

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



The Minnesota Super Bowl Host Committee granted Fond du Lac this check for \$85,000 as part of their 52 weeks of giving.

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Local news

Minnesota Super Bowl Host Committee Legacy Fund awards grant to FDL

By Zachary N. Dunaiski

On Oct. 17, Fond du Lac received a generous \$85,000 grant from the Minnesota Super Bowl Host Committee (MNSBHC) Legacy Fund to help FDL with a few projects to improve health in our community.

“Our Tribal leaders are focused on providing resources that will improve community engagement and encourage life-long healthy habits,” said Kevin Dupuis, Chairman of the Fond du Lac Band of Lake Superior Chippewa. “This much-needed investment in community gathering places on the Reservation will provide resources for physical activity and improve access to nutritious Native food sources for young people and families.”

The first of the projects will be expanding the walking path from Trettel Lane, by the Min No Aya Win Clinic, to

the Tribal Center. The path, approximately one mile long, will follow Big Lake Road. The construction of this walking path will make it safer for community members to get to and from the Cloquet Community Center, the clinic, and the FDL Gas and Grocery.

The second project will be improving our community and school gardens. By improving the gardens, youth as well as community will have access to healthier, indigenous foods, making it easier to choose a healthier option.

The third project will be re-opening the Brookston Community Center skating rink, giving members in our community an option for exercise during the harsh winter months, while still getting fresh air. This will also help promote family based activities as youth and all community members will get to spend time on the rink together.

On the day of the event, members of the community, employees of Fond du Lac, and youth from the Fond du Lac Ojibwe School came out to the football field to enjoy the beautiful weather and to receive the grant. While it was obviously a special day for FDL, it was a special day for all of Minnesota as well.

“Today we are surpassing 3 million dollars in giving for the legacy fund, thanks to our partners like the Shakopee Mdewakanton Sioux Community (SMSC) and our other partners,” Dana Nelson, Vice President of Legacy and Community Partnerships at the MNSBHC.

The Legacy Grant wouldn’t have been possible without the help from their partners the SMSC, Seeds of Native Health, Bush Foundation, Carlson Family Foundation, Events by Lady K, the Minnesota Vikings, the National Football League



Bruce Savage, Vice Chairman, thanking the MNSBHC and the SMSC Chairman, Charles Vig

Foundation, Newman’s Own Foundation, Northland Foundation, Otto Bremer Trust, the St. Paul Foundation, Target, and U.S. Bank.

“The SMSC has a long standing commitment to supporting Tribes throughout Minnesota and we are proud to further our commitment today with this grant to the Fond du Lac Band,” said Charles Vig, SMSC

Chairman. “Something that both of our Tribes understand is the importance of accessing good quality food and a healthy community, especially for children.”

Then the MNSBHC presented the Fond du Lac Band with a big check, designed to look like a football scoreboard. It was an exciting event for the community and the FDL Ojibwe

Nahgahchiwanong Dibahjimowinnan

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

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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

students.

“I’d like to thank the legacy fund for the award and my friend Charlie Vig for coming up and being part of this,” Ferdinand Martineau, Secretary Treasurer of the Fond du Lac Band said. “We’ve done a lot of things with the Sioux community, programming, some financing, and they’ve become a friend of the Fond du Lac community just like we’ve become a friend of their community.”

While this helps all the areas of Fond du Lac (especially with the gardens at each center), the Brookston Community Center is getting a unique opportunity to give members of the community something active to do during the months when getting exercise is the hardest.

“Not only the Legacy Fund and the Chairman (SMSC), but I’d also like to thank our Tribal

council and the clinic staff. About 6 months ago, the clinic staff took the opportunity to discuss reopening our hockey rink at the Brookston Community Center,” said Bryan Bosto, Brookston Center Manager. “We’re also looking at getting a warming house, hockey supplies, helmets, all that stuff, so we’ll be able to use that area.”

After all of the speaking, the kids got a chance to do what the main focus of the grant was for, get some exercise. The kids got to play a game out on the field where they were able to get some physical activity on a beautiful fall day. Afterwards the kids were given healthy vegetable snacks.

All of this came together because Minnesota is hosting Super Bowl 52 in February 2018. By partnering with FDL, the MNSBHC hopes to continue to bring the

excitement of the game out to all corners of Minnesota and sees this platform as a unique opportunity to showcase Minnesota’s civic engagement, generosity, and philanthropy on a national stage.

The MNSBHC visited FDL in October as part of their 52 weeks of giving, going from February 2017 to February 2018, with their giving being focused on ways to improve health and wellness of youth with a theme of Fun (physical activity), Fuel (healthy eating), and Fundamentals (Importance of a positive adult role model or coach).

The grants that the MNSBHC are awarding to communities are through invitation only; there was no competitive process to obtain the grant.

Fond du Lac will put the money to good use helping the health of our communities and families.



Above: FDLOJS students and staff playing a game and enjoying a snack after.

Below: SMSC Chairman Charles Vig speaking at the event about partnering with FDL on several projects





Artwork by Aaron Kloss • www.aaronkloss.com

RBC Thoughts

Sawyer News

Boozhoo,

November is recognized as National Native American Month. In honor of this, the Black Bear Casino hosts a number of events throughout the month and the restaurants showcase menu items to highlight indigenous food. Last year, there was a very positive response about the sharing of songs and dance from the community. I hope you get a chance to enjoy A Tribe Called Red on Nov. 3 which is free and open to the public and is an alcohol free event.

This year's FDL Ojibwe School Fall Powwow was very well attended. Being in the school brought to mind that we need to remember to support our youth with their sports and extra-curricular activities. The school environment shows that teachers, parents, and grandparents really help our young people lead in a positive way with their culture.

This past month a Super Bowl Legacy Grant was awarded to the Fond du Lac Reservation. Miigwetch to Charles Vig, Shakopee Mdewakanton Tribal Chairman, who personally presented the award to the Tribe. Minnesota Tribes have really helped state and local organizations in many ways. The Shakopee Mdewakanton Sioux Community is the largest philanthropic benefactor for Indian Country nationally, and one of the largest charitable givers in Minnesota.

This month I had a chance to make it to the National Congress of American Indians Annual Conference. The energy from Tribes was positive with many strong voices who continue to support health and welfare for all Tribal nations. I had special interest in the Farm Bill and meeting with representatives from other Midwest Tribes. We discussed ways that Tribes can utilize USDA funding and also ensure that as we lobby that we recognize our own unique relationship with the traditional foods and land in our communities. There is much history with agriculture in Indian Country and sometimes we do not realize how much our own communities contribute to the most organic and clean energy ways of harvesting food. There is a connection to caring for our natural resources and sustaining our sovereignty by continuing to hunt, harvest, and grow our own food. That is a powerful position, which we carefully consider every day.



Bruce Savage

The Fond du Lac Human Services program in Minneapolis located at 2020 Bloomington Avenue has been named, Mino Bimaadizi Waakaagan. The pharmacy has moved into their new space and there will be more services offered as the year progresses. Please let family who live in the Twin Cities know about positions opening up in our newest facility.

Miigwetch, contact me if you any questions or input. Bruce M. Savage, Sawyer District Rep, Cell: (218) 390-7407 or brucesavage@fdlrez.com

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Boozhoo,

The Band is in the midst of our annual moose season again. The hunt has been very successful so far with 18 moose being registered of the 24 licenses issued. I talked with the chief warden and he was successful in filling the freezer for Elders again this year. The other two Bands have hunters in the woods also but I have not heard how well they are doing yet.

Speaking of being in the woods we have hired several crews to do the cultural resource survey for the proposed line 3 route. The workers are to ensure that the same thing that happened on highway 23 does not happen if the proposed line is constructed. I have been in contact with the supervisors in regards to the work that is being done and quite impressed with the competence displayed in the field by our crews. There are several items of cultural interest that have been documented by crew members that were ignored or missed by the first crew that went through the route. I hope that our people do the job as diligently the rest of the way as they have through



Ferdinand Martineau

Carlton County.

For several months now the RBC has been trying to complete the casino hires that are open. We are looking for an Enterprise Executive Director, the Casino General Manager, the Casino Marketing Director, and the Casino Operations Director. We have pieced together a team with acting individuals and I was quite impressed with their performance for the third quarter of the year.

The first half had the casino budget forecasts down over 2 million to being less than 1 million down in projections.

The last thing I want to mention is the Highway 23 project. The crew down there is doing a terrific job with the meticulous work they have to accomplish. They have my respect for the care they are providing to our forefathers.

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

GED

GED classes have started for the school year. Classes are open to FDL Band members and their families, members of federally recognized Tribes, and FDL employees. If you are unsure of what it takes to pass the GED test or are even unsure of your skills, teachers are will-

ing to help you reach your goals. Call or stop in to see what it's all about. Regular classes are held at the Tribal Center on Thursday from 4-7 p.m. We are also able to meet with you and work around your schedules. Contact Joan (218) 878-2658, Peter (218) 390-3064, or Dennis (218) 393-6643



The FDLOJS students and staff enjoying a game before having a healthy snack. The MNSBHC, as part of their 52 weeks of giving, is giving grants to communities to encourage a healthier lifestyle.



FDL ELDER CHRISTMAS PARTY

OPEN TO ENROLLED BAND MEMBERS 52+ AND SPOUSES

NO MINOR CHILDREN PLEASE

FRIDAY, DECEMBER 1ST 2017

9:00AM.....REGISTRATION

11:00AM-2PM....DINNER, DRAWINGS & MUSIC

BLACK BEAR CASINO RESORT

OTTER CREEK CONVENTION CENTER

MUST BE PRESENT TO WIN

Questions call Velvet Linden at (218) 878-8053

Please bring a non-perishable food item for the local Food Shelf

Rule 25 Walk-ins

@ TAGWII & CAIR



Tuesdays | 8am - 2:30pm

First Come First Serve

Limited spots available at Tagwii or CAIR.

There will be a sign-up sheet at each location.
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For more information or questions,
call 218-878-3858.



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Fond du Lac Human Services Division | Substance Use Disorder Department

More local news

Remembering Dewey Dupuis

By Zachary N. Dunaiski

Every November we honor those who fought for our country on Veteran's Day, but unfortunately we don't always do enough to remember those who gave their lives on the field of battle.

On February 14, 1951 Corporal Dewey J. Dupuis gave his life fighting for our country near Wonju, Korea and was posthumously decorated with the Silver Star for heroism.

The citation for the medal read: "Corporal Dupuis demonstrated raw courage and an inspiring example of heroism throughout this savage engagement." Dewey was only 22 at the time of his death.

Dewey's father, Dewey Dupuis, Sr., was a veteran of World War I, and his brother, Wayne Dupuis, Sr., was also a veteran of the Korean War.

"My dad had joined the service before he did," Wayne Dupuis said of his father

and uncle. Dewey died before Wayne was born, but he did get to hear his dad tell lots of stories about him. "When he got killed my dad wanted to go to Korea, you know, to get his revenge, but they wouldn't let him go."

Many people would have

wanted to do the same thing, but Wayne Sr. wasn't granted that request as he was instead sent to China for his service.

The following was written in the general orders dated March 19, 1951 for the Silver Star for gallantry in action being posthumously awarded to Dewey Dupuis.

Corporal DEWEY J. DUPUIS, RA16297888, Infantry, United States Army, a member of Company "E", 187th Airborne Infantry Regiment for gallantry in action against an armed enemy on Hill 255 near Wonju Korea on 14 February 1951. On this date the Chinese Communist forces had attacked this hill with such vigor and numerical superiority that United Nations forces occupying this hill were forced to abandon their strategical position. This terrain was of paramount importance since the force which held Hill 255 was in a position to control

all the high ground overlooking Wonju, Korea, to the southeast. Company "E", 187th Airborne Infantry Regiment was given the mission of retaking Hill 255, then infested with Chinese Communist forces. The mission of the first platoon, of which Corporal DUPUIS was a mem-

ber was to make a frontal assault on this hill at 1400 hours, coordinated with the remainder of the Company attacking on the left flank. The first platoon was compelled to attack over approximately 400 yards of exposed terrain up the crest of a steep mountain. The fire encountered was a combination of rifle, machine gun, mortar and hand grenades. The enemy fire was of such compelling consequences that the platoon was forced to make three attempts before the objective was finally seized by hand to hand fighting. Corporal DUPUIS demonstrated a rare courage and inspiring example of heroism throughout this savage engagement. Shortly before the final objective was seized Corporal DUPUIS was killed by enemy fire. The outstanding courage of Corporal DUPUIS and his comrades enabled his platoon to defeat an enemy force with all the advantages including a numerical superiority many times their own. After the objective was taken a total of 451 enemy dead were counted in this platoon's sector. The gallantry displayed by Corporal DUPUIS on this occasion reflects great credit upon himself and was in keeping with the highest traditions of the military service.

A lot of the information Wayne had on his Uncle was very interesting, but I don't think any was more interesting than the letter he had from a man who fought alongside Dewey. He'd sent home a letter to Dewey's mother dated April 12.

The beauty of today's technology is that we can hold onto



Dewey Dupuis's great-grandfather on his mother's side, who was a signatory to the treaties of 1847 and 1863.



Wayne Dupuis, Sr. (Left center) pinning the Silver Star posthumously awarded to his brother Dewey Dupuis, Jr. on their mother, with their father (right) present. Photo courtesy of Pine Knot on Oct. 2, 1951

things like this for much longer than we once could, but the quality of the copy makes bits of it hard to read, but here is a few parts of the letter:

I know you will want some information about him, he might have told you we were pretty close to each other, just like a brother. He died a hero's death. He was great.

He died happy, he was wounded in the leg and he said he didn't want to come off the hill said he had a score to settle with them. He didn't suffer.

He always talked about you all.

Even though Wayne never got to meet his Uncle, he did get to read some of what his uncle wrote.

"I read one of the last letters



Dewey Dupuis's great-grandfather on his father's side.

home, that he'd sent," Wayne recalled of a letter he'd read from his uncle. "He was writing to his cousin saying, 'I look forward to meeting your baby' who is Tom Whitebird," Wayne added.

There's never a bad time to recognize a Veteran whose fallen or thank one whose still alive, so make sure this Veteran's day to show your appreciation to them and their families.

More local news

Excellence at St. Scholastica

By Zachary N. Dunaiski
Jeri Collier, a Fond du Lac Band member, was awarded the College of St. Scholastica 2017 Excellence Award in recognition of excellence in Service to the College. The Excellence Award is given to recognize individuals who have provided outstanding service to the college, including both ad hoc and formal activities within the department, school, and college. The list of her accomplishments is astounding and seemed to be endless. When I asked her what type of work she's done to earn this award, she named off 10 different things she was a part of (one being "part of several search committees" so the list is actually much longer), but she had one she cherished more than others.



Jerri Collier

"I was part of a task force, and this is near and dear to my heart, being part of Fond du Lac, it's a task force working to create strategies to recruit and retain and support Native students," Jeri said.

And that isn't the only thing that Jeri does to help the Native community in this area. She also has done work with a few groups helping Native students in Duluth.

"Last year I went to the college night. It was an event sponsored by the American Indian Education Council for Native high school students that was down at the old central building."

Jeri, who has worked at the College of St. Scholastica since 2007 and as an Assistant Registrar since 2012 has a busy enough job without willingly adding more responsibilities, but her willingness to go above and beyond is just how she got this nomination and finally the award.

"We consider that (talking about several of her other activities) ad hoc because I was elected by staff to do them. It was ad hoc because I volunteered to be on committees. Whereas other committees I was appointed to," Jeri said comparing the different activities she does outside of her job.

With all that Jeri has going on, it seems really impressive that she had time to put even more of her work in written form.

"I had my first publication in the American Association of Collegiate Registrars and Admissions Officers, it's a really long title," Jeri added with a laugh. With that publication however, an error was made, but she showed both how humble and understanding she was with the whole situation.

"The worst part about that is they made a mistake and my name is not listed as a contributing author. It's just unfortunate. But now I have a letter and a promise that they will insert my name at the next print. It's like, 'oh that just stinks.'"

Even with all of her duties as an Assistant Registrar, she

still has time to do one of her favorite things—dance at powwows.

"I love to dance! I actually just made my very first jingle dress this past summer so that I could wear it to the Sobriety Powwow. I was unable to do the Veteran's Powwow but I made it in time for the Sobriety Powwow. That was really exciting," Jeri said. While it would be easy to be a little jealous of someone who does 10 times the amount of good in her community as most of us do, we can't help but love her story of how she came to love dancing.

"There was a period in time when I was growing up between ages 19 to, I don't know, 30ish, where I still considered me growing up at that point," she laughed and most of us can agree with her. "Where my mom had moved away to Washington state, she was working for the Lummi Indian Reservation as a nurse out there. So she had moved away and during that entire period of time, I didn't go to a powwow. And I missed it. And then she came back to town and I was able to kind of get back into it with her."

"There's nothing like going with mom, you know, and dancing, and she's so proud. And it's nice to make your mom proud," a true statement we can all agree with.

Congratulations Jeri for all your hard work and representing your community in a good way.

Four boys compete for FDL Cross Country

By Zachary N. Dunaiski

Fond du Lac's Cross Country program is still in the growing stages, but this year competed in several events around Northern Minnesota.

The team of four boys competed in seven meets this year all before competing in the section meet on Oct. 26. Congratulations to the boys, keep up the hard work.



Etc.

Mugs 'N' Hugs

WKLK Radio held its annual Mugs 'N' Hugs event at Wal-Mart on Sept. 30 with over 200 children attending the event.

The event is held every year to give out free DNA kits to

parents of children. Kids get a free mug with a root beer float inside along with some safety advice from the Cloquet Police Department. Just another way that WKLK is giving back to our local communities.

Happy Thanksgiving Fond du Lac Elders, from the Fond du Lac Reservation Business Committee

On Nov. 1, 2017 \$60 will be distributed to each Elder 52 or over for Thanksgiving. The funds will either be deposited on your U.S. Bank Focus card (if you receive your funds monthly) or as a check mailed to your address on file. Happy Thanksgiving!

Child Find Event

Community-Wide
For Families with children ages birth to 5

Join us:

Friday, November 17, 2017

11:30am-4:30pm

HeadStart Gymnasium

Hosted by the FDL FACE Program

Developmental Screening:

*Overall Medical Check (Height & Weight)

*Dental Screening

*Hearing Screening

*Vision Screening

*Ages & Stages Questionnaire~ Ages Birth to 2

*School Readiness Screening~ Ages 3 to 5

For more information contact

Child Event coordinators:

Jen Kohel 878-7281 & Barb Francis 878-7283



Building your family team

By Linda Helper, B SN, RN

When an elderly parent's health begins to fail, one adult child generally assumes the role of primary caregiver. While this arrangement may work well for a time, it can eventually lead to resentment when you find yourself shouldering most of the burden—especially if other siblings live nearby and still don't help out.

"Before you say or do something that you'll regret later, it's important to take a look at why you accepted this responsibility in the first place," says Lynne Coon, M.S., a licensed professional counselor in Portland, Ore.

"There are many reasons why people take on the role of primary caregiver, such as closest proximity to the parent or greatest availability to help out, but it's often because one child sees themselves as most suitable for the job," says Coon. Unfortunately, a competent and capable adult child who has taken on this role typically begins doing more and more until they become solely responsible for most or all of the caregiving duties.

While it's best to involve other siblings before such a pattern develops, it is possible to redistribute these responsibilities later in the game. Use these ideas for opening the lines of communication and enlisting the support of your siblings.

• Call a family meeting.

Whether by conference call or in person, schedule a time with ALL of your siblings to

discuss the issues that your parents are facing and what needs to be done to address them.

• Make a written agenda.

"Write down an agenda for discussion so that nothing is overlooked," says Wendy Wollner, a family and life-balancing specialist and CEO of Balancing Life's Issues, Inc. "Before the meeting or call, write down a detailed list or schedule of everything you are currently doing on your own, such as providing health care, housekeeping, transportation, etc." This will help you specifically convey the responsibilities you handle and avoid abstractions that won't be taken as seriously, like "I do everything!"

• Balance listening and talking.

Explain how you feel in a matter-of-fact way, but be open to others' feelings and viewpoints, too. This is a difficult topic for everyone, and generally a lot of emotions are involved. Your siblings may not be aware of how much you've been doing, and they may even feel left out when it comes to addressing your parent's needs.

• Be specific about what you want.

Have an idea beforehand of which tasks you'd like to be relieved of rather than just making a general appeal for help. Perhaps you'd like someone to take over the transportation to physical therapy appointments or give a hand with grocery shopping or meal preparation.

• Divide up tasks.

While there are many ways of doing

this, Coon suggests delegating tasks according to each person's skills and expertise. A sibling with experience in the medical field could take on all of the doctor's appointments, for example. Or the person with good business sense might be able to handle legal issues or put together a budget. Make sure to include siblings who live a distance away. Even if they can't help with hands-on care, they might be able to contribute funds for a housekeeper or plan respite visits every few months to give you and the other siblings a break.

• Don't expect total equality.

It's not likely that you'll divvy up tasks equally. This is okay, says Kaufman. "It's more important to work together as much as possible and help alleviate some of the stress on each other." Don't think of it as an equal or nothing arrangement, or you're likely to be disappointed.

Family dynamics can complicate caregiving

Keep in mind that it's normal to experience tension when siblings are faced with caring for their parents. Childhood jealousies, rivalries, and old grudges may resurface under the pressure to work together and make sacrifices. "If disagreements arise," says Kaufman, "it's good to remind yourself that this has nothing to do with what you or your siblings want. It's about what's best for mom or dad."

Disagreements may be avoided by setting down ground rules for discussion

Etc.

ahead of time, such as agreeing to listen to and consider every alternative, even if some don't seem workable. If all else fails, an option for moving past communication difficulties is family mediation. Mediation is an informal process in which a neutral third party helps people to better understand their individual interests and needs so that they can agree upon a workable solution to a problem. This process empowers families to better understand one another and devise their own solutions. To find a mediator, ask your attorney for a referral or contact your local senior center or Area Agency on Aging.

Even if you're successful in achieving a better distribution of responsibilities, it's important to continue communicating. Hold regular family meetings to ensure all siblings are aware of any changes in your parent's condition and plan of care. Let them know how much their help is needed AND appreciated. "You've got to keep pulling together," says Coon, "for your own peace of mind and for your parents."

Notice of Name Change

In the matter of the Marriage of Theresa Ann Long and Albert Duane Joseph Stately File No.: MA-002-17

To: Fond du Lac Band Enrollment Office:

On September 28, 2017, Theresa Ann Long and Albert Duane Joseph Stately were unite in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior

Chippewa, and on September 28, 2017 a Certificate of Marriage was issued Changing the name of THERESA ANN LONG to THERESA ANN STATELY.

FACE program

The Fond du Lac Family and Child Education (FACE) Program is proudly serving families in our community. The overall goals of the FACE Program continue to be:

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school-community connections
- Increase parent participation in their child's learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American Indian families in Bureau of Indian Education (BIE) funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

continued on page 10

FAFSA information

Students, Free application for Federal Student Aid (FAFSA) should be applied for early. Apply now, apply early!

Have the following documents and information ready when filling out the FAFSA:

- Your most recent year's tax forms, or end-of-the-year pay stubs
- Your W-2 forms
- Records of the most recent year's untaxed income, such as child support and support from agencies such as Social Services, Social Security, and the Veteran Administration; do not attach copies of these documents to your FAFSA, they are only for reference when you file
- The student's correct social security number
- Do not leave any questions blank; if your answer is zero, then write 0
- Read and follow instructions carefully, even if you have filled out the FAFSA before, because questions and instructions change
- If you are a parent with multiple children, fill out a separate FAFSA for each student; make sure each social security number is correct for each child, incorrect SSAN's delay processing

- If you are a dependent student, ask your parents to help you fill out the FAFSA; financial aid offices contact the student first so it is important that both you and your parent(s) know the information on the FAFSA
- Obtain the Federal school code from the school or schools you are interested in attending
- Double check figures and calculations, 40% of the forms with mistakes are delayed
- Do not report the new value of your primary residence; asset questions are only for secondary and investment properties
- Both the parent and the student (if applicable) must sign and date the FAFSA
- Fill out the forms early. This gives you an advantage because campus-based aid is awarded on a first-come first-serve basis. Also, the FAFSA must be filed every year. Report any changes in your financial situation to your financial aid administrator because they can affect your eligibility.

The FDL Scholarship Office personnel are available to assist students with completing the FAFSA on-line. Office hours are 8 a.m.-12 p.m., and 1-4:30 p.m.

Shelley West, FDL Scholarship Director, (218) 878-2633 or Fax (218) 878-7529, or Veronica Smith (218) 878-2681

IF YOU PLAN TO ATTEND COLLEGE FROM	YOU WILL SUBMIT THIS FAFSA	YOU CAN SUBMIT THE FAFSA FROM	USING INCOME AND TAX INFORMATION FROM
JULY 1, 2015 – JUNE 30, 2016	2015–16	JANUARY 1, 2015 – JUNE 30, 2016	2014
JULY 1, 2016 – JUNE 30, 2017	2016–17	JANUARY 1, 2016 – JUNE 30, 2017	2015
JULY 1, 2017 – JUNE 30, 2018	2017–18	OCTOBER 1, 2016 – JUNE 30, 2018	2015
JULY 1, 2018 – JUNE 30, 2019	2018–19	OCTOBER 1, 2017 – JUNE 30, 2019	2016

Etc.

from page 9

Not only do we focus on literacy at school but we also focus on literacy in the home. All actively participating families receive age-appropriate Imagination Library books from Dollywood Foundation for their children every month from birth to five.

If you are interested in more information about our FACE Program and the people we serve, please contact us at (218) 878-7231.

FDLOJS basketball

The new girls head basketball coach is Travis Brown, former assistant coach. The filling of the assistant coach position is under way.

Girls basketball practices start Nov. 13, and will be held 4:30-6:30 p.m. for 7th – 12th grades. Their first game is on Nov. 28 at home against the Learning for Leadership Charter School at 5 p.m.

Boys basketball practice starts Nov. 20 and will be held 4:30-6:30 p.m. for 7th – 12th grades. Their first game is on Dec. 1 at home against MIB at 5:45/7:15 p.m.

Elementary boys and girls basketball practice starts late November or first week of December.

If you have any questions contact Earl Otis (218) 878-7248 or e-mail at earlotis@fdlrez.com

Nagaajiwanaang Genawendangig Anishinaabemowin 2017 Language Program news

Submitted by Janis Fairbanks, Anishinaabemowin Coordinator
Strategic Planning Retreat for FDL Language Program 3-year Plan set for Dec. 2 and 3, 2017

There is an important planning retreat scheduled for Saturday and Sunday, Dec. 2 and 3, that gives you the chance to voice your opinions on what you want to see happen in the next three years with the FDL language program.

If you can attend both days from 9:30 a.m. to 5 p.m., you can be a part of the Core Planning Group. If you can only attend part of the time, come anyway, and participate in the phase of planning you can attend. Breakfast and lunch will be served both days.

Recap: In November, 2015, the question was asked: “What innovative ideas and directions are needed to help take care of the Anishinaabe language for Fond du Lac?”

The top three priorities with

Policies and Procedures were: (1) Claim a house for Master, (2) Mandate of double vowel orthography for public Ojibwe documents and signs, and (3) Every department on Fond du Lac budget in language and labels within own department.

Where are we with those priorities? We will review the progress.

There were also four key areas that emerged from the November 2015 planning retreat. These are: (1) Multi-generational Education – Learning of Children, (2) Family, (3) The Way We Do Things, and (4) Media. We’ve made some progress in each area since then.

The first area, Multi-generational Education-Learning of Children, made significant progress in two measures. First, we now have a weekly language table at all three community tables. And second, more recently, we hired a Master Speaker to join the language program.

The second area, Family, also met two measures. First, nature walks using Ojibwe have taken place each summer, and the second measure of incorporating Enrollee Day activity with history, culture and language, was also done in 2016 and 2017.

The third area, The Way We Do Things, had two measures implemented. One, we now have language based Equinox and Solstice events, and two, we gained budget approval for two language specialist positions. Once additional staff was added, it took only five months to produce the 11 videos from the last area.

The fourth area, Media, was grant funded, and along with the hiring of additional staff, enabled us to produce a series of 11 Ojibwe Immersion videos and Bi-Lingual brochures by June 30, 2017. The projection in 2015 was to create 3 videos. We exceeded the target by 8 videos! Put another way, the production level was 172% of the projection! These are all available on the Fond du Lac Anishinaabemowin Lessons webpage.

This is just a sampling of what was planned and accomplished in the language program. It is now time to revisit the planning stage again. If you are interested in being in the Core Planning Group, please send your name and contact information to: Janis Fairbanks at janisfairbanks@fdlrez.com

Fond du Lac Forestry plants trees to add biodiversity and to save forest function

By Christian Nelson, Fond du Lac Forester

A few weeks ago Fond du Lac Forestry staff planted 500 giizhikaatigoog (northern white cedar trees) in a field located west of Marshall Rd. in the Brookston area. Giizhikaatig are a favorite

winter food for waawaashkeshi (white tailed deer), and mature giizhikaatig groves are often used by groups of waawaashkeshi in the winter to provide cover from harsh winter conditions. My college wildlife professor once said that giizhikaatig is the only tree species available in the winter that a waawaashkeshi can eat to maintain its weight. Without giizhikaatig waawaashkeshi-iyag are on a slow, slimming (or worse) diet until late spring when new, green, vegetation starts growing again. Giizhikaatig make up less than 1% of Fond du Lac’s forest types. Any giizhikaatig seedlings (the future of giizhikaatig forests) are nearly absent in most locations because waawaashkeshi-iyag eat them just as soon as they are big enough to poke up through whatever snow cover we have.

To keep waawaashkeshi-iyag from eating all of our work, Forestry constructed a waawaashkeshi enclosure measuring nearly an acre in size and surrounded by seven foot tall fencing. This fencing will need to be maintained for 15 or more years before the giizhikaatigoog are tall enough to escape the mouths of hungry waawaashkeshi-iyag. In the near future Forestry will be exploring fencing alternatives to help even more



Golden Gloves boxing

Fight start at 1 p.m.

Doors open at 12 p.m.

Location: Fond du lac Gymnasium

Adults \$8 kids 10 and under \$4

“Warrior of the North” boxing club will host all local boxers

A special thanks to Fond du Lac Reservation

Etc.

giizhikaatig seedlings successfully grow into mature trees.

Aagimaak (black ash) Forests

You have probably read about the devastating invasive species, the emerald ash borer, in previous newspaper articles. Recapping, this insect native to Southeast Asia, is now established in over 34 states around the country and was found in Superior in 2013 and Duluth in 2015. To date, it has not been found any closer to Fond du Lac. Minnesota has over 1 billion ash trees and all of them are vulnerable to being killed by this little insect. Fond du Lac Forestry recently planted 15 acres of aagimaak (black ash) wetlands with non-ash trees. The areas planted are within the watershed of Rice Portage and Dead Fish Lakes.

The intent of planting these areas is to grow non-ash trees that won't be killed and can continue to transpire water (take up water from the roots and release it out of the leaves) to keep the water table low. To use an analogy, picture a bathtub that's only half-full of water. You can add several buckets of water (e.g. rainfall) and it won't overflow. But if the bathtub is full, any water you add to it will immediately spill out. Mahnoomin, (wild rice) is sensitive to water fluctuation, especially early in the season. Perhaps by keeping the bathtub half-full (maintaining growing trees in aagimaak wetlands) we can prevent damaging water fluctuation from early summer storms.

Forestry intends to identify more aagimaak stands within

important areas of the mahnoomin lake watershed and plant them. In the meantime, you can help by not transporting firewood, which is the primary way this insect has been hitchhiking across the country. You can also alert Fond du Lac Forestry personnel to any newly dead or dying aagimak trees you may observe in the area.

Climate Change Vulnerability Assessment and Adaptation Plan

By Phil Defoe, Air Quality Technician

Natural resource and environmental staff from the Fond du Lac, Grand Portage, Bois Forte Bands, and 1854 Treaty Authority partnered with Adaptation International and Great Lakes Integrated Sciences Assessments to create a living document that not only investigates climate change and how it is affecting our Reservations and the 1854 Ceded Territory, but also has strategies on how we can address changes in our surrounding environment due to changes in climate. Climate change not only affects the living things around us, but also our landscapes and traditions as Anishinaabeg.

Forestry:

Trees provide the Anishinaabeg with protection and give their lives to help make ours better, so it is our responsibility to honor their life and be accountable for our actions. In the Forestry section of the climate change and adaptation plan nine different tree species eastern white pine, sugar

maple, choke cherry, quaking aspen, northern red oak, paper birch, American basswood, northern white cedar, and black ash- are investigated in order to see how climate change is affecting forests in the region.

The climate change and adaptation plan points out that in the 19th century the state of Minnesota was more than half covered by coniferous and deciduous forests. Only one third of the state remains forested now, largely due to logging and current agricultural practices. Warmer annual temperatures and indirect climate changes are projected to affect the forests in our region.

Some of the species investigated are already in the southernmost part of their population range for Minnesota. With increased annual temperatures, species such as paper birch, quaking aspen, and northern white cedar could disappear altogether in the 1854 Ceded Territory and Reservations. Warmer annual temperatures may result in less snow cover which for shallow rooted species like sugar maple and paper birch, could mean exposed roots may suffer freeze damage. Our region is projected to see longer, more frequent, drought periods and an increase in wild fires. Many of the species discussed in this section are dependent on more moisture and longer time between fires in order to thrive.

Indirect climate stressors such as pests, disease, increased populations of browsing animals and land use changes have heavily affected the species investigated in this section

FDLOJS 21st Century after school program

Instructors wanted for the Fond du Lac Ojibwe School 21st Century after school program.

Our programs began Sept. 18 and runs through the school year. We operate Mondays, Tuesdays and Wednesdays from 3:25-5 p.m.

Areas of instruction can include but not limited to: S.T.E.M., Literacy, Tutoring, Homework Help, Art, Music, Physical Fitness, Dance, Mentoring, Service Learning, Entrepreneurship, Drug Prevention, Violence Prevention, Youth Leadership, Counseling, Beading, Seasonal Activities, and more.

If you are interested in working after school please call 218-878-7239 or email: mariadefoe@fdlrez.com

FDL ELDER TRIP

Sunday
November 12, 2017



Mystic Lake Over-Night.

\$50.00 Deposit.

FDL Elder's Deposit will be returned, non enrolled must pay the \$50.00.

Hotel is Double Occupancy.

Make checks payable to: FDL Activity Group.

Sign Up deadline is the same date as cancellation. October 25, 2017

Travel Plans:
*November 12, 2017
Bus leaves FDL Tribal Center @ 8am. Stop for coffee @ FDL G&G. Bus stops for bathroom break.

Arrive @ Old Log theater around noon and eat. Play starts @ 2pm. Leave for Mystic Lake and arrive around 5pm.

*November 13, 2017
Luggage will be picked up, use breakfast coupon, check out is 11am. Bus leaves @ noon. Arrive home @ 2:30pm

Old Log
THEATRE

St. Excelsior, Minnesota



Catherine Follett (218) 390-0309
Marlene Shofner (218) 879-6834
Val Turcotte (218) 879-5321
Carol Jaakola (218) 879-9296
Donna King (218) 971-8716

Etc.

of the climate change and adaptation plan. Our region is projected to have fewer days with below freezing temperatures. Many pest populations like emerald ash borer, gypsy moth, bronze birch borer, pine weevil, and tent caterpillar are kept in check by very cold winter nights, but with higher temperatures we can expect larger pest populations. Increased temperatures make it easier for deer to thrive in our region, and many tree species will be heavily impacted by increased deer browsing.

Some of the species investigated in this section are projected to do well or even increase in population with milder climate in the 1854 Ceded Territory and Reservations. This includes northern red oak, basswood, choke cherry, and eastern white pine. Eastern white cedar is projected to have small short term gains, but longer periods of drought over time will lead to decreased populations. The Fond du Lac Band is already supporting some climate resilient species in commercial plantings, like northern red oak and eastern white pine and has recently planted 500 cedar trees. As with the other species in this section, increased numbers of pests and deer grazing will affect how changes in population occur.

The climate change and adaptation plan assessed the vulnerability for the nine tree species as follows: choke cherry, northern red oak, basswood, and eastern white pine all have a high sensitivity to changes in climate but are projected to be able to adapt well. Black ash and sugar maple are moderate-

ly sensitive to climate changes and have a moderate capacity to adapt. Northern white cedar, quaking aspen, and paper birch were given a high sensitivity rating for changes in climate and a low ability to adapt.

For further details in the forestry section of the Climate Change Vulnerability Assessment and Adaptation Strategy Plan, or any of the detailed strategies associated with this section, please visit the Resource Management page on the Fond du Lac website and review the full document.

This concludes our review of the Climate Change Vulnerability Assessment and Adaptation Strategy Plan. I hope you enjoyed reading about how Fond du Lac, Grand Portage, and Bois Forte Bands along with the 1854 Ceded Territory Authority are assessing the coming changes in climate. I encourage everyone to go to the Resource Management home page and take a look at the full document.

Miigwech bizindawiyeg

Economic Development

The Economic Development Committee invites you to reach out to the members with questions, concerns, or ideas. Committee members can be reached directly or by the general e-mail edc@fdlrez.com. The EDC committee's next meetings are Wednesday, Nov. 8 and Wednesday, Dec. 6 from 3-4 p.m. in the Planning Division Conference room. More information can also be found on the FDL Website www.fdlrez.com/planning.

The Fiber to the Home project is moving along. The main

line conduit is installed and fiber installation has started. The Road to Home Surveys are beginning so if you are in the project area you will receive a door hanger with instructions on scheduling an appointment with the engineer this fall or early spring.

Are you a business owner? We are working on a Business Retention and Expansion program with the University of Minnesota Extension. As a first step we are looking to create a business directory and need your information. Please send your business name, website, location/service area, contact information and a short description of your business to jamieadams@fdlrez.com or Attn: Planning Division, 1720 Big Lake Road, Cloquet, MN 55720. No business is too big or too small.

Parent Notification Letter for the Fond du Lac Ojibwe School School Year 2017-2018

Dear Parent /Guardian of student(s) attending the Fond du Lac Ojibwe School,

The Every Student Succeeds Act (ESSA) was signed into law on December 10, 2015. The ESSA replaces the No Child Left Behind Act (NCLB) and is the latest reauthorization of the Elementary and Secondary Education Act (ESEA).

This new law makes many changes to key programs that we administer. Tribal schools will be given a transition period to work through these changes, with much of the new

law going into effect in the 2017-18 school year. We will continue to review the law in depth and will keep you posted on new information as we move forward. Key points of ESSA are:

- Eliminating inequality and creating opportunities for better student outcomes
- Academic standards that align with college entrance requirements and prepare students for the working world
- Annual testing to provide data on how students are performing in school
- Reporting data to the public on outcomes and opportunities for all students
- Strategies to intervene and support low-performing and high poverty schools.

If you have questions please contact the Ojibwe School at (218) 878-7261.

Supplemental Educational Services (SES)

You can choose, at no cost to you, to have your child receive Supplemental Educational Services (SES) such as free tutoring. Be aware that you might need to provide transportation for your child to and from

tutoring sessions.

The Ojibwe School has an annual meeting to inform parents about our Title I program, revise the parent involvement plan, parent/teacher compact and review parent rights under Title I. We encourage you to review the Title I PowerPoint on the school website at www.fdlrezk12.com.

We also encourage you to volunteer at the school, participate on school improvement committees, and attend School Board and Parent Advisory Group meetings. Please contact me at (218) 878-7284 or check the school website for information regarding these opportunities.

Sincerely,

Tara Dupuis, Principal

Domestic Violence Vigil

The 2017 Domestic Violence Vigil was an astounding success! All the events that we had planned went smoothly. Roxanne Peterson opened with the pipe ceremony and traditional singing, followed by Julian Kitto, who provided



Etc.

the drumming for the Round Dance. There were several speakers and a poetry reading to honor the survivors and victims of domestic violence. The last event was the cake eating event and it turned out to be a sweet experience.

Reclaiming Sacred Tobacco

In January 2017 we printed a story about the documentary *Reclaiming Sacred Tobacco*, which featured a few Fond du Lac Band members.

In October, the documentary was named Best Topical Documentary of the year at the Upper Midwest Emmy awards gala in Bloomington, Minn. A collaboration between Clear-Way Minnesota and Twin Cities PBS, the program explores tobacco use by American Indians in Minnesota.

Reclaiming Sacred Tobacco features American Indian Minnesotans discussing traditional tobacco practices, and how the commercial tobacco industry corrupted those practices into harmful behaviors like cigarette smoking. In Minnesota today, 59 percent of American Indians smoke, compared to 14 percent of the general population. *Reclaiming Sacred Tobacco* shows how restoring traditional ways can move people away from cigarette smoking and toward healthier living.

The film is informing diverse audiences about the differences between traditional and commercial tobacco use. American Indian health advocates are using it in innovative ways, including showing it in clinic waiting rooms on tribal lands. Additionally, it has been broadcast on public television

stations around the state, and continues to be screened at Native film festivals in Minnesota and around the country, including the national American Indian Film Festival in San Francisco, where it was nominated for Best Public Service film last year.

If you're interested in seeing this documentary it can be viewed at www.CLEAR-WAYMN.ORG/KEEP-TOBACCOSACRED/

National Finalist

Miss Kashmir Mercer, daughter of Joe and Jeanette Carlson

has earned the opportunity to attend Nationals through her successfully scored events: talent, casual wear, actress, and top model search.

The National Pageant is to be held in Anaheim California at Disneyland during Thanksgiving week, representing the great state of Minnesota, where she will have the opportunity to win her share of over \$500,000 in cash and prizes.

The National American Miss Pageants are dedicated to celebrating America's greatness and encouraging its future leaders. Each year, the National American Miss Pageants awards 1.5 million dollars in cash, scholarships, and prizes to recognize and assist the development of young women nationwide. National American



Miss has added the ultimate door prize to Nationals 2017. Each girl that qualifies for the national pageant has a chance to win a new 2017 Ford Mustang Convertible. For more details visit www.namiss.com/ car. National American Miss is dedicated to developing the success of young women

across our nation with a program that is designed to be age-appropriate and family-oriented. Pageants are held in each state for girls ages four to eighteen in five different age divisions.

The National American Miss Pageants are for "Today's Girl" and "Tomorrow's Lead-

ers." The pageant is based on inner beauty, as well as poise, presentation, and offers an "All American Spirit" of fun for family and friends. Emphasis is placed on the importance of gaining self-confidence learning new skills, learning good attitudes about competition, and setting and achieving personal goals. The pageant seeks to recognize the accomplishments of each girl while encouraging her to set goals for the future! Find out more about National American Miss at www.namiss.com.

Miss Kashmir Mercer's additional activities and awards include dancing, swimming, A honor roll, President's Education award program, and Living me to we.

Kiwenz campground seasonal closure notification

Fond du Lac Public Works closed the Kiwenz Campground on Friday Oct. 20, 2017 for the season. We anticipate re-opening, weather dependent, late April or early May 2018.



Culture-Based Strategic Planning for FDL Ojibwe Language Program—

Saturday & Sunday December 2 & 3, 2017

from 9:30— 5:00 p.m. each day

Location: Cloquet Community Center/ENP
1720 Big Lake Road, Cloquet, MN 55720

Breakfast & Lunch served both days! RSVP

About the Facilitator:

Dr. Edward Minnema began his teaching career at the Nay Ah Shing School in 1996, where he composed children's music in Ojibwe and team-taught with Ojibwe elder Larry Matrisous. After completing a doctorate from the University of Minnesota in 2007, Ed went on to consult and facilitate strategic planning processes for Tribes and non-profits across Minnesota.

Dr. Minnema has taught strategic planning within the University of Minnesota-Duluth's Master's of Tribal Administration and Governance (MTAG) program and most recently served as Commissioner of Education for the Mille Lacs Band of Ojibwe.



Dr. Minnema



EVERYONE WELCOME!

Your chance to say what you want to see included in the Fond du Lac Language Program in the next three years:

2018 through 2020

Putting it all together! Your chance to help design the puzzle!!!

Contact Information: Janis A. Fairbanks, Anishinaabemowin Coordinator
janisfairbanks@fdlrez.com or call 218-878-7351 to RSVP for this event.



Health News

Preparing meat safely

By Kara Stoneburner,
RDL, Public Health Dietitian

Over the next several months, there will be family gatherings, feasts, potlucks, 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

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

Cook the meat once it is thawed. Roast meat in an oven temperature of 325°F or above. This prevents the meat from remaining 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 for meats that are not ground. Turkey: 165° Beef/veal: 145° Lamb: 145° Pork: 145° Wild game-bird: 165° and 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. A whole turkey should 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 1-888-674-6854. Sources include USDA Food Safety and Inspection Service, MDH, Michigan-venison.com

The dangers of antibiotic overuse

Every year, you and your family face your share of colds, sore throats, and viruses. When you go to the doctor for these illnesses, do you expect a prescription for antibiotics? If you leave your doctor's office empty handed, your doctor could be doing you and your family a favor. Antibiotics will not always make you feel better. It is important to know about the two major types of

germs that make people sick: bacteria and viruses. Antibiotics are used in treating illnesses caused by bacteria. Lots of illnesses are caused by viruses and antibiotics will not work on a virus. Viruses cause the common cold, flu, most sore throats, bronchitis, and many sinus and ear infections.

Antibiotics can save your life, but taking them if you have a virus can create bacteria that are harder to kill. The term antibiotic resistance is when bacteria change and antibiotics can no longer kill the bacteria. When you take an antibiotic as prescribed and for a sickness caused by bacteria, it works well to kill the bacteria. But, when you take an antibiotic wrong or for a condition caused by a virus, bacteria in your body are exposed to the medicine, but not killed like they should be. When bacteria are not killed, they become stronger and harder to kill by antibiotics in the future. As more and more antibiotics are given to people when they don't need them, more and more bacteria

are becoming resistant or harder to kill. This resistance can lead to sicknesses lasting longer, longer hospital stays, or even death in people who are very sick. Without change, we are heading to a time where antibiotics may no longer work to treat infections. It is important to know how you can help slow down this process. You can play a role in preventing antibiotic resistance.

Improving antibiotic use starts with you!

Here are some tips on

“ Finish all antibiotics given to you, even if you are feeling better”

how to use antibiotics wisely:

- Remember that antibiotics are not effective against viral infections
- Get your vaccines, wash your hands, and ask a pharmacist or your medical provider about how to feel better without using an antibiotic
- Never pressure your doctor or provider for antibiotics; work with your doctor to understand what infections are viral (cold and flu) and what infections are bacterial and will respond to antibiotics (strep throat)
- Finish all antibiotics given to you, even if you are feeling better
- Do NOT save antibiotics for future illnesses, do NOT take antibiotics prescribed to someone else, and do NOT share your antibiotics with others
- Unused, expired, or leftover medication can be brought to the FDL police station or pharmacy for disposal.



Health News

The fast food scoop

By Kara Stoneburner, RDL, Public Health Dietitian

The idea of fast food has been around for years. Street vendors, walk up restaurants, curb service (food delivered to your car from the restaurant), drive-thru service, sports arenas, even gas stations are all venues that can serve food, that can be prepared and eaten quickly, to large amounts of people. It's fast food.

Fast food can be tasty, but it can also pack a lot of calories, fat, sugar, and salt into your diet. Eating too much fast food can lead to weight gain and health conditions such as heart

disease, diabetes, obesity, and cancer.

If you do decide to eat out keep these tips in mind to help you make healthier choices:

Have a plan. Review the menu before you get there. Check out the nutrition information for the menu options. Know what you are going to order once there and don't let a sale or a special offer alter your decision.

Eat lighter at your other meal and snack times if you know you'll be hitting up the local fast food joint on your way to the soccer game in the evening.

Remember portion control. A majority of restaurants will

serve larger than necessary portions. Be prepared to share your meal with someone or divide it into more appropriate portions. Don't super-size your meals.

Look or ask for healthier ways to have the meal prepared

- Instead of the fried chicken, order a grilled chicken: choose leaner meats like grilled or roasted chicken, turkey, and fish
- Avoid breaded or fried foods
- Try a vegetarian meal
- Say no to the fries and yes to the apple slices
- Build it your way: eliminate mayo, cheese, sour cream, creamy dressings, and sauces

- Opt for the unsweetened iced tea, low-fat/fat free milk or water instead of the sugary pop and the calorie-laden shakes: a local fast food small shake can average 530 calories and the large one, over 800 calories
- Order salad dressing on the side, so you are in control: be careful what is on your salad, skip the breaded chicken pieces and ask for grilled chicken pieces
- Toppings on baked potatoes add up too, try salsa or chili as a topper
- Pick plain brown rice over fried rice, choose steamed veggies- minus all the sauces

- Add extra veggies on your sandwich or pizza.

Eat slowly. Just because it is called fast food, doesn't mean you need to consume it fast. Take your time. Allow your body time to tell you it has had enough

Follow these tips and choose fast food less often to help get you on your way to a healthier you. Make a plan and stick to it.

If you still have questions about fast food choices or other choices in your diet, call the clinic to talk with a dietitian or your healthcare provider.

November is Lung Cancer Awareness month

Did you know that lung cancer was not common before the 1930's? It was after that era when smoking dramatically increased. Lung cancer has the highest cancer diagnoses and is the leading cause of death among Native Americans & Alaskan Natives in the Northern Plains area. One reason lung cancer is so deadly is that it is hard to detect in its early stages. However, there is some good news; there are tobacco cessation programs available to assist with quitting and also a low-dose CT for lung cancer screenings.

Lung cancer usually has no

symptoms in its early stages. When they start to appear, they can include:

- Chronic, hacking raspy coughing—sometimes with mucus that has blood in it
- Respiratory infections that keep coming back-including bronchitis or pneumonia
- Shortness of breath that gets worse, wheezing and lasting chest pain
- Hoarseness
- Swelling of the neck and face
- Pain and weakness in the shoulder, arm, or hand
- Fatigue, weakness, loss of weight and appetite, fever that comes and goes, severe headaches, and body pain

- Trouble swallowing.
- Things you can do to lower your risks are:
- Don't smoke
 - Eat nutritious foods
 - Be active and exercise
 - Talk to your provider about getting screened.

Always remember to consult your healthcare provider with any questions or concerns

A message from your Fond du Lac Cancer Prevention Program

Sources: *Center for Disease Control* www.cdc.gov, *WebMD* www.webmd.com/lung-cancer, and *American Indian Cancer Foundation* www.americanindiancancer.org

Flu vaccine now available

Flu vaccines are now available at FDL MNAW and CAIR Clinics. Schedule a nurse visit today to get vaccinated. Anyone 6 months of age and older should get a flu vaccine every flu season.

Reasons to get a flu shot:

- American Indians/ Alaska Natives (AI/AN) are at high risk for flu complications
- Flu is a leading cause of pneumonia
- Flu and pneumonia rank among the top 10 causes of death for AI/ANs

- AI/AN are more likely to die from pneumonia and flu than other races

- The flu poses greater risk to young children, Elders, pregnant women, and people with diabetes, obesity, heart disease, asthma, or lung problems

- Even if you are healthy, getting your flu shot can protect those around you, such as Elders and young children from being exposed to the flu virus.

Please call us to get scheduled today! You can reach us at (218) 878-2120

Catherine (Roy) and Joseph Houle

Research by Christine Carlson

Scions of Great Men at Indian Wedding – Nuptials at Superior Graced by Descendant of De Tonti and Several Others Early Explorers – Duluth News Tribune of April 16, 1902

Wedding bells rang a joyous peal Tuesday morning when Joe LaFlamme and Elizabeth Roy were married. The expression is only figurative, for there were no bells near, but their own happiness, and the smiling faces of their swarthy friends and kinsfolk attested to the joyful occasion, when the two half breeds linked their fortunes.

The festivities were held in a bark and board covered cabin, on the Wisconsin shore across from Spirit Island.

For all that it was not a distinguished assemblage, it numbered several whose lineage would make a Colonial dame turn green with envy in point of age a few with ancestors who were mighty in the olden time, and at least one descended from a man whose exploits and adventures form one of the most attractive pages in the romantic story of the French occupancy and exploration of the Mississippi valley.

Joe Houle of the Fond du Lac reservation was another guest. He lays no claim to noble birth or baronial connections, yet his family is ancient and honorable, and may well be numbered among the first of this section, for his progenitor, many generations back, followed in the train of Greysolon du Luth when his canoes first kissed the western waves of Lake Superior. He married the daughter of an Indian chief and the family has been in this section ever since. Joe retains the full name of his ancestor, who was in charge of the flotilla. Houle is a respectable and industrious fellow, and proud of his descent on both the Indian and French side. He acted as master

of ceremonies, and acquitted himself well remaining quite sober through the trying ordeal.

Sieur Daniel Greysolon Du Luth in this area in 1679

Sieur Du Luth was a French nobleman who was a member of the King's Guard at Versailles, France. He left Montreal, Canada in 1678 and explored the Great Lakes and a region on the far shores of western Lake Superior which was later called Minnesota. Du Luth's party consisted of three Indians and seven Frenchmen.

The French Explorer and American City of Lake Superior – Duluth Minnesotian of May 27, 1871

He (Daniel Greysolon du Luth) may be regarded as the discoverer of Minnesota having in June, 1680, left his post on Lake Superior, ascended the St. Louis River at whose mouth is the site of the city of his name and advanced to Mille Lac, which he called Lake Buade.

Joseph Houle's Parents - John Baptiste Houle and Carolina Ke-kan-gag-we

John Baptiste Houle, born 1814, Lac Courte Oreilles, Wisconsin, baptized on 7 Aug. 1835 age 21 years, LaPointe, Wisconsin. His godparents were J. B. Corbin and Julia Cadotte. He is listed in the 1843 La Pointe payroll in La Pointe band #1 under Chief La Boeuf (Buffalo). Listed with him are 1 woman and 7 children. He is not listed therefore he was probably non-Indian. He married Carolina Ke-kan-gag-we also known as Charlotte Jishib. She was born 1813, La Courte Oreilles and baptized 7 Aug 1835, age 22 at La Pointe. Her godparents were also J. B. Corbin and Julia Cadotte.

The other children listed below were all baptized at La Pointe, Wisconsin. Some of them may have been enrolled in Wisconsin.

Children by Carolina Ke-kan-gag-we: Francis Houle (FDL-168), born 1832; Joseph Houle (FDL – 238), born 1833; Marie Houle, born 31 Aug 1835, baptized 1 Sept 1835. Her godparents were Ambilis Dufort and Maria Basinet; Elizabeth Houle, born 28 July 1838, baptized 1 Aug 1838, died 1 Oct. 1868, Superior, Wisconsin. Her godparents were Alexius Carpentier and Angelica Houle.

Catherine Roy's Parents - Vincent Roy and Elizabeth LaCombre

Vincentius Roi, Jr., age 39 of LaPointe was married on August 18, 1839 to Elizabeth LaCombre, age 33 of LaPointe. Witness J. B. Corbin and Alexis Brebant. Priest: Frederic Baraga

1870 United States Federal Census for Superior, Wisconsin

Joseph Houle age 40, a fur trader and his wife Catherine age 30 and their children Nancy age 6, Frank age 8 and Susan age 2.

1880 United States Federal Census for Superior, Wisconsin

Joseph Houle, a laborer and his wife Kate and their children Frank, Nancy, Susan, Joseph, Mary, and Lewis.

Note – you may find different spellings and or dates in census records so check the person's birth date and spouse's name for more clarification. Nicknames were also reported as above when Kate was used instead of Catherine. Remember census takers could easily make mistakes and/or have poor handwriting. I was a census taker in 2010 and now there are safeguards in place but way back then, many mistakes were made.

1888 Census for the Fond du Lac Band

Joseph Houle, Sr. age 69 and his wife Catherine age 64 and their children Susan age 19, Josette age 17, Mary age 15, Louis age 13, Lizette age 9, Madeline

age 11 and Jennie age 7.

1894 LaPointe Census for Fond du Lac Band

#321 is Joseph Houle, Sr. age 60 and his wife Catherine age 48 and their children Louis age 18, Lizette age 9, Jennie age 7 and their orphan nieces Lizzie Houle age 17 and Theresa Roy age 15.

From the Book A Forever Story – Fond du Lac Council Members

In 1897 both Joseph Houle Sr. and Joseph Houle Jr. were council members.

Deaths on the Reservation – Pine Knot of October 9, 1897

Joseph Houle's four-year-old daughter died on Saturday morning, after a week's illness of some mysterious disease that baffled the simple skill of the Indians, altho' the child was waited on night and day with the most assiduous care.

Grave Registration Records - Death of Joseph Houle, Sr. – May 9, 1908

The grave registration shows Joseph Houle, Sr. as being born in 1832 and died at the age of 76 years. His parents are listed as Carol Akakanangwe and John Bapt. Houle.

Indian Fair a Success – First Annual Agricultural Exhibit by Fond du Lac Indians Most Credible – Pine Knot of October 9, 1914

In the farm animal category, William Wood had first and Joe Houle had second prize. For wild rice, Mrs. Joe Houle won the prize. In the women's department prizes, Mrs. Joe Houle won the prize for the best preserves.

Grave Registration Records for Catherine Houle

Catherine Houle was born in 1839 and was 76 years old when she died on August 23, 1915. Her parents were listed as Elizabeth

Lacombe and Vincent Roy.

Bury Aged Indian Woman – Duluth News Tribune of August 26, 1915

Mrs. Catherine Houle, age 71, resident of the Fond du Lac Indian reservation, was buried today. Death was due to natural causes. The Indian office here is seeking her heirs.

Aged Indian Woman Dies – Pine Knot of August 27, 1915

Mrs. Katherine Houle, aged sixty-four years, died Monday August 23, at the home of her daughter, Mrs. Susan Godfrey. Death was due to a complication of diseases. Funeral services were held Wednesday morning at 9 o'clock from the reservation church, Rev. Father Lemire officiating.

The deceased is survived by three daughters, Mrs. Susan Godfrey and Mrs. Lizzie Wenlund, of this city and Mrs. Marie Budreau, of White Earth.

Two Obituaries

There are two obituaries listed as there is some different information and spellings of names and ages in both obituaries. It is a good idea to try and find more than one obituary when you are researching your family.

Up-Date on the Fond du Lac Boy Scout's Story from Last Month

Micky (Morrisette) Parks shared the information from her original Carlton County Abstract that the Duluth Council of the Boy Scouts of America had land and buildings on Lot 3, Section 21, Township 49, Range 18 from the years of 1919 – 1925. This land was located on the north end of Lake Nahgahnub now known as Big Lake. Thanks Micky for sharing and taking the time to get this historical information to me.

Whereabouts Unknown

These Tribal Members/Descendants maintain ownership in trust land or have money on deposit at the Office of the Special Trustee for American Indians. Those with an * by their name have Cobell funds that need to be claimed by November 27, 2017.

We would like to locate these Tribal Members/Descendants and get them to update their Individual Indian Money (IIM) account with a current address and telephone number. If your name appears on the list: Please call the Office of Special Trustees at (218) 751-4338 or 1-888-678-6836 to update your account.

Whereabouts Unknown Account Information
17 October, 2017

AIKEN, JAMES
ALLEN, THOMAS J
ANGUS ROSE, LENORE MARLENE
ANKERSTROM, DANIEL A
BABICH, STEVEN*
BABICH, WESLEY*
BARGER, DALANA M
BATEMAN, CYNTHIA L
BEASLEY, BRENDA GANGSTAD
BEGAY, SARAH B
BERNARD, MARGARET A*

BLAIR, GRACE N*
BLOOMER, LORI*
BOUZIKIAN, SERENITY K
BOYER, MARY L*
BUNGO, DOROTHY E*
BUNGO, JOHN*
BURKE, THERESA LYNN
BURNSIDE, BONNIE J*
BUSCH, PARTICIA JO*
BUSCH, JR, FLORIAN JOSEPH*
CADOTTE, MARVIN C*
CASEY, KEITH
CLARK, AMOS*
CONNOR, ARNOLD
CONNOR, GAIL
CONNORS, BERNICE*
CONNORS, BERTHA TULLOS*
CONNORS, CLYDE*
CONNORS, ELLEN*
CONNORS, HARRY*
CONNORS, JENNIE INGALLS*
CONNORS, RALPH*
COUTURE JR, JOSEPH J
CRANFORD, BERNARD*
CRANFORD, WILLIAM*
CROWE, MICHAEL E*
DANIELSON, MURIEL V*
DAVIS, LELIA D*
DEFOE, CURTIS R
DEFOE, MICHAEL D
DEFOE, RICHARD*
DEMPSEY JEWELL, FERN*
DIVER, KAREN*
DOONAN, MICHAEL T
DUBREUIL, JOHN*
DUFALUT, DONALD*
DUFALUT, JULIA*
DUFALUT, LARRY*
DURFEE, PAUL*
DURFEE, THOMAS S
EDLUND, DENISE JO
EDLUND, ROBERT VERNER
ENGEN, CINDY*
FAIRBANKS, JOSEPH B
FAIRBANKS JR, BERT A*
FRAZIER, VIRGINIA E
FURTMAN, SUZANNE MACIEWSKI

GHEEN, JOANN OSMUNDSON*
GODFREY, MAX J*
GOUGE, LEO*
GREIG, MARY*
GRIFFITH, BONNIE LOU ANGUS
GRIFFITH, CATHERINE*
GROBERT, RICHARD L
HACKENSMITH, TRAVIS J
HARNOIS, CHARLOTTE*
HEBARD, JUANITA M BARTEN
HEELAM, DOROTHY MARIE SLEVA*
HEINEN, DEBBIE
HEINKEL JR, HARRY H
HEVRON, DAVID J
HOGUE, MYRON D
HOLTEN, AUDREY*
HUCULAK, CHRISTOPHER
JANKO, SARAH C*
JENSEN, VIRGINIA M CLARK*
JOHNS, LIZZIE M*
JOHNSON, JOYCE L
JOHNSON, MICHELLE*
KENTALLA TAYLOR, DAVID E
KING, JACQUELINE M
KRIKBRIDE, NORA ANNE
LABARGE, DANIEL LEROY*
LAFAVE, EDWARD J
LAMOREAUX, EUGENE A
LAPRAIRIE, ROBERT H*
LAPRAIRIE, SHELDON L
LAROCK, DAHNE*
LIEBECK, KEVIN A
LIND, KESHIA M
LIZANA, VICKI
LONEY, JAMES M
LOPEZ, EDWARD J
LORD, CHRISTINE L
LORD, LEE C*
LORD, LEE C*
LORD, LEO A*
LORD, ROBERT J
LORD, STEVEN P
LUCIA, DAVID M
MALLORY, ROSELLA*
MANN, MARY

MANZINOJA, ANDREW*
MARTIN, ROSETTA*
MARTINEAU, BERNARD E*
MARTINEAU, DALE*
MARTINEAU, KATRINA E
MARTINEAU, STEVEN B
MATHIS, PATRICIA R*
MATHISON, ADRIAN S
MATHISON, MICHAEL A*
MCCAULEY, JOHN
MCCAULEY, STEPHANIE
MCEIVER, JESSE J
MCNAUGHTON, CINDY R
MCNAUGHTON, JACK RAYMOND
MCNAUGHTON, MICHAEL JOHN
MEDHURST, VIOLET*
MEHTALA-HOWES, LISA
MILLS, CHRISTOPHER M
MORRIS, GARY ALLEN
MORRISSETTE, JOHN ALLEN
NAHGAHNUB, KIM LEILANI
NEWAGO, DENNIS
NEWAGO, LAURA
NORTHRUP, DAWN M
NORTHRUP CARLISLE, RUTH E
NYHOLM, JAMES J
NYHUS, JAMES
OAKLEY, AMANDA
PAIGE, JOSEPH B*
PASSMORE, ALVENA*
PASSMORE, ED*
PELTIER, COLLEEN SUSAN
PERKINS, DAWN L
PETERSDORF, KATHLEEN M
PETERSON, MRS JOHN*
PETITE, CATHERINE M
PETITE, JOHN*
PETITE, JULIA W*
PETITE, MARIE L*
PICKUS, CAROL J*
PINEAU, RUDY
POSEY, EMMA*
POTTER, ELLEN
POULSEN STEPLER, KAREN
SUE

PROULX, BERNARD E
RABIDEAU, CHRISTOPHER R
RABIDEAU, JOHN*
RADKE, BRUCE LYLE
RAISCH, SIMON WILLARD
ROCHON, KEVIN M*
RUSSELL, HENRY J*
SAVAGE, MARK A
SCHLIENING, KELLI
SCHULL, ELIZABETH
SEAT, CLIFFORD LOYD*
SEAT, GENE HUBERT*
SHABAIASH, KEVIN
SHABAISH, JOSEPH*
SHARLOW JR, JOHN*
SMITH, JAMES A
SMITH JR, RONALD J
SPODEN, BONNIE BERNICE*
ST GEORGE III, DEXTER R
STJOHN, WILLIAM J*
STRONG, KEVIN FREDERICK
STRONG, RAE MURIEL
SULINGARF, ANGELICA M*
T F MCNAUGHTON *
THOMAS, JOHN JR*
THOMPSON, DEBBIE*
THOMPSON, RAYMOND L*
TOMKE, TIM B
TYTECK, JUDITH A
UTA, REBECCA L*
VANERT, MARGARET A*
VETTER, ELIZA B*
WAKEFIELD, LE ROY J*
WAKEFIELD, LEROY G*
WAKEFIELD, LEROY*
WARD, AUDREY*
WERGELAND, KEITH IVER*
WERNER, SARA L
WHITEBIRD, JOSEPH D
WHITEBIRD, LOLITA B
WHITEBIRD, VINCENT
WAYNE
WHITEBIRD JR, DAVID R
WHITEBIRD MARTINEZ, KAREN
WILKIE, LOUISE*
WOOD, CHRISTOPHER A
WOOD, MARK S

OTTER CREEK EVENT CENTER

NOVEMBER 1, 2017

KALPULLI KETZALCOATLICUE

FREE CONCERT!

DOORS OPEN 6 PM | CONCERT 7 PM



A TRIBE CALLED RED

NOVEMBER 3, 2017

FREE CONCERT!

DOORS OPEN 6 PM | CONCERT 7 PM



NOVEMBER 17, 2017

BRULÉ

FREE CONCERT!

DOORS OPEN 6 PM | CONCERT 7 PM



FDL Law Enforcement news

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

- Sept. 1 A vehicle was stopped and given a warning for having a headlight out
- Sept. 2 Report of a person yelling, officers arrived and advised the individual to stop yelling or they would be taken to detox
- Sept. 3 Report of a neighbor's dog being in their yard, the owners of the dog were advised of the Tribal ordinance and advised to keep the dog on their property
- Sept. 4 Report of a dog biting a child, the dog is to be quarantined as it wasn't current on vaccinations and the child's parents were advised that the dog was on a leash and not to let the children play in other people's yards
- Sept. 5 A vehicle was stopped for speeding; 62 MPH in a 50, the driver was given a citation for no proof of insurance and advised to park the vehicle until they obtained insurance
- Sept. 6 Officer assisted an individual with getting a ride home
- Sept. 7 Report of an individual damaging personal property, the individual was uncooperative with law enforcement and was ultimately arrested for criminal damage to property and obstruction
- Sept. 8 Report of gun shots, officer's responded to an address and the individuals were safely testing a new firearm, they were advised that it was disturbing their neighbors
- Sept. 9 Driver was stopped and advised that their passenger side taillight was not working and they needed to get it fixed
- Sept. 10 Report of counterfeit bills being passed at Black Bear Casino Resort (BBCR), an individual was spoken to and stated they didn't know the bills were fake
- Sept. 11 Driver was stopped for a headlight being out, it was then determined that one of the tail lights was out as well, the driver was advised of the issues and advised to get an updated copy of their insurance card
- Sept. 12 Officer's received a call of an unwanted individual, the individual was advised they needed to leave and not come back without the owner's permission or they would be arrested; they left without incident
- Sept. 13 Report of an individual lying in the roadway, the individual was drunk and stated they couldn't get up; when officers arrived the individual was sitting on the side of the road; they were assisted up and given a ride home
- Sept. 14 Report of an individual overdosing, officers administered Narcan and the individual was taken to the hospital for observation and care
- Sept. 15 Report of an assault taking place, numerous people involved; when Officers arrive they located a couple of individuals who needed medical care and others were taken to jail for assault
- Sept. 16 Report of a fight occurring at BBCR, numerous individuals involved, involved parties were cited for assault
- Sept. 17 Driver stopped for failure to signal and no license plate light; the driver was arrested on their felony warrants and taken to jail
- Sept. 18 Report of an unwanted individual at a residence, the individual was advised to leave the property and not come back unless given permission by the home owner; the individual left without issue
- Sept. 19 Report of a child being bitten by a neighbors dog, the child said the dog scratched them not bite them; the owner of the dog was advised of the situation and advised to quarantine the dog for 10 days and if additional calls were received in regards to the dog it would be taken to the shelter
- Sept. 20 Report of an open 911 call at the Cloquet Community Center, turned out an individual pocket dialed 911 when they were playing basketball
- Sept. 21 Report of a dog being found at FDLGG, the dog was taken to the shelter
- Sept. 22 Report of a large amount of standing water near the intersection of Big Lake Rd. and Trettel Ln., Public Works was notified
- Sept. 23 Report of a tree being down on a power line and smoking, when officers arrived it wasn't smoking but the Fire Department arrived and was waiting for Lake County Power to arrive
- Sept. 24 Report of a fight at BBCR, two of the individuals where issued citations for disorderly conduct and sent on their way, the other party involved was sent home in a cab
- Sept. 25 Officer's assisted an individual with a ride back to their vehicle from FDLGG to put gas in as they had run out
- Sept. 26 Report of a domestic assault, the suspect fled but was later located and placed under arrest for domestic violence
- Sept. 27 Report of a pan handler at BBCR, when officers made contact with the individual they identified them and found they had a warrant out of Carlton County and they were taken to jail for their warrant
- Sept. 28 Driver stopped for not using traffic signals when turning, the individual was given a warning and released
- Sept. 29 Report of an unwanted individual at BBCR who was harassing and disturbing other customers; the individual was refusing to leave and ultimately arrested for DWI, obstruction, and disorderly conduct
- Sept. 30 Report of a needle being found on the corner of Whispering Pines Dr. and Loop Dr. the needle was collected and disposed of properly.

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
 BLANKENSHIP, Lisabeth
 CICHY, Gerard
 CICHY, Leslie
 DEFOE, Antoine
 DEFOE, Richard
 LAPRAIRIE, Robert
 LIND, Hal W. Sr.
 MARZINSKE, Larry
 MURPHY, Louise M.
 NASON, Aprille
 SAVAGE, Mark
 TAYLOR, David

Ashi-niswi giizisoog (Thirteen Moons)

Gashkadino-giizis

Gashkadino-giizis is the Freezing Moon. The new moon begins November 18. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.

Introducing Molly Johnson, Fond du Lac Tribal and Community College Extension-VISTA Worker

Boozhoo, my name is Molly Johnson. I am currently serving as a Resilience AmeriCorps VISTA (Volunteer in Service to America) at Fond du Lac Tribal & Community College's Environmental Institute. I am originally from North Branford, Conn. and studied Environmental Science at Saint Joseph's University. I previously served as a Jesuit volunteer in Sitka, Ala. where I ran a 4-H program focused on living with the land. I am passionate about strengthening peoples' relationship with the environment.



mate change poses many challenges to culturally significant resources, infrastructure, and community health. The goal of my position is to connect these two concepts and assist as we prepare to overcome these challenges.

Since April 2017, I have been working with the Environmental Institute to increase food sovereignty and individual resilience. I have enjoyed working on the FDLTCC campus gardens and sustainability efforts along with increasing capacity for the student work study program. I am very grateful to be able to work with such incredible people in an already highly resilient community. Miigwech!

Introducing Kelsey Wenner, Fond du Lac Resource Management-Aquatic Invasive Species Coordinator

Boozhoo! My name is Kelsey Wenner, and I am very excited to be starting as the new Invasive Species Coordinator! I grew up in Detroit Lakes, Minn. but have spent most of my time in the last decade in Minneapolis. I attended college at the University of Minnesota where I graduated with a Bachelor of Science Degree in Biology. I am currently attending Itasca Community College online to obtain a Professional Certification in Geospatial Information Systems (GIS).



Australia, take care of marine animals, and take guests on snorkels and dives with the sharks at Sea Life Minn. aquarium, participate in forestry management with

the Conservation Corps of Minn. and Iowa and the Three Rivers Park District, and expand an aquatic invasive species program for the 1854 Treaty Authority. I look forward to serving Fond du Lac and building a program together where we can manage invasive species that are currently here and prevent new infestations from establishing!

Since graduating I have been lucky enough to study coral reef zonation in

Gichi Manidoo Giizis Traditional Pow Wow "Taking Care of the Land and Community"

Saturday January 13th, 2018



SAVE THE DATE!

Tribal Agriculture and Natural
Resource Conference
January 11th-13th
Black Bear Casino Resort

Topics: Water Quality, Maple Syrup,
Tribal Food Codes,
Grants and Loans, Orchard Manage-
ment, Aquaponics, Tribal ARMP,
Business Planning

SAVE THE DATE!

Black Bear Casino Resort
Otter Creek Event Center
1785 Highway 210
Carlton, MN 55718
Hotel Reservations: 1-888-771-0777

Free Admission
Open to the Public -Alcohol & Drug Free Event

Moccasin Game
50/50 Raffle

Join our event on the 13 Moons Ashiniswi giizisoog Facebook page

Taking Care of the Land and Community

Info booths and displays of Tribal, State and Federal programs
Involved in taking care of the land and community.

For more information contact:

Nikki Crowe 218-878-7148 nikkicrowe@fdlrez.com



Sponsored by
Fond du Lac Band of Lake Superior Chippewa
Fond du Lac Tribal and Community College
USDA-NIFA Funds



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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

— Ojibwe Wordlist —

One	Bizhig
Two	Niizh
Three	Niswi
Four	Niiwin
Five	Naanan
Six	Ningodwaaswi
Seven	Niizhwaaswi
Eight	Nishwaaswi
Nine	Zhaangaswi
Ten	Midaaswi
One week	Ningo anami'e giizhig
One month	Ningo giizis
One year	Ningo biboon
Pounds	Dibaabiishkoojigan
Gallons	Mnikwaajigan
Miles	Dasodiba'igan



Community News

Happy Birthday

Birthday women **Arlene Londo**, hope your day is a good to my twinzy for 3 days...
Zah-gi-gi-win always and forever, sista Nita

Happy birthday **Whitney Leone** (Oct. 20)
Love ya, mom and Mitch

We would like to wish a very happy birthday to **Dez McMullen**, 26 (Nov. 1), we love you very much and hope your day is as special as you are
Love mom, Davey and Izzy, Matt and Angel and kids, April and Royce, James and Kayla, and Rylan

Happy birthday babe, **Lee DeFoe** (Nov. 8)
Love, Chey

Happy b-day **Brotherman** (Nov. 8) Lotsaa love coming your way
Your sister, Anita

Happy birthday to the beautiful **Alyza "Muffy" Savage** (Nov. 10)
Love, PJ, Herb, and kids

Happy birthday to my brother **Cameron Thompson** (Nov. 14), hope you have a good one. We love you!
Court, Trav, Baby Trav, and Laila

Happy birthday **Auntie Ear-rings, Leah Savage** (Nov. 20)
Love, the East Pine and Pine Dr. Savages

Happy birthday mom, **Danielle Martineau** (Nov. 23), finally over the hill!
We love you forever and ever XOXO, Court, Trav, baby Trav, and Laila



Happy 2nd birthday to **Kruz James Skoglund** (Nov. 24) the sweetest toddler we could ask for!
Love, mommy and grandma



Happy birthday to our amazing daughter, **Emilee Heifner** (Nov. 24), we love you so much!
Mom and dad



Happy birthday to my loving and handsome son **Doug Misquadace** (Nov. 25)
Love, your mother



I want to wish my daughter **Alycia Erickson** (Nov. 26) a very happy birthday. I love that you are my daughter and my shopping partner; you bring joy to our lives.
Love, mom and Darrell

Happy birthday to our Papa **Jeff Savage** (Nov. 28), we love you bunches!
Love, all the grandkids

Happy birthday grandma **Lou Thompson** (Nov. 29)! We love you to the moon and back!
Love, Court, Trav, Baby Trav, and Laila

FDLOJS 21st Century after school program

Instructors wanted for the Fond du Lac Ojibwe School 21st Century after school program.

Our programs began Sept. 18 and runs through the school year. We operate Mondays, Tuesdays and Wednesdays from 3:25-5 p.m.

Areas of instruction can include but not limited to: S.T.E.M., Literacy, Tutoring, Homework Help, Art, Music, Physical Fitness, Dance, Mentoring, Service Learning, Entrepreneurship, Drug Prevention, Violence Prevention, Youth Leadership, Counseling, Beading, Seasonal Activities, and more.

If you are interested in working after school please call 218-878-7239 or email: mari-adefoe@fdlrez.com

Thank you

We would like to thank everyone for their condolences and kind words during our time of loss.

No words can describe the appreciation and love that was shown not only to us but to our Brad.

We would like to thank the

Sawyer Center for the wonderful luncheon and everyone who sent flowers or just stopped by to give us the quiet hugs we needed.

Once again, thank you everyone, Bonne Barney and family

Congratulations



To the proud parents (**Jessie Anderson and Clint Northrup**) of **Toretto Joseph Northrup**

(September 29, 2017) 9lbs 10.4 oz 21 1/2 inches

Zachary, Megan Howard, Haley, Dylan Morgan Antonio, Colton Northrup.

Apology

I would like to apologize to the family of Donald Defoe. His birthday had an error in it implying his two nephews Greg DuFault and Michael Lund were his living grandchildren. They are actually two nephews of his who preceded him in death. I am sorry to the family for this error at such a difficult time.



Obituary

Donald DeFoe, 76, of Duluth, Minn., died Friday, August 11, 2017, at St. Luke's Hospital.

Don enjoyed going to casinos. He lived life the way he

wanted to! He had a hand-shake that could crush a brick, but a big heart if you were his friend. He will be fondly missed by his family and friends.

He is survived by siblings, Russel (June) DuFault, Margaret (Robert) Lund, Carol (Richard "Skip") Hayward; several nephews, nieces, and cousins, and grandchildren.

He was preceded in death by his parents, Peter DuFault, Sr. and Margaret (Pratl) DuFault; brother, Peter DeFoe, Jr.; sister, Shirly DeFoe, and two nephews Greg DuFault and Michael Lund.



Robin Marie LaFave, (June 23, 1971 - Oct. 5, 2017) we had a wonderful mother she was one who never really

grew old, her smile was made of sunshine and her heart was made of gold. Her eyes were as bright as shining stars. She loved her children each one in a different way she cherished every moment with the man of her life nested close within her heart, though now she's far away. Gone to a place where her pain will be no more though we will miss seeing her face when we walk through the door but she is here with us today, smiling down on everyone letting us know on this beautiful journey she must go but will always be watching us as we grow, for her love we will never let go.

Survived by, Roy Defoe Jr.;



Community News

children, Alex Lafave, Andrew Defoe (Crystal Johnson), Leah Defoe (Eric Murry), Alyssa Defoe (Dylan Magney); sisters and brother, Susan Lafave, Robert Lafave (Michelle), Liz Lafave, Teri Lee (Butch), and Shai-anna Gallant (Chad).

Robin was preceded in death by mother Aritst Matheson, and father, Bob Lafave.

Myrtle Susan (Greensky) Martin, 70, of Sawyer, Minn., died Monday, October 2, 2017, at Augustana Special Care Unit in Moose Lake, Minn.

Myrtle was born May 5, 1947 in Sawyer, Minn. to Jacob and Katheryn (Olson) Greensky.

Preceding Myrtle in death were her mother, Katheryn Olson; father, Jake Greensky; brother, Kenneth Soukkala; sisters, Faye, Ann, Hope, Else Lee; brothers, Eliquan, and Danny.

She is survived by her husband, John Martin; three children, Crystal Soukkala, Sean Soukkala, and Todd Soukkala; sisters, Joanne, Jackie, Bobbie Arlene, and Tina; brother, Sonny; several nieces and nephews.

FDL job listings

FT: Full Time PT: Part Time
For more information about any of these open until filled or permanent posting positions contact the Fond du Lac Human Resources Department at (218) 878-2653.

FDL Reservation
•Librarian or Media Generalist/



Specialist FT FDLOJS
•SUD Treatment Technician FT Human Services
•Alcohol & Drug Counselor V FT Human Services
•Alcohol & Drug Counselor IV FT Human Services
•Alcohol & Drug Counselor III FT Human Services
•Alcohol & Drug Counselor II FT Human Services
•Alcohol & Drug Counselor I FT Human Services
•Nursing Assistant/Activities Specialist FT FDL Assisted Living
•Industrial Arts Teacher FT FDLOJS
•Occupational Therapist PT FDLOJS
•Cook Supervisor FT FDLOJS
•Substance Use Disorder Recovery Case Manager FT MNAW
•Massage Therapist PT MNAW
•MIS Project Administrator I FT Tribal Center
•Laboratory Technician FT MNAW & CAIR
•Ojibwemowin Teacher FT FDLOJS
•Registered Dental Assistant On Call/Temp MNAW
•Pharmacy Technician FT CAIR
•Foster Care Licensing and Placement Specialist FT MNAW
•Clinical Assistant FT/On Call MNAW & CAIR
•Instructional Assistant PT/On Call FDLOJS
•Mental Health Counselor FT MNAW & CAIR
•Custodian FT/On Call/Sub FDLOJS
•Pharmacy Technician FT Mashkiki Waakaagan, Mpls
•Clinic Physician FT/PT/On Call MNAW & CAIR
•Mental Health Case Manager FT MNAW & CAIR
•Skilled Laborer 1 FT Tribal

Center
•GED Teacher PT CCC/BCC/SCC
•Reading Buddies PT FDLOJS
•Driver's Training Instructor PT Tribal Center
•Driver/Cook On Call BCC
•School Secretary/Receptionist On Call/Sub FDLOJS
•Cook Helper On Call/Sub FDLOJS
•Driver/Cook On Call Tribal Center
•Substitute Teacher On Call/Sub FDLOJS
•Transportation Driver FT/PT FDL Transportation
•Nursing Assistant FT/PT FDL Assisted Living
•Recreational Aide 1 FT/PT SCC
•Recreational Aide 2 FT/PT SCC
•Recreational Aide 1 FT/PT BCC
•Recreational Aide 1 FT/PT CCC
•Recreational Aide 2 FT/PT CCC
•Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.
•Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.
•Transit Dispatcher FT/PT/On Call FDL Transit
•Bus Monitor PT/On Call FDL Education
•Substitute Staff On Call FDL Head Start
•Programs Teacher FDL Head Start
•Teacher Assistant FDL Head Start
•Deli Clerk PT FDLGG
•Transit Driver FT/PT/On Call FDL Transit
•School Bus Driver FT/PT/On Call FDL Education
•Health Care Assistant FT/PT

MNAW & FDL Assisted Living
•Store Clerk PT FDLGG
•Convenience Store Gas Attendant PT FDLGG
Black Bear Casino Resort
•Vault Cashier FT/PT
•Room Attendant FT
•Bus Person FT/PT
•Gift Shop Clerk FT
•Buffet Host/Hostess FT
•Golf Course Groundskeeper FT/PT Seasonal
•Steward FT
•Arcade Attendant PT
•Golf Course Pro Shop Sales Representative PT
•Golf Course Ranger/Starter FT/PT
•Golf Course Concession Sales Representative FT/PT
•Golf Course Cart Attendant FT/PT
•Slot Attendant PT
•Custodial Associate FT
•Gift Shop Clerk PT
•Bell Staff PT

•Sage Deli Cook FT
•Bingo Vendor/Floor Worker PT
•Players Club Representative FT/PT
•Wait Staff FT/PT
•Hotel Laundry Worker/Hauler FT
•Hotel Room Attendant/Housekeeper FT/PT
•Drop Team Worker FT

Fond-du-Luth
•Security Guard/Dispatch FT
•Janitor FT/PT
•Clean up Worker FT/PT
•Beverage Waitperson/Bar-tender FT/PT
•Cage Cashier FT/PT
•Players Club Representative FT/PT
•Slot Attendant FT/PT
•Slot Technician FT/PT



Thank You

Sept. 16, the Black Pants Memorial Golf Tournament for Dave Reynolds would like to thank the merchants that donated. Thank you to the golf courses that donated passes that day.

Also, thanks to the RBC for their help and support. We would also like to thank the Veterans.

Donations to the event went to diabetes and cancer and some was also sent to St. Jude's.

Finally, thank you to the golfers who participated. Next year we hope it will be even bigger.

Thanks, from Irma and Gene

Gashkadino-Giizis – Freezing Moon – November 2017

ALR: Assisted Living Residence; BCCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033; CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chipewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom;

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Constitution reform meeting Nov. 20 (12-4 p.m.) and 21 (8:30 a.m.-4 p.m.) BBCR</p>	<p>Free Concerts Nov. 1, 3, and 17 BBCR. More information on page 18</p>	<p>Veteran's dinner Nov. 11 5 p.m. BBCR</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Women's group 5:30 p.m. MNAW Kalpulli Ketzalcoatlque 7 p.m. BBCR</p> <p style="text-align: right;">1</p>	<p>PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">2</p>	<p>GED (call) AA Support 6 p.m. BCC A Tribe Called RED 7 p.m. BBCR</p> <p style="text-align: right;">3</p>	<p>Come & Swim & use the gym</p> <p style="text-align: right;">4</p>
<p>Come & Swim & use the gym</p> <p style="text-align: right;">5</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC</p> <p style="text-align: right;">6</p>	<p>PiYo 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR 4H 4 p.m. CCC Health and nutrition 5 p.m. CCC</p> <p style="text-align: right;">7</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Economic Development Committee 3 p.m. Planning Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">8</p>	<p>PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">9</p>	<p>Closed to observe Veteran's Day King of the Cage: Unstoppable II 7 p.m. BBCR</p> <p style="text-align: right;">10</p>	<p>Veteran's dinner 5 p.m. BBCR Come & Swim & use the gym</p> <p style="text-align: right;">11</p>
<p>Come & Swim & use the gym FDL Elder trip 8 a.m. FDLGG Elder movie morning 11 a.m.</p> <p style="text-align: right;">12</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC</p> <p style="text-align: right;">13</p>	<p>PiYo 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS 4H 4 p.m. CCC Health and nutrition 5 p.m. CCC</p> <p style="text-align: right;">14</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Cultural Resources Advisory Review Board 3 p.m. RMD Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">15</p>	<p>Wisdom Steps meeting 10:30 a.m. SCC PiYo 12 p.m. CCC RBC Open meeting 1:30 p.m. CAIR GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">16</p>	<p>GED (call) Rez historical society 10 a.m. FDLRM Elder bake sale 10 a.m. CCC AA Support 6 p.m. BCC Brulé 7 p.m. BBCR</p> <p style="text-align: right;">17</p>	<p>Come & Swim & use the gym</p> <p style="text-align: right;">18</p>
<p>Come & Swim & use the gym Family movie morning 10 a.m.</p> <p style="text-align: right;">19</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Constitutional Reform meeting 12 p.m. BBCR Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC</p> <p style="text-align: right;">20</p>	<p>Constitutional Reform meeting 8:30 a.m. BBCR PiYo 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting the second time around 1 p.m. CHS 4H 4 p.m. CCC Health and nutrition 5 p.m. CCC</p> <p style="text-align: right;">21</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">22</p>	<p>Happy Thanksgiving!</p>		<p>Come & Swim & use the gym</p> <p style="text-align: right;">25</p>
<p>Come & Swim & use the gym Elder movie morning 11 a.m.</p> <p style="text-align: right;">26</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Diabetes prevention 12 p.m. CCC Cribbage 5 p.m. CCC Community Conversations with Kevin 5 p.m. CCC Caregivers 5 p.m. CCC</p> <p style="text-align: right;">27</p>	<p>PiYo 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW 4H 4 p.m. CCC Health and nutrition 5 p.m. CCC</p> <p style="text-align: right;">28</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Sobriety Feast 6 p.m. CCC</p> <p style="text-align: right;">29</p>	<p>PiYo 12 p.m. CCC GED 4:30 p.m. CCC Language 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">30</p>	<p>FDL Elder Christmas Party Dec. 1 9 a.m. registration 11 a.m. dinner BBCR</p>	<p>Open RBC meeting Nov. 16 1:30 p.m. CAIR</p>

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