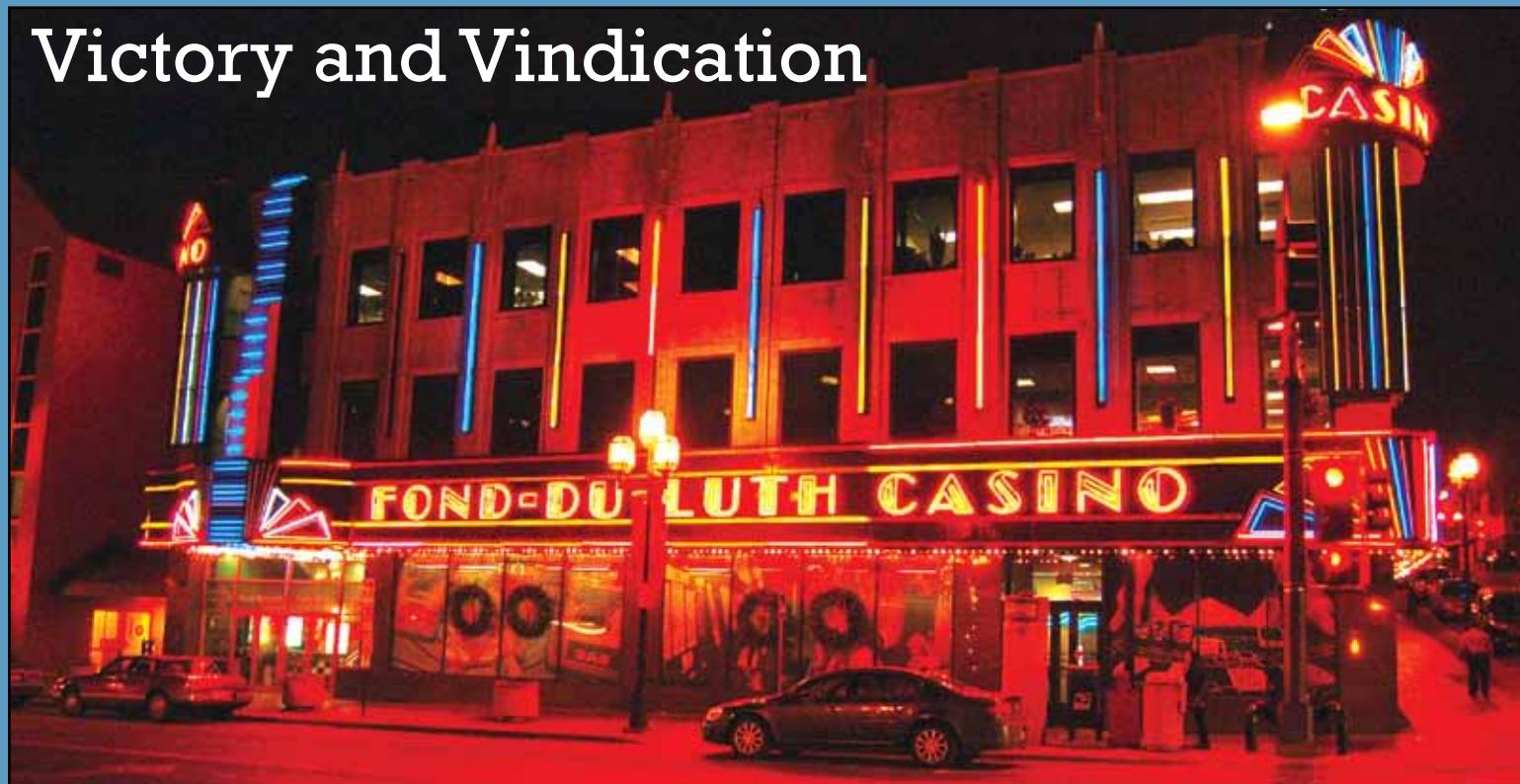


Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)

Victory and Vindication



The Fond du Lac Band won the court case with the city of Duluth for the Fond du Luth Casino revenue, meaning that the Fond du Lac Band no longer has to pay "rent" to the city of Duluth.

In This Issue:

Local news	2-3
RBC pages	4-5
Police reports	6
Veteran's Day	7
Etc	8-10
Area News	11
13 Moons	12
Health	13
Community news	14-15

**1720 BIG LAKE RD.
CLOQUET, MN 55720
CHANGE SERVICE REQUESTED**

**Presort Std
U.S. Postage
PAID
Permit #155
Cloquet, MN
55720**

Local news

Judge: Fond du Luth revenue payments to cease

By Zachary N. Dunaiski

On Nov. 21, Federal Judge Susan Nelson ruled that the Fond du Lac Band no longer has to make payments to the city of Duluth for operating the Fond du Luth Casino.

The ruling means that the second 25 year lease is null and void, according to Fond du Lac Chairwoman Karen Diver.

“We will not have to renegotiate the second term at all. That means that there are no proceeds from Fond du Luth being shared with the city of Duluth; those will be retained fully by the Fond du Lac Band.”

In 1986, when Fond du Luth became the first off-reservation casino in the country, the band started revenue sharing with

the city of Duluth. In 1994 a legal agreement was reached between the band and the city, which meant that a “rent” payment would have to be paid. The term “rent” was used to categorize the payment, and really did not mean an actual rent payment to the city.

This agreement was acceptable to the National Indian Gaming Commission (NIGC) and was in compliance with the Indian Gaming Regulatory Act (IGRA). As a result of the 1994 agreement, the parties agreed to a 17 year deal which ended in 2011, with a second agreement running through 2036.

The band owns the casino, and manages the parking ramp. When the ramp was built, it was built with band money, but

the city owned it and managed it. After time, it became too expensive for the city to manage, and the band took over the ramp.

Chairwoman Diver said she understands that sometimes that’s how things go, but it’s more with the city where her concerns lie. “I’m always a little dismayed that they call it a partnership when really all it is, is money. Why don’t we be clear about what it was about? It was always about money and only about money. There was no partnership.”

The city of Duluth, which said the band is in default for breaching the 1994 agreement, is said to owe the band more than \$591,000 in overpayments during that 15 year span.

“They (NIGC) actually ordered us to not make any payments to the city of Duluth for what was termed ‘rent’ even though we own the building and are holding it with our own money,” the Chairwoman said.

A Notice of Violation (NOV) was issued by the NIGC in July because the 1994 agreement was in violation of the IGRA. According to the NIGC, the band should have “sole proprietary interest” and have “responsibility for” the gaming at Fond du Luth. The NIGC ordered the band to stop making payments to Duluth or would otherwise face penalties, fines, and even the possibility of the casino being closed.

The Band is currently fighting the city to not have to pay

“rent” from 2009 through 2011 when the band stopped paying to comply with the NIGC. The fact that the casino doesn’t have to pay money to Duluth for another 25 years is big news, something that should make every Band Member happy.

“I think that the people of the Fond du Lac Band should be pleased about this. Fond du Lac has always been so progressive in investing in itself, its programs, its service, its people, and we have so much to be grateful for,” Diver said, adding how important this is for everyone. “[I’ve been] getting a lot of feedback from the band, they feel vindicated; this has been a painful process for them.”

A LEED certified building for Carlton County

By Zachary N. Dunaiski

Officials from Carlton County showed off the new Community Services building members of area media on Nov. 21. Offices once housed in seven different buildings are now located in a new energy efficient county building. The building is the first for Carlton County to be certified in Leadership in Energy and Envi-

ronmental Design (LEED), and has plans to become even more energy efficient.

Currently there are parking spots closer to the door for more energy efficient cars. The staff has also talked about adding charging stations for electric cars. Dave Lee, Director of Public Health and Human Services said there will be a charge for using them, stating “we’re not giving out free electricity.” Not

many people have electric run cars currently, but it shows how the county is looking toward the future and promoting a better environment.

With 145 staff members all under one roof, the building helps the county be more energy friendly. Lee hopes that the building will encourage a more active lifestyle toward reducing energy costs. It is more economical operating the new structure

because it takes less energy to operate, as well as the reduced maintenance included in having the brand new building.

Lee said the main thing for the public to know is that the goal of this new facility is to reduce complications for the county and its residents by having all services in one place. The building hosts the Department of Motor Vehicles (DMV), a veteran affairs office, and the

workforce center, along with other county offices.

While this building is making strides toward the future, Carlton County did not want to forget some of the local history. One wall even has a small amount of lumber that was reclaimed from an old Duluth harbor grain elevator from the 1880’s, which is part of the LEED design.

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local news	2-3
RBC pages	4-5
Police reports	6
Veteran’s Day	7
Etc	8-10
Area News	11
13 Moons	12
Health	13
Community news	14-15

Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720.

Editor: Zachary N. Dunaiski

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

It is our hope that through greater information about the activities of our people, this publication can be an instrument of true community. It is not our intention to be a vehicle of divisiveness. To that

end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

Corporate Member of the Native American Journalists Association

Local news

Monthly food pantry reminder; next event Dec. 1

Community members in the Brookston and Cloquet area have a chance to participate in the Ruby's Pantry monthly food distribution. Brookston's Arrowhead Town Hall will host the next Ruby's Pantry distribution event at 8 a.m. Dec. 1. Food can be purchased for a \$15 donation — far more than \$15 will buy at the local grocery store.

Ruby's Pantry is able to deliver such value because they take food that would otherwise go to waste and sell it at a reasonable cost to those who might not be able to afford it. The Christian organization is helping to turn wasted food into a great opportunity for others.

Sheila Peterson, an outreach worker who helps during the event in Cloquet, says "it's great because you don't have to sign away your first born" just to get a decent amount of food.

Peterson said that during these next few months it is important to note that the doors don't open until 9 a.m. Some people wait in line as early as 6 a.m., but it may be dangerous to stand outside for great lengths of time as the weather grows colder. The next Cloquet distribution date is Dec. 28, and will be held at the Cloquet Armory.

Once registration ends, small groups of people are let into the building to begin shopping for food items. The \$15 that people donate goes a long way as some people get \$100 worth of food in the form of chicken, bread, potatoes, and other food items.

A large portion of the donation goes back to Ruby's Pantry, to cover warehouse and shipping costs. Distribution comes from the Twin Cities. Part of each donation stays in the community to help

promote the local Salvation Army.

If you want to attend the event, everyone is welcome and encouraged to bring bags or boxes to help carry out their food purchases. Some boxes are available on site.

Everybody is welcome to participate. If you eat, you qualify. For those who live outside the Cloquet area, there are many Ruby's Pantry distribution dates in other communities. Duluth, Hermantown, Hinckley, and Moose Lake are just a few of the participating communities nearby. Wisconsin is also holding Ruby's Pantry food distribution events.

To find a local distribution center and schedules, go online to: www.homeandawayministries.org/rub/distribution/distschedule.htm

Per Capita the main topic at November open RBC meeting

On Nov. 17 the RBC held its monthly open meeting. The biggest topic of discussion was US Banks new policies. US Bank will now be charging a two dollar fee for paper statements, which will have the biggest effect on the Per Capita distribution. A simple phone call to remove paper statements will make the full amount available; however, it does take a month to go into effect.

If you haven't gone paperless for statements yet, the full amount will not be available until after the change has been made.

The next RBC Open meeting will be 5:30 p.m. on Jan. 19, in the Twin Cities. It will be in the FDL Urban Office in the MCT Building at 1308 Franklin Ave in Minneapolis.

The annual State of the Band address will be held instead of the February meeting and will take place at 5:30 p.m. Feb. 16, at the Otter Creek Event Center.

Last chance to update Per Capita information

Attention Fond du Lac Band Members, your form for the 2012 Per Capita distribution has been sent to your last known address. Please complete and return this form by Dec. 1, 2011 if you would like a monthly payment in Jan. 2012.

If your address has changed and you have not received a form call Patti at (218) 878-2674 or Dorothy at (218) 878-2676.

A new editor for the Fond du Lac Newspaper.

My name is Zach Dunaiski, and I am succeeding Dan Huculak as Editor of the Fond du Lac newspaper. I am a graduate of the University of Wisconsin Superior with a degree in Mass Communications-Journalism.



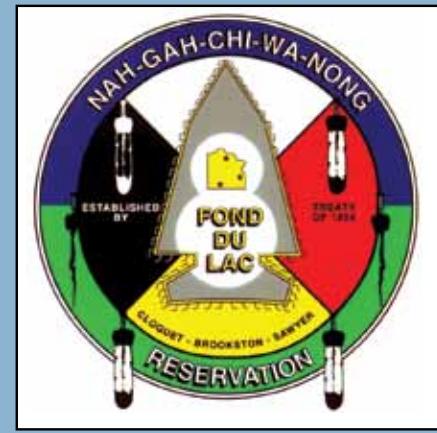
I worked for over 3 years in the television journalism business, both at WDIO and KQDS Fox 21 News. At WDIO and Fox, I learned a lot about shooting video, which

makes the transition to shooting photos easier. I was a production assistant at both stations; I was able to work with the reporters, anchors, and photojournalists frequently which helped me to learn how to do many different things.

While attending UWS, I worked for a year at the KUWS radio, writing stories for the sports department. The stories aired during Superior High School football games and UWS men's and women's hockey games. I even did some very light work with a Lecturer who was the Editor of the UWS newspaper, who had over 30 years of journalism experience. I always wanted to go into journalism; my love for journalism began as a high school sophomore for the school newspaper.

I have lived in the Twin Ports my entire life and am very passionate and concerned about what goes on in this area. I can be reached at (218) 878-2682 or by email at zacharydunaiski@fdlrez.com

**The Elder's Christmas party will be held
Dec. 2 at 11:30 a.m. at the Otter Creek Event Center.
Registration begins at 9 a.m.**



A few thoughts from RBC members

From Chairwoman

Karen Diver

This month, President Obama is once again hosting a Tribal Nations Summit in Washington D.C. Additionally, there will be regional meetings scheduled with the Secretaries of various departments that have duties that include Indian Country. These meetings will be held Nov. 30-Dec. 2 in Washington D.C.

One item of particular concern is an issue that has arisen with regards to transferring land from fee status into trust, which is facing increased costs and time from newly implemented environmental review regulations. These new regulations were put into place without tribal consultation, and greatly

duplicate the work we already have to do when we apply to move land into trust. During this time in Washington, I will also be following up on the transfer of Wisconsin Point and the Nelson Act settlement distribution. I regret that these meetings will be held during the same time as the Elder's Christmas Party. I enjoy going and seeing everyone each year. I'm sure you'll all have a great time.

Following up on my column last month about being a part of a tribal delegation to visit Istanbul, Turkey, it was a fascinating trip. First of all, if any of

you know young people that are interested in engineering, the Istanbul Technical University and the Turkish Coalition of America are offering ten Native students per year a full four year scholarship in Istanbul. It's a beautiful campus with highly regarded programs. You can find out more about their program offerings at www.itu.edu.



Karen Diver

Don't worry about language barriers because each degree has a 100% English-language track. The tribal delegation explored different ways that the University and Turkish businesses may develop further ties. There were presentations

for everything from construction businesses, housing and finance, to raw goods exports like hides for leather work and educational exchanges. We will continue to explore whether any of these ideas would be feasible for Fond du Lac.

Regarding the Nelson Act settlement, the House Natural Resources Committee has referred the distribution bill to the Congressional Budget Office (CBO). The CBO will mark on the bill that it has a zero impact on the federal budget. That will clear up the common congressional misunderstanding that this is a new appropriation, and instead a distribution of funds that has already been allocated. After the CBO marks up the bill, it will be referred back to the

Natural Resources Committee for a hearing.

In November, members of the Minnesota Chippewa Tribe met with Congressman Don Young, the ranking Republican on the Natural Resources Committee to seek his assistance in keeping the bill moving forward. He has assured us of his support. Congressman Chip Cravaack of Minnesota is also providing assistance, along with Senator Al Franken who has authored the Senate's companion bill. We're not there yet, but it is moving further along than ever before.

Best wishes to each of you and your families for the holiday season. Please feel free to call me at (218) 878-2612 or email at karendiver@fdlrez.com.

From Ferdinand Martineau

Boozhoo niiji,

Time goes by so fast. I was talking to some people the other day about the past year and I realized that the year is ending soon. The holidays are upon us and I have not begun to prepare. I also realize that this is probably the last issue before Christmas. As the holidays approach it is important that we think about our family and friends and put some time aside to let them know how we feel about them. We do not know what tomorrow holds for us or the people we care about

so let them know today. I want to wish each and every one of you a happy holiday season and I hope that it brings you the happiness you deserve.

This is the budget season for me. I have been working with the accounting staff to prepare our annual budget for approval from the council. I have made some changes in the process this year and I hope it makes it easier to understand. I am still looking at efficiencies in the

way we spend so we can spend less but continue to provide the same services for Band Members.



Ferdinand Martineau

I was part of the Veteran's Day celebration put on for Fond du Lac veterans. A lump still forms in my throat when I see the pride in our veteran's faces as their name is called and they come forward to receive their small token of appreciation for the sacrifice they gave. I recall an older gentleman struggling to come forward. I offered to bring

his gift to him and he said no, he wanted to come forward and shake our hand as all the others had. There was lots of pride there. I understand that one of our Honor Guard's name, Fran White, was misplaced and she was not mentioned during the evening. Fran, please accept our apologies for the oversight. We appreciate all that you did for us with your service and all that you continue to do for us now.

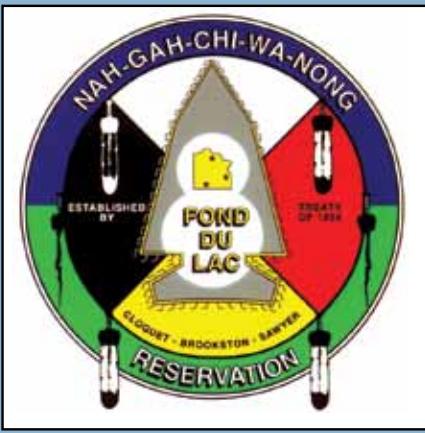
I was pleased at last month's open meeting. A question came up about the number of Band Member employees at the Black Bear Casino. The HR director was there and he responded

with a smile and said 49%. Almost half of our employees are Band Members. That made us all very happy.

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 email at ferdinandmartineau@fdlrez.com.

Gigawaabamin.

RBC columns continued on next page.



From Mary Northrup

Boozhoo everyone, What a month it's been at the Brookston Center. From the trip to Grand Portage at the height of the fall colors to the annual Halloween Party. My grandson Antonio, who went as Woody from Toy Story, and myself, who went as grandma, had a great time eating a lot of pizza and candy. The adult program that Becky Salmon manages also had a gathering for the adults after the children's party. It was a fun time for everyone to have some treats, take a

break, and just visit.

The decorations that Bear, Becky, and their staff did were awesome. On Nov. 19, the Brookston Center hosted a Fall Feast, the food was prepared by Anna Wait and her staff and as usual, they did a very good job. I received several calls on how great the food was. The children of Brookston had a lot of fun with the traditional games that the staff had prepared. It's something that Bear said he got many calls on and that they would like to see again.



Mary Northrup

On Sunday (Nov. 25) a bus load of "Brookies" went to the Vikings game. Unfortunately they didn't win, but a close game made for a lot of excitement. I know we all support any activities that bring our families and communities together.

If you have any suggestions, contact Bryan "Bear" Bosto or Becky Salmon at (218) 878-8033, and let them, or any of the staff know what you are thinking. We would appreciate it.

I would like to wish everyone a safe and fun Holiday Season! If you would like to stop in and visit any of us, our doors are always open. In closing, I want to express my deepest sympathies to

all of the families that have lost loved ones recently. It's a hard road anytime somebody loses a loved one, but especially during the holiday season. If I can do anything for you, please let me know. I'm here.

If you have any suggestions or concerns, or need a dumpster, please call me at (218) 878-7583, or (218) 461-7986. My email address is marynorthrup@fdlrez.com. Mitgwetch and I look forward to seeing you!

From Sandra Shabiash On the Local Sawyer scene:

October was a busy month at the Sawyer Community Center. Halloween parties, open tournaments, and a trip to the Vikings' game were some of the highlights. Over seventy children attended the Halloween party, which was a great turnout. The adults also had a party of their own and prizes were given away for the best costumes. An open district pool tournament had twenty-three teams show up. It was nice to have all three communities participate and have a lot of fun together.



Sandra Shabiash

There were 24 participants for the rummy tournament that was also held in October.

Construction is gearing down on the Moorhead Rd. project. Trucks are now east of Mission road hauling gravel to finish up the project.

*For questions contact me at Office (218) 878-7591
E-mail sandrashabiash@fdlrez.com*

From Wally Dupuis

Hello All, Just to give you an update on the walking / biking trail plan, it has now moved to the engineering stage and it will include improvements to the intersections at Trettle Lane and Big Lake Rd. as well as University and Big Lake Rd. We are still working with the Department of Transportation (DOT) on changing some speed limits

in that area. However, I was informed that speed limits are based on DOT crash data and such things as traffic counts, housing and business development are not reason enough to change a speed limit.

In addition, our planning division is in the grant pre-application stage for a hiking and biking trail between Loop Drive and the new Ozhigaw Rd. A water line extension along White



Wally Dupuis

Pine Trail from Spring Lake Rd. to Airport Rd. is in the design stage. The details are not quite worked out as of yet. So these are a work in progress.

On Nov. 11, we honored our Veterans. I was able to attend the Veterans Dinner held at the Black Bear Otter Creek Event Center and was delighted to see the number of attendees. Migwich to all of our veterans.

Our Cloquet Community Center has been busy with its programming and we are getting a lot of participation. The Halloween celebration

had over 300 individuals in attendance. Our staff handled it well. Good job CCC staff. Our Natural Resources building now has the eagle statue out front and the LED sign is in the works. These are both nice additions to the building as well as the surrounding area; please take a look when you drive by.

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

FDL Law Enforcement news

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

- 10/15/11 Traffic stop on Hwy. 210; driver warned for failure to yield.
- 10/15/11 Traffic stop on Pine-wood Dr.; driver cited for no seat belt.
- 10/16/11 Traffic stop on Whispering Pine; driver cited for no insurance and no Minn. driver's license.
- 10/16/11 Report of unwanted person on Ridge Rd.; located person and brought to jail for outstanding warrants.
- 10/17/11 Traffic stop on Big Lake Rd.; driver cited for no seat belt.
- 10/17/11 Assisted Floodwood officers with traffic stop; driver arrested for DWI.
- 10/18/11 Report of gas-drive-off at gas and grocery for \$29.31.
- 10/18/11 Report of vehicle in the ditch; driver arrested for DWI, Cancel IPS, and test refusal.
- 10/19/11 Traffic stop on Trettel Lane; driver cited for no seat belt.
- 10/19/11 Assisted Carlton County and Fond du Lac Social Services.
- 10/20/11 Assisted Cloquet officers in clearing building.
- 10/20/11 Traffic stop on Big Lake Rd.; driver cited for no insurance and driving after suspension (DAS).
- 10/21/11 Report of underage drinkers at Black Bear Casino.
- 10/21/11 Report of fight at supportive housing.
- 10/22/11 Report of gas drive off for \$15; driver cited for theft.
- 10/22/11 Assisted Cloquet officers with a hold up alarm.
- 10/23/11 Report of gas drive off for \$30.24; driver cited for theft.
- 10/23/11 Report of domestic assault on Ridge Rd.; one taken to jail on charges.
- 10/24/11 Report of gas drive off for \$44.29.
- 10/24/11 Traffic stop on Big Lake Rd; driver cited for driving after revocation (DAR).
- 10/25/11 Traffic stop on Big Lake Rd.; driver cited for DAS and speeding.
- 10/26/11 Traffic stop on Hwy. 2; driver cited for speeding.
- 10/26/11 Traffic stop on Big Lake Rd.; driver arrested for no proof insurance, no Minn. driver's license, small amount of marijuana, and 3rd degree possession of controlled substance.
- 10/27/11 Report of vehicle in driveway with lights on; driver arrested for DWI, test refusal and obstruction.
- 10/27/11 Report of assault at supportive housing.
- 10/28/11 Report of unwanted person on Moorhead Rd.; transported to Black Bear Casino.
- 10/28/11 Report of unwanted people at Black Bear Casino; parties left when officers arrived.
- 10/29/11 Report of unwanted person on Ridge Rd.; person left the residence.
- 10/29/11 Report of disturbance on Scotty Drive; one brought to jail for domestic assault.
- 10/30/11 Report of a fight at the Junction Oasis Café; parties separated for the night.
- 10/30/11 Traffic stop on Pine-wood Dr. for impounded plates; removed plates from vehicle.
- 10/31/11 Report of one car roll-over on Brookston Rd.; helped Cloquet Fire Dept. get driver out of vehicle.
- 10/31/11 Report of gas drive off for \$8.60.
- 11/1/11 Fight at supportive housing.
- 11/1/11 Traffic stop Hwy. 2; driver arrested for warrants.
- 11/2/11 Traffic stop on Hwy. 31; driver warned for cracked windshield.
- 11/3/11 Traffic stop on County Rd. 5; driver cited for DAS and providing false information to a police officer.
- 11/3/11 Report of loud intoxicated people at the RBC; located the people and the parties left.
- 11/4/11 Report of gas line cut by Big Lake Rd. and University Rd.
- 11/4/11 Report of car swerving all over the road; driver arrested for DWI.
- 11/5/11 Report of female lying on the ground by supportive housing; ambulance was called.
- 11/5/11 Report of unwanted male on Ridge Rd.; male brought to another residence for the night.
- 11/6/11 Report of exclusion list male at Head Start; male was removed from reservation.
- 11/6/11 Car seat checks at Early Head Start to make sure everyone had a car seat.
- 11/7/11 Report of intoxicated person at Tagwii; brought to jail for probation violation.
- 11/7/11 Traffic stop on Hwy. 210; driver cited for speeding.
- 11/8/11 Traffic stop on Hwy. 2; driver warned for speeding.
- 11/8/11 Traffic stop on Reservation Rd.; driver cited for speeding and no seat belt.
- 11/9/11 Traffic stop on Cary Rd.; driver cited for no insurance and DAR.
- 11/9/11 Traffic stop on Twin Lakes Rd.; driver warned for faulty headlight.
- 11/10/11 Report of accident; driver cited for no Minn. driver's license and passenger (owner) cited for no insurance.
- 11/10/11 Traffic stop on Brevator Rd.; driver cited for speeding.
- 11/11/11 Traffic stop on Reservation Rd.; driver warned for speeding.
- 11/11/11 Traffic stop on Hwy. 2; driver cited for speeding
- 11/12/11 Assisted Cloquet officers during a fight at Wal-Mart.
- 11/12/11 Assisted Cloquet officers during a fight in front of Carmen's.
- 11/13/11 Report of unwanted person at Black Bear Casino; located male and brought to jail on probation violation.
- 11/13/11 Report of unruly person at Black Bear Casino; person charged with disorderly conduct.



The Veteran's day dinner at the Otter Creek Event Center as Roberta Welper gives her Keynote Speech.

A Proud Veteran speaks on Veteran's Day

By Zachary Dunaiski

One day a year is not enough time to honor our veterans, but on Nov. 11, about 150 people gathered at the Otter Creek Event Center to show their appreciation for the veterans.

This year's keynote speaker was Roberta Welper, Cloquet Community Center Manager and U.S. Army Veteran. Welper started by talking about how proud she is of her own family. Her mother, Joyce Marie Loons Troseth, and sister, Mary Northrup, are also U.S. Army Veterans, and two people that Welper is very proud to have as family members.

In addition to Welper and her sister Mary, their family also had an uncle; a cousin, another sister, 2 brothers, and her father serve in the military.

The keynote speaker and her siblings were taught to be strong; something that comes with being raised in a family full of current and future service men and women.

"We were also brought up to work hard and to fill up our time with constructive activities. We joked after we grew up that if you had 2 hours open on Tuesday you better get a job to fill the time," Welper said in her speech. Their mother also taught them to be independent and to be organized—

something that would later come in handy as they served their country. "While I was in the service I was always proud that I was serving my country," Welper said that night.

Welper still remains proud of her service, but she recalls that it wasn't always easy. It was hectic and stressful wondering what was going to happen next. "You always have the 'what if' hanging above you and that your life could change at any minute with a phone call. You watch the news and read the paper to see what the current world conflicts are, wondering if it will escalate into war."

It's that kind of life that makes all veterans proud of what they gave to their country, and makes the rest of America proud to have these men and women protecting them. The soldiers, who are willing to give their lives for their country and not just life or death, but give every minute, if necessary, to their country.

Welper was a helicopter mechanic while she served. She was a peacetime soldier as she served during a time when no U.S. military action was needed.

It was a great experience for her as she learned from fellow soldiers who served in Vietnam; watching and listening to the things they did from the experiences they gained while

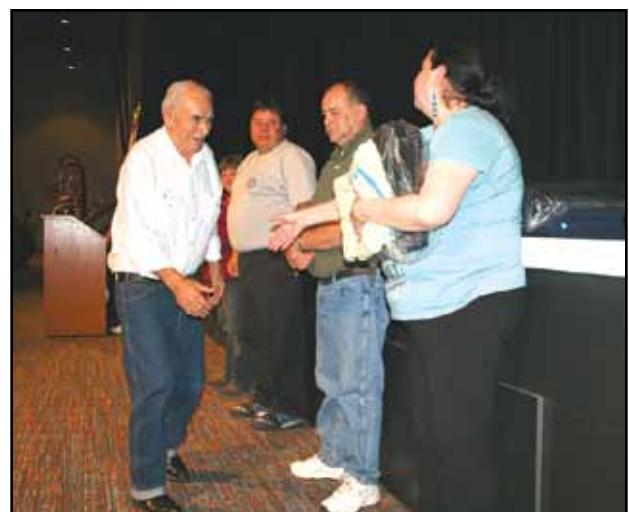
abroad. "They did not treat us as less than them. We were all soldiers serving our country."

It was at the end of Welper's speech that resonated with the crowd, as she spoke very passionately about the things that are important here and now. "We should all now choose to fight to keep our sons, our daughters, our grandchildren and our great grandchildren off drugs. We should not hesitate for the battle that needs to be fought on our reservation; we are warriors and should choose to get involved and to help others stay on the right path, always keeping the 7th generation in our thoughts and actions. And finally, I thank all of you who have served, especially honoring those who have given their lives for our freedom. I wish that all service members were peacetime veterans; it would be a better world if there wasn't a need for war."

Peacetime veterans were honored at this year's Veteran's day banquet. Fifty-four Fond du Lac Veterans were presented with a quilt, thanks to the collective effort of a group of women mostly from the Brookston district. The women who volunteered worked into the evening hours and barely finished the quilts before the banquet.



Chuck Els receiving his quilt from Mary Northrup, Brookston District Representative.



Harvey Defoe receives his quilt from the RBC members after the Veteran's day dinner.

etc

Cloquet School Referendum: positive reflections on YES/No

By Ken Scarbrough, Cloquet School Superintendent

Thank you, citizens of the Cloquet School District, for your support during the recent school referendum discussion and subsequent election that was held Nov. 8.

I felt we were going to have a very difficult task informing our public about the election when the decision was made to ask our voters to consider two levy questions to support student learning. However, our two local radio stations (WKLK and WGZS), CAT 7, local newspapers, service organizations, clubs, and people who have

had experience in communicating with the public went out of their way to help us inform our public and to hold discussions about the referendum election. With all this community help, I feel that the Cloquet School community was well informed.

I have been involved with numerous school levy elections. Such election activities can involve very heated conversations. These disagreements do not come from whether we support student learning, but rather how much we should pay for that learning and who should pay. Our community was very strong in voicing support for our students, but I also was

very impressed at the manner in which the election issues were discussed. Regardless of what sides of the questions our voters were leaning, the election discussions and behaviors were mostly respectful and thoughtful. Our community should be proud of how we hold these discussions and make decisions on important issues.

Finally, there is the vote to consider. No one likes saying yes to taxes, but our voters did say yes to extend the current levy authority. One thing I find impressive about this is that consumer confidence was close to 60 percent when we did our survey of school district

residents asking them what they felt they could support for school taxes. By the time the election was held in November, consumer confidence in our economy had dropped to 39 percent. So, even though our thoughts about the economy were dismal, our voters continued to support a referendum tax to generate almost \$100 per student.

The second levy question, an increase of \$275 per student was close, failing by only 86 votes out of over 2,100 votes cast. That tells me that it was a tough call for our community. Our citizens support our students, but confidence in our

economy is lagging about such things as jobs, fuel prices, food prices, and feelings that the world and national economies will rebound soon. Obviously, the school administration and school board are going to have a tough time making educational cuts this winter and spring. We don't want to reduce services, raise class sizes, or raise fees. However, throughout this very difficult process during which these things will happen, we need to remember the support our students have and the manner in which our citizens can discuss and decide difficult issues.



The Eagle has landed

The Resource Management and Tribal Court Building has an eagle statue on the building's south end, but not everyone knows its history.

Made of cast plate bronze near the turn of the 20th century, the eagle was originally a Japanese lawn ornament. George Barnum Sr. obtained it and his son George Jr. gave it to the Duluth Children's Museum around 1930.

Rich Jaworski, the Vice President of Operations, Programs, and Collections at the Duluth Children's Museum says that it was given to the Fond du Lac Band because it was a great fit. The Duluth Children's Museum is trying to make sure that all historical artifacts are well viewed, and the museum is simply running out of space.

"These things need to be viewable. We can't keep them in a drawer," Jaworski said, adding, "The eagle would have more relevance to the Fond du Lac community. The eagle is an important symbol to the Fond du Lac community, and would be very viewable in front of that new building."

The fit worked out for both the museum and the Fond du Lac Band. The eagle will hopefully be a symbol for the community for many years to come.

etc

Carlton school district spends less in operations

By Peter Haapala, Carlton School Superintendent

The Carlton Independent School District (ISD 93) received a draft of its fiscal year 2011 financial audit. The audit shows a decrease of \$237,475 in the operating deficit from the end of fiscal year 2010. The FY2010 operating deficit was \$989,557 and at the end of FY2011 the operating deficit was \$752,082.

This decrease is the result of district wide efforts to implement the Statutory Operating Debt (SOD) recovery plan that was approved by the Minn. Department of Education in Aug. 2010. Through the collective efforts of administration, faculty, staff and community members, the district is in a much better place financially than it was at the end of June 2010.

The work done to support the passing of the operating referendum in Nov. 2010 along with holding expenditures to the minimum provides the district the possibility to be out of SOD at the end of fiscal year 2013. This is very positive and should be celebrated.

The revised SOD projections show a deficit of \$462,972 at the end of FY2012 and a deficit of \$80,279 at the end of FY2013. This technically brings the district of statutory to operating debt. However the need to carefully monitor and control expenditures continues. Without further reductions the district does not meet the policy goal of an eight percent fund balance before the fund balance begins

to decrease in FY2016. The current operating referendum levy expires in FY2017.

The district continues to look for ways to increase revenues, including bringing some of the resident students, who chose to attend school elsewhere, back to Carlton. One of these avenues may be the implementation of an online school.

Building a positive fund balance allows the district to look at improving programming and educational opportunities for our students. District staff is beginning a curriculum review cycle this year with the district's mathematics curriculum.

Superintendent Peter Haapala would like to extend his thanks to all taxpayers of the district who voted in Nov. 2010 to continue to support the Carlton Independent School District. He would also like to thank the employees of the district who have worked together to make this turnaround happen. He states "I look forward to a future where Carlton ISD 93 is truly a community of excellence."

Giving thanks for native sovereignty

By Kevin Leecy, Chairman Bois Forte Band of Chippewa

It seems fitting that Native American Heritage Month coincides with the time of year when our country celebrates Thanksgiving—after all, the story of the first Thanksgiving shared by the pilgrims and Indians remains one of the most notable moments in our history, remembered and recounted year after year.

Most Americans probably

don't know quite so well what today's native people are thankful for. Not surprisingly, we are thankful for the same things as our non-native neighbors: family, friends, prosperity, and health. But in our case, these feelings of thanks can all be traced in some way to a single source: our sovereignty.

Sovereignty means freedom from the control of others. Individual sovereignty is prized in America; indeed, our rights to liberty and the pursuit of happiness are enshrined in the second paragraph of the Declaration of Independence.

Nations, too, are justifiably protective of their sovereignty. As a veteran of the U.S. Army Reserves, I have personally seen the pride that Americans take in safeguarding our country's autonomy and interests.

Indian nations value their sovereignty no less than other nations do. And so the Bois Forte people are thankful for anyone or anything that helps us protect and preserve our sovereign status.

Our most profound thanks go to our ancestors, who persisted in defending our nation in the face of overpowering forces, including the loss of our land, the loss of our ability to follow the seasonal rhythms of our traditional lifestyle, and even the loss of Indian boys and girls to far-off boarding schools.

Our ancestors clung fiercely to their identity as a sovereign people, insisting on their rights to speak their own language, celebrate their own ceremonies, and educate their own children. They understood that if they stopped fighting for these things, they would lose more

than just vocabulary or pow-wows. They would lose their core, their essence, their Indianness.

Tremendous thanks go to our friends as well: the neighbors, community leaders, policymakers and others who have made the effort to learn more about us. They come to understand that Indian sovereignty is not something that can be given or taken away. We were the first people here, and we were governing ourselves long before others arrived on our lands. The United States recognized our sovereign status in Article I, Section 8 of the U.S. Constitution and in treaties signed during the 18th and 19th centuries.

Our sovereignty is the basis for our right to operate casinos, and we are thankful for the many opportunities these businesses have provided. About 500 people – 70 percent of them non-Indian – work at our Fortune Bay Resort Casino, and still more are employed at non-gaming businesses on and off the reservation that depend on the visitors Fortune Bay draws to the region and the money it spends on goods and services.

And we are thankful for the health of our sovereign nation. Like a muscle, sovereignty must be exercised to remain strong. We will proudly – and thankfully – continue to do just that to ensure the future of our nation and our people.

Correction

We here at the newspaper would like to make a correction for an error that was made in the Nov. issue.

Our apologies go out to Lynne

M. Kosmach, who wrote a story about a recent Diabetes Prevention Program Award the program received. Lynne's name was accidentally misspelled under both pictures, and we would like to apologize for the oversight on our part.

Open hearing for Carlton ISD 93

There will be an open hearing at 5:30 p.m. Dec. 8, at the Sawyer Community Center. The purpose of this hearing is to provide opportunity for Fond du Lac Indian Reservation tribal officials and parents of Indian students to express concerns and make recommendations about school programs.

Pokémon tournament in CCC

A Youth Pokémon tournament was held Nov. 10 at the Cloquet Community Center. After a half day of school and a ceremony for the veterans, about 20 participants played the card game.

The tournament was about more than winning. It was a chance to have fun with friends, an opportunity to show off some cards, and even a chance to see how good their own collections were.

After two hours of playing, prizes were given out to the top three finishers. At times the kids enjoyed themselves while watching others play or even just talking to one another. A drawing took place for the remaining contestants. Michael Reynolds took first place, Jordan Diver took second place, and Darren Sayers came in third place.

Fond du Lac Ojibwe School

2011/2012 Girls Basketball Schedule

Date	JV/Varsity	Time	Opponent
Dec. 1	JV/Var	5:45/7:15	Little Fork-Big Falls
Dec. 3	JV/Var	2:00	at MN. Transition*
Dec. 5	Var.	4:45	Silver Bay*
Dec. 8	JV/Var	5:45/ 7:10	LCO
Dec. 13	JV/Var	5:45/7:15	at Pine City
Dec. 16	Var.	5:00	4 Directions*
Dec. 20	JV/Var	4:30/6:00	Bug School
Dec. 28&29	Var.	TBA	at Tournament
Jan. 3	JV/Var	5:45/7:15	at South Ridge
Jan. 5	Var	5:00	at Red Lake*
Jan. 7	Var.	1:00	Cass Lake-Bena*
Jan. 10	Var.	5:45	Carlton*
Jan. 12	JV/Var	5:45/7:15	at LCO
Jan. 19	Var.	5:45	Nay-ah-Shing
Jan. 20	Var.	5:45	at MPLS Henry
Jan. 24	JV/Var	5:45/7:15	at Bug School
Feb. 3	Var.	5:30	at 4 Directions*
Feb. 4	Var.	2:00	MN. Transitions*
Feb. 6	JV/Var	4:45/6:15	at Silver Bay
Feb. 10	Var.	5:00	Red Lake*
Feb. 14	Var.	5:45	at Nay-ah-Shing
Feb. 17	Var.	4:45	at Northeast Range*
Feb. 18	JV/Var	1:00/3:00	at Cass Lake-Bena*

Home games in bold

* With Boys Varsity

2011/2012 Boys Basketball Schedule

Date	JV/Vars.	Time	Opponent
Dec. 3	JV/Vars.	3:30/5:00	at MN.Transitions
Dec. 5	Varsity	6:30	Silver Bay*
Dec. 6	JV/Vars.	5:45/7:15	at Nashwauk
Dec. 15	JV/Vars.	5:45/7:15	Northwoods
Dec. 16	Varsity	6:30	4 Directions*
Dec. 17	JV/Vars.	1:00/2:30	Mpls. Rooseelt
Dec. 20	Varsity	7:00	at Mesabi Academy
Jan. 5	Varsity	6:30	at Red Lake*
Jan. 7	Varsity	3:00	Cass Lake/Bena*
Jan. 10	Varsity	7:15	Carlton*
Jan. 20	Varsity	7:15	at Mpls.Henry*
Jan. 21	JV/Vars.	11:00/12:30	at Mpls.Roosevelt
Jan. 24	JV/Vars.	5:45/7:15	Bullets
Jan. 27	Varsity	5:00	at Cristo Rey School
Jan. 30	JV/Vars.	5:45/7:15	at Northland/Remer
Feb. 3	Varsity	7:00	at 4 Directions*
Feb. 4	JV/Vars.	3:30/5:00	MN. Transitions*
Feb. 9	JV/Vars.	5:45/7:15	Cherry
Feb. 10	Varsity	6:30	Red Lake*
Feb. 14	JV/Vars.	5:45/7:15	at Bullets
Feb. 17	Varsity	6:30	at Northeast Range*
Feb. 18	JV/Vars.	1:00/3:00	at Cass Lake/Bena*
Feb. 21	JV/Vars.	5:45/7:15	Bigfork
Mar. 1	JV/Vars.	5:45/7:15	Ogilvie

Home games in bold

* With Girls Varsity

Legal notice

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

Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. The one year period commences with the first publication.

Band Members with unclaimed per capita accounts:

AMMESMAKI, Beverly
 BEGAY, Raymond Sr.
 BOSTO, Kenneth
 BRIGAN, Calvin
 CAMPBELL, Patricia
 CHRISTENSEN, Terry
 CICHY, Gerard
 CICHY, Leslie
 COPA, Hope
 CROWE, Gary
 DEFOE, Charles
 DEFOE, Edward
 DEFOE, Richard
 EUBANKS, Charice

GLASGOW, Edith
 GREENSKY, Charles
 GREENSKY, Florence
 HEENEY, Mary
 HERNANDEZ, Phyllis
 HERNANDEZ, Sherry
 HUHN, Cheryl
 JEFFERSON (Drucker), Mary
 JONES, William Sr.
 JOSEPHSON, Charles
 KAST, Cheryl
 KESELBURG, Arlene
 KNIGHT, Terri
 LAFAVE, John
 LAPRAIRIE, Robert
 LEMIEUX, Elvina
 LIVINGSTON, Bruce

LUSSIER, Pamela
 MARTINEAU, David
 MARZINSKE, Larry
 NORD, Marjorie
 OLSON, Daniel G. Sr.
 OSTROWSKI, Lorraine
 PALMER, Agnes (aka Agnes Rock)
 PERALES, Benjamin Jr.
 RUSSELL, Nina
 SHARLOW, Gerald D.
 SMITH, BENJAMIN W.
 SMITH, Carl E.
 STANFORD, Cathy
 TROTTERCHAUDE, Rex
 WICK, David

Area news

More mining jobs threaten environment in Upper Great Lakes region

By Zachary Dunaiski and Daniel Huculak

The sluggish economy affects everyone on some level and as it is still struggling to get back to where it once was, the southern Lake Superior shoreline becomes a more intriguing place for the mining industry.

Gogebic Taconite, a Florida-based mining company, wants to extract iron ore from an area just south of the Bad River Reservation, from Mellen Wis., stretching east to Michigan's Upper Peninsula. The project would bring about 700 jobs to the area.

If approved, the new mining jobs would pay around \$60,000 per year, nearly double the average income in that area. The project would create spin-off jobs, mostly in the service and transportation field.

The Bad River community would be dramatically affected by the mine. The band is worried that the proposed mine will negatively impact wild rice harvests, and contaminate local trout streams.

Wild rice is very important, whether you live in Bad River or in Minnesota's Arrowhead region. Lower wild rice yields are a concern for many. Contaminants in rivers and streams would pollute the water for hundreds, if not thousands of years. Air quality is also a concern.

Creating more jobs would be nice for the area, but at what

cost? A project like this is destined to destroy the beauty of the area as well. There are at least three dozen proposed or active mining operations in the three states that border Lake Superior.

Wisconsin isn't likely to accept such punishment to its environment. After all, they were the first to pass a law to limit acid rain, the first to ban the pesticide DDT, and the first to enact an endangered species list. Wisconsin also enacted the "Prove it First" law. That law requires that metallic sulfide companies seeking to mine must first show that similar mines have operated successfully in North America for at least 10 years. The story was published in the News from Indian Country newspaper.

White Earth trains for missing people

When a person goes missing, it can often be a challenging and expensive task to try to find them, often including the use of helicopters, police, etc.

The White Earth Band is training people in the ancient skill of man tracking, a story that was first reported by Minnesota Public Radio.

It is difficult to read the signs of a person in the vast wilderness of Minnesota, but it is something that can be done. After training a person can read signs of broken twigs, heel imprints, or even bent pine needles. Participants in the training session referred to it as an "intense feeling" tracking a human being. The fact that it is just a training session doesn't

change the feeling for them.

Steve Dahlberg teaches a class in tracking animals and took place in the human tracking training sessions. Dahlberg talks about just how much is at stake when you're tracking a human, and that's what makes it so challenging. According to Dahlberg, this method of tracking is a more effective way to find a missing person than the traditional way of lining people up and just blindly sending them into the woods. While that method does work sometimes, there is no consistency, which makes it less effective.

"It's much more effective to actually follow the person than just flail around in the woods and hope you stumble onto them," Dahlberg said about the training.

While this is still in the early stages, White Earth Conservation Officers are hoping they get more funding to continue to offer this training.

US Congress deals major setback to Tribal Justice Programs

Cuts to funding sets back projected tribal law enforcement gains

The US Congress has leveled a major setback to Indian tribes in need of critical resources to combat the highest crime rates in the country. A decision by Congress to cut over \$90 million from proposed funding for essential Department of Justice measures in Indian Country leaves tribal law enforcement

and federal personnel with far too few resources to fight crime on tribal lands. Signed into law last year with bipartisan support, The Tribal Law & Order Act (TLOA) set out to reduce crime in Indian Country by making improvements to the way criminal justice is administered on tribal lands and reauthorizing critical tribal justice programs. The recent funding cut will make the Act's intended goals very difficult to attain.

The National Congress of American Indians (NCAI), the nation's leading tribal advocacy organization, is calling this a failure of significant proportions.

"We understand these are tight budget times but this is a failure of the worst kind. Tribes and the federal government were finally working together to tackle major crime and security issues. Now the House and Senate have irresponsibly cut crime fighting efforts in communities that need it the most," said Jefferson Keel, President of NCAI and a member of the Indian Law and Order Commission – an independent commission established by the TLOA. "NCAI urges Congress to immediately restore tribal law enforcement funding levels and reinstate the 7% tribal set-aside of OJP programs."

Indian reservations nationwide face violent crime rates more than 2.5 times the national rate and some reservations face more than 20 times the national rate of violence. Non-Native offenders, immune to tribal prosecution, are many times responsible for violent crimes, gang activity, and drug trafficking on

tribal lands. The TLOA provides tribal and federal law enforcement officials the tools to work together to combat crime and prosecute these offenders. Initial programs are beginning to make significant reductions in crime but implementation of the law is in its early stages. These cuts slash core funding at a critical time and chip away at the gains made since the TLOA was passed.

On Nov. 14, Congress released the FY2012 Appropriations Conference Report for Commerce, Justice, Science, and Related Agencies (CJS), which includes all Department of Justice (DOJ) tribal programs. The report drastically cut funding for tribal justice programs across the board and did not include the proposed 7 percent tribal set-aside for all discretionary Office of Justice Programs (OJP) which has previously been supported by both the House and Senate CJS Subcommittees (the House in FY 2011 and the Senate in FY 2012). The Conference Report proposes \$15 million cuts to both the COPS Tribal Resources Grant Program and the Tribal Youth Program. Funding for tribal assistance within OJP was also decimated, receiving only \$38 million, a mere fraction of the approximate \$100 million initially proposed in the President's FY2012 budget request. The information for this story was obtained from a NCAI press release.

Ashi-niswi giizisoog (Thirteen Moons)

Manidoo-giizisoons

The new Manidoo-giizisoons begins Dec. 24. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter Moon.

Waawaashkeshi and mooz season update

By Mike Schrage

Fond du Lac Wildlife Biologist

The Fond du Lac Reservation and Ceded Territory deer season opened Sept. 6. As of the end of Oct, 19 waawaashkeshi (deer) had been registered from the reservation and 32 deer from the Ceded Territories. Both of these numbers are lower than for the same time period last year. By late Oct. of last year, 43 deer had been registered from the reservation and 52 from the Ceded Territories.

A new system was enacted in 2011 for allowing online or phone registration of FDL deer. Through the end of Oct., about 30 percent of FDL hunters had taken

advantage of the new system to register their deer. Historically about half of FDL's total deer harvest takes place during the first 3 weeks of Nov. The reservation and Ceded Territory deer seasons close Dec. 31.

The Fond du Lac mooz (moose) season opened Sept. 24. In 2011, 72 permits were available to Band Members. By the end of Oct., 17 moose - 13 bulls and 4 cows - had been registered by Fond du Lac hunters. Last year FDL hunters took 24 moose. Statewide, 94 moose hunting parties took 55 bulls, and 1854 Treaty Authority hunters took 10 bulls out of 59 permits issued. The moose season for Fond du Lac ends Dec. 31.

FDL hunter Duane Barney took this picture of a bull moose from about 10 yards away. He was near Grand Marais, Minn. Happy Hunting Duane!



Holiday Lights Recycling

By Shannon Judd

Fond du Lac Environmental Educator

The Fond du Lac transfer station on University Rd. accepts holiday lights for recycling. Please do not throw

them away! Additional collection locations will be added soon.

Thank you to all of you who recycled your holiday lights over the past two years. As some of you may have seen on the news, holiday lights are dis-

assembled at employee training centers.

For example, lights collected by Fond du Lac are taken to Pine Habilitation and Supported Employment, Inc. (PHASE). Every part of these lights is recyclable; glass is crushed and

used to make tiles, fiberglass and asphalt; wire strands are reused to make new wire.

By recycling your lights, not only are you helping to reduce the amount of waste going into a landfill, you are also helping to provide jobs for people in

need.

You may also bring in cords for telephones, appliances or any other electrical cords for recycling. Miigwech!

Upcoming Events:

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

This page addresses culture, ecology, and natural resource management. Thirteen Moons is a Fond du Lac Tribal and Community College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, and University of Minnesota Extension.



Health News

Nutrition and Physical Activity Guidelines for Cancer Prevention

Recommendation #9: Cancer survivors should follow these recommendations unless otherwise advised from an appropriately trained professional.

Cancer survivor can mean different things. The American Cancer Society defines a cancer survivor as anyone who defines themselves in this way. It could be a person living with a cancer diagnosis, or completed cancer

treatment or lived years past a cancer diagnosis. Wikipedia defines it as an individual with cancer, of any type, current or past, who is still living. The National Cancer Institute's definition is: In cancer, survivorship covers the physical, psychosocial and economic issues of cancer, from diagnosis until the end of life.

It is encouraged that cancer survivors follow the

same nutrition and physical activity recommendations for cancer prevention. It is advisable that cancer survivors talk to an appropriately trained professional about their specific situation. Certain situations may involve special nutritional considerations. There is no current research that suggests the foods that a cancer survivor eats will prevent cancer from reoccurring. But, eating right

will help regain strength, rebuild tissues and feel better.

A cancer survivor has, initially, a weakened immune system and should keep in mind food safety tips:

- Wash hands frequently
- Wash fruits and vegetables well
- Keep foods at the right temperature
- Keep raw meats and raw meat juices away from other foods

Recipe of the month: Banana Oatmeal Cookies

Canola oil spray
 3/4 cup unbleached flour
 1/4 tsp. salt
 1/4 tsp. baking soda
 1/2 tsp. ground cinnamon
 1/4 tsp. ground allspice
 1 cup quick-cooking oats (not instant)
 1/3 cup raisins
 1/4 cup chopped walnuts
 1 large egg white
 3 Tbsp. butter (preferably unsalted), cut in 1/2-inch pieces
 1/2 cup (packed) dark brown sugar
 1 small banana, cut in 1-inch pieces
 1 tsp. vanilla extract

Set baking racks in top and lower thirds of the oven. Preheat oven to 400 degrees. Coat 2 baking pans or cookie sheets with oil spray.

Whisk together flour, salt, baking soda, cinnamon and allspice in a mixing bowl. Mix in oats, raisins and nuts.

In a blender on medium speed, mix egg white, butter and sugar until smooth. Blend in banana and vanilla until mixture is smooth. Pour banana mixture into bowl with dry ingredients, mixing with spatula until well combined. Batter will be fairly stiff.

Drop batter by walnut-size spoonfuls onto prepared baking sheets, spacing cookies at least 2 inches apart. Flatten them slightly with the back of a wet spoon, wetting spoon frequently between cookies, to make 2-inch cookies.

Bake 10 minutes. Switch position of pans in oven. Bake an additional 5 to 8 minutes or until cookies are golden brown and almost firm in the center when pressed with a finger. Transfer cookies to a baking rack and cool. Stored in airtight container, these cookies keep up to 1 week.

Makes 2 dozen cookies. Per cookie: 76 calories, 3 g. total fat (1 g. saturated fat), 13 g. carbohydrate, 1 g. protein, < 1 g. dietary fiber, 42 mg. sodium.
 Recipe from AICR

“Celebrating the Power of Rural” by Thanking You!

On Nov. 17 the first-ever National Rural Health Day was celebrated – an event created by the National Organization of State Offices of Rural Health to call attention to the unique healthcare issues facing rural America. ‘Physician shortages’ is among those issues, and the mission of our medical school, located on the UMD campus, is to inspire and educate students who

will practice primary care in rural and Native American communities.

So, on this first National Rural Health Day, we are pleased to send this public letter to say “thank you” to the physicians, health care workers, and community leaders on the Fond du Lac Reservation who teach the students from our medical school in your clinics and other locations. We also

thank the patients who allow a student to be present during their examinations with their physician-teacher.

Forty years ago this year, we opened our classroom to the first students. Today there are more than 1600 alumni:

68 percent practice primary care medicine. 48 percent practice in communities of up to 25,000 people. (compared with eight percent of

physicians nationally.)

Among all medical schools in the country, the U of M Medical School ranks second in graduating American Indian physicians thanks to the work of our campus.

We could not teach these students effectively without all of you. Thank you for helping us educate Great Doctors for Greater Minnesota

Honoring the gift of heart health

- Monthly groups will be held at the Tribal Center classroom from Noon—1:00PM.
- This month's topic: Heart healthy eating (Dec. 5)

This is an approved wellness event for the Native American Nike shoes at a discount!

Cooking class holiday ideas

**Friday Dec. 2 at noon
Place: Tribal Center ENP**

Community News

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. Full names, including individual last names are required.

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 Dec. 15, 2011 for the January 2012 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

Happy Birthday

Matthew Martineau "23" just to let you know I didn't forget you on your "special" day (Nov. 7)
With ALL our Love: Mom and Chris

Happy Birthday to **Allie Tibbetts**, who is 26 this year! (Dec. 19) Thank you for being my best friend and a great big sister and an awesome auntie to my little boy!
We love you very much! Sophie and Sewell

Margaret Needham at the CAIR would like to wish the following staff a Happy Birthday: **Ellie Schoenfeld**, Behavior Health Therapist (Dec. 15); **Rochelle Kredovski**, CD Counselor (Dec. 26); **Jenn Hall**, CAIR/MNAW Nutritionist (Dec. 27); and **Deb St. Germaine**, Pharmacy Technician (Dec. 27). *We wish you all a Happy Birthday!*

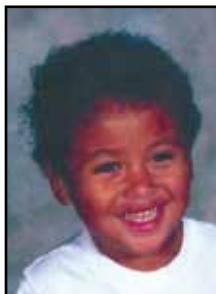
Happy 27th Birthday to our twin Brothers **Jaris "Pokey" Paro & Jarvis "Chubbs" Paro** (Dec 8)
Love Jason, Janelle, and Jaimie

Happy Birthday **Jesse Zacher** (Dec. 4)
Love, Mom

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a happy Birthday:
Joy Cotton (Dec. 15), **Nicholas Sumner** (Dec. 19), **Aaron Olsen** (Dec. 22), and **Vanessa Fineday** (Dec. 26)



Happy Birthday to my little biker chick **Tamara Amanda Jo Lund** (Nov. 21)
Love Mom, Jeff, D.J., Destiney, and Torii



Happy 3rd Birthday **Zacobi White "BOOBERS"** (Dec. 17)
Love always Grandma Nikki

Happy B-day to a loving, adorable mother **Linda Shabaia** and great brother Harold Diver Jr. (Dec. 6)
With love from your family.

Would like to wish my brother and sister, **Nick and Nicole Ammesmaki** a Happy Birthday (Dec. 28).
From Dawn, Dennis, Natasha, Naomi, Naddia, Naya, Nelly, and JJ Ammesmaki.

Happy Birthday to my awesome sister **Dianne Blanchard Kartiala** (Dec 2). I love you! **Ellen**. Happy Birthday Aunt **Dianne**. Enjoy your day. I love you, **Jamers**
Happy 11th Birthday to **Mackenzie Bassett** (Dec. 6) I love you to the moon! Kisses, **Nana**

Happy Birthday **Mackenzie Bassett**. I love you little girl. I'm so proud of you, **Aunty**

Happy Birthday to my wonderful daughter-in-law **Sara Bassett** (Dec. 12) I love you, **Mom**

Happy Birthday to the best sister-in-law, **Sara Bassett** Love you, **Jamie**

Happy Birthday to my granddaughter **Maddie Bassett** (Dec. 29) I love you sweetie!
Grandma Ellen

Happy Birthday **Madds!** Love **Aunty Jamie**

Happy Birthday **Tapio Kartiala** (Dec. 31)
Love, EL

Happy Birthday to my wonderful husband, **Brian Peltier** (Dec. 21) Birthdays are filled with yesterday's dreams, today's joys, and tomorrow's dreams. I wish all of your dreams come true not only today but always.
All My Love, Linda

Happy 11th Birthday **River Hietala!** (Dec. 13)
Love Mom, Mat, Sisters, & Brothers

Happy Birthday **Patti Jo Savage** (Dec. 16)
Love, your Big Sister and Delilah

My pretty girl **Delilah Savage** is 7! (Dec. 17) Happy Birthday



my girl, you are my world.
Love always, your momma
Happy 7th Birthday **Savage**

(Dec. 17)
Love Auntie Patti Jo, Uncle Danny & the Boys

Happy Birthday to our Great Great Uncle **Jerry Savage** (Dec. 24)
Love Dannin and Daicin

Happy Birthday **Patti Jo Savage** (Dec. 16) Love you always
Love always, Danny

Happy Belated 18TH Birthday **Alycia Erickson** (Nov. 26)
Love, Mom Darrell and Cody

Loretta Erickson would like to wish a Happy Belated Birthday to **William Herwig** (Nov. 2) and **Laura Runstrom** (Nov. 19).

Loretta Erickson Asst Acct Manager/ Drop Team manager would like to wish the follow employees a Happy Birthday; **Jennifer Clark** (Dec. 3), **Edna Roseth** (Dec. 8), **Robert Hanson** (Dec. 17), **Karen Wilton** (Dec. 18), **Jennifer Decker** (Dec. 19), **Alex Cosgrove** (Dec. 19), **Shane Jones** (Dec. 28), **Virginia Melin** (Dec. 29), **Jeffery Bobrowski** (Dec. 30)

Birthday greetings to **Bonnie Wallace** (Dec. 4). Happy Anniversary of your 39th Birthday!
From your co-workers



Community News



Left: Three unidentified smurfs pose for a picture at the Cloquet Community Center Halloween party Oct. 30. According to CCC manager, Roberta Welper, there was a good turnout.

Top: Antonio Northrup standing for a photo at the Brookston Community Center Halloween party, also held Oct. 30.

Happy Birthdays to **Jesse Zacher** (Dec. 4), **Julia Kara Jaakola** and **Jody Jaakola** (Dec. 6), **Piper Jaakola** and **Blake Jaakola** (Dec. 11), and **Christopher Antus**, (Dec. 12). Also a Belated to **Dwayne Jaakola** (Nov. 14) **Ed Jaakola Sr.** (Nov. 26), **Lorri Antus** (Nov. 29) **Careletta Jaakola** (Sept. 7), **Alden Jay Jaakola** (Sept. 10), **Bradley Jaakola** (Oct. 16), and his son **Carter Jaakola** (Oct. 30)

From Ed and Carol Jaakola

The family of **Octavia Martineau** would like to say "Happy sweet 16th birthday" (Dec. 8). We love you with all of our hearts, are very proud of you and hope you have a beautiful day!

Love, mom, sissy Olivia, your little brothers Orion and Owee, grandma Carol, gramma Beanie

and the rest of your family.

Congratulations

Congratulations **Todd Defoe** on your well-deserved MBA (Eau Claire). No one is prouder of you than your mother. *Love, Mom.*

In Loving Memory

In Memory of **Patricia Peacock** 5/28/1952 - 12/21/1972;
Emeron (Dozer) Peacock 3/13/1960 - 12/25/1978;
Elizabeth (Bitsy) Peacock Andrews 8/26/1958 - 12/22/2001

"We do not walk alone. There are Angels that guide us, protect us and help us during our time of need."

Forever in our hearts The Peacock Family

Obituaries

Kathryn "Dena" Lucille Howes, 91, of Cloquet, died

Nov. 13, 2011, in her home with her loving family by her side.

She was born April 2, 1920, in Cloquet, to Riley and Josephine Thompson. Kathryn married William Howes II on July 5, 1940, and they made their home in Duluth. Kathryn was a cook at St. Mary's Hospital and St. Mary's Convent during the 1960s and 70s, retiring in 1980. She moved to Cloquet in 1984.

Kathryn was a member of Holy Family Catholic Church and she was a descendant of the Cherokee Nation of Muskogee, Okla.

Family was very important to Kathryn. She especially enjoyed spending time with her grandchildren and great-grandchildren.

Kathryn was preceded in death by her husband, William; son Edward Daniel Howes; daughter Nancy Marie Howes; and great-granddaughter Mahali Agaton

Howes; brothers Joe, Sam, Chuck, Edward, and Henry "Bit" Thompson; and sister, Nancy Thompson.

She is survived by four daughters, Carol Wiener of Cloquet, Margaret J. Parks of Red Wood Falls, Minn., Pat Dunlap and Mary Howes, both of Cloquet; 21 grandchildren; and 27 great-grandchildren with one on the way.

Visitation with the Rosary was held Nov. 16, 2011, in Atkins-Northland Funeral Home, Cloquet. Visitation continued until the 11 a.m. funeral service Nov. 17, 2011, also in the funeral home. Burial was held at Old Holy Family Cemetery in Cloquet. Lunch followed in the ENP.



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 lake-shore; driveway and septic tank on 56 feet of FDL leased land. Asking \$235,000. Call (218) 879-5617 for more info.

Manidoo Giizisoons – Little Spirit Moon December 2011

CCC: Cloquet Community Center, (218)878-7504; BCC: Brookston Community Center, (218)878-8048; SCC: Sawyer Community Center, (218)878-8185; CAIR: Center for American Indian Resources; MNAW: Min no aya win (218)879-1227; BBCR: Black Bear Casino Resort; OJS: FDL Ojibwe School; CFC: Cloquet Forestry Center; NRG: Natural Resource Garage; BBGC: Black Bear Golf Course; MKW: Mash-Ka-Wisen Powwow Grounds; DC: Damiano Center; FDLTCC: Fond du Lac Tribal & Community College; OJSHS: Ojibwe School Head Start; FDLGG: Fond du Lac Gas & Grocery; TRC: Tagwii Recovery Center; FDLM: Fond du Lac Museum; CPT: Cloquet Premier Theatre; OJS: Ojibwe school; RMD: Resource Management Division

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">ELDER CHRISTMAS PARTY Open to enrolled FDL Band Members 52+ and spouses Registration 9 a.m. Dinner, drawing and entertainment 11:30 a.m. Please bring a non-perishable food item for the local Food Shelf</p>				<p>WIC 9 a.m. CAIR Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">1</p>	<p>FDL Elder Christmas Party 11:30 a.m. BBCR Water Aerobics 9:45 a.m. CCC Cooking Class 12 p.m. CCC</p> <p align="right">2</p>	<p>Gym closed CCC</p> <p align="right">3</p>
<p>Gym closed CCC</p> <p align="right">4</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Heart Health class 12 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p align="right">5</p>	<p>WIC 12 p.m. CAIR Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">6</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC Elder Concern mtg 10 a.m. CCC Adult Game day 12:30 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM</p> <p align="right">7</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">8</p>	<p>Water Aerobics 9:45 a.m. CCC</p> <p align="right">9</p>	<p>Open Basketball 1 p.m. CCC</p> <p align="right">10</p>
<p>Volleyball net up 12:30 p.m. CCC</p> <p align="right">11</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cibbage 5 p.m. CCC</p> <p align="right">12</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">13</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern mtg 10 a.m. CCC On the Move 12 p.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM I CAN COPE 5 p.m. MNAW</p> <p align="right">14</p>	<p>WIC 8:30 a.m. MNAW Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">15</p>	<p>Water Aerobics 9:45 a.m. CCC Elder Bake Sale 10:30 a.m. CCC Holiday Family Photos 4 p.m. CCC Supper 5 p.m. CCC Bentleyville 6 p.m. CCC</p> <p align="right">16</p>	<p>Cloquet District Holiday Party 12 p.m. CCC Open Basketball 1 p.m. CCC Michael Brule 7:30 p.m. BBCR</p> <p align="right">17</p>
<p>Volleyball net up 12:30 p.m. CCC</p> <p align="right">18</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 9 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Cribbage 5 p.m. CCC</p> <p align="right">19</p>	<p>Elder Concern mtg 10 a.m. CCC WIC 12 p.m. MNAW Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">20</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM</p> <p align="right">21</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">22</p>	<p>Elder Exercise 8:30 a.m. CCC Water Aerobics 9:45 a.m. CCC CCC open 10 a.m. – 6 p.m.</p> <p align="right">23</p>	<p>CCC closed BCC closed SCC closed</p> <p align="right">24</p>
<p>CCC closed BCC closed SCC closed</p> <p align="right">25</p>	<p>CCC open 10 a.m. – 6 p.m. GED 4:30 p.m. SCC</p> <p align="right">26</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">27</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC Elder Concern mtg 10 a.m. CCC GED 4:30 p.m. SCC Zumba 4:45 p.m. OJSHS Beading 5 p.m. FDLM Sobriety Feast 5:30 p.m. CCC</p> <p align="right">28</p>	<p>Get Fit 12 p.m. CCC GED 4 p.m. CCC Water Aerobics 5 p.m. CCC AA/NA Support 6 p.m. TRC</p> <p align="right">29</p>	<p>Water Aerobics 8:15 a.m. CCC Elder Exercise 8:30 a.m. CCC</p> <p align="right">30</p>	<p>Open Basketball 1 p.m. CCC</p> <p align="right">31</p>