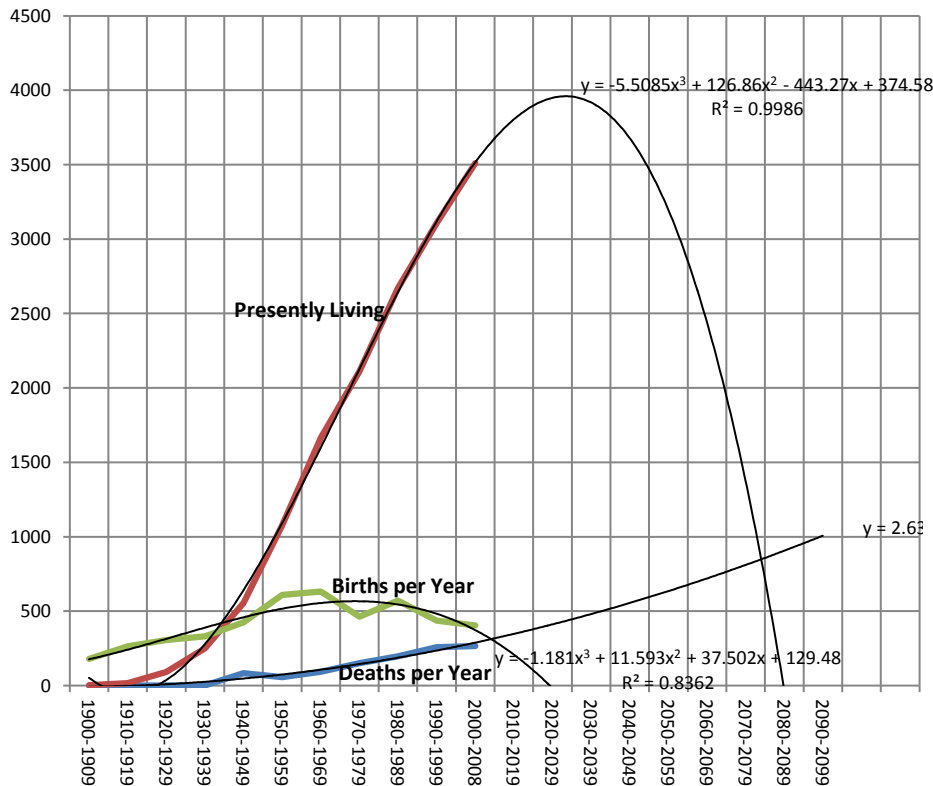


Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Blood Quantum births bottoming out in 2023

By Wayne Dupuis

The Minnesota Chippewa Tribe, tribal executive committee, has taken steps to begin the Constitutional reform process. One of the biggest barriers to progress has been the membership criteria, which is currently based solely on blood quantum. This attribution of blood quantum is required to be from a member of the Minnesota Chippewa Tribe. It is calculated by assigning one half the blood

of the parents. For example, if you have two parents enrolled in the MCT, one having a blood quantum of 1/2 degree and the other with 1/4 degree the child would be assigned 1/4 from the parent with a 1/2 degree and 1/8 from the parent with 1/4 degree. Thus, the child would be considered to have 3/8 degree blood quantum.

The blood quantum calculation is determined by a law of diminishing returns. The next generations will be attributed one-half the blood quantum of their parents. *Continued on page 2*

- Death per year
- Presently Living
- Total Births per year
- Poly. (Death per year)
- Poly. (Presently Living)
- Poly. (Total Births per year)

In This Issue:

Local News..	2-3
RBC Thoughts	4-5
Etc.	6-8
Health News	7-9
Joseph Charette	10
Legal..	11
13 Moons	12-13
Community News	14-15
Calendar	16

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

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

Local news

Attention all Minnesota Chippewa Tribe (MCT) members

The Minnesota Chippewa Tribe (MCT) will be conducting a survey to help us learn more about the blood quantum of MCT members and their descendants. We will use the information from this survey to determine what other tribal affiliations (non-MCT) exists within families of enrolled members. However, no enrollment criteria will be changed as the result of this

survey – it is for information gathering purposes only.

Approximately 3000 enrolled MCT members will be invited to participate in this study using scientific random sampling – all MCT Band members 18 years of age and older have an equal chance of being selected to participate.

MCT hired Wilder Research to conduct this survey. We will start contacting MCT members in fall 2012. If you are invited, we hope you decide to participate.

Your participation and accurate information are vital to the validity and success of this survey. With a completed survey, you will be entered into a drawing with other survey participants. If you are not selected to participate, but you would like to participate or learn more about the survey, you can visit www.mnchippewatribe.org.

If you have any questions or concerns about the survey, please call Joel Smith, Special Projects Coordinator or Brian Brunelle, Director of Administration at (218) 335-8581.



Master Gardener, Francois Medion, works with the class in the garden. Full story on page 5

Continued from page 1

The Bureau of Indian Affairs imposed this law of diminishing returns on the MCT through coercive means in 1961. At that time there were no Presidential Executive orders for consultation or any negotiated rule making, which would give voice to any opposition to this racial construct. In 1967 the MCT voted to rescind the ¼ degree requirement for membership, however, the Superintendent of the BIA suggested this action be part of an omnibus bill that would be carried out by the U.S. legislative process. It did not happen.

I am part of a work group involved in the constitutional reform process tasked with providing an accurate picture of what our population is by using data from the Minnesota Chippewa Tribe regarding date of birth, blood quantum, gender, and date of death. With this data we can predict with a great degree of accuracy what the population will be in future years. The Minnesota Chippewa tribe provided that data to a statistician to run trend lines and provide projections on future populations and tell us what the exact population is currently. The attached chart depicts those projections for the Fond du Lac Band of Lake Superior Chippewa.

According to this data the Fond du Lac Band's birth rate became equal to the death rate in 2009. From that point forward the birth rate declines until 2023 where it is indicated there will no longer be births of babies eligible for enrollment at today's blood quantum requirement. The death rate increases at that point until there are no members left somewhere near 2080, sixty eight years from now.

Citizenship by blood quantum alone is a guarantee of cultural extinction. Know the tribal population, the required blood quantum, birth

and death rates, rate of exogamous marriage, and the date of extinction is easily calculated. This is not opinion. This is arithmetic.

Another part of this reform process will include a survey that should be coming in the next few months asking questions about membership criteria and attributed blood quantum from other tribes. It is evident we need to do something soon, as the end of the line is very near. Tribal nations pride themselves on making decisions for the seventh generation, but if we continue to use blood quantum as a requirement for enrollment we are not looking beyond the end of our noses.

What does this mean for your children or grandchildren? If we have no people eligible for enrollment at ¼ degree does this mean we no longer exist? Is blood quantum what makes you who you are? What place does our shared values, beliefs, and customs have in determining membership? I have heard some leaders say we do not have the resources to provide for our descendants. I have also heard our spiritual elders say, "Every child born is a gift".

The blood quantum requirement was imposed on the MCT to assure the United States that the "Indian problem" would go away. Today the MCT has the authority to define who is a member, but is there the will to change the inevitable depletion of our population because of the racial construct of blood quantum. I am currently on this reform sub-committee and many of the elected RBC members of the respective bands are also. If you have concerns about this please let your voices be heard. Participate in the upcoming survey as well. This is the first in a series of articles about citizenship and membership.

Words from the scholarship office

Bonnie Wallace,
FDL Scholarship Director

I read Editor Zachary Dunaiski's "Graduation Apology" in the August paper and would like to offer the following comments. First, it's important to keep in mind that he is working a month ahead of the actual printing of the each edition which means if any graduates wanted to submit their names for publication they would have had to meet his July 15 deadline. Our Program has always submitted a list of post secondary graduates, hopefully, to get published in the July or August paper, but this year they seem to be trickling in. It is the student's responsibility to submit "proof of completion" to our office as soon as it's available. Sometimes these documents aren't available until mid to late July and then keep in mind we have students "officially graduating" year round. Not only do we collect the names of our graduates for the tribal paper but our staff is also required to complete and submit our Annual Report to the BIE and RBC and our numbers must be accurate.

And finally, a number of articles about the FDL Scholarship Program have appeared in our tribal paper over the years. We have sent out hundreds of

informational packets to band member families both on and off the reservation. Whomever approached our Editor saying that "many of our young people in the community don't even know about college" is a rather surprising statement for our staff. In the 15 year history of our program, we have visited numerous schools; elementary through high school, participated in college education career fairs, have done presentations for a number of native preparatory college programs and have made contact with hundreds of families and individual students right here on the Reservation. I am sorry this person isn't aware of the services we provide so I would ask that s/he contact us as soon as possible.

Our regular office hours are 8 a.m. - 4:30 p.m. M-F. The Scholarship Director makes every effort to be accessible to our community so if an appointment is needed after 4:30 arrangements can be made to accommodate your schedule. (218) 879-4593 Ext. 2681 or (800) 365-1613 Toll Free/ask for Scholarships.

The following is our current list of post secondary graduates for the 2011-12 school year. If your name has not been included please let us know immediately.

Armajo, Charlotte (Grand Canyon University) Master of Education, July 2011

Blacketter, Travis (FDLTCC) A.A. Liberal Arts and Science, May 2012

Branley, Samantha (FDLTCC) A.A. Liberal Arts & Sciences, May 2012

Buckanaga, Nikkita (FDLTCC) A.A. Liberal Arts, May 2012

Budreau, Robert (Bemidji State) B.A. Business Administration, June 2012

Cabrera, Joni (College of St. Scholastica) Bachelor of Arts Social Work, Dec. 11

Cope, David (Bemidji State) Bachelor of Science, May 12

Davis, Christine (College of St. Scholastica) Bachelor of Science Nursing, Dec. 2011

Defoe, Todd (UW-Eau Claire) Master of Business Administration, Dec. 2011

DeLovely, Nathan (Lake Superior College) A.A. Liberal Arts and Sciences, June 2012

Grover, Marilyn (College of St. Scholastica) Master of Business Administration, July 2011

Hammitt, Christopher (Notre Dame) Bachelor Business Administration, May 2012

Himango, Annette (Walden University) Master of Business Administration, May 2012

Houchin, Christina (FDLTCC) A.A. Liberal Arts & Sciences, June 2012

Humphreys, Jennifer (FDLTCC) A.S. Nursing, May 2012

Johnson, Jennifer (UM-Duluth) Graduate Licensure Specialization: for Principal & Superintendent, June 2012

LaPrairie, Dawn (UM-Duluth) Masters Education, May 2012

Lichterman, Megan (UW-Madison) Bachelor of Science Interior Design, Aug. 2011

Maki, Nicholas (College of St. Scholastica) Bachelor of Arts Marketing, May 2012

Martineau, Cherida (FDLTCC) A.A. Liberal Arts & Sciences, May 2012

Murray, Sarah (Columbia College) Bachelor of Arts Human Services, Oct. 2011

Northrup, Matthew (FDLTCC) A.A. Liberal Arts & Sciences, May 2011

Olson, Lynn (FDLTCC) A.A. Liberal Arts & Sciences, May 2012

Savage, Phillip (FDLTCC) A.A. Liberal Arts & Sciences, May 2012

Sorenson, Carly (UN-Las Vegas) Bachelor of Arts Communications, Dec 2011

Timo, Cord (FDLTCC) A.S. Law Enforcement, May 2012



Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
Etc.	6-8
Health News.....	7-9
Joseph Charette	10
Legal.....	11
13 Moons	12-13
Community News	14-15
Calendar	16

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

Editor: Zachary N. Dunaiski

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

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

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

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

*Corporate Member of the
Native American Journalists
Association*



A few thoughts from RBC members

From the Chairwoman

Everyone is anxiously waiting for the Nelson Act distribution. It has had a vote in the House but not the Senate. It is expected that a vote will come in the Senate sometime during September. To our knowledge, there are no Senators that are expressing concerns, so the vote should happen with no issues.

The RBC has been getting calls and questions regard-



Karen Diver

ing repairs due to flooding. For private homeowners, the Federal Emergency Management Agency (FEMA) has refused to extend the emergency declaration to provide direct assistance from that agency to individuals. The state of Minnesota, through the Small Business Administration, will be providing emergency lending at low interest rates so homeowners can make repairs. More information can be found on the Fond du Lac Band website or at one of

the regional flood assistance centers.

For people living in Fond du Lac Housing Authority managed homes, the Band is seeking assistance from both Housing and Urban Development (HUD) and FEMA to repair homes. The road projects will happen cooperatively with the City of Cloquet, the counties, and the townships. Engineering is being completed to decide the most appropriate repairs. Reservation Road received the worst damage, and it seems that repairing the road and putting in a bridge is being considered. This will of

course take longer, but provide a more stable, long-term solution.

There will be additional surveys regarding enrollment coming from the Minnesota Chippewa Tribe to some Band members. This sample of surveys will give the Tribe more information about other Native American blood quantum that our members may have, whether it be First Nations (Canada), other Anishinabe, or other tribes. Enrollment is an often talked about issue for families, especially those that have descendants that are short

on the one quarter current requirement. This information will be used to develop demographic data that band members can use in determining whether the blood quantum should be merely dropped, or to include other blood quantum. If you get one of these surveys, please take the time to fill it out so we can move this process forward with good information.

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

Boozhoo niiji,

Summer is going by quite rapidly. I see some indications of fall already, some leaves are turning colors and there is frost in some areas in the morning. I hope you had a good summer and that the fall is good for you also.

I have gotten permission from the council to establish a youth taskforce. My intent is to get some mentors that are willing to work with youth



Ferdinand Martineau

age 13 to 30. We have had one meeting with 8 interested mentors. The idea is to get our young people interested in the reservation and to take ownership in our future and to take part in some decision making to shape the future of the reservation to meet their needs from their own perspective. If you are interested in being a part of this taskforce please contact me at my office. The casino seems to be doing okay despite the tight economic times and the lack of a market-

ing director. We have now completed our search and added Todd Defoe to our staff as the new marketing director. Todd comes to us with a wide variety of experience in gaming and marketing with several different casinos. I have watched Todd mature into a competent and caring person who has the best interest of the band in his heart. Welcome aboard Todd.

As most of you probably know, our rice crop was destroyed by the flood we had. Our rice was in a vulnerable state and the amount of water we received was too much.

The dams were monitored and water was released but in the end there was nowhere for it to go and it flooded our lakes. We have looked at our reserves and there is about 2 years left, so we have not made a decision to purchase rice from off reservation lakes yet.

The latest building project is about to break ground, the veteran supportive housing unit. There will be 10 units that will be available for vets with housing issues. The unit will be the new location for our veteran service officer to make for easier access for needed ser-

vices. If you are a vet and think you might want to live in this new project, please contact our veteran service office at (218) 878-2670 for information.

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

Gigawaabamin.



etc.

Head Start programs now taking applications

If you are interested in enrolling your child in Fond du Lac Head Start Programs, applications for the 2012-2013 school year are now being accepted.

Returning Head Start (HS) and Early Head Start (EHS) children do not need to reapply. EHS children transitioning to HS will need to apply. The requirements for the program are as follows.

- Early Head Start Center Base — children 6 weeks to 3 years of age.
- Early Head Start Home Base — pregnant moms to 3 years of age.

· Head Start children who will be 3 years of age by Sept. 1.

For more information call (218) 878-8100 or please stop by 33 University Avenue with a copy of your income (pay stub, taxes, per cap, etc.).

WIC works

If you are pregnant, breastfeeding, or have an infant or child less than 5 years of age, you may be eligible for the WIC Program. WIC provides nutrition education, breastfeeding support, nutritious supplemental foods, and health services referrals.

For more information contact Fond du Lac Human Services WIC Program at (218) 879-1227.

A Public Health Nurse and a Registered Dietitian will be available during WIC clinics for family planning, maternal child health and nutrition questions or concerns.

Raffle Winner

The Winner of the 50/50 raffle held by the Elder's concerns group was Shane AuDe who won \$228. Thank you very much for all your support, it was much appreciated.

Babaamaadiziwin Gitigaan

The Journey Garden program is about more than just gardening for the 13 students who attended this year from grades 7 through 11. The program aims to help Native American students with gardening, science, health care fields, community involvement, Ojibwe language, and nutrition.

"They're learning about college and what it takes for them to get to the next level and what they need to do for their education. It helps them think about what they're going to be doing later on in their life," Maria Defoe who's been with the program for the last 4 years said.

Defoe also points out that this is about much more than gardening.

They even made a quilt, learned to cook, and went on field trips where they had a chance to learn about things that could affect their futures, like the Min No Aya Win clinic to learn about career possibilities.

Master Gardener, Francois Medion, is also a chef, so he taught the kids how to make his French Bread, which is a pretty famous food of Medion's. The kids each got to make their own loaf and were able to take it home for their families to enjoy. Defoe also tells me that several of the students have even had a chance to make it a few times outside of the class for their families.

The program spanned 6 weeks, but was broken up in the middle to allow

for their garden to grow. The students took a 9 day break, and came back in late July.

"The most important thing is that while they are here they are learning about careers, about gardening, science, math, and what it means to give back to the community. They're also learning about making connections with elders as well as working together as a team," Defoe said that was her favorite part about the program.

If you would like to participate in the program next summer, or just have a few questions, you can contact Defoe for more information at (218) 878-7239.



Wally Dupuis

Hello All

A considerable amount of time this month was spent on flood clean up and damage assessment. It is reported that we have over eighty homes/families that received damage during this event. We have hired a number of folks to work on cleaning up and repairing the damages to homes. We are also assessing the damages to our roads and other infrastructure. Our construction company has been fixing what they can and making roads passable. Our staff has been meeting with FEMA and other agencies in efforts to find a funding source to help with the cost of cleanup and repairs. This effort is certainly going to be a work in progress for some time to come. As such, I assure you that the RBC is doing what they can to help.

On a brighter note, the elder picnic was again a success, the weather, food, company, and entertainment was great.

The little league baseball season has come to an end and was very successful. We should all be proud that, just in our second year, one of our teams made it to and represented FDL in the championship game, competing against area teams. Good job players, coaches, staff, and volunteers.

Our Community Center is holding adult Dodgeball games each Friday from 12:00 - 1:00 p.m. for employees and community members to get some exercise during the day. Also, our community center has a number of activities, from physical exercises to sewing classes, scheduled throughout the month. Please watch the postings and website for an updated schedule.

As always, please feel free to call or write.
District #1 Representative (218) 428-9828
(c) (218) 878-8078 (w) or wallydupuis@fdlrez.com (email)



The Class on the opening day of the program before they being their 6 weeks of hard work.

etc.

The Third-Annual Lax-4-Life Camp

By Lieutenant Colonel Stephen M. Burggraaf

As the commander of the Recruiting and Retention Battalion for the Minnesota National Guard I have had the opportunity to work with numerous communities around this great state. In late July, we were able to participate in one of our most unique ventures yet. The Minnesota Army National Guard, in partnership with the National Lacrosse League's Minnesota Swarm and the Fond du Lac Band participated in the third-annual Lax-4-Life Camp. This five-day, four-night lacrosse

camp for Native American youth took place on July 23-27.

Soldiers from the neighboring armory in Cloquet and our Recruiting and Retention Battalion in Roseville helped staff the Lax-4-Life Camp. We provided a climbing wall, an inflatable obstacle course as well as classroom sessions on setting goals, tobacco use, resiliency, risk reduction, and suicide prevention. Of course, the soldiers jumped in at every opportunity to play lacrosse with the campers.

The Lax-4-Life camp helped young players develop their stick skills and learn offensive

and defensive strategies from Minnesota Swarm players, coaches, and staff members from various lacrosse organizations across the state. Founded in 2010, Lax-4-Life's mission is to preserve the heritage of the Native American ancestral game and help restore the tradition of lacrosse to tribal communities. But this camp is much more than that.

Assistant coach for the Minnesota Swarm, Aime Caines, said it best, "It's not just a lacrosse camp, it's a life camp."

The Minnesota National Guard is a strong supporter of diversity and we believe that capitalizing

on the best each person has to offer starts with empowering today's youth with opportunity, tools and support necessary for personal development and growth.

This partnership supports one of the Minnesota Adjutant General's priorities of diversifying our force, promoting an environment that truly represents the demographics of the communities in which we serve and those soldiers whom we lead. The camp also provided us the opportunity to share our holistic training strategy of resiliency, risk reduction and suicide prevention with the attending

youth.

We have armories in 63 communities throughout the state. In order to foster relationships with the communities in which our citizen-soldiers live and work we must take an active role. We had the opportunity last month to have a positive influence in the community of Cloquet by being part of the weeklong Lax-4-Life lacrosse camp.

I would like to say thank you to the Fond du Lac Reservation and the Minnesota Swarm for allowing us the opportunity to partner the third annual Lax-4-Life lacrosse camp.

2012-2013 Energy Assistance

Applications for Minnesota Energy Assistance will be mailed out by the state in early Sept. Applications for clients who did not receive one, or people interested in applying for the 2013 heating season will be available after Sept. 17 at the FDL Energy Assistance Office.

Along with the application, clients need to submit income verification for all household members with income for three months prior to the month the application's signature date. Income includes wages, unemployment, social security benefits, per-capita payments, pension and several other sources. Applicants should also submit a copy of an earlier heating and electric bill. Applications mailed by the state come with pre-printed household information. Please check the application to make sure that the information is accurate.

Due to possible funding shortages, it is important that clients

get their application in early. Don't wait until you run out of fuel. If you have questions regarding the program or the requirements, feel free to contact Joan (218) 878-2658 or Tammy (218) 878-2603 at FDL EAP. Applicants who live in the Duluth area should contact AEOA (800) 662-5711. Applicants who live in the Lakes and Pines service area should contact (800) 832-6082. Douglas County applicants contact (715) 395-1304.

FDL Tribal Court general notice to creditors

Notice is given that probate proceedings are pending in the Fond du Lac Tribal Court regarding the estate of Jay Edward Smith, Sr.

Any claims against the above-referenced estate must be filed on or before December 7, 2012 or the claims will be barred. All claims must be presented filed with the Tribal Court and provided to the Personal Representative by the deadline in order

to be considered.

The address of the personal representative of the estate is: Charles Michael Smith 4503 Twin Lakes Drive Brookston, Minnesota 55711

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

Updated information request

The Minnesota Chippewa Tribe is requesting Band member's to update their current address for any future distributions or mailings. It is very important to keep your address updated with the MCT. Send your updates to Minnesota Chippewa Tribe Attn: Tribal Operations P.O. Box 217 Cass Lake, MN 56633 or call at (218) 335-8581.

FDL Spiritual Run

Miigwech Niibowaa to everyone who made the FDL Spiritual Run a success. Rox D, Francois

M, Olivia, Jim D, Chally and Henry, Jackson, Edye H, Jeff and Sherry, Jason T, Christal M, Tasha S, Nashay B, Butch M, Elise C, and Bunny J plus 14 FDL kids all together ran about 45 miles on Aug. 4. This team ran on positive energy and prayers to raise our community up through healthy activity.

Miigwech to the RBC, each community center (Bear, Roberta, Brenda and crew), Anna F, Mashkawisen (Jim & crew), Transportation (Colleen and Dan), Powwow MC (Frank), and WGZS (JP, Pam and Dan). We can all do so much when we work together. Congratulations and Miigweches all around.

Home loan and first-time buyer help

The Minnesota Chippewa Tribe Finance Corporation will be taking home loan applications at the FDL Government Center, RBC Chambers from 8 to 10 a.m. on Sept. 13.

The Minnesota Chippewa

Tribe Finance Corporation will also be hosting two first-time homebuyer education classes. They will be from 8:30 a.m. to 4:30 p.m. Sept. 22, and Oct. 20. The class will be located in the MCT Building, Cass Lake, Minn.

If you are interested in applying for a mortgage loan or have questions, contact Cindy Beaulieu at (218) 335-8582 extension 150 or cbeaulieu@mnchippewa-tribe.org

AVANCE Parent Program now in its second year

The AVANCE Staff, JP Rennquist, Home Visitor/Toy Maker; Jennifer Tibbetts, Teacher; Jenny Opland, Teacher Assistant; Tim Bouvine, Bus Driver; and Betty Anderson, Parent Educator/Coordinator are all on board for our second year as a supportive parenting skill building program.

We are excited about the high count of families that are joining us each week for 3 hours to learn about their child's

development stages during their first 3 years. AVANCE Parent Program allows families many opportunities to meet other parents, take part in presentations as speakers talk about issues they are interested in, or join the field trips planned throughout the year.

Parents also make toys for their children to take home and enjoy with them. Parents completing the full 9 month session see their accomplishments and hard work rewarded as they receive their Graduation Completion Certificates at the Graduation Ceremony in May. If you are interested in finding out more, please contact Betty Anderson, (218) 878-8121 or e-mail bettyanderson@fdlrez.com.

Wisdom Steps activities in September

The 9th Annual Wisdom Steps Golf Tournament will be held on Friday Sept. 7, 2012 at the

Black Bear Golf Course. Registration is at 9:00 a.m. and Shot Gun start at 10:00 a.m. Registration includes use of an electric cart, casino dollars, a value gift bag, and BBQ lunch. On site we will be having a silent auction and raffle. Social hour is at 2:00 p.m. with an awards ceremony and winners of the silent auction announced. Please send your registrations in to Shauna Fourstar at the Minnesota Chipewewa Tribe as soon as possible. Forms with registration information are available at the Tribal Center, Duluth CAIR building or your local Wisdom Steps board members.

Fond du Lac's Health Fair was held Aug. 23rd and this year Wisdom Steps had a table presentation along with giveaway items. We hope to make this an annual event also.

Our monthly meeting for Sept. will be cancelled as many elders will be at the NICOA conference.

Please remember that your

steps and health information for the 2013 conference eligibility should be tallied from Jan. through Dec. 2012. The information doesn't need to be turned in to your local WS rep until Feb. of 2013.

Fatal crashes involve drivers at twice the legal limit

A statewide DWI enforcement campaign runs Aug. 17 – Sept. 3, and its relevance is underscored by 2011 statistics showing 68 percent of deaths in drunk driving crashes involved drivers that had alcohol concentrations twice the 0.08 legal limit.

The Drive Sober or Get Pulled Over enforcement campaign is coordinated by the Minnesota Department of Public Safety (DPS) Office of Traffic Safety, and is also being conducted nationally.

Minnesota Drunk Driving Facts

During the past five years, 2007–2011, 651 people were killed in Minnesota drunk driving crashes, accounting for one-third of the state's 2,165 total road deaths: 2011 — 111; 2010 — 121; 2009 — 112; 2008 — 137; 2007 — 170. Officials say the 34 percent reduction in drunk driving deaths from five years ago points to motorist making smart plans for a sober ride and the effectiveness of enhanced enforcement and education campaigns.

In 2011, 29,257 motorists were arrested for DWI, the average alcohol-concentration of an offender was 0.16. One in seven Minnesota drivers have a DWI on record.

The Consequences of a DWI

A DWI offense can result in loss of license for up to a year, thousands in costs and possible jail time.

Repeat DWI offenders, as well as first-time offenders arrested at 0.16 and above alcohol-concentration level must use

ignition interlock in order to regain legal driving privileges, or face at least one year without a driver's license. Offenders with three or more offenses are required to use interlock for three to six years, or they will never regain driving privileges. Each year in Minnesota, 40 percent of the alcohol-related traffic deaths involve repeat offenders.

Tips to Prevent Drunk Driving

Plan for a safe ride — designate a sober driver, use public transportation, or stay at the location of the celebration. Let family/friends know you are available to offer a safe ride home.

Buckle up and wear protective motorcycle gear — the best defenses against a drunk driver.

Report drunk driving — call 911 when witnessing impaired driving behavior. Be prepared to provide location, license plate number and observed dangerous behavior.

Health News

Elder Fall Awareness Day

By KaRee Lockling,
Injury Prevention

Sept. 22, is this year's Elder Fall Awareness Day. Each year, one in every three adults age 65 and older falls. Falls can cause moderate to severe injuries, such as hip fractures and head traumas. They can also increase the risk of early death or permanent placement outside the home. Fortunately, falls are a preventable public health problem.

How big is the problem?

- One out of three adults age 65 and older fall each year, but less than half talk to their health care provider about it.

- Falls are the leading cause of injury death among adults 65 or older. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- 20% to 30% of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, and head traumas. These injuries make it hard to get around or live independently, and increase the risk of early death.
- Many older adults who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities leading to reduced mobility and loss of

physical fitness, which in turn increases their actual risk of falling.

How can older adults prevent falls?

- Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance. Tai Chi programs are especially good to work on leg strength and balance.
- Ask the doctor or pharmacist to review prescription and over-the-counter medicines to identify side effects or interactions such as dizziness or drowsiness.
- Schedule an eye exam at least once a year and purchase

new eyeglasses to maximize their vision as directed by the optometrist. Consider a pair of eyeglasses with single vision distance lenses for some activities such as walking outside.

- Reduce falls in the home by adding grab bars inside and outside the tub, shower, and next to the toilet, installing stair rails, and improving the lights in the home.

The Fond du Lac fall prevention program, **A Matter of Balance**, will begin a new course intended to improve activity levels among older adults. The program consists of eight 2 hour classes instructed

by trained coaches. Throughout the month of September, public health nursing staff will present key information about this preventable risk elder's face at each community center. The new class begins Sept. 27 and runs thru Nov. 15 at the Cloquet community Center Thursdays from 10:00 a.m. – 12:00 p.m. in the community room. A light snack will be provided to participants.

If you are interested in the program please call KaRee at (218) 878-2126.

Sources: CDC/elder fall prevention and the National Council on Aging.



The Buzz About West Nile Virus

By Celeste Nelson RN PHN,
FDL Reservation Public Health
Nursing Department

West Nile Virus (WNV) is an illness usually spread by infected mosquitoes. It is a seasonal virus that occurs in the summer and fall. Due to the mild winter and warm summer, there is an abundance of mosquitoes.

There are various ways that West Nile Virus is spread. Mosquitoes become infected by feeding on infected birds. The mosquito then spreads WNV to humans and other animals. In a very small number of cases, WNV has been spread through blood transfusions, organ transplants, breastfeeding, and during pregnancy from mother to baby. WNV is not spread through touching or kissing.

Avoiding the spread of West

Nile Virus involves preventing mosquito bites. This can be done in the following ways:

- When outdoors, use insect repellents containing an EPA-registered insect repellent. Follow the directions on the package. The American Academy of Pediatrics states that all family members over the age of two months of age can use products containing DEET with concentrations up to 30%.
- Wear long sleeve shirts and pants.
- Avoid outdoor activity during peak mosquito feeding times, such as early morning and evening.
- Remove mosquito breeding containers such as flower pots, buckets, tires, and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out.

Keep children's pools empty and on their sides when they aren't being used.

West Nile Virus can be a serious illness. Eighty percent of people who are infected with it have no symptoms. Up to twenty percent of those who become infected will have symptoms that include fever, headache, body aches, nausea, and vomiting. Symptoms may also include swollen lymph nodes or a skin rash on the chest, stomach, and back. They can last for a few days up to several weeks. According to the Centers for Disease Control, about one in 150 people will develop more serious symptoms such as high fever, headache, neck stiffness, disorientation, coma, seizures, muscle weakness, vision loss, and paralysis. These symptoms may be long-lasting and become permanent.

The risk of getting ill from WNV is higher for certain groups of people:

- People over age 50 are more likely to develop serious symptoms (such as high fever, weakness, stiff neck, etc.) and should try especially hard to avoid mosquito bites.
- People who are outside frequently are at higher risk. Whether you spend time outside for work or play, be sure to avoid mosquito bites.
- Risk through medical procedures is very low. All donated blood is checked for WNV before being used.

Pregnancy and nursing do not increase risk of becoming infected with WNV.

If you are ill and think you have West Nile Virus, what should you do? The milder form will usually improve on its own. If your symptoms are more

severe, such as unusually severe headaches or confusion, seek medical attention immediately. This usually requires hospitalization. Pregnant women and nursing mothers with possible WNV should contact their health care provider.

Currently in Minnesota, there are 13 confirmed human cases of West Nile Virus in ten counties. There have been four confirmed blood donor cases in three counties in the state. One of the confirmed human cases has been in St. Louis County. There have been no cases in Carlton County.

Information gathered from the following sources: American Mosquito Control Association amca@mosquito.org, Centers for Disease Control www.cdc.gov, and Minnesota Department of Health www.health.state.mn.us

September is Childhood Cancer Awareness month

By Kara Stoneburner RDL,
Public Health Dietitian

Children can get cancer. Childhood cancers usually occur suddenly without early symptoms and they have a high cure rate. Cancer affects about 14 of every 100,000 children in the United States. The most common types are leukemia, brain cancer/other nervous system tumors, kidney, and lymphoma. In most cases, childhood cancers arise from changes in the genes of growing cells in the body. The changes are random and unpredictable. Research studies are being done to determine if environmental factors (pesticides, solvents or other chemicals, prenatal exposure, etc.) increase the incidence of childhood cancers. Currently, there is not strong evidence to support this.

Often, a cancer diagnosis in a child is a lengthy process as symptoms mimic common childhood conditions and infections. Once diagnosed, the child should see a doctor that specializes in pediatric oncology (treatment of childhood cancer) and a cancer treatment team. Treatment could include chemotherapy, radiation, and surgery. Up to 70% of all children with cancer can be cured.

As cancer cells grow, they demand more of the body's nutrition. Cancer can reduce a child's strength, destroy organs and bones, and weaken the body's defenses against other illnesses. Nutrition is very important when a child has cancer. A child with cancer will have different needs than a healthy child. The treatments and possible side effects can affect a child's appetite, toler-

ance to foods, and their body's ability to use nutrients. Eating right may help a child with cancer tolerate treatment and side effects better, heal and recover faster, have less risk of infections, have more strength and energy, keep up their weight, maintain growth and development, sleep better, and feel better.

The cancer treatment team, which should include a dietitian, can develop a plan that is appropriate for each child. The child will need protein to help grow and repair tissues, maintain skin, blood cells, and the immune system. Protein is also needed for normal growth and development.

Carbohydrates give the body fuel for energy. The amount a child needs varies. Carbohydrates also provide vitamins, minerals, and fiber. Sugary

foods and drinks will provide some carbohydrates, but very few other nutrients.

Another source of energy for the body is fat. Fats also can store energy, insulate body tissues, and help transport some vitamins through the blood. Healthier fats are the monounsaturated fats and the polyunsaturated fats, which can be found in olive, canola, safflower, corn, and flaxseed oils and seafood.

Water is essential to all cells. It is easy for a sick child to become dehydrated. Offering water between meals is one way to increase a child's fluid intake.

Occasionally, a doctor may prescribe a multivitamin supplement to help achieve the necessary requirements. Vitamin and mineral supplements should not replace a meal or snack. Always

consult the doctor before offering any supplements to a child.

Sometimes, treatment or medications can affect a child's ability to eat or consume enough nutrition. The cancer treatment team can develop a plan to help the child.

Nutrition after the treatment of cancer is just as important as during. A child's healthy diet should consist of fruits, vegetables, whole grains, protein sources and dairy sources. Helpful resources include: the cancer treatment team, a dietitian, ChooseMyPlate.gov, and the American Cancer Society.

Resources used for article include: American Cancer Society, National Cancer Institute and KidsHealth.org.



Mistreating depression and anxiety

By Dan Rogers,
*Licensed Psychologist,
FDL Human Services*

Depression is when a person is very unhappy most of the time and on an ongoing basis. Depression comes in many forms. In 2003 the World Health Organization (WHO) announced that clinical depression is now a world-wide epidemic. WHO also estimated that 20% of all Americans who suffer from depression don't even know they are depressed.

Alcohol and street drugs are not effective treatments for depression or panic attacks. Neither are opioids, cannabis, or synthetics. Most addicts become addicts because they try to numb their emotional pain/depression with chemicals.

Trying to get rid of depression, anxiety, flashbacks, and panic attacks with alcohol and drugs always backfires. Since alcohol is a depressant it always makes depression worse. Furthermore,

the depression and anxiety issues always return when the user sobers up. The more depressed one gets the more he/she wants to drink and the more they drink the more depressed they get, etc. This can get to be a vicious, circular pattern with tragic results.

Using alcohol and/or street drugs to treat depression often leads to addiction since the depression/emotional pain always comes back later. Chemical addictions usually take a heavy toll on our body which is even more depressing.

In the course of numbing up depression/pain with heavy alcohol or cannabis use people sometimes have terrible accidents which leave them maimed or in severe physical pain for life, which makes their depression even worse.

When drunk, people often do things they would never do when sober. These things sometimes land them in jail which makes them even more

depressed.

All the research says that the most effective treatment for depression is counseling and antidepressant medicine together. The second most effective is either of those alone.

If you are depressed it does not mean you are weak or lack character; it only means you have a biochemical imbalance in your brain which is made worse by frequent alcohol/drug use, if you drink at all.

The FDL clinic now has a special treatment program for adults with both depression and alcohol/drug problems: Tagwii. Treating both types of disorders at the same time is the most effective way to break the cycle of depression and alcohol abuse. If you are trapped on this merry-go-round and want to get off please call Tagwii, MNAW, or CAIR before you die of an overdose or an accident. Please think of your family.

Be aware of Pertussis

There have been 5 individuals in the Carlton County area and 36 in St. Louis County diagnosed with pertussis (also called whooping cough) since Jan. 2012. Pertussis is a very contagious respiratory illness caused by a type of bacteria called *Bordetella pertussis*. People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the bacteria. Many infants who get pertussis are infected by parents, older siblings, and other caregivers who might not know they have the disease.

Pertussis may begin with a runny nose, sneezing, mild cough, and possibly a low grade fever. After 1 or 2 weeks, the cough worsens and begins to occur in sudden, uncontrollable bursts. These coughing attacks can end in vomiting and/or a high-pitched whooping noise. Coughing attacks often happen at night and the cough may last up to three months. Although the coughing can last longer than 3 weeks, a person is no longer contagious after the third week.

In recent years, more cases of pertussis have been reported. Since pertussis may be milder in adults and older children, they can pass on the disease, without knowing, to infants and preschoolers who are at risk for the illness. Pertussis is most dangerous for babies and more than half of infants who get pertussis must be hospitalized. It is important to make sure you, your children, and all caregivers including grandparents, are up to date with vaccinations.

Most children have been vaccinated for pertussis, however, protection decreases over time. Studies have shown that the immunity from the vaccine decreases after 3-5 years from the last vaccination which is usually given before kindergarten. Therefore, most adolescents and adults are at risk for pertussis.

A pertussis booster vaccine (Tdap) is available for adolescents and adults and is given with the tetanus-diphtheria booster. Parents of children 10 years and older, and adults (especially if there is an infant under 1 year old in their home) should talk to their health care provider about the Tdap vaccine.

Along with getting vaccinated, some other things you can do to protect yourself and to prevent infectious diseases are:

- Stay home if you are ill.
- Cover your cough or sneeze with a tissue or your elbow. Throw the tissue away.
- Wash your hands frequently and thoroughly, especially after sneezing, coughing, going to the bathroom, and before you eat or handle food.
- Get plenty of rest, exercise and eat healthy foods.

For more information on pertussis you can visit the Minnesota Department of Health's website at www.health.state.mn.us. Questions about pertussis can be directed to your health care provider, the Fond du Lac Public Health Department at (218) 878-3755, or the Minnesota Department of Health at (877) 676-5414.

FDL Biomonitoring Study: Community Benefits

By Rebecca Provost,
*FDL Biomonitoring Project
Manager*

The benefits of the Fond du Lac Community Biomonitoring go beyond the measurement of chemicals in the body. The interview questions are specific to the FDL community so community members will receive useful information about how people use and enjoy their environment for hunting, fishing, and gathering. Once the biomonitoring test results are available, the FDL community will be better able to envision the future and to protect their environment and way of life.

Complete results for the Fond du Lac Community Biomonitoring

study will be available in 2014.

The FDL community will also have an opportunity to compare findings from the study to other tribal nation's studies, such as Canada's Assembly of First Nation's outcomes, and to the National Health and Nutrition Examination Survey (NHANES).

Assembly of First Nations successfully conducted a pilot biomonitoring study in 2010 in two communities followed by a full-scale study in 13 First Nation's communities in 2011-2012. Findings from the full study will be available in 2012-2013. The goal of the First Nations Biomonitoring Initiative is to create baseline data of pollutants that are found in First Nations communities.

NHANES is a federal program designed to assess the health and nutritional status of adults and children living in the United States. Levels of 212 environmental chemicals are measured in blood and urine as part of NHANES. The purpose is to create baseline data of pollutants in the general U.S. population.

For more information or questions regarding the Biomonitoring Project please call Becca Provost, Biomonitoring Project Manager at (218) 878-2108, rebeccaprovost@fdlrez.com or Bonnie LaFromboise, Public Health Nurse at (218) 878-2132, bonnielafromboise@fdlrez.com.

The Mighty Hunter Joseph Charette and Families

By Christine Carlson

Joseph Charette Marries Charlotte Omijakwadokwe

On Aug. 23, 1841 Joseph Charette, 34, married Charlotte Omijakwadokwe, 25 both of Fond du Lac. Joseph was baptized the day before his marriage, his birthplace given at Leech Lake.

Joseph Sharette, Sr. and the List of Allottees for the Fond du Lac Band

Number 385 of an undated list is Joseph Sharette, Sr. and his Sub-Division of ½ NE ¼ of Section 25 Town 50 and Range 18.

1850 Fond du Lac Census of the Fond du Lac Band

Number 53 is Antoine Charette who signed with an X and his family consisted of one man, one woman and two children.

Number 70 is Joseph Charette who signed with an X and his family consisted of one man, one woman and two children.

1877 Genological Report of the Fond du Lac Band

Number 266 is Mijinawehoe is a 35 year old male who signed with an X. He is the son of Gebishkang and of Bitauadan-ikwe. Next is Cecil Charette who signed with an X and is 30 years old. Their daughter's name is Charlotte who is 18 years old.

Number 288 is Charlotte Mijinjawe who is a 17 year old female. She is the daughter of Mijinawe and Cecil Charette.

Next is Louis LaPrairie who is a 28 year old male who is the son of Joseph LaPrairie.

Number 315 is Joseph Charette who is a 76 year old male. Next is Omijakwadokwe who is a 56 years old female. She is the wife of Joseph Charette and daughter of Gabekamiga.

Number 361 is Memiskwange who is a 23 year old male who is the son of Wanishkam and Wiganigijigokwe. His wife is Mary Charette who is a 36 year old female who is the daughter

of Joseph Charette. Number 362 is Bebagamishkang who is a 5 year old male who is the son of Memishwange and Mary Charette.

1894 Fond du Lac Census

Listed as number 103 and 104 are Joseph Charette Sr. age 99 and Me-zhau-quod-o-quay age 81. Number 105 and 106 are Joseph Charette, Jr. age 56 and Elizabeth age 51.

1895 LaPointe Census

Joseph Charette Sr. is listed at age 100 in the 1895 LaPointe Census. His wife's name is not listed so she may have died.

Elizabeth Shingoop and Joseph Sharette Jr.

Elizabeth (Shingoop) Sharette lived in Fond du Lac all her life and in 1914 was the oldest living native of Duluth. Elizabeth died in March 1914. She and Joseph had one daughter named Angeline (Sharette) January.

This Charette family lived across the street from where I grew up in the old village of Fond du Lac. My late friend Millie Rushenberg told me many stories about Mrs. Charles January also known as Angeline Charette.

Cecelia Frank is Daughter of Joseph Charette Sr. and Omijakwadokwe

The Fond du Lac Grave Registration Project lists Cecelia Frank as being born in 1843 and at 80 years old died on Jan. 16, 1923. Cecelia's mother is listed as Caroline

Omijakwadokwe and father as Joseph Charette.

Cecelia's husband was Joseph Frank who was an Indian policeman. According to the 1880 Census in Barnum, Joseph the farmer and Cecelia had a son named Henry. Joseph Frank also known as Ketagapissa died on Apr. 12, 1909.

Joseph Sharette worked for the Astor Company, was a Mighty Hunter and Describes what Chamber's Grove in the Old Village of Fond du Lac was Like Years Ago.

Quotes from the Obituary of Joseph Sharette from the Duluth News Tribune of 2-5-1925:

As a young man he served the Jacob Astor company as a courier, transporting supplies for the trading posts in the territory now known as the Arrowhead Country, and farther north by way of the famous Grand Portage trail. Later he worked with surveying crews over the same territory. Because of his long residence at the Head of the Lakes and in the Arrowhead Country he was often consulted on questions of landmarks and boundaries.

Sharette was a mighty hunter and an unerring follower of dim trails. "I would not hesitate to land from an airplane in the most remote spot in the North country along with Joseph Sharette, with nothing but a knife." declared M.J. Filiatrault, West Duluth business man, who has hunted and fished with Sharette in the North woods for thirty-five years. "We would come out fat, well-clothed and well-armed. That's the kind of woodcraft this Indian had."

Every year, in the trading seasons, he said the flat field now

used each summer by picnic parties was crowded with the tepees of Indians. These trading seasons came twice each year, he said. The first season, usually beginning in May was the spring season in which the Indians bartered away the skins they had collected during the winter. After their two weeks of trading they would pack up their wigwams and soon the field would be deserted—to remain so until the fall when, with the first touches of frost, the red men would appear again. Their canoes would dot the river's banks and the field at night would be bright with the blaze of their camp fires. This season was always the liveliest, said the story teller, and would last longer, the Indians spending sometimes a month at the trading post before returning to the woods for the long winter.

Quote from the book Recollections of Early Days in Duluth

The first child born in Duluth after the city attained its name was an Indian named Joe Shurett. His father was a French and Indian halfbreed voyageur from Quebec, where the fur companies got their crews for their yearly excursions into the trapping country. He was employed by the Hudson Bay Company. Joe's mother was a full blooded Chippewa.

The family lived near Fond du Lac, where Joe was born. However, Fond du Lac was not then a part of Duluth. It was officially recognized by the government for a number of years as a post office and was an Indian trading post for some years before Duluth got on the map at all.



Joseph Ora January, Joseph Sharette, Elizabeth (Shingoop) Sharette, Cecelia (Sharette) Mrs. Louis LaPrairie, Angeline (Sharette) January about 1910. Photo courtesy of the late Millie (Rushenberg) Behning.

FDL Law Enforcement news

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

- July 15 Report of domestic disturbance at Black Bear Casino, one party brought to jail
- July 15 Traffic stop by Mash Pow wow grounds, looking for a runaway juvenile, located the juvenile
- July 16 Traffic stop on Hwy 210, driver warned for faulty headlight
- July 16 Traffic stop on Reservation Rd, driver warned for speeding
- July 17 Report of domestic disturbance in the compound, one party left for the night
- July 17 Traffic stop on Hwy 2, driver cited for speeding
- July 18 Report of gas drive-off from gas and grocery for \$76.21
- July 18 Assisted Cloquet Officer with domestic disturbance on Larch St
- July 19 Traffic stop on Big Lake Rd, driver cited for speeding
- July 19 Vehicle on side of the Hwy 210, vehicle ran out of gas had someone bringing gas to car
- July 20 Report of gas drive-off at gas and grocery for \$20.00
- July 20 Traffic stop on Hwy 2, driver cited for speeding
- July 21 Traffic stop on Hwy 210, driver cited for speeding
- July 21 Traffic stop on Big Lake Rd, driver warned for speeding
- July 22 Assisted Floodwood Police in locating a vehicle involved in gas drive-off, located the vehicle and they paid for their gas.
- July 22 Report of intoxicated male knocking on door on Ridge Rd, located male and brought home
- July 23 K9 demonstration at Veterans Park for Sappi employees
- July 23 Traffic stop on Hwy 2, driver arrested for warrants
- July 24 Traffic stop on Brookston Rd, driver cited for speeding
- July 24 Traffic stop on Hwy 210, driver warned for driving conduct
- July 25 Report of assault at Supportive Housing
- July 25 Traffic stop on Hwy 210, driver cited for speeding
- July 26 Report of fight in the compound
- July 26 Report of door kicked in at Supportive Housing
- July 27 Traffic stop on Hwy 210, driver cited for speeding
- July 27 Traffic stop on Trettel Lane, 2 underage drinkers cited
- July 28 Traffic stop on Brevator Rd, driver warned for littering
- July 28 Traffic stop on Cary Rd, driver warned for driving conduct
- July 29 Traffic stop on Church Rd, driver arrested for DWI
- July 29 Traffic stop on Big Lake Rd, driver arrested for DWI and open bottle
- July 30 Report of 2 vehicle accident, one left the scene, located the vehicle and arrested driver for DWI and leaving the scene of accident
- July 30 Traffic stop on Big Lake Rd, driver and passenger arrested for possession of meth
- July 30 Traffic stop on Moorhead Rd, driver cited for speeding
- July 31 Located a male laying on the road, brought the male home
- July 31 Traffic stop on Hwy 2, driver warned for speeding
- Aug 1 Report of burglary at the Lounge on Big Lake, located person and brought to jail
- Aug 1 Traffic stop on Big Lake Rd, driver arrested for disorderly conduct
- Aug 2 Report of fight in the compound, one brought to hospital to get checked out
- Aug 2 Report of gas drive-off at gas and grocery for \$5.00
- Aug 3 Report of vehicles gone through on River Rd, located the juveniles and arrested and brought to AJC. Located the items
- Aug 3 Report of building being shot, located bullets, damage done to a vehicle and building
- Aug 4 Report of male lying in the middle of road, located male and brought to a friend's place
- Aug 4 Report of domestic assault in the compound, one brought to jail
- Aug 5 Report of male out of control, once on scene he was brought to jail for disorderly conduct
- Aug 5 Traffic stop on Hwy 210, driver cited for speeding and no insurance
- Aug 6 Traffic stop on Moorhead Rd, driver arrested for 2nd degree DWI and child endangerment, driving after suspension (DAS), no child restraints, and no insurance
- Aug 6 Report of male on bath salts and out of control, located male and brought to jail
- Aug 7 Report of underage drinkers at Black Bear Casino, one person cited
- Aug 7 Traffic stop on Airport Rd, driver cited for no driver's license, no insurance, and no registration
- Aug 8 Traffic stop on Twin Lakes Dr, driver cited for speeding
- Aug 8 Report of domestic assault in the compound, one arrested
- Aug 9 Report of fight on Stand Rd, located vehicle and arrested driver for DWI
- Aug 9 Report of gas drive-off at gas and grocery
- Aug 10 Report of gas drive-off at gas and grocery for \$85.00
- Aug 10 Assisted with a medical emergency on Trettel Lane
- Aug 11 Report of possible fight in compound, once officers showed up, everyone left
- Aug 11 Traffic stop on Hwy 2, driver warned for driving conduct
- Aug 12 Report of domestic assault, parties separated for the night
- Aug 12 Traffic stop on Hwy 31, driver cited for speeding
- Aug 13 Report of windows broken at Supportive Housing
- Aug 13 Report of kids knocking on windows in the compound
- Aug 14 Traffic stop on Big Lake Rd, driver cited for speeding
- Aug 14 Traffic stop on Hwy 2, driver cited for no insurance

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:

AMMESMAKI, Beverly
 ANKERSTROM, Arthur
 "Skip"
 BANKS, Robert
 BARNEY, Derrick Sr.
 BARNEY, Frances
 BEGAY, Raymond Sr.
 BOYER, John
 CAMPBELL, Patricia
 CICHY, Gerard

CICHY, Leslie
 COPA, Hope
 CROWE, Gary
 DEFOE, Charles
 DEFOE, Richard
 GLASGOW, Edith
 GREENSKY, Charles
 GREENSKY, Florence
 HERNANDEZ, Phyllis
 HERNANDEZ, Sherry
 HUHN, Cheryl
 HYLTON, Tina
 JEFFERSON (Drucker), Mary
 JONES, William Sr.

JOSEPHSON, Charles
 KAST, Cheryl
 LAFAVE, John
 LAPRAIRIE, Robert
 LIVINGSTON, Bruce
 MARTINEAU, David
 MARZINSKE, Larry
 OLSON, Daniel G. Sr.
 OSTROWSKI, Lorraine
 PALMER, Agnes (aka Agnes Rock)
 PERALES, Benjamin Jr.
 PITOSCIA, Donna
 RAISCH-DAY, David

RITZ, Warren
 SAVAGE, Maxine
 SCHULTZ, Charles Michael
 SCHULTZ, Nicole Diane
 SHARLOW, Gerald D.
 SHOFNER, Daniel
 SMITH, Benjamin W.
 SMITH, Carl E.
 STANFORD, Cathy
 TROTTERCHAUDE, Rex
 WIESEN, Dale

Ashi-niswi giizisoog (Thirteen Moons)

Waatebagaa giizis

Manoominikie giizis is the Leaves Changing Colors Moon. Other names for the month of September are Mandaamini giizis or Corn Moon and Moozo giizis or Moose Moon.

Demonstration Garden Update

By Danielle Diver,
FDLTCC Extension Garden
Coordinator

Sadly, summer is beginning to wind down, and the chilly air will come soon to arrest the growth of our garden plants. At the demonstration garden we have a hoop house that will help to stave off the cold weather for a couple extra weeks of growth and hopefully ripen our tomatoes and watermelons. For those of you who don't have a hoop house, there are some inexpensive things you can do to protect your crops until they are ready to harvest.

Keep in mind that some garden plants are at least a little

cold tolerant. Crops like kale, cabbage, broccoli, and cauliflower can withstand temperatures as low as 18F. Other plants, like peas, carrots, beets, potatoes, spinach, Swiss chard, lettuce, and onions, can tolerate low temperatures as well (in the range of 30F-50F). The most tender crops include tomatoes, peppers, corn, beans, and melons which need protection when temperatures drop below 50F or so. Protection could be a light-colored, lightweight fabric, like AgriFab or Remay (available from online farm supply companies), or a canvas tarp, or even a bed sheet.

If you have a raised bed garden, you can add a "low tunnel" to trap heat for a relatively

small cost. The low tunnel frame can be attached to the sides of the raised bed along its length, and a removable clear plastic tarp can be placed over the frame. Plans for low tunnels can be found at www.pvcplans.com. You can outfit the north side of a low tunnel (or a high tunnel or greenhouse) with insulation and/or reflective foil to trap even more heat, and if possible you could incorporate bottles or barrels of water into the design. Cold frames are another season extension option. They are like mini-greenhouses with adjustable glass or plastic lids. You can make your own cold frames using scrap lumber and an old window, or you could buy them from a garden

supply store. The website www.pvcplans.com also has a plan for a large cold frame made of PVC pipe and plastic tarps.

If you decide not to employ any of these season extension techniques, you should make sure to harvest all of your tender crops before the first frost. Most root crops can handle at least a light frost, while tomatoes, peppers, squash, and other tender plants will be withered and brown by the morning. The arrival of the first frost doesn't necessarily mean an end to the gardening season, though. Last year I was harvesting potatoes almost until Thanksgiving. Also, October is a good time to plant garlic for next year. You can order it from seed suppliers

or try your luck with grocery store garlic. And broad-leaf perennials can typically be planted any time of the year that the soil is workable (evergreens don't always do so well when planted in the late fall), so you can take advantage of clearance sales at the local garden centers and stock your landscape with native edible fruits or other pollinator-supporting native plants. Check the Minnesota Department of Natural Resources website at www.dnr.state.mn.us/gardens/nativeplants for a list of plants native to Minnesota, and check out www.xerces.org to find out what you can do to help native bees and other pollinators.

Livelihoods, Food, & Climate

By Dave Wilsey
U of MN Extension

Manominike giizis is upon us in a year that has brought many surprises and challenges to food and livelihood systems featuring wild natural resources, not the least of which was the swallowing of the manoomin by the region's lakes and rivers.

This year began on the tail end of a dry fall and winter with little snow cover. With soil exposed and dry, sugar season came and went quickly as a result of the quick and sustained onset of warm temperatures in late Feb. and March. The syrup producers were hit hardest with

some reporting only a third of typical production.

Yet abundant rainfall in May and record warm spring temps, literally, gave northern gardeners plenty of reasons for hope. Gardens were in early and crops looked good in mid-June, when epic rains that followed the wet spring flooded out many gardens and commercial crop producers. In the FDL Ojibwe Garden, heavy rainfall underscored the wisdom of the traditional raised bed system, which kept crops above the water and channeled runoff.

June rains also generated high water levels and flooding that decimated the year's manoomin crop. Fond du Lac's rice lakes

won't be harvested this year, according to natural resource manager Tom Howes, nor will many in the region. A silver lining is that Fond du Lac is taking advantage of the high water levels to help eradicate Pickerelweed, which competes with the rice in many rice lakes and is also intolerant of high water levels.

June flooding also potentially affected regional fisheries. According to one Minnesota DNR hatchery manager, Mark Gottwald, the effects of the flood on fish populations may not be apparent for a couple of years. Flooding also potentially affects fish habitat, according to SeaGrant educator, Cindy

Hagley.

Finally, climate patterns affect moose populations. And although there will be a moose hunt in 2012, FDL wildlife biologist, Mike Schrage, says that the population is experiencing a long-term decline and continues to be stressed by the combined effects of a winter warming trend.

It is beyond doubt that our regional climate is shifting, although much debate still focuses on the causes of change, the likely form of future changes, and the effects of both. Equally certain is the fact that natural resource based livelihood strategies will be substantially influenced by climate patterns,

associated weather episodes, and related factors such as expanding and contracting ranges for insects, plants, and animals. Shifting climate has made significant challenges to those who rely on wild resources for food, exchange, or income. Years like this one highlight vulnerability, but also serve to demonstrate the profound wisdom in strategies that are divers—in products, places, and time. The benefits of such strategies may come to be better appreciated as our regional climate continues to shift, perhaps becoming characterized by sustained wet or dry patterns and short yet dramatic weather events such as wind, rain, and snow.

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, and University of Minnesota Extension.

Ashi-niswi giizisoog Ojibwemowin Page

Ojibwemowin lessons graciously provided by Dave "Niib" Aubid.

Manoominikewin AAbajichiganan Ikidowinan

Glossary of Wild Rice Harvesting Tools & Terms

Abwi [a/bwi] A paddle.

Abwiin [a/bwiin] Two or more paddles.

Asemaa [a/ se/maa]

Tobacco-oftentimes, a traditional offering of manoomin harvesters.

Bangisin [ban/gi/sin]

It (manoomin) is falling.

Bawa'am [ba/wa'am]

someone harvests manoomin knocking it off the rice plant with sweeping, flailing motions

Binaasin [bi/naa/sin]

It (manoomin) is blown off the rice plant.

Bawa'iganaak [ba/wa'/i/ga/naak]

one of the two hand held wild rice harvesting sticks used in harvesting manoomin. A bawa'iganaak is usually made from cedar tree wood (giizhikaadag).

One bawa'iganaak is used to pull the manoomin close to the jiimaan while the other bawa'iganaak gently knocks

or strokes the manoomin directly into the jiimaan.

Bawa'iganaakoon [ba/wa'/i/ga/naa/koon]

two or more hand held wild rice harvesting sticks used for harvesting manoomin.

Biiminaakwaan [bii/mi/naa/kwaan] [bii/mi/naa/kwaa nens]

rope, string

Bootaagan [boo/taa/gan]

equipment for threshing manoomin. through friction, threshing separates the parched outer hull (skin) from the manoomin kernel

Dakotep [da/ko/tep]

dako carries the Ojibwe language meaning for tying something, duct tape or duck tape

Gaandakii'igan

[gaan/da/kii'/i/gan] or

Gaandakii'iganaak

[gaan/da/kii'/i/ga/naak]

a wooden push pole used to propel the jiimaan through the water. traditionally, a gaandakii'igan can be made from cedar or tamarack. Measuring anywhere from 12 to 20 feet in total length, a tra-

ditional gaadikii'iganaak has a wooden fork at one end.

Gaazhitood Manoomin

a wild rice processor. someone who finishes green wild rice.

Gidasan [gi/da/san]

(You) parch (completely dry out) something usually manoomin

Gidasige [gi/da/si/ge]

s/he parches something usually manoomin (wild rice)

Giizhigin [gii/zhi/gin]

it is ripe. it .has completed its growth.

Jiimaan [jii/maan]

canoe or generally any watercraft.

when used with the pre-noun wiigwaasi- ; the word becomes birchbark canoe = wiigwaasi-jiimaan

Manoominikaan [manoominikaan]

a wild rice harvesting area that can be a lake or river or flowage. it can also refer to a rice field on the lake or river or flowage.

Mashkimod [ma/shki/

mod] A bag.

Mashkimodan [ma/shki/mo/dan]

Two or more bags.

Ingodooshkin one bag

Niizhooshkin two bags

Nisooshkin three bags

Nii'ooshkin four bags

Naanooshkin five bags

Mimigoshkan [mi mi go

shkan] (You) thresh the

manoomin with your mo-

cassined feet

Nooshkaachige [noo/shkaa/chi/ge]s/he winnows the manoomin.

Nooshkaatoon [noo/

shkaa/toon] (You) winnow

it! Remove the chaff from the wild rice by fanning it within a birch bark container known as a nooshkaachinaagan

Manoominike [ma/noo/mi/ni/ke] someone harvests manoomin

Manoominikewin Ma/noo/mi/ni/ke/win

Basic Ojibwe Language Pronunciation

Interact with other Ojibwe speakers of all levels by listening and speaking.

A standardized spelling system is an important key to proper pronunciation. The most used standardized system is the Double Vowel Orthography (DVO). You may find further information on the DVO (Double Vowel Orthography); within the book called "A Concise Dictionary of Minnesota Ojibwe." Ojibwe pronunciation skills are enhanced through syllable identification.

Each of the individual seven vowels of the DVO can be a syllable by itself.

Long Vowels

Short Vowels

aa = father

a = about

e = café

i = pin

ii = seen

o = obey, book

oo = boat, boot

To identify additional syllables, always be sure each syllable contains 1 vowel. When identifying each syllable, create vowel-ending syllables when possible. Consonant cluster; 2 or more consonants that must be pronounced together; except the consonant clusters with m or n; pronounce divided after m or n.

Ganawenjigewin

Maawanji'idiwin

By FDL Resource Management Staff

The 2nd Annual Ganawenjigewin Maawanji'idiwin "Taking Care of Things Gathering" will be taking place from 1-6 p.m. Sept. 13 behind the FDL Ojibwe School at the powwow arbor. Fond du Lac Resource Management will be showcasing programs with educational displays and activities. The Fond du Lac Tribal and Community College Extension Program will highlight the 13 Moons and Garden programs. There will be a farmer's market and art vendor tables for local artists and gardeners. To request a table please call Shannon Judd at (218) 878-7123 or email shannonjudd@fdlrez.com. Hope to see you there. Gigawaabin.

The following Anishinaabe (Ojibwe) statements are given some rough English translations. How would you say them in English?

Hay', gaawiin gegoo manoomin ayaamagasinoo omaa noongom.

Too bad, no wild rice not any of it here now.

Onzaam niibowa giigimiwan Ode'imini-Giizis giigoojid.

Was too much rain when the Strawberry Moon was hanging in sky.

Giishpin manoomin wiiayaaman booch waasa da-naadiyan.

If wild rice you want, it's necessary you'll have to go far to get it.

Ingoji giigichi-gimiwan-zinog.

Somewhere there was a big rain not.

Gemaage besho iwidi Gaa-Zaagaskwaajimekaag.

Perhaps close to over there nearby Leech Lake.

Gemaage iwidi keyaa Gaa-Waabaabigaanikaag

Perhaps over there in the direction of White Earth.

Maagizhaa gaye gidaa-aadawen manoomin wii-ayaaman.

And maybe you could/should

buy wild rice (if) you want it.

Challenge Translation

Q? Giga-gashkitoon ina jimanoominikeyan?

Please email your translation to: Thirteenmoons@fdlrez.com

A translation will be provided in next month's Oji-article.

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 Sept. 18, 2012 for the Oct. 2012 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy Birthday Babes to **Shaydon Thompson**, 8 years old (Sept. 15), **Shayna Thompson** 4 years old (Sept. 8).

Love you Always, Mom



Happy Birthday to my Grandbabies **Shaydon Thompson** (Sept. 15) and **Shayna Thompson** (Sept. 8).

Always remember that Meemah loves you



Happy Birthday **Ian J. Proulx** (Sept. 1).

Love Mom, Dad, and Isabelle

Happy 1st Birthday to **Jace Nelson** (Sept. 14), the greatest gift I've ever received.

May you stay happy, healthy, and over-all amazing. *Love your maamaa and lil doggie brother Jasper*



Happy Birthday **Lois Shabaiash** (Sept. 7)

From Moo Geed

Happy Birthday **Robert Blacketter** (Sept. 7)

Love Violet

Happy Birthday Little Brother **Jeff fro Reynolds** (Sept. 9)

Love Vicki, Mat, and family

Happy Birthday to my young one boy **Jeff Reynolds**

Love yo Mama

Happy Birthday to **Lynn Reynolds** (Sept. 21)

Love your in-laws

Happy Birthday **Joe Shabaiash** (Sept. 24)

From your Neighbor

Happy Birthday Son **Dustin Whitebird** (Sept. 27)

Love Dad, Vicki, brothers, and your sister



Happy 37th Birthday to **Travis Paulson**

(Sept. 1) *Love, Bridget, Jalen, and Cordell*

Happy Birthday **Jon Hill** (Sept. 4) you are an awesome friend and soon you'll be our favorite son-in-law. Enjoy Every day but enjoy your birthday just a little more.

Love, Tammy, Dave, and Mikey II

Happy Birthday **Jon Hill** to my most wonderful Fiancé, have a great birthday.

Love you, Brennin Lynn

Happy Birthday to

the greatest son **Mike Nykanen II** (Sept. 6) you bring a great joy to our lives.

Love, mom and Dave

Happy Birthday **Mikey Nykanen II** (Sept. 6) you are the best "little" brother, love ya little mukwa.

Love, Brennin and Jon

Happy Birthday to our wonderful grandson **Michael Nykanen II**. *Lots of love, grandma and grandpa Foldesi*

Renee Sutherland, Black Bear Slot Administrative Supervisor would like to wish the following employees a Happy Birthday:

Stanley Brown III (Sept. 2), **Kathleen Rilling** (Sept. 6), **Eric Kowalski** (Sept. 7), **Erik Bergquist** (Sept. 15), **Grantt Greenleaf** (Sept. 24), **Gerald Peterson** (Sept. 25), and **Tanya Felix** (Sept. 30).



Happy Birthday **Dannell Savage** (Sept. 2) To my Friend, my defender, my

clarifier, my listener, my conspirator, my counselor, my beautiful sister. Happy 40 years young. *I love you, Darci*

Happy Birthday **Anne Fineday** (Sept. 12).

We love you very much *Herb, Molly, and Greenlee*

Happy 18th Birthday to my son **Kyle Dion** (Sept. 29)

You are truly my Pride and Joy, I love you. *Love, Mom and Chad*



Happy belated 10th birthday **Taylor Netland** (July 16)

Happy 5th birthday **Brooke Seacord** (Aug. 22)

Love, mom, dad, grandma Ella, and aunties Terri and Gidget

Happy 16th Birthday **Morgan Murray** (Sept. 29)

Love you, mom, Dad, and JJ



Mino-bezhigo dibishkaa biibii **Jace Nelson** (Sept. 14) Thank you for all the light and joy you bring to our days. One is wonderful.

With love, grandma and grampa

Happy birthday to my daughter **Natasha Cloud** (Sept. 2)

Love, Mom and Brenda

Happy birthday to my grandson **Leo Wright** (Sept. 24)

Love, Grandma



Sixteen years ago you came into my life and brought me happiness, joy, and love. Happy Birthday, **Tristan Scott Olson** (Sept. 11). *Mom loves you*



Of all the days to celebrate, this one out shines the rest. Here's hoping

that your 11th is your happiest birthday yet. Happy Birthday, **Tyler James Olson** (Sept. 10) *Mom loves you*

Happy 2nd Birthday **Elijah Myer** (Sept. 14) we love you, little bear *Love Mom, Dad, Sky-lar, Grandparents, and Family*

Happy 40th Birthday to my best friend **Vanessa Northrup** (Sept. 11)

wacky wollie. I love you to the sky and back, "chink eye turtle"



Happy 14th Birthday **Tanisha Martineau** (Sept. 3)

Love, Mom, Dad, Courtney, Cameron, Tamara, Talayah, and Chazz



Happy 4th Birthday **Merlin Deegan III** (Sept. 16) *Love, Mama*



Community News

Obituary

Sheralyn "Sheri" Perales Brown, 49, of San Antonio, Texas, passed away at Christus Santa Rosa Hospital - Westover Hills on June 3, 2012. Sheralyn was born on Jan. 14, 1963 in Baudette, Minn., daughter of Anna (Whitebird) Perales, Columbus, Ohio, and Benjamin Perales who preceded her in death. She was also preceded in death by her grandparents Simon Whitebird and Kathryn (Godfrey) Lucas, and Francisco and Angelita Perales, and Mother-in-law Iris Brown. Survived by husband Michael Brown, children Mark Perales, Miranda Perales, Benjamin Frazier, Katherine Frazier, and Michael Frazier, grandson Jacob Massey, and siblings Benjamin Perales

Jr., Columbus, Ohio, Cynthia (Perales) Moore (James) Columbus, Ohio, Veronica (Perales) Martinez (Jeremy) San Antonio, Father-in-law Ronald Brown, Boerne, Texas; several nieces and nephews; aunt, Shirley Godfrey, Duluth, Minn.; many aunts, uncles, and cousins, Toledo, Ohio. Online guestbook may be signed at www.sunsetn-wfuneralhome.com

Thank You

To Transportation/Transit

Thanks for the wonderful retirement party. The Bear waterfall is beautiful and is up and working in my rock garden. Also thanks to the MIS Department for the gift of money.
Thank you, Adella Roy

The Family of **Anna Thompson** would like to extend our sincere gratitude to the Reservation Business Committee for their sympathy and generosity during our time of grief. We would also like to thank the ENP staff for a wonderful meal, St Luke's staff on Cardiac 5E, 2W medical, and Cloquet Hospital for caring for Anna, thank you to Tim Handevitd for handling everything so smoothly. A special thank you to our family, those that came from out of state and were there non-stop and gave those little breaks, brought food, provided good company, and helped each other get through.

Sincerely, Anna's Family

Memorial

In Memory of **Nancy Marie Howes** (Oct. 16, 1947 - Sept. 30, 2004) I love and miss you mommy. There isn't a day that I don't think about you and the many cherished memories. Thank you for helping me become the woman that I am today and will become. We'll be sure to eat at Famous Dave's to celebrate what would have been your 65th Birthday Oct. 16 as well.

*Love always your daughter,
Kathy Jo King*

In loving memory of **Cheryl Diver Schultz** on the 10 year anniversary of your passing on Sept. 22, 2002. You are still missed. Love, your family: Parents Chuck and Faye Diver, Paul

Schultz and children Aaron, Paul, Charlie and Nicole, siblings Chuck, Karen, and Kevin, niece Rochelle and nephew *Kevin, and all your aunties, uncle, and cousins.*

Congratulations



Congratulations to **Cody Tesser** for being elected Grand Portage Senior Brave for the second year in a row! We are so proud of you!!!!
Love, Mom, Duckie, and the rest of your family!



Students of the Journey Garden Program dig up vegetables for the final feast.



A huddle just before last month's final game of the LAX-4-Life camp.

