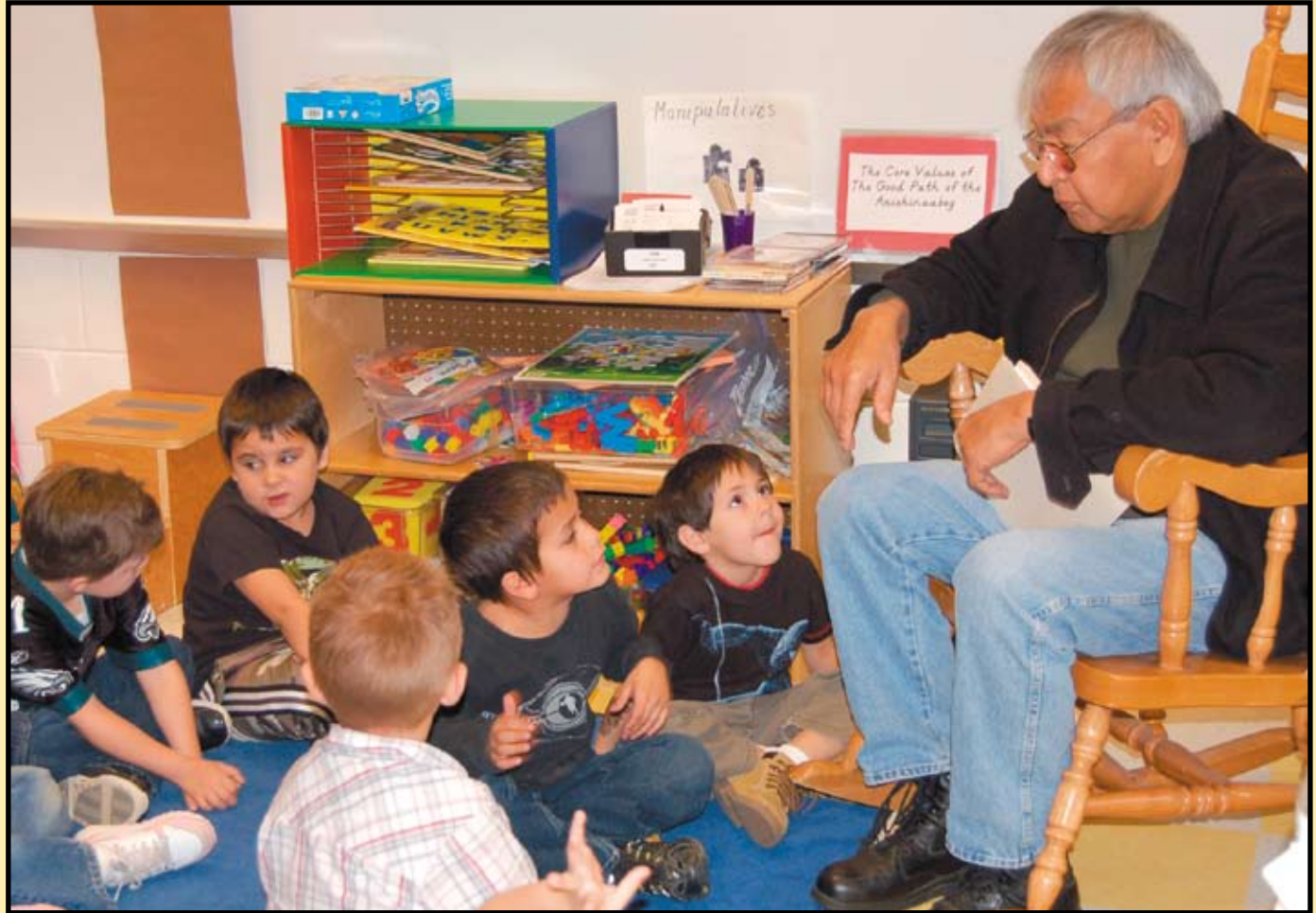


Nah gah chi wa nong (Far end of the Great Lake – Fond du Lac Reservation) Di bah ji mowin nan (Narrating of Story)



Harvey Thompson, an Ojibwe language teacher at the Ojibwe School, listens to kindergarten children tell stories on a November morning. Thompson, a Bois Forte Band Member, helps the children understand names for family members, numbers, days of the week, and other words. The story about the new reading curriculum at the Ojibwe School is inside on pages 2-3.

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Flying with words

Ojibwe School sees early positive results from new reading curriculum



**Story and photos by
Deborah Locke**

At the beginning of the 2007-'08 school year at the Ojibwe School, almost 29 percent of elementary age children read at or above their grade level. By the end of the first grading period 10 weeks later, just over 50 percent of the children read at or above their grade level.

How did that happen?

The school adopted the "Success for All" (SFA) curriculum this year, which places children in reading classes according to their reading ability rather than grouping them according to their age. Cooperative learning is stressed, as children work together to sound out words and increase vocabulary.

Each day begins with a 90-minute reading block that's anything but static. Teachers use videos, puppets, flash cards, and story books, moving seamlessly through a stream of activities. The momentum expands into the after-school hours: each day a child is expected to complete 20 minutes of at-home reading with an adult.

"Buh-Buh-Buh-BEE"

In Cheryl Ankrum's kindergarten class, the children practiced the letter "B" sound by identifying objects that began with that letter. Later they helped their teacher make "b" read (in a bread maker) and "b" utter (by shaking cream with salt).

Joy Jones' first graders watched a video

starring television's "Dr. Ruth" who spoke to a puppet. The two discussed that day's new vocabulary words, including the word "impressive." Later the children sat at tables reading words aloud to each other as their teacher stopped here and there, giving special coaching.

School principal Rae Villebrun used the SFA reading curriculum while teaching at a Nett Lake school, and saw dramatic improvements in student reading ability. The Ojibwe School teachers observed the curriculum in use at two schools, and ultimately voted on whether to introduce the new method at their school. They received three days of training late in the summer.

"Our old curriculum was not getting results," Joy Jones said. "Some teachers had heard horror stories about SFA, but a few of us veteran teachers said let's go for it."

Last year Jones' first grade reading class had 19 children grouped by age and of varying reading abilities. Today her reading class consists of eight children. The children's age range is seven to nine. Two fourth grade children are in Jones' class; conversely, two other fourth grade children are in the sixth grade reading class because of their skill level.

That morning the children gathered around a rocking chair while a teacher's aid used a hand puppet to recite new words. The children read the same words from a bulletin board. They moved to another area of the carpet to watch Dr. Ruth, and then moved to the tables to practice the words. The minutes passed

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

"Our old curriculum was not getting results. Some teachers had heard horror stories about Success for All, but a few of us veteran teachers said let's go for it."

- Joy Jones, Ojibwe School teacher

quickly.

That may sound highly structured, but the SFA website states that children thrive on structure, helping each other, and receiving rewards for a good performance. The curriculum was developed at Johns Hopkins University in Baltimore.

What others say

Reviews of the program from around the country are usually glowing. The U.S. Dept. of Education commissioned an evaluation of 41 Title I schools that were randomly assigned to use the SFA program, or to continue with their existing programs in grades kindergarten through grade two.

The researchers concluded that after three years, children in the SFA schools achieved at significantly higher levels on all of the reading measures used.

That's not to say that SFA isn't without detractors. An August 2007 Education Week story stated that SFA got a favorable rating on alphabets and general reading achievement in a recent review, but mixed results on comprehension.

It's too soon to know the impact of SFA on the Ojibwe School students; typically, a new curriculum requires three years of use before a true picture emerges of student improvement.

In the meantime, children are literally moving through the reading paces. A new student joined Heidi Ojibway's third grade 17-member reading class. The children, seated on a carpet, identified "time order" words from a short story.

"Pay attention to the order things happen," she told the children.

"Try to understand the sequence." Minutes earlier the kids practiced their new vocabulary words featured in that day's short story. Two teacher aids also worked with the children.

"Use the word 'warned' in a sentence," Ojibway asked. Replied a student: "I warned my uncle not to put the dog collar around his neck or he'd get a shock if tried to leave the yard but he didn't listen."

That was a good sentence, the teacher said.

Initial reaction

Ojibway said that initially, she felt overwhelmed with the new reading program. "It was hard to get into," she said. "I felt like I wasn't a teacher, I was a dictator. I felt like anyone could walk in that day and do my job because basically, we read from a script. Now I love it."

She made a few changes to the prescribed lesson plans, such as having the children read the new day's vocabulary from the bulletin board instead of from manuals at their desk. Two of Ojibway's students from the first quarter were advanced to the next grade level. Three children moved down grade levels into Ojibway's class. By the end of quarter one, the kids knew their teacher and their daily routine. By then, they were "flying" through the lessons, Ojibway said.

Yet at some point in each day, the youngest children thrive on good old-fashioned story telling. Joy Jones or her teaching assistant sit in a rocking chair and the children gather around or lie on the carpet to hear a little story, the way millions of small children throughout time have listened to little stories.

At that storytelling moment, it was time for them to be little kids, Jones said. It was time to unwind and be entertained.

"Before this, I didn't like to teach reading because it was a downer and I didn't think we were doing much for the students," she said. "One quarter later and what a difference."



Joy Jones works with Daquawn McCray, 8, on that day's word list.

Below, Ojibwe School children hurry off to their 90-minute reading class.

The photo on page two shows teacher Heidi Ojibway reviewing with her students.





Head of her class; ahead of her time

Nurse Clara Smith is commemorated through room memorial at FDL Clinic

By **Diana Blom,**
Freelance Writer

In 1927 Clara Smith began her career in nursing, serving as Chief Nurse at the Fond du Lac Indian Hospital. Now, 80 years later, her memory lives on at the Min No Aya Win Clinic with the recent dedication of a conference room to her.

Clara Smith was born in Cloquet on the Fond du Lac Reservation on May 18, 1891. She was the oldest of eight children born to Ramsey and Theresa (Sexton) Smith. She grew up in a home built by her father, which still stands today at the corner of Airport and Cartwright Roads. It was built on the original land allotment that belonged to Clara's grandmother.

During an era when women rarely received college degrees, Clara was a graduate of the Duluth Normal School, which eventually became the University of Minnesota - Duluth.

She then attended school in Minneapolis at Anchor Hospital where she graduated at the top of her class. She returned home to work at the FDL Indian Hospital.

During that time the hospital was very busy, serving Indians throughout northern Minnesota. Clara lived in the nurse's cottage on the hospital

grounds with her sister, Ida Smith, who was the hospital cook and housekeeper.

Since she worked split shifts, Clara returned home to rest in the afternoon before heading back to work in the evenings.

Strong management skill

Her duties as Chief Nurse required long hours. She was not only responsible for efficiently running the hospital, but also for the financial expenditures and reports to the Indian Health Service. She also maintained meticulous records of family relationships and filled out enrollment papers for Indian babies, which were sent to Clara's sister Myrtle Smith in Cass Lake who worked for the Bureau of Indian Affairs.

Clara worked at the hospital until the mid-1940s and then moved on to

IHS hospitals in Rapid City, S.D. and Riverside, Calif. Rheumatoid arthritis forced Clara to end her nursing career in the mid 1940's. She lived the rest of her life in Tucson, Ariz. and died there on Dec. 14, 1964.

Although she lived away from home, Clara remained close to her family. She was always close to her sisters-in-law. Sharon Johnson, Clara's niece, has dubbed Clara and her mother -- Edna Smith -- as "the last of the great corresponders."

Johnson said that her mother always wrote letters to Clara, and it was exciting for the whole family when a letter would arrive from Arizona. Johnson said she always felt the presence of Clara in her life despite the fact that she lived so far away.

She loved Buicks

When Clara came home from Arizona, she always drove cross-country in her late model Buick; she never went more than two years before buying a new Buick. Johnson remembers Clara bringing little presents for herself and her siblings. Because she never married and had children of her own, Clara was very fond of her nieces and nephews.

"She was very educated, very professional, and I think that was something I always carried through in my own family," Johnson said. "It never occurred to me that I wouldn't go to college. I had a strong family that valued education."

Johnson said she was proud of Clara for doing something that took a lot of initiative when she was young

-- attending Duluth Normal College which had to be quite an undertaking for the time.

Johnson saw family photos on display at the Min No Aya Win Clinic, and told Phil Norrgard, Director of Human Services, that she had more pictures. She told him the story of Clara Smith.

That introduction to Clara sparked Norrgard's interest. When the Clinic addition was built, Johnson was informed that a conference room would be dedicated to Clara Smith. Family members were notified of the news and made plans to attend.

On October 10 the conference room was formally dedicated to Clara. About 45 people attended. Relatives in attendance included Edna Smith and her children who are: Ron Smith, Gene Smith and Sharon Johnson. In addition, Clara's nephews Larry Smith and Dick Smith, as well as her niece Margo Smith attended.

Sharon Johnson and her brother Ron Smith both spoke at the ceremony, as did others who recalled memories of Clara.

A perfect fit

Bunny Jaakola, program development coordinator at FDL Human Services, said in an interview for this story that it was unusual for Indians to be educated at that time in history. It was particularly unusual for an Indian woman to be educated as a nurse and hospital administrator. Clara, with her excellent nursing and managerial skills, was the right woman in the right job at the right time, Jaakola said.

Johnson admired Clara for returning to her reservation. She could have moved to the city, married and lived a very different life.

Instead, she came home and shared her talent and energy with her people.



In October family members of Clara Smith gathered in the room that was dedicated to her memory at the Min No Aya Win Clinic. Here the group is addressed by Phil Norrgard, FDL Director of Human Services



Shown are FDL Band Members Dave Dupuis (CAIR maintenance supervisor), Tedd Ells (medical informatics coordinator) and Gerald Volkert (Human Services Division maintenance coordinator). They were supervising the delivery and installation of the \$185,000 ScriptPro pharmacy robotics machine on Nov. 5, 2007.

Duluth pharmacy expansion to be completed this fall

By Deborah Locke

To meet the growing need of American Indians for prescription drugs, the Fond du Lac Pharmacy at the Center for American Indians Resources in Duluth expanded from 800 square feet to 1,400 square feet. The expansion started in August 2007, and became possible after several offices were relocated to the second floor. It is expected to be completed by late November, 2007.

The renovated area will include a ScriptPro robotics machine, which stores and dispenses medication.

The expansion helps CAIR accommodate the additional patient volume demand, while creating a safer way to dispense medication via the robotics machine, said Chuck Walt, Associate Director for the FDL Human Services Division.

Statistics from 2006 show that the average daily number of prescriptions that are dispensed from the Duluth and Cloquet clinics is 527, which is up 9.5 percent from 2005.

Most of the medication dispensed at the FDL pharmacies in Cloquet, Duluth and Minneapolis are for American Indian patients with diabetes and heart disease. Other routine drugs are dispensed at the pharmacies as well, including antibiotics, ear and eye drops, stomach and arthritis medications, anti-depressants and pain medication, according to Tiffany Elton, FDL pharmacy coordinator.

The \$300,000 renovation includes



Two ScriptPro employees finish installing the pharmacy robot.

the cost for the robotics machine. About 14,000 outpatient visits were made to the Cloquet and Duluth pharmacies in 2006; 10,297 of those were to Cloquet.

The Minneapolis pharmacy opened for business in July. When it is fully operational, the Minneapolis pharmacy has the capacity to fill 400 prescriptions per day. For now, the buildup of the patient base is slower than projected but the increase is steady, Walt said.

“We were afraid we’d be overwhelmed in the first couple of weeks but it did not happen that way,” he said.

Another reason for the need to expand? More and more people are without health insurance, and Indi-

ans are becoming more sick, Walt said. Diabetes, in particular, poses challenges to FDL health providers. Ten years ago about 400 area Indian patients had diabetes; today 600 have diabetes for an increase of one-third, said Mary Jo Koszarek, FDL Diabetes Prevention Coordinator.

The small working space at the old CAIR pharmacy made it difficult to privately explain insulin and equipment to patients, Koszarek said. The new pharmacy contains patient education rooms.

Yet there’s good news on the diabetes prevention front. FDL has aggressively developed prevention programs.

“We’ve done a ton of work in screening, education, and earlier di-

agnosis,” Koszarek said. Blood sugar levels are checked as a routine part of a physical at the Min No Aya Win and CAIR clinics.

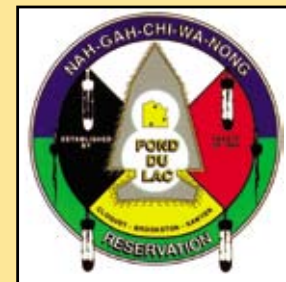
Diabetes rarely arrives alone: often patients also have high blood pressure, heart disease, high cholesterol levels and obesity. Consequently, diabetes patients usually need blood pressure medicine. And one-third of them have depression, requiring anti-depression medications.

More Indians are being diagnosed with diabetes, which also follows increased rates of obesity. The increase in diabetes diagnoses may be partly due to prevention programs that catch the disease earlier – or the increase may be due to higher obesity rates, a precursor to diabetes. No matter what the cause, it’s clear that more medication was necessary, and that is what partly led to the CAIR pharmacy expansion.

“Medication is an important tool in the treatment of diabetes,” Walt said. “Diet, exercise, and education are just as important.”

When the CAIR pharmacy is completed, it will be staffed with two pharmacists. The reservation’s Cloquet pharmacy has room for five pharmacists, and Minneapolis pharmacy is staffed by three pharmacists.

The opening ceremony for the renovated CAIR Pharmacy has not been scheduled as of this publication date. To learn that date, see the FDL website at www.fdlrez.com



A few thoughts from RBC members

From Chairwoman Karen Diver

In previous columns, I updated the community about the efforts of the Reservation to create a supportive housing program. This is housing that is combined with supportive case management to help tenants become more self-sufficient.

Good news! The Reservation received its first grant from the Minnesota Housing Finance Agency for \$1,619,000. The total cost of the project for 24 units of new housing will be \$5 million, so we are well on our way.

I appreciate the understanding of Band Members who may call or stop by and learn that I am out of town at a housing meeting. The efforts at building understanding about Fond du Lac's housing needs, and in building partnerships to help create new programs and housing, is starting to pay off.

Last month I shared with Band Members some financial updates, especially concerning the Black Bear

Casino/Resort financing. Band Members have asked for additional information to clarify the total financing package.

The total principal borrowed for the project is \$119 million, at an interest rate of 5.5 percent. The term of the loan is five years. Monthly payments are \$823,729. A balloon payment will be due on 1/25/11 of \$100,351,879. The total cost of the original financing package is \$156,423,713 including interest payments that total \$49,423,713.

In October, US Bank agreed to drop the interest rate by a one-quarter point to 5.25%. This does not resolve the longer term issue of being able to afford the balloon payment, which is why the RBC will be working on a refinancing package



Karen Diver

that includes a longer term (more than five years). Now is a good time to be seeking refinancing because of interest rates.

Additionally, the terms of the loan limited how we can invest our money, creating difficulty in earning interest income that could offset loan costs. We are not in financial difficulty right now, and per capita payments are not in jeopardy. However, we need to be careful with what we are spending, and we need to get a handle on the casino project debt.

The Reservation has a new ordinance that will provide additional protection for Band Members who have received an Order for Protection from a court outside the Reservation. Previously, Orders for Protection from any court were not enforced on reservation lands.

This created a safety gap for Band Members.

The new ordinance will allow Fond du Lac Law Enforcement or other responding peace officers to enforce any Order for Protection issued from the court. The Ordinance cannot be used to take a home away from a Band Member, or interfere with their property rights. The community was given the opportunity to review the Ordinance before it was passed. We are hoping that Band Members who may be affected by issues of violence will be safer now that this gap in enforcement of Orders for Protection is closed.

Please call me if you have any questions or concerns. My office number is (218) 878-2612; my cell phone number is (218) 590-4887, email karendiver@fdlrez.com. Best wishes to you and your families during the holiday season!

From Ferdinand Martineau

This past month included our quarterly meeting, hosted by the Sawyer community. We have had several discussions about the meeting schedule, about the questions and concerns that come up, and about the fact that the meetings are held quarterly.

I always wondered why we changed to a quarterly meeting rather than a monthly meeting, the way it was before. I was surprised and pleased that the people in attendance wanted to return to the monthly meeting format. Many felt that too much time passed between quarterly meetings.

The meetings are now scheduled monthly. I have also asked the Council to consider having a meeting in the Twin Cities and Duluth/Superior.

There were questions at the meeting that I would like to clear up, such as what's the construction

cost for the new casino, hotel and convention center. I said the cost for construction would not exceed \$119 million, and more than likely, come in under that amount.

The next question was what are the terms and the cost for the repayment of the loan. I said that the loan was structured over five years and the payments were approximately \$823,000 per month with a \$100 million balloon payment due at the end of five years. These terms are not easily achievable and we will probably not be able to do it. However, we are looking into alternative financing that will make it possible to successfully meet our current obligations.

We have looked at several ways



Ferdinand Martineau

to save money outside of reductions in current programs. We hired a consultant and looked at our current banking charges to see if the charges could be reduced or eliminated.

After only a few meetings the bank agreed to give us a better rate on our overnight investments and to reduce our total service charges by approximately \$250,000 a year. We are also looking into the charges that we pay on our investment account to see about reductions there.

We are also looking at our current investment policies to see if there is a way to increase our return without increased risk of loss. It is likely that we can accomplish this for not only our income investment accounts, but for the minor

distribution accounts, also. With a few adjustments to our investments we will increase our income and minor distributions significantly. I will let you know more as I get more information.

The last thing I would like to touch on is our housing department. Several changes are taking place with the resignation of two long-term employees. We are in the process of replacing them. I will have more about that in future issues.

I hope you had a nice Thanksgiving!

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 !

Well-dressed Brookston kids celebrate the scary season

Photos by Dena Danielson, Brookston adult activities coordinator.

On Oct. 27 about 80 children in Halloween costumes attended the Brookston Community Center Halloween Party. Kids played games like spider toss, a pumpkin bean bag toss, a cake walk, a Halloween limbo game and a gymnasium relay race. Adults and children feasted on pizza and chicken wings. A Halloween coloring page contest was held; children in the best costumes received prizes.

On Oct. 25 Brookston sponsored a children's Halloween pumpkin carving contest. There were eight entries, and all were deemed so excellent that each entry won a first place prize. Shown below is a winning entry by Rolando DeFoe, age 4, who received a little help with carving from a recreational aid.



Dezshaun Goodwin, 3 and Jasmine Marsh, 3



Justice Paro, 3 and Jezlyn Abramowski



Leia Goodwin with DeeLeia, 1





The ABC's of diabetes

(and why you want to avoid this nasty disease at all costs)

Sugar is one of our body's primary fuels and our digestive system can convert many foods into sugar, even if the foods do not contain sugar. If not enough insulin is present, or if the digestive system isn't working as well due to insulin resistance, sugar can't get into our cells (muscle, brain, heart).

Even if the blood sugar is high, the cells send a signal that more sugar is needed. As the blood sugar climbs, the kidneys try to get rid of sugar. Water follows the sugar which leads to frequent urination. That leads to thirst, and a need for more liquids. Unfortunately, at this point the thirst is for sugary liquids which worsens the spiral. Sound complicated? It is.

Pay attention! There will be a quiz at the end of this article.

When the blood sugar is too high over a long period, it damages structures and the blood vessels themselves take much of the abuse. This is when the heart, kidney, eye and other organ damage takes place.

Gobbling frybread

Unfortunately, much of this doesn't show up until lots of damage is already done. The foods we grew up with (frybread, bacon grease, white rice, fried eggs, fried hamburger, macaroni and other high fat or sugary foods) are not helping. I grew up eating those foods and eating that way reminds me of my childhood. Lots of these foods come from generations of poverty and eating whatever we could get the cheapest.

My mom raised seven kids by herself and we ate that way out of necessity. With all those brothers and sisters, whoever ate the fastest got the most. That's still a hard habit for me to break at age 49. One of my brothers had a stroke at age 46. He can't use his left arm and has a hard time walking. He is a former welder and a mechanic and can't work anymore. His diabetes was totally out of control when he had his stroke.

Back to the conference. New studies are revealing things about how our bodies work. We can put out huge amounts of insulin for years before blood sugars climb. By the time diabetes is diagnosed, it may

have been present for five years or more. This is a long time to overwork a pancreas. When it eventually gives out, lots of function has been lost. This is the reason we screen for diabetes whenever we get a chance.

Screenings: what happens

The first screening test is a casual (random) blood sugar and can be done at anytime. Any blood sugar of 100 or over warrants a two-hour fasting glucose tolerance test. This means you come in fasting, after nothing to eat or drink for 12 hours. The first of three blood draws is the fasting sugar. Then you drink a bottle of sticky sweet pop with exactly 75 grams of glucose (table sugar). Then the blood sugar is drawn at one hour and two hours afterward.

There are three possible outcomes. The first is a diagnosis of diabetes. With a new diagnosis, diet and exercise may be enough to keep blood sugars normal. This is not always the case, sometimes medicines are prescribed.

Another outcome: no diabetes. Remember, this test was done for an elevated blood sugar, so yearly screening is still recommended. Diet and exercise are very important here.

A third outcome: Pre-diabetes. This is increasingly common. It means that without intervention, you may develop diabetes. However, it can be prevented, but it requires work and lifestyle changes.

Here's your quiz.

(Q) How did I know that the glucose tolerance test solution was sticky sweet?

(A) I went through a screening. My random glucose test was elevated at 107. The two-hour glucose test was normal, but I was still diagnosed with pre-diabetes. I'm now in the 16-week Fond du Lac Diabetes Prevention Program as a participant, not an instructor. I need to lose seven percent of my total body weight.

I'll keep you posted on my progress.

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

FDL's Dr. Arne Vainio receives national acclaim for diabetes patient care

The National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) announced recently that Dr. Arne Vainio has received recognition from the Diabetes Physician Recognition Program for providing quality care to his patients with diabetes.

Dr. Arne Vainio provides care to patients at the Min No Aya Win Clinic in Cloquet on the Fond du Lac Reservation.

The Diabetes Physician Recognition Program was designed to improve the quality of care that patients with diabetes receive by the physicians who deliver quality diabetes care, and by motivating other physicians to document and improve their delivery of diabetes care.

To receive recognition, which is valid for three years, Fond du Lac Human Services submitted data that demonstrates performance that meets the Program's key diabetes care measures. These measures include eye exams, blood pressure tests, nutrition therapy and patient satisfaction, among other criteria.

When people with diabetes receive quality care as outlined by these measures, they are less likely to suffer complications such as heart attacks, stroke, blindness, kidney disease and amputations.

NCQA is a private, non-profit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations, recognizes physicians and physician groups in key clinical areas and manages the HEDIS® (Healthcare Effectiveness Data and Information Set), the tool the nation's health plans use to measure their performance.

By Arne Vainio, M.D.

I went to a two-day diabetes conference in Minneapolis in October. At our clinic, we treat many patients with diabetes with the help of a diabetes team that really cares about our patients and keeps us up to date on new medicines and therapies.

Still, the conference was valuable. In the day-to-day care of diabetes I see foot ulcers, infections, hypertension (high blood pressure), kidney and heart disease, diabetic retinopathy (eye damage due to diabetes) and high cholesterol. These are independent disease states, but diabetes is a common link to all of them. Managing heart disease, kidney disease, or foot ulcers is a major undertaking and many clinic appointments are devoted to these complications of diabetes. Sometimes in the middle of the battle, it's easy to miss the big picture.

The big picture is diabetes itself.

Diabetes is a disease that has hit our people especially hard. The type we see most is Diabetes Type II. In this type, the pancreas is still able to produce insulin, but eventually can't keep up with the level needed to keep blood sugars in the normal range. Native Americans seem to have a higher level of insulin resistance than other people, for some reason. Obesity in itself also causes insulin resistance. Insulin resistance means that a higher level of insulin is needed to allow sugar to move into our cells.

Sugar's contribution

More rez adventures with the Indian Scout

By Deborah Locke

No set rules apply to the way a reservation looks these days. The Indian Scout and I set out on a rainy October evening to explore one of the smallest parcels of the Fond du Lac Reservation, reclaimed as Indian land in a deal with the city of Duluth.



A few of you will remember that 129 E. Superior Street was declared FDL land in trust in 1985. The former Sears, Roebuck building, bordered by Second Avenue East, Superior Street, First Street and First Avenue East, underwent renovation to become the Fond-du-Luth Casino in 1986. The Duluth City Council agreed to turn the land and

its building over to the Band in exchange for a percentage of the proceeds.

When you hear people complaining about the “compacts” between the state and tribes that permitted Indians to

keep all gaming profits, tell them they are wrong. In the early chapters of Indian gaming in Minnesota, a deal between governments was made and kept. The proof is on Superior Street.

My fourth excursion started from Interstate 35 with the Indian Scout, who peppers our outings with Ojibwe history and lengthy viewpoints on the way things should be today. At one point, Spirit Mountain appeared to be straight ahead.

“They call it Spirit Mountain for a reason,” the Scout said. When he was young, his grandfather told him about young men who went on vision quests on that big hill.

The vehicle swerved broadly past Garfield Ave., location of a former Ojibwe graveyard, according to the Scout. The big lake came into view, once the world’s largest walleye spawning ground. All those natural resources provided our ancestors with a virtual subzero Garden of Eden, the Scout said, as we headed toward an old Indian trail now called Mesaba Ave. Mesaba means “giant” in Ojibwe, the Scout said, turning on Superior Street through downtown Duluth.

We drove past Starbucks, U.S. Bank and a Global Village en route to the little rez. Ahead blinked the neon red and blue lights of Fond-du-Luth. We parked and went in.

Floor Manager Ebony Wenzel greeted us warmly at the entrance. Through the glass door we noted casino patrons perched on stools before razzle-dazzle slot machines -- whirring, musical, enticing machines that craved attention. The place hopped with hope.

We slowly made our way through the casino with its 630 slots that operate by ticket, and 130 machines that work the old-fashioned way, coin in and coin out. I didn’t see any machines where a straight line of lemons or cherries meant a big win. It is a new era in the gaming world; slot design is attuned to popular culture. Ebony said the most popular slots are based on the “Deal or No Deal” television show. Popular, too, is the Monopoly game slot machines with bonus rounds.

We passed men crowded at blackjack tables, intently watching a dealer distribute cards. We noted ceiling camera bubbles throughout the casino.

Ebony helped us sign up for the Players Club and gave us money with



A hopeful slot operator at the Fond-du-Luth Casino in October

The block of land that includes the Fond du Luth Casino also includes apartments, businesses and a memorial to the lynchings that occurred in Duluth in 1920. Among the many quotations at that historical site was this from George Bernard Shaw:

A Native American elder once described his own inner struggles in this manner.

‘Inside of me there are two dogs. One of the dogs is mean and evil, the other dog is good. The mean dog fights the good dog all the time.’

When asked which dog wins, he reflected for a moment and replied ‘The one I feed the most.’

which to experiment. After a lesson on how to operate a slot, I blew through \$15 in about 15 minutes at the “Deal or No Deal” machine, blew another \$15 at the “Monopoly” machines, and finished off at a slot machine with an Old West theme. I won \$7.35 on the last machine. The Scout did better at the poker slots.

We then stepped outside to scope out the city block. At the top of a hill was a memorial site commemorating the 1920 lynching of three Black carnival employees. The Scout cheerfully pointed out that the many etched comments at the memorial included a reference to an Indian. I scribbled down the words; the ink smeared in the rain.

Our walk took us to a place along the sidewalk where an alcoholic relative of the Scout had died. It took us to a place where a Band Member jumped from a parking ramp and broke the bones of his feet. No matter where you go in this world,

someone knows its history.

Back on Superior Street we stopped at a Coney Island joint that looked like a movie set fitted with ancient props. I spent part of my winnings on a hot dog.

During the ride back from the little rez to the bigger rez, the Scout reflected on the wild rice harvest and other things Ojibwe.

My thoughts returned to the re-made little rez, an economic engine for Band Members and the City of Duluth and an entertainment source for scores of patrons on a rainy Friday night. In earlier months, the Scout led the way through the natural beauty of the big wooded rez. That night we saw a flashy late-blooming neon-lit rez, brimming with hope for a big win. Deborah Locke can be reached at deborahlocke@fdlrez.com.



Ebony Wenzel, Fond du Luth Casino Floor Manager, demonstrates how the “Plus Rewards Wheel” works. After players accumulate 50 points, they get a chance to spin the wheel.

Education excellence

FDL honor roll students;
perfect attendance Fall, 2007

Cloquet School District Quarter No. 1

“A” Honor Roll (3.8-4.25)

Grade 9 Kierra Johnson

Mariah Smith

Grade 10 Katie Pappas

Rachel Smith

Grade 11 Steven Weber

Grade 12 Christopher Hammitt

Savannah Pollak

Frank Saice

“B” Honor Roll (3.0-3.79)

Grade 9 Jessica Sampson

Thomas Olson

Grade 10 Haley Bassett

Dylan Follett

Angela Sanchez

Grade 11 Jordan Mallery

D’Arcey Martineau

Kaitlin Thompson

Grade 12 Bryan Anderson

Tiffany Welsand

Anja Wiesen

Cloquet Senior High School

Perfect Attendance

Grade 9 Kierra Johnson

Jalisa Lindahl

Thomas Olson • Mariah Smith

Taylor Whitebird

Grade 10 James Ammesmaki

Joe Anderson

Jonathon Hammitt • Delaina Martin

Katie Pappas • Rachel Smith

Grade 11 Ryan Barney

Patricia Grindle

Jordan Mallery • Taylor Straub

Travis Zacher

Grade 12 Christopher Hammitt

Savannah Pollak

Cloquet Area Alternative

Education Programs

“A” Honor Roll **Grade 12**

Julie Sampson

“B” Honor Roll **Grade 9**

Daryl Goodrich

Grade 10 Jericho Curnow

Carlton School District

“A” Honor Roll

Grade 9 Nino Dorr • Mariha Ojibway

Grade 11 Tasha Soukkala

“B” Honor Roll **Grade 9**

Adrienne Reynolds

Grade 12 Skye DeFoe

Carlton School District

Perfect Attendance

Taysha Martineau, Grade 10

Chase Reponen, Grade 11

Tasha Soukkala, Grade 11

AlBrook School District

“A” Honor Roll **Grade 9**

Cassidy Capriglione

“B” Honor Roll **Grade 10**

Abigail Otis

Grade 11 Katherine Capriglione

Kelly Petersdorf

Ojibwe School “A” Honor Roll

Grade 9 Katie Meyer

Grade 10

Jamie BlueBird

Aliza Gingras

Grade 11 Sa’Shawna Lone

Grade 12 Lacy Diver • Julia Lone

Emily TwoStars

“B” Honor Roll

Grade 9 Brittany Bird

Brianna McKibbens

Elizabeth St. John

Morningstar Webster

Grade 10 Sarah Ammesmaki

Ziibens Aubid

Brenden Greenleaf-Gingras

Raven Houle • Tyler Murto

Krysta Reynolds • Selena Rockensock

Anthony Silliman • Cherokee Smith

Danielle Webster

Grade 11 Jeremy Ammesmaki

Christopher Johnson-Fuller

Dawna Rae Martineau

Stephanie Shabaish

Grade 12 Christopher Stiffarm

Randall Boyd

People-centered traditions

Reasons to rethink a typical holiday meal

‘Tis the season for excess. Big gravy-coated meals swimming in fat and sugar, sliding down the old gullet into the tank where the food churns and burns.

So you lie down on the couch until you feel better.

What does it mean to the human body to chug a 3,000-calorie meal in one seating, also known as the traditional Thanksgiving/Christmas meal?

It means pretty serious trouble for the digestive system and more, said Kara Stoneburner, a registered licensed dietician who works in the FDL public health department.

Consider this: to work off the calories from an average holiday meal, a 160-pound man would have to run at a moderate pace for four hours, swim for five hours, or walk for 30 miles.

That cheery awakening came from the American Council on Exercise

website, www.acefitness.org.

“Being totally stuffed puts a huge strain on the digestive system,” Stoneburner said. Large meals require the body to draw blood from other organs to aid the digestive tract, which is one of the reasons that people get tired after eating too much.

Yet most of us equate Thanksgiving and Christmas with overeating. The holidays are celebrated with massive amounts of food and caloric beverages that typically result in a weight gain of four to seven pounds, Stoneburner said.

“Food is more often than not the center of the celebration,” she said. “People think they can eat as much as they want because it’s a holiday.”

However, a few small steps taken early enough can thwart the inevitable weight gain and digestive tract misery. Oddly enough, you can still

have a good time, maybe even a better time.

Stoneburner suggests these:

- Focus on the people and activities, not the food. Show younger people that they don’t have to overeat – they can eat in a moderate amount and still enjoy the company of their family.
- Incorporate physical activity into the whole day. Play outside with the kids and later get the whole family outside for a walk. The group walk could and should become as much of a tradition as the consumption of pumpkin pie.
- Reduce calories when cooking through lower fat versions of food. Instead of candied sweet potatoes, use four medium-sized baked sweet potatoes, mash them and stir in a can of apple pie filling and a dash of cinnamon. You’ll create a healthier, low-fat alternative to

potatoes with marshmallow and butter.

- Use plates smaller than today’s super-sized dinner plates. Using huge plates encourages people to overeat.
- One percent or skim milk is the healthiest choice for everyone over the age of two. Yes, age two.
- Drink a glass of water before eating. Eat slower. Have another glass of water before reaching for second helpings.
- Eat together as a family at holidays and throughout the year. It encourages communication, and less of a laser-like focus on food.
- Know the result of overeating. Talk with children about diabetes and heart disease and how a fatty, sugar-laden diet leads to each. Set an example for healthy living.

Fond du Lac supportive housing development awarded \$1.6 million in funding from state agencies.

The Fond du Lac Reservation is in the development phase of its first permanent supportive housing facility. The Band was notified in late October that it would be the recipient of \$1.6 million from Minnesota Housing, the state housing finance agency.

Supportive housing means that the people who live there have access to services, such as counseling, health/mental health, alcohol or substance abuse, independent living skills, money management and vocational counseling. The 24-rental home development will be built on a seven-acre parcel located at Big Lake Road about a half mile west of the Tribal Center.

The completion date is unknown at this time until more financial sources are identified. The total cost is expected to be around \$5 million.

The money from the state was a portion of \$82 million distributed statewide by Minnesota Housing this year for affordable housing developments.

The FDL Housing Division will act as property manager and operator. Services will be provided through the FDL Human Services Division.

Site plans show two town home buildings, a small apartment building, and a community building. In addition, the area will contain two playgrounds and a rainwater garden.

Families will develop their own self-sufficiency plans. If a service is needed that isn't available within the scope offered at Fond du Lac Reservation, or if it is needed by a non-Native family member, a referral will be made.

Specialists on elder abuse address elders in November

Increasingly at meetings of elders at Fond du Lac, the subject of elder abuse surfaces. Stories circulate about family members who take advantage of or even physically and mentally abuse elderly relatives.

To learn more about the phenomena and find resolutions for it, representatives from the Nokomagiis (Grandmother Moon) Program for Tribal Elders and young children out of Bemidji spoke to elders groups at the Cloquet Tribal Center on Nov. 14. In the Bemidji area, an Elders Advisory Council formed to serve Native elders.

What is elder abuse? It's defined as any action against a person age 50 or older that inflicts injury, unreasonable confinement, intimidation, or cruel punishment with resulting physical harm, pain or mental anguish, or deprivation of goods or services with the intent to

cause physical harm, mental anguish or mental illness.

If that definition sounds too legal-like, consider these examples: becoming angry and shouting profanity at an elder, stealing money from Grandma's purse, leaving children in a Grandpa's care without warning and without any provisions such as groceries.

All of the above occur, but in Indian Country, many family members would rather suffer in silence than report wrongdoing. The Nokomagiis Program, made possible by grant money from the U.S. Dept. of Justice, encourages elders to take part in "listening sessions" in order to learn the prevalence of abuse. Since the program's inception, an increasing number of elders have come forward to report abuses by family members and caregivers.

The Program has revealed that elder abuse is widespread,

and surrounded by silence. The effect of this abuse is depression, suicide and increased health care costs. Additionally, the life expectancy of abused elders is decreased.

If you know that elder abuse is taking place, the following steps are recommended: get involved, even if anonymously; call law enforcement, social services, and adult protective services for vulnerable adults; call the National Eldercare Locator, (800) 677-1116.

Some American Indians have developed statutory protection for elders through Elder Abuse Codes, Elder Protection Orders and Elder Multidisciplinary Teams.

The Nokomagiis Program Office can be reached at (218) 444-0735. Its services are for Indians in the Bemidji and Cass Lake areas.

Web site offers maps that show all corners of the rez

For the first time in Fond du Lac Reservation history, maps of the reservation and ceded territories are available online. A few clicks of a mouse and viewers can see everything from an aerial photo of their home to a map of Minnesota.

Tim Krohn, a computerized mapping specialist with the Fond du Lac Resource Management Division Environmental Department, created the maps. The purpose for the project is simple – it gives people a way to know where things are, like their homes, land, lakes, hunting zones, voting districts and roads.

For example, shown here is a shaded relief map of Fond du Lac featuring high lands to low lands, lakes and roads. A viewer could find this map and from it, move on to an aerial picture of a home. The program is set up so viewers can measure distance and areas.

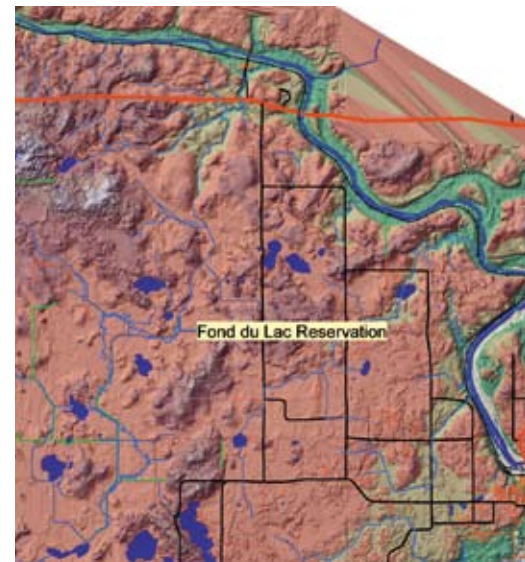
Multiple selections can be made on certain attributes such as the number of lakes within the reservation that are under 10 acres in size. It's also possible to find land in the ceded territories that is available to Band Members for hunting.

The project includes 69 layers which can be combined in various ways to display information.

A photo layer allows the viewer to click on a certain portion of the map for more detailed information. The work required a lot of field work, such as the collection of latitudes and longitudes.

In addition to the measurement of distance and area, viewers can pan, zoom, and add graphic points and multi-sided objects (like a polygon) and lines.

To see the maps, go to www.fdl-rez.com, and click on the third button from the top of the list - Fond du Lac Maps. For more information, or if you have questions, call Tim Krohn at (218) 878-8028.



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.

Birthdays

Happy Belated Birthday (Nov. 2) to **Carol (Abramowski) Jurek**. Our family is truly thankful for the sacrifices you have made to enrich our lives daily. We love you.

Tracy, Dale, Mark and Isabella

Happy Belated Birthday to **Robert "Bobbo" Bassett**, who was 88 years young on Nov. 23. Mino Dibishkan Bobbo!

With love from your family

Happy Belated Birthday to **Kaleena Kingbird** who turned four years of age on Nov. 11, 2007.

With love from Mom, Dad and Isaiah



Happy belated birthdays to **Darrius Diver** (Nov. 12) and **Aidion Stiffarm** (Oct.22).

Happy first birthday, baby boys. Your family

Birth Announcements

Welcome to **Kingslee "KC" Christopher Zacher**, who was born Feb. 9, 2007 in Beaufort, S.C. KC weighed eight pounds, one ounce and was 19.5 inches in length. He arrived in the world with a big welcome from his proud parents, Chris and Sarah Zacher and his big sister, Breea.

We love you "Honeybear!"



Welcome to **Randell Charles Defoe**, born Aug. 22, 2007. Randell weighed in at 9 pounds, eight ounces and was 21 inches long. He is shown here with his mom, Kaley Defoe. Randell was named after his grandfather.

Welcome to **Isaiah Anthony Diver-Kingbird**, who was born on Sept. 19, 2007. Isaiah weighed six pounds, four ounces. He is the son of Heather Diver.



Wedding Announcement

Melvin and Janelle Barney were married on Sept. 22, 2007



Homes for sale

Two-bdrm, 1 1/2 bath home for sale. Fireplace. Heated garage. New dock. Property on leased land includes screen house. Lot size 120x300 ft. Located on Big Lake. Market value \$187,500 but will take best offer. For more information call (218) 269-1034.

Newer home in Sawyer area, on leased land in a great neighborhood. Three-bdrm, one bath, large deck, detached garage. Many updates, including new roofs on house and garage. Asking \$136,000. Any questions or to view call (218)348-7521 or (218)590-8541

Thank you note

We wish to thank all who offered sympathy and kindness following the death of our sister, auntie and friend, **Norma Graves**. A special thank you to the Reservation Business Committee for its generous support at this difficult time, to the Black Bear Grill employees who prepared the meal, and to all who gave gifts of money, floral tributes and cards. Thanks for your hugs and support.

The family of Norma R. Graves

Graduations

Congratulations to **Tara Dupuis**, on completion of your Master's Degree in Education from the University of Minnesota - Duluth. Tara received the degree in July. She is currently

an Ojibwe language teacher. Congratulations on this accomplishment!

Love from Ben and your family

Congratulations to **Jennifer Johnson Leef**, who completed her Master's Degree in Education from the University of Minnesota - Duluth.

New FDLTCC graduate lands job with Rochester P.D.

Lynne Lowney was recently sworn in as a police officer with the Rochester, Minn. Police Department. She completed the Law Enforcement Skills Certificate with high honors from the Fond du Lac Tribal and Community College. Lynne also has a B.A. degree in cultural studies and a minor in anthropology from the University of Wisconsin - Superior. She is the daughter of FDL Band Member Korablee Sanford of Superior, Wisc.



Elders Christmas party scheduled for Dec. 7

The ever-popular annual FDL Elder's Christmas Party will be held from 11 a.m. to 1 p.m. on Dec. 7, 2007 at the Black Bear Casino Resort Bingo Hall. Registration begins at 9 a.m. and basket drawings will begin at 11 a.m. Participants must be present to win.

The event is open to enrolled FDL elders who are age 52 and older, and their spouses. Please remember that

the Christmas Party is for elders only. No children, please. For more information, call Velvet Linden at (218) 878-2603.

Beading class offered

Have you ever wanted to do your own beadwork? Or are you familiar with the craft, but would like a few pointers?

A beading class is held from 5:30 to 7:30 p.m. every Wednesday on the second floor of the Cultural Museum across from the Tribal Center on Big Lake Road. Food is provided, as well as assistance and materials to work with. Beaders of all skill levels are welcomed. The classes are free. For more information, call (218) 878-8178.

Informal Ojibwe language lessons offered Thursdays

Anyone who wishes to learn the Ojibwe language or brush up on your language skills is invited to join the FDL Language Table from 5 to 7 p.m. on Thursdays through the end of May at the Cloquet Community Center, 1720 Big Lake Road. A pot luck meal is shared: feel free to bring your favorite dish.

FDL enrollees and employees eligible for grocery certificates

Gift certificates to the Super One grocery store for \$25 are available to FDL enrollees and employees during the holiday season. The certificates are available from Dec. 3, 2007 to Dec. 21, 2007, and may be picked up during regular office hours from the Tribal Center administration offices.

Also, the certificates may be picked up on the weekend between 8 a.m. and 4:30 p.m. on Dec. 8 and 9, 2007. FDL employees who work for the Black Bear Casino Resort and Hotel and the Golf Course are excluded.

Elders encouraged to attend group meetings

All FDL Band Members age 52 and above are encouraged to attend meetings of the Elders Group held at 5 p.m. on the second and fourth Wednesday of every month. The meetings are potluck - please bring a dish to share. The meetings are part social, part working. All are welcome.

Brookston POWWOW

The annual Brookston Thanksgiving powwow was held on Nov. 17 at the Community Center gym. About 20 adults and more than 30 children registered to dance. The powwow was followed by a 3 p.m. feast of turkey, dressing, fry bread, potatoes, gravy, corn, wild rice and pie.

Eight members of the FDL Honor Guard participated in the Grand Entry.

Photos by Dell Johanson.



Qiana Smith



Chandra Mullen with her son, Nathan



Marvin Pellerin, Mark McCollin, Charles Wick, Roger Fairbanks, Roger(Bouda)Smith Sr.



James Friedman, Kayla Hietah, Kaila DuFault, Jose Wichern, Jamie June Isham, Clare Friedman. The boy in blue on the far right is Jaron Smallwood.



The Fond du Lac Honor Guard formed last summer and consists of 17 members. The Guard takes part in funerals, powwows, and other special ceremonies. In mid-November the group participated in "A Day of Honoring Our Veterans and Giving Thanks," at the Fond du Lac Tribal and Community College. The event was initiated by former college president Jack Briggs. Shown above from the top left is Travis Blacketter, Ernie Diver, Tom Whitebird, Charlie Wick, and Jerry Fairbanks. In the second row from the left is Roberta Welper, Marvin Pellerin, Lyman LaFave, John Pensak and Ed Beargrease. In the front row is Fran White and Ted Ells. Not pictured are Chuck Smith, Charlin Diver, Bryan Jon Maciewski, Deb Friedman and Dawn DeFoe.

Briefs

FDLers participate in prestigious leadership conference in November

Four members of the Fond du Lac Band took part in the Blandin Foundation leadership conference held Nov. 12-16 in Grand Rapids. The retreat helps participants learn how to effect change and identify their own leadership style and strengths. Topics included ways to improve communication skills and tools for conflict resolution. Follow-up sessions are held in February and May.

The Foundation website described the leadership experience this way: "Rural Minnesota communities are strengthened and become healthy when broad-based local leadership takes responsibility and deals effectively with the opportunities and challenges that come with change. "The Foundation's leadership programs are designed to help current and emerging leaders further develop the skills, knowledge and relationships they need to build and sustain healthy communities. Participants in our programs increase their capacity to work with others: to move

from individual passion and interest to shared vision and community action; recognize and build on their community's multiple and diverse assets; and create sustainable efforts that have long term impact."

Fond du Lac Reservation Band Members who participated are Wally Dupuis, Nate Sandman, Veronica Smith and Amy Welsand.

The website is at www.blandinfoundation.org

Changes made to U.S. Bank service fee for monthly per capita payments

Band members will pay service fees to US Bank for retrieval of their monthly per cap/dividend money only if they withdraw money more than two times. The first two withdrawals may be made without charge. The change in ATM service was made in late October and approved by the Reservation Business Committee.

In the past, \$1.50 was charged to the account every time a transaction took place.

Additionally, a \$1 monthly charge

will apply only if a balance remains on the card at the end of the month. A \$2 monthly charge will be applied if the account is inactive for three months.

US Bank provides one free replacement card during the life of the account. After that, there is an \$8 charge for replacements. Expired cards are replaced without charge.

A \$20 overdraft fee is in effect.

Children's gift cards available until Dec. 21

Fond du Lac Band Members may fill out applications to receive children's Christmas holiday gift cards until Dec. 21, 2007. The \$50 gift cards are from Wal-Mart.

Applications may be picked up from the Tribal Center front desk, the Tribal Center Library, the CAIR office in Duluth (see Vi Foldesi), the Brookston and Sawyer Community Centers and the Cloquet Drop-In Center.

Natural Resources Division putting finishing touches on resource management plan

For years the Fond du Lac Reservation has attempted to create an updated Integrated Resource Management Plan (IRMP) that will allow the Resource Management Division to manage its natural resources in harmony with other priorities.

A final draft is now available for review by Band Members, said Steve Olson, FDL forester. Copies are available, and a public meeting will be held from 3:30-5:30 on Dec. 13 at the Cloquet Community Center.

The earlier plan primarily applied to forest resource management, but FDL's Resource Management Division has grown. It's necessary now to manage more resources than trees and to consider a broad spectrum of issues that apply now and into the future.

For example, the reservation land may be rich with timber that could be harvested for profit. However, a comprehensive IRMP helps a reservation prioritize the best places for timber cuts while still protecting other resources. *Cont. on next page.*

Area News Briefs

Wisconsin officials take leap of faith on lawsuit outcome

After weeks of wrangling about the state budget, Wisconsin's governor and state legislators passed a budget that presumes the state will win its lawsuit against the Ho-Chunk Nation.

The lawsuit states that the Ho-Chunk will owe as much as \$72 million in fees by 2009 in accordance with the state compact provisions. The Ho-Chunk dispute that claim. The suit is pending in federal court, and there is no guarantee that the matter will be resolved anytime soon.

That could leave the Wisconsin budget with a huge hole, also characterized as a "time bomb." Even if a judge sides with the state, the amount awarded could be substan-

tially less than \$72 million. The November story was reported in the Duluth News Tribune.

Radio show employees apologize for remarks

Representatives from Twin Cities radio station KQRS apologized for comments made on a September morning talk show that speculated that suicide rates at the Red Lake Nation were genetic, and tied to incest rates.

As part of its apology, the station will hire American Indian interns. Also, Red Lake officials, as well as representatives from the Shakopee Mdewakanton community, will be invited as guests to participate in Tom Barnard's "Morning Show."

Terri Traen, a member of Barnard's crew, spoke of suicide and

incest rates "up there" in Beltrami County, which includes the Red Lake Reservation. Barnard replied that the Shakopee band, owner of the profitable Mystic Lake Casino, failed to help Red Lake.

Glynn Crooks, vice chairman at Shakopee, said the remarks were an attack on Red Lake and on all Indian people. Clyde Bellecourt, co-founder of the American Indian Movement, also met with radio station officials. He said that the apology was a start, but that Traen and Barnard should have been suspended or fired.

U of M Minneapolis campus offers contemporary Indian art exhibit through Jan. 13

An American Indian contemporary art exhibit of works from North America and Canada is on display

at the University of Minnesota's Weisman Art Museum through Jan. 13, 2008. The museum is located at 333 E. River Road, Minneapolis. There is no charge for admission to the exhibit.

Entitled "Changing Hands: Art Without Reservation," the display references American Indian legends, mythic animals, nature and traditional crafts including masks, beadwork and basketry. Indian artists are identified by where they were born and where they now live, and tribal affiliations are absent.

For information on parking and the exhibit hours call (612) 625-9494. The Museum is closed on Mondays. Exhibit information can also be found at www.weisman.umn.edu

Briefs

IRMP continued “We’d like Band Members to look it over and bring us their thoughts,” Olson said.

Hard copies of the draft will be available at the Tribal Center, the three Community Centers, and at the Resource Management Division front desk. A copy will be posted on the FDL Reservation website which is located at www.felrez.com. Details of the public meeting will also be available on the website.

After the community reacts to the document, the IRMP will be presented to the Reservation Business Committee for its review and approval.

For more information about the Plan, call (218) 878-8001.

Cultural awareness events in the planning stages

Frederica DeCoteau will assist the Fond du Lac Community with cultural awareness events to be held at the Cloquet Community and Drop-In Centers.

A “Monthly Talking Circle” has been scheduled from 6 to 8 p.m. on Thursday, Dec. 20, 2007 at the Community Center on the second floor.

Frederica will coordinate family and community sweats. She will also work with FDL elders who will come in twice each month to share Anishinaabeg stories. Additionally, weekly cultural awareness events will be scheduled.

We’d like your opinions on the types of cultural events that Frederica will plan. Please fill out cultural awareness surveys located at the front desk of the Drop-In Center.

Finally, Alateen meetings will be held from 6 to 8 p.m. on Tuesdays at the Drop-In Center Gym.

If you have questions about the cultural events or community center activities, please call me at (218) 878-7504. Miigwich. Debbie Mallery, Cloquet Community Centers Manager

Library Association leader gives keynote at FDLTCC

Former Carlton resident and White Earth enrollee Lorie Roy gave the keynote address for the Carlton County “Big Read” program on Nov. 13.

Roy, a White Earth enrollee,



Lorie Roy (right) was joined by her sister, Sandy Sandstrom of Saginaw, Minn., on the day of Roy's presentation.

of the 65,000-member American Library Association. She is the first American Indian to be elected to that office. Roy spoke at the Fond du Lac Tribal and Community College, giving a profile of the ALA and its many activities. She is a faculty member of the University of Texas at Austin. She is the founder and director of “If I can Read, I Can Do Anything,” a reading club for American Indian children. About 30 people were in attendance for Roy’s address.

The Carlton County Historical Society and the Cloquet Public Library sponsor the “Big Read” program. The community has been asked to read Harper Lee’s “To Kill a Mockingbird.”

In addition to Roy’s presentation, activities this fall have included the creation of book discussion groups and an open art show that used Lee’s book as inspiration.

Band Member to manage FDL day labor program

FDL Band Member Brenda Rice, formerly of Walker, Minn., is the new Day Labor Program Manager. She started work on Oct. 1, 2007.

Brenda helps place Band Members in temporary positions throughout the Reservation excluding the casinos. For example, she has placed day laborers in forestry, clerical and

construction positions.

Employees can’t work over 40 hours in a week, are on-call, and can be placed in jobs from a day to three days in length.

The purpose for the program is to provide needed temporary help on the reservation. At the same time, the temporary employees become acclimated to work and a steady income. Some day laborers may not want to work full-time, or they may be retired and want to make a little extra money.

The types of temporary work could include clerical work, data entry, recreational center monitoring, Drop-In Center aid work, laborers, clean-up crews, and snow shoveling.

Brenda is the granddaughter of Leo Whitebird, and has lived on the Leech Lake Reservation and in Minneapolis. She has six children and four grandchildren, and lives in Duluth.

As hobbies Brenda sews dance outfits for her grandkids, attends powwows, and likes



Brenda Rice

to fish. One of her favorite fishing spots is on Agency Bay on Leech Lake where she’s caught a lot of walleyes.

At some point, she would like Band Members to select from jobs outside of the reservation. She envisions job opportunities in Duluth and Cloquet at a variety of companies and factories. The day labor program could become self-sustaining if it expands to other businesses.

Transportation remains a challenge to many Band Members, but the new bus program could begin to alleviate that problem, Brenda said.

Vehicle registration required for dirt bikes

The Fond du Lac Motor Vehicle Department is now registering off-highway motorcycles (dirt bikes), similar to all-terrain vehicles. The cost for a three-year registration is \$12.

You must be a Fond du Lac Band Member and live on the Fond du Lac Reservation to register these vehicles, as well as other types of vehicles.

For more information, call (218) 878-8072.

Avoiding deer-vehicle crashes

The state Department of Public Safety reported that 13,214 deer-vehicle crashes occurred from 2004 to 2006 on Minnesota roads. The crashes resulted in 13 deaths and 1,449 injuries.

The Department warns that motorists should watch for deer at dawn and dusk, which is when most crashes occur. Motorists are warned not to veer for deer.

The state deer herd is about 1.2 million.

Motorists are advised to use a seat belt, drive at the posted speed limit, slow down and plan to stop if you see a deer and know that if you see one, more will follow. Also, it’s illegal to remove a deer without a permit. Law enforcement officers will issue a permit following a deer-vehicle crash.

Assessor to check lead content of toys, etc.

A certified lead risk assessor will be at the FDL HeadStart gym on University Ave. from 8:30 a.m. to 4:30 p.m. on Dec. 17, 2007. The assessor will test objects that children come into contact with, such as toys. There is no restriction on the type of object that could be tested. For more information, call Andrea Junker, (218) 878-8011.

Manidoo-Giizisoons (Little Spirit Moon) December

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
						Family day at Premiere Theater Swimming 2-7 PM Junior Golf 12-3 PM 1
Swimming 4-6 PM Community B-Day Party 3 PM 2	Girls Connection 5-7 PM Sewing 10:30 AM- 2 PM Tae Kwon Do 6-8 PM GED 4-7 PM @ Tribal Cnt. 3	GED 6-9 PM Sawyer Helpers 5-7 PM Junior Golf 5-6 PM Sewing 5-9 PM GED 1-4 PM @ Brookston School Board Meeting 4	Open Gym GED 4-7 PM @ Tribal Cnt. GED 1-4 PM @ Brookston 5	GED 6-9 PM Sewing 10:30 AM- 2 PM Women's Night 6-8 PM Language Table 5-8 PM FACE/Bentleyville 6	Language 6-8 PM Native Youth Group 6-7 PM Early Release 7	Air Hockey & Pool Tourney 12:30-Done Swimming 2-7 PM Bentleyville 6 PM 8
Swimming 4-6 PM Sliding at Pinehurst 2 PM 9	Girls Connection 5-7 PM Sewing 10:30 AM- 2 PM Tae Kwon Do 6-8 PM GED 4-7 PM @ Tribal Cnt. 10	GED 6-9 PM Sawyer Helpers 5-7 PM Junior Golf 5-6 PM Sewing 5-9 PM GED 1-4 PM @ Brookston FACE/Toy Safety 11	Open Gym GED 4-7 PM @ Tribal Cnt. GED 1-4 PM @ Brookston 12	GED 6-9 PM OTM Collection 3-4 PM Sewing 10:30 AM- 2 PM Men's Night 6-8 PM Language Table 5-8 PM 13	Language 6-8 PM Native Youth Group 6-7 PM 14	Make a present for family 12-Done Swimming 2-7 PM Junior Golf 12-3 PM Duluth Playhouse 6 PM 15
Swimming 4-6 PM Premiere Theater 9:15 AM 16	Girls Connection 5-7 PM Sewing 10:30 AM- 2 PM Tae Kwon Do 6-8 PM GED 4-7 PM @ Tribal Cnt. 17	GED 6-9 PM Sawyer Helpers 5-7 PM Junior Golf 5-6 PM Sewing 5-9 PM GED 1-4 PM @ Brookston 18	Open Gym GED 4-7 PM @ Tribal Cnt. GED 1-4 PM @ Brookston Parent Meeting 19	GED 6-9 PM Sewing 10:30 AM- 2 PM Women's Night 6-8 PM Language Table 5-8 PM 20	Youth Program Closed Native Youth Group 6-7 PM 21	Youth Christmas Ball Christmas Party- Headstart Gym 12-2PM Swimming 2-7 PM Christmas Party 1-4 PM 22
Swimming 4-6 PM 23	CLOSED! Happy Holidays Holiday/Winter Break 24	CLOSED! Happy Holidays Holiday/Winter Break 25	Sobriety Feast 7 PM- Done Open Gym Holiday/Winter Break 26	GED 6-9 PM OTM Collection 3-4 PM Sewing 10:30 AM- 2 PM Men's Night 6-8 PM Language Table 5-8 PM Holiday/Winter Break 27	Language 6-8 PM Native Youth Group 6-7 PM Holiday/Winter Break 28	New Year's Eve Party Swimming 2-7 PM Junior Golf 12-3 PM Skiing @ Mont du Lac 4 PM 29
Swimming 4-6 PM 30	Girls Connection 5-7 PM Sewing 10:30 AM- 2 PM GED 4-7 PM @ Tribal Cnt. Holiday/Winter Break New Year's Party 6-8 PM 31	<h2>How to send an announcement for this monthly calendar</h2>				

When submitting calendar items, please include the name of the event, the time, date and place. The deadline for submitting calendar events for the December, 2007 issue is November 19, 2007. Also, please clarify the District where the event will take place, Cloquet, Sawyer or Brookston.

Calendar items may be sent by email to
deborahlocke@fdlrez.com
or by U.S. mail to
FDL News Calendar, Tribal Center,
1720 Big Lake Rd.,
Cloquet, MN 55720