

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Darnell Diver (left), Antonio Northrup (center), and Starr Shabaish (right) dancing at the Dagwaagin Powwow at the FDLOJS Sept. 25.

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Local news

FDLHS wins several awards

Congratulations to the following Fond du Lac Human Services staff on being awarded a 2015 IHS Bemidji Area Director's Award:

• The 2015 Area Director's Information Technology Award program category was awarded to the FDL Human Services medical staff and technology team for exceptional performance, cooperative spirit, optimistic attitudes, and outstanding work efforts during the upgrade of the electronic health record system. Congratulations to Carolyn Ansell, Gregory Ash, Farrah Bennett, Jamie Bjerkness, Scott Bodin, Patrick Boyle, Darrell Brown, Lauren Carlson, Stacy Colich, Naomi Conley, Christine Davis, Marla DeWitt, Amber Dougherty, Cody Erickson, Chris Foss-Tietz, Heather Frisk, Julie Furnas, Renee Gibbs, Brenda Graden, Jennifer Hall, Judy Harper, Mary Johnson, Charles Kendall, Kirsten Kortesma, Lynne Kosmach, Mary Jo Koszarek, Lyman LaFave, Jennifer Larson, Jaclyn McDonnell, Gloria

Mirkovich, Amanda Murray, Meghan O'Connell, Gina Olson, Heather Olson, Barbara Ostman, Barbara Powell, Magdalena Reynolds, Debra Rissanen, Alyssa Savage, Terry Setterquist, Lisa Shepard, Alyssa Sobczak, Mollie Stapleton, Amanda Thompson, Christina Thompson, Elisabeth Thomsen, Shela Tormanen, Lorraine Turner, Luci Underwood, Arne Vainio, Elizabeth Viche, Kevin Walsh, Cara Walt, Roxie Wefel, Jamie Wise, Jonathon Gervais, Jennifer Boyle, Teresa Backus, Joseph Quade, Anita Aggerwall, Joel Hintsala, Louise Sather, and Robert Kidd

- The 2015 Area Director's Outstanding Tribal Health Employee Award was awarded to Ms. Lori Skog-Gourley for outstanding dedication and service as a pharmacy technician at Fond du Lac Human Services
- The 2015 Area Director's Health and Wellness Award, individual category was awarded to Mr. Richard Colsen for the provision of exemplary leadership that

promotes health and wellness in the Fond du Lac Community

- The 2015 Area Director's Health and Wellness Award, Program Category was awarded to Tagwii Recovery Center staff for the provision of services in a safe environment that promotes spirituality and wellness for individuals and families pursuing a sober lifestyle. Congratulations to Richard Colsen, Jeff A. Howes, Patti Dupuis, Jessica Grimm, Michael Munnell, Becky Robinson, Clarence Rainey, Deb Palonis, Rochelle Goodrich, Toni LaFave, Russ Abell, James Stoops, Cara Walt, and Dawn Shoberg
- The 2015 Area Director's Information Technology Award, individual category was awarded to Mr. Chad Balcer for excellent attention to detail and drive in pharmacy technology and business. Congratulations to all of the awardees. Thank you for your hard work and dedication to improving the health and well-being of the Fond du Lac community.

Jaakola wins Professional of the Year award

On Sept. 20, the National Alliance on Mental Illness Minnesota awarded Julia "Bunny" Jaakola its Professional of the Year Award. The award recognizes a professional or staff person who provides high quality services, exemplifies best practices and demonstrates commitment to the field.



For over 25 years Bunny has served as an outstanding Tribal employee who has established several model programs that address the most urgent health and social needs of her fellow community members. She has supervised countless undergraduate and graduate students through their field placement activities and has inspired them to work in their many respective American Indian communities. Known as a tireless administrator, her positions have nearly always required her to supervise more than 30 employees while managing numerous grants. She has served on many important boards, commissions, and committees where her leadership on many urgent policy initiatives provided invaluable input. Recognized foremost as a team builder and team player, Ms. Jaakola's efforts have led to unprecedented cooperation and collaboration between her Tribe and other governmental entities.

Bunny was congratulated on her award at the annual Fond du Lac Human Services All Day Staff Training. Congratulations Bunny!

Nahgahchiwanong Dibahjimowinnan

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

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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

Princess/Brave Dagwaagin Powwow

Story and pictures courtesy of
Maria Defoe

The Nah gah chi wa nong Ojibwe giikinoo'amaadiwigamig (Fond du Lac Ojibwe School) held the annual Princess/Brave Dagwaagin Powwow on Sept. 25. Students from kindergarten to 8th grade competed for a chance to represent the Ojibwe School for the 2015-2016 school year.

Students had to complete an essay, a speech in Ojibwemowin, and dance competition. There were eleven students who competed this year. The winners who represent the school as our royalty, also travel to powwows and do what they love to do, dance!

The new 2015-2016 Royalty is: Darnell Diver: Brave; Antonio Northrup: Junior Brave; Starr Shabaiash: Princess, and Allejha Martinez: Junior Princess. Congratulations to the winners and their families. The school would also like to congratulate all those who participated in the competition. The Master of Ceremonies and Spiritual Advisor was Frank Goodwin. The head dancers were Herb Fineday and Patti Savage. The host drum was Cedar Creek Singers and the arena director was Jaimie Petite.

There were two grand entries, feast, hand drum competition, Men's Traditional and Women's Old Style Jingle contest in the evening session. The winners of the evening session were: Men's Traditional 1st place: Solomon Trimble; 2nd place: Vito Buckanaga; 3rd place: Frank Gurno.

Women's Old Style Jingle: 1st place: Misty Morrow; 2nd place: Adele Morrow; 3rd Place: Morningstar Shabaiash

Hand Drum Contest Winner:
John Morrow



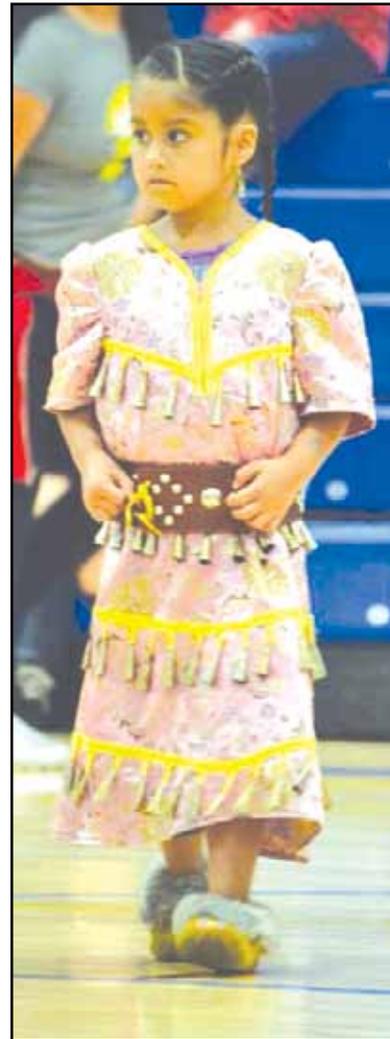
Men's Traditional 3rd Place, Frank Gurno, 2nd Place Vito Buckanaga, 1st place Solomon Trimble



Women's Old Style Jingle 1st place Misty Morrow, 2nd place Adele Morrow, 3rd place Morningstar Shabaiash



The crowns and medallions were made by Dawn Ammesmaki and the sashes were made by Vicki Oberstar



Allejha Martinez dancing at the powwow.



FDL foresters win Forestry Conservationist Award

Steve Olson and Christian Nelson, Fond du Lac Foresters, were presented the Forestry Conservationist Award to recognize their ongoing efforts in addressing forest health and diversification, water quality, invasive species control/eradication, and wildlife habitat on the forested land they actively manage. Barb Dahl, Carlton County Soil and Water Conservation District Supervisor, presented the award at the Annual Awards Banquet in Carlton. The award was sponsored by the Cornerstone State Bank. Leona Carlson is the Vice President of the bank.

Injury Prevention Coordinator receives TZD Award for 2015

On Sept. 3, KaRee Lockling was selected as Minnesota's Toward Zero Deaths (TZD) 2015 recipient of their Child Passenger Safety (CPS) Star Award. This award honors outstanding efforts in the CPS community to reduce traffic fatalities in Minnesota. She received the award at a ceremony held at the statewide TZD conference held on Oct. 29 in St. Cloud. KaRee's commitment to child passenger safety is demonstrated through her carseat classes and clinics held throughout the year. Her commitment to Fond du Lac has impacted the safety and health of community members for generations to come.

A few thoughts from RBC members

From the Chairwoman

The Fond du Lac Police Department will be coming to each community center to help start neighborhood watch programs. They will be looking for volunteers. If you are interested in finding out about how a neighborhood watch program works, and to see if you can help, please watch for postings for your community center. There will be training and other assistance coordinated by the police department. This is a concrete step that people can take to be a part of making our community safer.

Fond du Lac just renewed its investment as a partner with Cloquet and other jurisdictions in the Cloquet Area Fire District. When it was first created, the Band was interested in creating a more stable and reliable way to get fire protection and emergency services to our citizens. Many were only being served by volunteer fire departments. The creation of the fire district allowed for all of the Reservation to be included in the service area, giving us access to a 24 hour a day professionally staffed department.

In a recent meeting with City of Cloquet officials, this was used as an example of creative ways we can serve all of our citizens. We agreed that ongoing conversations would be useful as the opportunities are limitless. Ideas right off the top of our

heads were joint trainings for law enforcement, and better coordination of infrastructure projects like roads. We agreed that the health of our communities is intertwined. It is in all of our interests to see how we can better coordinate services and opportunities to all of our citizens. We look forward to continuing this conversation, and appreciate the new attitude of mutual respect and cooperativeness.

In order to keep pace or ahead of the current labor market, and to make sure that all our employees know that they are valued, the Reservation Business Committee adopted a minimum wage of \$10 (ten) dollars per hour for non-tipped positions. The Reservation continues to offer a very

competitive benefit package also, and prioritizing full time employment. In the near future, the RBC will also be analyzing tipped positions to see if adjustments are needed. It was an important step to make in order to make sure that our workforce understands they're important in making Fond du Lac a successful community. Thank you to all our employees for your service to the programs, services, and enterprises of the Fond du Lac Band.

Please let me know if you have any questions or comments at (218) 878-2612, or karendiver@fdlrez.com.



Karen Diver

Boozhoo,

I hope that you are enjoying the fall as much as I am. I just cut my lawn for the last time this year, I hope, as there are more than enough projects to keep me busy well into winter.

Over the past several months the RBC has been discussing the issue of a livable minimum wage. The issues have not been all settled yet but for most employees it should be done. We instituted a \$10/hr minimum wage for most positions. If your job pays more than that you will not see any difference in your paycheck. If you receive less than \$10/hr you should see an increase shortly. This decision, although not complete, was not an easy one to make as the cost will be over \$1 million for the year. We continue to discuss the tipped positions and have not come up with an equitable solution yet.

We are about to lessen our carbon footprint. A few years ago the RBC signed on to the Kyoto Protocols. That means that we promise to reduce our use of fossil fuels by 2020. We have changed out most of the light bulbs to more energy efficient halogen bulbs throughout our buildings and parking lots and now there is going to be a solar site going online at the back entrance to the casino. The site will not produce all the energy needs to take the casino off the grid, but it should significantly reduce our monthly bill and ultimately our usage. This project is being funded

with outside money through Resource Management and has the potential to help with lowering electrical usage throughout the Reservation in the future.

The RBC has begun another project in the Twin Cities to deliver additional services to help fill a gap for the Native population there. The RBC is in the process of purchasing another building to address this need. Several years ago the RBC opened a pharmacy to help fill a void that existed. The past operation has indicated a need for increased services and we are trying to address it.

The last thing I would like to mention this month is my sister Cathy. She was in a coma for almost 5 weeks in intensive care. During that time our hope that she would come out of the coma began to lessen with each day. We continued to pray that she would be ok but our prayers seemed to not be enough. But as people became aware they began to add her to their prayers and it all helped. Cathy woke up. She is not out of the woods yet but she is on her journey back to her home. Thank you for all the prayers and well wishes because they certainly helped.

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.



Ferdinand Martineau



*FDL Elders enjoying this year's Elder's dinner.
Photo courtesy of Linda Dunaiski.*

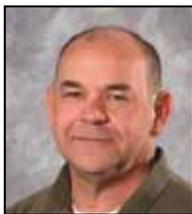
RBC Thoughts (continued)

Cloquet News

Hello All

I have received a number of calls related to the Cobell Land Buy-Back Program for Tribal nations. Recently, Patti Dufault was hired to oversee this program and is now on board and hoping to hear from anybody that has questions or concerns about their land situation. As such, Patti has asked me to offer the following statement. Please feel free to contact either Patti here at FDL or Amanda in our Twin Cities Urban Office.

"We are excited to announce our involvement in the Cobell Land Buy-Back Program for



Wally Dupuis

Tribal Nations. Our Outreach staff is currently reaching out to all of our Fond du Lac Band members with fractionated interests in land. If you are unsure about your land or would like to learn more about how you and your family may be impacted by land fractionation, please contact our outreach staff: Patti Dufault (218) 878-7361 and/or Amanda Linden (612) 871-1574."

We have begun the demolition and site prep for the new clinic/CAIR facility in Duluth. This seems to be coming along with just a few hiccups such as permits for blasting and disposal of debris. I believe they will be working well into the winter months to finish this project in a timely manner.

I attended the Employee appreciation banquet at the Black Bear Casino Resort recently. It is truly a well-deserved event for our staff at Black Bear and Fond-du-Luth. We have a number of long term employees as well as new employees that all work hard and dedicate their service to the facilities. Thank you all.

Our Cloquet Community Center has the following message and information they would like to share:

- The after school program is up and running and we have over 80 youth participating. We are not closing enrollment so if you have a youth you would like to refer please call the CCC
- The Blandin Foundation has provided the CCC with several electronic devices

that we will be using for our afterschool reading program. Youth that participate will be receiving incentives for participating

- The Native Youth 4-H Mentor program has started and the class meets on Wednesdays throughout January. Phil Petite is the CCC staff person that is working with our mentees. In addition, Phil has recruited several community people, including Elders, for paid mentor positions. We still have openings for youth
- We are looking for donations of swimwear for youth of all ages, both male and female, as well as towels for our open swim time on Fridays
- Swim lessons are underway The days of the week are Wednesdays and Fridays from 5:30 to 7:30 p.m. We are also

offering a beading class at the same time for adults

- Sunday, October 25 was our Basketball tournament. Jordan Diver facilitated the event for the CCC. We also had a chili and bread cook off at the same time so we hope you were able to attend and enjoy the fun. Thank you CCC staff for all you do for our community.

As always, please feel free to contact me anytime. Office (218) 878-8078, cell (218) 428-9828, or email wallydupuis@fdlrez.com

Etc.

FDL Tribal College 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's vision is to provide the highest standard of post-secondary educational opportunities for Fond du Lac members. In addition, the Board supports and encourages the continued teaching of our Ojibwe language, culture, and history and the establishment of vocational-technical training programs.

Interested individuals should submit their name and a brief biography to R. Sonny Peacock c/o the Fond du Lac Tribal College, 1720 Big Lake Rd.,

FDL Tribal Center, Cloquet, MN 55720 This position is open until filled.

For further information contact Sonny at robertpeacock@fdlrez.com or call and leave a message at (218) 878-7504.

Miigwech

Pizza, crafts, and carseat safety

The Community Health Services Department and Cloquet Area Fire District will be holding a carseat safety clinic on Nov. 17 at the Perch Lake Town Hall on 2779 Big Lake Road from 4 to 6 p.m.

Healthy choice pizza will be served, along with fun craft activities for the children by the staff from Prevention and Intervention. Have your carseat checked and you'll be entered in a drawing for booster and carseats. Drawings

will be held every 15 minutes.

This event is sponsored in collaboration with the Fond du Lac Injury Prevention Program, Fond du Lac Statewide Health Improvement Program, Fond du Lac ClearwayMN Tobacco Education/ Policy Program, and the Cloquet Area Fire District.

Cold weather rule

The Cold Weather Rule (CWR) was designed to help low-income families keep their power and natural gas services during the coldest parts of the year. The CWR only covers metered fuels such as electricity and natural gas. Delivered fuels such as propane, oil, and bio fuels do not fall under the CWR.

Protection under the Cold Weather Rule is not automatic. Many people tend to believe that the energy companies cannot shut them off in the winter. This is not true. If a client does not pay their bill, they can and will be shut off.

To qualify for the Cold Weather Rule, households need to contact their electric or fuel vendor and request to be placed on the program. The company will make a payment agreement with you that is valid to Apr. 15. As long as the customer continues to make the agreed payment on time, their power or gas will remain on. If the client breaks the rule because of non-payment, the fuel vendor may cut the power or gas and they don't have to make additional agreements with the customer. If power or gas is cut, companies request

that the bill be paid in full before things are restored. There also will be additional fees for the shutoff, and turning things back on. If a customer is on the CWR and can see that they will miss the payment, it is best to call the company right away. Companies will help you negotiate a new payment date if possible.

After Apr. 15, any amount unpaid becomes due. The client can be shut off at this time. It is best if the client contacts the company before this date to arrange to pay the cost of any additional fuel or power used over the winter.

Fuel and electric companies want to work with the customers. If a customer is having trouble making a payment, it is important that they contact the power or gas company before they are shutoff. Contact your power company for information on signing up for the CWR. Local power and gas numbers are MN Power (218) 722-7625, Lake Country Power (800) 421-9959, Minnesota Energy Resources (800) 889-9508, Superior Water Light and Power (715) 394-2200. If you need help completing the application call Joan at (218) 878-2658 or Patti Jo at (218) 878-2603.

13 Moons cancels powwow

This is notification that the Gichi Manidoo Giizis Pow Wow that has been held at Otter Creek Convention Center has been cancelled for January 2016. The Thirteen Moons program is always looking for the

best ways to continue building collaborations between our college, Tribal, state, and federal agencies as the Thirteen Moons Extension program furthers our Tribal college land grant mission by connecting individuals to natural resources, and to Ojibwe culture by highlighting the importance of natural resources in Ojibwe lives, language, and livelihoods. In 2016 we will continue this effort by prioritizing our budget through other avenues of outreach and education.

As you know, many programs and agencies contribute to the success of the Gichi Manidoo Giizis Powwow, we wanted to inform all past participants of our decision.

We apologize for any inconvenience however, and hope that you will see our decision positively and support it.

Even though we have cancelled the Gichi Manidoo Giizis Powwow, we intend to host upcoming events and workshops to bring Tribal, state, and federal agencies together in the upcoming year to help connect community participants to the agencies that help take care of the natural resources. Please follow our 13 Moons Ashi Niswi Giizisoo Facebook page for upcoming events and workshops.

Thank you and have a nice year ahead.

Sincerely, Nikki M. Crowe

Tribal Court notice of name change

In the Matter of the Name Change of SHAWN RUSSELL DAHL, petitioner. Case No.:



Suicide Awareness Memorial Walk

On Oct. 10, eighteen students from Fond du Lac Ojibwe School, a group from Mino wii jii win, and many others participated in the 7th Annual Suicide Awareness Memorial Walk. This event is held to remember loved ones lost to suicide and to educate for prevention. Hundreds of community members walked through Carlton with banners, ribbons, and special t-shirts to show their support for this cause.

Etc.

NC-002-15 Notice of name change.

Notice is hereby given that on October 7, 2015 an Order was issued changing the name of Shawn Russell Dahl, to Niiko Shawn YoungBlood.

Notice

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class III-Video and Class III-Blackjack at the FOND-DU-LUTH CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will

come before the Fond du Lac Reservation Business Committee in an Open Session on December 2, 2015, 9:00 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minnesota.

Notice

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class II Gaming, Class III-Video, and Class III-Blackjack at the FOND DU LAC BLACK BEAR CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The

review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on December 2, 2015, 9:00 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minnesota.

Asemaa "The Vessel Of Connection"

Come to the Gimaajii Art Gallery at 5:30 p.m. on Nov. 20, 2015 and see wonderful works of art.

There will be door prize drawings, food, and a chance to visit with friends. The show will be up from: Nov 20th,

2015 to January 4th, 2016 at 202 West Second Street, Duluth, Minn.

The Asemaa works of art will also be at the FDL Museum in January and at the Minneapolis Indian Center in February.

This Event Sponsored by Fond du Lac Human Services Division, ClearwayMN, and AICHO (American Indian Community Housing Organization).

Artists featured are: Carl Gowboy, Karen Savage Blue, Vern Northrup, Jonathon Thunder, Charles Nahgahnub, Wendy Savage, Larissa Greensky, and Robin Bellanger.

Attention Adult Band Members

The old AccelaPay (green colored) card program is being discontinued by US Bank as of December 31, 2015. If you believe that you have a balance on your old card, please call AccelaPay customer service at (866) 363-4134. Plan to use all funds or call customer service to request a check prior to December 31. Any funds remaining on your card after December 31 will be considered abandoned property and escheated in accordance with applicable law.

**Fond du Lac Human Services
Contract Health Services
has a new name...**

Purchased/Referred Care

*Call for answers to your PRC questions.
"I had an emergency room visit over the weekend, what do I do?"
"I have a follow-up visit for my referral, do I need to notify PRC?"
"Do I have to pick up my referral from PRC?"*

**Fond du Lac Human Services Division
Purchased/Referred Care
(218) 878-3733**

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Administrative Services Department



ATTENTION: ALL FOND DU LAC BAND MEMBERS

- ⊕ Do you own land within FDL Reservation?
- ⊕ Did you inherit land within FDL Reservation?
- ⊕ Unsure if you have inherited land?
- ⊕ Do you understand land fractionation and how it applies to you?
- ⊕ If you answered "Yes" to any of these questions, we want to help you understand your land and how it may be affected by fractionation.

Please contact: Patti DuFault, Outreach Manager (218) 878-7361
pattidufault@fdlrez.com
Amanda Linden, Urban Office Representative (612) 871-1574



**Happy Thanksgiving
Fond du Lac Elders**

From the Fond du Lac Reservation Business Committee

On November 2, 2015 \$60.00 will be distributed to each Elder 52 or over for Thanksgiving. The funds will either be deposited on your US Bank Focus card (if you receive your funds monthly) or as a check mailed to your address on file.

Happy Thanksgiving!



Election News

Candidate Statements

By Zachary N. Dunaiski

The following position statements are from the candidates who are running for the positions of District II (Sawyer) representative.

A great quote that I will probably use for every election that I cover (which I hope will be several decades worth), is from Fran White when she ran back in 2012. She had submitted her statement and I had a few typos. She was very understanding and said, "What is most important about each candidate's statement is the message, not which words were misspelled." Please remember that as you read each candidate's statement.

Jodi Ammesmaki

Candidate chose not to submit a statement

Margaret Chiles

My name is Margaret Chiles and I am running for District II Sawyer Representative. I was born at Hayward Indian Hospital. My parents were Lawrence "Cactus" Aiken and Mercedes "Muxie" Buffalo. I've been married 44 years, and have four children, thirteen grandchildren, and two great-grandchildren. I am running for district representative because I feel that I have the qualifications that are needed to represent and help make a difference in our community.



Over the past thirty-plus years, I have gained useful experience and insight that I believe will be of much help in serving our band members. I was the office manager of

my husband's construction business, as well as employed in other customer-oriented office jobs. I understand the importance of being able to multi-task, problem-solve, and commit to seeing a project completed in a timely manner. My jobs involved interacting with customers one-on-one, listening to their input, and working alongside them to find real solutions to their problems.

As your district representative, I will work at building relationships throughout our communities. I value the input of each individual, and respect the opinions of our elders and believe they are a valuable asset.

As your representative I promise to bring fairness and transparency to our district. I will listen and respond to each individual's concerns. I believe that TOGETHER we can create a safe, thriving, healthy community for all of us.

Everyone who knows me can attest that I am a woman of my word and that I will follow through.

Please feel free to contact me with any concerns you may have. I look forward to talking with you!

A vote for Margaret Chiles on December 8 will be a vote for fair, committed, caring leadership. Thank you for your support!
(218) 409-5809

Dewey Dupuis Sr.

Hello, fellow Sawyer District members: My name is Dewey Dupuis Sr., I am asking for your support and vote in the upcoming District II Special Primary Election on December



8th. I am 43 years old and have been a Sawyer resident most of my life. I have held several different positions on this reservation. I worked as a surveillance operator at the black bear casino, a security officer for the reservation and a maintenance worker for the FDL housing department. I am currently employed by the FDL Tribal Police Department as a patrol officer with 12 years of experience in this agency. I received my Associate Arts degree in law enforcement through Fond Du Lac Tribal and Community College and completed my skills training through Hibbing Community College.

A few of my goals include:

- Addressing the drug issues plaguing not only our community but the entire reservation
- Expanding the elder/youth program and resources
- More economic development

in Sawyer

- Protection of our natural resources
- More employment opportunities
- Cultural revitalization
- Maintain our per capita payments
- Further the transparency and openness in our tribal government
- Monthly meetings at Sawyer Center

If elected as your Representative I will be a working council member. I will have an open door policy to listen to concerns and make sure you have a voice in our government. By working together we as a community will make a difference.

Please feel free to contact me with these or other issues you may have at (218) 409-2499 or by email at ddupuisr@gmail.com

Tara Kimmel

My name is Tara (Defoe-Miller) Kimmel and I was born and raised on Fond du Lac Reservation. I have continuously



worked either for the reservation or off, including 4 years for Natural Resources on Reservation, 10 years at Northwest

A special primary election for District II Committeeperson (Sawyer) on the Reservation Business Committee will be held on December 8, 2015. Location: Sawyer Community Center Date: December 8, 2015 Time: 8 a.m.-8 p.m.

Election News

Airlines and currently at SAPPI for the past 9 years. I moved to Montana for approximately 7 years while working for Northwest Airlines and learned about other Native cultures and communities and their struggles. The reservation gave me opportunities and made me stronger by overcoming the barriers in my path. I have taken the opportunities given to me and created a good life. I have learned how to walk both roads and would like the opportunity to help others navigate their paths forward. I feel that the drug and alcohol issue is one of the foremost problems our society faces. I believe that these people have lost their way. They no longer see a different way of life or why they should care. It is our job as a community to help change their way of thinking or give them something else to care about. It begins with leadership and setting a good example. It also comes with education and training, I believe that we need to teach people how to live a good life and value what they have, from simple things such as taking care of their selves and their family, it is then that we can empower our people to take care of our culture and communities. I would be honored to serve as a leader in our community and would appreciate your support in the upcoming election. Please feel free to contact me if you have

any questions.
Miigwech
(218) 409-5347

John Henry A McMillen

My name is John Henry A McMillen. I have lived and worked in the Sawyer community all of my life. As your representative for the Sawyer community some of the things I would propose are:

- A more democratic improvement of all walkways and entrances for the Elder people. They are our valued commodity and a necessary resource for our young people. We should respect them and help whenever possible.
- For the past year, there have been many robbery's that have occurred in Sawyer. The prime cause in most of them have been a large increase in the use of drugs. In order to buy the drugs, people must have money. To get money they have to have merchandise to sell. Hence, an increase in drug use. Too many of our young people have died as a result of drugs. We need a better system in police raids and enforcement of the proposed laws concerning drug use in Sawyer.
- Regular community meeting to be held on Wednesday.
- More enforcement in the Sawyer area. In the past there have been many people with

great ideas for improving Sawyer. But without the acknowledgement and enforcement of the laws, people are reluctant to speak out.

Unless people of Sawyer agree to speak out and enforce the rules and laws, there cannot be a change. Things have remained the same and many things have gotten worse. We have lost too much to continue on as we have. We have to speak as a whole and agree to make things better. Until that happens, there can be no change. Remember to vote for John Henry on December 8, 2015.

Russell Northrup

Boozhoo! My name is Russell "Russ" Northrup and I am seeking the office of Fond du Lac District II Representative, namely Sawyer (Gwabaiganing) Goals

IMPROVING existing Community Services & Programming
EXPLORING Economic Development & Growth
SUPPORTING Elder & Youth Resources
GENERATING communication on issues affecting us, the Fond du Lac Band of Lake Superior Chippewa



PROTECTING Treaty rights, Natural Resources & land base
REVITALIZING Ojibwe Language & Culture

These are just a few of my ideas & I would like to discuss your ideas on current issues. A reminder that we, as tribal members, need to weigh in on the Minnesota Chippewa Tribe Secretarial Election very soon also. I want to say Miigwech to those of you that I already have talked with.

We as a community can accomplish good things through communication and working together.

As a representative for the Sawyer community, my focus is strengthening our homeland. Let's do this!

I appreciate your vote for Sawyer.

Contact Info:
Russ Northrup
1290 Perch Lake Road
P.O. Box 87 Saywer, MN 55780
Ph: 612.356.0940
Email: rnorthrup57@hotmail.com

Connie Saaristo

Dear Sawyer Community Voting Members:

We currently have been given the responsibility to choose a new



leader for the Sawyer Representative in a Special Election. The Special Election provides for a December 8, 2015 Primary Election. After giving great thought and consideration I made the decision to offer my 64 years of experiences to this position. It takes someone who is versatile and can handle the demands of the job. Every election we hear the same promises from candidates. We see the beautiful colorful signs go up. The candidates become everybody's friend. My hope for our community is that we use our votes wisely and find the right leader. Keep in mind we are all brothers and sisters. It doesn't matter what your last name is. It is a crucial time for our community to choose the person who can offer a lifetime of experiences that give us the skills to do this job.

My name is Connie Higbee Saaristo. I have lived and worked on and off the reservation. It doesn't matter where you live the decisions made at the reservation will affect all of us. Communication is vital from everyone no matter where you live. Our voices must be brought forth. I have been told I have a strong voice (aka: big mouth). I guarantee I can back everything I say and do with all my heart and soul. The one promise I can make is you will get your money's worth by voting for Connie Saaristo on December 8, 2015

Election News

Special Election and again on February 9, 2016 Final Election. I will be contacting you with more about my qualifications. More importantly, I want to hear what is important to you. Please contact me at (218) 409-5137 or conniesaaristo@gmail.com.

Bruce Michael Savage

Vote for Bruce M. Savage Sawyer District Representative

- jobs will be created in the first year, guaranteed.
 - safety in the community will be addressed with Band Member input
 - ethical and fair treatment for those who are seeking help with substance abuse
 - I will advocate for an increase in per capita and a focus on Sawyer activities
 - Will problem solve and be present daily/available 24 hours a day (218) 393-6902
 - Increase community based services to address health, mental health and prevention activities for youth & children #SawyerLivesMatter
- Leadership characteristics:
Hard working: worked for



Fond du Lac Construction for approximately 15 years, currently I work for Fond du Lac Tribal College

Fearless and Bold: outspoken member of the Fond du Lac Ceded Territory Advisory Committee, active member of the St. Louis and Carlton County FSA Board member, small business owner for 20 years ~ Spirit Lake Native Farms.

Approachable: my mother Beverly Savage was born in Sawyer and married Richard Savage who was raised on Fond du Lac Reservation. Raised my family in Sawyer, I love the outdoors and I harvest during each season. You can find me usually working in my yard, working on cars for others and networking with on my cell phone. Graduated high school in Duluth and received my AA degree from Dunwoody College of Technology.

Dedicated : to the recognition of Treaty Rights to Retain the Right to Feed Our Families

Honest : Clean record with ethical practice and accountable

Thank you for taking the time to consider all your options for your next leader.

Your vote matters

#SawyerLivesMatter

Make it count!

Vote Bruce M. Savage for Sawyer District Representative
Miiqwetch !

Rodney Shabaiash

Candidate chose not to submit a statement

Brenda Shabiash

Boozhoo,

My name is Brenda Shabiash, I am running for Sawyer District Representative. My grandparents Mike & Susan Shabiash, my parents are Ben & Sandra Shabiash, who all lived and raised our family in Sawyer. Sawyer is the roots of my foundation. I say this because I grew up with many elders from our community. We are fortunate to have them, as they continue to show us what pride, discipline and respect for ourselves and others meant.

I'm going to be realistic with you; I'm not going to promise you things to win your vote. We all have been promised something in the past and how much has actually been fulfilled?

As the Sawyer District Representative, the number one priority is the district members. Whether on or off the Reservation, you must take the district members' concerns, issues and present them equally to get a



resolution that is fair across the board.

As you know, the District Representatives can get some things accomplished individually, but most things need to be worked on with the entire council to get approval. I will always return to you with an answer and inform you of the resolution to a concern, whether the decision is good or bad.

This is what I can work on:

1. Community watch program.
2. Garbage drop off or Community pick up-runs to dump.
3. Sawyer Community Center trainings- computer skills, CDL classes, certificate programs.
4. Baseball field & picnic area project.

It's time for the community to come together and be the community our elders would be proud of.

I can say, if elected "I will be there. I will listen. I will represent you." I can be reached at (218) 461-6076 if you would like to discuss any concerns.

Miiqwetch,

Brenda Shabiash

Daniel Zorichak

Greetings-Boozhoo,

My name is Daniel Zorichak. I've been married over 33 years, raised 3 daughters, and put them through college. My oldest daughter is married and I have one grandson.

I've been visiting FDL Reservation since the late 90's to attend the Powwows, Black Bear Casino, and to hunt & fish.

My brother Tom & I moved here permanently in 2013 to enjoy retirement. We were both given warm greetings and felt welcomed right away. We thank you.

Being 'new' to the area has it's advantages, such as coming to the area with a new outlook & energy, seeing things from a fresh perspective that will help create change.

Sawyer is a small community and words travel pretty fast. I'm aware of the drug problem how the non-Native community treats us, and the image of us using a revolving door in the jobs on the REZ. One goal I would have for the community would be to create more community events involving our children, teens, couples and Elders, such as events involving Police, Forestry, and Resource Management at the Sawyer Center.

I would be honored to represent the people of Sawyer. I will do my best to bring change to things that need immedi-



Election News

ate attention and follow-up on items that have fallen through the cracks. I will be sure that our voices will be heard. I will work with others in the community to improve our surroundings.

Thank you for your consideration in appointing me as your Representative for Sawyer District.

Miigwetch,
Daniel Zorichak
PO Box 136,
Sawyer, MN 55780

Election Calendar

Nov. 8 TEC/AES provides ballots for Special Primary Election.

Dec. 8 Special Primary Election (Polling place open 8 a.m.-8 p.m.)

Dec. 9 General Reservation Election Board certifies Special Primary Results. (Prior to 8 p.m.)

Dec. 10 General Reservation Election Board publishes Special Primary Results.

Dec. 11 5 p.m. Deadline for Request for Recount. (Filed with General Election Board)

Dec. 15 4:30 p.m. Deadline for Notice of Contest of Special Primary Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe)

Dec. 16 Deadline for Decision on Request for Recount and Results of Recount, if allowed.

Dec. 28 Deadline for Decision on Contest of Special Primary

Election.

Dec. 31 (or within 3 days of decision on Contest) 4:30 p.m. Deadline for appeal to MCT Tribal Election Court of Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision)

Jan. 4 (or within 3 days of receipt of the Notice of Appeal) Record of contest forwarded to MCT Tribal Election Court of Appeals

Jan. 7 (or within one week (7 days) from receipt of the Notice of Appeal) Last Day for Hearing on Appeal

Jan. 11 TEC/AES provides ballots for Special Election.

Jan. 14 (or 10 days of Hearing on Appeal) Last day for Decision on Appeal

Jan. 19 RBC prepares and posts Notice of Special Election

Feb. 9 Special Election. (polling place open 8 a.m.-8 p.m.)

Feb. 10 General Reservation Election Board certifies results of Special Election. (Prior to 8 p.m.)

Feb. 11 General Reservation Election Board publishes Special Election results.

Feb. 12 5 p.m. Deadline for Request for Recount. (Filed with General Election Board)

Feb. 16 4:30 p.m. Deadline for Notice of Contest of Special Election. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe)

Feb. 17 (or 16th if earlier

request) Decision on Request for Recount and Results of Recount, if allowed.

Feb. 26 Deadline for Decision on Contest of Special Election

Feb. 29 (or within 3 days of decision on Contest) Deadline for appeal to MCT Tribal Election Court of Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering decision)

Mar. 3 (or within 3 days of receipt of the Notice of Appeal) Record of contest forwarded to MCT Tribal Court of Election Appeals.

Mar. 7 (or within one week (7 days) from receipt of the Notice of Appeal) Last day for hearing on Appeal.

Mar. 7 Winning candidate assumes office by operation of law, unless sooner seated, or the election is subject of appeal to the MCT Tribal Court of Election Appeals

Mar. 17 (or 10 days of Hearing on Appeal) Last day for decision on Appeal.

Day following Decision on Appeal: Winning candidate prevailing on appeal takes office.

Fond du Lac Historical Society

The Fond du Lac Historical Society will hold its next meeting Friday, Nov. 20, 10 a.m.-2 p.m. at the Resource Management Building on University Road/corner of Big Lake Road.

They would also like help identifying this photo. If you know anything about the photo or anyone in the photo please call Carol Jaakola (218) 393-9284 or visit the FDL Historical Society during one of their meetings.



Ashi-niswi giizisoog (Thirteen Moons)

Gashkadino-giizis

Gashkadino-giizis is the Freezing Moon. The new moon begins November 11. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.

GLIFWC's Ishpaagoonikaa, (Deep Snow Camp) Winter Cultural Program

Thirteen Moons Ashn Niswi Giizisoog will be hosting the 2016 GLIFWC's Ishpaagoonikaa, (Deep Snow Camp) Winter Cultural Program. In the past years, Nikki Crowe has worked with the Great Lakes Indian Fish and Wildlife Commission On-ijaakiing summer camps and Ishpaagoonikaa winter camps. This year the winter camp will be held here on the Fond du Lac Reservation. A few activities you can expect will be Native skywatcher stories, sugar bush activities, snowsnakes games, trapping and skinning, and winter tree identification.

Ishpaagoonikaa seeks to increase Tribal youth knowledge and utilization of treaty-reserved rights in harvesting and protecting natural resources, environmental stewardship, and promoting natural resource careers during the winter season. Additionally, the programs strive to increase leadership skills in Tribal youth, and foster intergenerational learning opportunities between Tribal Elders and Tribal youth, focusing on passing traditional Anishinaabe winter activity knowledge from generation to generation.

This year's Ishpaagoonikaa

program will be held at Fond du Lac on Feb. 5-7, 2016, in which GLIFWC's Law Enforcement Division will partner with the Fond Du Lac Tribal College Extension 13 Moons Program. The program will start on Friday at 6 p.m. and end on Sunday at 1:30 p.m. Please contact GLIFWC Outreach Officer Heather Bliss at (906) 458-3778, hnaigus@glifwc.org or Nikki Crowe at (218) 878-7148, nikkicrowe@fdlrez.com for any questions or additional information.

Tentative schedule:

Friday, Feb 5

6 p.m. Opening Ceremony
7 p.m. Dinner
8 p.m. Cooperative Games
9:30 p.m. Native Skywatchers
10:30 p.m. Lights out

Saturday, Feb 6

8 a.m. Breakfast
9 a.m. Outdoor Activities
12 p.m. Lunch
1 p.m. Outdoor Activities
5 p.m. Return to Recreation Center-Clan Work
6 p.m. Dinner

7 p.m. Cultural Crafting
8 p.m. Winter Camp Anishinaabe Story Telling
10:30 p.m. Lights out

Sunday, Feb 7

8 a.m. Breakfast
9 a.m. Snow Snake Competition
12 p.m. Lunch
1 p.m. Closing Circle
1:30 p.m. Busses Depart-Baama Pii



Snowsnakes



Learning about Trapping



Sugar Bush Activities

Upcoming Events:

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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

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

“Zh”- sounds like the “su” in measure
 “a”- sounds like the “u” in sun
 “aa”- sounds like the “a” in father
 “i”- sounds like the “i” in sit
 “ii”- sounds like the “ee” in feet
 “o”- sounds like the “o” in go
 “oo”- sounds like the “oo” in food
 “e”- sounds like the “ay” in stay

Colors

Black- Makadewaa
 Red- Miskwaa
 White- Waabishkaa
 Blue or Green- Ozhaawashkwaa
 Brown or Yellow- Ozhaawaa

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

How to Say: Colors*

In Ojibwe colors could be expressed in several different ways.

There are special word stems which indicate colors, e.g.:

word stem	prenoun	translation
/wabishk/	waabishki-	white
/makade/	makade-	black
/miskw/	misko-	red
/ozhaawashk/	ozhaawashko-	blue, green
/ozaaw/	ozaawi-	brown, yellow

Prenouns could not be used alone. They are special prefixes used with other words (nouns) to indicate their color. They could be added to nouns:

makade-bineshiinh - black bird
 miskw-makizinan - red moccasins, red shoes

These stems could also be parts of verbs to indicate colors:

waabishkaa - it is white
 makadewizi - s/he is black
 miskowaande - it is colored red
 ozhaawashkwaanzo - s/he colored blue, green
 ozaawaabagonii - it has yellow flowers, it has yellow buds

Another way to indicate color in Ojibwe is to refer to objects which usually have this color. I saw two ways to make such a comparison:

1) Using locative ending as in usual comparison
 ashkibag - green leaf (?) [ashkibagaa - there are green leaves (vii)]
 inaande - it is colored so, it is of such a color
 inaanzo - s/he is colored so, s/he is of such a color
 ashkibagong inaande - it is of a color of green leaves; it is colored as green leaves
 ashkibagong inaanzo - s/he is of a color of green leaves; s/he is colored as green leaves

wiigwaas - birch bark
 wiigwaasing inaande - it is of a birch bark color; it is colored as a birch bark
 wiigwaasing inaanzo - s/he is of a birch bark color; s/he is colored as a birch bark

2) Making verbs with -(w)aande, -(w)aanzo (of such a color) finals:
 giizhig - sky
 giizhigwaande - it is of the color of the sky (sky-blue) (verb)
 giizhigwaanzo - s/he is of the color of the sky (sky-blue) (verb)
 ogin - rose hip [oginii-waabigwan - rose flower]
 oginiwaanzo - it is of the color of a rose
 oginiwaande - s/he is of the color of a rose

*Source: <http://weshki.atwebpages.com/color.html>



Health News

Prepare a safe meat dish

Over the next several months, there will be family gatherings, feasts, and holiday celebrations. Most events involve food. If you plan to host a gathering, be aware of what you can do to prevent food-borne illnesses. When having meat at your gathering, keep the following things in mind.

To thaw meat safely, it should never be left on the countertop. According to the USDA there are only 3 safe ways to thaw: the refrigerator, cold water, or the microwave.

Refrigerator thawing

- Plan 24 hours for every 4-5 pounds of meat in a refrigerator set at 40°F or colder
- Place meat in a container to prevent juices from dripping on other foods
- Once thawed, cook meat within 1-2 days

Whole turkeys:

4-12# turkey allow 1-3 days, 12-16# turkey allow 3-4 days, 16-20# turkey allow 4-5 days, 20-24# turkey allow 5-6 days to thaw.

Cold water thawing

- Plan on 30 minutes for every 1 pound
- Place meat in a leak-proof plastic bag
- Place in full container of cold water
- Change water every 30 minutes, until thawed
- Cook immediately after thawing

Whole turkeys:

4-12# turkey allow 2-6 hours, 12-16# turkey allow 6-8 hours, 16-20# turkey allow 8-10 hours, 20-24# turkey allow 10-12 hours.

Microwave thawing

- Follow the microwave manufacturer's instructions on defrosting
 - Cook immediately after thawing.
- Once the meat is thawed, it is time to cook it! Remember to always roast meat in an oven temperature of 325°F or above to prevent the meat from remain-

ing in the "Danger Zone" (temperatures of 40°-140°F) for too long, causing bacteria to multiply.

A stuffed turkey (or other stuffed meat) will take longer to cook. ALWAYS use a food thermometer to test internal temperatures of the meat. Take the temperature, in several areas, from the thickest part of the meat. Internal temperature guidelines are listed below for meats that are not ground.

Turkey	165°
Beef/veal	145°
Lamb	145°
Pork	145°
Wild game-bird	165°
Venison	145°

After the meat reaches the appropriate internal temperature, remove from oven. Allow meat to "rest" for at least 3 minutes before carving and consuming. Allow a whole turkey to rest for 20 minutes before removing stuffing and carving.

Other safety tips include:

- Wash hands before, during, and after handling food
- Use separate cutting boards, plates, and serving dishes for raw meats
- Refrigerate leftovers within 2 hours. Don't store the stuffing inside the bird
- Keep leftovers covered, in the refrigerator, 3-4 days; if you plan to keep the food longer, freeze it
- Keep hot foods hot (above 140°) and cold foods cold (below 40°).

Now you can relax and enjoy your meal knowing you prepared the meat as safely as you could! Questions can also be answered at USDA Meat and Poultry Hotline (888) 674-6854.

-sources include USDA Food Safety and Inspection Service, MDH, Michiganvenison.com

Is there a perfect time to quit smoking or chewing commercial tobacco?

Rozanne Hink

FDL Community Health Educator

There is no "perfect" time to quit. But it will help motivate you to do this if you have the right information and tools. The longer you wait for the "right" time to quit the more damage that can be done to your body. Sadly, a lot of people don't take the plunge to set a quit date until they are having health problems related to smoking. In some cases, the damage is so great it can negatively affect the quality of life and cause premature death, therefore, taking several years off your life.

Most people have thought about quitting tobacco use several times and have had periods in their lives when they were tobacco free for months and even years. Don't think of past quit attempts as failures because you are not a failure for trying to quit that very unhealthy and addictive behavior. All it takes is one trigger or life changing event to get you back to using commercial tobacco.

According to a 2010 Report of the Surgeon General Center for Disease Control (CDC) there is a toxic mix of over 7000 chemicals in tobacco smoke. One ingredient being nicotine is a highly addictive drug. The other chemicals in commercial tobacco can go deep into your body's tissues, causing damage. The damage can affect your heart, lungs, and cause inflammation to your cells.

In a more recent CDC Report it has been found that smoking is a cause of type 2 diabetes. So, how does this happen? Smoking increases inflammation in the body. Inflammation occurs when chemicals in the cigarette smoke injure cells, causing swelling and interfering with proper cell function. In addition, smoking also causes oxidative stress, a condition that occurs as chemicals from cigarette smoke combine with oxygen in your body. Thus, this causes damage to cells.

Even though smoking can cause inflammation to your body, quitting can improve your health and add more years to your life. At Fond du Lac we have opportunities for you to learn how to quit smoking for good and at the same time share information on how your body can continue to heal itself. If you want to take the first steps to quitting commercial tobacco, call Rozanne Hink with the Wiidookawishin (Help Me) Cessation Program. I am available both at MNAW and CAIR in Duluth. Please call to set up an appointment at (218) 878-3726. I will be more than happy to assist you in any way I am able. Or you can contact the pharmacies: CAIR at (218) 279-4142 or at MNAW (218) 878-2157.

Don't forget to put out your smokes on Thursday, Nov. 19 (Great American Smoke-out). I will be at all three district community centers to give out information, incentives, and help you sign up for Tobacco Cessation.



Health News

Useful Narcan information

Richard Colsen,
BA, LADC

Narcan is a drug that has been in the news a lot lately because it is used to reverse the effects of an opiate overdose. Narcan can save lives if used properly and efforts have been made to make Narcan widely available to the public. You may have already heard there have been a number of reported over-doses where Narcan has been used by community members this year. This last week, an alarming report reached my office about a community member who has had several Narcan injections (non-medical) over the past couple of months and only twice went to the ER.

While Narcan is a very useful drug in saving lives, it should not be counted on as “The Cure” and individuals who have had Narcan used on them should always follow-up immediately with a medical provider or call 911. When Narcan is used, it not only reverses the effects of opiate overdose but can also put the individual who is opiate dependent into withdrawal. Opiate withdrawals are miserable and one of the reasons that opiate addicts continue to use and why some individuals return immediately to opiates after Narcan.

Some opiate withdrawal symptoms include: body aches, diarrhea, fever, runny nose, sneezing, sweating, nausea or vomiting, nervousness, restlessness or irritability, shivering or trembling, abdominal cramps, weakness, and increased blood pressure. Individuals dependent on opiates know that all or most of these symptoms can be overcome by retuning to opiates. Medical personnel can safely assist addicts in controlling and monitoring withdrawal symptoms, which is one of the reasons that medical help should follow when Narcan has been used.

Fond du Lac Human Service Division/BH: Tag-wii Recovery Center can assist individuals and family's access treatment options. If you need assistance please call (218) 878-3858.

HAVE YOU GOTTEN YOUR FLU SHOT?

FDL COMMUNITY FLU SHOT

The flu vaccine will not be given to children under 5 years of age or to those persons who have never received a flu vaccination. These people/children would need to have the vaccination administered at either CAIR or MNAW by making a nursing visit.



Tuesday, October 27, 2015

4:00pm - 6:00pm

Brookston Community Center

Thursday, October 29, 2015

4:00pm - 6:00pm

Sawyer Community Center

Tuesday, November 3, 2015

3:30pm - 6:30pm

Cloquet Community Center

Thursday, November 12, 2015

4:00pm - 6:00pm

Sawyer Community Center

Tuesday, November 17, 2015

3:30pm - 6:30pm

Cloquet Community Center

Wednesday, November 18, 2015

4:00pm - 6:00pm

Brookston Community Center

Friday, December 4, 2015

8:30am - 12:00pm

Elders Christmas Party @ BBCR

In order for children in foster care to receive the flu vaccination written authorization will be needed. Contact your tribal social worker for assistance and for questions call Cindy Pattison at 218-878-2149.

Must meet program eligibility requirements.

Fond du Lac Human Services Division | Community Health Services Department

Legal News

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

- Sept. 1 Report of an intoxicated male at Black Bear Casino, the individual was belligerent with officers and was eventually arrested and taken to jail
- Sept. 2 Officers saw an individual walking and asked where they were going and they said they were walking to the casino, officers gave the individual a ride to the casino
- Sept. 3 Report of an intoxicated female at the Black Bear Casino, the individual was given a ride home by officer
- Sept. 4 Report of an individual passed out on the roadway, individual was located and given a ride home by officer
- Sept. 5 Report of two horses on Reservation Rd. near Jarvi Rd. owner was contacted and came and retrieved the horses
- Sept. 6 Report of a downed tree blocking the roadway, forestry worker came and took care of removing the tree from the roadway
- Sept. 7 Driver stopped and cited for speeding
- Sept. 8 Report of vandalism to someone's garage
- Sept. 9 Report of a vehicle in the ditch, no one was injured
- Sept. 10 Driver stopped for crossing the center line and was cited in Tribal court for driving after suspension
- Sept. 11 Report of a motor vehicle accident with a deer, minor damage to property
- Sept. 13 Driver stopped and advised that their headlight and rear license plate light were out
- Sept. 14 Report of unwanted individuals at the Sawyer Community Center, individuals left without further incident
- Sept. 15 Report of damage to someone's window and AC unit, unknown suspects
- Sept. 16 Report of front door being broken at a residence, no other damage reported
- Sept. 17 Report of an intoxicated person who was unwanted at a residence, officers gave the intoxicated person a ride home
- Sept. 18 Report of an intoxicated person who was breaking things and chasing another individual with a golf club, the individual was arrested and taken to jail
- Sept. 19 Report of a gas drive-off at FDLGG, driver returned and paid for the fuel
- Sept. 20 Report of a break in and damage to property
- Sept. 21 Prank calls to 911 from children playing on the phone, parent and children were advised that 911 should only be called in an emergency
- Sept. 22 Intoxicated individual found hitchhiking and given a ride home
- Sept. 23 Report of an intoxicated person banging on doors, individual was located and brought to detox
- Sept. 24 Driver stopped and advised their headlight was out
- Sept. 25 Driver stopped and warned for speeding
- Sept. 26 Report of a loud party, individuals fled officers but were apprehended and given citations
- Sept. 28 Driver stopped and warned for not using their turn signal
- Sept. 29 Report of a dog not having proper care, officers checked on the dog and made arrangements with a family member to care for the dog while the owner is in jail
- Sept. 30 Report of a false alarm at the Min-No-Aya-Win Clinic, small child accidently pushed the button.

Legal notice

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ANKERSTROM, Arthur
ARCHIBALD, Janine
CICHY, Gerald
CICHY, Leslie
DAVENPORT, William
DEFOE, Candace
DEFOE, Richard
FISHERMAN, Gilbert
FOX, David
HOULE, Ambrose
HOULE, Michael Dean
LAPRAIRIE, Robert
MARZINSKE, Larry
SMITH, Ralph

Charles and Angelique (LaFave) Fregeau

Research by Christine Carlson

Angelique LaFave
Angelique LaFave was born in 1841. She was the daughter of Josette St. John and John LaFave.

Marriage License of Charles and Angelique in Superior – 1856

February 5, 1856 Charles Fregeau married A. Lefebvre. They were both from Superior, Wisconsin.

1860 Federal Census for Douglas County – Superior

Family number 509 is Chas. Frago age 31 from Canada and his wife Angeline age 21 from Wisconsin. Their children are Ammie age 3 and DeLemor age 10 months.

The Wreck of the Steamer Sunbeam – Buffalo Daily Courier of Thursday, September 10, 1863

The Chicago Post brings such particulars as can be obtained of the wreck of the steamer SUNBEAM on Lake Superior. The ill-starred vessel left Ontonagon on the evening of Aug. 27th. About Midnight the gale began. The Post says:

The SUNBEAM struggled with the gale from four o'clock till eight, during all of which time, the wheelsman states, the storm neither abated or increased. At eight o'clock the captain endeavored to wheel about to make, it is supposed, the harbor at Isle Royal, there being no harbors at Eagle River, Ontonagon or Eagle Harbor. About this time she was seen by people on the copper bluffs at Copper Falls Mine, laboring heavily in the troughs of the sea, with her job and foresails set. The wheelsman says that

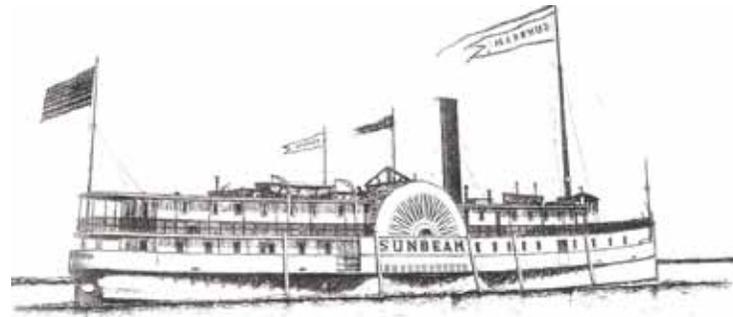
the wheels would not answer, the sea was so heavy; that her machinery was rendered powerless, and she never succeeded in turning round. A few minutes past eight she was struck by a tremendous sea and leveled broadside on the water. The passengers and crew finding the vessel would not be able to recover her upright position, commenced betaking themselves to a small boat in the hope of escape. A few minutes later the SUNBEAM was struck by another heavy sea, a terrible crash followed, the upper words or hurricane deck was torn off and tumbled into the boiling lake, and the ill-starred vessel, with all on board, sunk beneath the waves.

The fortunate wheelsman had gone into the small boat with others, but became convinced that she would soon be swamped and leaped upon a fragment of the upper deck. With some of the rope attached to the flagstaff, which he obtained, he lashed himself to the floating timber. In this condition he floated on the lake thirty hours, and was finally washed upon the beach. He crawled nearly six miles on his hands and feet, being too nearly famished to stand upright. He was picked up by an exploring party and taken to the head of the Portage almost lifeless.

The crew of the vessel numbered 21 persons, the deck hands being Indians. Charles Frageau was the Lone Survivor

The Superior Times of December 16, 1875

Victor Desimval started his first stage for Bayfield on Tuesday morning last. Charlie Fregeau handles the ribbons.



Courtesy of University of Wisconsin Superior's Marine Archives

The Superior Times of November 10, 1876

The run of white fish this fall has been greater than for several seasons, but the best time was interrupted by a four days northeaster and the catch has not been very great. There are three pound nets at the head of the lake. Mr. J.W. Bradshaw is operating one at the Aminicon; Charley Frageau has one at the head of Wisconsin Point and Charley Winter one about half way up the point. McLean and several others are having fair luck with gang gill nets.

The Superior Times of February 24, 1881

Charles Fregeau has succeeded Jos. Cobran in the fish business. The coming Lent, will put the shekels in Charley's pockets.

Charles Frageau An Old Settler Dies– The Superior Daily Call of 6-21-1892

After three days of agony, Chas Frageau goes to his death. One of the landmarks of Superior was carried away this noon by the death of Chas Frageau at his home in the East End, his age was 62 years. Three days ago he was attacked with paralysis from which he died. Mr. Frageau came to Superior in 1854. He was the sole survivor of the steamer Sunbeam, which was wrecked between LaPoint

Island and Ontonagon in 1864. For three days he drifted about on Lake Superior on wreckage which finally washed ashore. He was the wheelsman of the ill starred vessel. He leaves a wife and ten children in good circumstances.

Charles Frageau's Death – Duluth News Tribune of 7-9-1892

He was about 68 years of age and was born in the parish of Capt. St. Ignac, province of Quebec. He came to Ontonagon, the pioneer camp of Lake Superior, in 1852, removing to Superior in 1854. In Superior's early days he ran a stage between St. Paul and the head of the lake, over the old military road and afterwards carried the mail between Superior and Ashland.

Duluth News Tribune of March 24, 1906

Mrs. Angelick Fregeau, 390 West Third street, who is suffering with pneumonia, was removed from her residence to St. Francis hospital yesterday.

Mrs. Angelique Fregeau Passes Away After 57 Years in Superior – July 14, 1911

Mrs. Angelique Fregeau, one of the pioneer residents of the East End died last night at 10:30 o'clock at the family residence, 390 West Third street. Death came after a lingering ill-

ness of seven months duration and resulting from a complication of diseases. Just a month ago yesterday Mrs. Fregeau underwent an operation at St. Mary's hospital in Duluth her family hoping against hope that she would receive relief from her trouble. But she failed to recover and the end came last night after a great struggle. For four days she had suffered intense pain but throughout it all she did not lose consciousness recognizing those with her until the last. At her bedside when death came were all of her immediate survivors with the exception of one daughter, Mrs. W. H. Kelley of Joplin, Mont.

Mrs. Fregeau was 70 years, four months and 13 days of age. With her parents, Mr. and Mrs. John B. LaFave, Sr., of whom she was the oldest daughter, she came to Superior in 1854 being among the earliest settlers in this section of the country. She was married in Superior and each of her six sons and six daughters are natives of this city. Of the 12 children two have passed away, the oldest son Clarence having died 13 years ago and one daughter, Mary, two years ago. Mr. Fregeau has been dead the past 19 years. The surviving daughters are Mrs. Joseph Coburn, Mrs. T.S. Taylor, Miss Adele Fregeau and Miss Anna Fregeau all of Superior and Mrs. W. H. Kelley of Joplin, Mont. The sons are Joseph A. Fregeau, James Fregeau and Peter W. Fregeau all of Superior and Frank E. Fregeau of Duluth and Frederic A. Fregeau of Minneapolis. Mrs. Fregeau also leaves two sisters and two brothers namely Mrs. Joseph Defoe, Mrs. Frank Belair -Superior, John B. LaFave Jr. – Superior, Joseph LaFave – Bayfield.



Community News

Happy Birthday

Happy belated 8th birthday to my handsome sonny boy **Isaiah Diver DeFoe** (Sept. 19)
Love you to the moon always, mom



Happy 10th b-day **Henry Sumner III** (Oct. 22)
From, uncle Bullhead, aunty Elly, and grandma Mouse

Happy 9th b-day's to **Adion Stiffarm** (Oct. 22) and **Darius Diver**

(Nov. 12)
Love always, auntie Heather and your cuzins

Happy birthday **Elizabeth (Lizza) Sunde** (Oct. 25), you are a special lady and so loved by your family.
Love, your grandpa Tom, aunts, uncles, and cousins

Happy b-day to my beautiful sister **DeAnna Mountain-Solis** (Oct. 25)
We love and miss you always, Heather and the kids

Happy 11th b-day to my beautiful neice **Namida Rose Reynolds** (Oct. 27) and happy 12th b-day to my sweet heart **Kaleena Marie**



Kingbird (Nov. 11) I love you girls and I'm very proud of you's.
Love you girls, Heather, Isaiah, and Desmond
We all wish you a happy birthday **Dez McMillen** (Nov. 1), 24 years old
We love you muches, mom, April, Royce, David, Matt, Amber, Sabrina, and James

Happy birthday **Arlene Defoe Londo** (Nov. 2), have a good one sis, Love you!
Ted and Lurinda

Happy 19th birthday **Joshua Wayne Falcon** (Nov. 9) you are an amazing young man and I am very proud of you!
Love, your mother

Happy birthday **Joshua Wayne Falcon** (Nov. 9) to the best brother we could ask for. We love you!
Danielle and Samara

Happy 12th b-day **Alyza Savage** (Nov. 10)!
Love, mom, dad, and Dylan



Happy 12th b-day to our big sister **Kaleena Kingbird** (Nov. 11)
We miss and love you, brothers Isaiah and Desmond DeFoe

Happy b-day to **Kenneth Bosto** (Nov. 11)

Always, Heather and family

Happy 40th birthday **Terri Redding** (Nov. 11), love you very much!
Dad, Carla, and David

Happy 8th b-day to **Ilieana Stiffarm** (Nov. 16)
Love, cuzin Heather and family



I just want to say happy 28th birthday to the most amazing man in my life, **Anthony Wright Sr.** (Nov. 16) I hope you have the best day ever, and many more to come!
Love always, Erin Marie

The happiest of birthday wishes I am sending to my littlest niece **Nellie Tibbetts** (Nov. 16). I love you to the moon and back, and you are the brightest light in my life, my niece. I love you very much forever. Happy 6th birthday, Nellie!
Love, auntie Allie

Happy 6th birthday to my beautiful sweet little niece **Nellie Tibbetts** (Nov. 16) we love you very much!
Love, auntie Sophie and cousin Sewell

Happy 40th birthday **Tammy Peterson** (Nov. 17) we love you
From, mom, Tina, Kevin, Krystal, Kasey, Mason, Adalyn, and Max

Happy 40th birthday **Tammy**

Peterson (Nov. 17), I love you.
From, Ben

Sending birthday wishes to my beautiful sister **Sophie Tibbetts** (Nov. 18). I love you so much, Sophie. I treasure you in my life, always have and always will. You are one of the greatest gifts I have ever received, and I am so lucky to be your sister. Now we are 29, the last year in our 20s together! Love you, Sophie, happy birthday.
Love, Allie

Wishing a very happy birthday to our beautiful co-worker **Michelle Pauna** (Nov. 19). Thank you for all of your love and kindness throughout the years. We wish this back to you on your birthday and every day!
Love, your Fond-du-Luth family

Happy birthday to the love of my life **Ted Defoe** (Nov. 23), have a great day babe!
Love you always, Lurinda

Happy 96th birthday to our dad, **Bob Bassett** (Nov. 23)
Love, the kids and family

Happy birthday **Emilee Heifner** (Nov. 24), we love you SO much!
Love, mom, dad, Sam, Maggie, Ted, Chris, Zach, Steph, and Mason

I'd like to wish my beautiful daughter **Alycia Erickson** (Nov. 26) a very happy 22nd

birthday
Love always, mom and Darrell

Happy birthday **Alycia Erickson** (Nov. 26)
Love, Cody

Happy birthday to my favorite sister, **Alycia Erickson** (Nov. 26)
Love you always, Bree, Mikko, Gunner, and Oliver

Happy 8th birthday **Theodore James Yellowrobe** (Nov. 26), you are growing so fast, you are doing great in school, and are such a good big brother! We love you with all our hearts!
Love, grandma and grandpa Defoe

Happy birthday wishes to my sweet niece **Sage Ross** (Nov. 27). I love you more than you'll ever know, Sage. You mean so very much to me, and it is a great day you were born. You made me my favorite thing to be, an aunt, and you have a special spot in this world. I hope you have a lovely day. I love you so much!
Love, Allie

Happy birthday to my beautiful niece **Sage Ross** (Nov. 27) We love you very much!
Love, auntie Sophie and cousin Sewell

I would like to wish my lovely wife **Dawn Reynolds** (Nov. 28) a very happy birthday
I love you Babzi, Fritz



Community News

Congratulations

Lindsey Dibella (Sept. 25, 2015) born at 3:43 a.m. at 6lbs 14oz.

Congrats to **Derick and Dana!** Love, grandma and grandpa Reynolds



friends who not only provided flowers and cards but a tremendous amount of support in our time of need a heartfelt "thank you." We will always remember Connie for her smile, laughter, and love. Connie will be with us in our hearts and minds providing us with guidance and love to all. Miigwetch

Memorial

Ma, **Josephine Defoe** (Sept. 16, 1990) 25 years you've been gone, No farewell words were spoken, No time to say goodbye, You were gone before we knew it, And only God can tell us why. Loving and missing you always, *Patsy, Richard, and family*

Anthony Adyt (May 24, 1989-November 11, 2014)

I can't believe it has been a year, since you have left us. The year went by, you left us memories, your love is our guide even though we can't see you or hear your voice. You're always by our side. We're all trying to carry on. We're taking it day by day.

Love always, Players Club family



Thank you

The family of **Connie Louise Defoe Wiesen** would like to give all of Connie's family and

The family of **Dawn Reynolds** would like to thank anyone that offered condolences, gave cards, their time, and helped in any way during her passing. Anything and everything was appreciated.

A special thank you to Ferdinand and Betty Martineau, the Cedar Creek drum group, Bryan Jon, and the FDL Reservation.

The Reynolds family

Obituary

Dawn Lee Reynolds, 44 of Cloquet, passed away on September 26, 2015.

She was born on May 10, 1971 in Duluth to David and LeAnn (Hieta-la) Reynolds.

She was preceded in death by her father David and daughter Dalayna.

Dawn is survived by her children, Dan, Chris, Darayla, and Delevon; mother LeAnn; siblings David and Dale; also nieces, nephews, and other relatives.



Frances "Caroline" Martineau, 65, life-long resident of Superior, died Sunday, Oct. 4, 2015 at St. Mary's Essentia Health Hospice Unit, Duluth, Minn.

She was born on July 28, 1950 in Superior, Wisc, the daughter of Francis and Eva (Nelson) Martineau.

Caroline devoted her life to her family and Christ. She was a life-long member of the Indian Education Parent Committee, and a member of the Fond du Lac Indian Reservation. Caroline was a daycare provider and a foster parent for many years. Caroline had a special place in her heart for all who came through her door. She loved everyone. Caroline had no sisters but was blessed to have brothers that married exactly the right ones to fill the role of sister.

Caroline is survived by three daughters, Jennifer (Timothy) Kuehnow, Solon Springs, Wisc.; Jolene (John) Shelafae, Lake Nebagamon, Wisc.; and Corrine (Marvin) White, Chipewa Falls, Wisc.; one son, Russell (Michelle) Shelafae, Eau Claire, Wisc.; ex-husband and friend Joseph (Dianna) Shelafae; three brothers, Terry (Linda) Martineau, Superior, Wisc.; Kerry Martineau, Duluth, Minn.; Perry Martineau, Proctor, Minn.; fifteen grandchildren, Travis, Carter, Madeline, Noah, Isaiah, Caleb, Andrew, Jacob, Rachel, Hannah, Chole, Madison, Montana, McKenna, and Arabella; and many nieces and nephews.

She is preceded in death by her parents Francis and Eva Martineau; son Christopher Shelafae; and brothers Gary, Butch, and Larry Martineau.

Pallbearers were Chad Martineau, Francis Martineau, Chris and Bradley Durfee, Frank

Shelafae, and Brad Andrews. Honorary Pallbearer Guy Martineau.

Connie Louise Defoe Wiesen, 53, passed away peacefully on Aug. 25, 2015.

When I must leave you, for a little while Please do not grieve and shed wild tears And hug your sorrow to you through the years, But start out bravely with a gallant smile; And for my sake and in my name Live on and do all things the same

Feed not your loneliness on empty days, But fill each waking hour in useful ways. Reach out your hand in comfort and in cheer And I in turn will comfort you and hold you near; And never, never be afraid to die, For I am waiting for you in the sky!



Home for Sale

31 Homes St., Cloquet
2+ Bedroom with Garage
Call Frank (218) 348-8979

FDL Development is

looking for snow plow drivers to plow driveways for the 2015-16 winter.

Must have own truck and plow Provide a copy of license and insurance

Open to FDL Band members only.

If interested or for more info call Jim Kirsch (218) 878-7506 or Jack Bassett (218) 878-8043.



Ricky Defoe Gwiwizens and Davin Sherer Maang, who is carrying the eagle staff, walk during the sobriety 5k walk/run.



Thanks, thanks, thanks, Sept. 26 Golf Tournament for the Black Pants in memory of **Dave Reynolds**. We raised \$900 for donation, \$450 is for American Cancer and the other \$450 is for diabetes.

Also, we would like to say thank you for the donations from the merchants in Cloquet and surrounding area. Also to the golf courses who gave us passes for the raffle. We had a lot of nice "goofers" golfers. Next year we hope it will be bigger. *Information courtesy of Irma Stein.*

Gashkadino-giizis – Freezing Moon – November 2015

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;

FDLTC: 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; CHS: old FDLSS door;

MTC: MN Chippewa Tribal building; ALR: Assisted Living Residence; FDC: (Food Distribution Center); PLT: Perch Lake Townhall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Come and swim and use the gym 1	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC GED 9 a.m. SCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC 2	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR Flu Clinic 3:30 p.m. CCC Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC AA/NA Support 7 p.m. TRC 3	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concerns 10 a.m. CCC Adult game day 1 p.m. CCC AA/NA Support 2 p.m. TRC Beading 5:30 p.m. CCC Pool closed for lessons 5:30 p.m. CCC 4	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Open gym 5 p.m. CCC AA Support 6 p.m. CCC 5	Water aerobics 8:15 a.m. CCC GED by app't CCC Beading 5:30 p.m. CCC Pool closed for lessons 5:30 p.m. CCC Beading 5:30 p.m. CCC AA Support 6 p.m. BCC 6	Come and swim and use the gym AA Support 6 p.m. SCC 7
Come and swim and use the gym 8	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC AA/NA Support 7 p.m. TRC 9	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR Caregiver support 12 p.m. CHS Elder activity 2:30 p.m. CCC Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC AA/NA Support 7 p.m. TRC 10	Veterans Day 11	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC AA Support 6 p.m. CCC 12	Water aerobics 8:15 a.m. CCC GED by app't CCC Elder bake sale 11 p.m. CCC Beading 5:30 p.m. CCC Pool closed for lessons 5:30 p.m. AA Support 6 p.m. BCC 13	Come and swim and use the gym AA Support 6 p.m. SCC 14
Cloquet district Movie Morning Come and swim and use the gym 15	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. CCC Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC AA/NA Support 7 p.m. TRC 16	WIC 12 p.m. MNAW GET Fit 12 p.m. CCC Parenting 2nd Time Around 1 p.m. CHS Flu Clinic 3:30 p.m. CCC Carseat Safety clinic 4 p.m. PLT Language 4:30 p.m. CCC AA/NA Support 7 p.m. TRC 17	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concerns 10 a.m. CCC Adult game day 1 p.m. CCC AA/NA Support 2 p.m. TRC Wisdom Steps 4 p.m. CCC Beading 5:30 p.m. CCC Pool closed for lessons 5:30 p.m. CCC 18	Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC AA Support 6 p.m. CCC 19	Water aerobics 8:15 a.m. CCC GED by app't Beading 5:30 p.m. CCC Pool closed for lessons 5:30 p.m. CCC AA Support 6 p.m. BCC 20	Come and swim and use the gym AA Support 6 p.m. SCC King of the Cage 7 p.m. BBCR 21
Come and swim and use the gym 22	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC AA/NA Support 7 p.m. TRC 23	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW Language 4:30 p.m. CCC Water aerobics 5 p.m. CCC AA/NA Support 7 p.m. TRC 24	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concerns 10 a.m. CCC Adult game day 1 p.m. CCC AA/NA Support 2 p.m. TRC Beading 5:30 p.m. CCC Pool closed for lessons 5:30 p.m. CCC. Sobriety Feast 6 p.m. CCC 25	Happy Thanksgiving 26	Holiday 27	Come and swim and use the gym AA Support 6 p.m. SCC 28
Come and swim and use the gym 29	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Cribbage 5 p.m. CCC AA/NA Support 7 p.m. TRC 30	Gimaajii Art Gallery Nov 20 5:30 p.m. See page 7 for more details	GED classes Mon SCC, Wed SCC, Thur CCC, and also Fri CCC by appointment	King of the Cage November 21, 2015 7 p.m. BBCR	All activities are subject to change!	

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