Three views of historic Spirit Island, recently obtained by the Fond du Lac Band. Top: A close up view of the island from a Resource Management Conservation Dept. boat; bottom left: a distant view of Spirit Island; bottom right: Spirit Island, as seen from Skyline Boulevard. See RBC columns on pages 3-4, and historic Spirit Island story on page 10-11. Photos by Karen Diver

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Local news
Tagwii dedication ceremony
First American Indian treatment program for meth in the U.S.

By Dan Huculak

A large group of distinguished guests attended the dedication ceremony for the Tagwii and Mino Wii Jii Win Treatment Centers Sept. 9, at the new facility in Cloquet.

Ricky Defoe performed the pipe ceremony. The Tagwii Drum was also on hand to perform during the warm, sunny afternoon.

Fond du Lac Chairwoman Karen Diver welcomed people and congratulated staff. She reminded community members that the Reservation Business Committee (RBC) wants to provide help to those who need it, but people have to be willing to seek it.

Chuck Walt, FDL Executive Director of Tribal Programs, thanked all those who worked on the project. He explained the background of the program and the evolution from an alcohol centered treatment focus to one that included methamphetamine, prescription drugs, and stimulants.

“This was the first American Indian methamphetamine treatment program in the United States,” Mr. Walt said.

According to the Executive Director, more than one half of the program’s graduates are drug free a year after treatment.

After treatment center staff was introduced, two former clients spoke about their struggle for sobriety and the gratitude they feel for the program. Strong words of praise were given to staff.

Kathleen Vanderwall, Department of Human Services Tribal Relations Coordinator, congratulated Fond du Lac and praised the RBC for many innovative programs in human services including the treatment programs it runs in the twin cities and the pharmacy in Minneapolis that now serves over 4,500 Indian patients.

Jennifer Jenkins, Acting Director of the Indian Health Service Bemidji Area Office, said that Fond du Lac is known for blazing the trail for other tribes in the region. She thanked the RBC for making Tagwii a training facility for chemical dependency staff from other communities. “I think you have a lot to share,” Jenkins said before the audience.

Phil Norrgard, FDL Human Services Director, was also on hand to congratulate staff and thank those involved in the planning and construction.

“This facility was funded entirely with Band resources, and we are grateful to the RBC for its generosity and concern for this population. We can’t just incarcerate people, Norrgard said. “This program is demonstrating that treatment works, that people can turn their lives around.”

Per Capita distribution for 18 year olds to be decided in October

On Oct. 6, the Fond du Lac Reservation Business Committee (RBC) will be voting on the 2012 per-cap distribution plan for all enrollees. As part of the plan approval, they will decide to leave the distribution method as it is for 18 year olds or choose one of the plans recommended by the advisory committee.

For more than a year, the Tribal Council has sought input on how best to distribute per-capita trust funds to FDL Band Members who are turning age 18. An advisory committee was formed to review concerns about the current methodology and to make recommendations for the Council to consider for the 2012 distribution plan.

Recommendations were published in the Fond du Lac Newspaper and community members were invited to share their ideas with both the advisory committee and the RBC. Here is a brief description of the current plan and options recommended by the advisory committee:

Currently upon turning age 18, Band Members receive a lump sum payment of approximately $80,000. No high school diploma or GED is required.

The per-cap committee recommended two potential distribution methodologies to the RBC.

Plan A - Requires individuals turning 18 to have a high school diploma or GED and a financial plan in place in order to receive a full lump sum payment and begin $400 monthly per-cap payments. In the event the academic requirements are not met, the lump sum payment would be withheld until the individual receives a high school diploma or GED or turns age 25, whichever happens first.

Your input is extremely important and the RBC is very interested in hearing from you about this important decision. Please feel free to stop by or contact your representative by phone or email to let them know how you feel about the proposed plan.

Legal Notice

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

BARNEY, Frances; BANKS, Robert; BEGAY, Raymond Sr.; BRIGAN, Calvin; CHRISTENSEN, Terry; GLASGOW, Edith; HERNANDEZ, Sherry; HUHN, Cheryl; JEFFERSON (Drucker), Mary; JONES, William Sr.; JOSEPH-SON, Charles; KAST, Cheryl; LAFAVE, John; LEMIEUX, Elvina; LIVINGTON, Bruce; MARTINEAU, David; OJIBWAY, Steven; OLSON, Daniel G. Sr.; PALMER, AGNES (AKA ROCK, AGNES); RAISCH-DAY, David; RAISCH, SHARON; SHARLOW, Gerald D.; SMITH, Carl.

GED classes available

It’s never too late to get your GED. Fond du Lac Band Members, their family members, members of any federally recognized tribe, and FDL employees are eligible to attend.

Classes are being held from 12:30 – 3:30 p.m. Wed. and Thurs. at the Brookston Center; from 4:15 – 7:15 p.m. Tues. and Thurs. at the Cloquet Community Center Library; from 4 – 6 p.m. Tues., Wed., and Thurs. at the Duluth Damiano Center; and from 3:45 – 6:45 p.m. Mon. and Wed. at the Sawyer Center.

For more information, contact Joan Markon at (218) 878-2658.

Heating assistance applications now available

The Minnesota Fuel Assistance program helps families meet the cost of heating fuel during the winter months. Applications for heating assistance for the 2011-2012 heating season are now available at the following locations:

Fond du Lac Tribal Center, Brookston Center, Sawyer Center, FACE, Head Start, Food Distribution, and FDL Social Services.

Applicants must meet income guidelines. For more information, contact the FDL Energy Assistance office at (218) 878-2603, or (218) 878-2658.
Fond du Lac receives EPA award for priority chemical reductions

The Fond du Lac Band and the Fond du Lac Environmental Program were recognized by the United States Environmental Protection Agency (EPA) for mercury and other priority chemical reductions. With this award, the Fond du Lac Environmental program continues its leadership under the National Partnership for Environmental Priorities (NPEP) program.

NPEP is a voluntary program focused on promoting the reduction of pollutants at the source, working to identify environmentally friendly alternatives, and fostering collaborative relationships between EPA and public and private organizations. Since the NPEP program began in 2004, participating agencies reduced more than 30 million pounds of priority and other potentially hazardous chemicals.

The Fond du Lac Waste Site staff led the charge for the Environmental Program by launching several successful campaigns to reduce toxins, including mercury, lead, and cadmium. The program covered recycling of fluorescent bulbs, holiday lights, thermostats and thermometers, computers, LED’s, monitors, laptops and printers.

Thanks to the recycling of these potentially hazardous chemicals, more than one pound of mercury was collected.

While one pound of mercury may not seem like much, mercury can be a very dangerous chemical.

Some products, such as thermometers or fluorescent light bulbs, can easily break, potentially causing exposure to mercury vapor. Depending on the amount of exposure, mercury vapor absorbed through the lungs may result in adverse health effects.

The holiday lights program, spearheaded by the Recycling Association of Minnesota, not only helps to reduce waste going into the landfill, it also helps to provide jobs for people in need.

The Fond du Lac Environmental Program has demonstrated that chemical management can improve an organization’s environmental and economic performance. The goal to eliminate mercury and other toxins helps to raise awareness regarding the dangers of mercury to both human health and the environment.

Pictured Left to Right: Janet Haff, EPA; LeRoy Shabiash, James (Tubby) Blacketter, Waynette Mahr, Jody LaFave, BJ Bosto; Shannon Judd. Photo by Terri Redding.

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

It is our hope that through greater information about the activities of our people, this publication can be an instrument of true community. It is not our intention to be a vehicle of divisiveness. To that end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

Corporate Member of the Native American Journalists Association
A few thoughts from RBC members

From Chairwoman
Karen Diver

In my June column, I updated Band Members about the progress made toward re-claiming land within the borders. We had completed a multi-year purchase to buy all the Potlatch land and brought the total Tribal land ownership within our borders to over one-third. This year, we are beginning a multi-year purchase to acquire tax-forfeit lands from Carlton County. When completed, this will result in over 6,000 more acres added to the tribe’s land base. These parcels are also significant to the Band because some of them will give the Band access to some of its own land that is now land-locked by county land.

The Band continues to use its Housing funding to buy homes to add to our housing stock, and the additional benefit of acquiring the land surrounding these homes. The Band is also in the process of acquiring some properties in Sawyer where the owner right-of-ways across Band lands have expired. Land acquisition continues to be a priority of the Band in order to rebuild our original land base, preserve and manage habitat for traditional activities and build capacity for Band Member services.

The radio station is up and running. We are not at full power yet. In order to meet the requirements for our permit, the Band had to have an initial broadcast in early September. Once we have full strength, the signal will reach just south of Hinckley, just east of Superior, west of Grand Rapids, and into the Iron Range. Over the course of the next year, station staff will be working hard to increase our library of music including more cultural offerings. They will also be working with the school and community members to develop opportunities for community involvement. Tune in to 89.1 FM WGZS “The Moon”!

The Resource Management staff continues to be heavily involved with regard to mining and environmental issues. The Fond du Lac Band made a Freedom of Information Act request to the State of Minnesota Pollution Control Agency (MPCA) regarding US Steel and the schedule of compliance with their Keetac and Minntac operations. The Band became aware that US Steel informed the MPCA over two years ago that it was no longer going to try and bring its sulfate discharges into compliance with the Clean Water Act and Minnesota state law. The State sulfate standard, which is sometimes called the wild rice standard, is 10 milligrams per liter (10mg/l). The Band has been informed that US Steel, through Keetac and Minntac, have been discharging sulfates at 500-1,000 mg/l into the St. Louis River and its tributaries. The Band is following this situation closely, and working with partners to determine its next steps in holding both US Steel and the Minnesota Pollution Control Agency accountable for not following the law.

Please let me know if you have any questions or comments at the office (218) 878-2612, cell (218) 590-4887, or email karen.diver@fdlrez.com.

From Ferdinand Martineau

Oozhoo niijii,

I saw frost this morning when I woke up. That always signals a change for me. It means the rice is ripening and it is time to harvest. I was thinking about my past rice seasons, fall seems to bring some reflection to me. It reminded me of how my dad taught me to rice. I remember learning how to pole and knock. I remember making my first set of rice knockers and pole. I also remember how he showed me to clean the rice to prepare it for finishing. I wonder how many fathers are teaching their children these things this year.

There are lots of things happening on the reservation. We have the Fond du Luth stuff going on. The last court hearing was in August. We are still waiting to see what the courts are going to decide. As I said in my last column, the 1994 agreement was ruled illegal according to Indian Gaming regulations. I hope the court sees it the same way.

We are discussing the per capita plan for next year. The decision has not been made on the minor distribution yet and if you have any comments that you would like to make on the plan, please forward them to me. We have three options:

1. Leave it the same.
2. Require a high school diploma for distribution at age 18 or wait until age 21.
3. Require a high school diploma at distribution or partial payment at 21 and the rest at 25.

I have had lots of comments on all three of these options with the Band Members that are turning 18 and about to receive their payments. The bulk of the comments have been to leave it the same and let them decide on their money. I am inclined to do that at this point. I feel that the intrusion in the decision making of the Band Members by changing the plan is going further than I should in their lives.

The last thing that I want to mention is that we just opened up an adolescent component in the Taagwii program. The program will be run in the same manner as our adult program. It will be a long term outpatient program designed to keep the person in the family and community to deal with their problems with prescription drugs. We have had some success with our adult program and trying to implement that into an adolescent program. I hope we can continue with the success that we have had with this program.

If you have any questions or comments please feel free to contact me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com.

Gigawaabamin

RBC columns continued on next page.
From Mary Northrup

Hi everyone!

Bisto if you need an order form, or have any other questions you can reach him at (218) 878-8033. Order deadline for the jackets is September 30, 2011.

We will be honoring our peacetime veterans this year at our annual Veterans Day Dinner Nov. 11 at the Otter Creek Event Center. Please contact Clarence “Chuck” Smith at (218) 878-2670, or you can contact me with your information.

Time is running out, and we need to get the coats ordered, so your quick response would be appreciated. We look forward to seeing everyone at this year’s event!

If you have any questions or concerns, I can be reached at (218) 878-7583, or (218) 461-7986, or email marynorthrup@fdlrez.com. Mitgwetch!

From Sandra Shabiash

On the reservation. Hot dishes and soups are favorites made from the broken rice. The Sawyer Center wishes to thank the FDL Police Department for their donation of three bicycles to the youth side. The staff painted and numbered the bikes. The children are enjoying them. The elders enjoyed a dinner cruise on the St. Croix River last week. Open pool tournaments are still a favorite activity taking place at the Sawyer Center.

The Moorhead Road project will continue next spring with pavement being applied after the new road bed settles. Work has started on Davis Road with the clearing of trees. The east side of Moorhead Road will most likely get under way next spring.

Just a reminder of the road construction underway in Sawyer, and to make sure our children are aware of the traffic conditions.

Please feel free to contact me at (218) 878-7591 at my office, (218) 879-3667 at home, or email sandrashabiash@fdlrez.com.

From Wally Dupuis

Hello All,

As summer comes to a close and we adjust to the changing seasons, a number of Band Members and their families are out gathering wild rice and preparing for the upcoming moose and deer season as well as other gathering activities. I have received reports that the wild rice crop is only sparse to okay this year and the poundage is low. I have also heard that the moose numbers may be down, however, we are determined to distribute band licenses and bag our band quota. Good luck to all gatherers.

The return to school is another indication of the end of summer. I would like to wish all of our students, from head start to college classes, good luck with their studies.

The Croquet Community Center sponsored its first Spirit Mountain Zip line and Alpine Coaster community event this month. The families got to experience the thrill of the zip line and the alpine coaster rides at Spirit Mountain while sharing in a picnic-like setting. The number of attendees was very high and everyone had a great time. Good job CCC staff.

We are also planning for a North Shore Pizza Train ride for our community members. We have a good number of folks already signed up for this event. I am sure this also will be a success. It is good to see and hear about the friendly interaction, and coming together, amongst our community members at these gatherings.

This month we visited our newly purchased Spirit Island in the St Louis River. It is a beautiful place and the tallest of the islands in the bay. Thank you to our Resource Management Division for making our visit possible. Also, our own, Fond du Lac radio station aired for the first time this month. It can be heard at 89.1 FM. I have received reports that it can be picked up on your radio as far away as Hinckley Minn.

Please feel free to contact me. You can reach my office at (218) 878-8078, or home (218) 879-2492.

Remaining Open Meeting Dates:

October 20 1:30 P.M.
Brookston Community Center
8200 Belich Rd.
Cloquet, MN 55720

November 17 1:30 P.M.
Sawyer Community Center
3243 Moorhead Rd.
Cloquet, MN 55720
Kans for K-9s fund getting closer to initial goal

By Dan Huculak

Two noticeable deposits were made to the Kans for K-9s fund in recent weeks, thanks to two unrelated sources.

The first development came from a very successful spaghetti dinner fundraiser, held Sept. 15 at the Cloquet Community Center.

For $6, adults could enjoy an excellent meal while helping 6th grader Joe Bauer in his quest to purchase a new police K-9 for the Fond du Lac Police Dept. In addition to the spaghetti dinner, there were raffle items and silent auction items.

According to Joe’s mother Cassie Diver, the spaghetti fundraiser brought in $2,799, not including silent auction items or T-shirt sales.

The second part of the story came from a Northland Foundation grant for $3,000 toward the purchase of a new police K-9 for the Fond du Lac Police. Established by the McKnight Foundation in 1986, the Northland Foundation supports community initiatives such as Age to Age and Kids Plus, and also provides grants and grant making for non-profit organizations, as well as providing financing to assist small and medium sized businesses in northeastern Minnesota.

Thanks to the help from his supporters and family members, Joe Bauer has raised more than $2,000 and has collected over 800 pounds of aluminum cans. When you add that to the most recent contributions to the fund, he’s now raised more than $7,000.

What does Joe plan to do once the minimum goal of $8,000 has been reached? “He still plans to continue raising money,” his mother Cassie said Sept. 23. There will still be expenses, such as food and vet care, according to his mom.

All this comes as good news for the Fond du Lac Police. The FDLPD can pay for the successor to Victor; the K-9 that Sgt. Casey Rennquist called his partner for more than five years.

Victor had to be euthanized July 29.

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

- 8/16/11 Request for assistance by Sheriff Deputy at Hwy. 210 and Hwy. 61. BB gun and drug paraphernalia discovered.
- 8/17/11 Traffic stop at Black Bear Casino; driver arrested for open warrants.
- 8/18/11 Reported gas-drive-off at Gas and Grocery for $20.42.
- 8/19/11 Traffic stop at County Rd. #7 and Balsam St.; driver arrested for DWI.
- 8/20/11 Report of small child in yard; located child and brought to shelter; parents located later.
- 8/21/11 Report of domestic disturbance on Salmi Rd.; one arrested for OFP violation.
- 8/23/11 Report of domestic disturbance on Rustic Lane; male asked to leave for the night.
- 8/24/11 Traffic stop on Hwy. 210; driver warned for speeding.
- 8/25/11 Traffic stop at County Rd. #7 and Twin Lakes Rd.; driver arrested for DWI.
- 8/26/11 Call for out of control juvenile; located juvenile and transported to AJC for charges.
- 8/27/11 Traffic stop on Airport Rd.; driver arrested for DWI.
- 8/28/11 Black Bear Casino reported several people in vehicle possibly using drugs, located small amount of marijuana.
- 8/29/11 Report of person entering elder building through window; located person and advised to enter building through front door when visiting family.
- 8/30/11 Report of copper welding wire being taken from a truck.
- 8/31/11 Traffic stop Hwy. 2 and Nygard Rd.; driver warned for no front plate and small amount of marijuana and drug paraphernalia.
- 9/1/11 Assist with moving a house from W. Moorhead to Spirit Lake Rd.; needed an escort for traffic on highway.
- 9/2/11 Traffic stop on Hwy. 2; driver cited for speeding and no insurance.
- 9/3/11 Traffic stop on Yetka Lane; driver arrested for DWI.
- 9/4/11 Traffic stop on County Rd. 5; driver arrested; located a small qty. of meth and a meth pipe.
- 9/5/11 Report of some kids playing on some construction equipment by her house. Kids were told to stay off.
- 9/6/11 Traffic stop on Hwy. 210; driver arrested for meth pipe and 2 grams of meth.
- 9/7/11 Assist Cloquet Officers with locating a lost child; child located.
- 9/9/11 Assisted Floodwood Officer with traffic stop.
- 9/10/11 Traffic stop on Hwy. 210; driver arrested for OFP violation, DAS and possession of a marijuana pipe.
- 9/11/11 Report of barn on fire on Twin Lakes Dr.; provided traffic control for fire dept.
- 9/12/11 Report of assault at Black Bear Casino; male arrested for assault charges.
- 9/14/11 Traffic stop on Hwy. 31; driver was cited for underage drinking and driving.
- 9/15/11 Assisted Carlton Co. Deputies on traffic stop on I-35.
Elder Christmas Party
The annual Elder’s Christmas Party will be held at 11:30 a.m. Dec. 2, at the Otter Creek Event Center. Registration begins at 9 a.m.; lunch starts at 11:30.
Elders in Minneapolis and Duluth who would like to attend can ride the Fond du Lac Transit bus. The bus will leave the Minneapolis OIC at 6:30 a.m., and will leave CAIR at 9:15 a.m.
For more information, contact Debra Topping at (218) 878-8053. You must be present to win. Guests are being encouraged to bring a non-perishable food item for the local food shelf. No children please.

Proposed Big Lake trail to be discussed at Community meeting
The Fond du Lac Planning Division and Carlton County are hosting a Big Lake Road Trail and Improvement Meeting at 6 p.m. Oct. 5, at the Fond du Lac Cloquet ENP.
According to FDL Planning Director Jason Hollinday, the Reservation plans to develop a trail from the (Ojibwe School) to the Gas and Grocery.
Community members are welcome to attend. For more information, contact Wayne Olson, Carlton Co. Engineer at (218) 384-9150.

Elder Expo coming to BBCR
The Fond du Lac Wisdom Steps Program will be hosting an Elder Expo from 10 a.m. to 3 p.m. Oct. 6 at the Black Bear Otter Creek Event Center.
The event is open to the public. The purpose of the expo is to circulate information on healthy living and interests to elders.
For questions or to reserve a table for this event please contact Patti Svaeslon at (218) 878-2606, Char Bodin (218) 279-4119 or Debra Topping (218) 878-8053.

News from the Fond du Lac Food Distribution Program
The staff at the FDL Food Distribution Program would like to remind eligible Band Members that new net monthly income guidelines begin effective Oct. 1, 2011.
Food Distribution hours are 8:30–11:30 a.m. and 1–4 p.m., Monday through Thursday.
For more information, contact Darlene at (218) 878-7505, or DeeAnn at (218) 878-7507.

Minnesota Chippewa Tribe enrollment request for information
Cass Lake, MN 56633
- Identify the number of family members with MCT and non-MCT ancestry who are not enrolled.
- All information you submit is voluntary and will be kept confidential in accordance with the Privacy Act of 1974, 5 U.S.C. § 552a, Public Law No. 93-579, (Dec. 31, 1974).
- The next step in the process is to develop a formal enrollment survey. This survey will be prepared and sent to current tribal members in the fall/winter of 2011.
- Should you have questions, contact Brian Brunelle or Joel Smith at (218) 335-8581 or email MCTRFI@mnchippewatribe.org.

Minnesota Chippewa Tribe
Attention:
P.O. Box 217
Cass Lake, MN 56633

Community meeting to end homelessness
The Heading Home Advisory Committee will hold a public input session at 5 p.m. Oct. 18 to review and discuss the draft plan to end homelessness on the Fond du Lac Reservation.
The meeting will take place at the Cloquet Community Center ENP.
Community members are welcome to attend. For more information, contact Amy Wicklund at (218) 878-2631.

October events at the CCC
The Biggest Loser Winter Contest - Registration and weigh-in begins Oct. 1 through Oct. 7. Final weigh-in will take place Dec. 11-17.
First place winner (loser) will take home $200. The top 7 winners will place in the money.
For more information, contact Rebecca Reynolds at (218) 878-7563.

Chili & Fry Bread Contest, Craft & Bake Sale – Back by popular demand! The Chili and Fry Bread contest will be held from 11 a.m. – 2 p.m. Oct. 15, at the Cloquet Community Center.
Set-up starts at 10 a.m. You can pick up your entry forms at the CCC Library, the MNAW Clinic Social Services Dept., or email Jeffitibetts@fdirez.com.
For more information about the Craft and Bake sale, contact Rebecca at (218) 878-7563.

Halloween Party - The Cloquet Community Center will host a Halloween Party from noon – 3 p.m. Oct. 30. For more information, contact the Cloquet Community Center at (218) 878-7510.

Tribal Court hours
The FDL Tribal Court Clerk’s office is now open from noon to 4:30 p.m. Monday through Thursday.
For more information please contact the Court Clerk at (218) 878-7151.
Manoomin Gabeshiwin (rice camp)

By Tara Dupuis

This year at Fond Du Lac Ojibwe School, the students from the high school took the elementary students through a tour of the process of finishing rice. They did an awesome job! There is a lot to learn, from setting up to closing camp. The high school students prepared fires daily, set up all stations of the camp, and put things away daily. Elementary students were able to come and see each step of the finishing process and the high school students were well versed in telling them the importance of each step.

I am happy to say this year every high school student had the opportunity to go out and gather rice and every student had the opportunity to see how rice can be finished by hand. Students and staff had a great time gathering and finishing rice.

Chi-Miigwech to our students for a job very well done! I am so proud of all of you.

Manoomin: rice
Manoominike: gathering rice
Jiimaan: canoe
Abwi: paddle
Gaandakii’igaanaatig: Ricing Pole
Bawa’iganaakoog: Knockers
Asemaa: tobacco
Zaaga’igan: lake
Baate manoomin: The rice is drying
Gaapizige: Parching the rice
Bawishkam: Dancing on the rice
Nooshkaachige: winnowing the rice
Wiisini manoomin: Eating the rice
Howaa! Mino pagwad! Wow the rice tastes good!
2011 On-Reservation wild rice harvest summary

By Thomas Howes, Fond du Lac Resource Management Division

This year’s On Reservation wild rice harvest is winding down, and the Band has completed its purchases of “green rice” from Band Members out at the lakes. The overall harvest was below average, but still respectable considering the large amount of rain we experienced throughout the summer months. The Band purchased 17,153 pounds of “green rice” at the lake landings. 4,955 of the 13,706 pounds purchased at Perch Lake were reseeded into restoration areas at Mid-Portage (Jaskari), Cedar, and Wild Rice Lakes by Natural Resources Program technicians. The interesting part of the harvest from Perch Lake is that the majority of the manoomin brought in came from areas that the Natural Resources Program has mechanically removed competing vegetation from over the past two years. We have just completed plant removal at Mid-Portage (Jaskari), Cedar, followed by reseeding, so Band Members should remember to take a look at that lake next season.

The Fond du Lac Ojibwe School received 27 pounds of “green rice” to finish as part of its rice camp activities. The Thirteen Moons Program also purchased 17,153 pounds of “green rice” at the landings. The remaining 12,147 pounds purchased were sent to local processor Spirit Lake to be processed at the community based manoominike camp at Perch Lake. The remaining 12,147 pounds purchased were sent to local processor Spirit Lake to be finished.

Wild rice harvesting season is always a good time; seeing people out laughing, collecting food, and exercising. I would like to commend the many Band Members that go out and harvest rice in a good way, showing respect for the rice, ultimately ending up with a canoe full of clean dry rice.

Miigwech to the Wild Rice Advisory Committee for volunteering their time and wisdom, and all the Resource Management staff for their hard work making sure that the harvest time is as good and safe as it can be.

Wild rice harvest year to year comparison

Average amount purchased, 1992-present: 13,186 pounds
Average amount purchased, 2000-present: 16,308 pounds
Highest amount purchased from 1992-present: 2009: 37,432 pounds
Lowest amount purchased from 1992-present: 1999: 0 pounds; 2007: 0 pounds; 1996: 60 pounds

WGZS begins broadcasting; some key areas still under construction

By Dan Huculak

After months of delays, 89.1 FM WGZS - the Fond du Lac radio station - has finally begun broadcasting. The 50,000 watt station became only the fourth Native-owned radio station in the state of Minnesota when it began broadcasting Sept. 7. The other three stations are KOJB in Cass Lake; KBFT, in Nett Lake; and KKWE, in White Earth.

“It really is an honor for me to be a part of bringing WGZS to the community,” Pam Belgarde, Station Manager and a member of the Turtle Mountain Band of Chippewa said. Belgarde’s career in radio began while in high school at KEYA FM, her tribe’s radio station. She has produced programming for both public radio and public television throughout her career, as well as cultural and health promotion programs. Assisting Belgarde will be your humble reporter. I have accepted the position of Operations Manager for the station. Interviews for a successor in the newspaper office should conclude shortly after the Oct. issue arrives.

Delays in infrastructure and equipment have impeded the station for several months. The station will soon be broadcasting in stereo and the satellite feeds to receive syndicated programming will be installed. Construction of the production studio is also expected to be completed soon.

According to station consultant Steve Moravec, soft launch to satisfy Federal Communications Commission (FCC) licensing requirements was achieved early in Sept. This period of broadcasting is known as “test mode” due to the fact that equipment to obtain syndicated network programming has not yet been installed.

The launch of the station has generated interest from local and national news sources. Native Report, National Native News, the Northlands News, the Duluth News Tribune and Pine Journal have all covered the early broadcasts. The station is now taking names of people interested in volunteering in various roles in WGZS operations. Volunteer information forms are available by email at WGZS@fdlrez.com, or they can call (218) 878-7291 to obtain a form.

FDL Chairwoman Karen Diver reads the opening statement during the inaugural WGZS broadcast Sept. 7. (Seated at left) Operations Manager Dan Huculak, and Executive Director for Tribal Programs Chuck Walt standing at left.
Spirit Lake and Spirit Island

By Christine Carlson

The Fond du Lac Band buys Spirit Island

The sacred Ojibwe Spirit Island - Manitoumenis now belongs to the Fond du Lac Band of Lake Superior Chippewa. The Anishinabe people migrated from the northeast part of the continent. Spirit Island was the sixth stopping place of this migration. The Fond du Lac Band recently purchased the ten acre island from a private resident.

Spirit Lake in 1881

A Duluth Tribune article from May 5, 1881 talks about an abundance of ducks and fish in Spirit Lake.

In the spring and Fall the ducks in that neighborhood are thick as cobwebs in the white-eone Democratic Sanctum, and fish are as abundant as flies in Molasses.

Spirit Island Owned by the State

In January 1903, Spirit Island was owned by the State of Minnesota and was quite heavily timbered. There was some theft of green timber on this island as well as several other islands on the river.

Clear Water around Spirit Lake

“Ice Companies Harvesting Pristine Ice on Spirit Lake.” This is from an article from the Duluth Evening Herald of January 6, 1904.

Ice cutting on Spirit Lake has been in progress for some time past. The ice in this lake is over 20 inches in thickness and large stocks are being laid in by the local companies,

The board of health permits the use of ice taken from Spirit Lake for domestic purposes as it is as clear and free from filth as that taken from Lake Superior.

Spirit Lake Duck


It now develops that the report that the celebrated Spirit Lake Duck was killed is not true. This will be good news to the hundreds of hunters who go every week to the vicinity of Spirit Lake to burn their offering of gun powder at the spring of that elusive wild fowl.

No less an authority than John W. Nelson claims that the duck that was shot by Charlie Little of West Duluth and which was supposed, on account of the numerous scars of battle that he bore to be the Spirit Lake Duck was a mallard duck, whereas the Spirit Lake Duck is a wamus duck.

“Well, a wamus duck is — well it’s hard to describe a wamus duck,” said Mr. Nelson with a smile, unless you have seen one. The Spirit Lake Duck is a wamus duck, and there are a very few others, I understand, but that is the only one I ever saw.” And the Spirit Lake Duck continues to be reported every Sunday by hunters as alive and well, as elusive as ever, and as swift of wing and a remarkable judge of the distance the modern shotgun will carry.

Keep an eye out for the Spirit Lake Duck.

The St. Louis River as Life Blood

The St. Louis River in Ojibwe is Keytchigahmesip. The rivers and streams are like the life blood of the earth. Just as our veins carry the blood through our bodies, the waters are the veins of the earth. What we put in our water matters just as it matters what we put in our bodies.

Mother Earth Water Walker

Josephine Mandamin’s wisdom about the waters:

“Water is alive – Water has feelings – Water can hear – Water can sense what you are feeling.” On Oct. 8 in Duluth, Josephine Mandamin will be spearheading a committee to form an Indian Welcome Center.

United States Steel Company

In 1907, the United States Steel Company in Morgan Park comprised about 1,600 acres. They had a two mile waterfront directly across from Spirit Island. It is interesting to note in the previous paragraph about the clean, clear water in Spirit Lake in 1904. This all changed in 1907 with the steel plant. The sewers that serviced both the steel plant and the Morgan Park community discharged directly into Spirit Lake. This untreated sewage

continued page 11
Canoe trip
I have not had the privilege of going on Spirit Island. In 1978 a friend and I put the canoe in at the old village of Fond du Lac and paddled up the river by the Spirit Island and landed at Morgan Park. This was really a nice, day canoe trip. Now there are three boat landings: they are the Boy Scout Landing at New Duluth, the end of Clyde Avenue in Lower Smithville and at the marina in Riverside.

I'll return later
Due to some chronic health issues, I will have to stop writing for a while. Tears fill my existence. I have many more stories to write such as Connor’s Point, Minnesota Point, Rice’s Point, Posey family, Madwayosh family, Northrup family, etc. but these stories will have to be put on hold. If you would wish to drop me a line, my address is

Christine Carlson
94424 Net Lake Rd. South
Nickerson, MN 55749
(218) 496-5852
history48@frontiernet.net

Map courtesy of St. Louis River Alliance
Binaakwe-giizis

Binaakwe-giizis is the Falling Leaves Moon. The new moon begins October 26.

Natural resource livelihoods and culture

By Dave Wilsey,
University of Minnesota Extension

Natural resources represent an important connection point between northern Minnesota livelihoods and culture. In 2000, I spent several weeks traveling across several northern Minnesota counties having conversations with bough pickers about balsam boughs and other gathered forest products. Minnesota is a national leader in the seasonal greens industry, shipping wreaths to every state in the nation and across the globe. This seasonal industry employs thousands of people in Minnesota and allows many home-based businesses to earn a substantial amount of income. Income from balsam bough harvest is important in a number of ways. Bough picking adds more money to the family pot – not always a substantial amount, but something is better than nothing. More importantly, balsam income comes at a time of year when other income sources are lacking. People I spoke with used balsam money to buy gifts for the holidays or to purchase equipment such as guns, snowmobiles, and other items that otherwise might be unaffordable. For these folks, the timing of the income was more important than the amount. So it was with other products and activities as well, such as hunting (for meat) and trapping (for additional money). From my time working with the Fond du Lac community I know that, for many, ricing falls into this category as well.

One of the interesting findings from my research was that certain natural resources contribute to what some have called a “cultural economy.” The notion of a cultural economy looks at how resources and gathering activities contribute the formation of culture, a system that is bigger than the products or activities themselves, but also the specific individuals involved. One of the goals of this newspaper page and the Thirteen Moons program overall is to increase individuals connections to Ojibwe culture.

In the years I have spent working with Fond du Lac Band Members, I have learned a great deal about the importance of harvesting natural resources as a means of practicing culture. Making sugar, gathering birch bark, ricing, and hunting are a few examples.

These activities represent expressions of the Ojibwe culture. In the coming year, we will be spending more time exploring the links between Fond du Lac livelihoods and Ojibwe culture through the Thirteen Moons program and other new programs.

Bough Picking – 101

By 13 Moons staff

So, you think you might like to pick balsam boughs to earn some extra money this year. Pickers range from 10 to over 1000 pounds of boughs per day, with payment about 20 cents per pound. There are some important things to know before you head out.

First, you will need a permit. According to Christian Nelson, FDL Forester, free permits to harvest balsam from FDL-owned land are available to any Band Member. In most years, Forestry only receives about a dozen permit requests. Note, however, that FDL permits are not valid on non-FDL lands, including Ceded Territory. Permits are also required for harvest on Minnesota’s public land. The US Forest Service, Minnesota DNR, and County offices each have gathering permits for federal and state, and county lands, respectively. Make sure you get written consent if you have an agreement to harvest from private land other than your own. State law requires a permit or written consent whenever cutting, removing, or transporting boughs!

The second thing is to know how to harvest sustainably. Boughs should be harvested to protect and ensure future harvest opportunities. Harvest after the second hard frost. Choose trees over seven feet tall. Cut lower boughs only and take only the end portion of the branch. Harvested boughs should be no thicker than a pencil at the cutting point. Pick in areas that have not been harvested by someone else. Boughs must be kept cool and out of sunlight to minimize degradation.

Taking a Bough is a great publication for bough pickers and is available at Minnesota DNR offices.

The third thing to do is to find a buyer. You don’t want to end up with piles of boughs and no one to sell them to. While buyer information is not easily available, word of mouth seems to keep the industry afloat. Also, check the “Shopper” and other local publications for advertisements. A good relationship with a buyer is invaluable in this business!
Nutrition and Physical Activity Guidelines for Cancer Prevention

Part of a series of nutrition and physical activity recommendations and guidelines for cancer prevention.

By the Fond du Lac Widookaage Cancer Prevention Team

Recommendation #7: Aim to meet nutritional needs through diet instead of supplements.

The best source of nourishment is food and drink, not dietary supplements. There is strong evidence that a diet rich in fruits, vegetables and other plant-based foods may reduce the risk of cancer. Recommending dietary supplements alone for cancer prevention is unwise.

Dietary supplementation is recommended for women who are pregnant, women of child-bearing age and people whose dietary intakes are restricted by allergies, food intolerances or other problems, and even then, only if recommended by the physician.

Otherwise healthy people who have inadequate intake of nutrients should be encouraged to increase nutrient-dense foods.

Ways to increase your intake of fruits and vegetables:

- Keep frozen mixed vegetables in the freezer to throw in soups, casseroles and salads
- Add a fruit to your breakfast
- Place washed and cut veggies in small baggies in the refrigerator so they are easy to grab on the way out the door
- Use small amounts of dip or cheese melted with veggies
- Have a vegetable at every meal
- Try vegetables different ways—steamed, raw, mixed with casseroles
- Make smoothies with fruits
- Add a crunch to your sandwich with lettuce, cucumber slices or sweet pepper slices

Sources: World Cancer Research Fund, American Institute for Cancer Research, American Cancer Society

Flu Update 2011

By the FDLHSD Public Health Nursing Department

Flu Season is once again upon us. Here are some updated facts and Frequently Asked Questions regarding this year’s influenza vaccine:

1. What is influenza (flu)?
Influenza is a contagious respiratory disease that can be prevented by immunization. It is not the same as the “stomach flu”. Influenza is caused by a virus that attacks the nose, throat and lungs. Symptoms come on quickly and include: fever, dry cough, sore throat, headache, extreme tiredness, stuff up nose, and body aches. These symptoms can be severe.

2. How is the flu different from a cold?
A cold generally stays up in the head while the flu brings body aches, fever and extreme fatigue. A person with a cold can usually keep up their normal daily activities, while someone with the flu will often feel too sick to do so.

3. Who is most at risk for getting very sick from the flu?
- people age 65 and older
- infants/young children
- pregnant women
- people with certain health conditions such as asthma, diabetes, or heart disease
- Native Americans, African Americans and Hispanics people.

Recipe: Melon Salad

Cantaloupe and honeydew are excellent sources of vitamin C while watermelon provides ample amounts of vitamins A, C, and the beneficial photochemical, known as lycopene.

- 1 lb. watermelon
- 1/2 lb. honeydew melon
- 1/2 lb. cantaloupe
- 4 Tbsp. diced feta cheese
- 2 Tbsp. finely chopped mint leaves
- Juice of 1-2 limes
- Salt and pepper to taste, if desired
- Whole sprigs of mint leaves for garnish (optional)

Seed the melons and cut into bite-sized pieces. Arrange them on a platter or 6 salad plates. Sprinkle with the feta and chopped mint. Season with lime juice and, if desired, a pinch of salt and pepper to taste. If using, garnish with sprigs of mint.

Makes 6 servings.

Per serving: 69 calories, 2 g. total fat (1 g. saturated fat), 13 g. carbohydrate, 2 g. protein, 1 g. dietary fiber, 82 mg. sodium.
Recipe from AICR

Upcoming Community Flu Clinics 2011

Cloquet Community Center:
(ENP room)
Oct. 24 (3-6 p.m.)
Nov. 7 (3-6 p.m.)

Sawyer Community Center
Oct. 25 (3-6 p.m.)
Nov. 8 (3-6 p.m.)

Brookston Community Center
Oct. 27 (3-6 p.m.)
Nov. 9 (4-6 p.m.)
These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths. Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion.

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

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Oct. 14, 2011 for the November issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to danielhuculak@fdlrez.com. The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Full names, including individual last names are required. Please remember to include the date of the birthday, anniversary, etc. in your greeting.

Always include your day-time phone number and your name with anything you submit. Materials may be edited for clarity and length.

**Birthdays**

Happy Belated Birthday to Raymond Smith III (Sept. 7) Love, Grandma

Happy Birthday Linda Rae, my sister, my best friend (Sept. 29) Love, “Townie Marie” Dawn

Happy 14th Birthday to Marcus Ojibway (Sept. 30), and happy 11th Birthday Matiah Ojibway (Oct. 10) Love, Mom, Lee, Lily, and Myleena

Happy “Golden” Birthday to my beautiful daughter Morgan Skoglund (Oct. 17) Happy 17th Birthday!! Love you. Love, Mom

Happy Birthday to Dick Sheehy (Oct. 10) Love always, your wife Judy

Happy 20th Birthday to Shawn Huculak (Sept. 30) I love you, Dad

Margaret Needham of the CAIR center would like to wish the following employees a Happy Birthday in October: Carol DeVoll (Oct 10), Marcus Alvar (Oct. 11), and Christian Wullot (Oct. 26)

Happy 14th Birthday Riley Howes! (Oct. 18) You are growing into such a wonderful young woman. Gizaagi’in, Maama, Baaba, Zak, Nyleah, and Aesa

Happy Birthday to Savannah Howes (Oct. 22)! From, the Perch Lake Howes Clan

Happy 18th Birthday to Savannah Howes (Oct. 22)! From, the Perch Lake Howes Clan

Happy 44TH Birthday Garret Defoe (Oct.12); Happy 70TH to my loving mother Geraldine A. Defoe and Roy Jr. (Oct.17);

Happy 45th Birthday Sherry Defoe (Oct.3); Happy 3rd Birthday to my lovingly little granddaughter “Miss Meia Diamond” (Oct.8)

And Happy 46th Birthday Kevin B. (Oct.9) From, your wife Sherry

Love your sister Kim & Family

Happy Birthday Daddy, JJ Thompson (Oct 22). We love you!

Love, Amanda, Janessa, Takota, Kiana, and Keely

Loretta Erickson, Black Bear Asst. Acct. Manager / Drop Team Manager, would like to wish the following employees a happy birthday in October: Cindy Jewell (Oct. 29), Michelle Trifilette-Krivinchuk (Oct. 31), Steven Danielson (Oct. 20), Donald Jones (Oct 26), and Charissa Anderson (Oct. 25).

Happy 2nd Birthday Dannica Grace Martin (Oct. 14) Love, Grandma and Grampa, Uncle Beau, Uncle Mikey, Uncle Damien, Auntie Cass

Happy Birthday “Tim Bo Diver” (Oct. 14) Love, your sister Kim & Family

Happy Birthday to my big sister Gabrielle Wulot (Oct. 24) Love, Nicky & Deerleg

P.S. – watch out for them trees.

**Anniversary Greetings**

Happy Anniversary to Donald and Carol Wullet (Oct. 5). Love you mom and dad.

From the ducklings
Congratulations

Congratulations to **Cody Lee Tesser**. He tried for two years and finally was elected to be Grand Portage Senior Brave. On his application he said he was proud because his Mom made a dream catcher out of an elk antler and traded it for his outfit. Roberta Welper made his outfit and has the dream catcher in her office. He picked his colors, blue for the sky and green for the grass that he dances on. He has been dancing for three years.
With love, from your proud mother, Tanya Nelson

Thank You

The family of **William Houle** would like to thank everyone who came to share his birthday on 8/21/11. You made that day very special for him, he enjoyed seeing everyone and it will be a day he will never forget. For those of you who brought cards and gifts, it was not expected but they were all very kind words and nice gifts. Again, thank you for making it so special.
Sincerely, the Houle girls

I would like to thank the many people who helped make the **Kans for K-9's Spaghetti Dinner fundraiser** a success: Roberta Welper, Kim Seacord, my family, the Fond du Lac Reservation Business Committee, Cloquet Community Center staff, Sandi Davis, John Isaacs, Elaine Fairbanks, Mace Fonoti, Pam Diver, Gidget Netland, Namiah Hindsley, B & B Market, Tammy Nykanen, Ojibwe School, FDL Veterans, Rollin Smith, Brookston Community Center, & thank you to all the Community Members that came out to support the Kans for K-9's Fund. I couldn't have done any of this without your help.
Joe Bauer

In Loving Memory

Love, Mom and Dad (Faye and Chuck Diver, on behalf of the whole family)

In memory of our beloved sister and aunt, **Norma Graves**, who left us on Sept. 22, 2007.

**Obituary**

**Mary Louise Villiard**, 82, of Cloquet, peacefully began her journey Sept. 16, 2011.

Mary’s artistic creativity was appreciated by all, and was instrumental in helping to create many programs such as the Indian Chile Welfare Act, Bookstart, ceramics, etc. She was preceded in death by grandsons Stephen and David; a brother Louis Higher Sr.; and sisters Beatrice Welsand and Victoria Higher.

Mary is survived by her children MaryAnn (Bruce Sr.) Blacketter, Nora (Michael) Breams, Archie Villiard, Crystal (Chris) Randall and Rita (Tim Marczak) Villiard; 17 grandchildren; several great-grandchildren; sister Catherine Nelson; and numerous foster children, nieces, nephews.

The family received friends at 10 a.m. until the 11 a.m. memorial service Sept. 20, at the Handevidt Funeral Home, Cloquet.

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Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm., 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking $235,000. Call (218) 879-5617 for more info.
### October 2011

**Binaakwe-giizis – Falling Leaves Moon**

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