have this meeting take place during her first week on the job so she could hear from tribes directly about their priorities. Tribal leaders brought up numerous topics, but for Fond du Lac, our top issues were moving land into trust, the funding for Bureau of



Karen Diver

Indian education, mining, and wolf hunting as it relates to cultural concerns.

One area of concern was the sequestration's affect on funding for all programs under the Department of Interior.

Tribes are taking a big hit on their funding for direct services like schools, for regulatory functions like land management and leasing, or more generally for fulfilling the federal governments trust responsibilities. The secretary said she needs tribes and their leadership to assist the President on pressing Congress to pass a more fair and balanced budget.

Governor Dayton convened a meeting of the tribal leaders from throughout Minnesota in April. He was a bit wishy-washy on expansion of gaming, especially with the poor performance of the electronic pull tabs that were authorized to pay for the Vikings stadium. There was discussion about wolf hunting and the Department of Natural Resources failure to communicate with, and support tribes, in opposition to hunting on tribal lands. There seems to be a very adversarial relationship between the State DNR Commissioner and tribes. The overall impression that I got was that Governor Dayton was just going through the motions with tribal leaders

and our issues were not a great concern.

The Band has partnered with the Blandin Foundation for many years in a program called the Blandin Reservation Leadership program. In the last few years, the Bush Foundation has also started to invest in building the social capital in tribal communities with an initiative titled Native Nation Rebuilders Program. Fond du Lac has had dozens of participants who are interested in increasing their leadership skills and ability to invest in the community. A small group has been meeting to work on engaging the community. They held an event at the Brookston Center to brainstorm ways to improve

the community. The work of building community has to be shared, and cannot rest solely on five elected leaders. The more ideas that are generated and the more ownership people have in their community is what leads to positive change. I encourage people to get involved however you can in making Fond du Lac a better community.

If you have questions or comments, I can be reached at the office at (218) 878-2612, or by cell (218) 590-4887. Hopefully by the next column, it will be a bit more like spring!

Boozhoo niiji,

I am tired of winter. Cabin fever has set in hard. The spring activities are slow to start with all the snow that has come in the past few weeks. The sugar camps are breaking trails and the fishermen are preparing their spears and nets. The snow is a nuisance for the sugar camps but it is stopping our spear- ing and netting. The spawning is about to begin for the walleye and we can't access the spawning beds. Should the ice not disperse in the next week, which it likely won't, our spring fishing season will



Ferdinand Martineau

not be successful. I think that Mother Nature has a way of taking care of herself. The population has been decreasing in the last few years and now we are likely to have little or no harvest. If that happens, it will be interesting to see what the fish population assessment shows when completed this fall but more importantly, how we use the data.

When we adopted the exclusion ordinance as a public safety measure to curb some of the violence and drug distribution that is occurring on the reservation we hoped it would be a deterrent. The

ordinance is not working as quickly as we had hoped it would and it did not take into account for minor children who may commit these crimes. This past month we had 6 minor children that were excluded from reservation lands and buildings. We are currently re-thinking the impact that this is having on our families and will be asking for community input on whether we should be dealing with minors in the same manner as adults. I look forward to hearing from you as a Band member to share with me what your opinion is on this important matter.

Yesterday we were sitting in council listening to a presentation on class 1 air designa-

tion for the reservation. I was interested in hearing how far our staff had progressed with this project as it was on the table 6 years ago when I was working in their department. As I listened to their presentation and the questions from the council I realized that this was the type of decision that focused on our sovereignty as a tribe and our responsibility to protect our resources for future generations. The discussion centered on what the impact of this decision would be on current business and future business within the impacted area on and around our Reservation. We were concerned that future development would be halted on the Reservation. We

were also concerned about how development near the Reservation would also be affected. The staff assured us that this action would have little or no effect on either as our air quality currently meets class 1 standards and there are no plans for development in the near future. The decision was important and it felt good.

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

Gigawaabamin.

Sawyer News

Boozhoo! On the Sawyer front things are going well. At the Sawyer Center in April we had the Gitigaan gardening club come out and it produced a great turnout. They gave out lettuce bowls, seeds, and a nice long list of people who would like tilling done to get their own gardens going this spring (if this wretched snow ever goes away). Also, the 13 moons drum group came out to teach the kids and adults the intricacies of drumming, which is more of what I would like to see. And the annual fundraiser for the summer language immersion camp was also held at the Sawyer Center which featured a \$10



David Tiessen Jr.

a plate dinner and a silent auction with items donated by various artists. I would like to thank everybody who participated in this; whether it is the artists for their donations, or the community members for their involvement, it was a great turnout and a huge success. Miigwetch Jim and Pat Northrup for putting on this much needed event and preserving our language.

Since coming into this position, the hardest thing for me by far has been our banishment policy.

It's a hard thing to exclude a Band member from the only home they have ever known and even harder to exclude the youth. It is not in place to be used as a punishment, only done to protect the safety and well being of fellow Band

members. We are currently exploring different options and positive ways to help the kids who are on our exclusion list. This would warrant a bigger discussion and feedback from the community and we are open to any ideas you may have regarding this topic. Let us know what you think.

Our monthly community meeting at the Sawyer Center is scheduled for May 23 at 5:00 p.m. I will be in attendance to discuss any concerns or ideas the community may have. We have been having a good turnout at these meetings and I hope people keep showing up.

Finally, we are looking for any Band member who does any kind of artwork (beading, drawing, painting, etc.) and would be interested in selling their work. If we gauge enough interest, it could be

shipped to Las Vegas and sold to a broader market than we currently have in this region. There is an advertisement in this month's paper with more details.

I have an office at the Sawyer Center. It is located on the youth side, and barring any kind of meeting or prior engagement I will be there on Tuesday mornings from 8 a.m.-12 p.m. and Friday afternoons from 12-4:30 p.m.

I am always interested in any ideas or concerns the community may have, so don't hesitate to contact me. You can e-mail me at davidtiessenjr@fdlrez.com, or call my work (218)878-7591, cell (218)269-9879, or reach me on Facebook at David Tiessen Jr. Hope to hear from you.

Brookston News

Hello Band members,

First, I want to thank everyone for their continued support during my time as District III Representative. It means more than I can let all of you know. Chi Migwetch!

It's the time of year when most of us usually are spring cleaning, going to sugar bush, getting gear ready for spearing and netting, but instead we are still shoveling out from the snowstorms.

In the past 10 months in office there have been a lot of things happening on our Reservation. First, I have been learning the system that was implemented after I left office in 2006 for RBC meetings. This system does

shorten the meetings tremendously, but it also creates a gap between us, the government, and the divisions of the Reservation by not allowing us to meet face to face with all matters. My feelings are that we lost the connectedness that brings all concerns and questions that we may have to the forefront when we meet together. This has been a huge adjustment for me, in the past we met face to face as a group and now it's a computer.



Kevin Dupuis

Secondly, the drug and violence issues are a huge concern on the Reservation. During the 2012 year, Fond du Lac housing had 11 evictions/vacancies due to drug and violence. This is an enormous issue and one that is difficult in dealing with as an RBC member. During my monthly meeting in Brookston

these issues are a major topic of discussion. The RBC and staff from the clinic have had several meetings at the hotel discussing these issues. We all need to be proactive by continuing to ask questions, give suggestions, and hopefully we all can curb these activities and come up with solutions.

Another issue that weighs on my mind is the banishment of Band members from our Reservation. The banishment of the youth and the displacement of families are under serious discussion with the RBC during the last couple weeks. Some major concerns have been brought forward such as: who takes care of the youth that have been banned, does FDL Social Services get involved and if they do, when, if not, why? These are the pressing questions that we, as RBC members, need to address to you the Band. Please stop in, e-mail me, or call with

suggestions or comments. Once again, this issue is very difficult for me to address as your representative.

Finally, I have monthly meetings, at the closing of my column I will leave dates for the upcoming months; these meetings are not just for District III but for anyone that wants to attend. I strongly encourage people to come and voice their concern or just listen with open ears and an open heart. It has been suggested at the last meeting that we have a potluck. So let's bring our dishes and kettles, fill our bellies and let's talk. I'm looking forward to seeing you.

May 22, June 26, July 24, and Aug. 21. All meetings will be 6 to 8 p.m.

Feel free to call, work (218) 878-7583, cell (218) 348-4810, or email kevindupuis@fdlrez.com

Cloquet News Hello All

I have reviewed the quarterly report issued by our Cloquet Community Center staff.



Wally Dupuis

I am glad to report that the number of individuals participating in the gym activities has increased by 883, with 4,412 individuals visiting this quarter. We also had 1,992 individuals participating in the swimming pool activities, our weight room had 2,093 participants, and our library had 1,385 individuals using the library either for reading, using the computers, and/or checking out books. Some of the activities that were held include adult game day, swim instruction, SCUBA class, babysitting class, beading, lifeguard training and more. I would like to thank our community center staff for all their hard work in programming and managing these activities.

The Ojibwemowin Language Camp held their fund raiser on Apr. 13, and was very successful in their efforts. They raised over \$3,000 which will be used to support the camp. The Camp will be held June 13-16, 2013 at Kiwenz Campground In Sawyer. Some of the planned activities for the camp include fluent Ojibwe speakers, canoe races, mini powwow, moccasin making, birch bark basket making and much more.

As always, please feel free to call or email me with your comments or concerns. W (218) 878-8078 C (218) 428-9828 email-wallydupuis@fdlrez.com



The Ojibwe Schools are dedicated to providing a quality education, which focuses on integrating the Ojibwe culture into all students' learning experiences. Every learner will have the opportunity to be challenged, to succeed, and to be prepared for the future. Parents, staff, community, and students will demonstrate the highest level of expectations for themselves and the school.

School News

Celebrate Literacy

During the weeks of Feb. 11 through Mar. 8 the teachers and students at FDLOJS promoted literacy and the enjoyment of reading by having a "Celebrate Literacy" event. We kicked off the celebration by setting a school-wide reading challenge for the students to read more than 5,000 pages each week. If the students met the goal, Mr. Rabideaux said he would wear a wig during the last day of the celebration.

Family-Community Night on Feb. 13 had a literacy focus. Raffle tickets could be earned by participating in teacher-planned literacy activities. Included



Mr. Rabideaux?

in the raffle were several Kindles, and six different literacy-themed gift baskets which included games, movies, books, and snacks. There were weekly themes such as **We Love Books** to include *Valentine's Day*. We're *Crazy for Non-Fiction* when we had a **crazy hair day**, and *Hats*



off to Books when we had a **favorite hat day**.

One day during "Snuggle Up With A Good Book" week students were read to by members of the community, and also wore their pajamas to school. The celebration ended with a Sock Hop to reward the students for meeting the reading challenge, during which Mr. Rabideaux wore not only a wig, but a dress, too.

The students thoroughly enjoyed themselves, moving to the music provided by Shawn Johnson's DJ service. Promoting reading and writing is a fun and easy way to help a child succeed in school and in life. Many thanks to all who organized and participated in the event.

Math happenings at FDLOJS

By Dawn Liimatainen, Math Coach

It has been an exciting year in math at FDLOJS. We have recently completed our AIMS web benchmarking period and a few classrooms stood out as being exemplary in their math computation skills. Congratulations goes out to Ms. Meredith's 2nd grade class for going from 67% proficient in the Fall benchmarking period to 100% proficient in the winter benchmarking period. The 2nd graders have worked hard at learning math facts and it shows. Also, congratulations should go out to Ms. Andrea's 3rd graders who went from 46% to 83% and Ms. Carol's 4th graders



who went from 62% to 90%.

Our next AIMS web benchmarking period will

take place in May. We already have 55% of our students who have obtained the May target goal specific to their grade level so we are off to a great start. For more information about AIMS web, please go to www.AIMSweb.com.

E-Learning

By Charles Hilliard, Technology/eLearning Coordinator

The eLearning program has had another successful year. Our eLearning opportunities are available to students throughout the entire K-12 grades. It offers opportunities for grade-level instruction, additional challenges for advanced students, alternative instructional settings, and credit recovery options for high school students.

The goal of equipping the classrooms in our school with a Smart Board has been realized this year. It is the goal of FDLOJS that technology should be integrated into the curriculum and not taught as a separate subject or as a once-in-a-while project, but used as a tool to promote effective teaching and learning. The school continues to work hard at meeting this goal.



After School News

Students in Regalia Mak-ing completed their powwow regalia and just in time for the school powwow on May 8. Thank you Maryanne for teaching our students.

Junior Reporters niibin (summer) fun ideas

Written By Cheyenne, Niah, Simone

Have you ever been to a powwow? If you have, your ears would probably glow with joy when you go to the Mashkawaazin powwow, in Sawyer, Minn. by Big Lake on the Fond du Lac Reservation. It is for three days. You will probably enjoy the fry bread, music, dancing, contests, and a lot of other things.

Niah loves to dance wearing her pink shawl. Checking out the jewelry vendors' tables is fun. But, get some bug spray! You probably will have a lot more fun than we can explain.

Last thing, be sure to always help your elders and be respectful!

Written By: Isabelle

If you like outside water fun, you might want to go to Bunker Beach in Coon Rapids, Minn. Niimaamaa (my mom), auntie, brother, and I had so much fun last niibin (summer) at the water park. My day camp took a trip down there. My auntie and I both went down a super fast, curvy blue water slide! There is a really big wave pool, too. Some

waves were maybe 8 feet high. I wish the RBC could have a water park one day, too!

DID YOU KNOW?

Written by: Niah

Ms. Strom is one of our awesome 2nd grade teachers at our school. Did you know she is a singer and a mom of 3 kids? Singing helps her, "Find her voice!" Ms. Strom uses a hand drum when she sings. She only started last October, 2012. The Grandma Easter Lullaby is one of her favorites. Her group's name is "Oshkii giizhkhik". If you want to hear her nagamo (sing) and play her hand drum, they play all over the area, from here at Fond du Lac, the Twin Cities to Ely, Minn. and elsewhere!

Written by, Alyssa

Jr. Reporter Kaila, loves playing basketball and volleyball. She is a guard on the FDLOJS basketball team and she is super good! She has been playing since she was a Kindergartener. Lots of her cousins and friends play basketball, too! One of her most exciting experiences was when she "snapped" seven "3s" and won the game! I hope you saw her play during our recent basketball season.

Sports

Girls Basketball record was 7-12 this season

Boys Basketball record was 18-8 this season. The best record Fond du Lac boys' bas-

School News www.fdlrezk12.com

ketball has ever had.

Trevontae Brown was 2nd leading scorer in the area with an average of 29.9 points per game and 6th in steals.

Davonte Williamson was 2nd leading rebounder in the area with an average of 12 per game and 6th in scoring, averaging 24.5.

Powwow

Fond du Lac Ojibwe School Powwow on Wed. May 8
Host Drum: Cedar Creek Singers
Feast 5-6 p.m.
Hand drum contest from 5 to 6 p.m.
Grand Entry at 6:30 p.m.

First 8 drum registered receive honorarium (must have at least 4 singers) Registration closes after first 8 drums are registered

First 50 registered adult dancers receive honorarium

First 50 registered teen dancers receive honorarium

First 50 registered tiny tot dancers receive honorarium

Registration: dancers must be in regalia to register and registration closes when Grand Entry starts

FACE

The Fond du Lac FACE program is hosting the 2nd annual FACE 5k Fun Run and 2k Walk on Saturday June 1. Registration forms are available at the RBC, Sawyer Center, Brookston Center, the G and G, FACE, and online. The event is open to everyone and the first 150 registered will receive T-shirts.

We ask that everyone bring a nonperishable item for donation to the event. Parents must sign for children under 18. For more information, call Chas at (218) 878-7283 or email chasbalut@fdlrez.com

Minnesota Chippewa Tribe 33rd annual reception

Three 9th grade students, Daezha Bird, Anisah Slinker, and Jocelyn Sayers along with Barb Francis, High School social studies teacher and Maria Maki, Connecting through Service Project Coordinator, had the honor of attending the Minnesota Chippewa Tribe's 33rd Annual Reception on Feb. 20 at the Crown Plaza Hotel in St. Paul, Minn.

Barb is working with these students as part of U.S. History class. The students were excited to meet and mingle with legislators, along with tribal and state leaders. They also had the opportunity to have a great conversation and picture session with our Chairwoman, Karen Diver.

This was a great leadership opportunity for the students. They shared with the entire school their feelings and thoughts regarding this trip during the school's opening the following week.

Check & Connect

March 12-16, five high school students and two staff from the Fond du Lac Ojibwe School attended the 24th Annual Service Learning Conference in Denver,

Col. The students and staff that attended were: Reah Barney, Jocelyn Sayers, Taylor Clown, Daezha Bird, Brandon Blacketter, Maria Maki and Tara Dupuis.

The group went to workshops, informative sessions, and had the opportunity to network with others from across the country. The three day conference focused on service learning, diversity, racism, solving real-world problems, leadership, improving teen driver safety, and much more.

The National Service Learning Conference demonstrated that when youth are given the opportunity to lead, they can face some of the toughest challenges of today. Our students are leaders and did a great job representing the Fond du Lac Ojibwe School and community.

4th Grade News

By Carol Smith,
FDLOJS Teacher, Lake Superior Rivers2Lakes Education Program participant

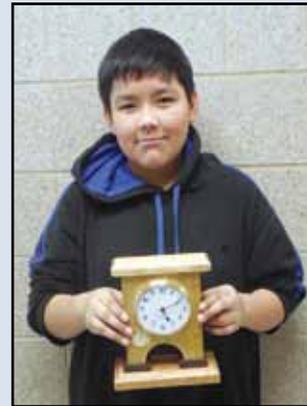
Thanks to the collaboration of several community resources, 4th and 5th graders at the Fond du Lac Ojibwe School were able to experience a great day of outdoor learning fun.

Shannon Judd, who works in FDL's Environmental Program helped coordinate with FDL Natural Resources staff to use augers to explore the waters at Big Lake. The Natural Resources staff helped make sure students were safe and got their minnows set and their fishing equipment ready. Mentors from the Lake Superior

National Estuarine Research Reserve (NERR) brought their newest technology data sonde tool that measures various water characteristics. Students read temperatures and learned about dissolved oxygen (DO) content in the lake. Students viewed the depth of the ice and made predictions of why the DO level was low in the lake.

When DO at various depths was reviewed, students inferred where the best place would be to put their fishing line.

Students also learned about the subnivean zone and its importance for animals. Although no fish were caught, it was a beautiful day to be outside and learn about the lake's water and surroundings.



Wood Shop Class 3rd Quarter Projects are complete and ready to bring home



Pokey retires

Fond du Lac Ojibwe School 2003 Graduate Jaris "Pokey" Paro retires, a party was held in his honor on Feb. 5. Michael Rabideaux, school superintendant, presents Pokey with a Fond du Lac Ogichidaa letterman's jacket
Pictured: (Back Row L to R: Melanie Strom, Dale Sautbine, and Michael Rabideaux Front Row: Shirley Barney, Jaris Paro, Sharon Belanger, Rita Conners, Meredith Martin, and Jennifer Johnson)

School News

FDLOJS Honor Roll

A
Brenden Bird
Jocelyn Sayers
Erin DeFoe
Prairie Northrup
Edward DeFoe
Daniel LaPrairie

B
Jacob Reynolds
Tekla Stolberg
Sierra Barney
Dylan Savage
Shadow Bressette
Cody Bauer
Brian Robinson
Sara Fineday
Dakota Barney
Levi Blacketter
Winona Bluebird
Morningdove Bressette
Donovyn Dupuis
Cole Hilton
Janessa Martineau
Brandon Quagon
Jaylee Sayers
Anisah Slinker
Kyle Soukkala
Virginia Chatlerlays
Muri Goseyun
Jonathan Tiessen

Kindergarten students as leaders impacting the future

Submitted by:
Jennifer Bartsch

Here is a glimpse of some of the exciting things happening in "Ms. Jen's Kindergarten of Friends."

My students and I are passionate about protecting and

conserving both natural and manmade resources. In the words of my kindergarteners, "We reduce, reuse, and recycle and that respects Mother Earth."

Since early fall, my students and I have implemented several simple programs within our classroom and many have even taken responsibility for developing and managing similar systems at home. These programs largely focus on reusing consumable materials, separating trash from recyclable materials listed on our WM list, and reducing the amount of materials needed for any given activity.

I am continually impressed and inspired by their ever-deepening reverence for nature and will further encourage this growing movement in bigger ways that will impact places beyond our small classroom. I firmly believe my students have the capacity to serve as powerful leaders in a movement that will influence how our school and community view the resources provided to us by the Creator.

The following list demonstrates ways my students are practicing responsible citizenship:

- Developed and continually maintain a "Recycling Art" center in our classroom. This area provides an extensive array of consumable materials for student use during our daily learning labs block. Students use only what they need for a project and return all unused materials to this center for others to enjoy.

- Volunteer to serve as a "Trash Officer" and "Recycling Manager" on a daily basis. Students who volunteer are responsible for emptying our recycling bin, locating litter in the classroom and hallways, and reminding peers to care for our school.
- Created simple posters to remind others of the importance of reducing, reusing, and recycling.
- Took action and helped compose a friendly letter to Jen Johnson asking her to help remove deadfall covering our nature trail, which prevented us from enjoying a hike to the pond this fall.
- Collected data identifying the amount of litter along a portion of the nature trail this fall. Students used their clipboards to tally the pieces of trash which were observable from the trail. We were very troubled by the results and discussed a plan of action following our hike.

My kindergarteners are passionate about our environment and are excited to work toward a more beautiful Mother Earth. Together, we will.

Science news By Rachel Plachta

On Mar. 21, 2013 the seventh grade students in Ms. Anna Clark's class had a great opportunity to attend the St. Louis River - River Congress at Fond du Lac Tribal and Community College (FDLTCC). To prepare for this experience, students worked with Courtney Kowalczak to prepare a poster composed of pictures and data from

this past October's River Watch sampling at Stony Brook. The seventh graders selected the pictures and arranged them on a Power Point slide. They did an amazing job. The poster is so good, in fact, that Courtney wants to use their poster in the Nibi Forum on Apr. 20 at FDLTCC.

At the River Congress, students attended four seminars on the St. Louis River, Estuary, and Watershed. Two of the seminars included hands-on activities. Students were able to try popped wild rice, utilize stream tables to explore watersheds and sources of pollution and used topography maps to determine how to develop a land area to prevent erosion.

The other two seminars covered the topics of the historical development of the St. Louis Watershed and the impacts of the June 2012 Flood on Jay Cooke Park. Several students commented on how much fun they were having and liked how they were participating in "real science." Our students were so respectful and engaged in the activities during the Congress that they were powerful representatives of our school.

During the last week of Mar., the 5th, 8th, and 10th grades were in the computer lab taking the MCA-III Science test. Students in all classes took pride in completing their tests by taking their time and respecting their neighbors by remaining quiet. Great job everyone. Now, it is time to wait for the results.

FDLOJS's top 10 highlights of 2012-13

- Watching our students learn and teach the processing of manoomin at the school's rice camp and sugaring at the school's sugar bush.
- Supporting the excitement of students as they attempted to pole a canoe.
- Celebrating student achievement with bowling at Incline Station and laser tag at Adventure Zone.
- Visiting the Carlton County Historical Museum for presentations on The Fire of 1918 and Why Treaties Matter.
- Volunteering to serve elders at their annual Christmas party and preparing food packages at Ruby's Pantry.
- Attending political functions at the state capitol in St. Paul. Students had dinner with representatives, participated in Youth Day at the Capitol, and protested budget cuts at the American Indian Education Day.
- Displaying students' creative works at the 2nd Annual Art Show.
- Participating at the National Service Learning Conference in Denver, Col. and the American Indian Business Leaders Conference in Phoenix, Ariz.
- Interviewing Fond du Lac elders and recording their life stories.
- Joining other Native American high school students at the Indigenous Health and Wellness conference in Madison, Wisc.

School News www.fdlrezk12.com

Ojibwe language

It has been such a busy past month. The 9th and 10th grade students have been working on questions and answers for 5 basic questions in Ojibwe. Aaniin Ezhinikaazoyaan? What is your name? Aaniin apii ingii tibishkaa? When is your birthday? Ginitaa Anishinaabemina? Do you speak Anishinaabe Language? Aaniin Ezhiwebak agwajiiing noon-gom? What is the weather like outside? and Aaniin ezhi-ayaayan? How are you doing? During our class time we try to ask each other the questions, recognize what each other is saying, and answer them in Anishinaabemowin. We have fun learning and some already know and are able to help out when needed.

Eighth grade students have been reading *Night Flying Woman* Written by Igan-tia Broker. Throughout the chapters the students learn what happened in the past for Anishinaabe people and how everyday was a struggle but life was so good. It teaches the hard work each individual of the group had to contribute in order to survive. This book has several Anishinaabe words written within the story which the students are being taught the difference between phonetic and double vowel.

Along with our class assignments a group of 10th grade students decided to open up Iskigamizigan (sugar bush) behind the school. We have tapped 20 trees and they will be collecting sap each day and

doing some record keeping about what goes on while at the sugar bush. I would like to say Miigwech to Marcus Ammesmaki for doing opening prayer and ceremony with our students.

We participated in the Itasca Community College Quiz Bowl; it was a daylong event. We did not come home with any trophies but a good time was had by all. We have the upcoming JOM or Lester Jack Briggs Anishinaabe Quiz Bowl coming up on May 3 and we will have one team participate.

American Indian business leaders

By Lindsey Markwardt

The Fond du Lac Ojibwe School's AIBL students are packing their bags and preparing themselves to travel across the country to Phoenix, Ariz. Three students were chosen to be a part of this year's National AIBL Conference. Kyle Soukkala, Cody Bauer, and Reah Barney are all in the 11th grade, and have been some of the most actively involved members of the group since it began in November. Each student has been assigned different tasks to complete while on this trip so that they may bring back whatever knowledge they gain and share it with the rest of the group.

During our last meeting the group spent some time reflecting on the mission statement and vision of AIBL, as well as the "focus" of our group. What the students felt was the most important aspect of the AIBL

group is that it gives us a new way to celebrate and explore our culture. We are learning about what it takes to be entrepreneurs, but what makes this group so special is what we have to offer the world "as Native Americans." That we can use cultural knowledge that may have otherwise been lost and find a way to turn it into a profitable business means that we are succeeding in more ways than one.

The students have done a lot so far, but they have even bigger plans for next year. One student wants to start a community service project in which students would clean up any unwanted gang graffiti in our community. Another student has noticed there is a great need for garages here on the reservation. He wants to build and sell "long house style" structures to be used as garages. He explained to the group that it would be a very minimal investment because most of the supplies are free in the forest. Many of the students enjoy going to powwows. Our goal for next year is to operate a vendor table where we could sell things at powwows, conferences, and school events. The AIBL students are hoping to sell items that promote our culture such as, wild rice, maple syrup, birch bark baskets, dream catchers, four sacred herbs, jewelry, and artwork.

American Indian Business Leaders Conference

Fond du Lac Ojibwe School's AIBL organization was recognized with an Official Chapter Award at the 2013 AIBL Conference held in Phoenix, Ariz. Apr. 11-13. Representing FDLOJS were Reah Barney, Cody Bauer, Kyle Soukkala, and Advisor Charles Hilliard.

AIBL is the only American Indian non-profit organization solely dedicated to empowering business students in the United States. With programs that are

designed to engage students in activities that stimulate, enhance, and expand educational experiences beyond traditional academic methods.

The mission of AIBL is to increase the representation of American Indians and Alaska Natives in business and entrepreneurial ventures through education and leadership development opportunities.

Membership in AIBL is open to all high school students enrolled at Fond du Lac Ojibwe School.

American Indian Business Leaders www.aibl.org/



Powwow held by Minnesota Indigenous Youth Freedom Project

By Tamera Smith

The Minnesota Indigenous Youth Freedom Project held a Powwow exhibition at the FDLOJS for their community project. Terry Goodsky and Jasmine Cloud led the students with dance and song. Terry was wearing a traditional outfit and Jasmine wearing a Jingle Dress. Terry explained Powwow etiquette, traditional dancing and

the meaning of the Jingle Dress, while Jasmine and Terry danced inviting the students to follow them.

The project was a huge success. The group served ice cream sundaes following the event.

Other members of the youth group that helped with planning and serving are Lexi Rickford, Warren Mountain, Jaelisa Northrup, James Charette, and Josie Wichern. Special thanks to all who helped make this event successful.

School News

News from the Principal:

By Jennifer Johnson
Aaniin/Boozhoo
(Hello)
Nindawemaganidok
(all my relatives)

It has been an exciting first year as principal. The school year is quickly coming to an end; June 6, will be the last day for students. As I reflect upon the year, I am both humbled and grateful for the support and hard work of all the people that have made our school year a great success by helping us move closer to achieving our goals and fulfill our school mission statement. But most importantly, I hope this article expresses how proud I am of our students and staff.

Students have made academic gains in math, reading, and science. Our greatest academic gains have been in math. Both NWEA and Aims web assessments show an increase in the number of proficient students. All students have made individual gains which is the true measurement of achievement.

Another area we have excelled in is attendance. The state minimum attendance rate is 90% and our students are at a 93% attendance rate. Miigwech, to the parents/guardians for helping our school exceed that goal. Our after-school activities program also helped us exceed the attendance goal. The students that participated in extra-curricular activities truly enjoyed themselves and

we encourage more students to participate in the future. Participation in extra-curricular activities provided a social experience for students to build connections with the school and community and we hope to have more opportunities in the future. It's been exciting and delightful working with our students this year. I have enjoyed many activities and meals with them. Hopefully, I will have the opportunity to see our students at community events over the summer.

I am thankful for all of the parents/guardians and family members that have supported our students to do their best socially and academically. I know that there have been many hours spent on homework and extra-curricular activities with our students. It's been a pleasure working with you to support and serve your student(s) in the best possible way here at the Ojibwe School.

I am also grateful for our dedicated staff for the endless hours of support they give to our students. Our staff has volunteered so many hours for events that benefit our children and community. Chi Miigwech.

Last, but not least, congratulations to the Class of 2013. I know all of the seniors have worked hard to ensure they receive their diploma on May 23, 2013. A heartfelt Miigwech goes out to all the students, parents, guardians, staff, and community members who have contributed to making this year successful and unforgettable.

Giigaawaabamin

News from the Superintendent:

By Michael Rabideaux

In the past few weeks we have been sharing information on how federal sequestration will impact our school. Federal cuts have forced us to lay-off some personnel and reduce hours of other staff. These lay-offs and reduction of hours are necessary because the sequestration goes back to October 2012 and as such impacts our funding for this current school year as well as the upcoming school year. While it was hard to lay-off many good people that are committed and dedicated to our program, the cuts had to be made. Regardless of the cuts, students' needs will continue to be met. We have developed and implemented an effective education program. Evidence of this is documented on state assessments (MCA III's).

The cuts have also impacted our school improvement initiatives and while we are still working on various areas, it will now take us a bit longer to fully implement these projects. School Improvement Projects include:

- Development and implementation of a STEM Program (Science, Technology, Engineering, and Math)

- Injecting science standards and ensuring standards are being taught to all students grades K-12
- Development and implementation of a school-wide behavior program
- Completion of a culturally specific social studies curriculum with standards, benchmarks, and assessments

In another important initiative, the school is soliciting proposals from architectural firms to conduct a safety and security assessment of the school. Both the school board and Tribal Council approved of the project in that the reservation has experienced a high rate of growth in the past twenty years and that growth has had an impact of increased student enrollment. There is also an increased interest from parents, community members, and other non-staff/students or individuals wanting to access the school.

Based on this, we feel it's an excellent time to conduct an assessment to be proactive of the reduction of potential safety and security incidents. Some of the things we are exploring are simple to accomplish and will require minimal funding – other things may require larger investments. For example,

- All school personnel would wear uniforms – doing this would immediately

make someone not wearing a uniform stand out and be noticed

- All grades 8 – 12 students would wear identification badges
- A major point of building entry would be created – complete with monitoring and access permission
- All school personnel would need access codes to enter the building
- All school enrollment and parents/guardians would share photo identifications – doing so would add a layer of protection for the child

These are some examples of what we are exploring – once the architects complete their process we will have a better idea of what costs might be. And when we get the costs we intend to submit them to the Bureau of Indian Affairs and the Department of Justice for supplemental funding to complete the projects or initiatives identified.

The budget cuts are hard to accept. The failure of policymakers has directly impacted the lives of many of our colleagues. As Indian people we have long learned how to be resilient. We are survivors and the government's failure to live up to its responsibilities just makes us more determined.

Etc.

Increased seat belt patrols this spring

Motorists and passengers are reminded to buckle up this spring as extra Click It or Ticket seat belt patrols take to the roads statewide May 20 – June 2. Area law enforcement are among nearly 400 Minnesota agencies increasing patrols to encourage motorists to buckle up.

In the last three years on Minnesota roads (2010-2012), there were 864 traffic deaths, of which 352 (41 percent) were not buckled up. Of those 352 killed, 41 percent were motorists ages 16–29, according to the Minnesota Department of Public Safety Office of Traffic Safety.

“Statistics show that teens and young adults continue to represent a large percentage of unbelted traffic deaths, which indicates there is still a major issue with seat belt usage among that age group,” says Chief Sam Ojibway. “For whatever reason—be it comfort, restriction or philosophy—some motorists and passengers still refuse to wear their seat belts. We ask them to remember that their minor inconvenience could turn out to be a major life saver.”

Drivers and all passengers must be belted

In Minnesota, drivers and passengers in all seating positions, including in the back seat, are required to be buckled up or seated in the correct child restraint. Officers will stop and ticket unbelted drivers or passengers. Seat belts must be worn correctly — low and snug across the hips; shoulder straps should never be tucked under an arm or behind the back.

The Importance of Buckling Up

In rollover crashes, unbelted motorists are usually ejected from the vehicle. In most cases, the vehicle will roll over them. Often, unbelted motorists will crack teeth out on steering wheels or break their nose, and even slam into and injure or kill others in the vehicle.

In a crash, odds are six times greater for injury if a motorist is not buckled up.

Minnesota Child Car Seat Law and Steps

Minnesota statute requires children under age 8 to ride in a federally approved car seat or booster, unless the child is 4 feet 9 inches or taller. Here are the restraint steps a child should progress through as they age and grow:

- **Rear-facing infant seats**

Newborns to at least 1 year and 20 pounds; recommended up to age 2. It is safest to keep a child rear-facing as long as possible.

- **Forward-facing toddler seats**

Age 2 until around age 4. It’s preferable to keep children in a harnessed restraint as long as possible.

- **Booster seats**

Use once outgrown a forward-facing harnessed restraint; safest to remain in a booster until 4 feet 9 inches tall, or at least age 8.

- **Seat belts**

A child is ready for an adult seat belt when they can sit with their back against the vehicle seat, knees bent comfortably and completely over the vehicle seat edge without slouching, and feet touching the floor. Children 4 feet 9 inches tall or taller can correctly fit in a lap/shoulder belt.

“The last thing we care to do is write seat belt tickets,” says Chief Ojibway. “We are encouraging that motorists be the true enforcers of the law and speak up to remind others to belt up.”

Toward Zero Deaths

The Click It or Ticket seat belt enforcement and education is a component of the state’s Toward Zero Deaths (TZD) initiative. A primary vision of the TZD program is to create a safe driving culture in Minnesota in which motorists support a goal of zero road fatalities by practicing and promoting safe and smart driving behavior. TZD focuses on the application of four strategic areas to reduce crashes; education, enforcement, engineering and emergency trauma response.



By Shelden Misquadace,
FDL Fire Prevention
Coordinator

No April rain showers this year. In fact, April snow totals were put on the record books as being the snowiest of all time. But don’t let all that snow divert your thinking from wildfires.

As the snow melts, bi-boon (winter) fades, and last year’s brown grass and leaves are exposed, we must all keep fire safety in the back of our minds. Now is the time to be thinking of fire permits.

Did you know:

- 99% of wildfires in Minnesota are caused by people, and most of those fires are accidental
- Every year wildfires in Minnesota damage forest resources or people’s homes, cabins, and recreation areas
- Anytime there is less than 3 inches of snow cover on the ground you may need a burning permit

- You need a burning permit for non-recreational or non-ceremonial fires larger than 3 feet in diameter
 - FDL Band members can obtain a burning permit from the FDL Resource Management office at no cost
- Permits are issued to assure that burning of appropriate materials is done in a safe manner, when weather conditions are appropriate, and that fire personnel know where fires are occurring.

You may burn vegetative materials, such as grass, leaves, brush, and untreated and unpainted lumber, although composting these items is generally a better option as it will make rich soil instead of black smoke. All other materials should be properly disposed. You may call the FDL Waste Management office for more information regarding proper garbage disposal or recycling.

There are several kinds of things that should never be burned. They emit toxic chemicals into

the air when burned and can leech toxins into ground water too. These items should be brought to the FDL Waste Management Area. Items include chemically treated lumber, railroad ties, telephone poles, plastic pesticide or herbicide containers, plastic liners in seed, feed, or pesticide bags, tar paper, shingles, or other asphalt materials, insulation, composition board or sheet rock, hazardous waste (including household hazardous waste), paint or paint filters, used motor oil or other petroleum-based liquids, vehicles, motors, or parts of vehicles, or motors, tires, rubber, or rubber compounds.

Fires requiring a permit usually must not be lit until after 6 p.m. and must be out by 8 a.m. the following day. Day-time fires are generally not allowed unless an exception is explicitly made on the permit.

For more information please call Fond du Lac Resource Management during regular business hours at (218) 878-7101.

Etc.



Karen Diver and other tribal leaders meet with Gov. Mark Dayton

A reminder from GED teachers at FDL

GED Classes are offered to FDL members, their family members, FDL employees, and members of Federally recognized tribes, free of charge.

People have many reasons for wanting to obtain their GED, including increasing employment opportunities, getting a driver's license, furthering their education, or personal fulfillment. If you have put off getting your GED, or if you started before and want to finish, now is the time to do it.

Qualified teachers work with students individually to prepare for the GED tests in science, language arts-reading, social studies, mathematics, and language arts-writing.

When students in GED classes take pre-tests in the five testing areas, they are often surprised to find out how well they do and how much they already know, even if it's been years since they were in school. With some focused work, the GED is obtainable for everyone.

It is especially important for

anyone who has taken and passed one or some, but not all, of the GED tests prior to Nov. 2013, because testing for the new computer-only GED Version will begin on Jan. 1, 2014. After that date, scores from any GED tests previously taken will not count toward your GED Diploma, and you would have to retake exams previously taken.

Classes are held at the following times and places: Brookston Center, Tuesday and Thursday, 12:30-3:30; call Bob at (218) 345-6470 Sawyer Center, Wednesday and Thursday, 12:30-3:30; call Jay at (218) 393-7999 Cloquet Center Library, Wednesday and Thursday, 5:00-8:00; call Peter at (218) 390-3064 Damiano Center, Duluth, Monday and Wednesday, 10:00-12:00 and Thursday 5:00-7:00; call Dennis at (218) 393-6643

For additional information about the FDL GED Program, contact Joan Markon at (218) 878-2658.

Florence Greensky estate

Fond du Lac Band of Lake Su-

perior Chippewa Tribal Court, in the matter of the estate of Florence Greensky, decedent.

Notice is given that probate proceedings are pending in the Fond du Lac Tribal Court regarding the estate of Florence Greensky.

Any claims against the above-referenced estate must be filed on or before August 2, 2013, or the claims will be barred. All claims must be presented filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address of the personal representative of the estate is: Ardith Carlson, 865 Salmi Road Cloquet, Minnesota 55720

The address of the Tribal Court is: Fond du Lac Band of Lake Superior Chippewa, Tribal Court, 1720 Big Lake Road Cloquet, MN 55720.

FDLTCC is seeking a new member for its board of directors

The Reservation Business Committee is seeking an individual to serve on the Fond du Lac Tribal College Board of Directors. The Fond du Lac Tribal College Board's vision is to promote post secondary education, extension, partnerships, joint ventures, and collaboration with other institutions of higher education. In addition, the board supports the continued teaching of our Ojibwe language, culture, and history plus the establishment of vocational-technical training programs for Fond du Lac.

Interested individuals must be an enrolled member of the Fond du Lac Band. Band members must submit their name

to Rita Ojibway at the Tribal Center. This position is open until filled. For further information contact R. Sonny Peacock at (218) 878-7504.

Nandagikendan Academy

Fond du Lac Tribal and Community College has a program called Nandagikendan (Seek to Learn). It is a program in which high school students are encouraged to participate in several different learning events over the course of a year. American Indian students are welcome from the area high schools to participate in these events.

Some of the events have included touring Native owned and operated businesses like Wells Technology in Bemidji, Minn. We have also visited the University of Minnesota Morris Campus and St. Cloud University where we learned of their offerings for Native students. The latest outing took us to the State Capitol in St. Paul, for the American Indian Education Day where we met with Native policy makers. We have had 16-29 students participate in each of these great learning opportunities. This summer we will be offering an extended learning experience to be held at The Fond du Lac Tribal and Community College.

Nandagikendan Summer Youth Academy will be holding a week-long event on the FDLTCC campus June 16-22. While in the Nandagikendan Academy, students will get a head-start on meeting college instructors, learning the expectations of college life, and learning the technology that will be a regular part of the college experience. Students will

also have the opportunity to participate in the rich cultural history of the Anishinaabeg of Lake Superior through field trips and class projects. Some of the students who have participated in the past have gone on to become Post-Secondary Education Opportunity (PSEO) students and are in college full time for their junior and senior year. If you are interested in participating in this week-long event, please contact Tara Dupuis at (218) 878-7268 from 8 a.m. - 1 p.m.

AVANCE recruitment kickoff

Avance, the parent education and support program that is currently being offered to our community in conjunction with FDL Early Head Start, will begin to shift the focus from this year's current sessions and the upcoming 2012-2013 graduation class, to welcoming interested participants for the 2013-2014 nine-month program that will begin in September of this year.

Please consider joining the nationally successful parent education program that has helped many local families in its initial two years at FDL Early Head Start. The kickoff recruiting event that is scheduled for May 22 will be held near the gymnasium area of the Tribal Center from 10 a.m.-2 p.m. Any interested parties curious about the valuable program for expecting parents and those with children through age three are invited to attend the casual and informative session.

The final two gatherings will be held in May for this year's participants. Tuesday May 14 will be our Zoomobile

Etc.

event where the group will be treated to a visit from interesting animals. May 23 will mark the date of our second Avance graduation ceremony. Both events will be held at the Head Start Gymnasium.

The Avance staff, headed by coordinator Betty Anderson, will be available for questions about the program. Betty Anderson can be reached at (218) 878-8121 or by email bettyanderson@fdlrez.com. We are without our Toy Making Specialist-Home Visitor, JP Rennquist, as he is recuperating from a broken ankle suffered in a fall, but all others will be available to answer questions. Get well quickly JP.

Native STAND

Native STAND (Students Together Against Negative Decisions) is a comprehensive curriculum for training peer educators that promotes healthy decision making for Native youth. All youth—including Native youth—face extreme pressures to fit in and belong. To make the best decisions, youth need factual, science-based information delivered to them in a way they can relate to, by people who they can trust and feel comfortable talking to. Peer educators can fill this important role.

The curriculum was developed by a multi-disciplinary workgroup that included Native youth, a Native elder, public health and youth development experts, and health curriculum developers. It is designed to meet the needs of today's Native youth. It honors tradition and culture at the same time that it meets today's Native youth where they are: walking between two different—but

interconnected—worlds. While Native STAND acknowledges that Native youth face many of the same challenges as mainstream youth, it embraces the power of traditional teachings and cultural strengths that Native youth have within themselves and their communities.

Native STAND is adapted from STAND a peer educator curriculum developed for youth in rural Georgia. It has been evaluated and is theoretically based. Its approach is comprehensive and skills-based, and includes STD, HIV, and teen pregnancy prevention, as well as dating and sexual violence. Sessions focus on positive personal development; including team building, diversity, self-esteem, goals and values, decision making, negotiation and refusal skills, peer educator skills, and effective communications.

Planned Parenthood of Minnesota, North Dakota, South Dakota (PPMNS) has been awarded a grant through the Office on Women's Health, US Department of Health and Human Services to provide HIV/AIDS and reproductive health education to American Indian women and girls. Our American Indian Education staff has been trained on the Native STAND curricula and piloted programs during the summer of 2010 and again in the fall of 2011.

PPMNS is once again offering the Native STAND program during the 2013 summer in its youth programs model format. Miigwech.

For more information contact Rebekah Dunlap at (218) 343-6417 or rdunlap@ppmns.org

Primary heating funds still available

There is still primary heating money available for households who have not applied for Energy Assistance for the 2012-2013 heating season. Funds are sent directly to heating vendors and can be used to cover the cost of past or upcoming heating bills. In addition, the household may decide to send 30% of the grant to the electric company.

Qualifications are based on household income for the previous three months. A family of four's three-month income must be under \$10,697 to qualify. Income includes wages, per-capita payment, unemployment, MFIP, Social Security, and several other sources.

Applications are available on the FDL website under "Community Services" or in the FDL Energy Assistance Office. If you have questions, feel free to contact Joan at (218) 878-2358 or Tammy at (218) 878-2603.

Attention Fond du Lac artist

Lillian Blacketter is a Fond du Lac Band member who lives in Las Vegas, Nev. and would like to begin selling authentic arts and crafts from the Fond du Lac Reservation. She is very familiar with the market and large demand for authentic arts and crafts produced by local Band members. Fond du Lac has agreed to help Lillian and interested Band members sell their items by facilitating packing and transportation. If you are interested in selling arts or crafts on consignment in Las Vegas, please contact Lillian Blacketter at (702) 252-3710 or by email at lillhammer78@aol.com

Miigwech

An important message to male high school seniors

Remember that 30 days before to 30 days after turning 18 years of age a person is required by law to register for the selective service. Failing to do so would result in a \$250,000 fine and up to five years in prison. It is also required for college loans, job training, and obtaining government jobs.

For more information or to register online visit www.sss.gov.

Goof on the Roof

WKLK did a 'Goof on the Roof' campaign in which they raised money and non-perishable food items for the food shelf. The campaign was on Mar. 22 from 6 a.m. to 9 a.m. Jake Kachinske and Kerry Rodd

sat on the roof of the radio station and they had people drop off their donations. In just 3 hours they raised just over \$400 in cash and over 100 pounds worth of food. This effort was all part of national food shelf month.

Friends and family of Nancy Seppala

Come help us celebrate her retirement party on May 6 from 4 to 8 p.m. in the BBCR Convention Center.



Fond du Lac Human Services has a new phone system.

*New way of answering...
New way of transferring...*

All Min No Aya Win and CAIR calls will route through a **centralized phone system.**

Please be patient while we adapt to the new system.

Assisted Living and Tagwii will be included at a later date.



(218) 879 - 1227 | (888) 888 - 6007

Fond du Lac Human Services Division



Etc.

Two Winter storms hit FDL

By Zachary N. Dunaiski

At a time when most of us are thinking spring, mother nature hit the Fond du Lac Reservation on back to back weekends, and again two days later, with monster snow totals.

The average snow totals for the Northland in April are 6.9 inches of snow. In 2013 the Northland has seen over 50 inches of snow in April alone. The record in Duluth (where the NWS is located) is 135.4 inches of snow, a number that we have flirted with this year despite starting out with only 70 inches of snow in Jan., Feb., and Mar.

It seems as though even those who like winter are getting sick of this incredibly cold spring. While May tends to be a good month weather wise, we shouldn't get our hopes up too high as in the past we've often seen snow accumulation into May.

New Champs Chicken opening at FDLGG

Delicious new offerings will soon be hatching in Cloquet. Champs Chicken, a nationwide branded food program, opened for business on Apr. 29 at the Fond du Lac Gas and Grocery on Big Lake Road.

The new location serves Champs Chicken's quality products—including freshly breaded chicken, crunchy catfish, and zesty wings—at reasonable prices. Other top selling menu items, such as signature sides (potato wedges, green beans, mashed potatoes and gravy, and macaroni and cheese) as well as party platters will also be available.

"We're thrilled to partner with Champs Chicken, a company who, like us, places a high premium on quality and affordability." Fond du Lac Gas and Grocery or the Ojibway name, Nahgahchiwaanong Adaawewigamig, which means "Where the flowing water stops, trading post," is owned by the Fond du Lac Band of Lake Superior Chippewa. Our customers are very excited to see this addition to the C-store. This will make their one stop shopping even more convenient than ever. They will be able to pick a quick breakfast sandwich, lunch, snack or a readymade dinner on their way home from work. We also offer a full deli, with fresh lunchmeat, cheese, salads, fresh baked breads, rolls, pies, and donuts, made fresh daily.

Champs Chicken has experienced rapid growth since launching in 1999. Started by Shawn and Julie Burcham in their home garage in Willard, Mo., Champs Chicken's unique flavoring and dedication to customers were a sure recipe for success. Now with over 450 locations, the company has no plans of slowing down.

"We remain unwavering in our commitment to customers," Shawn Burcham, CEO and president of Champs Chicken, said. "When you see our label, you can be assured you'll receive the best meal at the best value, each and every time. We're excited to be working with Fond du Lac and we look forward to serving the Cloquet community."



Dan Huculak shot this picture of the Resource Management building during the second of the two weekend storms on Apr. 19.

Lorri Antus, who took this picture, had a bit of snow to contend with as she entered the Tribal Center on Friday Apr. 12.



Etc.

Stampeding into football season

By Zachary N. Dunaiski

For many people, football is strictly a fall sport. That isn't the case for many in the area especially those just getting their season started for the Carlton County Stampede.

Chris King, the Stampede's defensive coordinator, contacted me about how excited the team is to start the season on May 4. The Stampede play their home games at Jim Erickson field in Carlton, Minn. in the Midwest Premier football league.

A few of the players have ties to Fond du Lac area and others have

ties with other Bands in the area.

King, who is also the Fond du Lac Ojibwe School football coach, said that the team practiced indoors

at the Heritage Sports Center during the area's snowiest month on record. King added that the team is very accepting of all diversities and denominations.

With the weather now turning into summer, it will be fun to watch some FDL Band members represent the Band as the team travels around the state.

Check them out online at www.teamonthree.com/ccsfootball



Date	Time	Opponent	Location
May 4	2 p.m.	Minnesota Sting	East Ridge HS, Woodbury, Minn.
May 11	7 p.m.	Twin Cities Titans	Irondale HS, New Brighton, Minn.
May 18	4 p.m.	Midwest Nightmare	Jim Erickson Field, Carlton, Minn.
June 1	5 p.m.	Minnesota Lumberjacks	Crosby Ironton HS, Crosby, Minn.
June 8	4 p.m.	Twin City Rhinos	Jim Erickson Field, Carlton, Minn.
June 15	4 p.m.	Minnesota Sting	Jim Erickson Field, Carlton, Minn.
June 22	4 p.m.	Twin Cities Titans	Jim Erickson Field, Carlton, Minn.
June 29	7 p.m.	Midwest Nightmare	Spring Lake Park HS, St. Louis Park, Minn.



Students from the Ojibwe School look at the damaged car that was destroyed because a teenager texting and driving. She was also not wearing a seatbelt and was killed in the accident, read the whole story in the local section.

Women's Wellness Gathering

Save the date, June 3 and 4 at the Cloquet Forestry Center. To be placed on an e-mail or mailing list, please call (218)878-2145.

Police Reports

In an effort to help the community we have always posted the police reports. This month we are working on the best way to get the information out to the public. The police reports will return in next month's paper.



Health News

Fat- what's the difference?

By Kara Stoneburner, RDL, D,
Public Health Dietitian

Fats are an important part of a healthy diet. Some foods, like fruits and vegetables, contain almost no fat, whereas other foods, like nuts, butters, oils, and meats have plenty of fat. Fat provides essential fatty acids that are needed for growth, healthy skin and metabolism. Fat can also provide fuel for the body. Fat is needed to help absorb necessary vitamins such as A, D, E, and K. Fat is the building block of hormones. Fat also insulates nervous system tissues in the body. These are all very important things, but, some fats aren't good for your health. Some fats can increase cholesterol levels, increase the risk for heart disease, obesity, diabetes, and some cancers.

Fat comes in different forms: saturated fat, Trans fat, monounsaturated fat, polyunsaturated fat, omega 3, omega 6, and cholesterol. (Cholesterol will be addressed in a future article).

Saturated fats are found in meat and other animal products such as butter, cheese, whole milk, cream, palm oil, and coconut oil. Saturated fats can increase blood cholesterol levels and increase the risk of heart disease.

Trans fats are often used to extend shelf life of processed foods like cookies, cakes, and donuts. It is also found in margarines and fried foods. The ingredient list will have Trans fat listed as "hydrogenated or partially hydrogenated oil". Trans fats raise cholesterol levels and heart disease risks. It is important to try to avoid Trans fats in your diet.

Unsaturated fats include the monounsaturated, polyunsaturated

and Omega 3 and 6. **Monounsaturated fats** are usually liquid at room temperature. They are found in such things as canola oil, olive oil, sunflower oil, and peanut oil. They are also found in nuts, avocados, and olives. **Polyunsaturated fats** include safflower, sesame, corn, cottonseed and soybean oils, seeds, and fish. Polyunsaturated fats are usually liquid at room temperature too. Poly and monounsaturated fats can help lower the LDL "bad" cholesterol levels and maintain the HDL "good" cholesterol levels. But too much of either type can wipe out any benefit it could have provided.

Omega 3 fatty acids are an essential fatty acid, meaning it is necessary for health but our bodies cannot make it. We must obtain it from the foods we eat. Foods that contain omega 3 fatty acids include soybean oil, canola oil, flax seed, walnuts, trout, herring, and salmon. **Omega 6 fatty acid** is also an essential fatty acid. Foods with omega 6 include soybean oil, corn oil, safflower oil, nuts, and seeds. The omega 3 and 6 fatty acids are beneficial in lowering the risk of heart disease and boosting our immune system.

How much fat is needed?

General guidelines for adults are:

- Total fat-limit to 10-35% of daily calories
- Mono/polyunsaturated fats & Omega 3 and 6-No specific amounts are noted. It is recommended to eat foods rich in these fats while staying within your total fat allowance
- Saturated fat-limit to no more than 10% of total calories. Limit to 7% or less to further reduce the risk of heart disease

Trans fat-The lower the better. Try to limit to no more than 1% of total daily calories (for most people this is less than 2 grams a day)

Cholesterol-Less than 300mg/day. Less than 200mg/day if you have risk factors for cardiovascular disease

Fat tips:

- Don't go overboard on healthy fats. They still have calories
- Read food labels
- Sauté with olive oil instead of butter
- Use canola oil when baking
- Sprinkle slivered nuts* or sunflower seeds on salads instead of bacon bits
- Snack on a handful of nuts* instead of processed potato chips or crackers
- Add slices of avocado instead of cheese to a sandwich
- Prepare fish, like salmon, instead of meat, two times a week. Limit serving sizes to 4oz of cooked seafood per serving
- Choose leaner cuts of meat
- Remove skin from chicken or turkey
- Skim solid fat off the top of soups and stews
- Drink 1% or skim milk
- Choose baked goods, breads and desserts low in saturated fats

*Nuts can be a choking risk for children under the age of four.

Resources include Kids Health, WebMD, American Heart Association, Mayo Clinic and the Academy of Nutrition and Dietetics

Winners get their blood sugar checked

Have your blood sugar checked at a community screening for your chance to win a \$500 Gift certificate to Gander Mountain or L&M in May, or an iPad in April. There will be 3 more drawings. One held each month for the months of March, April, and May.

A second drawing will be held each month for a \$50 gift certificate for gas. Get a chance to win in this drawing by having your blood sugar screened, receiving tickets for family and/or friends, and referring them into the screenings to have their own blood sugar checked.

To be eligible, participants must be:

- 18 years of age or older on the date of the blood sugar screening
- American Indian
- Eligible for services at the MNAW and/or CAIR clinics
- If diagnosed with diabetes or pre-diabetes you can participate by getting your blood sugar checked at a community screening also.

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

FDL Human Services medical department, their spouse, and any household members are not eligible.

The contest started Feb. 5 and ends May 31.

Questions? Attend a community screening or look online at www.fdlrez.com.

Start and stay Healthy, prevention is the first step

All community members are cordially invited to attend and participate in the Fond du Lac Human Services 35th Annual Health Fair. The 2013 Health fair will be held Friday, June 21st at the Ojibwe School. Doors open to the public at 9 a.m. and this event runs until 3 p.m.

Health News

National Nurses day

National Nurses Day is May 6, and the Fond du Lac Human Services Division would like to thank all nurses for their services and acknowledge the following nursing staff. Tell a nurse today how much they are appreciated.

Medical Clinics

Alyssa Sobczak,
Certified Medical Assistant
Amanda Murray,
Certified Nurse Midwife
Brenda Graden,
Licensed Practical Nurse
Brenda Peterson,
Licensed Practical Nurse
Christina Thompson,
Certified Medical Assistant
Christine Davis,
Registered Nurse,
Certified Foot Care Nurse, *Clinic Supervising Nurse*
Daisy Maudal,
Certified Medical Assistant

Debra Rissanen,
Licensed Practical Nurse
Farrah Bennett,
Certified Medical Assistant
Gina Olson,
Registered Nurse
Heather Frisk,
Certified Medical Assistant
Jaclyn McDonnell,
Licensed Practical Nurse
Jamie Bjerkness,
Certified Medical Assistant
Jennifer Nordberg,
Licensed Practical Nurse
Julie Furnas,
Licensed Practical Nurse
Kirsten Kortessa,
Family Nurse Practitioner
Lynne Kosmach,
Family Nurse Practitioner,
Certified Diabetes Educator
Magdalena Reynolds,
Family Nurse Practitioner
Mary Gronseth,
Licensed Practical Nurse

Mary Jo Johnson,
Certified Nurse Midwife
Mary Jo Koszarek,
Adult Nurse Practitioner
Nancy Elias,
Licensed Practical Nurse
Patrick Boyle,
Nurse Practitioner
Renee Gibbs,
Licensed Practical Nurse
Rhonda Johnson,
Licensed Practical Nurse
Roxie Wefel,
Adult Nurse Practitioner
Sandra Elias,
Registered Nurse
Scott Bodin,
Certified Medical Assistant
Amanda Thompson, *Certified Medical Assistant*

Community Health Services

Allison Bustrak,
Public Health Nurse
Bonnie LaFromboise,
Public Health Nurse

Celeste Nelson,
Public Health Nurse
Danielle LeBon-Gort,
Public Health Nurse
DeAnna Finifrock,
Public Health Nurse
Laura Garza,
Public Health Nurse
Laura Greensmith,
Public Health Nurse
Robin Johnson,
Public Health Nurse

Home Health Services

Amy Zacher,
Public Health Nurse
Art Simpson,
Public Health Nurse
Brittany Shepard,
Health Care Assistant
Carol Wuollet,
Registered Nurse, *Public Health Nurse*, *MSN*, *Home Health Services Coordinator*
Cassie Peterson,
Health Care Assistant

Cherida Martineau,
Health Care Assistant
Cortnee Defoe,
Health Care Assistant
Cristal Diver,
Health Care Assistant
Dawn Reynolds,
Health Care Assistant
Debra Susienka,
Lead Health Care Assistant
Denise Houle,
Health Care Assistant
Dennis Conklin Jr.,
Health Care Assistant
Fred Gourley,
Health Care Assistant
Haley Misquadace-Psyck,
Health Care Assistant
Heidi Benzer,
Public Health Nurse
Jane Deverney,
Health Care Assistant
Jay Hooey,
Licensed Practical Nurse
Jordan Mallery,
Health Care Assistant
Julie Goodreau,
Health Care Assistant
Karen Wolff-Kemi,
Health Care Assistant
Kierra Johnson,
Health Care Assistant
Lindsay Rogge,
Registered Nurse
Michael Jenkins,
Public Health Nurse
Myrnalyn Savage,
Public Health Nurse
Nakkita Buckanaga,
Health Care Assistant
Nancy Dudley,
Licensed Practical Nurse
Samantha Davis,
Health Care Assistant
Shirley Soukkala,
Health Care Assistant
Wendy Yrjanson,
Licensed Practical Nurse

What are YOU doing this summer?

Apply now for a free Center of American Indian and Minority Health (CAIMH) Summer Program at UMD!



Check us out on Facebook!



UNIVERSITY OF MINNESOTA
Medical School

CENTER OF
AMERICAN INDIAN
& MINORITY HEALTH

Stepping Stones to Health Careers Camp

July 7-12 and/or July 14-19, 2013

-8th, 9th, 10th & 11th graders-

Stay in the dorms, eat in the dining center, rock climb, use the fitness center and more!

Learn about health careers while also experiencing fun Duluth attractions!

High School Super Stars Program

June 17-July 26, 2013

-10th, 11th & 12th graders-
-recent HS grads-

Work in teams with doctors to solve medical puzzles, learn how doctors diagnose patients, meet Native American medical students and health professionals and more!

Native Americans into Medicine Program

June 17-July 26, 2013

-college students-

Learn more about medical school and other health professions, while strengthening your skills in Chemistry, Anatomy & Physiology, Research and Math!

For more information on CAIMH Summer Camps and Programs please contact us! Call (218)726-7235, email caimh@d.umn.edu, or visit www.caimh.umn.edu



Health News

Diabetes and dental care

The FDL Human Services division is putting on a diabetes workshop title “Diabetes and Dental care, what’s the connection?”

Dr. Sue Miller will be the guest speaker at the workshop. Additional topics and speakers include vaccines and diabetes by Jackie McDonnell, LPN; relaxation for your neck and jaw by Naomi Conley; and water for thirst by Jennifer Hall, RD, CDE.

Min-No-Aya-Win will host the workshop on Tuesday, May 7 from 8:30 a.m. — 12 p.m. Space is limited to 50 people so make sure to register by calling Amanda at (218) 878-3769 or Jenn at (218) 878-2146. Registration deadline is Friday, May 3.

Breakfast and incentives included. Incentives will not be given unless the whole workshop is completed. Must have a diagnosis of diabetes and be eligible for services at FDL.

The new diabetes group would also like to remind you to save the date for the May 20 meeting (Choosing Healthy Portions) from 12 to 1 p.m. and the May 23 meeting (Diabetes Eye Health) from 12 to 1 p.m.

Biomonitoring study chemical highlight: Mercury

Mercury is a metal found in many rocks including coal. When coal is burned, mercury is released into the air. Coal-

burning power plants are the largest human-caused source of mercury emissions in the United States. Mining is also a source of mercury in the Lake Superior Basin.

Mercury in the air eventually settles into water or onto land. Some of it eventually runs off into nearby rivers and lakes where, under the right conditions, particular bacteria can change it to methyl mercury—a form of readily absorbed in the digestive system of animals. It can bioaccumulate (build up in the tissues of fish and animals) and work its way up the food chain as contaminated fish and animals that are eaten by other fish or animals. The methylmercury found in fish is the form most commonly found in people’s blood.

Most fish are healthy to eat, and fish are an excellent source of low-fat protein. Eating fish may also reduce the risk of heart disease, diabetes, and other chronic illnesses. But any fish (store-bought or sport caught) could contain contaminants such as methylmercury that can harm human health. Methylmercury can harm an unborn child’s developing brain at levels that would not affect an adult. In adults, higher levels can harm the brain, heart, kidneys, lungs, and immune system. By following advice on how often fish can safely be eaten, you can reduce your exposure to the mercury in fish, help reduce your health risks, and still get the benefits of eating fish.

For safe eating guidelines, go to www.fdlrez.com/newnr/

environ/water.htm or www.health.state.mn.us/divs/eh/fish/eating/index.html

FDL benefits from CAIMH

Ryan Howes, a Fond du Lac descendent, is a Community Program Specialist for Center of American Indian and Minority Health (CAIMH). For the past three years, he has assisted with the design and implementation of all three summer programs and often says that he wishes he knew about the programs when he was a student. Howes enjoys working with students in elementary and high school as well as students at the college level.

For almost 40 years, the University of Minnesota (UM) Medical School in Duluth has offered support for Native American students interested in exploring health professions with the goal that they will provide care for tribal communities. In 1987, CAIMH was established at the school to oversee these Native American student programs. Today, of the more than 140 U.S. medical schools, UM ranks second for graduating Native American physicians.

A key to success has been to provide support and encouragement for students throughout their entire education from kindergarten through health professions school. This supportive approach began in 1973 with Native Americans into Medicine (NAM); a program developed by a team of Native American community leaders

and medical school faculty who wanted to see more Native American students enter health careers. The NAM program continues to this day and many more services have been added.

Summer camps for K-8 youth are offered through partnerships with area tribes who design and hold the camps in their home communities. Community members are able to teach their youth about science, math, wellness, health professions, and Native American culture through their own teachings and activities.

The Stepping Stones to Health Careers camp helps students learn how to get ready for college, stay in the dorms and see what college is really like. In the High School Super Stars program, students learn about college and work in teams with doctors to experience how they think through medical questions and diagnose patients. Students in both programs also get the opportunity to make friends and to participate in fun wellness and cultural activities.

NAM continues to be an excellent opportunity for college students to sharpen their knowledge in college level courses and better understand careers in health professions. Sessions are led by UMD medical students and cover topics such as anatomy, chemistry, and math. NAM students also learn how to check blood pressure and heart rates and do eyes and ears exams and are certified in CPR and First Aid.

All CAIMH programs emphasize science, math, wellness,

and Native American culture, and health professions information to encourage students to pursue their education and help them successfully achieve their goals.

Howes has a strong commitment to advancing healthcare in Native American Communities and encouraging students to pursue higher education. He would like to encourage all students from Fond du Lac to attend summer programs this year.

Want to learn more about CAIMH programs and activities? Visit www.aimh.umn.edu, email caimh@d.umn.edu, call (218)726-7235 or find us on Facebook - University of Minnesota Center of American Indian and Minority Health.

Elder’s Corner

- Triad Conference at CCC May 1 from 10 a.m. to 12 p.m.
- Foot Clinic at MNAW May 14 from 9 to 10:30 a.m.
- Foot Clinic at CAIR May 17 from 8:30 to 10 a.m.
- Elder meeting at CAIR May 17 from 10:30-11:30 a.m.
- A Play and Brunch May 19: Brunch at BCCR 11 a.m. to 1 p.m. sign in for the play "Leaving Iowa" at the brunch. To sign up for tickets to the play call (218) 878-7510. There are only 30 tickets and it’s on a first come, first serve basis, so call early to get tickets. Non-enrollee guests must pay \$15.

Chief Joseph aka John Osagie and Margaret Odishquaycumigoke

Research by Christine Carlson

Ely Diaries Mentions Osaie

May 11, 1834 – *The Kiji-Osaie has some little difference between himself, Mr. Aitkin and Mr. Davenport and it seems that the veracity of some one of them is implicated; he said to Mr. D that he used to think the Truth was with the white men; he was convinced to the contrary and that no white man should now turn him from his Indian ways; January 23, 1836 – Heard that Osaie was encamped at GaMamisadika, 10 or 12 miles. We arrived at his lodge about sunset; rejoiced to find a tarrying place in the wilderness where we could pass the Sabbath.*

Lions Hear A. L. Lord Tell Story of Osaw-gee – The Evening Telegram of Sept. 2, 1925

Lord, grandson of old Chief Osage whose mark was affixed to the treaty which ceded Chippewa lands to the United States in 1854, related parts of the family history.

“Grandfather Osawgee was born in Michigan about 1800 and located on Wisconsin point when a very young boy,” relates Mr. Lord. His cousin KaKa bachine (screech owl) came with him. Because he was a very skilled hunter the members of his tribe were jealous of him and they spring his traps and ruined his caches to such an extent that he with his cousin decided to leave his trapping ground and locate on Wisconsin point.

Had Long Trap Line

“Their trapping line there ran from the point to Lake Nebagamon (pronounced Nebagamowin which means fine hunting.) The line also extended over to Lake St. Croix, which he

called dividing waters. He also came to dividing waters for roots and herbs of medicinal value as they could not be found in the lake country.

Descendants of Joseph O-Saw-Ge – Superior Public Library Archives

Notes for Joseph Osawgee: Full blooded Chippewa Indian. The name Osaw gee means “entry to river”. He was made chief by president Franklin Pierce.

Owned the first shipyard at the Head of the Lakes, his two, three, and four-fathom birch bark canoes were in great demand for lake traffic. Made his permanent camping place near Superior and his

winter camp was on the banks of the Nemadji river near what is now Cass Avenue and Eighteenth Street.

Children of Joseph Osawgee and Margaret Nawgawnab are listed as Elizabeth, Esabelle born 1830, Catherine born 1833, Maggie born 1852, John born 1854 and Josephine born 1873.

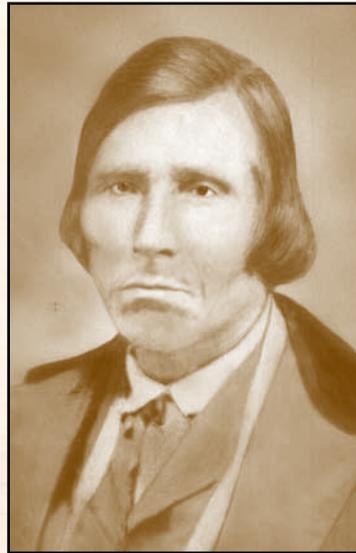
Canadian-American Journal of History and Genealogy for Canadian, French and Metis Study

Marianne Osagi born May 01, 1851 at Fond du Lac, the daughter of Joseph Osage and

Marguerite Odichkwagamikwe; baptized Oct. 12, 1851 by Otto Skolla; Godparents: Jean Baptiste Bellanger and Angelique Bellanger.

1850 Census of the Fond du Lac Band

Family number 144 is Osaw-gee. There is one man, one woman and one child in the family.



John Osagie – Photo courtesy of the Superior Public Library

1854 Treaty

As a headman of the Fond du Lac Band, Osaw-gee made his mark.

1877 Annual Genealogical Roll of the Fond du Lac Band of Chippewas

Family number 69 is Ozagi (Chief) who died in 1875. He was 65 years old and son of Onauge and Netauaweji.

His wife is Odishkwagamikwe age 60 and daughter of Gadug.

Family number 71 is John Ozagi who is 20 years old, Joseph age 18 and Margaret age 21. They are children of Ozagi and Odishkwagamikwe. Also living with them is Josette age 6 who is the daughter of Margaret and John Bte. Lefevre.

Information from a Pedigree Chart from Dan Anderson Osagie’s Father Chief Kasheoshe

Osawgie’s father was Chief Kashe-oshe, who was born in 1790 and signed the 1842 Treaty as first chief of the Vieux Desert

band.

Chief Joseph Osagie – One of the Principal Chiefs of the Fond du Lac band. Joseph was born in April of 1802 at Lac Vieux Desert, Mich. He died in Superior on Dec. 13, 1876.

Lac Vieux Desert, Mich.

As the Ojibwe Nation divided into two and expanded west from Sault St. Marie region, the southern branch came to the area known as Lac Vieux Desert.

Death of John Osagie – Superior Times of Dec. 15, 1876

John Osagie one of the oldest Indian residents at the head of the Lake, died at the residence of his son-in-law Mr. Charles Lord last Wednesday night. He had been out in the woods on a hunt, but while there was taken sick, and leaving his gun and pack, managed to get to town as far as the residence of Thos. Clark, from whence he was conveyed to Mr. Lord’s. He was seventy-four years old, and respected by all who knew him as an honest and kind-hearted man. His home was on Wisconsin Point.

Where the Red Man Used to Roam-Evening Telegram of Aug. 17, 1895

John Soggie, whose grave is covered by one of the little houses, was an Indian chief. It is said that he was a brave warrior and distinguished himself in many battles. He was very kind hearted and never tortured captives.

John Lemieux talks of Chief Osawgee – Superior Times of Mar. 12, 1948

Lemieux himself traces his blood to his grandfather, Osaw-

gee, the great Chippewa chief who once governed the head of the Lakes region. Osawgee was born on Wisconsin Point in 1793 and in 1842 went to Washington, D. C. on a special mission to President Tyler. He was cited for his loyalty to the United States and received a flag and a medal from the chief executive. It was in memory of this great Indian leader for whom Osawgee Beach on Wisconsin Point is named.

Margaret Naganab Osagie

Margaret O-dish-quay-cumigoke was born around 1813 in Wisc. She was baptized on Sept. 9, 1835 at LaPointe. She died on Apr. 22, 1883 in Superior, Wisc. Margaret was a cousin of Chief Naganub of Fond du Lac (1799-1894).

1880 United States Federal Census for Superior, Wisconsin

Family number 112 is Maggie Osawgie age 60 and was born in Wisc. Her children are listed as Maggie Osawgie age 28, John Osawgie age 26 who was a fisherman, and Josephine Osawgie age 7. There were 16 boarders living with Mrs. Osawgie. Three of them were Ed Smith, age 21, Wm. Church, age 32, and Joseph Church and they were laborers.

Obituary of Margaret Osagi from The Superior Times of Apr. 28, 1883

Mrs. Osagi, the aged mother of Mr. John Osagi and Mrs. Charles Lord of this city, died last Sunday, in the seventy-third year of her age. The funeral took place from the Catholic church on Tuesday, and the remains were laid away in the cemetery on Wisconsin Point.

Ashi-niswi giizisoog (Thirteen Moons)

Waabigoni-giizis

The new Waabigoni-giizis, the Flowering moon begins May 10th. Other names for this moon are Zaagibagaagime-giizis, the Budding moon, and Waswugone-giizis, the Flowering moon.

Wild spring greens

Dave Wilsey,
UMN Extension Program

There is something about working your way through a muddy forest in the spring, finding a cluster of just-emerging wild greens, getting down on



Fiddlehead Ferns, photo by Dave Wilsey

your knees in the mud, inhaling the aromas of the soil, decay, and emerging life, thanking someone or something for the gift, and then cutting a few shoots with a grit laden knife.

There's no science behind this, but I think those first growths of wild edible greens transfer the energy of spring life from the forest to the forager. Fiddlehead ferns and wild leeks (ramps) are two rather accessible wild spring greens found in the area. Edible fern fiddleheads come from the Ostrich fern—other varieties are considered inedible—in its earliest stages of growth, while the frond is still coiled but just beginning to unroll. Wild leeks taste like a combination of onions and garlic and are one of the first ground plants



Wild Leeks, photo by Dave Wilsey

to show leaves in the forest, and then the first to lose them as other plants begin to show. Ask around or contact Thirteen Moons to find someone willing to help you identify these spring gifts. Never harvest and eat anything that you cannot identify with certainty.

May Phenology

Shannon Judd,
FDL Environmental Program

This year has proven difficult to know what to expect. The unending winter has held off the return or emergence of some wildlife, kept the lakes iced over longer, and left some wondering where they took a wrong turn on their migration north. Birds that have returned, especially those that rely on worms and bugs, are experiencing hardships finding food under the deep snow. So what can we expect in May? Well, assuming winter gives up its grip, we will see a lot happening all at once.

Omakakiig and Babiigomakakiig (Frogs and Toads): One sure sign of spring is the sound of omakakiig and babiigomakakiig. Typically, you can hear the first calls around mid-April. As of the writing of this article, no frogs have been heard, not even the wood frog. Wood frogs are typically the last to go into hibernation and the first to come out. They are very cold tolerant and have a special antifreeze in their blood that keeps their cells from freezing completely. If you are interested in learning which frogs and toads are calling in your neighborhood, there are various websites that have soundbytes of Minnesota's common species.

Keep your eyes out also for Marsh Marigolds. They are the beautiful yellow flowers you see flourishing in wet areas, including many of the wet ditches around Nahgahchiwanong (Fond du Lac). Marsh marigolds are one of the first wildflowers to bloom in the spring.



Marsh Marigolds, photo by Niki Crowe

Minnesota Master Naturalist Program

By Staff

Late last summer Nikki Crowe, 13 Moons Program Coordinator, Shannon Kesner, FDL RM Wetland Specialist, and Shannon Judd, FDL RM Environmental Educator along with Courtney Kowalczak from FDLTCC Environmental Institute trained to become Minnesota Master Naturalist instructors. As the newest 13 Moons Master Naturalist instructors we will be holding class June 17-21 to teach others about conservation stewardship. The class will be held at the

Cloquet Forestry Center to include a mix of classroom learning, field trips, and activities to steer new volunteers with ideas and lessons in conservation stewardship. This class includes teachings on traditional ecological knowledge and ethnobotany of the Ojibwe tribes of the North Woods, Great Lakes biome of Minnesota.

The Minnesota Master Naturalist program is a volunteer program that promotes exploring, learning, and conserving Minnesota's natural history. The mission of the Minnesota Master Naturalist

Program is "to promote awareness, understanding, and stewardship of Minnesota's natural environment by developing a corps of well-informed citizens dedicated to conservation education and service within their communities."

For more information on the schedule or scholarship information contact Nikki Crowe at (218) 878-7148 or nikkicrowe@fdlrez.com or visit the Minnesota Master Naturalist website: <http://www.minnesotamasternaturalist.org/>

Upcoming Events:

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

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College and Fond du Lac Resource Management.

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons *By Charles Smith*

Consonants used in Ojibwe make nearly the same sounds that they do in English.

The Vowels are a little different though. Here they are:

i = ih (like the 'i' sound in 'it')

ii = ee (like the 'e' sound in 'see')

o = o (like the 'o' sound in 'oh')

oo = oo (like the 'o' sound in 'boo')

a = ah (like the 'u' sound in 'but')

aa = aa (like 'a' sound in father')

e = ay (like the 'a' sound in 'say')

Basic Rule for Ojibwe:

Odasabii. S/he has nets
Odasabii ina? Does s/he have nets?

Yes or no questions have word 'ina' in it. This 'ina' word is always said as the second word in the sentence. Here are some more examples.

Oninasabii ina?

Is she getting the nets ready?

Gidooninasabii ina?

Are you getting the nets ready?

Naadasabii ina?

Is s/he checking the net?

Ginaadasabii ina?

Are you checking the net?

Ziibaaskobijige ina?

Is s/he setting a net under the ice?

Giziibaaskobijige ina? Are you setting a net under the ice?



BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

NOTE: Miigwech to Tammy Nykanen and Doug Diver for noticing last month's puzzle was missing a couple of words! Here is a new word search to try with the same words!

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

Ojibwe Wordlist

DAKAASIN
MINOGIZHIGAD
MIZHAKWAD
NINGWAANAKWAD
GISINAA
AWAN
GIZHAATE
GASHKADIN
NIISKAADAD
GIMIWAN
OZHAASHAA
ZOOGIPON
ANIMIKIIKAA
AABAWAA
NOODIN



Community News

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

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on May 17, 2013 for the June 2013 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy birthday **Dorian Mainville** (May 7)
Love, mom, dad, Devin, Dawn, Darlyn, and Jr. We love you

Happy birthday to my sons **Jason and David Clark** (Apr. 16).
Love, mom

Happy birthday to my grandson **Kolten Clark** (Apr. 23)
Love, grandma

Happy birthday to my grandson **Torii Weske** (Apr. 24)
Love, grandma

Happy birthday to my granddaughter **Destiney Isaacson** (Apr. 27)
Love, grams

Happy birthday to my daughter **Laurie Hansen** (May 16)
Love, mom

Happy birthday **Nancy Seppala** (May 7), 29 and holding.
Love, your family

Happy birthday to **April Anita Petite** (May 2) she will be 24. We wish you a wonderful day.
Love, mom, Dave, Matt, Dez, Amber, Beana, James, and Royce

Happy birthday to **Amber-Lynn Petite** (May 16) she will be 20. We wish you a wonderful day.
Love, mom, Dave, Matt, Dez, April, Beana, James, and Royce

Happy birthday to **Matthew Ray Petite** (May 29) he will be 26. We wish you a wonderful day.
Love, mom, Dave, April, Dez, Amber, Beana, James, and Royce



Happy 11th birthday **Chey'Lee Abramowski** (Apr. 25). We love you and you are the best sister ever.

Love, mom and Pete, dad and Shannon, and all of your sisters and brothers. Mino Dibishkan

We would like to wish a very happy birthday to "The Baby" **Deja Mae DeFoe** (May 6), who turns 17. We love you so much.
Love, mom, dad, cuddles, Herby, Cornell, Lenny, squiggly, Micheal, Jackson, munchy and Marley

Happy 18th birthday to **Tanaya Smith** (May 20).
Love, auntie Judy, Billie, and Deja

Happy 9th birthday to **Justice Paro** (Apr. 21).
Love, dad, mom, Jezlyn, and Monica

Wishing our little sister, **Linda Dunaiski** (May 29), a very happy birthday.
Jay and Sue

Happy birthday to our mom, **Linda Dunaiski** (May 29). Hoping your kids don't borrow as much money from you this year.
Love, your pet and human family

Happy birthday to my brother **Joe Martineau** (May 22) out in Oregon. Love and miss you brother.
Love, your sister, Lynn

We wish our incredibly wonderful, amazing, fantastic mom, **Pat Ells** (May 5), a happy 80th birthday. We so appreciate you and are blessed because of you and your love.
We love you mom: Jim, Susan, Julie, Robin, Chuck, Betsy, and Tedd

Happy 5th birthday **Chazz Martineau** (May 22).
Love, mom, dad, Courtney, Cameron, Tanisha, Tamara, and Talayah



Happy 35th birthday **Junior Korby** (May 21).
Love, Danielle and kids

Happy 17th birthday to **Deja Mae (Defoe)** (May 6).
Love, grandma Judy, grandpa JD, and princess

Happy birthday daddy, **Shayne Thompson** (May 17)
Love, Shaydon and Shayna

Happy birthday **Maggie Defoe** (May 17).
Love you mom, Josie, and kids



Happy birthday wishes to **Owen Wilton** (May 2) 20 years young. You are my sunshine, my everything.
Love, mom

Happy late birthday to **Tammy Nykanen** (Apr. 18) the greatest mother, sister, daughter, aunt. Wishing you the greatest happiness, always.
Love mom, dad, and all your loving family



Happy 12th birthday **Tristin Paulson** (May 28).
Love, mom, uncle Chewy, Kyleigh, and Tono

Happy birthday auntie **Julie Abramowski** (May 27)
Love, Tristin, Kyleigh, and Tono

Happy birthday sister, **Julie Abramowski** (May 27)
From, Robin and Chewy

Happy birthday to my beautiful baby sister **Rosemary (Blanchard) Bridge** (May 12). I love you.
Hugs, Ellen

Happy birthday to mom, granny **Violet Reynolds Wyner** (May 31)
With much love from your favorite daughter and family

Happy Birthday to the following May birthdays: **Darlene "Mouse" Diver** (May 3), **Nancy Seppala** (May 7), **Dawn Reynolds** (May 10), and **Jerry Ojibway** (May 27).
From, Tick

Happy 25th birthday to my beautiful daughter **LaTaya Peacock** (May 19).
I love you, mommy

Happy birthday to the following April belated birthdays, **Virginia Chatterlays** (Apr. 20), **Bonita Rosita Barney** (Apr. 23), **George "Fritz" Reynolds** (Apr. 23), and **Eugene "Eny" Reynolds** (Apr. 25).
From, Vi-o-let

Happy birthday to my wonderful husband, **Taj Wise** (May 18) IFLY babu
Love, your wife

Happy birthday to **Sonny Hain** (May 11). You are the best gift a mom can get on her birthday. You are a blessing. Have a wonderful day.
Love you son, mom

Happy birthday brother **Sonny Hain** (May 11), from all your sisters.
Reyna, Renae, Remy, and Reyn-anna

Happy birthday daddy **Sonny Hain** (May 11)
From, Sylas and Ashley

Birth Announcement

Introducing the newest Fond du Lac Band Member, **Monica Kay Paro**, born on Apr. 5, 2013 to Jarvis Paro and Margaret Defoe, she has two big sisters, Justice, and Jezlyn



Winona and Merlin Deegan Jr. would like to welcome their daughter **Veronica Marie Deegan** born Mar. 19 at 12:50 a.m.
Love, mom and dad

Congratulations

Congratulations to **Ken Fox III** who was recruited to play for AAU MN Magic 3rd grade boys' basketball team.



Congratulations **Nancy Seppala** on finally retiring from the Black Bear Casino after 22 years. Enjoy your time off.
Your family



Thank You

Chi Miigwetch to everyone who attended my surprise Retirement Party on Mar. 15. I especially want to thank the "Ringleaders" (and you know who you are) who somehow, someway, managed to truly keep it a surprise. To the folks who spoke so kindly of me and my work for the past 17 years as the Scholarship Director and for all the beautiful gifts I received, in particular, the Pendleton Blanket. I want to send a huge shout out to Veronica Smith, my right hand person all those years, for your hard work, dedication and loyalty. Always know how much I appreciated each day we spent together. And to all the "Wing Dingers" you all brought a special gift to our "Wing" which I will always treasure.

To the RBC and Chuck Walt, know that I am grateful for your support and for allowing me to assist our Band members as they pursue their higher educational goals. We may have had our differences on the delivery of services but we all worked diligently for the same end result, "graduation."

To my loving husband, Ron Hagland who tolerated my many late nights at the office, love and gratitude always. And finally, to all the students who were provided help from the Scholarship Office I applaud your success and for those who may not have met their educational goals please don't give up. Opportunities will always be available to you whenever you're ready to return. My 44 year career advocating for higher education opportunities for

native people was an incredible ride and I will always be grateful to those who provided me with guidance, support, and friendship.

Giga wah bah min. Bonnie Wallace

Memorial

In loving memory of my husband **David "DA" Abramowski**. It has already been 2 years (May 5) since you left us to join mom and dad. There's not a day that goes by that you aren't in our thoughts. Dave, you will always and forever in our hearts. We miss you so much.

Love, Renee Dakotah

Obituaries

Yvonne Marie (Gouge) Swanson, passed away peacefully on Mar. 19 in Green Bay Wisc., surrounded by her three sons and sister, Marge. Yvonne (Nana) former resident of South Milwaukee and Greendale, Wisc. was born July 9, 1938. Preceded in death by husband, Carl Swanson, mother, Madeline, father Wilfred Gouge, and sister, Janet Gouge.

Proud and loving mother of Michael (Janice) Swanson, Thomas (Judy) Swanson, and John (Tammy) Swanson. Beloved and cherished Nana of Melissa Swanson, Jennifer Swanson, Jeffrey (Megan) Swanson, Andrea and Nathan Swanson, John and Matthew Swanson, and one great-grandson, Theo.

Further survived by Wilfred and Dianne Gouge, Mavis and Dave Kowalski, Marge Kalfsbeck, and Charles and Marjorie Gouge, and dear loving friend Betsy Swanson.

Yvonne was a retiree of Chrysler Corp, Joy Global, and NWTC.

The Family wishes to express heartfelt thanks to Green Bay Oncology, Dr. Ryan, and all the staff.



Mike's Bar Lounge Women's pool League Champions four years running 2013, 2012, 2011, and 2010.
Great job ladies

Homes For Sale

For Sale, Small 2 bedroom house, 2 years old with new construction. Close to town for \$50,000 or best offer. For more info call Randal (218) 879-0001.

ATTENTION FOND DU LAC BAND MEMBERS HOMES FOR SALE

The Fond du Lac Development Corporation has two (2) homes "For Sale" available to Fond du Lac Band members to be used as their primary residence. The sale of these homes will be by sealed bid, bids will be accepted from Apr. 29, 2013 until 4:30 p.m. on May 28, 2013. Bids will be opened on May 29, 2013 and presented to the Fond du Lac Development Corporation on June 5, 2013 for discussion. Two days are scheduled for viewing of the home, May 7, 2013 from 9 a.m. until 12 p.m. and May 9, 2013 from 3 p.m. until 6 p.m. Outside financing by the bidder is preferred but does not guarantee the sale. Financing from Fond du Lac Development Corporation may be provided to qualified bidders. Band members will be limited to bidding on one (1) home only. Complete bidding instructions, home descriptions, and open house dates will be available in the Purchasing/Marketing Department located at the Tribal Center. The addresses for these homes are as follows.



9259 Our Road, Brookston
(minimum bid \$135,000.00)



#32 FDL Homes, Cloquet
(minimum bid \$88,962.00)

For questions contact Jack Bassett (218) 878-8043 or Roberta Fox (218) 878-2620.

Waabogoni-giizis - Flowering Moon – May 2013

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FDLOJS Powwow May 8, 5 p.m.		Enrollee Days June 28 & 29, 2013	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Adult game day 12:30 p.m. CCC FDLOJS swim class 3:15 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC	Matter of Balance class 9:30 a.m. CCC Simply Good Eating 12 p.m. CCC Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Youth dodge ball 3:15 p.m. CCC FDLOJS scuba 3 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Adult dodge ball 12 p.m. CCC Arts & Crafts 2:30 p.m. SCC Youth open swim 3 p.m. CCC Teen dodge ball 4:30 p.m. CCC	Adult golf 9:30 a.m. CCC Beading 11:30 a.m. CCC Adult/child tourney 1 p.m. SCC
Water aerobics 10 a.m. CCC Volleyball nets up 10 a.m. CCC Beading 11:30 a.m. CCC Bean Bag tourney 1 p.m. SCC	Elder exercise 9 a.m. CCC GED 10 a.m. DC Yoga 12 p.m. MNAW Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GED 12:30 p.m. BCC Water aerobics 5 p.m. CCC Girigaan Garden Class 5:30 p.m. CCC AA/NA 12 p.m. TRC	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC OTM pickup 12 p.m. CCC Adult game day 12:30 p.m. CCC FDLOJS swim class 3:15 p.m. CCC Youth dodge ball 3:15 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC 52+ Elder mtg 5 p.m. CCC GED 5:30 p.m. SCC FDLOJS Powwow 5 p.m.	FDL Memorial Day Centers closed	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Matter of Balance class 9:30 a.m. CCC Adult dodge ball 12 p.m. CCC Youth open swim 3 p.m. CCC Teen dodge ball 4:30 p.m. CCC	Adult golf 9:30 a.m. CCC Beading 11:30 a.m. CCC Pool tourney 2 p.m. SCC Movie (TBA) SCC
5	6	7	8	9	10	11
Water aerobics 10 a.m. CCC Volleyball nets up 10 a.m. CCC Beading 11:30 p.m. CCC Mother's Day Brunch 1 p.m. SCC	Elder exercise 9 a.m. CCC GED 10 a.m. DC Yoga 12 p.m. CCC Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR GED 12:30 p.m. BCC Gitigaan Garden Class 5:30 p.m. SCC Water aerobics 5 p.m. CCC AA/NA 12 p.m. TRC	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Adult game day 12:30 p.m. CCC FDLOJS swim class 3:15 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC Plinko for prizes 5 p.m. SCC GED 5:30 p.m. SCC	Get Fit 12 p.m. CCC GED 12:30 p.m. BCC RBC Open Meeting 1:30 p.m. SCC FDLOJS scuba 3 p.m. CCC Youth dodge ball 3:15 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Adult dodge ball 12 p.m. CCC Teen dodge ball 4:30 p.m. CCC Crafts 5 p.m. SCC Cheryl Crow 7 p.m. BBCR	Adult golf 9:30 a.m. CCC Beading 11:30 a.m. CCC Arts & Crafts 2:30 p.m. SCC
12	13	14	15	16	17	18
Water aerobics 10 a.m. CCC Beading 11:30 a.m. CCC Elder Brunch 11 a.m. BBCR Community BBQ & games 1 p.m. SCC Elder theatre 2 p.m. Encore Theatre	Elder exercise 9 a.m. CCC GED 10 a.m. DC Diabetes group 12 p.m. CCC Cribbage 5 p.m. CCC Water aerobics 5 p.m. CCC Aikido 6 p.m. CCC	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12:30 p.m. BCC Gitigaan Garden class 5:30 p.m. CCC Water aerobics 5 p.m. CCC Cribbage 5 p.m. SCC AA/NA 12 p.m. TRC	Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Adult game day 12:30 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC 52+ Elder mtg 5 p.m. CCC GED 5:30 p.m. SCC	Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Youth dodge ball 3:30 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Adult dodge ball 12 p.m. CCC Teen dodge ball 4:30 p.m. CCC Crafts 5 p.m. SCC	Adult golf 9:30 a.m. CCC Beading 11:30 a.m. CCC Adventure Zone 2:30 p.m. SCC Horseback riding SCC (must sign up)
19	20	21	22	23	24	25
Water aerobics 10 a.m. CCC Beading 11:30 a.m. CCC World of Wheels 2:30 p.m. SCC	Have a safe Memorial Day Centers closed	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW GED 12:30 p.m. BCC Gitigaan Garden class 5:30 p.m. BCC Water aerobics 5 p.m. CCC AA/NA 12 p.m. TRC	Movie in Duluth SCC Elder exercise 9 a.m. CCC Elder concern 10 a.m. CCC GED 10 a.m. DC Adult game day 12:30 a.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC GED 5:30 p.m. SCC Sobriety Feast 6 p.m. CCC	Get Fit 12 p.m. CCC GED 12:30 p.m. BCC Youth dodge ball 3:15 p.m. CCC Water aerobics 5 p.m. CCC GED 5 p.m. CCC GED 5 p.m. DC	Water aerobics 8:15 a.m. CCC GED 11 a.m. SCC Adult dodge ball 12 p.m. CCC Crafts 5 p.m. SCC Plant giveaway set-up.	June 1 Plant Giveaway Natural Resources garage 8 a.m. until gone.
26	27	28	29	30	31	

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