

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



Rebecca St. George touching the solar panel during the tour following the dedication.

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Local news

Keeping a roof over our heads

By Zachary N. Dunaiski

It was one of the hottest days of the year, with the next day expected to be just as hot, when I ran into Mark Maciewski, Fond du Lac's General Foreman at the Min No Aya Win Clinic. He told me a crew of his was working on Drake Drive shingling houses and told me that they would really appreciate the recognition for their hard work in the extreme heat and that they'd be out again the next morning.

The next day I grabbed my camera and headed over to Drake Drive, and based on what Mark had told me about how quickly the crews were roofing the seven houses on that street, I expected to find a crew of ten plus, which is exactly why I passed the house and had to turn back around. A four man group didn't seem like enough to re-shingle as quickly as they were.

Once there I was immediately greeted, welcomed, and allowed to

head straight up to the roof to start taking pictures of the guys hard at work. This was one of the more fun days of my job as I got to meet four awesome guys, Chris Dahl, Gary Dahl, Lee Tibbetts, and Randy Zacher, who not only worked hard, but were a fun group to just shoot the breeze with.

Me being there didn't slow them down a bit. I was there for about 40 minutes and they still got just shy of a quarter of the roof shingled. This led me to ask Gary how long they take to replace a roof.

"About two and a half days.

Randy and I got here yesterday and tore off the old shingles in about 45 minutes," Gary replied. I was shocked and impressed. That's why this group calls themselves the A team. They put their hands together so that they're hands and arms form a big A. It was also the shape of a roof. I saw what they were going for there. It was a nice double symbol. So knowing how quickly they worked and that they

were doing several projects in the coming weeks for roofs, I asked them how many roofs they had done.

"Too many to count," they joked. After thinking, they assumed that they had done the roofs of almost 200 FDL homes over the last several years.

By the time I was done I had such respect for these guys. Not only had they been up there for almost two hours by the time I left, but I was sweating immensely and all I had done was taken pictures and talked to them. Not to mention the fact that it was only 9:40 in the morning and was about 10 degrees cooler than the day's high temperature.

I think sometimes that we all take for granted the roofs over our heads, or even how they got there in the first place. It's because of hard working men and women like the four guys on this crew that make that possible.



Chris Dahl (left) and Gary Dahl nail down shingles as Lee Tibbetts keeps bringing more shingles.

Remembering "Chibenashi" Jim Northrup

By Dan Huculak,
WGZS Station Manager

Mention the name "Jim Northrup" to people around Indian Country and you will probably hear stories about the celebrity who lived among us; a man who was internationally known for his career as a poet, the author of several books; the creator and writer of "Fond du Lac Follies; and a Vietnam Veteran.

Jim Northrup passed away Aug. 1 from complications from kidney cancer. He was 73 years old.

People living closer to home may speak of a man fluent in speaking Anishinaabe and teaching others at Language Table meetings at the Cloquet Community Center and the Language Camps held at the Kiwenz Campground every summer.

When I spoke to family members about Jim, I expected to hear stories about his life following and teaching the Anishinaabe traditions he learned as a child, and I did. But it was also interesting to hear about the man, and a deeper look into his sense of humor and those stories came out as well.

Jim's son Matthew spoke with me near the sacred fire burning at the family home in Sawyer. Matthew spoke of things any son might say when describing his father. What surprised me was how he described the relationship with his dad as he was growing up.

"Toughest man I've ever known, I don't think I'll find somebody that's ever hit me as hard as my dad, and I've been in a lot of fights. But when you grow up, and you think your father as a father figure and what that means to a child, you know - strength. And my whole life I've only known him as the strongest man I've ever met."

Besides his family, Jim Northrup also had close friends - as close as family members. Rick Greszyk was on the other side of the world in Thai-

continued on next page

Local news

from previous page

land when he heard the news of the passing of his longtime friend.

"I considered him like a brother. We even went through a ceremony where we adopted each other as brothers. My own family, my brothers and sisters live out west in California and Washington and so Jim and

Pat, really, have been family to me.

We played a lot of

Scrabble, and once during a Scrabble

game, he had the idea that

we should have a language camp."

He said we

could do it my backyard but

I said no, we should find another spot. And then the idea

of the campsite, let's use the camp. Over the years, the Band

has done a good job to develop the campsite and after our first

summer camp, we decided that we should name it after

his grandpa. And his grandpa's

nickname was Kiwenz, which means old man (in Ojibwe) and so that's how the camp got its name.

"I said that I'd like to help in any way that I could. So they asked me to be a pallbearer, and so that's a real honor," Gresczyk said.

Dr. Arne Vainio and his wife Ivy were a part of the Northrup family and spent much time with Jim and Pat.

"I really can't even remember a time that I didn't know Jim and Pat. My wife Ivy and I were married in 1997 before we came here. You know Ivy has just over those years

become Jim's official photographer and traveled with him to Lambeau Field when he spoke to thousands of Veterans at one time and that was really a powerful and moving experience. She's been a part of the family for sure; I think every Sunday ends up at the Northrup's, on Northrup Road in Sawyer. And Jim and I've certainly spent a lot of

time together.

In March, we were sitting by the fire, watching that maple syrup boil, and there isn't anything to do but talk. People forget that treasure the earth provides for us. We have processed foods and processed lives and Jim and Pat didn't forget that. We made birch bark baskets and harvested wild rice. But to sit by that fire, and to watch that maple sap boiling and to know that if it tried to boil over, they had a piece of bacon on it, hanging on a string above that kettle, and all it had to do was touch that bacon and that foaming would stop. You know, that's something that's been passed down for a long time and they just do that."

Over the past several months, WGZS has been interviewing our Ogichidaag - Fond du Lac Warriors as part of a Veteran's Voices project being shared with the 18-station group known as the Association of Minnesota Public Educational Radio Stations (AMPERS). Despite his failing health, Jim and his wife Pat were very generous with their time in allowing me to spend some 90 minutes

during an interview visit back in April.

I interviewed Jim and we talked about a wide range of topics, from his childhood and experience as a boarding school survivor, to his military career, to his writing and poetry, to his family. I am pleased to have known him and I'm happy to share those interviews with Jim, and all of our Ogichidaag; our brave Military Veterans who served our country, and spoke with me or our producers.

One aspect of Chibenashi's writing was most appreciated, and those who benefitted the most from Jim's poetry or writing is fellow veterans, particularly Vietnam veterans, who weren't appreciated when they returned from that very unpopular war. Brad Bennett served in the Marine Corps during Vietnam and is a two-time Purple Heart recipient. Bennett invited Jim Northrup, current Fond du Lac Veterans Services Officer Tom Whitebird, members of the FDL Veterans Honor Guard, and I to the 50th Anniversary "Welcome Home" recognition event at the Duluth Depot back in

May. I also spoke to Brad after Northrup's passing.

"I knew Jim from a long time ago. In fact, way before we started raising the money and dedicated the Northland Vietnam Vet's Memorial down along the Lakewalk in Duluth, Jim was there at the dedication of that and read some of his writings at that time and that was a very important part of that dedication.

The thing I remember most about Jim is (having been in the Marine Corps at the same time) we were in two different units but we walked the same trails and went through the same areas in Vietnam. His writings, especially about the war, really hit home with me because he said the things that were probably rattling around in a lot of the Vietnam Vets' heads."

"Jim just had a way of putting that (his experiences in Vietnam) down on paper - that so many of us couldn't do. Some of us could do it verbally, but we couldn't put it in writing that made it so clear like he did, that just made you feel like you were still there," Bennett said.



"Chibenashi" Jim Northrup

Nahgahchiwanong Dibahjimowinman

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

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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



Artwork by Aaron Kloss

RBC Thoughts

Brookston News

Boozhoo,

I would like to first and foremost thank all those that had supported me through the election process for District III Representative. I would also like to thank all the other candidates that filed for the position. I am very dedicated to represent all the people of District III and Fond du Lac as a whole.

I am very excited about returning to work for our Band membership and working with the other Reservation Business Committee members. I will say that we have been very busy during our first few months since taking office. We have met with many of our staff to learn about their divisions. I am always amazed with the staff and how much they do “behind the scenes” when making a transition, but also still doing their day-to-day work. We also have been taking time meeting with Band members from on and off the Reservation.

I had met with Brookston Center staff and we had discussed the direction we would like to see the center focus on, which would be community-based and also working with clinic staff to possibly bring some of the Social Services Outreach work to the community. I have expressed that we will not continue to be separated from the other centers and that I would like to see that we have programs where all Fond du Lac Band members are welcome to participate. We have approved

a bike program to be run at the Brookston Center and it is successful. Thank you to Representative Bruce Savage, Phil Petite, Sandy Savage, Bryan Bosto, and Roberta Marie. I apologize if I have missed anyone. We will continue to explore more programs that are geared towards our youth.

We have also been very busy meeting with various staff at Division Directors’ meetings and regular RBC meetings.



Roger “Bouda” Smith Sr.

Most of this is for the new RBC to get to know who they are, what they do and what current projects they are working on. We have also met with our Legislatures for the area such as U.S. Senator Al Franken, U.S. Congressman Rick Nolan, and MN Lt. Governor Tina Smith.

We have had our dedication ceremony for our 1-megawatt solar farm. I would like to thank the Resource Management staff for completing this project, Wayne Dupuis and especially the hard work of Bruno Zagar and the rest of the staff there. We have also passed a resolution “Opposing the Dakota Access Pipeline and Supporting the Standing Rock Sioux Tribe’s Opposition to the Pipeline”.

I know there are things that I may have missed and will try to remember for next month. I would like to send out condolences to the Northrup, Foldesi, and Pickus families for their loses. I apologize if I have missed any other families that have lost loved ones.

Chi Miigwitch,
Roger “Bouda” Smith Sr.

Boozhoo,

Summer is rapidly turning into fall. I noticed today that leaves were beginning to change colors already. I see Band members preparing for the rice season again. There are certain times of the year that remind me of someone who has passed to the spirit world and it is my grandfather at this time of the year. He used to sit in the shade of my uncle’s garage and make poles and knockers that he would sell to those in need. When I go by there I can almost see him carving away with a huge pile of shavings at his feet.

The RBC has approved the rice season purchasing procedures for this fall. They are available on our website. All the storms that we have had lately have damaged the rice crop pretty severely this year on Reservation so you might want to check with Resource Management to locate some more productive lakes to harvest this fall.

The RBC has been working on two energy saving projects over the past few years and they are coming to completion. The one megawatt solar array will be opening this week with the potential to provide 1/10 of our electrical needs at the casino. That

could be up to \$8,000 per month. The second one that is beginning is an energy saving plan. We had an audit done of our buildings and their energy efficiency. There were several areas that we could improve upon so we decided to make the changes that were being recommended to the cost of \$3.5 million approximately. The company that did our audit and



Ferdinand Martineau

doing the renovations has guaranteed that we will pay the loan within seven years through our energy savings.

We have received notice that the Government Services Agency (GSA) is ready to turn the title of Wisconsin Point over to

the Band. This has been a long struggle and it is not over yet. Once we receive title to the property we have to apply to have it put into trust for the Band, should we decide to have it declared part of our Reservation. The process will take much more time to complete but the Band will own the point.

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

Gigawaabamin.

RBC Thoughts

Sawyer News Boozhoo

We are anticipating a busy fall with much preparation for ricing, hunting, and much community activity. The wild rice harvest has begun, information about on Reservation lakes can be found on the FDL Resource Management website and Ceded Territory lake information can be found on the GLIFWC website (Maanomin outlook with maps). Fond du Lac Resource Management will be buying green rice again this year, please make sure harvesting is done with care and respect. FDL will be participating in the first moose hunt in three years. We are only going to hunt 25 bull moose which our biologist say will have the least impact on the herd.

In related news, this month we had a visit from Senator Al Franken and Lt. Governor Tina Smith. We expressed our great concern with the mortality rate of the catch and release practice on Mille Lacs and disappointment that the governor extended the season. We have also been involved with policy making on an international level by participating in 'Taking our place in the world' presented by the Indian Law Center hosted by the Mille Lacs Band of Ojibwe. This meeting of leaders helped strengthen indigenous voices across the globe on many issues.

The open meeting and quarterly report was well attended with good questions about services, budgets and plans for the Mashkiki Waakaigan Pharmacy and New Outpatient CD Treatment Center/Mental Health program located in our new building in Minneapolis. Additionally, in Duluth the new CAIR building will be opening in a few months. There will be many

positions opening please check Human Resources for employment opportunities. I have been meeting with staff at the Sawyer Center weekly and always open to feedback. There will be a drawing for upcoming Vikings/Colts game in December. Stay tuned to your Sawyer Center mailings. It was nice to see a great turn out for the 23rd Rock-A-Versary Concert at the Black Bear Casino Resort. There were reportedly over 5,000 people at the concert. Security and staff worked hard to make it a success. Miigwetch! Fond-du-Luth is steady and runs efficiently and as usual we appreciate everyone's daily effort there. Our 2,000+ employees are what make enterprises run smoothly and successfully every day.



Bruce Savage

The FDLPD and Human Services sponsored the annual BBQ for National Night Out in which officers met with the community, gave out booster seats, registered bikes for children, as well as offered information about the effects of secondhand smoke. It was nice to see that the bike project staff and volunteers led a caravan of youth on bikes from the Brookston Center to the Night Out to register their bikes. It is a good indicator when services can collaborate and work together for good results that benefit children and families. Community safety is clearly a priority and the FDLPD have a consistent presence in every district. In closing, the recent solar project was the result of years of planning. It is the largest solar project of its kind in the State of Minnesota, which will provide enough electricity to supply 150 homes or 10% of the casino's energy costs. Miigwetch

*Sincerely, Bruce M. Savage,
Sawyer District Representative*

Local News

Cobell Land Buy-Back Program for Tribal Nations

IMPORTANT UPDATE FOR LANDOWNERS



Fond du Lac Band of Lake Superior Chippewa

- ⊕ DO YOU WANT TO LEARN MORE ABOUT YOUR LAND?
- ⊕ WOULD YOU LIKE MORE ASSISTANCE TO UNDERSTAND YOUR OFFER?
- ⊕ DID YOU MISS THE DEADLINE TO SUBMIT YOUR OFFER?
- ⊕ UNSURE IF YOU HAVE AN OFFER?
- ⊕ DO YOU NEED A REPRINT?

Bad River Land Buy-Back Staff will be available at events with asterisk*

SAVE THE DATES:

Fond du Lac Community/Duluth/Superior

August 25th – @ Cloquet Community Center - 11 am – 5pm
1720 Big Lake Road, Cloquet, MN 55720

September 14th – @ AICHO in Duluth – 12 pm – 6 pm
Trepanier Hall – 202 W. 2nd Street, Duluth, MN 55802

Cass Lake/Leech Lake

September 7th – @ Bemidji – 11 am – 6 pm
1500 Birchmont Dr. NE #21, Bemidji, MN 56601-2907

Twin Cities

September 1st – @ Mpls MCT Building 10 am – 4 pm
1308 E. Franklin Ave, Minneapolis, MN 55404

LCO/St. Croix

August 30th – @ Siren (St. Croix) – 11 am – 6 pm
Lodge at Crooked Lake – 24271 State Rd. 35 N., Siren, WI 54872

September 21th – @ LCO Tribal Center – 11 am – 6 pm
Peter Larson Rm. – 13394 W. Trepania Rd., Hayward, WI

A Brief History

The Land Buy-Back Program for Tribal Nations works to unify fractionated tribal land bases that resulted from the failed historical policy of allotment. Fractionation affects approximately 150 locations and results in tracts of land with potentially hundreds of owners. Over the next decade, the Program and tribes will partner to help communities consolidate these lands across Indian Country.

Fond du Lac Cobell Contact Info

Outreach Office: 218 - 878 - 7361

Buy - Back Staff

Patti DuFault, Outreach Manager

Lance Northbird, Outreach Coordinator

Velvet Linden, Outreach Coordinator

Amanda Linden, 612-871-1574

Office of Special Trustee (MN)

218 - 751 - 4338

Office of Special Trustee (WI)

715 - 682 - 9788

Trust Beneficiary Call Center (TBCC)

1 - 888 - 678 - 6836

Visit our website for updates and more information:
<http://www.fdlrez.com/landbuyback/index.htm>
OR
<https://www.doi.gov/buybackprogram>



The Minnesota Historical Society (MNHS) is seeking a full-time director for our American Indian Initiatives program who will be a mission-focused, strategic, and facilitative-minded leader with experience developing a high functioning team culture among groups of diverse, talented individuals. This position requires the ability to set clear expectations, in terms of goals, roles, decisions; ensure appropriate involvement in decision making; and build understanding in and across teams,

even when views are in conflict. It is essential this Director create strong relationships with staff to accomplish goals and meet organizational objectives and develop positive relationships with American Indian communities and external stakeholders to advance the work and mission of MNHS.

TO APPLY: Visit our website at www.mnhs.org/jobs. Applications received or post-marked by Aug. 22 will be considered first, position open until filled. EEO

More Local news

Solar power fit for a casino

By Zachary N. Dunaiski

Fond du Lac has always been very progressive and innovative moving the world forward, and sometimes that mindset actually leads us to use resources we've had since the beginning of time. On Aug. 23, they took a big step forward in their power consumption. The Reservation Business Committee (RBC) with many of their partners in the project introduced to the public to the new solar panels behind Black Bear Casino Resort (BBCR).

The new energy source consists of 3,230 panels in 10 rows with 38 inverters that will help alleviate ten percent of the electrical costs at BBCR. It's very impressive how all of those panels won't completely eliminate electrical costs at the casino considering 10 of them (with battery backup or 24 hour sun) would power the average home. But with how much electricity the casino needs to keep running 24 hours, any amount of electrical help goes a long way.

At the introductory event, there were many people who spoke and thanked so many other people, because a project of this size can't be accomplished by a small group. At this event the two thanked the most were Bruno Zagar, Environment Specialist, and Wayne Dupuis, Environmental Program Manager. The two clearly had put in a lot of hard work because they were all smiles all event long and even had the opportunity to thank others who helped them.

This project goes beyond just helping the Fond du Lac Band, as clean solar energy also helps the environment by being a clean energy source that should help slow global warming.

Fond du Lac will have many other forward thinking projects like this as our Band continues to work hard to help protect our planet.

On Sept. 9 from 11a.m. - 1p.m. there will be a chance for interested FDL community members to see the solar panels, with a light snack provided. For other details please visit the FDL website.



The RBC speaking to the crowd and thanking their hardworking employees for all their work.



Wayne Dupuis (left) and Bruno Zagar (right) standing with Ricky "Chiwii wizens" Defoe.

More Local news

Language camp with a bit of a different feel

By Zachary N. Dunaiski

One of the biggest events of the year, and one that involves people of all ages for participating and demonstrating, has to be the FDL Language camp July 27-31 at the Kiwenz campgrounds.

People come from all over and with varying levels of ability to speak the language and to learn more. The participants and campers took part in many events and games, and learned the language as they were doing the activities.

But it isn't just the language that campers learn during this event, they learn more than just about the culture and language.

Without even realizing it, many people are also learning or re-learning how to work with others on projects.

Beadwork, birch bark baskets, and wild rice knockers are just a few of the activities that people need to work on together. The participants would have to work with the teachers as they were creating their item at whichever

station they were working, but they were also working with the other campers. They had to work together to share ideas, tools, and even objects to make their items (like the beads or the wood for the knockers). The instance that showed this the most was the game of bingo.

Like most games of bingo, this one seemed to feature some controversy as one of the Ojibwe numbers was misspelled. This didn't affect the players though, but rather it made them work together and that was a pretty interesting site to see. After the corrections were announced to those playing the game, the players would lean over each other's boards and help them find the numbers called before the next one came up.

Many people work hard to put an event like this together. These exciting events wouldn't be possible without them, and we should all thank them for their hard work.



More Local news

23rd Rock-A-Versary

Black Bear Casino Resort hosted their 23rd Rock-A-Versary Aug. 19. To celebrate the casino's anniversary they put on a free concert and fireworks show.

The gates opened at 5 p.m. People were camping at the gates before they opened, with the music starting at 6 p.m.

The bands featured at the event were: Theory of a Deadman (Headliner), Hinder, and Candlebox.

Several thousand people showed up for the free rock concert. Immediately after Theory of a Deadman finished their encore, the amazing fireworks kicked off with a beautiful spark shower on the hotel tower. The fireworks lasted for 30 minutes as the crowd hooted and shouted. A good time had by all.



Top: A look down from atop the old hotel of the concert. Photo courtesy of Steven Douglas. Upper Left: The tents and the large crowd of people. Photo Courtesy of Gwen Saari. Lower Left: The impressive firework that followed the evening's festivities. Photo courtesy Steven Douglas. Right: The impressive display of the spark shower down the side of the Black Bear Casino Resort tower. Photo courtesy of Stephanie Dunaiski



Etc

Tribal Court notice of marriage

In the Matter of the Marriage of QUADE ALLEN OJIBWAY, husband, and JALISA LEE LINDAHL, wife. Case No.: MA-005-16 Notice of name change.

Notice is hereby given that on July 8th, 2016 QUADE ALLEN OJIBWAY and JALISA LEE LINDAHL were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on July 11th, 2016 a Certificate of Marriage was issued changing the name of JALISA LEE LINDAHL to JALISA LEE OJIBWAY.

Tribal Court notice of marriage

In the Matter of the Marriage of DARRELL KEVIN BROWN, husband, and LORETTA MARIE ERICKSON, wife. Case No.: MA-006-16 Notice of name change.

Notice is hereby given that on August 13th, 2016 DARRELL KEVIN BROWN and LORETTA MARIE ERICKSON were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on August 15th, 2016 a Certificate of Marriage was issued changing the name of LORETTA MARIE ERICKSON to LORETTA MARIE BROWN.

Peter Defoe Estate

In the matter of the estate of: PETER JOHN DEFOE aka PETER JOHN DUFAULT, JR., decedant.

Case No: PR-002-16 GENERAL NOTICE TO CREDITORS.

Notice is given that probate proceedings are pending in

the Fond du Lac Tribal Court regarding the estate of Peter John Defoe aka Peter John Dufault, Jr.

Any claims against the above-referenced estate must be filed on or before November 30, 2016 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address of the personal representatives of the estate are:

Michelle Debolt
60 Morningstar Lane
Cloquet, Minnesota 55720
Stephanie Hammitt
1199 West Taylor Avenue
Cloquet, Minnesota 55720

The mailing address of the Tribal Court is:
Fond du Lac Band of Lake Superior Chippewa Tribal Court
1720 Big Lake Road
Cloquet, Minnesota 55720

Neighborhood crime prevention tips

Rozanne Hink,
FDL General Crime Victim Advocate

Even though summer is winding down, violence and property crimes are still occurring. Help is available to all victims of crimes within the Fond du Lac services area. The Crime Victim Advocates have offices in the Min No Aya Win Human Services Center and can meet with clients in Duluth.

There are some things you can do to keep safe and protect yourself, your family, and

home from violence and property loss and damage. Below are some tips you can take to help reduce crime in your life and neighborhood.

- Keep your grass cut on a regular basis and take in the newspapers. If the grass is high and newspapers are accumulating on the ground by your driveway it sends a strong message to burglars that you are away from your home.
 - Always lock your doors and windows before leaving your house. Deadbolt locks are best.
 - If you have a garage keep your vehicle(s) in there. If you do not have a garage, make sure you keep the car doors locked. Never keep anything of value on the seats or floors of the vehicle where someone can see them. Keep valuables locked in the trunk, not only at home but when you are out shopping at stores
 - If a stranger shows up at your door wanting to sell you something, ask for identification and the name of the company. Ask for a number you can call to verify the claim this person makes. Never let them into your house unless you know them.
 - Never give out personal information on the phone to anyone. It could be a scammer looking to steal personal information.
 - If you see strange cars driving by in your neighborhood, report it to law enforcement.
- For more tips and educa-

tion about preventing and reporting crime please call Rozanne Hink, General Crime Victim Advocate. For assistance with violence, stalking or harassment call our Crisis Phone (218) 348-1817 which is answered 24 hours a day, seven days a week. However, if your life is in danger call "911" immediately.

Fond du Lac Language Program call for local artists and speakers
Submitted by Ozhaawashko-

giizhigokwe Janis Fairbanks,
Anishinaabemowin Coordinator

One of the items on the recent Kiwenz Ojibwe Language Camp survey was, "If you have a contact name and number for an Ojibwe language speaker or artist who may be interested in working a future FDL language event, please write it here." Although ten names were given, NONE of the individuals listed are from Fond du Lac. It surprised me, knowing that we have so many local artists and a few speakers here at Fond du Lac. I thought it might help to describe what the artists and



It's not the
FINISH LINE
that matters,
it's having the
COURAGE
to START.

8th Annual
5k-ish Sobriety Walk/Run

Saturday, Sept. 17, 2016
FDL Head Start Gym
Free T-shirt
To the first 200 people
Registration: 9:00 AM
Event Time: 10:15 AM
Lunch provided by B&B

For more information or to volunteer call 878-3865 or 878-3864.




Fond du Lac Human Services Division | Tagwi Outpatient Treatment Center

Etc

speakers are asked to do for these paid positions. As we go forward with the language program planning, I will establish an ongoing list of potential participants for all events.

Artists:

We are interested in artists who can teach culture-based hands-on art forms to students. A few evaluation comments indicated disappointment in not being able to participate in hands-on activities because the classes filled up so fast, and there were no more materials for them to use. They prefer hands-on, as opposed to demonstration arts. The artists we had this year included birch bark berry basket making, cedar wild rice knocker carv-

ing, bead working, moccasin making, cedar bark matt making, flute making, pipestone carving, and puppetry/puppet making. All artists were well-received, although some did not have enough materials for all of the students who wanted to participate. One idea to overcome this outcome is to limit an event to one activity and a shorter time span, and increase the amount of materials so everyone present can participate. These could be standalone events as opposed to one longer activity, such as the Kiwenz Language Camp.

Speakers:

We ask that speakers be able to engage the students in Ojibwe in culture-based learn-

ing. Speakers this year were asked to rotate through the artists' teaching lodges describing in Ojibwe what the artists were doing. This was different from past years, where language tables were held in the morning, and art activities were held in the afternoon. Last year, some folks did not have time to finish their craft projects. So, this year, they went all day, with the Ojibwe speakers roaming from activity to activity, describing the work in progress. Some evaluation commentators liked the new way, some liked the old way. Some wanted more speakers present and wanted both ways.

Application Forms:

We are again requesting let-

ters of interest from anyone who is interested in becoming involved with the language program as an instructor or artist. Speakers and artists application forms are located on the fdlrez.com website under Tribal Culture/Anishinaabemowin/Events tab. We want to establish a database of names of Fond du Lac Enrollees and other Anishinaabeg who are interested and available to participate in language activities throughout the year.

Please send your suggestions and application forms to me as soon as possible. Send your comments to janisfairbanks@fdlrez.com Miigwech!

FDL Historical Society returns

The Fond du Lac REZ Historical Society meetings will resume on Friday, Sept. 9. Future meetings will be on the second Friday of each month through the second Friday of June, with the exception of November, when it will be on the third Friday, Nov. 18, due to Veteran's Day when Fond du Lac Tribal operations will be closed. All meetings are held from 10 a.m. - 2 p.m.

Meetings will be held at the Resource Management Building on the corner of Big Lake and University Roads which is about two miles from Cloquet, MN/Hwy. 33. (28 University Road).

We are collecting and copying pictures and documents of our ancestors of the Fond du Lac Reservation to archive, as well as helping with family trees as much as we can with

what documents we have or which we have acquired.

All the help we can get is greatly appreciated to identify pictures, make copies, file documents, etc., so anyone in the FDL communities, please stop by whenever you can! Also, we are always looking for new members.

Please call Carol Jaakola at (218) 393-9284 or Lorri (Jaakola) Antus at (218) 428-8471 for more info.

Miigwech!

1854 Ceded Territory 2016 Tullibee Netting

Band members will be able to set nets for inland Cisco (Tullibee) again in 2016. Netting will begin on Oct. 1 in the 1854 Ceded Territory on lakes with Cisco, except on Lake Vermilion. Lake Vermilion will open on Oct. 22. Netting on all lakes will continue until ice-up conditions. Nets will be required to conform to provisions spelled out in the 1854 Conservation Code.

Band members will be limited to five (5) nets each. There will be no netting allowed in Bois Forte's portion of Lake Vermilion (maps available at the Resource Management Division (RMD)).

A list of available lakes is at the RMD office. Additional lakes will be considered on a case-by-case basis by RMD staff.

Fall netting permits are available at RMD, during normal work hours (M - F, 8-4:30). Band members are required to keep a record of fishing activi-

Extension Community Connect Class



Includes hand outs and refreshments!

Seed Saving from the Garden!

Carlton County Transportation Building

Thursday, September 22, 2016

1630 County Road 61, Carlton

7-8:30 pm

\$5 at the door

Deb Shubat, local grower and retired University horticulture professor will cover easy to save seeds. There will be information on hybrid versus open pollinated varieties and how to turn your favorite hybrid into a locally adapted open pollinated variety (make your own heirloom). She will also cover some tricks to kill some of the disease organisms that spread by seed.

Please call the Extension Office to pre-register! 218-384-3511 class size is limited to 60!



The University of Minnesota is an equal opportunity educator and employer.

Etc

ties and return the completed logbook to the RMD.

Please check out www.fdlrez.com/newnr/main.htm/ for news on the Natural Resources link to the RMD. Or call (218) 878-7101 with questions.

FDL bicycle shop

The Fond du Lac bicycle shop at the Brookston Community Center allows students and community members to make appointments, learn how to fix their bike or an available bike, take a safety course and receive some safety equipment (such as a helmet) as well as other items.

This project was made possible through the Blandin Foundation, Human Services, and support from Tribal Council. It will be going through mid-September with hopes of continuation next summer and thereafter.

Fundraising raffle tickets are also being sold up until the morning of the drawing which will be Sept. 9 at 2 p.m. at the RBC. \$1/Ticket and three prize options: 1 night stay at Black Bear, two buffet tickets, and a prize basket. Tickets are being sold by (Tribal Center) Cheri Kozlowski at Community Center and Jamie Adams in Planning; (Human Services) Katie Gokee and Roberta Marie; or (Ojibwe School) Rita Conners. BCC New Hours Tuesday-Friday 10 a.m.-4:30 p.m. Saturday-Sunday 10 a.m.-5 p.m. Any questions please call Phil Petite (218) 600-8489.

BBQ meet and greet

There will be a back to school meet and greet BBQ Friday Sept. 2 11 a.m.-1 pm. at the powwow grounds behind the school.

Parents, families, and students please come meet your teachers and have BBQ lunch with other students, staff, teachers, and school board members.

FDL Volleyball Schedule

Sept. 9 5 p.m. Varsity vs Indus Away
 Sept. 13 5/6:30 p.m. JV/Varsity Lac Courte Oreille Away
 Sept. 15 4:30/6 p.m. JV/Varsity Red Lake Home
 Sept. 17 9 a.m. Varsity Chisholm Tourney Away
 Sept. 20 5:45/7:15 p.m. JV/Varsity Wrenshall Away
 Sept. 27 5 p.m. Varsity Bug-o-Nay-Ge-Shig Away
 Sept. 30 5 p.m. Varsity Indus Home
 Oct. 4 4 p.m. JV only Nay-ah-Shing Home
 Oct. 6 5:45/7:15 p.m. JV/Varsity Lakeview Christian Away
 Oct. 8 10 a.m. Varsity Bigfork Tourney Away
 Oct. 11 5/6:30 p.m. JV/Varsity Lac Courte Oreille Home
 Oct. 13 4:30/6 p.m. JV/Varsity Red Lake Away
 Oct. 17 5:45/7 p.m. JV/Varsity Northland Home
 Oct. 18 5 p.m. Varsity Bug-o-Nay-Ge-Shig Home

First time homebuyer class

The Minnesota Chippewa Tribe Finance Corporation will

be hosting a first time home-buyer education class Sept. 17 8:30 a.m. – 4 p.m. at the MCT building in Cass Lake.

To Reserve your spot in this FREE class conatact Cyndi Cwikla at (218) 335-8582, extension 150 or [ccwikla@](mailto:ccwikla@mnchippewatribe.org)

mnchippewatribe.org
 No childcare is provided so please make other arrangements.

BACK to SCHOOL HEALTH check list

by: Brenda Graden, RN



Are your children ready for school? Have they met all of the health requirements? Not sure? Below you will find a health check list for children going back to school:

- Immunizations:** Immunizations are designed and given to your child to protect them against serious diseases. Now is the time to make sure that your child is up-to-date on all of his/her immunizations. If you know your child needs immunizations, please call the clinic and set up a nursing visit to get them caught up!
- Physical, sports and CTC examinations:** Physical examinations are required throughout infancy, childhood and adolescents to identify health concerns such as growth, developmental or behavioral problems. If it has been a while since your child has been to the doctor, or if they are planning on joining a sport, they may need a physical examination to make sure they are healthy enough to join the team.
- Vision screening:** Your child should have their vision checked by the time they enter into head start (by age 3) and annually after that. Up to 80% of your child's learning is visual, so ensuring that your child can see properly will help them be successful and stay engaged at school. This is routinely done during their physical/CTC examinations.
- Hearing screening:** The American Academy of Audiology states that all newborns are screened at birth for hearing abilities. They also recommend that you screen your child for hearing on an annual basis from age 3 and up using the pure tone screening method. This is routinely done during their physical/CTC examination.
- Allergy identification:** Nearly 6 million children have food allergies. This can be especially dangerous when starting a new school or school year. Be mindful of the school policy on common food allergies. Aside from foods, your child may have seasonal, environmental or medication allergies. The reactions of these allergens can range from a simple rash to a life threatening condition called anaphylaxis (where your child cannot breathe). If you suspect your child has allergies, schedule an appointment with their FDL provider to help identify these troublesome allergens.
- Medical conditions and medications:** Be sure that the school has the most up-to-date medical information on your child. If your child requires medication throughout the school day, be sure to get a note from the provider. Be sure the provider includes important information regarding the medication such as: the time the medication is to be given, the proper dose, if it is topical or oral administration and why your child is taking the medication.

The Fond du Lac Human Services Division's medical clinics (Center for American Indian Resources and Min No Aya Win) are preparing for your child's needs and have set aside some additional appointment times for these types of visits in August and September.



Please don't delay, call 218-878-2190 and schedule an appointment today!

Must meet program eligibility requirements.
 Fond du Lac Human Services Division | Medical Department





Health News

Fond du Lac Diabetes Prevention Awareness community center events

This will be a free event held at all three community centers for all ages! Lots of activities and food, plus a G&G gift certificate given to everyone who visits the education tables.

- Meals will be provided by B&B (while they last – limited numbers each site)
- Fun inflatable games for all ages
- Healthy eating, exercise, sleep education
- Diabetes risk test, with education materials available on how to prevent diabetes
- Blood sugar screening

When:

Sept. 8 at Sawyer Community Center, 4–7 p.m.
Sept. 15 at Brookston Community Center, 4–7 p.m.
Sept. 22 at Cloquet Community Center, 4–7 p.m.
Bring your kids – hope to see you there!

Breakfast - do I need it?

By Kara Stoneburner, RDLD,
Public Health Dietitian

Thinking about September makes me think about kids heading back to school. If any household is like mine, we are scrambling to get ready. The thing that usually gets thrown out the window is breakfast. Ugh! Breakfast is really important! Breakfast can help with better concentration at work and in the classroom. It promotes better behaviors and easier learning. Breakfast can help with weight loss and weight control. It can help with blood sugar control and it can help you eat healthier throughout the day. Why would I sacrifice that for my child or myself?

Many people skip breakfast in an effort to lose weight. However, as the day continues, your body is starving and you tend to replace these skipped calories with mindless nibbling and binging for the rest

of the day. Most people aren't mindlessly nibbling on carrots. They are reaching for the high calorie, high fat snacks we can easily get from the vending machine and eat at our desk or in-between classes. Skipping breakfast may also cause you to overeat at the next meal. Breakfast skippers tend to consume more calories throughout the day because their body is craving food and energy.

Blood sugars can be harder to control without breakfast. Overnight, your body experiences a fast. By skipping breakfast, the fast continues. Energy stores are not replaced and snacking on foods that may not be the best choice could cause blood sugars rise and fall undesirably.

Whether at work or school, a grumbling stomach isn't helpful. Skipping breakfast can lead to decreased concentration and alertness. Your body doesn't have the energy it needs to stay fully awake and alert and you

are likely thinking about food, not your work.

Make an effort to eat breakfast every day. Making healthy choices at breakfast doesn't need to be expensive or difficult. Try to avoid sugary cereals, high calorie pastries, and meats high in saturated fat and sodium such as bacon or sausage. Include a protein source, a carbohydrate and a fruit and/or vegetable.

Breakfast ideas:

- whole grain toast with peanut butter
- whole or multi-grain waffles or pancakes
- oatmeal
- whole grain cereals with low-fat or fat-free milk
- small, whole grain bagel with low-fat cream cheese
- trail mix or nuts
- tortilla roll-up (peanut butter and a banana or scrambled egg and low-fat cheese)
- hard cooked egg
- omelets
- veggie omelets

- Canadian bacon slice
- ham slice
- tofu
- low-fat cheese
- low-fat/fat-free milk or yogurt
- fresh/frozen/canned fruit
- Vegetable juice
- smoothies (fruit, ice and milk or fruit and yogurt)

Plan ahead. Prepping or preparing your breakfast the night before saves time in the morning. Pull the toaster out. Make tortilla roll-ups or smoothies and refrigerate. Pre-mix the waffle batter. Put the cereal bowl and spoon on the table with the box of cereal. Remember, breakfast can be the most important meal of the day, if you eat it. It's an easy step towards a healthier you.

Information collected from the Academy of Nutrition and Dietetics, Mayo clinic & WebMD

September is Ovarian Cancer month

Ovarian cancer is rare; however it ranks fifth in cancer deaths among women. Ovarian cancer accounts for about 3% of cancers among women and more deaths than any other cancer of the female reproductive system. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 75. Women with a family history of ovarian cancer are at increased risk, as well as those with an inherited predisposition to ovarian

cancer.

Unfortunately, there are currently no screening tests for ovarian cancer.

Signs and symptoms of ovarian cancer:

Ovarian cancer may cause several signs and symptoms. Women are more likely to have symptoms if the disease has spread beyond the ovaries, but even early-stage ovarian cancer can cause these symptoms.

The most common symptoms include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Urinary symptoms such as urgency (always feeling like you have to go) or frequency (having to go often).

Others symptoms of ovarian cancer can include:

- Fatigue
- Upset stomach
- Back pain
- Pain during intercourse
- Constipation

- Menstrual changes
- Abdominal swelling with weight loss.

Sources: American Cancer Society www.cancer.org and Center for Disease Control (CDC) www.cdc.gov

Always remember to consult your Healthcare Provider with any questions or concerns.

A message from your Fond du Lac Cancer Prevention Program.



Health News

Spotlight On: on the Fond du Lac Human Services Division Administrative Services

The Administrative Services Department consists of multiple programs and/or areas designated to assist with the administrative needs of our clients. Below is a description of the programs that are offered by the Administrative Services Department.

Purchased/Referred Care (PRC) – PRC funds are used to pay for certain health care services received from outside providers. By federal law, PRC is a payer of last resort and clients must apply for all other alternate resources that may be available to them. Call our PRC for eligibility questions. Here are some PRC policy reminders for you:

All clients must be referred by a Fond du Lac Health Care Provider. Patients should call (218) 879-1227 to speak with the triage nurse or the provider on call before visiting the emergency room/urgent care. This would exclude life-threatening situations. A call to PRC staff letting them know about the ER/Urgent Care visit is required within 72 hours.

Special Funds (SF) – SF provides limited assistance to FDL Enrolled Band members for certain medical expenses that are not covered under direct care and/or PRC. Requests for funding or reimbursement must be considered medically necessary and include a SF application and referral

from a qualified medical provider. SF is a payer of last resort and participants must demonstrate that all other sources of payment have been exhausted before SF can be accessed. Call our Patient Resource Specialist for eligibility questions.

Emergency Assistance (EA) – EA provides limited assistance to FDL Enrolled Band members with their medical transportation needs. Assistance may include lodging, meals, and medical mileage. EA is a payer of last resort and participants must demonstrate that all other sources of payment have been exhausted before EA can be accessed. Call our Patient Resource Specialist for eligibility questions.

Health Insurance Assistance – FDL Patient Advocates educate and evaluate client eligibility for state and federal insurance programs. They will help you or your family sign up for programs such as Medicare, Medical Assistance, MinnesotaCare, or Fond du Lac Total Coverage and assist with questions related to insurances.

Fond du Lac Total Coverage – The goal of Fond du Lac Total Coverage is to have every American Indian person who uses Fond du Lac Human Services covered by some type of public or private insurance. There is a common misunderstanding in most American Indian communities that Tribes

can sustain health services offered relying only on funding from the IHS. That's not true. To maintain the level of services community members are accustomed to, Tribes must rely on other sources of funding. This includes collecting third party payments from public and private insurance plans. Consequently, community members must do whatever they can to acquire insurance coverage.

Medical Social Worker – Assist clients with many different individual needs such as; Medical Assistance, costly prescriptions, Medicare/Social Security applications, medical equipment, Assisted Living, Long Term Care applications, and any other community resources that a client may need.

Registration – Our friendly registration staff would like to remind you:

- Please arrive 15 minutes early prior to appointment
- Please bring your health insurance card to all appointments so that we can scan a copy of your card into your chart
- If you are uninsured, please ask to see a Patient Advocate for assistance with applying for health care coverage
- You now have the option to enroll in your medical Patient Portal. Please let us know if you have questions or would like to enroll!

September is Prostate Cancer month

Prostate cancer is one of the most common types of cancer in men. Prostate cancer is rare in men under age 40 but the incidence rises rapidly after age 50. The average age at time of diagnosis is about 66. Prostate cancer that is detected early, when it's still confined to the prostate gland, has a better chance of successful treatment. 1 in 7 men will be diagnosed with prostate cancer during his lifetime.

Risk factors: those that can't be changed are age, race/ethnicity, geographical area, and family history. Most prostate cancers occur in men without a family history of it.

There are no warning signs of early prostate cancer.

Symptoms of Prostate Cancer include:

- A frequent need to urinate especially at night
- Difficulty starting or stopping a stream of urine
- A weak or interrupted urinary stream
- Leaking of urine when laughing or coughing
- Inability to urinate standing up
- A painful or burning sensation during urination or ejaculation
- Blood in urine or semen.

Source: Mayo Clinic www.mayoclinic.org, American Cancer Society www.cancer.org, and www.webmd.com/prostate-cancer

Always remember to consult your Healthcare Provider with any questions or concerns.

A message from your Fond du Lac Cancer Prevention Program.

Attention Parents | Coaches | Athletes!!

Fond du Lac Human Services Division wants you to be prepared for the game. We have blocked out time in each of our providers schedule specifically for your sports physical needs in **August** and **September**. Call for a list of our current providers for the FDL HSD Medical Clinics.

Can't get in with your provider before the big game? We have you covered!

We will also be hosting Walk-in Sports Physical Clinics at the Min No Aya Win Clinic... call triage for further details!

Don't get benched!

**Call 218-878-2190 to get in with your primary provider!
Or for more information on the walk-in clinics call triage @ 218-878-2120.**



Any minor child 17 and younger must be accompanied by a parent or guardian.



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Medical Department

Grand Medicine Lodge and Ceremony

Research by Christine Carlson

The Grand Medicine Lodge is about 100 feet long and 15 feet wide. On a horizontal pole throughout the whole length are hanging offerings such as blankets, pieces of cloth or calico, hankies, etc. This is such an incredible photo. Please study it as it says a thousand words.

Edmund Ely Diary when he lived at the old village of Fond du Lac in western Duluth

August 27, 1833 – Today the Indians have held their Grand Medicine dance in which they have inducted two women of their number into the secrets of their medicine. They drum two or three evenings preparatory; the power of their medicine is tested on the candidates for admission to its secrets, individually. We witnessed the ceremonies over the first—since minute descriptions have been written by others well acquainted with their forms and language of the prayers and sayings, (The Great Spirit) I will not attempt to describe. The power of their medicine is not tested by administration, but by the secret influence, affecting parts or the whole system rendering the subject apparently helpless; quite a ridiculous farce.

Please note - This above example is how the missionary Edmund Ely did not understand the Ojibwa or their culture. He was arrogant and closed minded to his surroundings and people who were helping him.

June 9, 1834 - Today the Indians hold their Grand Medicine, so for several nights past, they have been beating almost incessantly to the Great Spirit; almost all their worship is accompanied by the drum and rattle.

The Grand Medicine – Superior Gazette of June 24, 1865

The annual ceremonies held by the Indians in this locality, and known by the above title



Photo courtesy of Archives and Special Collections, Kathryn A. Martin Library, University of Minnesota Duluth.

came off on Minnesota Point on Monday, Tuesday, Wednesday and Thursday of the past week; quite a number of persons from town went up and witnessed the performances on the last day.

With a view to enlighten our readers, we have made a diligent inquiry and find that these annual meetings are held for the purpose of initiating those of the tribe who desire to become possessed of the mysterious knowledge which the Grand Medicines profess to be the keepers of. It is held by them that the initiated are protected by the spirit from all the ills that flesh is heir to, and as an Indian dreads bodily sickness more than any other calamity, he is willing to pay heavily for the various degrees of the order, of which there are four. The amount of initiation fees, which are paid in blankets, furs, guns, etc. amount in many instances to one hundred dollars and over. These fees are divided among the Grand Medicines or men of high rank in the fraternity; and consequently they are very willing to meet and confer

the degrees at the stated periods.

The first three days the ceremonies are private and none but the head men and candidates are admitted into the lodge: it is during these sessions that the degrees or information is given to the new members. During this time, however, a continuous chanting and drumming is kept up; this is for the purpose of invoking the spirit. The candidate takes upon himself an obligation to keep inviolate the mysteries of the order and we learn they live up to their obligations. As no one except the members are allowed to be present, we of course are unable to communicate the language and forms used.

On the fourth and last day the lodge is thrown open and visitors are admitted; then it is that we see the Grand Medicines dance or march round with the spirit or talisman enclosed in a mink, marten or beaver skin pouch. The Indians are taught that the spirit has the power of annihilating them, and therefore when the medicine presents it, the person to whom it is presented pros-

trates him or herself to the earth.

On this day there is also a feast made of all the eatables that can be scraped together, and after they have been consumed, the Grand Medicine is turned into a grand frolic. At this feast it is usual to cook a white dog, and this dish is the great delicacy of the entertainment. The visitors, whites as well as Indians are invited to participate in the feast; and if any of our readers accepted the invitation, they can rest assured that they have assisted in devouring some unlucky Indian dog.

Bureau of American Ethnology – Bulletin 86

The ethics of the Midewiwin are simple but sound. They teach that rectitude of conduct produces length of life, and that evil inevitably reacts on the offender. Membership in the Midewiwin does not exempt a man from consequences of his sins. Respect toward the Midewiwin is emphasized, and respect toward women is enjoined upon the men. Lying, stealing, and the use of liquor are strictly forbidden.

The Grand Medicine Lodge from the Superior National Forest booklet

In the lodge, the people were taught the Ojibwe codes of conduct by the Medicine Men and spiritual elders. It was a very special and spiritual time for the Ojibwe. In 1770, the Ojibwe started to migrate into the interior of Northern Wisconsin and Northern Minnesota, which included the Duluth and Fond du Lac area. Food supplies were abundant and the Ojibwes were living comfortable and in want of nothing. They had what was needed for survival: their culture, their traditions, life sustaining foods, and their spirituality. Life was good (Bimadiziwin) for the Ojibwe.

More Information

If you want to learn more, go to the internet and put in The Project Gutenberg EBook of the Mide'wiwin or "Grand Medicine Society" of the Ojibwa by Walter James Hoffman.

13 Moons FDLTCC Extension Program Manoomin Camp



Date: September 10th, 2016
Time: 9am-3pm
Location: Details Below
Contact: Nikki Crowe
218-878-7148
nikkicrowe@fdlrez.com

Have you always wanted to harvest and process wild rice and never had the chance? Before diving in on your own with join Fond du Lac's 13 Moons Tribal College Extension Program to learn about this traditional and treaty reserved food staple and proper techniques to sustainably harvest manoomin.

HARVESTING Saturday September 10th: Sign Up for the Shuttle!
Limited space available, call Nikki Crowe at 218-878-7148 to reserve a seat!
*If you are 18 or older, be sure to have your Tribal ID, 1854 card, or MN State Rice permit.

PROCESSING: Saturday September 10th: Cloquet Forestry Center
175 University Road, Cloquet, MN 55720 9:00am-3:00pm Come out to learn the process of parching and winnowing manoomin!

THIS EVENT IS FREE AND OPEN TO THE PUBLIC
Light lunch and snacks will be provided



Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. *The one year period commences with the first publication.

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

ANKERSTROM, Arthur
BELGARDE, Elias
CADOTTE, Daniel
CICHY, Gerard
CICHY, Leslie
CONNORS, Aurelius
CROWE, Mary Jo
DEFOE, Richard
DIVER, Russell
INGALLS, Robert
KING, Julie
LAPRAIRIE, Robert
MARTINEAU, Frances
MARZINSKE, Larry
MILLER, James
PARKS, Margaret
ROBERTS, Nina
SAVAGE, Kyle
SAVAGE, Mark
SHAUL, Scott
TOPPING, Debra
WAGNER, Elizabeth

Ashi-niswi giizisoog (Thirteen Moons)

Waatebagaa giizis

Waatebagaa giizis is the Leaves Changing Color Moon. Other names for new September moon are Mandaamini giizis (Corn Moon) and Moozo giizis (Moose Moon).

Bimaaji'idiwin Ojibwe Garden

By Erika Legros,
Bimaaji'idiwin Ojibwe Garden
Intern

Boozhoo, Erika indizhinikaaz. Zhaawanong indoonjibaa. I am from Monterrey, Nuevo León, Mexico. and grew up in San Luis Potosi, where I learned to appreciate how to plant, grow, and harvest much of my own food in my grandparents' Milpa (small farm or maize field), as well as trade and share with our local neighbors. Before moving to Fond du Lac Reservation, I lived in Minneapolis for eight years.

It is an honor to be involved with the Reservation's garden. I strongly believe that organic gardening is important

because the chemical pesticides and fertilizers used in commercial farming are toxic to our bodies. By taking good care of a garden, the foods and medicines grown will take good care of us, this is the Ojibwe idea of a bimaaji'idiwin gitigaan, which is also the garden's name. Food sovereignty, the ability to feed ourselves and our communities with limited reliance on corporate farms, should be of great importance. In that way we can live more closely by the teachings of our ancestors, begin to rekindle our relationship with the land, and know where our food comes from and what has been put into it.

Pamparios (thank you)

Bimaaji'idiwin Ojibwe Garden

The gitigaan season is well underway behind the Fond du Lac Ojibwe School. So far over 40 different vegetables, fruits, herbs, and native plants are growing in the garden. Fond du Lac community members can stop by to visit the garden 8 a.m.-4:30 p.m. most weekdays to learn about different gardening techniques suited for their home. Currently, there are various raised bed gardens, three sister gardens, row crops, and high tunnel methods being used to demonstrate how to grow plants for food and pollination using native plants. Feel free to stop by to visit and learn more about best practices for your own garden.

Fond du Lac Resource Management
6th Annual Ganawenjigewin Maawanji'idiwin
Taking Care of Things Gathering
Gitigaan Fall Feast



Thursday Sept 22nd 1pm-7pm
49 University Road,
Powwow Arbor
Behind FDL Ojibwe School
Cloquet, MN 55720

Join us to celebrate taking care of the land and learn about sustainable use of natural resources, harvesting, and gardening.

Fresh Garden Salsa Tasting starts at 4pm!
Taste test & vote for your favorite salsa!

Play Bingo to earn a chance to win Raffle prizes:
Chicken Coop
Raised Beds
Gift baskets of Fresh Veggies!

Contact: Shannon Judd
218-878-7123
shannonjudd@fdlrez.com

Activities for all Ages!

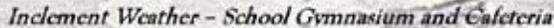
- Archery
- Foraged Foods Sampling
- Demonstration Beehive
- Wild Rice Demonstration
- Vendor Tables
- Information Booths

Supper served at 4:45pm

Raffle Prizes announced after Supper

To reserve a table for the Artist & Farmer's Market call:
Jamie Adams
218-878-2631

This event will be held in collaboration with the Fond du Lac Diabetes Prevention Program



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

This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.

Ashi-niswi giizisoog (Thirteen Moons)

13 Moons Ashi Niswi Giizisoog FDLTCC Extension Program
Presents

Upcoming Herbal Workshop



Herbal Preparations Workshop

Date: September 17th, 2016
10am-3pm

Cloquet Community Center
1720 Big Lake Road

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

13 Moons Ashi Niswi Giizisoog will be hosting an herbal preparation workshop with Rick Gitar, Certified Herbalist.

Within the Ojibwe culture we have many plants that are used for food, medicine, and utility.

Join us for an herbal preparation workshop and learn about methods to make homemade herbal care products.

This workshop is a potluck, feel free to bring a dish to pass! 13 Moons will provide beverages, plates, cups, and utensils. Miigwech,

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce Ojibwe words.
All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Weather

It is...

A cool wind- Dakaasin

A nice day- Mino Giizhigad

Clear- Mizhakwad

Cloudy- Ningwaanakwad

Cold- Gisinaa

Foggy- Awan

Hot- Gizhaate

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf





Community News

Happy birthday

Sending belated birthday wishes to our faithful and steadfast coworker **Mark Laakso** (Aug. 13). Thank you for all your time and dedication throughout the years and most especially for the friendship and laughs. We hope your day was the best!

Love, your Fond-du-Luth family

The happiest of belated birthday wishes to our loyal coworker **Steven Kieswetter** (Aug. 22). We are lucky to have you, Steve. Thank you for being you. We hope your birthday was lovely. You deserve a great day.

Love, your Fond-du-Luth family

Happy 13th birthday to **Arayah Houle** (Aug. 26)

Love, mom, Jodie, and Tony

Happy birthday to my sister **Jamey Houle** (Aug. 27) who would've been 34. We love you, rest in peace sister.

Love, dad, mom, Jodie, and all your brothers

Happy 26th birthday to **Anthony Barney** (Aug. 30), I love you Tony

Love, Jodie

Happy belated birthday to our handy coworker **Bryan Kowalik** (Aug. 30). Thank you for your service all of these years and for your good nature. We hope you had a great day and lots of fun for your birthday!

Love, your Fond-du-Luth family

Happy 41st birthday to **Travis Paulson** (Sept 1)

Love, Bridget, Jalen, and Cordell

Happy birthday **Hank Seppala** (Sept. 1)

Love, Gail, Michelle, Michael, Cherokee, Stephen, Toby, Raymond, and Shelly

Happy 4th birthday **Jori Smith** (Sept. 5)

Love, auntie Cherokee, Shelly, uncle Toby, and Raymond

Happy 4th birthday **Jori Smith** (Sept. 5)

Love you with all my heart, dad and grandma

Happy 10th birthday **Raymond Smith III** (Sept. 7)

Love, mom, Cherokee, Shelly, Toby, and Stephen

Happy 10th birthday **Raymond Smith III** (Sept. 7)

Love you, grandma Gail

Happy birthday **Randy Barney** (Sept. 7)

Love, Gail, Toby, Cherokee, Shelly, and Raymond

Happy birthday to my beautiful big sister **Heather LaPrairie** (Sept. 8). I love you so much, sister, forever and always, to the moon and back. You are my only big sister and so very special to me, the perfect big sister for me. I hope you have a lovely day. It is a great day you were born.

Happy birthday **Dawn Mainville** (Sept. 9)

Love, mom, dad, and brothers

Happy birthday auntie **Vanessa Northrup** (Sept. 11)

Love, Kye and Davis



We would like to wish **Vanessa Northrup** (Sept. 11) a happy birthday. We hope your birthday is as wonderful as you are..... Love you, XXOO love your baby sister Vickie and Bouda and Psalms, Roger Jr., and Kristen.



Happy birthday **Shaydon Thompson**, 12 (Sept. 15) and **Shayna Rose Thompson**, 8 (Sept. 8)

Love, mom and Kev

Happy 10th birthday to our handsome son **Anthony Wright Jr.** (Sept. 20) who is now in the double digits, time sure does fly. Hope you have a wonderful day.

Love always, dad, mom Erin and your brothers and sister

Happy 12th birthday **Aubriahna Elise Jenkins** (Sept. 22)

Love, dad

Happy 1st birthday **Lindsey Dibella** (Sept. 25)!

Love, grandma, grandpa, and uncle Devin

Anniversary

Happy anniversary to my lovely wife **Dawn Reynolds** (Sept. 4)

I love you, Fritz!

Thank you

The family of **Karen L. DuFault** would like to express their deepest appreciation to those who showed such won-

derful and amazing support during this difficult time. Our family was overwhelmed by the Love and thoughtfulness of everyone. It was comforting to know how much she was loved by not only family and friends but also the community. Thank you again. Tony Northrup, Clint Northrup, Antonio, Colton, and family.



Starr Shabiash would like to thank everybody who donated to her trip to Montana. This is a picture of the winner, Ducky Diver.

Roger "Bouda" Smith Sr., Brookston Rep. Thank you for remembering my dad, Bob Bassett, WWII Army Veteran with is Veteran's gifts.

Darlene Mostrom

A big thank you to the *summer lawn workers and supervisors*. This is so much appreciated.

Great job, Darlene Mostrom

Dear **Forestry cleanup crew**, A note of gratitude and appreciation for your quick response and professional work in cleaning up after that huge storm last month. Dave Petite and his crew came over to remove a few large trees that had fallen directly across our driveway. They arrived only one day after we called. I'm sure many Band members were affected by this storm, but just knowing we have this dedicated crew so willing to help offers us comfort. Miigwetch!

Bonnie Wallace and Tom Hagland

Memorial

In memory of **Beatrice M (St John) Huie** (June 12, 1929 to August 1, 2014).

Mom, it's been two long years since we were all together. Your grandchildren, great grandchildren, and great great grandchildren are growing up and we share our memories and pictures of our family gatherings at all family functions. We have come home to Sawyer to visit you at the cemetery often and feel your presence and love. We all enjoy our visits home and think of our lives growing up with your love and teachings of our beloved culture. Your stories and 'jokes' are missed. And again all your stories will live on.

All our love and peace to you, mom. Your son, Gilbert, and daughters Gail and Glenda and families.

Norma R. Graves (Sept. 22), thinking of you

Your family

Cheryl Diver Schultz (Sept. 22), it's been a long 14 years. Love and miss you everyday, children: Aaron, Paul, Charlie, Nicole, husband Paul, mom and dad, sister Karen, brothers Chuck and Kevin, niece Rochelle, and nephew Kevin

Obituary

Ezekiel Isaiah Johnson (Zeke) September 2, 1974 - July 2, 2016

A memorial service was held on July 6, 2016 at his home in Brookston, Minn.

Ezekiel I. Johnson "Aawaa-nini" 41 of Brookston, Minn. passed away peacefully surrounded by his loved ones on Saturday July 2, 2016. He





Community News

was born September 2, 1974 in Willmar, Minn. to Debra Johnson-Fuller. He is preceded in death by his grandparents, Auntie Melly, and Uncle Howard.

Zeke enjoyed anything about Star Wars; he was an avid collector of Star Wars figurines and toys. He was an accomplished basketball player in his younger years and enjoyed watching all sports on television. Most importantly he was a true Vikings fan. He also collected Nike shoes and hats. He will be missed by those who love him.

Zeke is survived by his mother, Debra (Dan Fuller) Johnson-Fuller, his son Delmarco Johnson, his brother's Timothy (Nicole) Fuller, Dominic Johnson-Fuller, Christopher Johnson-Fuller and sisters, Elizabeth (Kelly) Wek and Willow Johnson-Fuller, nephew Cedar and nieces Lexi, Evie, uncle, aunts, and numerous cousins and his special love Jennifer Adolf. Zeke's family would like to give a special thank you to the Fond du Lac Human Services Division for their support and care and the community members who lent their support through this time. Miigwetch

Karen L. DuFault "Nisho gaw bo wii ikwe" 71 of Cloquet, Minn. passed away peacefully surrounded by her loved ones on Friday, August 12, 2016. She was born August 11, 1945 in Cloquet, Minn. to Robert



Northrup and Gladys (Roy) Petite. She is preceded in death by her parents, sisters Leatrice and Linda, brothers Dana and Michael Jr.

Karen proudly retired after working for the Fond du Lac Human Services for 33 years as a Community Health Representative. She loved to cook and watch cooking shows. She also loved to travel and see new things. Karen lived for her family and had the most generous heart there ever was. She will be forever missed by those who knew her.

Karen is survived by her son, Tony Northrup, daughter Delaina, grandson Clint Northrup, great-grandchildren Antonio and Colton, all of Cloquet. Siblings Geneva (John) Mcmillen, Candace Fineday, Suzzette and Sueann Petite, Rochelle Martineau, Phillip Petite, Leonard Petite Sr.(Susan), David (Toni) Petite, Diana Reynolds, Ann (Russ) Rule and Alice Northrup, numerous nieces and nephews whom were special to her.

Karen's family would like to give a special Thank you to St. Luke's Hospice for their wonderful support and care.

Chibinesi James W. Northrup Jr., 73, of Cloquet, began his journey into the spirit world, at home, on August 1, 2016. He was born in Cloquet on April 28, 1943 to James Warren "Bope" Northrup Sr. and Alice Marie Shabaish. He was a member of the Fond du Lac Band of Lake Superior Chippewa and had received an Honorary Doctorate of Letters degree from Fond du Lac Tribal

and Community College.

Jim was an author, poet, playwright, birch bark basket maker, maple sap and wild rice harvester. Chibinesi was the author of numerous books and for 25 years wrote a monthly column syndicated in the News From Indian Country and the Circle. His work has been widely cited and frequently anthologized. He was also a freelance writer and motivational speaker who was invited to visit many schools, universities, and veteran's gatherings throughout the United States and the world.

Jim's family was very important to him and he was proud to be a U.S. Marine Corps Ogichida. He joined the USMC in 1961. In 1962, he was on a ship near Cuba during the Cuban Missile Crisis. He was also a combat veteran of the Viet Nam War, serving there in 1965 and 1966.

He was a caring husband, father, grandfather, great-grandfather, brother, uncle, great-uncle and friend. The autobiography he often shared was: "I was born on the Rez, live on the Rez, will probably die on the Rez. T'was a lot that happened in between but it was just details. And from those details I make my stories."

Those welcoming Chibinesi to the spirit world are his parents and siblings, Doris Smith, Nancy Kregg, Jeff Northrup, Judy LaFave, Herbert Northrup and Rod Northrup.

Those he leaves behind to cherish his memory are his loving wife of 38 years, Pat; sons, Jimmy (Lisa) Northrup III, Matthew (Jackie) Northrup, Joseph (Sara) Northrup, Calvin Dow, Anthony (Elaine) Dow and Aaron (Shawna) Northrup; daughters, Lorna Dow and Heather Brink; brothers, Vern Northrup, Russ (Deb) Northrup, Warren Northrup,

Rick Gresczyk and USMC brother Ted Charles; sisters, Jean DuFault, Susie (Ringo) Smith, Juanita Fineday, Dawn Northrup and Ruth Northrup and numerous grandchildren, great-grandchildren, nieces and nephews. Chibinesi also leaves behind many students, fellow writers, artists and friends who will continue to be inspired by the Anishinaabe language and culture he spent his lifetime teaching and sharing.

Daniel Gilbert Shabaish, "Gah Wah Tah Say", which means Outstanding Man, 63, of Cloquet, began his journey into the spirit world, at his home on August 1, 2016. He was born at the Indian Hospital in Cloquet on January 21, 1953, to Joe Shabaish Sr. and Delphine (Benjamin) Shabaish.

He was a member of the Fond du Lac Band of Lake Superior Chippewa. Daniel enjoyed bingo, slots, hunting, George Jones country music, but mostly his family.

Those welcoming Daniel to the spirit world are his parents and siblings, Linda, Lloyd, Lois, Dennis, Delbert Sr. and David.

Those he leaves behind to cherish his memory are his partner of over 30 years, Pam; children, Deanna Solis of Redwood Falls, Minn., David "Cubby" (Avis) Mountain of Bemidji, Heather and Denise Diver, both of Cloquet and Cathlyn Spears of Tennessee; step-children, Michael (Cassie), Alvin Sr. (Marella) and Richard Sr., all of Cloquet; siblings, Joe Shabaish Jr., Ruth (Bill) Spears, Rosalie (Neil) Gopher, and Rodney, Roy, Donald and Leslie Shabaish and Vincent Merrill Sr.; 28 grandchildren and six great-grandchildren.

Eric Troseth passed away on July 14, 2016, he was born

to Joyce Marie Loons Troseth and Ivan Troseth on July 15, 1968. He was a U.S. Army Veteran and an enrolled member of the Fond du Lac Band. Eric lived in Wausau, Wisc. and was married with two daughters.

He is preceded in death by his sister Mary Northrup; surviving sibling are: Roberta Marie, Sheryl Provine McCreary and Michael Troseth. There will be a grave side service at a later date. Rest in peace Eric.



Attention Band members: for sale

1616 Big Lake Road, Cloquet
Fond du Lac Development Corporation will be accepting bids for a garage located at 1616 Big Lake Road, Cloquet from Fond du Lac Band members. The winning bidder will be responsible for moving the garage off the property by 4 p.m. September 29, 2016.

There will be no minimum bid but the winning bidder must pay the full amount of bid within two days of bid acceptance (September 16, 4 p.m.)

Sealed bids will be accepted from Aug. 22, 2016 until 4 p.m. Wednesday, Sept. 14, 2016 (Bids received after 4 p.m. will be rejected). Bids will be opened immediately following bid closing in the Planning Division conference room. All bidders are invited to attend.

Contact Jack Bassett at (218) 878-8043, jackbassett@fdlrez.com or Raelea Skow at (218) 878-2610, raeleaskow@fdlrez.com for more information about the home and bidding instructions.

Interested bidders can look at the building on Friday September 9, from 3-5 p.m.

Waatebagaa giizis - Leaves Changing Color - September 2016

CCC: Cloquet Community Center, (218)878-7510; 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; BCCR: 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; RMD: Resource Management Division; TCC: Tribal Center Classroom; FACE: Family and Child Education

Bldg. MKWTC: Mash-ka-wisen Treatment Center; DC: Damiano Center; FDLSH: FDL Supportive Housing; CHS: old FDLSS door; MTC: MN Chippewa Tribal building;

ALR: Assisted Living Residence; FDC: (Food Distribution Center); PLT: Perch Lake Townhall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
King of the cage Sept. 7 doors open 6 p.m. BBCR	Diamond Rio with special guest Danielle Bradbery Sept. 24 7 p.m. BBCR	Elder movie morning Sept. 11 and 25 11 a.m. Premier Theatres	Solar Project Community Gathering Sept. 9 11 a.m. BBCR	Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language 5 p.m. CCC AA/support group 6 p.m. CCC	AA/support group 6 p.m. BCC GED (call)	AA/support group 6 p.m. SCC Come & Swim & use the gym
1	2	3	4	5	6	7
Come & Swim & use the gym	Happy Labor Day	Get fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC 1st day of School FDL	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC GED 2 p.m. SCC Health Ed 5 p.m. ENP 1st day of school Cloquet King of the cage Sept. 7 doors open 6 p.m. BBCR	Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language table 5 p.m. CCC AA/support group 6 p.m. CCC	Wisdom Steps Golf Tournament 10 a.m. BBCR Solar Project Gathering 11 a.m. BBCR AA/support group 6 p.m. BCC GED (call)	AA/support group 6 p.m. SCC Come & Swim & use the gym
8	9	10	11	12	13	14
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder exercise 8 a.m. CCC Elder water aerobics 8:15 a.m. CCC GED 9 a.m. SCC Yoga 12 p.m. CCC Cribbage 5 p.m. CCC Language Table 5 p.m. SCC	Get fit 12 p.m. CCC WIC 12 p.m. CAIR Caregive support group 12 p.m. CHS Health and nutrition 12 p.m. CCC AA/NA support 12 p.m. TRC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC Language Table 5 p.m. BCC	Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language table 5 p.m. CCC AA/support group 6 p.m. CCC	AA/support group 6 p.m. BCC GED (call)	AA/support group 6 p.m. SCC Herbal Prep 10 a.m. CCC Come & Swim & use the gym
15	16	17	18	19	20	21
Come & Swim & use the gym Cloquet movie morning 11 a.m.	Elder exercise 8 a.m. CCC Elder water aerobics 8:15 a.m. CCC GED 9 a.m. SCC Yoga 12 p.m. CCC Cribbage 5 p.m. CCC Language Table 5 p.m. SCC	Get fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC Parenting second time around 1 p.m. CHS	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC Language Table 5 p.m. BCC	Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language table 5 p.m. CCC AA/support group 6 p.m. CCC	AA/support group 6 p.m. BCC GED (call)	AA/support group 6 p.m. SCC Come & Swim & use the gym Diamond Rio with special guest Danielle Bradbery Sept. 24 7 p.m. BBCR
22	23	24	25	26	27	28
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder exercise 8 a.m. CCC Elder water aerobics 8:15 a.m. CCC GED 9 a.m. SCC Yoga 12 p.m. CCC Cribbage 5 p.m. CCC Language Table 5 p.m. SCC	Get fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC Language Table 5 p.m. BCC Sobriety Feast 6 p.m. CCC	Get Fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC Language table 5 p.m. CCC AA/support group 6 p.m. CCC	AA/support group 6 p.m. BCC GED (call)	Eli Young Band Oct. 21 7 p.m. BBCR
29	30	31				

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