

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



Senator Jon Tester (D-MT), visits the Fond du Lac Reservation.

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Local news

A sign of things to come

By Zachary N. Dunaiski

Fond du Lac has once again started the ball rolling that other Bands would like to replicate. Fond du Lac reached an agreement with St. Louis County for two bilingual signs.

The first two signs have both the English and Ojibwe wording for Chi-wizo-zaaga'iganing (Simian Lake) and Beke-zaagidawaag (Side Lake). The signs for Chi-wizo-gaaga'iganing can be seen on Simon Rd as you approach from either side. The signs for Beke-zaagidawaag are located on Pine Drive in Stony Brook Township.

"This sign is a product of a number of different projects we have going on the Fond du Lac Reservation to protect the language and culture." Jason Holliday, FDL Planning Director said in speaking with the media on Oct. 22 as the Chi-wizo-zaaga'iganing sign was unveiled. "These signs are just the beginning."

Fond du Lac is also working with Carlton County in putting up more bilingual signs. Expect to see those signs going up around the Reservation too.

"All these signs come from a paper that was written by a woman who had been recording elder's from Fond du Lac in the late 70's." FDL's Natural Resources Program Manager Thomas Howes said, "Chi-wizo, was an old man who lived out here and zaaga'iganing is the place where that lake is, so they said, 'That lake where that old man Chi-wizo lives.'"

Howes discussed how important it is to pass stories along to keep the Ojibwe language alive. He continued by saying now that we (the media in attendance at the ceremony) had heard the story, we could pass it along, keeping the language and culture alive. "This is important. If you look on Google maps now these place names are there and that's the result of those old recordings and my little brother's work." Howes said. But Howes's brother and others who have worked with these recordings don't want to take credit for these place names, they always give credit to the elders.

This is just one of many ways that Fond du Lac has been working to keep the language and culture alive, they also

have different programs going on at the high school and Fond du Lac Tribal and Community College to teach the language to the next generation.

"These place names are great, but then learning how to actually have this conversation bilingually is the goal."

Howes also submitted the to the FDL newspaper.

FDL Places Names:

Found in recordings from the Oral History of Boundary Changes on the Fond du Lac Reservation done in 1979. The words are gathered from audio recordings with the following elders - Mike Shabaiash, Frank Whitebird, Flora Whitebird, William "Dave" Savage, Simon Whitebird, and Susan Blacketter

- Nagaajiwanaang - place where the water stops flowing downhill, place where the river ends, a description of something left behind, a RxR water-stop right by Posey Island - (this word almost unanimously refers to the old village by Duluth) - FDL REZ
- Bapashkominitig (-ong or -oog) - island in the river where all the trees are cleared/bald-headed island, name of the village up on the

hill above where the island is, known in English as Posey Island - Cloquet District and/or FDL REZ

- Gwaaba'iganing - place of the dipper/ladle/steam shovel - Sawyer District
- Ashkibwaakaaning (sometimes said "Shkibwaakaaning") - place of wild artichokes or one elder says it may be sweet potatoes - Brookston District
- Mookomaan-onigaming - knife falls - Cloquet (Town), a hydro-electric dam was built on top of these falls in the St. Louis River
- Oodenawensiing - little town - Scanlon (town)
- Niingidoomog - fork in the road or Junction - Carlton (Town)
- Aatawemegokokaaning - Place that has fish kills - Perch Lake
- Zhaaganaashiins Odabiwining (often said "Zhaaganaashiins") - Place where the little Canadian sits/lives, this was named after a woman named Ziibiins, who was from Saskatchewan, who was Mike Shabaiash's grandmother - Dead fish lake
- Chi-awasonigaming (some-

times said "Awasonigam") - the big portage before the last one or on the other side of the one that someone is on or third portage away or back depending on one's location - Rice Portage Lake

- Chi-maanakikii-zaaga'igan - big maple forest - Hardwood Lake
- Chi-zaaga'iganing - Big Lake
- Chi-wizo-zaaga'iganing - name of an old man that lived there alone before anyone (Chi-Wizo was his Indian name), he was Jay or G.A. Smith's grandpa, this lake is also known as Simon Lake and prior to that Anishinaabeg called it Sandy Lake - Simian Lake
- Beke-zaagidawaag - lake on its side - Side Lake
- Webiindikomaan-zaaga'iganing (or Wewiindikomaan, we are still waiting to find a translation for this word) - Twin Lakes
- Gaagizhikikaag - place of lots of cedar trees OR Waaboozo-zaaga'iganing - Rabbit Lake (said by Simon Whitebird) - Cedar Lake
- Manoomini-zaaga'iganing - Wildrice Lake
- Mashkiigwaagamaag - lake

Nahgahchiwanong Dibahjimowinnan

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

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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

that was dark tea-like water, it also is surrounded by a bog/swamp and there is a large amount of mashkiigobag there - Mud lake or Miller Lake

- Chi-gamii-ziibi – big water/lake superior river - St Louis River
- Waaninitigweyaang – crooked or circular river - *St. Louis River (alternate name)
- Asini-ziibi - stone river - Stony brook
- Anishinaabekwe-ziibiwishe – Indian woman creek – used to be Squaw Creek, now known as Fond du Lac Creek

- Nigigo-ziibiwishe – Otter creek
- Enimaasing – one who sails away - a creek west of Perch Lake named after a man (some say a chief) who wanted to build a home on the shore of Perch Lake and was exercising riparian rights by building within 300-some feet of the shore of the lake.
- Akiko-zaaga'iganing – Kettle Lake – legend says the lake is in the shape of a kettle when seen from the sky
- Akiko-ziibi – Kettle River

November is National Native American Heritage Month

It seems every month we celebrate something, October is traditionally Breast Cancer Awareness Month, February is typically African-American History Month, as well as others. It seems for the past couple of years that President Barack Obama has proclaimed November as National Native American Heritage Month. Here are a few snippets from his proclamations.

2011

This month, we celebrate the rich heritage and myriad contributions of American Indians and Alaska Natives, and we rededicate ourselves to supporting tribal sovereignty, tribal self-determination, and prosperity for all Native Americans. We will seek to strengthen our nation-to-nation relationship by ensuring tribal nations have a voice in shaping national policies impacting tribal communities. We will continue this dialogue at the White House Tribal Nations Conference held in Washington, D.C. next month. As we confront the challenges currently facing our tribal communities and work to ensure American Indians and Alaska Natives have meaningful opportunities to pursue their dreams, we are forging a brighter future for the First Americans and all Americans.

2012

As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country's character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American

Indians and Alaska Natives have enriched our Nation, and we renew our commitment to respecting each tribe's identity while ensuring equal opportunity to pursue the American dream...In partnership with tribal nations, my Administration has addressed injustices and built new avenues of opportunity for American Indians and Alaska Natives. As we celebrate National Native American Heritage Month, let us move forward in the spirit of mutual understanding and mutual trust, confident that our challenges can be met and that our shared future is bright.

2013

As we observe this month, we must not ignore the painful history Native Americans have endured—a history of violence, marginalization, broken promises, and upended justice. There was a time when native languages and religions were banned as part of a forced assimilation policy that attacked the political, social, and cultural identities of Native Americans in the United States. Through generations of struggle, American Indians and Alaska Natives held fast to their traditions, and eventually the United States Government repudiated its destructive policies and began to turn the page on a troubled past.

These are only bits and pieces from what Obama has proclaimed the past couple of years. If you would like to read more they are all available on whitehouse.gov, and easily accessible though a quick search on their website.

Chairman of Senate Committee on Indian Affairs visits FDL

By Zachary N. Dunaiski

The Fond du Lac Reservation received a very special visit from Montana Senator Jon Tester (D), who is the new chairman of the Senate Committee on Indian Affairs.

Tester, as well as his key staff members, got a tour of all that Fond du Lac is doing to better our community. He made stops at resource management, Min no aya Win clinic, Tagwii, our Veteran's supportive housing, and our school, as well as the radio station.

While Senator Tester was at the radio station, Dan Huculak, WGZS Station Manager, got a chance to sit down with him to ask a few questions pertaining to Indian Country, and what he thought of our Reservation.

“Very impressed, you're really doing some amazing things as far as getting folks healthcare and doing it in a way that's fiscally responsible. What I saw was very impressive, and I've been around a lot of tribes in the country and what I saw today was more the exception than the rule.”

The Montana Senator even talked about a Senator from Minnesota, Senator Al Franken, who serves on the Indian Affairs Committee with Tester. “The bottom line is Senator Franken is continually coming in to the Reservation to talk about issues whether it is healthcare or education, you can go down the list, police protection, housing, I mean the list is long. That needs to be addressed in Indian country, and I think he does a great job in bringing your issues to the table.”

After seeing the FDL school, Tester spoke passionately about sequestration and how if he

had the choice Native American trust responsibilities wouldn't be subjected to it. “The sequestration model doesn't work. When you have budgets that are funded to the bare bones and you apply sequestration to that you end up with a situation where you're doing some very very harmful things to people, particularly in the area of education. You want to be able to give Native American kids the ability to go out and compete in this world wide economy. If you don't make that investment in education you're never going to get that dividend.” It isn't just about how taking money away from the schools, it hurts education, it hurts everyone.

“The key to getting out of poverty and unemployment is education. If you cut education, especially education that's not fully funded to begin with, you are just asking to drive more people into poverty.”

One of the last places Tester visited before his interview was our new Veteran Supportive Housing. He liked what he saw but noted that it may not be adequate because there's such a high level of need and only one facility.

“To be honest, the VA has made some great strides in reducing the number of homeless veterans out there. I've always said and I believe this, there should not be one homeless veteran out there. These folks laid it on the line for the country, they should not be facing homelessness... Veterans homelessness is inexcusable.”

Senator Tester's visit was a great opportunity to show what FDL has done and to know that our needs are being heard for the Senate Committee on Indian Affairs.

A few thoughts from RBC members

From the Chairwoman

The Fond du Lac Band hosted Senator Jon Tester (D-MT) on Oct. 21. Senator Tester is the new Chairman of the Senate Indian Affairs Committee. He has made a commitment as a part of this new responsibility to visit as much of Indian Country as possible to see and hear from tribes. He was accompanied by his key staff.



Karen Diver

The day began with his staff meeting with Resource Management staff. Key topics included the decline of the moose population, the Band's opposition to wolf hunting, the Band's efforts around water quality especially as related to mining

issues, and the Band's desire to achieve Class I air quality. The next stop was the Min no aya Win Clinic. After a brief tour of the facility, the Clinic's administration gave an overview of the services provided at Min no aya Win, Center for American Indian Resources, and the pharmacy in the Twin Cities. The staff also highlighted the positive impact that the Affordable Care Act has had for Band

members and descendants and the services we are able to provide for them.

The tour continued with overviews of Supportive Housing and Veteran's Supportive Housing and the enormous need for additional housing

resources for Fond du Lac. At Tagwii, Senator Tester was informed about the model used to provide services for chemical dependency treatment specific to substance abuse, and the positive outcomes this model has had for our community.

After a lunch with some members of the Reservation Business Committee, Senator Tester did an interview on WGZS radio. He stated that he was very impressed with Fond du Lac's capabilities, our programs and services and management staff. He saw areas that could be of benefit to Indian Country if they could be replicated. He ended his day with a visit to a classroom and to see the airplane being built by Ojibwe School students as a part of the math and science curriculum.

We appreciate how serious Senator Tester is taking his new role. The time and attention he is spending to understand the breadth and the challenges and successes in Indian Country will enable him to be a better voice for the needs and tribes and their citizens. Thank you Senator Tester!

The Band is still in the process of getting public comments regarding designating the Reservation with a Class I air quality standard. This is the same designation that is in effect for national parks. This designation will not affect any current businesses that are operating. One comment the Band has heard repeatedly during the required public input meetings is that we are trying to hurt economic development

in the region. Nothing could be further from the truth, because having a healthy local economy is important to us too. The Band believes that economic development and sound environmental policies can and should go hand in hand. Working to assure air quality is a natural extension of the Band's water quality work to assure that decision-making today takes into account and balances the long term consequences to public health, the economy and the environment.

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

From the Secretary/Treasurer

Boozhoo,

I hope you had a good summer. Fall is in the air and winter is right behind it. We have had a few nights in the 20's already and a brief snowfall also. I guess the circle is a pretty accurate depiction of our way of life.

My father had surgery again and they took his leg up to the knee. He is not too happy about it but he does have a



Ferdinand Martineau

very positive attitude. He has already started therapy and plans on being able to walk as soon as he is allowed to. My father has always been independent and active and he is determined to continue on in the same manner. I told him that I will be there to help with whatever I can to help achieve his goals.

I had lunch with my mother today. It was like old times for awhile. We talked about how she was doing and how I was doing and the general gossip about the current events on the

Reservation. We laughed about a lot, were serious about some, and quite concerned about others. I was brought back to the present quite rapidly when she realized that she had left her pills at home and should be taking some after she ate. That was all she could talk about, I have to take my pills after I eat. She kept saying that to me and I said as we are at the casino and you would like to gamble a little, I will go get your pills and you can take them when I get back. I left and when I returned in 20 minutes she was relieved and was able to enjoy herself for the rest of the afternoon. I miss my mother

already.

We had the Elder's Nite at the Bear. The entertainment was a tribute to Patsy Cline. A sit down dinner was served along with dessert. We were given a night stay in the hotel, breakfast in the morning, and a few dollars to gamble with. This has always been an enjoyable evening.

The veteran's program is again sponsoring a dinner for veterans at the convention center on Veteran's day. This has been well received in the past and I am expecting that it will be the same this year. It will give all vets a chance to meet with the new veteran's service

officer, Thomas Whitebird. Tom is replacing Chuck Smith who retired recently. This is a good place to get to know some of your fellow veterans.

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 continued

Cloquet News

Hello All

I would like to start by saying thank you Roberta Marie for all you have done for the Cloquet community and our Cloquet Community Center as the Community Center Director. Roberta has decided to take on a different position with FDL. Roberta has done a terrific job with planning and programming at our community center and has set the bar high for her replacement. We wish her well in your next assignment. Thank you Roberta.

Our community center has a wide variety of upcoming activities scheduled for the month. Please see our Community Center website for a complete schedule. Our Elders fall dinner was held Oct. 21, at the Otter Creek Convention Center, it was a good time to get together and socialize. Our Elders are also having a Bake sale on Nov. 14, at the Cloquet Community Center. Elder exercises are being held every Monday and Wednesday also at the Cloquet Community Center.

Our new Veterans Service Officer, Tom Whitebird, has been busy organizing the annual Veterans Dinner at Black Bear. It is scheduled for Nov. 11, at 4:30 p.m. He is also working

on the Iraqi-Afghanistan Veterans Healing Tour to be held May 8-10, 2015 at the Black Bear Convention Center. Please see LIMACO.com for more information on this tour. I would also like to thank Lyman Lafave for helping our Veterans Service Department in the interim. Tom can be reached at (218) 878-2670 for your Veterans questions and needs.

Our construction company, which does snow plowing on our roads, would like to remind folks that

keeping personal items and parking on the roads makes it very hard for them to plow. They ask that you keep your personal items and vehicles out of the way for plowing and would like to thank you all in advance.

I recently attended the Black Bear Employee Appreciation Day at the event center, nice work staff, your hard work and dedication is what makes us all successful. We do appreciate each employee and all you do.

As always, please feel free to call or email me with your questions or concerns. (218) 878-8078 office, (218) 428-9828 cell, or email wallydupuis@fdlrez.com



Wally Dupuis

Thank you

The family of **Isabelle Whelan** would like to thank the Reservation Business Committee for their support to our family during our mother's journey and passing from cancer. A special thanks to Dr. Charles Kendal, Debbie Rissanen RN, Margie and Shana from St. Lukes Hospice Care along with all the other professionals that assisted with mom's care. Thanks also to our friends and family that supported us during this difficult time.

Attention Band members: for sale



1570 Jarvi Road

Fond du Lac Development Corporation will be accepting bids for 1570 Jarvi Road from Fond du Lac Band members. Bids will be accepted from October 27, 2014 until November 24, 2014. This home is a 2+ bedroom, 2 bath, full basement will be sold "as is" with a minimum bid of \$160,000.00, bid will be awarded to the highest qualified bidder. 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, bidding instructions and open house times.



4567 Twin Lakes Drive

Fond du Lac Development Corporation will be accepting bids for 4567 Twin Lakes Drive from Fond du Lac Band members. Bids will be accepted from October 27, 2014 until November 24, 2014. This home is a 3 bed, 1 bath, with a unfinished basement, it will be sold "as is" with a minimum bid of \$120,000.00, 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, bidding instructions and open house times.



Recreational Cabin 9671 Ferrario Road

Fond du Lac Development Corporation will be accepting bids for 9671 Ferrario Road from Fond du Lac Band members. Bids will be accepted from October 27, 2014 until November 24, 2014. This cabin will be sold "as is" with a minimum bid of \$5,000.00, bid will be awarded to the highest qualified bidder. Bidder must provide their own financing, winning bidder must provide payment in full to Fond du Lac within 5 business days or bid will be rejected and offered to the next highest bidder. 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 cabin, bidding instructions and open house times.

Etc

What's in a commercial cigarette?

By **Rozanne Hink**,
Certified Tobacco Health Educator

Along with nicotine, there are now over 7000 toxic chemicals in commercial tobacco and 4000 chemicals in secondhand smoke, according to a 2010 U.S. Surgeon General's Report (from the Center for Disease and Control). When these chemicals find their way deep inside the body's tissues, they cause damage, and because your body must fight to heal the damage done each time you smoke, over time, the damage can lead to disease.

It doesn't take long for the chemicals to reach your lungs when you are inhaling them from your cigarette or cigar. These same poisonous chemicals reach every organ in your body. From your lungs they quickly reach your blood. This can cause your lungs, blood vessels, and other delicate tissues to become inflamed and damaged when you smoke (CDC Surgeon General's Report, 2010, p. 2).

Some of the chemicals that can cause disease in your body from smoking include the following:

- Acetone-found in nail polish
- Cadmium-active component in battery acid
- Carbon Monoxide-released in car exhaust fumes
- Formaldehyde-embalming fluid
- Lead-used in batteries

- Nicotine-used as insecticide
- Tar-used for paving roads
- Toluene-used to manufacture paint.

These are just a few of the chemicals in commercial cigarettes, cigars, and chewing tobacco (American Lung Association).

According to the American Heart Association smoking is the most preventable cause of premature death in the United States. It accounts for more than 2.4 million annual deaths. In addition, cigarette smokers have a high risk of developing other chronic obstructive pulmonary diseases (lung problems).

The negative effects and health risks mentioned in this article are just some of the health factors associated with smoking. However, there is a lot you can do to reduce these negative effects on your body, such as quit smoking now. There are quit plans out there that can help you. At Fond du Lac Human Services (both MNAW and CAIR) a certified Tobacco Cessation Health Educator, along with some certified pharmacy staff can help you quit this unhealthy and very costly bad habit. We are here to support, educate, and help you quit smoking and learn to avoid secondhand smoke. For more information call Rozanne Hink at (218) 878-3726 MNAW or (218) 279-4064 CAIR.

Apology

In my few years here as Editor of the Fond du Lac newspaper, I have made some errors. That being said, I have always taken this job very seriously, and one error is too many.

Last month I missed a birthday wish. I made a mistake and I sincerely apologize for this error.

From the Scholarship Division

The Fond du Lac Scholarship Program assists our Band members attending universities, community colleges, and technical schools located all across the United States.

The funding criteria includes: being an enrolled FDL Band member, having completed a high school diploma or GED, attending an accredited institution, and completing the required FDL application before July 1, 2015.

There have been several Band members graduating from college and we would like to acknowledge their accomplishments. Congratulations to all of you!

- Misty Peterson – Associate of Arts, Fond du Lac Tribal & Community College
- Roxann Burtness – Bachelor of Science, University of Mary
- Kari Dumes – Technical Diploma, South Louisiana Community College
- Kimberly Seacord - Bachelors of Science, Criminal Justice: Rasmussen College
- Valerie Whitebird – Bachelor of Science, Criminal

Justice: Rasmussen –Summa Cum Laude

- Robert Voss – Bachelor of Arts, Business Administration, Adams University – With Honors

What can I do to get ready for school?

Plan ahead: Spring semester starts in January, if you're thinking about enrolling in college get your application completed ASAP. Registration starts in November.

Enroll early: If you're thinking of attending college next fall, get your college applications completed by July.

Need to improve your reading? If you would like to improve your reading skills start reading everything, remember the saying "practice makes perfect," I'm sure it referred to reading. In talking with an instructor at FDLTCC, Dr. Judy Schultz, she gave a few easy reading suggestions that I could pass along.

- *Iron Lake & Northwest Angle* Author Wm Kent Krueger
- *A Child Called It* Author Dave Pelzer
- *The Five People You Meet In Heaven & Tuesday's with Morrie:* Author Mitch Albom
- *The Guardian* Author Nicholas Sparks

If you're a parent, grandparent, uncle, auntie, or friend, give the gift of reading to a child. The holidays are right around the corner, purchase books as gifts. The research shows if children aren't able to read by third grade they will have a harder time keeping up in school.

If we can be of assistance please free to give us a call or send an email. Coming soon, you'll find us on the Fond du Lac Reservation website, under Scholarships.

For more information contact Patty Petite, Ed.D - Scholarship Director (218-878-2633) pattyette@fdlrez.com or Veronica Smith - Scholarship Assistant (218-878-2681) veronicasmith@fdlrez.com

Ojibwe Language

By *Tara Dupuis*

We were able to finish manoomin this year, miigwech to the DNR for donating. All students were able to come watch the process of finishing manoomin and were able to get some fresh air.

We attended our first Anishinaabe Quiz Bowl competition on Oct. 15 at the Shooting Star Casino for the Minnesota Indian Education Association conference. We had 2 teams participate from our Fond du Lac Ojibwe School.

In the classroom we have been learning Ojibwe words and phrases for Manoominike. Some students were able to make bawa'iganaakoog. We have also been reviewing weather terms and a few VAI's.

Our 9th grade students are reading books and teaching the head start students some Ojibwe language. Miigwech to head start staff for letting us be a part of your day.

I would like to say chi miigwech to Sterling Martineau for doing a wonderful job finishing and teaching others about manoomin this year. A great job, I am so proud of all

Etc

that you already know.

Nandagikendan event was Oct. 23, we went to St. Cloud State University on a day long trip.

Drivers ed

Drivers education classes will be Monday-Friday beginning Jan. 12-30, 4-6 p.m. in the library classroom. Students must be at least fourteen and a half to register. Registration forms are available on the FDL web page under Community Services. Students who qualify for sports funding may qualify to have the class paid for. For more information, contact Joan at (218) 878-2658.

GED classes

GED classes are now taking place at the Cloquet Community Center, the Brookston Center, and the Sawyer Center. This service is free to all FDL enrollees, employees, and their families. If the times don't work with your schedule, other options can be explored—just contact us.

To get started or to start working on your GED again, simply come in and register. An instructor will work with you individually to determine what areas you might need to study more; to help you set realistic goals for progress, and to make sure you are ready for the final tests. The tests and pre-tests are now computerized, and instead of five tests, there are now four.

Students work at their own pace, but the most important step is to make a decision, get the process started, and work on it every week.

GED Classes and Adult Basic Education Classes are available

at the three community centers. GED Classes help students prepare to take the GED test. Students must be at least 16 and be withdrawn from their local school district.

Adult Basic Education helps adults who want to refresh their basic reading, math, and English skills before returning to school or entering the job market.

Class times are **Brookston** Tuesday and Wednesday 12:30-3:30 p.m.; **Cloquet** Tuesday 4:30-7:30 p.m. and Thursday 3:30-6:30 p.m.; and **Sawyer** Tuesday 1:00-4:30 p.m. Thursday 9:00 a.m.-12:00 p.m.

For more information, contact Joan Markon at (218) 878-2658 JoanMarkon@fdlrez.com or for CCC contact Peter Spooner at (218) 390-3064, SCC contact Dennis (218) 393-6643, or BCC contact Bob (218) 345-6470.

November is Lung Cancer Awareness month

- Tuesday, Nov. 18 SCC Smoking Cessation Education Booth: 11 a.m. to 12:30 p.m.;
- Wednesday, Nov. 19 2014 Great Native American Smoke-Out Event at CCC from 5-7 p.m.;
- Thursday, Nov. 20 BCC Commercial Tobacco Prevention Youth Activity, from 4-6 p.m.;
- Friday, Nov. 21, Smoking Cessation Fun Activity at CAIR 1:30 p.m. in Community Room. For more information or if you have questions, please contact Rozanne Hink: Tobacco Cessation Health Educator at (218) 878-3726.

WIC Program

Women, Infants and Children Nutrition Program (WIC) is a supplemental nutrition program that offers tips and advice to help families eat well and stay healthy. It does not provide all of your food needs for the month. The WIC program provides:

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (Range between \$35.00 - \$190.00/month)
- Support and help with breast-feeding
- Referrals to health care, immunizations, and other programs.

Who is WIC for?

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday.

To get WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC.

Contact the WIC office for further information on WIC or a voucher pick up schedule: Laura Garza, PHN, CLC: MNAW (218) 878-2147 or CAIR (218) 279-4135. Kara Stoneburner, RDLD, CLS: MNAW (218) 878-2183 or CAIR (218) 279-4060.

WIC Program is an equal opportunity provider and employer.

Like us on Facebook!

Min No Aya Win
HUMAN SERVICES CENTER

Fond du Lac Human Services
Health/Medical/Pharmaceuticals

Fond du Lac Human Services
is now on Facebook.
Check us out for the latest
events and information!

Fond du Lac Human Services Division

You can impact a Child's Life Through Foster Care

Change the life of a child
Help Provide a Home

Fond Du Lac Reservation Foster Care Services is now accepting applications for Native American foster care providers residing either on or off FDL Reservation.

Foster a future!
BECOME A FOSTER PARENT!
Becoming a Foster Parent is an easy call!
218-879-1227

·21 or older · Safe Stable Home · Pass Background Check



Flu Update 2015

Flu Season is once again upon us. Here are some updated facts and frequently asked questions regarding this year's influenza vaccine:

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

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

Who is most at risk for getting very sick from the flu?

- People age 65 and older
- Infants/young children, pregnant women, and people with certain health conditions such as asthma, diabetes, and heart disease
- Native Americans, African Americans, and Hispanics peoples.

Should I get a flu vaccination this year? Yes! Everyone older than 6 months of age should be vaccinated. Even if you got the seasonal flu vaccine last year, you should still get vaccinated this year.

Can you get the flu from the flu shot? No! Some people do get mild flu-like symptoms for a short time after being vaccinated, but this is a sign that your body is responding to the vaccine and giving you protection. It is not the flu.

Vaccinate Your Family-Protect Your Community: Ask your provider for a flu shot or watch for upcoming community clinics and get vaccinated.

Source: Minnesota Department of Health

Contract Health Services descendent eligibility

Because of its trust responsibilities to provide health care to American Indians, the federal government included several provisions in the Affordable Care Act that are American Indian specific. One of these provisions is the ability for American Indians enrolled in a federally recognized tribe to enroll in a qualified health plan (QHP) at any time throughout the year. This provision does not apply to descendants of American Indians enrolled in a federally recognized tribe.

Descendants are only able to enroll in a QHP during the open enrollment period. For the coverage year of January 1, 2014 through December 31, 2014, the open enrollment period ended March 31, 2014. Any descendent who does not enroll in

coverage, either public or private, may face a tax penalty (Shared Responsibility Payment), and may risk their Contract Health Services eligibility.

For decades, Contract Health Services has served as a payer of last resort. With the new methods of securing private insurance at no cost to Indian patients, Contract Health Services dollars will only be used for those individuals who comply with all of the rules related to acquiring health insurance coverage. This includes completing the application process for public and private medical insurance through MNsure, Minnesota's new Health Insurance Marketplace.

Because of the confusion surrounding the ACA in general, and the lack of American Indian specific outreach and

education, Contract Health Services eligibility for descendants will not be affected by non-enrollment in a QHP for the 2014 coverage year. The Open enrollment period for 2015 coverage begins November 15, 2014 through February 15, 2015. Descendants who do not complete the application process during this time will not be eligible for Contract Health Services beginning January 1, 2015. Please keep in mind that individuals must apply for Medicaid and MinnesotaCare at any time throughout the year to determine eligibility.

To ensure you and your family's CHS eligibility, please stop in to Min No Aya Win or CAIR to see a FDL Patient Advocate or call them at (218) 878-2165.

Open enrollment

Open enrollment is November 15, 2014 through February 15, 2015. These dates are important for descendants applying for a qualified health plan. You can apply anytime for Medical Assistance or MNCare through the FDL Patient Advocates office. Call (218) 878-2165 to make an appointment and find out what information you should bring with you to apply.

For American Indians, a simple, convenient way to get health insurance

MNsure is the official health insurance marketplace for Minnesota residents. It's where you can find the right coverage for you and your family, and information about the special protections and benefits provided for American Indians by the Affordable Care Act.

Even if you receive services from your IHS, Tribal, or Urban Indian healthcare facility, here's what MNsure can provide for you:

- Health insurance to help cover the costs you pay for services received outside of your IHS, Tribal, or Urban Indian Healthcare Facility; things like a hospital stay or specialty care
- One-stop shopping to compare and en-

roll in private insurance plans or public programs such as Medical Assistance (MA) and MinnesotaCare (MNCare)

- Clear descriptions of all plans with side-by-side comparisons so you can choose the one that is best for you
- Quality coverage, including doctor visits, hospital stays, maternity care, mental health services, emergency room care, prescriptions, dental care and more
- More choices of doctors and clinics for your health care
- Help to cover the cost of premiums if you have any
- Consistent care - you can continue to get care from your IHS, Tribal, or Urban Indian Healthcare Facility.

Special Rules for American Indians

- American Indians enrolled in a U.S. federally recognized tribe may enroll in or change their enrollment in a QHP monthly (See Q&A)
- American Indians enrolled in a U.S. federally recognized tribe and their descendants (IHS/Tribal eligible) are exempt from the mandate to purchase health insurance; an application must

be filled out for this exemption, as it is not automatic and you need to apply for it; please see a FDL Patient Advocate for information

- Adult American Indians enrolled in a U.S. federally recognized tribe and their descendants (IHS/Tribal eligible) up to 133% FPL are eligible for Medical Assistance
- Adult American Indians enrolled in a U.S. federally recognized tribe are not required to pay MinnesotaCare premiums; adult American Indians enrolled in a U.S. Federally Recognized Tribe have no cost-sharing for any covered services regardless of where they receive care
- Individuals on Medicare may qualify for Medical Assistance or for help paying Medicare premiums and copays; Medicare beneficiaries may apply directly through their local county or tribal agency; Individuals who receive free Medicare Part A or are enrolled in a Part B or Premium Part A cannot purchase a QHP on MNsure and are not eligible for Premium Tax Credits or cost-sharing reductions or MinnesotaCare.



Chemical Highlight: PFCs

Perfluorinated chemicals (PFCs) are a group of man-made chemicals used in a wide variety of industrial and consumer products to resist heat, stains, or moisture. There are over 600 different forms of PFCs and much of what is currently known about this chemical group comes from research focused on a few that were made in large amounts.

Because they repel both water and oily substances and also survive intense heat, PFCs have been widely used for several decades in a variety of industrial and commercial applications. Examples include stain-resistant and non-stick products, protective coatings, pesticides, lubricants, grease-resistant packaging and paper products, stain/water/oil-repellents, and even specialized fire-fighting foam. Familiar consumer items such as some cookware, all-weather clothing,

cleaning products, paints and inks, and many kinds of personal care products.

Not much is known about how PFCs as a group behave in the environment and how they get into people. Many of these chemicals do not break down or do so only very slowly. Some PFCs stick to soil and others dissolve readily in water and move into groundwater or surface water. Some also travel long distances and are found in many kinds of animals and people worldwide. PFCs are thought to build up in wildlife and increase through the food chain.

Most people in the U.S. have small amounts of PFCs in their bodies, regardless of their age. It is believed that most people are exposed through direct skin contact with PFC-containing products and by breathing in and swallowing small amounts in food, water, air, and house dust.

It is thought that diet is usually the most important source for adults, and both diet and house dust are major contributors for small children. Since some PFCs resist breaking down in the body, they stay in the body for many years.

One particular chemical (PFOS) is the only PFC that has been shown to reach levels of concern in fish. Although most fish have very low levels of PFOS, certain fish from some Minnesota lakes have amounts that call for more protective consumption advice. The Minnesota Department of Health (MDH) offers advice for some species from Fish Lake Flowage and Wild Rice Lake in St. Louis County due to amounts of PFOS measured. As a general rule though, fish are an excellent source of low-fat protein and most have very little, if any PFCs, and people can safely eat them by following MDH Fish

Consumption Advice at <http://www.health.state.mn.us/divs/eh/fish/index.html>.

The potential effects of PFC exposure for human health are not fully understood at this time. It is possible that some PFCs may increase the risk of some health problems, and studies have shown that large amounts of PFCs may harm research animals, including changes in the function of some organs, increased tumors, and developmental and reproductive effects. What those findings mean for people exposed to small amounts of PFCs is not currently known.

Because there are many sources of PFCs and ways people can be exposed, it is difficult to avoid them completely. Even though it is unknown whether typical use of PFC-containing consumer products poses any health concerns, some people may wish to try to use such items less. If so,

they may want to consider the tips below.

- Decline stain-resistant or water repellent treatments if you buy new furniture or carpets and ask for products that have not been pretreated; don't apply such products yourself either
- Do not overheat non-stick cookware since PFCs may be released at very high temperatures (above 450°F); discard items when the non-stick coating is deteriorated or damaged
- Avoid personal care products that include the words "fluoro" or "perfluoro" in the names of chemicals listed on the label
- Eat less oily packaged foods; although use of some PFCs in food packaging has been reduced in recent years, grease-proofing coatings on some paper wrappers and containers could contain some PFCs or similar chemicals.

Snacks

By Kara Stoneburner,
RDLD, Public Health Dietitian

According to the dictionary, a snack is a small portion of food or drink or a light meal, especially when eaten between regular meals.

Anybody can have a snack. Even as an adult, having a snack is okay. Eating healthy snacks can help you meet your daily food needs. Snacks are also a great opportunity to take in more fruit or vegetables each day. Fruits and vegetables are low in calories and fat. They provide vitamins and minerals and can help re-

duce the risk for obesity, heart disease, and certain cancers.

Timing of snacks is important. Serve snacks in-between meals, preferably 2 hours before the next meal. Snack only if you're hungry, not bored or stressed.

Snacks should be smaller in size than a normal mealtime. Limit foods that are high in fat, sugar and salt, like chips, cookies, and pop. Place your snack in a small dish or container to prevent overeating, as snacks should be smaller than a normal mealtime.

Planning snacks ahead of time will help you make bet-

ter, healthier choices. Clean and bag small servings of fruits or vegetables in snack-size baggies right after the grocery store. Place your bagged snacks on the shelf, in the refrigerator, towards the front. Don't place them in the crisper where they will be forgotten. Bag other shelf-stable snacks in snack-size bags as well for quick, on-the-go snacks.

Snacks can also help with portion control at meals. By eating a snack between meals, you may not feel as hungry at mealtime, thus reducing the urge to eat fast. Eating slower

gives your stomach a chance to let you know when you've had enough.

Here are a few ideas that can be used as a snack:

- 1 tablespoon of peanut butter on slices of an apple
- Fresh fruit
- Baby carrots, broccoli, cauliflower, snow peas, jicama, bell pepper or other vegetable and small amount ranch dressing
- Celery and peanut butter
- String cheese
- Mixed nuts
- Air-popped popcorn
- Whole-wheat crackers with a slice of cheese

- Fruit smoothie (fruit and 1 cup of fat-free milk or fat-free yogurt)
 - Hardboiled egg
 - ¼ cup dried fruit
 - ½ sandwich
 - Pita chips with bean salsa
- Snack time is a great time to try new fruits and vegetables. Search online, look in the grocery store, or ask your friends for new ideas for snacks. Whatever you choose as a snack, remember, portion size count. Enjoy!

FDL Law Enforcement news

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

- Sept. 1 Call of unwanted person in the compound, person left on foot of their own accord
- Sept. 2 Theft of money from a wallet at the Black Bear Hotel pool
- Sept. 3 Gas drive-off from the FDLGG
- Sept. 4 Report of assault at residence, parties didn't want to pursue charges
- Sept. 5 Report of harassing text messages and phone calls from an unknown person, officers advised caller to stop calling
- Sept. 6 Traffic stop on Danielson Rd, driver cited for speeding
- Sept. 7 Theft of 4-wheeler reported
- Sept. 8 Report of animal left without food and water, owner advised that they need to put water out for the dog while it's outside not just when it's in the house
- Sept. 9 Report of dog biting neighbor on the foot
- Sept. 10 Report of people causing a disturbance at the FDLGG, left on their own accord
- Sept. 11 Report of vehicle passing a school bus while the bus's stop sign was down, unable to locate vehicle
- Sept. 12 Theft of purse and phone from employee locker room reported
- Sept. 13 Traffic control for sobriety 5K walk/run on University Rd
- Sept. 14 Report of argument on Danielson Rd, unable to locate
- Sept. 15 Request for help installing a car seat
- Sept. 16 Report of unwanted person, party arrested for warrant
- Sept. 17 Called to Black Bear for a party wanting to check themselves into detox, party went willingly
- Sept. 18 Party arrested at Black Bear for parole violation
- Sept. 19 Traffic stop, driver warned for headlight and taillight being out
- Sept. 20 Report of pipe found in hotel room at the Black Bear Hotel
- Sept. 21 Report of disorderly person on FDL transit
- Sept. 22 Performed a welfare check and found everything to be okay
- Sept. 23 Theft from a vehicle on University Rd, items located
- Sept. 24 Report of harassing phone calls from unwanted person, unwanted party was advised to stop contacting reporting party and agreed not to anymore
- Sept. 25 Report of a disturbance at FDL homes, parties advised officers of verbal argument. One party had already left nothing physical
- Sept. 26 Traffic stop performed on driver for speeding, found injured party with a broken leg in backseat, driver advised to maintain speed limit but allowed to continue to Cloquet Memorial Hospital

Notice

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class III-Video and Class III-Blackjack at the FOND-DU-LUTH CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on December 3, 2014, 9:00 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minnesota.

Notice

Fond du Lac Management, Inc. has applied to the Fond du Lac Reservation Business Committee for licenses to conduct Class II Gaming, Class III-Video, and Class III-Blackjack at the FOND DU LAC BLACK BEAR CASINO, under the Fond du Lac Gaming Ordinance #09/93, as amended. The review of the application will come before the Fond du Lac Reservation Business Committee in an Open Session on December 3, 2014, 9:00 a.m., at the Fond du Lac Tribal Center, 1720 Big Lake Road, Cloquet, Minnesota.

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 | LAPRAIRIE, Robert |
| BREWER, Devereaux | LOUDEN, Irene |
| CICHY, Gerald | MARZINSKE, Larry |
| CICHY, Leslie | MAXWELL, Lorraine |
| DEFOE, Richard | STAR, Ione |
| LAPRAIRIE-COLUMBUS, Elizabeth | |

FDL ELDER CHRISTMAS PARTY

OPEN TO ENROLLED BAND MEMBERS 52+ AND SPOUSES

NO MINOR CHILDREN PLEASE

FRIDAY, DECEMBER 5TH 2014

9:00AM—11:30AM.....REGISTRATION
11:30AM-2PM....DINNER, DRAWINGS & MUSIC

BLACK BEAR CASINO RESORT
OTTER CREEK CONVENTION CENTER

MUST BE PRESENT TO WIN

Questions call Debra Topping at (218) 391-8051

Please bring a non-perishable food item for the local Food Shelf

Margaret (Montreil) and Frank (Newadji) Houle Sr.

Research by
Christine Carlson

Information about Margaret's father Joseph Montreuil from Edmund Ely's Diary

Joseph Montreuil was mentioned several times in the year 1834 at the old village of Fond du Lac in western Duluth.

Passage from Theresa Schenek's Book - All Our Relations - Treaty of 1837

Joseph Montreuil (the 2nd) was in the employ of Ambrose Davenport in 1834, and spent much of his career at Leech Lake. He was 25 years old when he married Louise Dufault, 19, daughter of Louis DUFAULT, on 9 August 1835 at LaPointe. Their daughter Isabella was born on 13 April 1836 and baptized on 14 July 1838. Other children born after the payment include Joseph, born 1 November 1839; Louis born 10 November 1841; Charles, born 15 March 1844, Margaret, born 22 August 1846; and Zoe born 22 January 1849.

Theresa Schenek Visited the FDL Rez in January 2009

In January of 2009, Jeff Savage arranged for Theresa Schenck to give a presentation on historical documentation of the Fond du Lac people. She generously donated a copy of the 1850 Fond du Lac Census and the 1877 Genological Record of the Fond du Lac Band. These are incredible resources and I am so grateful to her. She wrote the above book and her latest publication is about Edmund Ely.

1870 United States Federal Census for Superior, Wisconsin

Francis Houle age 42 and a laborer born in Wisconsin and his wife Margaret Houle age 23 and a housekeeper born in Minnesota were listed.

A Paper Mentions John and Frank Houle from an 1875 Story by Albert H. Chester found at the Superior Public Library

Mr. Lee and I started, on July 13th, with two explorers and four Indians, going by rail to the Junction and from there across the portage to Posey's, on the St. Louis River. Our explorers were the veteran George R. Stuntz, who also acted as our guide, and B. F. Bishop. The Indians were John and Frank Houle, Billy Church and Antoin Coureyer. At the river we found two large canoes in readiness and started at once up the stream. When we left Joe Posey's house we left behind us the last sign of civilization on the St. Louis River, and we hailed it again with satisfaction on our return. Bearskin's house, at the mouth of the Cloquet river, would hardly be considered as part of civilization, and we did not find it occupied on either occasion that we passed by it. Posey's house burned down one night a number of years ago and poor Joe and his family perished in the flames. His wife was a good cook and good housekeeper, and we could always get a square meal and a good bed there. We started from Posey's late in the afternoon and our first camp was made in section 14, town 50 and range 17W. Voyaging steadily every day we reached the Indian Agency at Vermillion Lake on the tenth day where we spent the night.

Catholic Church Records

Newadji also known as Frank Houle was the son of John Houle and Charlotte Jishib. Frank died on Oct. 2, 1912.

Margaret Montreil is the daughter of Joseph Montreil and Elis Dufault. Margaret died on Apr. 17, 1938.

1891 Indian Census from Fond du Lac

Family number 413 is Frank Houle age 60 and his wife Margaret age 47. Their children are listed as Michel age 18, Zoe age 15, Frank age 12, Augustine age 9, Margaret age 6, and Marie age 4.

1900 Federal Census for the Fond du Lac Indian Reservation

Frank Houle age 66 was an Indian policeman. His wife was Maggie age 53 and their children are: Charlotte age 37, Michael age 25, Frank age 19, Augustine age 17, Maggie age 15, and Mary age 13.

Mrs. Margaret Houle, 103 Dies: Survived by Four Generations - Pine Knot of Apr. 22, 1938

Mrs. Margaret Houle, Chippewa Indian whose age has been estimated at 103 years, died



Grandma Houle. Photo courtesy Min no aya Win clinic's photo collection.

last Sunday at the Indian hospital here. In good health until about a month ago when she suffered a stroke, Mrs. Houle was confined to the hospital for about two weeks.

Four generations of her descendants survive Mrs. Houle. They include: four sons, Alex, Mike, Frank and Gust; two daughters, Mrs. Mary Doolittle Laundry and Mrs. Susan Madwayosh, all of Cloquet, and 35 grandchildren, 85 great grandchildren.

Records concerning the exact date of Mrs. Houle's birth and of her marriage were destroyed in the 1918 forest fire but estimates placed her age at 103 years. Mrs. Houle (Margaret Montreal) was born at Lapointe, Wis., about 1835.

She was a mature woman when the Civil War broke out and during the century of her life saw the nation grow

almost from its infancy. Until she suffered the stroke recently, Mrs. Houle retained all of her faculties to a surprising degree. Her sight and memory were especially good until the time of her illness.

Mrs. Houle's husband preceded her in death approximately 25 years ago. They moved to the reservation here from Wisconsin more than 50 years ago.

Funeral services for Mrs. Houle were conducted Tuesday morning from the Holy Family Catholic church on the reservation with Rev. Fr. Thomas Borgerding officiating.

Paulbearers were six of Mrs. Houle's grandchildren. They included: Joseph and Frank Doolittle, Mike Houle, Jr. Frank Godfrey, and Ed and Frank LaFave.

Ashiniswi giizisoog (Thirteen Moons)

Gashkadino-giizis

Gashkadino-giizis is the Freezing Moon. The new moon begins November 22. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.

Omaskkoozoog: Returning a Native, Building towards the Future

By Mike Schrage,
FDL RM Wildlife Biologist

The FDL Resource Management Division is exploring the feasibility of restoring wild omashkoozoog (elk) to portions of the 1854 and 1837 Treaty Areas in Minnesota. Originally elk were found from coast to coast across the United States and from Mexico to northern

Canada. In Minnesota, records indicate they were found on the prairies and into the forest right up to what is now Duluth and then north and west to the Canadian border. Elk, however, were mercilessly pursued by market hunters and were exterminated from most of the eastern United States. The last native wild elk in Minnesota was seen in 1932 in the Northwest Angle.

Minnesota has two small herds of wild elk numbering about 100 animals in the very northwest corner of the state. Unfortunately, the area in which they live is heavily dominated by private land and agriculture. By direction of the legislature, the Minnesota DNR is required to keep the herds at low levels to reduce complaints from farmers. Other eastern states and Ontario have had more success restoring wild elk. Michigan, Pennsylvania, Kentucky, and Ontario all have restored elk to levels at which they can be safely hunted. In Wisconsin elk numbers have grown from 25 in the original release to just under 200 today. The past 2 years the GLIFWC member Bands have held a hunt in Wisconsin to take one bull elk. Other eastern states with restored elk populations include Tennessee, Missouri, Arkansas, North Carolina and Virginia.

The Resource Management Division believe parts of the FDL Reservation and the 1854 and 1837 Ceded Territories might prove suitable for elk

restoration. Ideal places would include areas of abundant public land, primarily forested with active timber harvest and minimal agriculture. Studies from Wisconsin and Michigan suggest elk prefer large young aspen stands and openings. One of the first steps will be to study the landscape to determine current ownership and land use patterns and future management plans to make sure enough habitat is there to maintain elk now and into the future and to minimize conflicts with agriculture.

In addition to being a native species to this region, elk are generally a tough and adaptable animal able to withstand both heat and cold and forage on a variety of foods. For this reason elk are well suited to adapt to whatever a changing climate brings. Elk and white-tail deer overlap in many areas with few apparent conflicts. Elk are susceptible to parasites deer carry like brainworm, but not to the degree moose or caribou are vulnerable.

This will be a project of many years. If habitat proves suit-

able for elk restoration, it will be important to build public support and partnerships with other agencies like the DNR and private organizations like the Rocky Mountain Elk Foundation in order for a restoration attempt to be successful. A source of elk free of diseases such as Chronic Wasting Disease and tuberculosis has to be found along with a state or tribal agency willing to supply them. Recent restoration attempts suggest where predators like wolves and bear are common, enough elk need to be released with the initial restoration in order for the herd to become established and grow. For this reason the RMD believes a local restoration attempt may need to start with 100-300 elk. The ultimate goal would be to restore this native animal to the point where the herd is self-sustaining and enough animals are available for FDL members to take each year for meat, hides, and antlers.

Air Quality Public Comment Session

By Alex Jackson,
FDL Resource Management Air Quality Program

The public comment session has been extended to 4:30 p.m. on Nov. 10. Comments and questions can be submitted by email or US Postal Service at; Class1Air@fdlrez.com or Fond du Lac Environmental Program, Class 1 Air Comments, 1720 Big Lake Road Cloquet, MN 55720

For more information call Alex Jackson at (218) 878-7112.

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 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 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

Colors

- Black- Makadewaa
- Red- Miskwaa
- White- Waabishkaa
- Blue or Green- Ozhaawashkwaa
- Brown or Yellow- Ozhaawaa

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

How to say: colors*

In Ojibwe colors could be expressed in several different ways.

There are special word stems which indicate colors, e.g.:

word stem	prenoun	translation
/wabishk/	waabishki-	white
/makade/	makade-	black
/miskw/	misko-	red
/ozhaawashk/	ozhaawashko-	blue, green
/ozaaw/	ozaawi-	brown, yellow

Prenouns could not be used alone. They are special prefixes used with other words (nouns) to indicate their color. They could be added to nouns:

makade-bineshiinh - black bird

misko-makizinan - red moccasins, red shoes

These stems could also be parts of verbs to indicate colors:

waabishkaa - it is white

makadewizi - s/he is black

miskowaande - it is colored red

ozhaawashkwaanzo - s/he colored blue, green

ozaawaabagonii - it has yellow flowers, it has yellow buds

Another way to indicate color in Ojibwe is to refer to objects which usually have this color. I saw two ways to make such a comparison:

1) Using locative ending as in usual comparison

ashkibag - green leaf (?) [**ashkibagaa** - there are green leaves (vii)]

inaande - it is colored so, it is of such a color

inaanzo - s/he is colored so, s/he is of such a color

ashkibagong inaande - it is of a color of green leaves; it is colored as green leaves

ashkibagong inaanzo - s/he is of a color of green leaves; s/he is colored as green leaves

wiigwaas - birch bark

wiigwaasing inaande - it is of a birch bark color; it is colored as a birch bark

wiigwaasing inaanzo - s/he is of a birch bark color; s/he is colored as a birch bark

2) Making verbs with -(w)aande, -(w)aanzo (of such a color) finals:

giizhig - sky

giizhigwaande - it is of the color of the sky (sky-blue) (verb)

giizhigwaanzo - s/he is of the color of the sky (sky-blue) (verb)

ogin - rose hip [oginii-waabigwan - rose flower]

oginiwaanzo - it is of the color of a rose

oginiwaande - s/he is of the color of a rose

*Source: <http://weshki.atwebpages.com/color.html>

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 Nov. 14, 2014 for the December 2014 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

Happy birthday **Amanda Kutz** (Oct. 1), love you always. Hope you have a good day.

Love, Kevin Lee

Happy 9th birthday to my beautiful daughter **Vivianna Louise Blacketter** (Oct. 7)
Love, daddy

Happy birthday my little princess **Annavelle Praise Blacketter** (Oct. 15)
Daddy always loves you

Happy belated b-day to **Adion Stiffarm** (Oct. 16)
Always, auntie Heather and kids

Happy birthday **Roy DeFoe Jr.** (Oct. 17)
Love, mom

Dezzy Petite (Nov. 1), 23 yrs old, we would like to wish you a happy birthday, we all love you, Have a great day.
Mom, Davey, Matt, April, Royce, Amber, Sabrina, and James

Happy birthday **Aliza Gingras** (Nov. 8), we love you and we are so proud of you. You're amazing and Beautiful.
Love always, Amanda, Maci, Madi, and Mercedes



Happy 11th birthday **Alyza "Muffy" Savage** (Nov. 10), we love you oh so much.
Love, PJ and boys

Happy 11th birthday **Alyza "Muffy" Savage** (Nov. 10)
Love always, mom, dad, D, gram, and papa



Happy 4th birthday "Tubs" **Kenneth Warren Ogichidaa Bosto** (Nov. 11)
Love you, grandma, uncles, aunties, and cousins



Happy golden b-day **Kaleena Kingbird** (Nov. 11), we love you, miss you, and need you baby girl,

love you tons.
Always, mom, Isaiah, and Desmond

Happy 7th b-day to **Jeremy Allen Jr** (Nov. 11)
Always, Heather and tribe

Happy 4th b-day to **Kenneth Bosto** (Nov. 11)
Always, Heather and cuzins

Happy 8th birthday **Darrius Diver** (Nov. 12), love you nephew.
Always, auntie Heather and kids

Happy 27th b-day **Sequoyah James Bosto** (Nov. 15), we miss you and with you were here.
Love you always, mom, brothers, sisters, nieces, and nephews



Happy birthday to my lil sis **Lori Lou Bosto** (Nov. 15). I didn't even say how old either!
Love you, Bobbi and family

Happy birthday to my littlest niece **Nellie Tibbetts** (Nov. 16), I love you to the moon and back, Nel. Happy birthday to my dear sister **Sophie Tibbetts** (Nov. 18), I love you sister. You mean the world to me! I am grateful for you and hope you have a nice day. Happy birthday to my beautiful niece **Sage Ross** (Nov. 27), I love you forever and hope you have a wonderful birthday, my love.

Happy 5th birthday **Makaiah Johnson** (Nov. 17)
Love, auntie, uncle, Keira, and Onyx < 3



Happy birthday to our daughter **Michela "Mikey" Terren Jourdain** (Nov. 18)
Lots of love, mom, dad, and your brothers

Happy 27th birthday to my big sister **Michela "Mikey" Jourdain** (Nov. 18)
Love you bunches, your lil sis, Lissa Kaye

Happy birthday to our loving coworker **Michelle Pauna** (Nov. 19), we are all lucky to have you as our friend and colleague. We hope you have a lovely birthday.
Love, your Fond du Luth family

Happy birthday **Leah Savage** (Nov. 20), we hope your day is as weird as you are!
Love, PJ and the boys

Happy 95th Birthday **Bob Bassett** (Nov. 23)
Love, Ben and Tammy

Happy 95th birthday to our Dad, **Bobby Bassett** (Nov. 23)
With lots of love from your family



Happy birthday **Emilee (Dunaiski) Heifner** (Nov. 24), the "year of Emilee" continues.

Love, Chris, mom, dad, Sam, Maggie, Zach, and Steph, but especially Teddy and Mason

Happy birthday to my son **Douglas Misquadace** (Nov. 25)
Love, mother Jean

Happy 7th b-day to **Iliania Stiffarm** (Nov. 26)
Love, auntie Heather and cuzins

Big shout out happy birthday to my **"Bia Bia" Tannia Misquadace** (Nov. 26), love you stinker!
Love, auntie Rea



Happy 21st birthday **Alycia Erickson** (Nov. 26)
Love, mom, Darrell, and Cody

Happy 2nd birthday **Adalyn Olson** (Nov. 27)
Love, great auntie Tammy, GG, G'ma, papa, mom, brother, and auntie Kasey

Happy birthday to my beautiful nieces **Sage Ross** (November 27th) and **Nellie Tibbetts** (November 16th), we love you both.
Love, Sophie and Sewell



Community News



Happy 3rd birthday **Keilani Kristine Northbird** (Nov. 28), we love you
Love, daddy, mommy, Bella, Delia, papa, nana, and grandma Judy

Happy birthday to my daddy and the best grandpa ever, **Jeff Savage** (Nov. 28)
Love always, your baby girl, PJ and the boys

Congratulations

Congratulations to **SA Kettelhut**, who recently completed boot camp in Great Lakes, IL and is currently at school in Texas.

Many thanks to all our Veterans and special thank you to our sailor—we you love you and are so proud of you Alexis!

Mom, dad, and Suree Clay, Aliza, and ClayJ Trey and Sam

Kathy King would like to announce the adoption of her daughter **Anarae Nancy Marie King**. Welcome to the family sweetie. Thank you for making my life complete and so very happy.
Mommy loves you to the moon and back

Memorial

In loving memory of my mama, **Kathryn "Dena" Howes**, who died on Nov. 13, 2011.

You can shed tears that she is gone
Or you can smile because she has lived
You can close your eyes and pray that she will come back
Or you can open your eyes and see all that she has left
Your heart can be empty because you can't see her
Or you can be full of the love that you shared
You can turn your back on tomorrow and live yesterday
Or you can be happy for tomorrow because of yesterday
You can remember her and only that she is gone
Or you can cherish her memory and let it live on
You can cry and close your mind, be empty and turn your back
Or you can do what she would want:
smile, open your eyes, love and go on.

Loved and missed by, Mar

In loving memory of our grama and great grama, **Kathryn "Dena" Howes**.
Blowing Kisses to Heaven
That's what I can do
Every time I want to say Grandma... I Love You
Blowing Kisses to Heaven
I know that you love me
I am so blessed and so thankful
That God gave this precious Grandma to me
Everyone that met her Claimed her as their own
Gentle, so caring, so giving, so kind
And we were privileged to have her with us
For such a very long time
Now she is receiving

Blessings so deserved
And every time I think of her
I'll blow kisses to Heaven
From our hearts to her
*We miss you,
Bill, TJ and Brady Bear
Charlie, Shannon, Jazzmin,
Dyami and Denali
John Riley*

Obituary



Donald Leroy Wallace "Gah-gaa schwog atoonse", 66, Cloquet, passed away on Wednesday

October 1, 2014.

Don was born on February 24, 1948 in Cloquet, Minn. He graduated from Cloquet Senior High School. Don worked as a Security Guard at the Black Bear Casino Resort for several years and also worked as a short order cook, baker, and in his younger years traveled the country with various carnivals.

He was a veteran during the Vietnam war, stationed in Korea. Don was also a proud member of the Fond du Lac Band of Lake Superior Chippewa.

Don was preceded in death by his mother Delia Moreland in 2006 and his sister Nada in 1999.

He is survived by his children Lisa (Keith) Granholm of Cloquet, Corey Wallace of Cloquet, Laura (Cody) Blossom of Duluth, Jason Wallace and Donny Wallace both of Cloquet. He is also survived by his former wife Mary Wallace. His Sisters; Paige Shields of Washington, Bonnie (Ron) Wallace Hagland of Cloquet, Shirley (Jack) Schleret of Cloquet, Juanita (Mark Krueger) Wallace of Oklahoma, and Esther Baker of Minneapolis.

His brothers Jack (Kathy) Wallace of White Bear Lake, and Robert (Brunhilde) of Dautphe, Germany. His grandchildren Emily, David, Anna, Austin, Walter and Jack, and many nieces, nephews, and cousins.

To leave an online condolence for Donald's family please visit www.handevitdftf.com.

Isabelle Ann "Izzy" Whelan, 84 of Cloquet passed away peacefully on Oct. 5, 2014 at home surrounded by her family. She was born on Jan. 26, 1930 in Cloquet to William and Mary (Murray) Savage.

Izzy was a retired foster grandmother at the Fond du Lac Headstart and she also retired from Cloquet Community Memorial Hospital in 1986. She was a member of the Cloquet VFW Ladies Auxiliary, Fond du Lac Band of Lake Superior Chippewa and Holy Family Catholic church.

Izzy loved gardening, crafts, and she especially loved her family and was active in her family's lives.

She was preceded in death by her husband Elmer Patrick; her parents; siblings, Mary Agnes, Joe, Danny, Suzie, Dorothy, Myrt and Janey and her daughter-in-law Kathy.

Izzy is survived by her children, Mike (Becky), Kathy, Cindy Pattison, Tim (Phyl), Betty Leveau and Tom (Monica); grandchildren, Kevin, Chad, Heather, Jamie, Guy, Chris, Katy, Will, Mike, Matt, Beau, Mandy, Courtney and Landre; great-grandchildren; sister Clarice Peterson; special relatives, Patty and Tony; also numerous nieces and nephews.

William Wade Davenport DeFoe, Wa bi ski bi nais (White Thunderbird), 37 of Cloquet, MN, formerly of Tama, IA entered the Spirit World on September 28, 2014.

He was born on July 8, 1977 in Duluth, MN to Reginald DeFoe and Kay Davenport. William graduated from South Tama County High School in 1995. He excelled at art, cross country, basketball, golf, playing cards, and being a thespian.


William enjoyed being with his family and friends, and making them smile and laugh.

He was preceded in death by his grandparents, Leonard and Edith DeFoe and Gerald and Elizabeth Deane; uncles, Melvin and Terry DeFoe; aunt Cheryl DeFoe; cousin Sheena Sherer; cousin Anthony Waseskuk Jr. and cousin Joseph Wheeler.

William is survived by his children, Maggie Mae Davenport, Sienna DeFoe, Caden DeFoe, Hunter DeFoe, Jordan DeFoe and Casius DeFoe; parents, Kay (Leslie) Deane and Reginald (Veronica Smith) DeFoe; grandparents, Curtis and Lois Davenport of Tama, IA; siblings, Reggie DeFoe, Syreeta Savage, Whitney Deane, Taylor Deane, Vern White and Dallon White; aunts, Cindy Kaufer, Kathy Wheeler, Babette Pritchett, Denise Davenport, Dana Davenport and Allison Stewart; uncles, Anthony Waseskuk, Keith Davenport, Kurt Davenport, Rick DeFoe, Mike DeFoe and Len DeFoe; also many other special relatives.

Gashkadino giizis – Freezing Moon – November 2014

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; 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; 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; CHS: Cloquet High School

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
www.fdlrez.com click on Community Happenings 878-7510	FDL Elder Christmas Party Dec 5, 2014 9 a.m. Registration BBCR	Saturday & Sunday CCC now closed.	Cloquet school: Early release every Wednesday – No school Nov. 21, 27 and 28.	FDLOJS: Early release on Nov. 14 and 26. No school on Nov. 11, 27 and 28.	“Any persons with FDL Writs & Orders of Exclusion are not allowed to attend any FDL Field Trips or Activities.”	Come and Swim and Use the gym 1
Come and Swim and Use the gym 2	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Aikido 6 p.m. CCC 3	Get Fit 12 p.m. CCC WIC 12 p.m. CAIR AA/NA/Support 12 p.m. TRC GED 12:30 p.m. BCC GED 1 p.m. SCC Afterschool swim 3:15 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC 4	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern mtg 10 a.m. CCC GED 12:30 p.m. BCC Game day 1:15 p.m. CCC Afterschool swim 3:15 p.m. CCC Pool reserved for swim les- sons 5:30 p.m. CCC 5	GED 9 a.m. SCC Get Fit 12 p.m. CCC GED 3:30 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC Ojibwe language table 5 p.m. CCC 6	Water aerobics 8:15 a.m. CCC Afterschool swim 1 p.m. CCC Pool reserved for swim lessons 5:30 p.m. CCC 7	Come and Swim and Use the gym 8
Come and Swim and Use the gym 9	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Aikido 6 p.m. CCC 10	Center closed To Honor Our Veterans 11	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern mtg 10 a.m. CCC GED 12:30 p.m. BCC Game day 1:15 p.m. CCC Afterschool swim 3:15 p.m. CCC Pool reserved for swim les- sons 5:30 p.m. CCC 12	GED 9 a.m. SCC Get Fit 12 p.m. CCC GED 3:30 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC Ojibwe language table 5 p.m. CCC 13	Water aerobics 8:15 a.m. CCC FDL Elder Bake Sale 11 a.m. CCC Afterschool swim 1 p.m. CCC Pool reserved for swim lessons 5:30 p.m. CCC 14	Come and swim and use the gym! The Herbal Salve, Lotion, and Soap work- shop 10 a.m. CCC Jonny Lang 7 p.m. BBCR 15
Come and Swim and Use the gym 16	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Aikido 6 p.m. CCC 17	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW Cooking class 12 p.m. CCC AA/NA/Support 12 p.m. TRC GED 12:30 p.m. BCC GED 1 p.m. SCC Parenting the Second Time Around 1 p.m. CHS Afterschool swim 3:15 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC 18	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern mtg 10 a.m. CCC GED 12:30 p.m. BCC Game day 1:15 p.m. CCC Afterschool swim 3:15 p.m. CCC Pool reserved for swim les- sons 5:30 p.m. CCC 19	GED 9 a.m. SCC Get Fit 12 p.m. CCC Open RBC mtg 1:30 p.m. CCC GED 3:30 p.m. CCC Water aerobics 5 p.m. CCC Open gym 5 p.m. CCC Ojibwe language table 5 p.m. CCC 20	Water aerobics 8:15 a.m. CCC Afterschool swim 1 p.m. CCC Pool reserved for swim lessons 5:30 p.m. CCC 21	Come and swim and use the gym! Elder trip to Chanhassen Theater. Bus leaves 10 a.m. CCC 22
Come and Swim and Use the gym 23 Cloquet District FDL Enrollees and immediate family Movie Morning 9:30 a.m. CPT 30	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Yoga 12 p.m. MNAW Adult volleyball 12 p.m. CCC Aikido 6 p.m. CCC 24	Get Fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA/Support 12 p.m. TRC GED 1 p.m. SCC Afterschool swim 3:15 p.m. CCC GED 4:30 p.m. CCC Water aerobics 5 p.m. CCC 25	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder Concern mtg 10 a.m. CCC GED 12:30 p.m. BCC Game day 1:15 p.m. CCC Afterschool swim 3:15 p.m. CCC Sobriety Feast 6 p.m. CCC 26	Closed Have a safe holiday weekend  27	Closed Have a safe holiday weekend 28	Come and Swim and Use the gym 29