

Nah gah chi wa nong

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

Di bah ji mowin nan

(Narrating of Story)



Over 280 participants came together on April 19, 2008 at the FDL Ojibwe School football field to form the medicine wheel pictured above in recognition of Child Abuse Prevention Month. The month-long effort, sponsored by the FDL Human Services Division, was titled “Apane Gwayako Wiji-yaawididaa,” which means “always correctly being together.” Community members walked a mile from each of the four directions: the people from the east wore red to signify the life-giving benefits of the sun; from the south, yellow represented the warmth of summer and the growing season; from the west, black, to represent the continuance of purpose beyond this life; from the north, white signified the snow and all the strength winter brings. After a few songs to commemorate the event, a pipe ceremony was held followed by a breakfast feast. See a related child abuse prevention story on page two.

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A firestorm on the defense of children and women

By Deborah Locke

To end cycles of child abuse, Indian Country needs to pay more attention to children who are age one day to five years.

Additionally, to recover from various kinds of abuse on reservations no matter what your age, cultural teachings are key.

Those two points partly summarize messages from the fourth annual Child Abuse Prevention Conference held on May 1-2 at the Cloquet Forestry Center of the University of Minnesota. About 100 people attended the conference that featured keynote speakers Cecelia Fire Thunder and Mike Myers. The conference was entitled "How Domestic Violence Affects Children."

State-wide, neglect is cited as the most common form of child maltreatment. Neglect is defined as a failure of the caregiver to provide the child with food, clothing, shelter, medical or mental health care, education or appropriate supervision. Neglect can lead to child endangerment. Exposing a fetus to alcohol and drugs during a pregnancy is also neglect, since the effects of alcohol on a fetal brain leads to permanent mental retardation known as fetal alcohol syndrome.

Fire Thunder served as tribal President of the Oglala Sioux of South Dakota from 2004 to 2006. She is a nationally recognized motivational speaker, a health educator especially on matters concerning women and children, and a community organizer. A licensed nurse, Fire Thunder seeks to heal the wounds across Indian Country caused by oppression, alcoholism and violence. She was

a founding member of the National Organization on Fetal Alcohol.

"I've been a follower of Cecelia for many years," said Bunny Jaakola, Human Services Program Development Coordinator. "Cecelia is a well known advocate for children and families. When we decided on the theme of domestic violence and its effect on children, hers was the first name that came to mind."

Mike Myers is a Program Coordinator with the Red Lake Division of Family and Children Services. He is a member of the Iroquois Nation, where tribal officials adopted a "Seven Generations Plan" that draws on the strengths of the people to the forefront in meeting challenges. Myers was well-received at last year's child abuse prevention conference, which led to this year's invitation to speak, Jaakola said.

Fire Thunder lives up to her name. During her two conference speaking sessions, she spoke passionately as an advocate for the youngest reservation residents who become psychologically wounded as young as age three through exposure to violence. Those children grow into adults who repeat the cycle of violence, and often adapt through forms of self-medication including drug and alcohol abuse.

Yet when funding streams are split among age groups, who gets the most money? Thousands of dollars are poured into drug treatment for adults, social workers are hired to work with teen and adult populations, while traumatized infants and toddlers get the financial shaft, Fire Thunder said.

She also said that 87 percent of the women from her home reserva-



Cecelia Fire Thunder and Bunny Jaakola

tion had been sexually abused, many while they were children. Reservations provide very few therapeutic services for rape victims, Fire Thunder said, adding that sexual violence and abuse are the primary reasons women drink alcohol.

Solutions

Fire Thunder offered several ways to end the harmful cycles. For example, reassess the way human service dollars are spent so that the youngest victims get the help they desperately need. Otherwise, Indians can look forward to another 250 years of violence and despair, she said.

Another solution: more Indians could leave poverty behind through higher education and training. Fire Thunder came from an impoverished background, but sought an education and a better life. She encouraged audience members to get their higher

education degrees and return home to improve the lives of the people.

"You gotta get out there and get bloody," she said. "Run for office, go to where the decisions are made. If not, contact them (the decision makers) and raise hell."

Myers' presentation focused on the Iroquois "Seven Generations Plan." The members of his Iroquois reservation sought a strength-based solution to the challenges before them.

Identify needs

First, human developmental needs were identified, which included these: to be seen (those in a violent home wish to disappear); to be heard, to know we are accepted and believed, to know others have faith and trust in us, to know our place and purpose in the world; to know

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Nah gah chi wa nong Di bah ji mowin nan

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

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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. *Member of the Native American Journalists Association*



Health Matters

Many of you reading this know the statistics from the American Cancer Society. American Indians in Minnesota die from cancer more frequently than any other ethnic group. American Indians in Minnesota have the highest rate of lung cancer in the state. American Indian men in Minnesota have the highest rate of colorectal cancer in the state.

Now consider this. If the Ojibwe people at the Fond du Lac Reservation took advantage of the health services here, we would be the healthiest Indians in North America.

Think for a minute about the amenities. A fully-staffed clinic. State-of-the-art pharmacies and dental clinic. The community center with its Olympic-size pool. Counseling services; outpatient treatment programs; dieticians.

The above services skim the surface. The antidote to the statistics in the first paragraph is found right here on the Reservation and at its satellite offices in Duluth and Minneapolis.

In short, health matters. The following stories are not comprehensive by any means. We simply sat down one day and kicked around ideas about the larger health challenges of Band Members, such as diabetes rates and tobacco misuse, cancer and obesity.

Sure, we've got problems here, but we've also got solutions.

These stories offer some of each.

We hope you find them useful.

Deborah Locke, Editor

Quitting again From a love affair with Camels to 'Ish'

By Jim Northrup

I have had a long history of cigarette smoking, I started some fifty years ago. I am still a smoker but am currently not smoking tobacco.

When I was growing up, almost everyone I knew smoked. The ones who didn't smoke chewed or snorted snuff. The adults I looked to for guidance were smokers so I naturally thought that smoking was a sign of adulthood. My uncles favored those hand rolled Bull Durham smokes. I would see the round tag and string hanging out of a shirt pocket. Other people smoked what were called tailor-mades, commercially manufactured cigarettes that came in a pack.

Smoking was very common. We even made ashtrays in a school art project for our smoking parents.

When I was 13, I was smoking anything I could. I had no brand loyalty. I was in a Christian boarding school in Hot Springs, S.D. We attended church twice on Sundays. While not actually in the church building, my friends and I would be prowling the area streets looking for discarded butts. When one guy found a long butt that was still lit, he said he found a semi-truck with the motor still running.

Supporting a habit

I began smoking steadily when I was 14. I wanted to look older than my age. My dad caught me and told me he didn't want me smoking on

the street corner. He simply said if you want to be a smoker, you will have to buy your own cigarettes. I could never master rolling cigarettes from Bull Durhams so I sold newspapers and set pins in a bowling alley for money so I could buy my smokes. I bought and smoked Camel straights, no wimpy filter for me.

I especially liked that first one in the morning. It was like starting my day with a good feeling.

I got kicked out of junior high one time because I hit a teacher. I was taking my smokes out of my locker and a hand and arm reached from behind me and grabbed my smokes. I thought it was one of my friends and brought my elbow back sharply. I hit the teacher in the forehead and she fell down and her wig slid down her face. I apologized and helped her up and just marched myself down to the Principal's office. I got kicked out of school for two weeks and felt lucky I didn't have to go to court.

Continuing my wayward ways, I ended up in Red Wing at the Minnesota State Training School for Boys. Cigarettes were used as a reward system by the school. If we followed the rules and didn't cause any problems, we were given a cigarette after each meal and one more in the evening. If we couldn't afford the smokes, the State provided them.

Post-combat cigs

I joined the military after I gradu-

ated from high school. We could buy cigarettes for a dime a pack at the PX. In my company of infantry Marines, there were a few non-smokers, but not many.

Once again, that first cigarette in the morning was the best, especially after a long night in a combat zone in Vietnam. The hours spent intensely staring into the dark night were forgotten quickly once we could smoke again.

After getting out of the military I continued my exercise program and used to run two miles every morning. I was short of breath so I quit smoking cold-turkey. I began smoking again after a couple of years. It was about the time I quit running in the mornings.

I used to say to myself, I can quit smoking, just can't quit starting again. I was cheered by the thought that everyone quits smoking eventually.

I decided I needed help to quit smoking so I contacted Minoayaawin. The clinic had a quit smoking program. I thought I knew a lot about smoking, but I learned some more. For example, the urge to smoke goes away in ten minutes whether you smoke or not. I wanted to be able to take a deep breath without coughing.

I got a prescription and began taking Chantix. I was told the drug blocks the nicotine receptors in the brain. It worked for me. I had a relapse when I quit taking the drug. I



also missed the weird dreams that happened almost every night.

I started the second course of treatment with Chantix and I have been smoke free for two and a half months now.

Just the other day at the casino, I took a puff from my wife's cigarette. The taste immediately reminded me of that slogan -- kissing a smoker is like licking an ashtray.

Ish, I thought. I don't want to do that anymore. No more puffs for me. I am a smoker who is currently not smoking tobacco.

Health Matters

Smoke cessation program beefed up; Increases in non-smoking areas discussed

By Jane Skalisky

Two new FDL employees have been hired this year to address the epidemic of smoking and smoking-related deaths on the Reservation.

Roberta Welper, Tobacco Cessation Educator, will be working in smoking cessation with adults, and Suzanne Stoddard, Tobacco Prevention Educator, will be working to prevent children from smoking.

Chantix, a non-nicotine medication found to be effective in helping smokers quit, is now available at the FDL pharmacies in Duluth and Cloquet.

Also, a Reservation Business Committee resolution was passed in May to provide limited non-smoking areas in the Black Bear Casino and Hotel. The areas include the lobby, corridors, elevators, gift shop and arcade. A resolution to increase the number of non-smoking areas is expected sometime in the future.

Sixty-eight percent of all FDL members are subjected to first- and/or second-hand cigarette smoke, according to Nate Sandman, FDL Health Educator. Over half of all FDL adult tribal members smoke, compared to 40 percent of American Indians nationally and 15 percent of the general population.

New evidence on the dangers of allowing smoking in the workplace was reported in the August 2007 issue of the American Journal of Public Health. A carcinogen found in

first and second-hand smoke, NNK, increases the risk of lung cancer by six percent for each hour of work that an employee spends in cigarette smoke. Employers across the country are now being held legally liable for exposing workers to secondhand smoke, even if state or local laws permit workplace smoking.

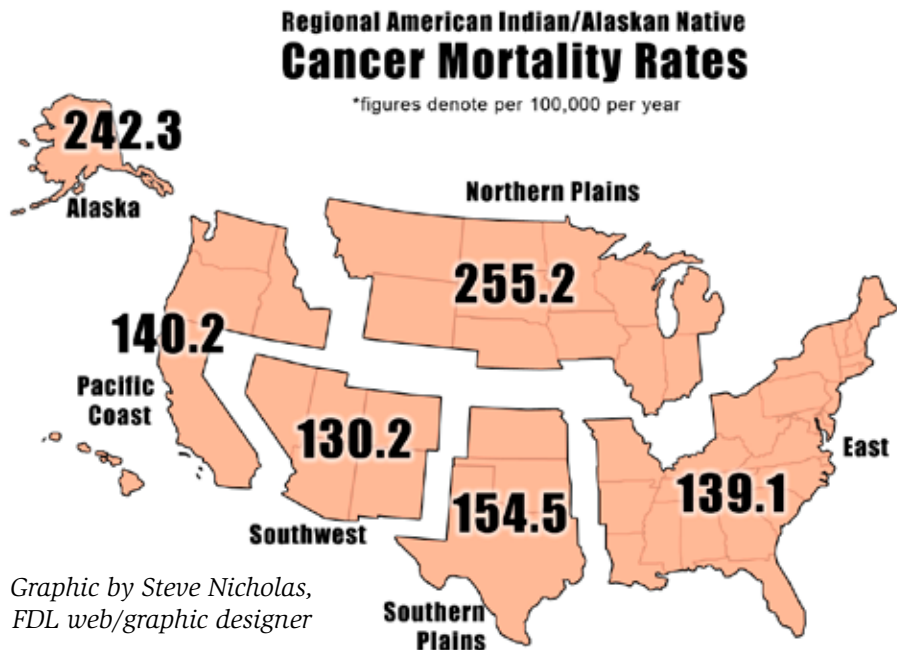
An increasing number of FDL tribal buildings have gone smoke free over the years, including the Cloquet Community Center, the Ojibwe School, Head Start buildings, Min No Aya Win Clinic, the Sawyer Youth Center, CAIR, Brookston Community Center, the Drop-In, the Food Distribution warehouse, and Natural Resource offices. Smoking is still permitted in the Tribal Center, most of the Black Bear Casino and Hotel, Fond du Luth Casino, and a portion of the Sawyer Community Center.

Why do smoking rates remain so high with Band Members? Part of the answer, according to Nate Sandman, can be seen in how American Indians are specifically targeted in ads for tobacco products, such as Red Man Chew and Native Spirits. Sandman pointed out that Native Spirits isn't natural, as advertised, and it isn't Native.

Recent research by the Indian Health Service has found cancer rates for Northern Plains American Indians to be the highest in the country. DeAnna Finifrock, FDL Public Health Nurse, said experts see a major factor to be the non-traditional use of tobacco, which causes

brain develops rapidly. Personality traits emerge, and other forms of development. Myers emphasized that during these first months through the toddler period, humans are at their most vulnerable periods of life. They are absolutely dependent on the good will and intentions of older people to sustain them.

How to meet those developmental needs? Improved lives, whether that of an individual or a whole people, come about through planning. Large cultural shifts don't just happen. Myers spoke about the strengths across Indian Country that create those shifts. The power of the group. Spirituality. Education. Values. Environ-



Graphic by Steve Nicholas, FDL web/graphic designer

more deaths in Indian Country than all illegal drug use, murder, suicide, motor vehicle accidents, and alcohol combined.

Sandman said that traditionally, tobacco was sacred to American Indians. However, tobacco use then differs widely from tobacco use today. Modern day tobacco is chemically altered and contains up to 4,000 additives, including arsenic, acetone, ammonia, copper, cyanide, ethanol, formaldehyde, lead, and carbon monoxide. Generations ago, Indians did not inhale tobacco which naturally contains only one chemical, nicotine.

Tobacco Cessation Educator Roberta Welper said that she had four friends who smoked. Three of them

are now dead. She quit smoking nine years ago.

Welper cited statistics from the American Cancer Society that show that 10 years after a person quits smoking, the risk of lung cancer is cut in half. After 15 years, the risk is the same as a non-smoker's. An immediate benefit is that in as little as a month, coughing and shortness of breath decrease.

For those who want help to quit smoking, there is help: patches and medication are now available at the Cloquet and Duluth pharmacies and hypnosis, homeopathy, acupuncture and individual counseling is offered at the Min No Aya Win Clinic.

For further information, call (218)878-3707.

From page 2

safe, loving touch, to know that our existence is beneficial; to know love and be loved; to have hope and promise; and to feel secure, safe and at peace with one's self and the world.

Like Fire Thunder, Myers emphasized the importance of the vulnerability of very young children. The Iroquois state of human development model moves from birth to the "cradle board," state, to crawling, to "running between our legs" (toddlers) to a state of "emergence of our personal gifts." From birth through the age of 18 months, an infant's

ment. Sovereignty. Voices. Identities. Relations. Our place in the universe.

The Iroquois identified their financial assets such as income, trade and exchange, productivity, and environmental wealth. The movement toward a stronger tomorrow depended on the group's personal efficacy. To that end, Meyers asked if members were aware of their own responsibilities to the group and the consequences for not doing so? Political and civic participation were key to a better tomorrow, as well as social respect and cultural integrity.

Once Indians identify their strengths and assets, they can effectively plan for the future. A few

steps to that end were to identify a unifying sense of urgency. Ask what more needs to be understood about the issue, and how life will be different when the change occurs. Who are the people in the community who will step up and work for these changes? What is the mission, goal and objective?

Similar methods can lead to personal change and goal achievement. Myers urged participants to decide what goals they would reach in six months, then a year. Identify your strengths, he said, know what you do well, and go from there.

Food as medicine

By Jane Skalisky

Cranberries, blueberries, wild ginger, and birch bark are all familiar to people in this area as substances traditionally eaten or used in tea. What many people do not know is that they all have medicinal qualities.

“A large amount of Anishinaabe food would be considered medicine,” said Jeff Savage, FDL Museum Director, adding that in China, there is no word for food, as they see food and medicine as one. He cited recent research into an acid in birch that has been found to possess antiviral properties and how the berries gathered in northern Minnesota are important as antioxidants, which help boost the body’s ability to fight cancer. Ginger is used traditionally by the Ojibwe as a stomach medicine and was carried by young men as a protective agent when they ventured out into the woods.

FDL Band Member Skip Sandman, who lives in Lincoln Park in Duluth, firmly believes in the power of food and things that grow to heal. Sand-

man is the traditional healer, or nanaandawi, for the Mille Lacs Band. There are only about a half dozen traditional Native healers in the upper Midwest, according to Sandman.

He points to the years following World War II when commodities became widely available as the beginning of serious health problems for the Anishinaabe people, saying that that was the first time diabetes appeared on reservations in the U.S. Europeans, Sandman explained, evolved with wheat and dairy products; American Indians did not. The meat that Native people ate was lean and the main carbohydrate available was wild rice.

Sandman began to practice traditional medicine in response to a vivid dream in 1987, saying that his medical knowledge came from that dream.

“I woke up and knew things; everything I know is from dreams and

spirits,” telling of how he then went into a dream-like state for several weeks, where an old man introduced him to the gitigaan, or garden, spirits. A short time later, he met John Witherspoon, the former healer at

Fond du Lac, who told him he was going to be a nanaandawi.

“He said ‘You need to start, I’m already sending people to you in my dreams’” Sandman said.

Sandman is a bone doctor and swallows a bone of approximately two inches in length during the healing process. Before he begins, he asks for an offering of tobacco, and then asks what ‘they’, the spirits, can do for the person, as he believes he is only a go-between.

For every illness, the Creator provides a treatment from the gitigaan, Sandman said. He told the story of two starving Indian children:

“When asked, ‘Who is going to help the Anishinaabe?’ all the trees and plants stepped forward,” he

said.

Sandman’s philosophy of care is to treat everyone individually, taking time to get to know each person, as opposed to western medicine. He also believes that virtually every part of a tree or plant can be used as medicine and that every living thing should be treated with respect. When Sandman’s assistant harvests a plant, he offers tobacco, sings, and sometimes even crawls on his belly.

“The only difference between that [apple tree] and you is that the tree can’t move or talk,” Sandman said.

Sandman treats everything from the common cold to cancer. One treatment for congestion that he recommends is to boil up pine needles into a tea. He treats over 100 patients monthly at the Mille Lacs Clinic and many more who call on him. His wife, Babette, said she has seen people healed from many illnesses, including cancer and hepatitis C, but says it’s important to come early in the illness.

Sandman says he hopes to live on the Reservation one day so he can have a gitigaan.



Skip Sandman

No reason for hunger here

When the cupboards are bare, FDL commodity program offers variety of foods

Prices for food staples have skyrocketed globally in the past few months, according to a recent article in the Washington Post. The increase is due to record oil costs, severe droughts, the conversion of corn for ethanol use, and the rapidly growing demand for food in China and India. The food crisis is now seen as a U.S. national security threat, as the doubling of food prices in some Asian and African countries have sparked riots in more than a dozen nations.

Nationally, 2008 has seen a rise in food prices not seen since the Gulf War; this is expected to continue for the next few years.

One FDL agency that is trying to help people feed their families is the

Food Distribution Program, located on University Road across from the FDL Ojibwe School.

“The people that need it [commodities] the most, don’t seem to use them as much,” said Darlene Mostrom, Food Distribution Supervisor. In her 26 years of experience, Mostrom has seen many changes, going from pen and paper charts with mostly canned pork, a few dried beans, several canned vegetables, juices and fruits, peanut butter, and cheese, to individual computer orders including frozen meat, fresh fruit and vegetables and a variety of cereal.

Mostrom has seen a steady increase in the utilization of her department’s services. Currently the

Food Distribution Program provides food to an average of 450 to 475 individuals a month.

The amount of food distributed depends on household size and income: for a family of four, net income limits are \$1,864 per month. Where a person lives is also a factor, in that only Carlton County residents and those living outside of Duluth in St. Louis County are eligible.



FDL Food Distribution employees Darlene Mostrom, Food Distribution Supervisor, and DeeAnn Ward, Food Certification Worker, in the food warehouse.

For further information, call (218)878-7505 or stop in between 8:30-11:30 a.m. and 1-4 p.m. Monday through Thursday.

Trimming down

By **Jennifer Hall**,
Registered Dietitian and
Certified Diabetes Educator

I dislike the word obesity. As I tried to think of a better word, one that wouldn't be so offensive, I remembered a friend who told me her boyfriend said she was "soft."



That seems kinder than obese, so that's what I'll call it.

At the Min No Aya Win Clinic, we use BMI (body mass index) to determine if our patients are underweight, normal weight, overweight, or "soft." My first draft of this article included a BMI table. Then I thought of my client yesterday who tearfully shared her struggle with her weight. She hates "those tables" that say what she should weigh. We didn't set a goal to lose the amount of weight the table suggested. Instead, we started by setting a goal she knew she could reach and a goal that could help improve her cholesterol and prevent diabetes. That goal -- to lose 15 pounds.

For now, we don't know how many FDL Band Members are overweight. But nationally, two-thirds of US adults are overweight or "soft." Here are a few things I've noted over the years, and a few recommendations:

Unhealthy habits

- Skipping meals, especially breakfast
- White bread, white rice, white noodles, sugar-coated cereals, bakery items
- Drinking large amounts of pop and juice
- 2% or whole milk
- High fat meats like bacon, sausage, pepperoni and chicken with the skin on. I'm told that the skin "is the best part."
- Coffee with cream and sugar
- Packaged or convenience foods like Ramen noodles, macaroni and

cheese, chicken nuggets, pizza, and fish sticks.

- McDonald's and "OCB" (Old Country Buffet)
- Eating while watching television
- Eating fast
- Eating until you're stuffed or cleaning every morsel from your plate
- Eating because you're stressed, bored, mad, happy, or sad
- Dieting

Some Recommendations

Try to eat three meals each day. If you've "never been a breakfast

eater" start small with a piece of whole wheat toast or your favorite fruit. If you eat breakfast and pack some fruit, yogurt, nuts and veggies for snacks during the day, the doughnuts you're coworker brought in won't scream for attention.

Include something each day that's WHOLE wheat (not just wheat).

Enjoy wild rice. Add more fiber-rich foods to your day like an apple instead of applesauce or apple juice. Ask yourself "did it grow that way?" Apples have 4 grams of fiber, applesauce has 2 grams of fiber, and apple juice doesn't have any fiber. So choose the apple more often than the applesauce or apple juice.

Drink large amounts of water and save the pop and juice for once in a while. One can of pop has 12 spoonfuls of sugar and about 150 calories.

If you drink one can every day for a year you can gain 15 pounds... what happens when you drink six cans every day for a year?

Try 1% or skim milk. Your tastes

can adjust. I've met people who "will never drink that skim milk" and others who say "yeah, I could do that." By changing from two glasses of whole milk to two glasses of skim milk each day, you save 120 calories. That may not sound like much of a savings, but if you multiply that out you save 840 calories each week and 43,680 calories each year!

Enjoy venison, buffalo, fish and MOST of the time take the skin off the chicken. Chicken can go from 100 calories per serving (white meat, no skin, baked) to 300 calories per serv-

ing (dark meat, skin, fried).

Try milk in your coffee in place of cream. Evaporated milk works nicely. If you add 2 teaspoons of sugar, try using just one teaspoon.

Try cooking the way your Grandma did...I'm not sure what year Ramen noodles were invented,

but they aren't doing us any good.

Eat at home or bring your meal to work. Not only will you decrease calories but you'll save a lot of money. If you eat out five times each week, try to cut back to three times a week. Many restaurant meals are high in fat and calories with portions large enough to feed two or three people.

Learn to make good choices when you eat out. Our diabetes prevention program clients are shocked to learn that some restaurant meals give them enough fat and calories for two days!

Eat together as a family at the table. Turn off the television and have a nice visit. Parents decide what foods are being served and brought into the house. Children decide if and how much they are going to eat. Forget the rules like "you have to finish your vegetables if you want

dessert." Keep bringing good choices to the table. Sometimes kids have to see a food 20 times before they will try it.

Use a smaller plate and take less so you finish all your food without being wasteful. Try dividing your plate so that half of it is fruits and vegetables, one quarter of it is starch (potato, rice, bread, noodles) and one quarter of it is lean meat or other protein foods. Use smaller glasses. If I fill a tall glass at our house I'm getting all the milk I need for the whole day.

Slow down and chew. Taste your food and savor it.

Find other things to do when you are stressed, bored, mad, happy, or sad than eating.

Find what you can do for a lifetime. Forget drastic changes or diets that you can only stick to for a day or a week.

Record everything you eat in a notebook. If my coworkers are eating, I sometimes think I should, also. It smells good, it looks good, but if I'm going to eat and write it in my notebook, I realize I'm not even hungry.

Look at your notebook at the end of each day and decide what you want to change tomorrow.

It's OK to enjoy cake! If you say you can NEVER eat something again, you want it all the more. The same works with kids. If we never let them have treats, they sneak them or they overdo it whenever they get the chance. It only backfires. One meal or one day isn't the problem...it's what you do most of the time that matters.

If you'd like to learn more, please schedule an appointment. I'd love to hear your story, and how you would rename the word "obesity."

Appointments can be made with Jennifer Hall by calling the Min No Aya Win Clinic, (218) 879-1227. Her email address is jenniferhall@fdlrez.com.

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Jennifer Hall

FDL takes prevention steps to curb diabetes trends

By Jane Skalisky

Indian Health Service data shows a 60 percent increase in diabetes among American Indian youth ages 15 to 19 between 1994 and 2004.

To curb that trend on the home front, the FDL diabetes program has focused on early detection, diet and exercise. The Min No Aya Win Clinic offers a 16-week comprehensive program that addresses the mind, body and spirit, said Mary Jo Koszarek, FDL Diabetes Program Coordinator. As a result of these efforts, 600 people have now been diagnosed, which is twice the number from 2004; on average, the blood sugar levels since then have steadily decreased every year.

“If I had a magic pill, it would be exercise,” Koszarek said. The type of diabetes now prevalent on the Reservation is insulin-resistant, which means that exercising is necessary to get insulin released into cells, rather than building up in the bloodstream.

Koszarek drew a picture of how this insulin resistance builds if it isn’t treated in time with diet and exercise. The insulin resistance leads to other health problems such as high cholesterol, sleep apnea, obesity, high blood pressure, and diabetes.

The other major component in preventing and treating diabetes is diet and the limitation of simple carbohydrates such as sugar and processed grains, and ‘bad’ fats, like trans-fat and lard.

The third important ingredient in fighting diabetes, Koszarek said, is taking control over it and one’s life. “So many people come into my office and say, ‘What are YOU going to do about my diabetes?’, when the question should be what are THEY going to do about it.”

Prediabetic screenings will be held on June 3, from 1:30-3:30 at Min No Aya Win Clinic and at the Health Fair on June 13, at the Tribal Center.



Sun rays promote good health, says CAIR doc

Photo by Trey Kettlehut

A 2006 study done on American Indians in the Great Lakes Region found that 80 percent of Native women were deficient in vitamin D.

The main source of vitamin D is the sun, and our skin needs exposure to the sun in order to manufacture vitamin D, said Dr. Lorraine Turner, a family physician working at the Center for American Indian Resources in Duluth. Supplements, says Turner, can help, but aren’t sufficient; getting out in the sun is critical.

The contributing factors to vitamin D deficiencies are the modern shift from spending most of our time indoors rather than outdoors and the widespread use of sunscreen, which blocks the body’s ability to produce the vitamin.

“There is no proof that sunscreen prevents skin cancer,” said Turner. She added that sunscreen actually blocks out the beneficial rays needed by the skin to manufacture vitamin D.

Turner said that a lack of vitamin D contributes to osteoporosis, osteoarthritis, blood sugar metabolism problems related to diabetes, mood disorders, chronic pain, and various cancers. Receiving sufficient amounts of vitamin D is also important for proper immune functioning in resisting illnesses like influenza.

The amount of sun needed varies with shade of skin, with a dark skinned person needing much more sunlight than a lighter skinned person. On average, Turner recommends 20 minutes of sun exposure per day for people living in this area. She emphasized that even if a person is outside daily, they are unlikely to receive adequate sunlight for six months a year. She recommends a vitamin supplement, especially for the elderly, children, and those with chronic pain. She also advises eating vitamin D-rich foods, such as salmon, herring, and sardines.



Who can I help?

Good health requires working together, listening to others

By Arne Vainio, M.D.

Every patient I see brings to mind issues to address, some serious, some less so. In every visit, I hope to be helpful, to try to guide health decisions and give choices that are worth making. Do I help everyone who comes to see me? Not always.

Can I help someone who chronically weighs over 250 pounds and has back and knee pain? I try to highlight the fact that the cartilage in our knees, hips and back does the same job as the springs in a pickup truck. If you overload the truck all the time, the springs wear out. You can get new springs or a new truck, but it turns out to be much harder with living tissue. As a people, we need to lose weight. That goes for me, too. I was able to lose 17 pounds in the Diabetes Prevention Program at the Min-No-Aya-Win clinic. That wasn't easy, and keeping it off has proven to be as tough as losing the weight in the first place.

Can I help someone with diabetes who doesn't check their sugars or watch their diet? Diabetes affects every system in our bodies. Uncontrolled diabetes causes damage to nerves and blood vessels, and this

is the reason for foot ulcers, kidney problems and eye problems. High sugars attract bacteria and also make our immune systems not work as well. This is a setup for foot infections and eventually, amputations. I watched my mother go through several amputations and a kidney transplant. She was strong and had a fighting spirit equal to any I've seen, but in the end it wasn't enough. The medicines we have now were not available to her when she was first diagnosed.

I really think she would still be around as a grandmother if this were the case. Checking sugars and watching your diet is a drag and a burden, but the alternative is much, much worse. I never want to see anyone follow my mother's path.

What about someone with known heart or lung disease and an ongoing smoking habit? Cigarettes have been called coffin nails, cancer sticks and other names for a reason. Every cigarette does damage to already damaged tissue, every cigarette makes blood cells react so they don't go through blood vessels as well. Our lungs are full of little air sacs called alveoli. The veins around an alveolus give off carbon dioxide for us to breathe out and the arteries around the alveolus pick up oxygen to carry to the body. Instead of putting tobacco into our bodies,

we should be putting it outside for whoever designed this system in the first place.

If you were able to take those alveoli and lay them out flat, they would have a total surface area about the size of a tennis court. Smoking breaks down those alveoli until they're big open holes with almost no surface area. You can never get the alveoli back, but you can stop smoking to prevent further damage. Preventing our kids from smoking in the first place is the

We need to get our traditional ways back, we need to honor the sacrifices of our ancestors. We need to protect and teach our children how to survive in a world full of perils never dreamed of by our ancestors. Approach an elder, any elder. Ask them about their childhood and what their parents taught them. Most important? Listen to the answer.

best answer. Remember, your kids want to be just like you. If you can't quit for you, do it for them.

What about alcohol? It's been said that a daily glass of wine or a glass of beer is good for your heart. So it would follow that a lot of them would be better, right? Not even close. Alcohol

in larger doses is a direct central nervous system depressant and is a direct poison to the heart and bone marrow. Alcohol causes the liver to get full of fat which can be felt by a doctor during an office exam. Blood tests for the liver will usually be elevated at this point, but not always. With continued alcohol use, the liver starts to die off and becomes hard and scarred. This is called cirrhosis of the liver, and this damage is not repairable. What happens if

you lose ten percent of your liver function? In reality, nothing. What about another ten percent, and still another? Again, nothing. In fact, we can lose about 70 percent of our liver function and still be OK.

But once you get beyond that, not much can be done to avoid an unpleasant death. Where does cirrhosis fit into my family? It took my grandmother and two of my aunts. My aunt Harriet was only 27 when she died. I don't remember her and got her age by doing the math from her tombstone. Not much of a legacy, is it?

What about drugs? Meth? Cocaine? Prescription narcotic drug abuse? The list is longer, but it's all I had space for in a single article.

How do we stop this? By working together. All of us. Clinic wellness and diabetes prevention programs, dieticians, exercise trainers and CD counseling are a good start. In addition, we need to get our traditional ways back, we need to honor the sacrifices of our ancestors. We need to protect and teach our children how to survive in a world full of perils never dreamed of by our ancestors.

Approach an elder, any elder. Ask them about their childhood and what their parents taught them. Most important? Listen to the answer. Ask another question. We're losing our elders every day, and their knowledge is irreplaceable. It's getting late, but it's not too late yet.

Dr. Arne Vainio, who practices medicine at the FDL Min No Aya Win Clinic, writes about his experiences for this newspaper. He can be reached at a-vainio@hotmail.com



Avoiding mutiny on Big Lake Road, or How to buckle up a toddler

By Lucy Carlson

When my daughter was a toddler and I tried to put her into her car seat, she arched her back so fiercely that it became impossible to buckle her in. Being strapped in restricted both her independence (which she was working hard at establishing) and her mobility (which was new and exciting).

Still, we now know that toddlers who aren't strapped into their car seats (or strollers, feeding chairs, or grocery carts for that matter) can get hurt--or worse. The law in all 50 states says that car seats are a mandatory requirement. They can make the difference between life and death, even in minor accidents.

Parents of toddlers have come up with helpful strategies to allow the parent to be the winner in the car seat battle of wills. Here's a few: Make your toddler comfortable. Check to be sure her car seat straps aren't too tight over her snowsuit or

the metal buckle isn't hot against her bare skin on a summer day.

Use the indirect approach. Instead of beginning the car ride saying, "We have to buckle you into your car seat," use a distraction, which is a great overall tool to use with toddlers. You might say "Oh, look at that big red truck!" Or ask a couple of questions, like "What does the doggy say?" or "Where's your nose?" You might have a favorite toy ready to distract her as you quickly buckle her up. Whether or not these techniques actually make your toddler forget what's happening, or allow him a graceful way out of having to make a ruckus doesn't matter, as long as they work.

Hooked on entertainment. It is often helpful to keep a small supply of rotating toys handy, which can be attached to the carseat with Velcro, plastic rings or short ribbon. Unattached toys are a danger, since they can fly through the vehicle at a sudden stop, or be the cause of an uproar if they slip out of the

toddler's reach

Buckle up all passengers, including your toddler's "baby" or toy animal. The buckle-up rule should apply to everyone in your car. This is fair to your toddler, as well as insuring the safety of the driver and other passengers. If there are enough seat belts to go around, let your toddler buckle in her teddy bear or a favorite toy before she gets into her car seat. Or use a makeshift "belt" to tie the doll to your toddler's seat. Explain that the purpose of safety belts is to keep her toys from falling out of the car or getting hurt. That's why people need to buckle up too.

Put your toddler in charge. When you see that your toddler understands the idea of safety belts, put him in charge of reminding all passengers to "buckle up." Once in a while, "forget" to buckle yourself in so he can have the pleasure of cautioning you to buckle up!

Allow no exceptions. As Eisenberg, Murkoff, and Hathaway say in their book, *What to Expect - The Toddler*

Years, "even one 'okay, no seat belt today' could be a fatal mistake. A simple trip down the street could be deadly for a small child who isn't safely confined to a car seat." Also, many parents have discovered that allowing one exception to the rule paves the road for their child to try over and over again to persuade you to allow an exception the next time and the next. As every experienced parent knows, this is a tactile error, setting the stage for endless power struggles and frayed patience.

Information for this article was contributed by the Fond du Lac Head Start Tuesday Parent Group and is from the book, What to Expect the Toddler Years, by Arlene Eisenberg, Heidi E. Murkoff, and Sandee Hathaway, B.S.N. Lucy Carlson is a Family Educator with the Fond du Lac Head Start Program. She writes regularly on parenting matters for this newspaper. Her email address is lucycarlson@fdlrez.com

Survey shows the higher education needs of FDL employees

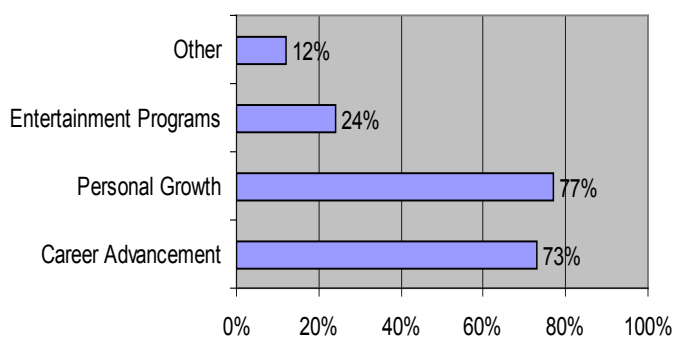
The results of a 2007 survey of Fond du Lac Reservation employees found that nearly half of all employees wanted to continue their education, but faced steep challenges. They reported that they could not get time off work, and could not afford to pay for school.

Sixty-six percent of the respondents were women, and 29 percent were between the ages of 45 and 54. Half were married, and 30 percent earned \$20,000 or less annually.

Almost a quarter of the respondent employees are FDL Band Members.

The employee survey was released in January by the Tribal College Board of Directors. A survey was also taken of Band Members and their higher education needs. That story was published in the February 2008 FDL newspaper.

Reasons for Attending College



Purpose

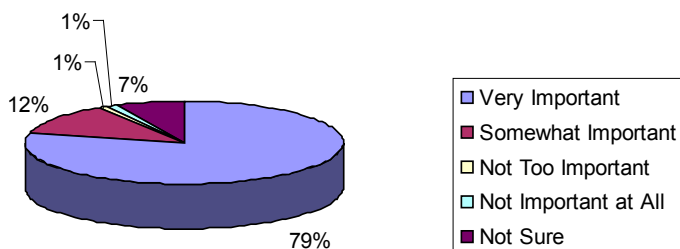
The surveys were done to give planning guidance to Tribal College Board Members, administrators and FDL officials. Employees were surveyed in addition to Band Members to learn their specific needs, said Patty Petite, Tribal College President. The survey was designed to reveal a need for educational options such as customized training and certification, and/or whether it should develop as a two year tribal college. (The Fond du Lac Tribal & Community College in Cloquet is part of the state university system.)

The new tribal college could generate continuing education at a lesser cost to all Reservation departments, while at the same time, utilize the talents of Band Members in providing the services.

Education is valued

A major survey finding was the high value that employees placed on post-secondary education for themselves and for their children. Over two-thirds of those with children in elementary and secondary school reported that they are considering a college education for their children. Over three-fourths of all respondents placed a high importance

Importance of FDLTCC in Providing Higher Education and Training Opportunities



on the higher educational opportunities provided by the Fond du Lac Tribal & Community College located in Cloquet. Personal growth (77 percent)

and career advancement (73 percent) were the chief reasons given by those considering attending college.

The survey asked what skills and abilities were of the greatest importance. Respondents listed the development of communication skills in reading, writing, speaking and listening. Second to communication was the need to

acquire computer and career skills, as well as developing a sense of ethical social responsibility. A third area of interest was cultural enrichment programs in beading, storytelling, and drums.

Of 68 different vocational programs listed, the top five in descending order were: business administration, human resource management, human services, woodworking, and commercial photography. Of the 83 percent who own a computer, more than two-thirds were interested in taking online courses in business, accounting, and computers.

Respondent profiles

One thousand seven hundred and forty five surveys were disseminated to employees; all were given the opportunity to reply anonymously. Three hundred eighty-nine surveys were returned, which is a response rate of 23 percent. Of those respondents, two-thirds were female and over half have been working for Fond du Lac Reservation between one to nine years.

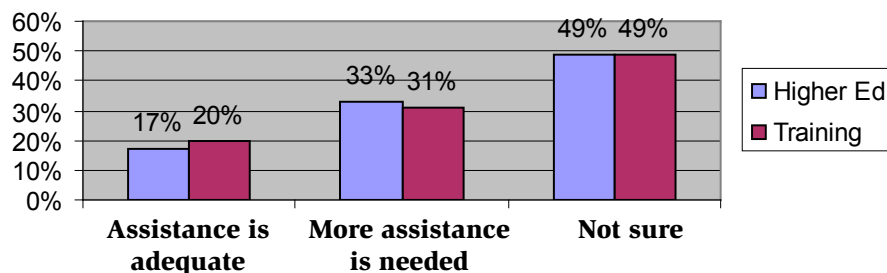
Education level

There was close to an even split in education levels of employees, with slightly less than half possessing an associate degree or higher level of education.

Information sources

Employees reported word-of-mouth as their primary source of information about the community, followed by the FDL newspaper and the Internet.

Funding Available for Training and Higher Education within Division



Assistance available

The employees were asked about their knowledge of the adequacy of funding available for both higher education and training to members who worked in their division. Forty-nine percent of respondents said they were not sure how adequate the funding was.

Thirty-seven percent of respondents said they will need advisement in developing their plans to continue their education.

Tribal College President Petite said that many Band Members and employees were first generation college students and graduates. The survey suggests that few employees are familiar with crucial higher education processes such as financial aid, yet many have a keen interest in furthering their education.

The survey results have been distributed to FDL Division Directors who may use the information for program planning and grant writing, Petite said.

If an employee is interested in furthering their education, they should first discuss their plans with their division director, as some divisions have funds available for additional college training. Another resource for Band Members is Bonnie Wallace, FDL Scholarship Director. She can be reached at (218) 878-2633.



On the right: Ojibwe School student Sa'Shawna Lone reads through the judge's comments the evening of the science fair. Upper left: Stephanie Shabaiash, an Ojibwe School junior, meets with the public following the judging segment for the national science fair. Bottom left: The students set up their projects for the fair. Shown clockwise from the front, left are Nicholas Hayes; Richard Wilkie, a chaperone; Lacy Diver, a senior; Sa'Shawna Lone, a junior; and Jeremy Ammesmaki, a junior.

Hanging around with the smart kids

Story and photos by Deborah Locke

Some of you may remember that in March, I tagged along with a group of outstanding young FDL science students who competed in Albuquerque, N.M. at a national science fair. The May story in this newspaper described the honors won in that highly competitive environment.

The sunny days in Albuquerque gave talented children a chance to perform admirably, and they did. I wish you could have seen them in the Albuquerque Convention Center that Friday night while meeting the public and explaining their work. They were wholly professional and would have made all FDL Band Members proud.

What the story missed for a lack of space was the quiet stuff that happened along the way -- waiting for transportation vans, waiting for tables in a restaurant, waiting for doors to the exhibit hall to open.

It's that quiet stuff that I want to tell you about from the Intel International Science and Engineering Fair. For the record again, here are the students: Jeremy Ammesmaki, Brit-tany Bird, Deshawn Campbell, Lacy Diver, Nicholas Hayes, Sa'Shawna Lone, and Stephanie Shabaiash.

Their Ojibwe School science teacher was Leslie Bucar. Five science stu-

dents with FDL ties from the Cloquet School District also attended the science fair. Two students, Sa'Shawna Lone from the Ojibwe School and Courtney Jackson from the Cloquet District, went on to compete at the Intel International Science and Engineering Fair in Atlanta in May. Sa'Shawna won a \$500 award from the American Indian Science and Engineering Society.

Most of the kid's time focused on preparation and presentation of their research. One group meal, however, proved to be pretty memorable. We walked from the convention center to a Brazilian restaurant in downtown Albuquerque. There our ability to digest protein was stretched to the limit -- twelve kinds of barbequed meat were offered in quick succession by enthusiastic, skilled servers wielding large carving knives.

Yes, 12 kinds of meat, one at a time. The meal was carefully orchestrated, and unlike anything we had experienced.

Lunch was followed by a visit to a Pueblo museum where the students combed the gift shop and walked through the displays. Several framed statements about Pueblo culture and history caught my eye. Here's one: *Emergence myths of the 19 Pueblos differ in many ways, yet all share the belief that this is the story of our birth from our mother earth.*

Our very beings as humans are bound to this sacred earth. At its root, the story teaches about respect -- respect for the earth, respect for all human beings. This extends especially to how we treat women, for women are the personification of our mother earth. Our reverence for our mother earth must be carried to the mothers of our children.

San Juan Pueblo

Traditional Ojibwe culture reflects that belief about the treatment of women, at least for those who follow their traditions.

After the museum visit, the kids relaxed in the desert sun, writing into notebooks, reading, talking, waiting for the shuttle bus.

The Albuquerque landscape presented a dramatic contrast to the FDL woodlands. The sun beat down on a hardened red clay earth, with brown mountains in the background. While the group waited outside the museum entrance, two younger FDL boys chased each other until they caught the attention of their teacher, Leslie Bucar.

"Do you want to have to sit next to me?" she said in a teacher-like voice. The boys stopped running.

Bucar is the catalyst for the student achievements. She had an easy, comfortable relationship with the kids. As a student herself, Bucar participated in middle school science

fairs and advanced to the state science fair at age 13.

She said that when she decided to become a science teacher, she reflected on what she remembered the best from those years.

"It most definitely was the science fair," she said. "That is why I introduced the fair here at the Ojibwe School." In the early years of the fairs, students were passionate about their work, research and experimentation, but they were shy about presenting to the judges.

That era gradually faded. More than 40 Ojibwe School kids have participated in the national science fairs in the past seven years. Additionally, Ojibwe School students represented the indigenous people of the United States three times out of the last four years at the International Science and Engineering Fair. More than 1,500 science students from around the world participate in the international fair.

One of them was Sa'Shawna Lone, who wore her jingle dress during the public presentation in Albuquerque. Sa'Shawna researched the DNA content of white, brown and wild rice. A few members of the public stopped by that Saturday evening to read her poster that described methodology and conclusions.

She answered questions like a pro.

2008 FDL Graduates

Cloquet High School

Cloquet's commencement exercises were held on May 30, 2008. Of the 164 who graduated, 12 are a part of the Fond du Lac community:

- Bryan Anderson
- Deborah Beabeau-Cavitt
- Thomas Carlson
- Carissa Diver
- Kami Diver
- Christopher Hammitt
- Melissa Jourdain
- Christina Kreger
- Joe Martineau
- Savannah Pollak
- Hannah Tibbetts
- Anja Wiesen

Carlton High School

Carlton High School's graduation ceremonies will be on Wednesday, June 4, at 7 p.m. in the gym. Of the 62 graduates for 2008, two are from Fond du Lac: Sean Soukkala and Charles Robinson.

Albrook High School

Commencement exercises at Albrook High School were held Friday, May 23, for 34 graduates. Among them were:

- Emily Anvid
- Samantha Mountain
- Gabrielle Wuollet

FDL Ojibwe School

FDL Ojibwe School commencement exercises were held May 29, 2008, in the school's gymnasium. The graduates were:



Alisha DeFoe



Aurelia DeNasha



Brittany Fox



Emily Twostars



Julia Lone



Kris Stiffarm



Lacy Diver



Randall Boyd

"The Drum" (1983) by Harry Smith appeared in the Cloquet High School banquet program. Smith was an Ojibwe language cultural instructor. We reprint this poem here, which is dedicated to all graduates, Class of 2008.

In each of us there beats a drum,
they are never quiet
Singing, talking of life,
Ever whispering during the night.
Listen! The words are good,
Life is rich, live it in dignity.
Our grandfathers, they can see you,
they reach and touch, for eternity.
The drums they teach, never silent,
Each of us, you and me, there beats
a kingdom.
Of all the values, through the ages,
perhaps the best known, is known
as wisdom.



Cloquet High School's Indian Education Senior Honor Banquet was held May 13, 2008.

Shown from top left are Savannah Pollak, Melissa Jourdain, Nina Kreger, Hannah Tibbetts, Carissa Diver, and Kami Diver. From bottom left are Deborah Bebeau-Cavitt and Melissa Jourdain.

A rare angle on Elvis Ojibwe School student wins U-W art award

By Jane Skalisky

Chris Johnson-Fuller, a junior at Fond du Lac Ojibwe School, placed third in the University of Wisconsin's Ninth Annual American Indian Art Exhibit in March.



Chris created his three-dimensional piece out of welded chunks of steel during shop class at school.

"I was sitting in shop welding and looked at it and thought, 'Hey, I see something in this---it's Elvis!'" he said.

Don't expect to see Elvis Presley immediately in the artwork - Chris said that the sculpture has to be viewed from one angle in order to see the image of Presley, whose artistry and military service Chris admired. Presley served in the U.S. Army and was stationed in Germany.

Chris has taken classes offered in drawing, painting, and sculpture, but created this piece in shop class with the encouragement of his teacher, Dave Johnson.

"Having Chris as a student is really interesting," said Johnson. "I never know quite what he's going to build; he puts anything together."

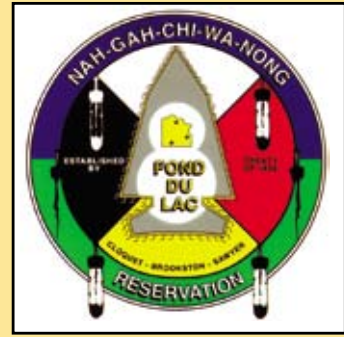
"Art keeps me in a positive place,

where it's easy and different from reality," Chris said. "It's a way to express yourself that only you can do; it keeps you thinking in a different way which you relate to your life."

Chris moved with his family three years ago from Kimball, Minn., a small town south of St. Cloud, to Brookston. He said that in Kimball, his classmates made fun of him for being Indian. When he moved to Brookston, the kids made fun of him for being white. He added that now he is accepted and likes attending school at the Ojibwe School.

He also enjoys working with machines, because they always need repair. Chris's current mechanical project is a motorcycle with a three-wheeler rear end and a snowmobile engine on a lawn mower frame.

After high school graduation, Chris plans to join the military, get a law degree, become a U.S. Senator, and eventually, President.



A few thoughts from RBC members

From Chairwoman Karen Diver

The new Casino will be open by the time you read this column. It really is very beautiful. The Reservation owes its gratitude to the many employees who worked so hard to get the new Casino open in time for the Memorial Day weekend. To each of you, thank you! We hope that you are able to try out the fine dining experience at the Seven Fires Steakhouse. The food and service is exceptional.

The new marketing campaign has been unveiled, and you'll see the ads soon. The interior of the old hotel is getting spiffed up, along with new furnishings. The old hotel exterior will be updated to match the newer buildings. We are currently booking events and entertainers starting in September 2008. Please make sure and stop by and see for yourself the investment that the Band has in the new Black Bear Casino and Resort.

The RBC has reviewed its options for the loan refinancing. Interest rates came in higher than the cur-

rent loan. Additionally, each lender wanted to see the Band maintain a certain amount of money maintained in our investment portfolio. The new slot machine payments will not begin until October, giving the Band the typical heavy tourist summer months to earn revenue. In late summer, we will revisit our options to see if the financial markets have calmed down a little, and perhaps are offering better rates. The option of paying off the loan early so that the Band can access its own investments is also a viable option that would greatly reduce the interest costs of the financing. We'll keep you updated.

Regarding the Nelson Act settlement (timber and land claim settlement), a proposal was presented to the Tribal Executive Committee of the Minnesota Chippewa Tribe that

would compromise on the distribution. The Bands have two separate votes that said each of the Bands would get one-sixth of the settlement. White Earth has opposed this recently, preferring a distribution

based on population (per capita). White Earth has worked with their local legislator to get Congressional approval of their plan.

The compromise that was offered would give each Band \$2 million and then distribute the rest of the money equally among each member

of all of the Bands in the amount of \$400. The compromise was rejected because of the initial vote that committed one-sixth of the settlement to each Band. It was stated by some members of the TEC that the initial votes of the TEC need to be supported or else each Band could go around the TEC to Congress when it

didn't want to abide by the decisions of the TEC.

So, despite some attempts to find a solution, it seems that Fond du Lac will have to continue to work with its legislators to support the TEC decision of six equal payments to the Bands.

In closing, I can't thank Band Members enough for the incredible outpouring of support that you have given to me after a dead deer with a threatening note was left in my driveway. With your support, we will continue to move the Band forward, despite those in our community who would rather influence the direction we are going with bullying, intimidation and threats. I see so much good in our community every day and know that this act does not reflect on our community and values.

As always, if you have questions or comments, please feel free to call me at the office at (218) 878-2612, or on my cell phone at (218) 590-4887, or by email karendiver@fdlrez.com.



Karen Diver

From Ferdinand Martineau

I have been wondering about communication and how it happens. We talk to each other in person, by phone, through letters or e-mail. There are lots of ways that we communicate. I have heard from some of you that some decisions are being made at meetings where there are some members not in attendance. I am going to share with you this month how the council communicates with each other on the agenda and important items.

We set up a new system that is called consent agenda. It is quite simple and effective if we take the time to complete it each day. The system gives us our agenda items two to three days in advance of our regularly scheduled meetings. We can accept housekeeping items in

advance like minutes, resolutions and purchases, etc.

We can also reject an item that does not have all the information needed to make a decision or to ask a question that we may have. If we accept an item, an e-mail is sent to the person that was to present the matter for consideration and they are told they do not have to come to the meeting. However, if the item is rejected, there is a comment section and the presenter knows what they should be ready to answer when they show up.

We can also take the system with

us when we travel. If we want to be part of a discussion while we are off the reservation, we can arrange

to set up a video conference and take an active role in the decision making process.

The very least that should be done by a council member when they are out of town is the consent agenda where they can have input on all scheduled items.

This system was designed to encour-

age input by the RBC at all meetings whether the members are in the office or not. It was also designed to ensure that we as council members would have more time to spend in

our office to take care of other things that we are supposed to take care of.

That was a short overview of our consent agenda system. If used properly, it allows for input by all council members on all scheduled issues that come before the council.

The other thing that I would like to update you on is the opening of the new Casino. We opened the doors to the new facility on May 23, 2008. Everyone involved was very excited for the soft opening. Our big party will be sometime in August 2008.

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



Ferdinand Martineau

Rez adventures with the Indian Scout

Story and photos by
Deborah Locke

The Indian Scout decided to check the status of woodland spring vegetables at the northern Reservation limits. In particular, he wanted to gauge the progress of leeks located on the Reservation highlands. The leeks grow near the hard wood trees, he said.



So on a typical 2008 spring day complete with cool air, clouds and fleeting rainfall, we set out due west on Big Lake Road.

A couple days earlier, the Scout stepped outside to check the vegetable growth. "I looked at the ground and saw all the little plants and they were shivering," Scout said.

The northern Reservation border completed our geographical overview that began a year ago, and took us back to where we started. Over the months, Scout led the way east, south and west through dense forest to graveyards, mounds, riverways and a great big lake. That day we would end up in Brookston after an examination of plant life along the way.

The monster truck turned right and left and soon we noted a patch of what Scout called "fern sprouts" in the ditch near colorful blooming cowslips. He snapped off and peeled the round plant tip to reveal a lime green pod. The Scout hosts a seasonal meal for his family that features assorted spring greens and fresh fish.

He said the sprouts tasted like asparagus – I found them bitter. The Scout chided my mild vegetable taste preference, a stark contrast to the preferences of our ancestors who appreciated full flavor.

The monster truck then roared off for Scout's favorite sweet grass corner, where I plucked a flowering bloom for the camera lens. A lonesome frog croaked in the background.

From there, the Scout offered a peek at Brookston's best known, former scenic sight. Filled with anticipation, my eyes scanned the woods.

The Scout slowed down the monster truck on Duff Road and pointed toward a patch of land known as the Brookston dump.

The garbage was covered with dirt and grass; white pipes stuck up from the soil. The Scout smirked, pleased with his dark humor.

The truck crossed the St. Louis River and we were off Reservation land. Scout drove down a narrow road to a beach area where a ramshackle lawn chair sat perched near the water.

"That chair has been sitting there through the whole winter, waiting," Scout said. Near the chair was a pair of rusty tin snips. The Scout noted that for some reason, wherever people go, they're compelled to leave behind a pair of tin snips. He added the rusted snips to a matching rusted pair stored in his truck.

Minutes later the truck inched along a river road to a sign that said "dead end." The road may have ended but it wasn't dead. Families of beaver transformed the environment to include a dam built up seven or eight feet from ground level. We stepped up the dam wall to survey the beaver work.

"Are the wood ticks out?" I asked.

"Oh, you bet," Scout said.

"Do you think we're picking up any?" I asked.

"Oh, you bet," Scout said. I opted for a quick exit.

As the monster truck charged over St. Louis County back roads, Scout's eyes scanned the roadside for the wild onions known as leeks. He saw no leeks, but spotted a dead porcupine "murdered" by humans. Had the death been at the will of another animal, the carcass would have been eaten, Scout said.

Before long, the monster truck chugged over Highway 2 and then toward Big Lake Road. Soon we were back at the Tribal Center, where we started from.

The Scout excels at taking you to some place in the present to better explain something from the past.

I may not be gathering a bowl of fern sprouts anytime soon for an afternoon snack, but that day I imagined the Reservation 200 years ago as gatherers combed the land for natural, healthy vegetables.

And you can bet that the harvest included not a single pair of abandoned tin snips.

Deborah Locke can be reached at deborahlocke@fdltrez.com



Top photo: the Scout shows the exterior of a "fern sprout" on the left, and the green pod-like interior on the right. The middle photo shows the fern sprouts ready for picking. The above picture is of blooming sweet grass.

More rides, an additional day: Enrollee Days to be held June 26-29

Enrollee Days will be held from June 26 to June 29, 2008, which adds an extra day from the 2007 celebration. New rides are planned, and a few of the events will be moved indoors or to nearby locations to save money and provide a more appropriate setting. Enrollee Days will be held once again at the Tribal Center grounds on Big Lake Road in Cloquet.

The \$250,000 four-day carnival attracts more than 3,000 FDL Band Members from around the country, said Bryan Bosto, Sawyer Center Youth Coordinator and Enrollee Days planner. Enrollee Days began as a one-day event in 1993 in the parking lot of Black Bear Casino to celebrate its construction.

The Enrollee Day meal on June 29 will be served at the Ojibwe School Gym, rather than outside under a tent. The meal will be served from 11

a.m. to 3 p.m., and drawings begin at noon. The new location will save \$10,000 in tent rental fees, and will provide a better location for the safety and comfort of elders. Throughout the four-day event, concession food is available for sale at the carnival grounds.

Children will enjoy a few new rides this year in addition to a few old favorites. On board will be the popular Zipper, Graviton and Tilt-a-Whirl. The carnival hours are 3 p.m. to 8 p.m. on June 26, 10 a.m. to 8 p.m. on June 27 and June 28, and 10 a.m. to 6 p.m. on June 29.

The FDL Museum will be hosting a culture fair on Saturday and Sunday, with instruction on making black ash and birch bark baskets, cedar rice knockers, native dolls, baby moccasins, and family trees, according to Jeff Savage, Museum Director.

The June 29 meal will be catered

by Black Bear Grill and will feature barbeque pork, brats, hot dogs, corn, baked beans, cole slaw and chips.

Coupons in the amount of \$40 will be issued to children to spend on concessions.

In addition to the meal on June 29, 220 adult drawings for \$500 each will be held in the Tribal Center Gym.

Transportation will be provided on June 29 from the Center for American Indian Resources (CAIR), 211 W. 4th St., Duluth, at 9:30 a.m., 11:30 a.m., 1:30 p.m. and 3:30 p.m. The last trip to CAIR will be at 5:30 p.m. from the Tribal Center. There will also be transportation to the Sawyer Community Center. The Tribal Center's pool will be open, as well.

A coach bus for elders over 52 who live in the Twin Cities will be available free of charge. It will depart from Minneapolis on June 28 and

return on June 29. Hotel rooms at the Black Bear have been reserved at a cost of \$45 per night. To make reservations for both the bus and room, contact Debra Topping at (218)878-8053.

The Sawyer Youth Program has scheduled competitions that will include track and field events and a chicken wing eating contest. At 2 p.m. on June 29 the Sawyer Adult Program will be hosting two pool and dice tournaments, crafts, and will provide refreshments.

"We want to open our doors to other people on the reservation to show them what we offer in the community," said Bryan Bosto, event planner.

For further information about Enrollee Days, call (218)878-8184.

2007 Enrollee Days participants at the carnival



Q & A

Senior's Legal Line Q&A

Questions on how to pay for long term nursing home care and the Minnesota Lemon Law governing car purchases

Dear Senior's Legal Line:
I always thought that Medicare pays for long term nursing home care. My friend has been in a nursing home for about 40 days and he says Medicare has stopped paying. What is going on?

-Gus

Dear Gus:

It is a common misunderstanding that Medicare will pay for long term care in a nursing home. Typically, Medicare will only pay for a short period of time, after which the nursing home resident will either privately pay for his cost of care or will be eligible for Medical Assistance to pay for his cost of care. If someone (who is eligible for Medicare and is enrolled in Medicare) has a three day qualifying stay at a hospital, and then transfers directly to a nursing home for rehabilitation, Medicare Part A will pay in full for the first 20 days, as long as the resident is receiving "skilled care" under the Medicare definition. Medicare will pay for a portion of the 21st through 100th day, as long as the resident continues to get skilled care. If the resident has a supplemental health insurance policy, the supplemental insurance policy should pay for the portion that Medicare does not pay. After the 100th day, Medicare and the supplemental health insurance policy will not pay for the care, even if the resident is still receiving skilled care.

Skilled care means rehabilitative care, or care that is making the resident better. According to the Center for Medicare Advocacy, Inc., skilled nursing and skilled rehabilitation services are those which require the skills of technical or professional personnel such as nurses, physical therapists, and occupational therapists. In order to be deemed skilled, the service must be so inherently complex that it can be safely and effectively performed only by, or under the supervision of, professional or technical personnel. Custodial care does not qualify as skilled care.

Once the resident stops receiving skilled care, Medicare will stop paying. Once Medicare stops paying, the supplemental health insurance will also stop paying. If a resident disagrees with the decision that the resident is no longer receiving skilled care, the resident can ask the nursing home to submit a claim to the Medicare contractor for a second opinion. The resident does not have to pay until he receives the Medicare determination. If the resident disagrees with the formal Medicare determination, the resident can appeal, but generally must do so within 120 days of the initial determination.

It sounds to me like your friend has stopped receiving skilled care. This is a common scenario. If your friend goes back home for 30 consecutive days, he will be able to get another 100 day "spell of illness" coverage if he should find himself in

the same situation again. Otherwise, if he stays in the nursing home, he will be spending his assets on his cost of care until he becomes eligible for Medical Assistance, unless he is already eligible.

Dear Senior's Legal Line:
I just bought a car from a private party. Things were working fine and I love the car. However, two days ago it started to act funny, and I do not want the car any longer. The seller refused to take the car back. Isn't there a three day "cooling off" law where I can return the car and get my money back?

-Bob

Dear Bob:

Unfortunately, there is no "cooling off" law when you buy a car. Once you bought the car, it became yours. You cannot return it if you decide that you do not want it.

Also, because you bought the car from a private party, the Minnesota "Used Car Warranty Laws" do not apply. The Used Car Warranty Laws also do not apply if you bought the car "as is."

You may have heard of the "Lemon Law," which is Minnesota's Motor Vehicle Warranty Statute to protect you when you buy or lease a new vehicle that is still under the original manufacturer's warranty. Because you purchased the car from a private party, I assume the car is not new. If it is not new, it is not covered by the "Lemon Law."

However, if the used car is still under the original manufacturer's warranty, the Lemon Law may apply. The law helps you enforce the manufacturer's written warranties. It generally does not allow you to return the car without going through a reporting process to the manufacturer, and letting the manufacturer attempt to fix the problems. If it cannot be fixed, it will be considered a "lemon" and a refund or replacement of the car may be allowed.

It seems to me that you are probably stuck with the car. For further information about Minnesota's car laws, please refer to Minnesota Statute Section 325F.665. You may also obtain information through the Minnesota Attorney General's Office at www.ag.state.mn.us or by calling them at (800) 657-3787, or writing them at 1400 Bremer Tower, 445 Minnesota Street, St. Paul, MN 55101.

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



Undated FDL file photos from the photo archive.



Joe Martineau

Directory of regional summer Pow Wows 2008

June

June 6-8
Sah-Gii-Bah-Gah
Powwow grounds,
Nett Lake, MN
(218)757-3261 or
www.powwowtime.bravehost.com

June 13-15
140th Annual White Earth
Tribal grounds,
White Earth, MN
(800)950-3248 ext. 1337

June 20-22
17th Annual Grand Celebration
Powwow grounds,
Hinckley, MN
(800)472-6321 ext. 4556 or
www.grandcasinosmn.com

June 20-22
Lake Vermilion
Powwow grounds,
Lake Vermilion, MN
(218)780-3903

June 27-29
16th Annual St. Croix Chippewa
Mak'ode Arena at St. Croix Casino,
Turtle Lake, WI
(800)236-2195 ext. 5225

July

July 3-6
Red Lake Nation Independence Day
Powwow grounds,
Red Lake, MN
(218)679-3224

July 4-6
30th Annual Red Cliff
Powwow grounds, Red Cliff, WI
(715)779-5597 or
www.redcliff-nsn.gov

July 4-6
Leech Lake 4th of July
Veteran's Memorial Grounds,
Cass Lake
(218)335-7573

July 11-13
Fond du Lac Veteran's
Mash-ka-Wisen powwow grounds,
Sawyer, MN
(218)878-7583

July 18-20
35th Annual Honor the Earth
LCO powwow grounds,
Hayward, WI
(715)634-8924 or
www.lcoschools.bia.edu

July 18-20
Mee-Gwitch Mahnomen Days
Ball Club, MN
(218)246-2554

July 25-27
Onigum
Powwow grounds,
Onigum, MN
(218)547-4090

August

Aug. 1-3
30th Annual Honoring Sobriety
Mash-ka-Wisen powwow grounds,
Sawyer, MN
(218)879-6731

Aug. 8-10
Grand Portage Rendezvous
Powwow grounds,
Grand Portage, MN
(218)475-2239 or
www.grandportage.com

Aug. 8-10
Pine Point
Powwow grounds,
Ponsford, MN
(218)573-2154

Aug. 15-17
Red Lake Nation Fair
Powwow grounds,
Red Lake, MN
(218)679-3224

Aug. 22-24
28th Annual Cha Cha Bahning
Powwow grounds,
Inger, MN
(218)659-2995

Aug. 22-24
35th Annual Wild Rice Festival
Hole in the Wall Casino,
Danbury, WI
(800)236-2195 ext. 5188

Aug. 29-31
Leech Lake Labor Day
Veteran's Memorial Gardens,
Cass Lake, MN
(218)335-7573

September

Sept. 5-7
Jerry Fairbanks Fundraiser
Mash-ka-Wisen powwow grounds,
Sawyer, MN
(218)878-8194

Sept. 12-14
Battle Point Powwow grounds,
Sugar Point, MN
(218)760-5141

Sept. 30
1854
Sawyer Community Center,
Sawyer, MN. (218)878-8184

Community news

These community pages are yours, the members of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths.

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

Please submit materials during the first two weeks of the month. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com

The telephone number is (218)878-2628. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and name with anything you submit. Materials will be edited for clarity and length.

Birth announcements

Welcome to baby **Annava Blacketter**, born on Feb. 9, 2008 at Community Memorial Hospital in Cloquet. Annava was seven pounds, seven ounces at birth, and 19 inches in length. She is the daughter of Amanda Ruiz and Kevin Blacketter and the baby sister of Viviana Blacketter, age two.



Notes of thanks

Dear Fellow Band Members:

To those who think that traditional values and teachings are still important in today's society, I thank you tremendously for your support, your belief, and your trust in me.

When we give our time, we give part of our life. When we give our vote, we give a gift. I'm so grateful for your time and gift.

*Many thanks to all,
"Gwiwizens" Ricky DeFoe*

We would like to say miigwich to everyone for their thoughts, prayers, and support during **Codey "Gii Wi**

Taa Yaanamaad" Diver's tragedy. Codey is on his way to rehabilitation and everything that each and every one of you did is very much appreciated. A huge miigwich to: Cheryl Hague and Dave Petite for finding him, the RBC for all of their support and everything they did and continue to do for us, the slots department at the Black Bear Casino, Nita Fineday, everyone that brought food, and everyone that stopped in.

Everything is very much appreciated!

Doreen, Kevin, Thomas, Ashley and the rest of Codey's family

To all FDL game wardens and employees of the Natural Resource Division:

I would like to thank you for the time and effort that you put into the 2008 spearing and netting season. The Fond Du Lac Natural Resource Division is by far the most organized and efficient group that I have seen for this type of event. Your shelter, hospitality and refreshments were very much appreciated.

Other reservations should take notice of our group and the ways we help our elders and other that need assistance.

Thanks for a job well done! I'll see you next season.

Steven Defoe

Birthdays

A belated happy 60th birthday on May 15, **Phil Norrgard**.

From your friends at Min No Aya Win

A belated happy 4th birthday to

Kaydance Barrett!

*Love, Mommy,
Grandma, Grandpa,
and Aunties*



To **Kaydance Barrett:** we hope you had a very happy birthday

on April 28.

*Love, Mom, Dad, Grandma,
Grandpa, Aunties Alisha and Renee*

Happy golden birthday to **Chris Zacher**, who turns 25 on June 25th!

*Love, your wife Sarah
and kids Breea and
Kingslee*



Happy birthday to **Aurora Grund** who turns seven on June 10!

*With love from Mom
and Dad*

Memorials

In memory of **Terra Bishop Lind**, who passed away five years ago April 13, 2003 --

We thought of you with love today, but that is nothing new./We thought about you yesterday, and the day before that too./We think of you in silence and often speak your name, all we/have are memories and pictures in a frame. Your memory is/our keepsake, with which we will never part/God has you in His keeping - but we have you in our hearts.

*We love and miss you, Terra
Dad, Mom and Family*

In loving memory of **Ronald Roy Wendling**, Aug. 11, 1937 to May 18, 2004. Four years ago, you were given wings. You flew up to heaven, where you look down upon us and keep us safe. We miss you dearly.

*Sadly missed by
your family*



Obituaries

Herman Douglas "Doug" Wise, 64, of Sawyer, died from complications following heart surgery on April 29, 2008, surrounded by his loving family in St. Mary's Hospital, Rochester, Minn. He was born March 6, 1944, in Erie, Pennsylvania, to Herman and June Wise. His



grandparents were Emil and Gertrude (St. John) Wise and Lou and Della (Trembull) Boyd.

He was preceded in death by his parents and a nephew, John Douglas Bahen.

Doug graduated from Carlton High School in 1962 where he was a stand-out athlete, and married Jeanne Snyder on November 6, 1965, in Sawyer. He proudly served in the Army National Guard, was previously employed by Wood Conversion, various area construction companies, and had served as FDL Housing Inspector. He was most recently employed as a Community Water Systems Operator for the Reservation.

In his eulogy to his brother, Dave Wise described Doug as a trickster who loved a good laugh and a good story. Dave recalled when Doug and Rod Moose went to a wax museum with a Wild West theme in Sioux Falls, S.D. Doug told Rod to stand in one of the exhibits so that he could take his picture. When he noticed an older couple coming, Doug told Rod to be still. When the older woman looked at Rod, she told her husband, "Oh, this one really looks real." Rod couldn't hold back and cracked a toothy smile. The woman screamed and shouted, "They're alive!" and ran away screaming for the manager. Meanwhile, Doug and Rod took off. "He was right there, he was right there," the woman told the manager.

Doug was the first promoter of professional boxing at FDL and arranged for boxing matches. He was a trainer and promoter of the great Al Hulk, otherwise known as "Little Al", or the "Mahtowa Brawler".

Doug loved to garden at his place in the ditchbanks. He was a great canner, and took special care to grow and process foods of the highest of quality, sharing the harvest with elders and other community members.

Five eagles soared over the hospital just minutes after Doug passed on to the Spirit World, bringing much comfort to his family gathered around him.

His generous, loving, caring ways will be missed by his family and many friends from all walks of life.

Community news

Doug is survived by his wife, Jeanne, of Sawyer; two daughters, Kristine (Brian) Friend of International Falls and Kelley Thompson of Cloquet; his son, Jeffrey Wise (Fiance' Cindi Diver and her daughter, Lili) of Cloquet; 8 grandchildren, Kaitlin, Breanne, Karlee, Broc, Kaleb, Hunter, Tyler and Tanner; two sisters, Ruth Wise-Bahen of Cloquet and Susan (Jared) Christenson of Sawyer; four brothers, Bill (Sandy), Louie, Randy (Janice), and Dave (Sherri), all of Sawyer; five aunts, Geraldine and Norma of California, Jean and Marilyn of Erie, PA and Jean of Michigan, numerous nieces, nephews and friends.

Visitation was held on May 4 and 5 in the Sawyer Chapel off Soukkala Road. A May 5 funeral service was held at Northland Funeral Home in Cloquet. Burial was in St. Mary and Joseph Cemetery, Sawyer.

Lucy Ann Roetman, wife, mother, and grandmother, died on May 4, 2008 at the Sawyer Elderly Complex. Lucy was born in Cloquet and throughout her life, consistently refused to give her exact age. Even her children are unsure of her length of years. She was the daughter of Ben and Julia (Northrup) Loons. She married Bob Roetman on April 26, 2008 and worked for a number of years as a Personal Care Attendant.

Lucy was known as "The Queen" on the Reservation, a name given due to her regal carriage and di-

rect manner. Her daughter, Susan, remembers her mother as being very proud of Fond du Lac and as one who gave of herself and her possessions. For example, Susan once gave her mother a winter jacket. A short time later, she saw the jacket on someone else and her mother in her old worn out one.

"My mother's belief was the more you give, the more you get," said Susan. "Her joy was in being able to give."

Lucy will also be remembered by her daughter for the love that she found late in life. "It was true love, almost teenage love," Susan said of her mother's late-in-life relationship with her new husband, Bob. "She laughed, she lived, she loved until she died," Susan said.

A poem discovered among the Queen Mother's papers by her daughter, Queen Elizabeth II, was read at the Queen Mother's funeral and at Lucy's memorial service.

It went: You can shed tears that she is gone/Or you can smile because she has lived./You can close your eyes and pray that she'll come back/Or you can open your eyes and see all she's left./Your heart can be empty because you can't see her/Or you can be full of the love you shared./You can turn your back on tomorrow and live yesterday/Or you can be happy for tomorrow because of yesterday/You can remember her and only that she's gone/Or you can



Lucy Ann Roetman, who died on May 4, was a bride of eight days to Bob Roetman, formerly of Minneapolis. The couple married on April 26 in St. Louis Park, Minn. at Bob's daughter's home. Above is a wedding day photo.

cherish her memory and let it live on/You can cry and close your mind, be empty and turn your back/Or you can do what she'd want: smile, open your eyes, love, and go on.

Lucy is survived by her husband, Bob, and his family; her daughter, Susan Susienka; sons, Melvin "Manny" Susienka, Lonnie (Debra) Susienka, Gary Dewing, William (Denise) Dewing and Steven (Michelle) Dewing; grandchildren, Lucinda Susienka, Kristin Schmitt, Erica Eg-

gart, Adam Dewing, Arianna Dewing, Christina Dewing, Michelle Dewing, Shawna Dewing and Jackson Dewing; great-grandchildren; brother Richard Loons; and many nieces and nephews.

Services were held at Handevitd Funeral Home in Cloquet on May 7, 2008, followed by a feast and celebration of Lucy's life at the Fond du Lac Tribal Center. Burial was in Ft. Snelling National Cemetery.

Area news briefs

"Gap financing" available for Twin City Indians who wish to purchase a home

Twin City members of federally-recognized American Indian tribes are invited to apply for help in financing homes in the 11-county metro area through the Multi-Indian Urban Housing Project.

The agency provides "affordability gap financing" that makes up the difference between the cost of a home and the mortgage amount for which each individual qualifies. The financing has been made available through a grant from the state Housing Finance Agency.

The Mille Lacs Band is coordinating the financing program. Applicants are

considered based on their proof of tribal enrollment, proof of mortgage commitment from an approved lender, income, completion of a homebuyer training class, and compliance with local property requirements.

For more information, call LindaLee Retka, Assistant Housing Director at Mille Lacs, (320) 532-7454.

Leech Lake Tribal College sponsors golf tournament on June 27

The Long Bow Golf Club in Walker, Minn. will host the Third Annual Leech Lake Tribal College Golf Classic on June 27 to raise funds in support of the College.

Shotgun starts will be at 8 a.m. and 1 p.m., with an awards dinner to follow at 6:30 p.m.

For information on how to register a team or sponsor the event, contact Kyle Erickson at (218)335-4286.

Bois Forte chairman reelected as NIGA Vice-Chairman

Kevin Leecy, newly re-elected as Bois Forte Reservation Chairman, was also re-elected as Vice Chair of the National Indian Gaming Association (NIGA) at their 17th Annual Convention and Trade Show in San Diego the end of April.

Though Leecy retains leadership of NIGA amid a challenging climate, he

expressed optimism in San Diego, citing the council's successful defeat of Senator John McCain's bill to amend the Indian Gaming Regulatory Act.

"At the end of the day, we were victorious," he said. "There's a lesson there for all of us: when we speak out and stand together in defense of the inviolate principles of tribal sovereignty, we win, even when the odds against us appear to be insurmountable."

NIGA is comprised of 184 Indian nations with other non-voting members representing organizations, tribes and businesses engaged in tribal gaming enterprises from around the country. The story was reported in Marketwire.

etc

Renovated Black Bear Casino opens May 22

The casino portion of the \$121 million reconstruction of the Black Bear Casino and Resort complex has been completed. The next phase of reconstruction which will be implemented over the summer months includes renovation of the old hotel, and landscaping, said General Manager Catherine Colstrud. The first change visible to visitors is the size, nearly double from the original.

“Young, hip, and fun” was how Colstrud described the new, enclosed Cobalt Lounge, complete with its own separate entrance. The new décor is minimalist in style, with modern, clean, lines and warm, fall, complementary colors.

The Casino has many other new features, including two high limit areas, expanded poker space, over 2,000 new machines, satellite player’s club stations, and a number of ticket redemption machines.

“It’s really state of the art,” said Colstrud, referring to the new Casino.



The new hotel exterior of the Black Bear Casino and Resort complex.

Diners will find a new steakhouse and an updated buffet. Several hundred new employees are expected to be hired in the next few months.

Some upcoming acts include Wayne Newton on August 17, Blake Shelton on August 31, Bobby Vinton on September 26, and Tanya Tucker on December 14. Ticketmaster will be handling all ticket sales; tickets minus the convenience charge will also be available at the casino.

American Indian art shows are being planned in early fall to showcase the area’s native talent and local craftspeople will be able to market their wares, such as moccasins, sweet grass, birch bark art, beadwork, and jewelry at the hotel’s giftshop.

Artisans interested in selling their products are invited to contact Corey Van Guilder, Hospitality Manager, at (218)878-2330. The Casino’s premiere opening is planned for sometime in August.



Shown is the Black Bear's Seven Fires Steakhouse, open 4 p.m. to 9 p.m. on Wednesday, Thursday, and Sunday, and until 10 p.m. on Friday and Saturday. Entrees range in price from \$22 to \$39 and include steak, Rack of Lamb, Chicken Oscar and several types of fish.



The FDL Ojibwe School prom was held on May 16 at the Fond du Lac Tribal and Community College. The theme this year was "Enchanted Garden." Thirty-four students attended. Here we see an elegant and shoeless Cherokee Smith who will be a junior next year.

Third Quarter Honor Roll Students

Fond du Lac Ojibwe School

'A' Honor Roll Grade 7 Naomi Pigeon, Manuela Sandoval 'B' Honor Roll Grade 7 Samantha LaDeaux, Johnathan Stolberg; Grade 8 Cheyenne Ammesmaki, Kristina Ammesmaki, Aubin Deegan, Dominic Johnson-Fuller, Francene LaDeaux; Grade 9 Diana Anderson, Taylor Diver, Katie Meyer, Cayla Sautbine, Stephen Smith; Grade 10 Sarah Ammesmaki, Jamie BlueBird, Aliza Gingras, Selena Rockensock, Cherokee Smith; Grade 11 Jeremy Ammesmaki, Lee Barney, Chris Johnson-Fuller, Sa'Shawna Lone; Grade 12 Lacy Diver; Excellent Attendance - 99% to 100% Grade 12 Randall Boyd; Grade 10 Krysta Reynolds, Cherokee Smith; Grade 9 Taylor Diver, Morn-

ingstar Webster; Grade 7 Deshawn Campbell, Alexander Hayes, Jodelle LaClaire, Kiera Robinson

Carlton School District

'A' Honor-Roll Grade 7 Cedar Savage; Grade 9 Mariha Ojibway 'B' Honor-Roll Grade 7 Justice Lundquist, Mitchell Houle, Spencer Walton; Grade 9 Coty Barstad, Nino Dorr; Grade 11 Tasha Soukkala; Grade 12 Charles Robinson Perfect Attendance None

Albrook School

'A' Honor Roll Grade 7 Joseph Schwartz; Grade 9 Cassidy Capri-gliione, Lexie Barcus 'B' Honor Roll Grade 11 Darren Gilbertson



The grand opening for the renovated pharmacy at the Center for American Indian Resources in Duluth took place on May 16. Construction began in August 2007 for the \$300,000 project. The pharmacy space increased from 800 square feet to 1,400 square feet. In this picture, CAIR pharmacist, Peggy Haselow, demonstrates the ScriptPro robotic equipment that dispenses medication.

etc

FDL Wiidookaage Cancer Plan

On May 21, 2008, the FDL Wiidookaage Cancer Team celebrated the publishing of the Fond du Lac Band of Lake Superior Chippewa Wiidookaage Cancer Plan 2007-2012. Translated, wiidookaage means “help people”. This plan was funded by a 2003 federal grant from the Centers for Disease Control and will guide the development of programs and services to decrease the burden of cancer within the Reservation by developing a comprehensive cancer control and prevention program that includes cancer prevention, early detection of cancer through screening, treatment, and supportive care. The Reservation Business Committee had applied for the grant in 2002 out of concern over the high rate of cancer deaths on the Reservation.

The FDL Wiidookaage Cancer Team has representation from several FDL departments and community members, the American Cancer Society, UMD Medical School, and the Minnesota Department of Health’s Breast and Cervical Cancer Screening Program. For more information, contact DeAnna Finifrock, Public Health Nurse, at 878-2125.

Wood chips available

FDL Logging and Timber now has wood chips available for \$10.00 per pick-up load or free to Gitigaan garden members who have a permit. For further information, call (218) 878-8001 or (218) 878-8014.

Street light outages

To report street light outages, call Minnesota Power 24 hours a day at (800) 228-4966.

Cancer support group meets monthly

The “I Can Cope” cancer support group meetings from 5 to 7 p.m. on the second Wednesday of each month at the Tribal Center Library meeting rooms. Food is served. Drawings are held for prizes. For more information, contact the cancer health educator at (218) 878-3726.



The Annual Lester “Jack” Briggs Regional Championship Quiz Bowl was held at the Fond du Lac Ojibwe School on May 8, 2008. Over 150 K-12 American Indian students from 27 schools in Minnesota and Wisconsin participated. The quiz bowl is based upon Ojibwe culture and language. Winner of this year’s event was the White Earth Circle of Life School. Shown here is Vern Zacher, moderator, with several Quiz Bowl teams.

Schedule of open and quarterly meetings

Band Members are invited to attend open and quarterly meetings. Open meetings are for the discussion of concerns; quarterly meetings are for the dissemination and discussion of financial information. The meeting schedule is as follows:

Type	Date	Time	Place
Open	June 19	1:30 p.m.	Sawyer Community Center
Open	July 17	1:30 p.m.	Cloquet Tribal Center
Quarterly	Aug. 21	1:30 p.m.	Brookston Community Center
Open	Sept. 18	5 p.m.	Damiano Center, 206 W. 4th St., Duluth
Open	Oct. 16	5 p.m.	Minneapolis; location to be announced
Quarterly	Nov. 20	5 p.m.	Sawyer Community Center
Open	Dec. 18	5 p.m.	Cloquet Tribal Center

Annual Health Fair to be held on June 13

The 30th Annual FDL Human Services Health Fair will be held from 9 a.m. to 3 p.m. on June 13, 2008, at the Cloquet Tribal Center Gym, 1720 Big Lake Road. The theme of this year’s fair is “Tobacco: a sacred gift, not a drug”. The Health Fair brings together health and community service providers from across Northern Minnesota to showcase their services to the American Indian community.

Over 1,200 participants are expected to attend this year’s event. Some events include: prize drawings, fire demonstrations, Lifeflight helicopter tours, a lunch that will be served between 11 a.m. and 1 p.m., and a walk at 1 p.m. A mobile mammography unit will be offering mammograms; if interested, contact Deb Susienka at (218)878-2126.

Transportation will be provided by FDL Transit; call (218)878-7500.

Rain barrel workshop

The Fond du Lac Environmental Program will be conducting a hands-on workshop on rain barrels for the collection of rain water. The water may be used for plants and lawns. The workshop is open to FDL community members and will be held from 5 to 6:30 p.m. on June 3 at the Cloquet ENP meeting room.

To register, call Shannon Judd at (218) 878-8023.

FDL Baseball

Any community member of any age is invited to sign up for baseball. If interested, contact Heidi Hilton at 878-3804, or Sherry Couture at 878-7514. The season ends August 22.

Briefs

Investigation ongoing; FBI now involved

A \$5,000 reward has been offered for information leading to the arrest and conviction of the person(s) responsible for the dead deer and threatening note left in the yard of Chairwoman Karen Diver's home on April 20, 2008. The Federal Bureau of Investigation is now involved in the investigation and resolution of this case. Anyone with information on this crime is asked to call the FDL Police at (218)878-8040.

Planning grant to encourage more children to walk to school won by FDL planning dept.

A \$13,000 planning grant was awarded to the FDL Reservation to study safe routes to school for FDL students. The plan will identify barriers to walking to school, offer solutions to those barriers with children's safety in mind, and encourage children to walk to school.

Planning will begin in July and will consider signage, crosswalks, sidewalks, and trails said Jason Holinday, FDL Director of Planning. The federal money was funneled to FDL by the state Department of Transportation.

The "Cloquet Connection Plan," which would connect Cloquet, Scanlon, Carlton and the FDL Reservation to the Willard Munger State Trail is still on hold due to concerns about railroad rights of way.

Guided walks begin in June

A well-kept local secret is the nature trail behind the Tribal Center's garage past the powwow grounds and pond to south of the Ojibwe School. Beginning in June, Shannon Judd, Environmental Education Outreach Coordinator, will be offering guided walks at 12:30 p.m. on Tuesdays for any community member or employee who is interested in learning more about local birds and plants.

Head Start needs elders as volunteers

Head Start and Early Head Start is seeking elders to help in their programs. An hourly stipend is paid and transportation assistance is available. Call Lucy Augustine at (218)878-8100.

American Red Cross CPR and First Aid Courses offered at Clinic and CAIR

The FDL Public Health Nursing Dept. is offering CPR and First Aid classes the first Tuesday of every month at the Min No Aya Win Clinic, 927 Trettel Lane, Cloquet. Classes are also offered the first Thursday of every month at the Center for American Indian Resources (CAIR), 211 W. 4th Street, Duluth. Pre-registration is required. Call (218)878-2128.

Valleyfair Tickets

"Anytime" Valleyfair tickets are available to Cloquet area FDL Members and their children. Call the Drop-in Center at (218)878-7514.

Indian artwork to be showcased at theater

American Indian artists are invited to display their work in commemoration of the "Catchin' the Babies," production at the County Seat Theater Co. The play will be performed on July 5-6, 2008 at the theater located at 2035 Highway 33 South, Cloquet.

The art will be on display at the theater from June 20 to July 6. The works could include baskets, beadwork, sculpture and paintings.

For more information, contact Kris Nelson at (218) 879-5111.

First Annual Jerry Fairbanks Powwow to be held in September

The First Annual Jerry Fairbanks Powwow will be held September 5 to 7, 2008 at the Mash-kawisen powwow grounds in Sawyer. According to organizer, Brenda



Blackwood, Adult Coordinator at the Sawyer Community Center, jingle dresses and raffle tickets are being sold, along with regalia outfits sewn by Elaine Fairbanks.

Fifty percent of the proceeds will go to the Thundercloud Scholarship Fund for Native American students; the rest will be divided between the Sawyer Youth and Adult Programs. Vendor applications are now being accepted. For more information, call (218)878-8194.

FDLers encouraged to use Ojibwe-owned bank on North Road in Cloquet

FDL Band Members and employees are encouraged to use the services of Woodlands National Bank located at 240 North Road in Cloquet. The Mille Lacs Band of Ojibwe owns and operates the Woodlands Banks, which are also located in Onamia, Hinckley and Sturgeon Lake. FDL employees receive free checking at Woodlands National Bank.

Other perks include a free box of checks every year, direct deposit, free online bill payment, and overdraft protection for those who have worked for at least a year or have a qualifying credit score.

Public hearing scheduled For CDBG grant application

Fond du Lac enrollees are encouraged to attend a Public Hearing to discuss the Band's application for a 2008 Community Development Block Grant from the U.S. Dept. of Housing and Urban Development. The Band will be requesting \$600,000.

The hearing is at 3 p.m. on June 11, 2008 in the Tribal Center Library Conference Room. If the funds are awarded, they will be used to pay for sewer and water lines for the FDL supportive housing facility.

A copy of the community development statement that explains the project and how the money would be spent will be available the week of June 9 at the FDL Planning Division. Public comment is welcomed.

Request for Bid of Services for sewing class instructor

The Fond du Lac Reservation Business Committee is soliciting bids for services to provide Outfit Making and Sewing Classes. The proposed classes are to ensure that our Anishinaabe people continue to carry on our cultural Native crafts.

The objective of the classes is to teach FDL Community Members how to bead, sew and make their own pow-wow outfits. Providing safe and healthy activities is one of the goals of the FDL Cloquet Community Center.

The proposal should include, but not be limited to:

- Knowledge in Native outfit patterns
- Experience working with community members
- Experience in Native beadwork
- Instructor Fee
- Cost of supplies
- Date and time service can be provided

After a review of the proposal, the successful candidate will be notified, based upon the final decision of the FDL RBC. If you are interested, submit your proposal to Mrs. Deb Mallery, Manager, FDL Cloquet Community Center, 1720 Big Lake Road, Cloquet, MN. 55720. Call (218) 878-7504 for more details.

ENP meal prices have increased

To cover more accurately the actual cost of the meal, the cost of an Elder Nutrition Program meal for those under the age of 52 has increased to \$4.

Forestry trying to locate Peter (Chester) Nelson

Fond du Lac Forestry is planning to conduct a timber sale on an allotment parcel of FDL land. To complete that transaction, the division is searching for Peter (Chester) Edward Nelson, born in 1937, son of Chester Nelson.

Peter is the brother of Esther Nelson and Johanna Nelson Hevron,

Briefs

both of whom have since passed away. Peter was last seen in 1957 and no living relative has had any contact with him since that time.

It is believed his last known residence was in Superior, Wis. If you have any information regarding Peter Nelson, please contact Fond du Lac Forestry at (218) 878-8001.

Help in resolving financial dilemmas

FDL Band Member Jeremiah Dunlap offers financial help for those drowning in debt and harassed by collection companies. "Team 72 Financial & Debt Solutions" specializes in settling outstanding debt, credit repair, financial education and literacy, and ways to avoid foreclosure. Call Jeremy toll free at (888) 916-9166.

Important financial news for FDL higher education students

Financial aid changes are being implemented for the 2008-'09 school year. If you are a new or returning student, please make note of the following:

All Free Applications for Federal Student Aid (FAFSA) forms are being filed electronically. All students are required to complete this application annually and should do so as soon as you or your parents file the previous year's income taxes.

The Minnesota Indian Scholarship Program and the FDL Scholarship Program's priority deadline is July 1 of each year. Scholarship dollars are awarded and disbursed quickly, so you need to make every effort to meet that deadline. The Minnesota Indian Scholarship Program application is available in our office. It is also available online at www.getreadyforcollege.org/indianscholarship. Click on the "apply online now" link.

To remain eligible for the FDL Scholarship Program, you must turn in your grades at the end of each academic term confirming a minimum cumulative grade point average of 2.0.

Please be sure to read everything in your informational packet, especially the "Policies, Procedures and Instructions" section. If you follow the procedures, your application should go smoothly. Otherwise, setbacks could occur that will cause delays in getting your award approved, processed and mailed.

If you need assistance in completing your financial aid paperwork or have any questions, please contact our office at (218) 879-4593, Ext. 2681. Ask for Bonnie or Veronica.

Summer lunch program starts on June 16

The Fond Du Lac Ojibwe School is participating in the Summer Food Program. Meals will be provided to all children without charge. Acceptance and participation requirements for the program and activities are the same for everyone regardless of race, color, national origin, gender, age, or disability.

Meals will be provided from 11 a.m. to 1 p.m. from Monday through Thursday from June 16 to Aug. 19, 2008. The sites are these: FDL Ojibwe School, 49 University Rd., Cloquet, Brookston Center, 8200 Belich Rd., Cloquet; Sawyer Center, 3237 Moorehead Rd., Cloquet.

Transportation will not be provided to the meal locations this summer.

For more information, call Nikki Reynolds, Summer Lunch Supervisor, (218) 878-7551, ext. 8169.

Time to enroll for prevention/intervention Summer Day Camp

The Fond du Lac Prevention/Intervention Department will host a Summer Day Camp starting June 16, 2008. All Native American youth ages 6-17 who are enrolled or have a parent/grandparent enrolled and live within the Fond du Lac Service Area are eligible for Day Camp.

Applications are available at the Min No Aya Win Human Services Division and Center for American Indian Resource buildings, and at all Fond du Lac community centers. The

children will be picked up at their homes and will be served lunch during the day through the Hot Lunch Program at the Ojibwe School.

For more information, call the clinic at (218) 879-1227 and ask for Prevention staff, or if you live in the Duluth area, call CAIR at (218) 726-1370 and ask for Sherri Monroe.

Newspaper gains news writer in March

Joining the two-person newsroom staff this spring was Jane Skalisky of Hermantown. She has lived in the area all her life, attended high school in Proctor, and graduated from the University of Minnesota Duluth a few times, receiving degrees in communication, psychology and education.

Skalisky has worked in a variety of fields, including human resources and teaching, but has always wanted to work in journalism.

She has spent much of her life traveling, visiting Africa, South America, the U.S., the Caribbean, Mexico, Central America, and Europe.

She enjoys walking in the woods and spending time at her cabin on an island on Whiteface.

Skalisky and her husband, Steve, have a son, Mik, a daughter, Ari, and a dog, Zsa-Zsa. Mik is a student at the Fond du Lac Tribal & Community College in Cloquet.

Setterquist hired as clinic chiropractor

Dr. Terry Setterquist, D.C., was hired early in 2008 to provide chiropractic services at Min No Aya Win Clinic on Wednesdays.

Setterquist describes his methods as traditional, and himself as a "bonesetter."

Setterquist grew up in Cloquet, and is the son of Jerry Setterquist. He graduated from Northwestern College of Chiropractic in Minneapolis and operated a private practice in Cannon Falls, Minn. for 23 years until returning to the area to care for his father.

"My goal has been to live here and care for the people," he said.

His interests include lifting weights, playing basketball and golf, and watching movies.

"Much to my wife's chagrin, I like to read the newspaper and discuss politics," he added.

Setterquist has a chiropractic practice in Carlton and lives on the Reservation with his wife, Janette, and daughter, Jordanne.

Accounting Dept. hires two new employees

Two new employees were added to the Accounting Department in April. Tammy Nykanen, Program Accounting Bookkeeper and Payroll Clerk, will be working in school grants and handling income and housing verifications. Her previous training was in cosmetology and her experience was as a bookkeeper for banks and credit unions.

Her interests include camping, fishing, and riding on the back of a Harley motorcycle. She lives in Duluth with her daughter, Brennin, and son, Michael.

Amanda Hansen is working in the reception area and assisting in filing, records, and payroll. She comes to Fond du Lac with eight years of experience in the food service industry. Her main interest outside of work is her three-month-old daughter, Madelyn, who lives with her in Cloquet.

Metro Outreach Worker position created

A new position in the Twin Cities has been created to provide services to Band Members in the Metro Area. The Outreach Worker will serve as a liaison between the urban community and reservation, providing information and assistance on programs and services said Human Resources Director, Chuck Smith.

Mavis Ulven was hired as the Outreach Worker and is expected to begin work early in June.

Odeimini Giizis (Strawberry Moon) - June 2008

Cloquet Community Center in black 218-878-7510 • Sawyer Community Center in blue 218-878-8185
 Brookston Community Center in red 218-878-8033 • Ojibwe School in brown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	CAIR - WIC 12-3PM MNAW- CPR/First Aid 8:30-4:30PM School Board Mtg.	4	Drum Group 6-8PM CAIR- CPR/First Aid 8:30-4:30PM Student's Last Day	Staff Last Day	Cloquet Center & Drop In Trip Movie Night
Father's Day BBQ	GED 6-9PM Beading Class 4-7PM	Prevention Intervention 4-5PM GED 1-4PM Drum Group 6-8PM CAIR - WIC 12-3PM	Craft Night 4:30-6PM GED 1-4PM Adult/Elder Dinner 6PM	Drum Group 6-8PM Swimming	Admin Last Day	School's out BBQ 2PM
8	9	10	11	12	13	14
Premiere Theater 9:15 AM	GED 6-9PM Beading Class 4-7PM	Prevention Intervention 4-5PM GED 1-4PM Drum Group 6-8PM MNAW - WIC 12-3PM	Craft Night 4:30-6PM Adult/Elder Dinner 6PM GED 1-4PM	Drum Group 6-8PM Twins Game	GED 6-9PM Diabetes Support Group MNAW- 9:30 - 11:00 AM Whipper Snapper Races 12 PM	Community Birthday 3pm
15	16	17	18	19	20	21
Scrabble Tourney- 12PM	Beading Class 4-7PM GED 6-9PM	Prevention Intervention 4-5PM GED 1-4PM Drum Group 6-8PM MNAW - WIC 12-3PM	Craft Night 4:30-6PM GED 1-4PM		GED 6-9PM	Minnesota Zoo 8:45 AM
22	23	24	25	26	27	28
Ice Cream Sundaes 3PM	30					



Joslyn Mitchell along with 70 dancers and three drum groups -- Cedar Creek, FDL Ojibwe School, and Rising Wind -- performed for over 360 people in the annual Head Start Pow Wow on April 18.

Richard Sears shows Sharon Nystrom features on the new sewing machine he owns and brought to a FDL sewing class last fall. The new machine does embroidery. Students are now learning how to make powwow outfits. Sewing classes are held at the Cloquet Drop-In Center on Mondays and Thursdays from 10:30 a.m. to 2:30 p.m. Classes are also held from 5 p.m. to 8 p.m. on Tuesdays at the Tribal Center ENP.

