

Construction on assisted living building starts in 2010; accepting residents 2011

By Deb Smith,
FDL Public Health Nurse

Typically some Elders and disabled Band Members move away from the FDL Reservation to get the care they need when they can no longer live alone. Often they do not need full-service nursing home care, but intermediary care. To meet the needs of those who need intermediary care, construction will begin this year for an assisted living facility. It is expected that residents will be accepted as residents in early 2011.

Assisted living facilities include caregivers who help residents with daily activities such as eating, bathing, dressing, housekeeping, and assistance with medications.

The 10-bed FDL facility will be located on Airport Rd. The rooms will include a small sitting area; a sink, microwave and small refrigerator; a sleeping area with a double bed; a walk-in closet and a private bathroom that is wheelchair accessible.

The resident rooms are approximately 600 square feet, compared to the average 450-500 square feet in other assisted living facilities. The rooms will

be fully furnished; residents will only need to bring their clothes, assistive devices and family mementos.

A communal "family" kitchen is planned so residents can prepare food if they wish, plus there is a large institutional kitchen where staff will prepare three meals a day for the residents. A lovely dining room is located right off the kitchen and allows residents to visit with each other and their guests. A sunroom will be located at the front entrance and a patio with a grilling area will be located near the back entrance.

The facility will also include

a media room with computers, a Wii fitness station and an arts and crafts room. There will be a large tub room with a hairstyle chair for haircuts and styling. A medical exam room is included in the facility, for additional health care treatment, as needed. There are offices for the Assisted Living staff and for the Home Care staff.

If you're wondering how you can sign up for this wonderful place, please be aware that this is a health care facility.

All applicants to the FDL assisted living facility will first meet with a nurse to determine if the individual meets

the health requirements for the facility. Once accepted, the nurse and resident will create a service plan that details the personalized services required by the resident and is guaranteed by the facility. The plan is updated regularly to assure that the resident receives the appropriate care as his or her condition changes.

For more information about the FDL Assisted Living facility and services, contact Deb Smith, Public Health Nursing Department Coordinator, at (218) 878-2104.

2010 Waaswaawin gaye bagida'waawin (Spearing and Netting) season

By Tom Howes, Program Manager, FDL Natural Resources Program

The spearing and netting harvest at Mille Lacs Lake this year was fast and furious. Participants from the Fond du Lac Reservation began setting nets and spearing fish on April 8. By April 11,

FDL Band Members harvested 24,442 pounds of ogaawag (walleye) and 770.3 pounds of ginoozheg (northern pike). We reached our quota of 24,000 pounds of ogaawag.

Since we harvested 90 percent or more of our ogaawag quota, we will have a 26,000 pound ogaawag quota for 2011.

The FDL Resource Management Division worked with the Great Lakes Indian Fish and Wildlife Commission on issuing permits, which gave both FDL and GLIFWC harvesters more options on where they could spear fish or set their nets. We were grateful for the collaboration with GLIFWC.

Our Conservation Enforcement Officers provided boat rides for more than 25 Elders so they could set their nets. The FDL Conservation Officers also set nets for the Elderly Nutrition Program.

It was good to see several new families take part in the harvest this year. If you didn't make

it down to the lake, hopefully someone shared their harvest with you.

If you have any questions, please contact the Resource Management Division at (218) 878-8001.

Nah gah chi wa nong Di bah ji mowin nan

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

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

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

publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

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Native American Journalists Association



Reservation and state Department of Natural Resources firefighters pump water to contain a wildfire on Mission Road near the Mash ka wisen Treatment Center on April 17. In use is the FDL Firefighter Type 6 Wildland truck, specially equipped to deliver water where no hydrant exists. Throughout April, a severe wild fire watch was in effect for the northern two-thirds of Minnesota. Photo by Dan Huculak.

With region under severe fire danger, local, state firefighters extremely busy

Fond du Lac fire safety specialists, police officers, and conservation officers from the Reservation and the state of Minnesota were busy on April 17 battling to get a wildfire under control near the Mash ka wisen Treatment Center near Sawyer.

The fire started from inappropriate handling of charcoal

ashes, according to FDL logging manager Vern Northrup, who is a retired Bureau of Indian Affairs supervisory fire technician. Someone disposed of the hot ash in the woods where it started the fire.

The fire fighting began in mid-March, Northrup said. As of mid- to late April, the crew has put out 19 or 20 fires.

According to the Minnesota Department of Natural Resources website, the April 2010 fire danger rating is “severe,” which is the agency’s highest rating. The rating covers the entire northern two-thirds of the state. Burning permits are not being issued at this time.

The recorded precipitation at the Duluth International

Airport was .94 inches for March; roughly three-quarters of an inch below normal. April precipitation was four-tenths of an inch as of the middle of the month, said Steve Goade, observing program manager for the National Weather Service office in Duluth. Goade said that the March-April period has been the ninth driest two-month

period since data started to be recorded in 1911 or 1912.

“We just want to remind everybody to be careful,” Northrup said. He recommended having tools on hand like a shovel, and plenty of water. If a fire starts, call 911.

“Indigenous” and Kevin Locke dance group to headline Enrollee Day entertainment in June

Live entertainment at the June 26, 2010 Enrollee Day celebration will include performances by the blues/rock music group “Indigenous” and by the Kevin Locke Dance Group.

Enrollee Day is an all-day event held for Band Members on the Tribal Center grounds. The 2010 Enrollee Day has moved to Saturday this year, rather than Sunday.

Below is a listing of most of the events:

- Registration for a \$500 drawing ticket and \$10 Casino Coupon will be held in the Cloquet ENP classroom from noon to 8 p.m. on June 24; from 8 a.m. to 8 p.m. on June 25; and Saturday, from 8 a.m. until the drawing ends.
- Drawings for \$500 certificates will take place in the Tribal Center Gym beginning at 3 p.m. There will be 200 winning tickets for a \$500 certificate.
- A roast beef dinner will be

served from 2 to 6 p.m. in the Ojibwe School Gymnasium. Dinner also includes mashed potatoes and gravy, salad, vegetables, dinner roll, a dessert tray, along with milk, water or coffee.

- Family Activities include a 2K Walk and a 5K Run, from 9 - 10:30 a.m. We are currently working on activities for our Family Olympics games.
- Entertainment: Keith Secola will perform, in addition to Indigenous and the dance

group. Secola, an award-winning Ojibwe musician originally from Minnesota, also performed at the 2009 Enrollee Day celebration. Secola’s musical influences include rock and roll, folk and reggae.

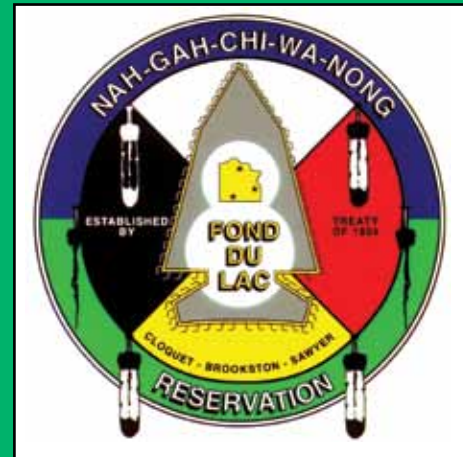
Indigenous formed in Marty, S.D. in 1998. The group’s music is heavily influenced by guitarists Stevie Ray Vaughan, Jimi Hendrix, and Carlos Santana. Guitarist Mato Nanji’s style and sound has drawn comparisons

to each of these guitarists.

Kevin Locke, is a Sioux recording artist, educator, storyteller, cultural ambassador, and pre-eminent Native American flute player. Locke has performed in more than 80 countries.

We will have more information on Enrollee Day when plans are completed.

If you have questions or comments, contact Enrollee Day Organizer Bryan Bosto, at (218) 878-8048 or by email at bryanbosto@fdlrez.com.



2010 Primary and General Election

Voters award Martineau a second term; two compete for Sawyer spot in June

FDL Secretary/Treasurer Ferdinand Martineau handily won the March 30, 2010 Primary Election, receiving almost 60 percent of the vote. Candidates who receive 51 percent of the vote or better automatically win the office, according to the Minnesota Chippewa Tribe election ordinance. Martineau received 556 votes from a total of 930 votes cast for that seat.

Vote totals for the remaining candidates were: Gerald Steve

Mrozik, 37; Eugene Reynolds, 67; Patricia Petite, 270.

Two candidates will move on to the General Election on June 8 for the District II (Sawyer) seat. They are Russ Northrup and Sandra Shabiash (incumbent). Shabiash received 86 votes; Northrup received 58.

Vote totals for the remaining candidates were: Gerald

dine Defoe, 16; Connie Saaristo, 20; and Blake Blacketter Evan-son, 31.

Overall, voter turnout among Band Members was very light. There are 3,530 registered votes on- and off the Reservation; of those, 936 cast ballots, or 26.5 percent of the total. The voter breakdown by District was this: District I (Cloquet) 418 votes



Ferdinand Martineau

cast, or 11.8 percent of eligible voters. District II (Sawyer) 171 votes cast, or 4.8 percent of the eligible voters. District III (Brookston) 204 votes cast, or 5.7 percent of the eligible voters.

The General Election will be held from 8 a.m. to 8 p.m. on June 8, 2010. Voting will take place at the Sawyer Community Center. To receive an absentee ballot, call the General Election Ordinance office at (218) 879-4593, ext. 2662. Absentee

ballots must be received by the Election Judge by or on General Election day.

Below are candidate statements for the District II (Sawyer) election. Candidates were asked to respond to these questions in 300 words or less: what are the priorities before the Reservation Business Committee, what unique skills or experience do you bring to the job, and (for incumbents) why do you want to be re-elected?

Sandra Shabiash

Iwish to express my appreciation to voters for participating in the primary election. On June 8 you will be deciding what direction your leadership will take.

Our Reservation Business Committee today has the responsibility of running a multi hundred million-dollar sovereign nation. The person you select as your representative must have the qualifications to be actively involved in making

sound decisions that impact current and future generations.

The Fond du Lac Reservation has changed dramatically in the past 20 years. We are far more complex now. District representatives today handle community and reservation issues. RBC meetings no longer last seven or eight hours, as all business is sent electronically

to RBC member's computer.

This system has freed up staff time and allowed RBC members the time to deal with other pressing matters, including having more time to deal directly with Band Members on their issues.

The next two years are crucial. The Fond-du-Luth Casino agreement, signed in 1986, has a renegotiation in 2011. The



Sandra Shabiash

city of Duluth has received far too much of the band's revenue from the casino in Duluth. We currently are in litigation regarding the first 25 year term and are now preparing for the 2011 negotiations.

We also are in negotiations with the Bureau of Indian Education (BIE) regarding the Fond du Lac Tribal & Community College. If not handled astutely, it could cost the Band.

Wisconsin Point is getting closer to being part of our

reservation. Once this happens, what we do with this property must be carefully considered. The land is a historical piece of our history.

My education and work history prepared me to make sound decisions for Fond du Lac Band Members, as proven during my first term. My door has always been open and will remain so with your support.

Sandra Shabiash

Russ Northrup

Boozhoo everybody! Many thanks for your vote in the March primary. We are so ready for change.

As a Sawyer Community, we must come to attention and realize our stake in the future. It means we move forward and take the steps to safeguard our resources in:

- 1. Our youth and their positive endeavors
- 2. Our Elder concerns
- 3. Our workforce ability
- 4. Our potential economic development
- 5. Our land base and natural resources
- 6. Our Ojibwe Language and culture

My continued focus is to explore, sup-

port, generate, protect, and revitalize these resources within the district of Sawyer.

The reality is that it will take a lot of hard work to strengthen this community, but it is a call to service that I decided to answer when I filed for this office. The qualifications set forth within the Constitution of



Russ Northrup

the Minnesota Chippewa Tribe certified me as a candidate for District II Committeeman.

Rather than standing still, I am here in this race for Sawyer Representative. On June 8, we will cast a mighty ballot and choose our next decision maker for the Sawyer Community. I hope you make your mark next to my name. I welcome your support and I look forward to a fair election.

Brochures on my candidacy are available upon request. Feel free to contact me at P.O. Box 84, Sawyer, Minn. 55780; (218) 878 0457 (home); (218) 591 8019 (cell). Email: rnorthrup@hotmail.com; Facebook: see "Russ Northrup"

Russ Northrup

Local news

FDL Human Services Division receives award for child abuse prevention activities.

The Fond du Lac Human Services Advocacy Program was recognized by Prevent Child Abuse Minnesota on April 7 for their excellence in the prevention of child abuse and neglect.

FDL Sexual Assault Advocate Marcia Kitto accepted the 2010 Blue Ribbon County and Tribal Award on behalf of the Band's Human Services Division.

In addition to having a Sexual Assault Advocate on their staff, the Social Services branch of the Human Services Division can assist victims with the assistance of a Domestic Abuse Advocate, a General Crime Advocate, and a Community Advocate.

Advocates must be knowledgeable about community resources, be able to communicate to families that they care about parents and children, be patient and non-judgmental, and possess training in the areas of child development/disorders, professionalism and boundaries, mental health issues and court procedures.

If you would like to learn more about this program, call Marcia Kitto at 878-3782.

Local students win Grand Awards at national science fair

Cloquet High School junior Courtney Jackson and senior Logan Pallin received first place awards at the National American Indian Science and Engineering Fair in Albuquerque, N.M. Eight high school students

from CHS who are affiliated with the Indian Education Program participated in the March fair.

The students competed against more than 250 American Indian students from across the United States. The students competed in individual or team science research projects.

Jackson, whose winning entry "mapped" the planet Venus on a computer, also won the American Meteorology Award; the National Oceanic and Atmospheric Administration Taking the Pulse of the Planet Award; the Association for Women in Geosciences Certificate; and the Google Technology Award. Pallin has studied thousands of insects at a Scanlon, Minn. site to record the impact the environment has had on their health. He received the Environmental Protection Agency Award; the Stockholm Junior Water Prize; and the Ricoh America's Corporation Award.

Pallin and Jackson also won the top Grand Awards for the day at the competition. They will travel to the Intel International Science and Engineering Fair in San Jose, Calif. in May. The two students will compete against 1,500 participants from 50 countries for over \$8 million in prizes and scholarships. Portions of this story appeared in the Pine Journal.

Strategic plan meetings open to public

Discussions continue concerning the FDL Strategic Plan, which will establish the Reservation's priorities in the years to come. Strategic Plan focus group meetings have been

scheduled. All are welcomed to attend, and refreshments will be provided.

Natural Resources, land use and economic development will be discussed from 5 to 7 p.m. on May 11, 2010 in the Sofie Lake Room at the Black Bear Casino Resort.

Community life and culture, life-long education and individual development will be discussed from 5 to 7 p.m. on May 13, 2010 at the FDL Tribal Center ENP meeting rooms.

Public infrastructure, human services, tribal government and administration will be discussed from 5 to 7 p.m. on May 17, 2010 at the McKnight Room of the Min no aya win Clinic.

Mail in surveys to make FDL eligible for water/wastewater improvement money

The Fond du Lac Reservation is in the process of seeking funding assistance for major water and wastewater improvements throughout our tribal lands. The improvements will provide for the collection and treatment of wastewater, and growth potential for our Band Members.

In order for us as a tribe to be eligible for grant assistance, we must determine the median household income of customers. This information will be obtained by asking customers to complete income surveys that are being mailed to their homes. The information will be sent to the Midwest Assistance Program for tabulation. Individual survey results will be kept confidential and not be released. This information is only being

sought in order for the tribe to obtain grant funds for a portion of the improvements.

Your response to this survey is extremely important. In order for the tribe to be eligible to apply for grant assistance, surveys must be completed and returned from the customers benefiting from the improvements. Grant funds will assist the tribe by decreasing the amount of loan funds needed for the improvements, thus reducing the need for substantial water rate increases. Please reply to the survey.

Second canoe building and language immersion workshop starts in June

The Fond du Lac Museum and Cultural Center is presenting the 2nd annual canoe building and language immersion workshop from June 14 - July 2, 2010 at the FDL Museum and Cultural Center.

This workshop, which demonstrates the building of a birch bark canoe, is open to the public for viewing.

For more information, contact Jeff Savage at the FDL Museum, or by phone at (218) 878-7582.

Applications now accepted for youth summer employment

The FDL Summer Youth Employment Program is accepting applications.

Those who are interested in picking up an application may obtain one at the WIA office; the Cloquet, Carlton, or AlBrook school district Indian education office; or any of the FDL district

community centers.

Applicants must be 14 to 17 years of age.

Applications will be accepted through the close of business hours on May 14. Applications will not be accepted after the deadline.

For more information, contact Annette Himango at (218) 878-2698, or Char Bodin at (218) 726-1370.

Women's Wellness Gathering scheduled for May

The annual "Women's Wellness Gathering" will be held May 20-21, 2010 at the Cloquet Forestry Center, 175 University Road, Cloquet. The event, which includes speakers and craft activities, will be held from 9 a.m. to 5 p.m. on May 20, and from 9 a.m. to 3 p.m. on May 21.

The gathering is sponsored by the FDL Human Services Division.

The tentative schedule includes a presentation by Robin Charboneau, who will talk about her recovery from chemical dependency and abuse.

Gladys Nahbenayash, a retired University of Wisconsin Superior professor, will speak about and teach the "Water Song."

A talking circle will take place on the evening of May 20, and a sweat lodge is scheduled for the afternoon of May 21. The gathering is for adults and teens only; no children, please, because of the nature of some topics. No child care is provided. For more information, call Marcia Kitto, (218) 878-3782 or December Bird, (218) 878-3783.

FDL Law Enforcement news

Heightened seat belt enforcement starts May 24

Drivers, passengers and kids better be buckled up or in the correct child restraint as FDL Police Dept. officer's ramp up an enhanced "Click It or Ticket" seat belt patrol campaign from May 24 to June 6, 2010.

The campaign marks one year since the state's primary seat belt law became effective June 9, 2009, allowing law enforcement to stop and ticket motorists solely for belt violations.

The law requires that all vehicle passengers including those in the back seat be buckled in or seated in the correct child restraint. A seat belt fine is \$25 but can cost more than \$100 with court and administrative fees.

The campaign will also include enforcement of Minnesota's strengthened child passenger safety law that requires children

to be in the correct restraint until they are age 8, and 4 feet 9 inches tall. This law requires booster seats for kids, usually starting at age four, to ensure adult seat belts fit them correctly.

In a prepared statement, Chief Sam Ojibway said that in roll-over crashes, unbelted motorists are usually ejected from the vehicle. In most cases, the vehicle rolls over them. In less severe crashes, unbelted motorists will crack teeth out on steering wheels or break their nose, and even slam into and injure others in the vehicle.

Each year, unbelted motorists account for more than one-half of all vehicle occupants killed. Belt use is especially poor among teens and young adults. The enforcement effort will also include a nighttime seat belt enforcement focus.

Drug-sniffing canine performs well again in regional contest

“Victor,” the award-winning narcotics detector dog with the FDL Police Department, received a second place award for vehicle searches and a third place award for overall performance.

The awards were given by the U.S. Police Canine Association in March. Victor is handled by FDL Sgt. Casey Rennquist, who has trained and cared for Victor for four years.

Sixty-three dogs who were specifically trained for narcotics searches took part in the certification process that determines

if the dogs are fit for duty.

During the process, the dogs searched five vehicles. Of those, two contained narcotics. The dogs were judged based on the time taken to locate the drugs, how well the dogs were handled, and how well the dog handler read the dog's body language.

In the room search competition, three rooms were used; two of them included hidden drugs. Again, the officers were judged on how quickly they read their dog's cues to locate the drugs in the shortest

amount of time.

This isn't Victor's first triumph; he has placed highly in previous trials, Rennquist said. Additionally, Victor played a large part in the recovery of 62 pounds of marijuana this past winter. That case was initiated by the Minnesota State Patrol.

Frequently agencies and officers request Victor's services, Rennquist said. Victor has assisted in narcotics searches at federal and state prisons in Duluth, and by law enforcement officers in Carlton County and St. Louis County.

Financial aid available for crime victims

If you have been the victim of a crime, there may be financial help for you. The FDL General Crime Advocacy Program helps victims and their

families ease the financial burden as the result of a violent crime. Victims may be eligible to receive reimbursement for out-of-pocket losses suffered as

a direct result of the crime.

For more information contact Patricia Peterson, Crime Victims Advocate, at (218) 878-3784.

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

- 3/16/10 Report of underage drinking on Mahnomen. Officers went and found no underage drinking going on.
- 3/16/10 Report of gas drive-off at FDL G & G.
- 3/17/10 Report of smoke on Mahnomen; officers found a homeowner burning leaves.
- 3/17/10 Traffic stop on County Rd 7; driver cited for no proof of insurance and stop sign violation.
- 3/18/10 Report of verbal domestic incident at Black Bear Casino
- 3/18/10 Report of shots fired on Mahnomen; turned out to be fireworks.
- 3/19/10 Traffic stop on Hwy 2; driver arrested for DWI.
- 3/19/10 Report of theft from a reservation construction site.
- 3/20/10 Report of receipt of harassment phone calls; other party was told to stop.
- 3/20/10 Traffic stop on Hwy 2; driver cited for speeding.
- 3/21/10 Domestic assault at Black Bear Casino; party was arrested.
- 3/21/10 Traffic stop on Twin Lakes Dr.; two atv drivers warned for driving habits.
- 3/22/10 K-9 and officer assisted Carlton County on traffic stop, K-9 found drugs.
- 3/22/10 Traffic stop on Twin Lakes Dr.; driver cited for no drivers license.
- 3/23/10 Traffic stop on Hwy 210; driver cited for speeding.
- 3/23/10 Report of gas drive-off, FDL G & G.
- 3/24/10 Traffic stop on Scotty Dr.; driver cited for driving after revocation.
- 3/24/10 Traffic stop on Cary Rd.; driver cited for speeding.
- 3/25/10 Traffic stop on Jarvi Rd.; driver cited for no insurance.
- 3/25/10 Traffic stop on Hwy 210; driver warned for speeding.
- 3/26/10 Report of house broken into in Brookston.
- 3/26/10 Report of cars broken into in Brookston.
- 3/27/10 Traffic stop on Moorhead Rd.; driver cited for no proof of registration and no insurance.
- 3/27/10 Report of shots fired on Mahnomen; just fireworks.
- 3/28/10 Report of kids knocking on windows on Ridge Rd.; officers did not locate kids.
- 3/28/10 Assist Carlton County on traffic stop; driver arrested for DWI.
- 3/29/10 Report of credit card fraud.
- 3/29/10 Report of disabled vehicle on Big Lake Rd.; tow truck came and towed it away.
- 3/30/10 Traffic stop on Brookston Rd.; driver was warned for driving habits.
- 3/30/10 Traffic stop on Hwy 210; K-9 alerted for drugs, driver cited for drugs.
- 3/31/10 Report of grass fire on Pine Dr. and Twin Lakes Dr.; fire put out.
- 3/31/10 Report of a lot of smoke coming from Kantonen Rd.; recreational fire in fire pit.

Continued on page 9.

Ashi-niswi giizisooḡ (Thirteen Moons)

Wabigoon Giizis

The new moon that occurs on May 14 is Wabigoon giizis, or the “flowering moon.” Plant buds swell and flowers emerge in response to the sun’s stronger rays, warmer temperatures, and shorter nights. This moon is also known as Zaagibagaagime giizis, the budding moon.

Floral Designs and the Woodland Tribes



Language: a means of communication but also an evolving cultural resource that reflects its speakers, their community, and the place they live. Art, like language, is a communication form that includes storytelling, craft, and design. Art reflects its makers,

their history, and place. Art is especially important in cultures with oral traditions, such as the Anishinaabe.

The Woodland Tribes are recognized for floral motifs that portray important plants, flowers, and berries. As one Anishinaabe man explains, “The

plants are our elder brothers, created before us, not reliant upon us, but give us nourishment/life. We create designs to honor our elder brothers and their natural beauty, but we will never truly recreate something so amazing, which is why we put a mistake in our artwork.”

Floral motifs are most often created using bead-work.

The floral design adorning this page was created by Karen Savage Blue for FDL Resource Management. It will be used on signs throughout the new Resource Management Division building. It is a typical motif

in its use of the scroll pattern and the incorporation of plants important in this area, including blueberry, pin cherry, water lily, and makasin waa big waan.

The Flowering Moon

By Wayne Dupuis, Environmental Program Manager

Legends caution to never pick a lady slipper. If any part is picked, the entire flower dies.

Lady slippers grow out in the woods (nopeming) to mark the courage and strength (mashkawisen) of a small girl (ikwewens) who lived long ago; a girl who saved her people from a terrible disease. She did so by listening carefully to the elements, the whispering snow, the rumbling ice, and the dancing northern lights (Jii-ba-yagnii-mi-wag).

As the story goes, a whole community became sick during the winter. One little girl travelled miles to a neighboring

village to get medicine (mashki-ki), the healing herbs. Such journeys were not made in the winter (biboon) because of the deep snow and treacherous conditions. But everyone was sick and she was the only one who could possibly make the trip. The girl put her ma-kisins on and stepped into the raging storm that set upon the region just as she left to get the mashki-ki. She travelled over the deep ice-covered lake and through the deep snow to the village that could supply the herbs needed to help the peoples’ healing.

Once she arrived, the whole village welcomed her and offered to take her home when the snow subsided. She knew

they would not let her leave during the storm, so she left in the evening. During her travel home, she got stuck in the snow and lost her ma-kisins. She continued to travel homeward and her exposed feet started to bleed, leaving blood stained marks in the snow. Because of the mashki-ki, the people were healed. However, the girl remained weak for a long, long time, but soon after the snow melted, she too recovered.

In the spring (zeegwan), when the woods turned green, she and her brother went to search for her lost ma-kisins. On the spot where she had lost them, and wherever her bleeding feet had stepped, beautiful flowers grew. They were pink



Ma-ka-sin-waa-big-waan, or Lady Slipper.

Photo by Teresa Boardman, www.stpaulphotos.com

and white and shaped like the little ma-ka-sins she had worn on her journey. The people named the new flower ma-ka-sin waa-big-waan, which means

moccasin flower. Today in English it is called the Lady Slipper.

Events:

- Building raised-bed gardens
- Wild foods

Details on the 13 Moons blog: <http://giizis13.wordpress.com>

Thirteen Moons is a monthly production of FDL Resource Management Division and University of Minnesota Extension. Content addresses culture, ecology, and natural resource management. Comments and contributions are welcome and should be directed to FDL RMD at (218)878-8001 or giizis13@gmail.com



A few thoughts from RBC members

From Chairwoman Karen Diver

Do you remember a few years ago? The Reservation Business Committee hallways were lined with people who needed help and the RBC was the first place they went. Almost all of them left with something. I am not making a judgment about the people or the problems they were having. It was just the way it was. The quarterly open meetings were not informative, they were shouting matches where who could yell the loudest or be the meanest was heard until finally the RBC gave up and left.

Much of that has changed

and I think for the better. The need to finish the Black Bear project, the economy and financial status of the Band changed some of it. Policies were developed about assistance. Open meetings were changed to monthly meetings so that the community could keep better informed and could keep us informed.

Right now, while there are always issues to resolve, it seems like we are getting ahead of the curve. Strategic planning will be continuing through the summer. Management of programs and enter-



Karen Diver

prises is getting stabilized. We survived the worst economic meltdown since the Great Depression without too many problems.

So why mention how it used to be? Because old ways die hard, and there are those who don't always want to think positive about where the Band may be going. In their view, something is always wrong and therefore

the RBC is bad. Sometimes what is wrong is a personal crisis that they want the RBC to fix. We try very hard to be diplomatic and let folks know that when we say we can't help, it's

not because we don't want to. It's because the resources of the Band belong to everyone and have to be shared fairly. Most people understand. But for a few others that's when I get called a "white b****".

Sometimes people have a problem with personnel issues, policies, services, etc. When these matters are brought to our attention, we follow up on them. Most times issues can be resolved, or at the very least, more information is shared so people have a greater understanding. When the issues can't be resolved, as I have stated in previous columns, people sometimes get very angry.

What's the point of sharing all this? To let you know that

this is the work of the RBC. We care very much about solving problems, whether it is assisting Band Members, improving our service delivery or our businesses. It is up to all of us to keep things positive and move forward together as a community. An alternative would be to spend our time caught up in accusations, misinformation and mean-spiritedness.

We are a community and we are families. Each of us has an effect on one another and we have to decide whether we want it to be in a good way.

Please call me with any questions or comments at (218) 878-2612 (office) or 218 590-4887 (cell).

From Ferdinand Martineau

To the Fond du Lac Band Members: Spring really is here. The golf course is open, spearing and netting is done and the primary election is over!

On March 30 I was honored and humbled by the results of the election. Almost 60 percent of the voters in the primary gave me a vote of confidence in how I am doing the job as your Secretary/Treasurer. I felt very good about that, but now, I realize that the job has only begun. All the work that has been done over the past four years is only a foundation for

what has to be done in the next four years. I will continue to work for you in the manner that I have and will continue to do what is best for all of us.

I promised my wife that after the elections were over, we would take two weeks off and do some things by ourselves. We have been golfing and casino hopping. My golf is no better and neither is my luck at the machines. I guess some things never change.

There have been several

Easter parties for kids to enjoy. There have been some adult dinners in the districts that have been well attended. It is nice to see that more people are taking part in the activities.

When a person is elected to an office on a reservation, they are elected to serve in a close-knit community. They are usually related to half the community in some way and know the other half because

of living or working here, so most of the decisions that we make in some way affect a



Ferdinand Martineau

family member or a friend. I am having some difficulty with several Band Members that have taken advantage of our scholarship program by enrolling in school and then quitting after they get their scholarships. It has become a real problem lately to the tune of \$84,000 over the last two semesters. The problem does not mean that our scholarship people are not doing their job. In fact, they are doing a good job for most of the students using our program. Our program is very liberal in who can receive funding for their educational needs. We fund almost any Band Member no matter where they choose

to attend. Maybe we should require that they complete their degrees or they must return the money given to them either by returning the money or a per cap deduction until it is paid.

Again, I am always interested in hearing any new ideas, so please feel free to call me. My home number is (218)879-5074, Office (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com . Mitigwich !

RBC columns continued on next page.

Elders Essentials

March 2010 Shakopee trip

Hello to all you Elders. On March 27, 34 happy Elders boarded a bus at the Tribal Center for a trip to the Cities to see "The Swim Club."

With great accommodations at the Best Western Motel in Shakopee, we settled in for a fun filled night.

We enjoyed a great meal before the play and lots of laughter during the play. It was a fine evening.

Sunday arrived, and some of us headed over to the casino and others went shopping before we left for the relaxing trip back home. It was a great end to a very nice week.

The Elders who participated

in the event would like to say thanks to the Fond du Lac Band for its financial assistance.

Jerry Setterquist

Planning meeting for NICOA conference on May 6, 2010.

Elders age 55 and older are invited to meet at 5 p.m. on May 6 at the Cloquet ENP to plan details for the September National Indian Conference on Aging (NICOA) trip. The conference will be held at the Grand Traverse Resort in Traverse City, Mich. from Sept. 23-28, 2010.

Elders interested in traveling to the conference should plan

to attend this meeting. Suggestions and proposals will be welcomed. A pot luck dinner follows the meeting.

Let's have a nice discussion. Hope to see you there.

Elders needed for activity board

The Elders activity board is made up of three members from each of the three voting districts. Their job is to oversee Elder activities. They do not arrange these activities; rather they assist people who have an activity they would like to do as a group.

Some members of the board have arranged trips in the past. We are always open to

suggestions.

Presently we need two members for our board from District II (Sawyer), and one member from District III (Brookston). Come join our happy group at 1 p.m. on the first Tuesday of each month in the Tribal Center library meeting room. For more information, call Russ Savage, (218) 878-1134.

Please keep abreast of Elder activities from your FDL newspaper or from flyers on our Reservation bulletin boards.

Thank you on behalf of the board. We are presently working on an activity for May.

RBC thoughts

continued from page 4

From Mary Northrup

Boozhoo! Wow, what great weather we're having! I hope everyone had a great Easter, and is enjoying the early spring. The cold and the snow seem to have left us early this year.

Congratulations to my friend, Ferdinand Martin-eau, Jr. on

his historic win. What an exciting time for Fond du Lac!

We are currently planning the ten-year anniversary celebration for the Brookston Center. The tentative date is August 24, 2010. In addition, there are many youth and adult/elder activities planned. You can contact Bryan "Bear" Bosto or Becky Salmon, our Adult/Elder Coordinator, at (218) 878-8033 for more information. Or you can check the Fond du Lac website.

A reminder that Memorial Day is May 31, 2010. Our crews are working hard to prepare the cemeteries for remembering our loved ones. Our Fond du Lac Honor Guard will also be on hand to honor our Veterans.

In closing I would like to offer my deepest sympathies to the family of Gloria Yellow. She was a respected Elder of our community, and a good friend of mine. She will be sadly missed.

If you have any questions or concerns, please contact me at (218)878-7583, or on my cell at (218)393-2107, or by e-mail at marynorthrup@fdlrez.com. Miigwetch!



Mary Northrup



On the 40th annual Earth Day, FDL employees and their family members cleaned up roadside ditches around the Reservation.

The effort started with a Facebook page, created by Fond du Lac ENP Cook Janelle Barney. Janelle pointed out the trash strewn throughout the area. Others read her comments and soon a small group of people banded together for trash removal. Shown left to right in the photo are volunteer trash collectors Andrew Bauer, Cody Bauer, Joseph Bauer, and Prairie Northrup. The kids canvassed a one-mile stretch along Brevator Road.

Police Reports continued from page 6

- 4/1/10 Assisted Air Traffic Control at Cloquet Airport for a plane that was overdue, located the plane and Air Traffic Control notified.
- 4/1/10 Traffic stop on Hwy 2; driver was told to park the vehicle and get proper plates on it before it can be driven.
- 4/2/10 Traffic stop on Hwy 210; driver warned for speeding.
- 4/2/10 Report of gas drive-off at FDL G & G.
- 4/3/10 Traffic stop on Brevator Rd.; driver cited for failure to signal and possession of small amount of marijuana.
- 4/3/10 Traffic stop on County Rd 7; driver arrested for DWI.
- 4/4/10 Traffic stop on Hwy 2; driver warned for speeding.
- 4/4/10 Call to Stoneybrook for a customer who did not want to leave. Customer was gone upon arrival.
- 4/5/10 Traffic stop on Hwy 210; driver cited for driving after suspension and speeding.
- 4/5/10 Report of domestic assault on Teal Dr.
- 4/6/10 Traffic stop on Twin Lakes Dr.; driver arrested for DWI.
- 4/7/10 Traffic stop on County Rd 7; driver cited for speeding.
- 4/7/10 Report of possible drug use at Black Bear Casino.
- 4/8/10 Traffic stop on Hwy 210; driver warned for speeding.
- 4/8/10 Traffic stop on ATV on County Rd 7; driver was arrested for DWI.
- 4/9/10 Traffic stop on Hwy 210; driver cited for speeding.
- 4/9/10 Traffic stop on Hwy 210; driver warned for headlight out.
- 4/10/10 Report of suspicious activity at Black Bear Casino; officers located marijuana in the vehicle.
- 4/10/10 Assisted Cloquet officers with a traffic stop.

Blind to hunger, happy to prosper

Edmund Ely's years at the Fond du Lac Village

By Christine Carlson

The story of Edmund Ely at the old Fond du Lac Village in the Western end of Duluth is the story of a continuous historical transition for Indians and non-Indians alike. Ely's diary entries show how the Ojibwe people went from their hunting/gathering ways to becoming indebted to non-Indian missionaries and traders for items like guns, food, cloth and ammunition.

Many historical accounts paint Ely as a victim. I've read his diary three times, and have a different perspective.

Edmund Ely moved to the village in June 1834. A missionary, he arrived poor and hungry but all of that changed with time due to the generosity of the Ojibwe people and Ely's growing selfishness.

He was sent by the American Board of Commissioners of Foreign Missions to start an Ojibwe school. Ely was neither a Reverend nor an ordained minister, as mentioned in some stories, but a teacher of Protestant Christian beliefs. His diary is part of the Northeast Minnesota History Center collection at the University of Minnesota, Duluth. (Note: the town of Ely, Minn. was named for a Michigan miner, Samuel Ely, not for Edmund Ely.)

Ely lived at Fond du Lac from 1834 – 1839. In 1835 he married Catherine Bissel Goulais, an Ojibwe from Mackinac Island. Many non-Indians in the village married Ojibwe women. No much is written in Ely's diary about the important role

of women at that time. Catherine did write a very short journal. In June 1835, Ely wrote that about 150 people lived at the Fond du Lac village.

The kindness of strangers

A Sept. 1833 diary entry described the willingness of the Ojibwe throughout the region to share scarce food with Ely following a disappointing wild rice harvest. Ely received muskrats, partridge, fish, smoked caribou and rats. The rats were described as "very good."

Entries from June of 1834 described the "quick observations" of the Ojibwe in tracking bear and deer. When Ely explained to an Ojibwe man that he and his companions were hungry, the man returned the next day with fish. In October, Ely wrote:

All treat me with the utmost kindness. There are now 6 or 7 lodges here; one of two will remain all winter, containing several children.

However, late 1834 brought real hunger to many of the Ojibwe. On Dec. 24, 1834, Ely wrote: "There is much suffering in this region this winter, from extreme scarcity of large animals."

The spring of 1835 brought little relief: on March 5 of that year, Ely wrote: "Most of the Indians have gone to the lake, but the winds are so high and various that I fear no ice of consequence will stay and they get but scanty subsistence."

Drawing of
FDL village by
Edmund Ely

Oblivion and its price

He made a similar entry in Feb., 1836: "No fish - the Indians are hungry." By the spring of 1837, Ely "sent word to my family concerning my prosperity." Each year he received \$950 from the missions for expenses like tools, house supplies, cattle, transportation and more. Additionally, Ely's family had several gardens and domesticated animals. He clearly benefitted from the generosity of the Ojibwe when he arrived at Fond du Lac but rarely shared food when his own larder was full.

Finally, the Ojibwe took matters into their own hands. An August 7, 1838 journal entry reads:

On approaching we saw them busily engaged in skinning an animal which I soon recognized as my bull...about 700 pounds.



As I landed and approached the spot, there was considerable commotion in the group—some of the women ran behind the house and this showed that they were conscious of wrong; I claimed the animal and told them to desist in their work. They however went on and the animal was ere long carried off piece by piece skin and all, even to the entrails...They told me if I felt sad about it, the best way was to leave the country.

The Ojibwe could not pay for the bull that year because traders took most of their money for debt. It was set up that the \$55

would be taken from the next year's annuity payment, and it was paid in full.

Keep them in debt

Ely wrote a letter on Jan. 9, 1837 to David Greene who was affiliated with the missionary organization. The letter said: "It is the policy of the Co. to keep every good man in debt, for then they hold them in their power."

The traders brought muskets and ammunition balls, which eventually displaced the use of bows and arrows by the Ojibwe.

continued on page 15

Sugar bush high

By Dan Huculak

As a first-time “sugar busher,” I had much to learn after being away from the area for 25 years.

My son Shawn and I moved to Minnesota from Michigan in the middle of winter; I started my job as a FDL news writer in late January. Back in Michigan, we had one tree in the yard. Here we had more than 50 maple trees alone. It was an entirely different world for us in our new state.

In February, I read a biography of John Beargrease and learned about how the Ojibwe moved from their villages for a few weeks in the early spring for the sugar bush season. The FDL newspaper’s “13 Moons” page also introduced the subject.

How did I get from book reading to actually tapping trees? I was led by a sweet tooth. I love pancakes and French toast with pure maple syrup. This was the perfect time to harvest my own syrup.

A story assignment on the sugar bush took me to the home of Bruce Savage, where a crew of three bottled the syrup.

Since my neighbors Jim Northrup, Jr. and Wayne Dupuis were sugar bush experts, I decided to join them in producing the tasty gift provided to us courtesy of Mother Nature.

The process

Jim showed me how to use a cordless drill with a quarter-inch drill bit to make a hole for the plastic spout known as a tap. A hose was attached to the spout. Jim then tied a gallon-size plastic jug to the tree with wire. We drained the jugs once or twice each day, collecting the sap into five-gallon jugs. We collected 51 gallons of clear sap from my trees. The sap looked clear, like rain water.

Jim scheduled boils on his outdoor wood burning stove

every couple of days. Each batch of about 50 gallons boiled through the day and into the night. By the end of the boiling period, the sap – now one to two gallons -- was darker in color and the air smelled sweet. We poured what was now syrup through fabric and bottled it in Mason jars.



Dan with the fruit of his labor; 50 gallons of sap yielded one gallon of syrup

Tree size advantage?

I wondered if the larger trees on my property would produce more sap. That was not the case. The size of a tree’s crown provides a more accurate gauge of a tree’s yield.

Other bits of advice from the experts: tap trees with a southern exposure, and look for trees in lower elevations. A moister tree should provide more sap than one that appears dry or not as healthy.

The sap seemed to run best

when temperatures were slightly below freezing at night, but above freezing during the day. With mild temperatures in the mid-40s, the sap returns were more favorable.

Jim and his wife Lisa hosted groups of Elders and school children on separate occasions as part of the Age to Age program. Fourth and fifth grade students from the Ojibwe School learned tap installation and sap gathering.

All for one

One neat aspect of the season was seeing the cooperation among the sugar bush harvesters in the community. Bruce Savage loaned one of his stainless steel tanks to collect our sap, and he and the man known in this newspaper as the “Indian Scout” sold us a bag of taps at a reasonable price. We hauled the tank in the back of my pickup and dropped it off at Jim Northrup’s house near Sawyer.

Wayne Dupuis and his wife Patty drove their quad bikes over, hauling tanks of sap. My son Shawn and I transported buckets of sap in my truck to the Northrups. Shawn and Jim’s

son “Little Jimmy” split firewood and we stacked the wood near the wood stove. We drank coffee and talked while the sap boiled into the wee hours.

Some larger sugar bush operations around the Reservation had the sap bags and/or vacuum lines attached to the trees.

After two short weeks, the frogs awakened from their winter slumber. The noise was unbelievable! Jim Northrup and Wayne Dupuis explained that hearing the frogs croaking at night signified that my first sugar bush season was quickly coming to an end.

Afterward, we celebrated the fruits of our labor: homemade blueberry pancakes topped with pure maple syrup. That may not sound all that fancy to some, but to me, it’s about as good as it gets.

My first sugar bush season was an excellent way for Shawn and me to meet our new neighbors. I am looking forward to next season, so I may use valuable lessons learned to achieve even better results.

Dan Huculak can be reached at danielhuculak@fdlrez.com



Ojibwe School students took a class trip to learn more about the sugar bush harvest. Jim and Lisa Northrup hosted student and Elders groups at their home through the Age 2 Age Program. Pictured: Namida Reynolds (left) and Toby Smith pour sap into a large kettle above the wood burning stove.

Area news

Red Lake continues healing process five years after shooting rampage

Five years after the second deadliest high school shooting in U.S. history, the people of the Red Lake Nation continue to recover from the tragic event.

The March 21, 2005 shooting rampage left 10 people dead and seven wounded. Five students, a teacher, an unarmed school security guard, the grandfather of the assailant, the grandfather's girlfriend, and the 16-year-old gunman died during the massacre.

Since the day of the tragedy, Red Lake officials took several

actions to assist Band Members. The Band added new jobs in forestry and propane ventures; completed a casino expansion; and resumed walleye fishing seasons.

Additionally, the Band offered assistance through human services, family advocates, counseling programs, and day care assistance to help teenage parents to earn high school diplomas.

On a positive note: school enrollment and test scores rose after predictable declines occurred in those areas following the shootings. The decision to hire advisors to guide students and their families from the freshman year to graduation is seen as a contributing factor for

the improved test scores and school enrollment. The story was reported in the Pioneer Press.

Wilma Mankiller dies

Wilma Mankiller, former American Indian rights activist, and first female chief of the Cherokee Nation, passed away on April 6, 2010 at her home in rural Adair County, Oklahoma. She had pancreatic cancer, and was 64 years of age.

Wilma is survived by her husband Charlie Lee Soap; and daughters, Gina and Felicia.

Although not the first woman to lead an Indian tribe, Mankiller was principal chief of one of the largest tribes in the United

States.

Approximately 1,200 people attended her memorial service at the Cherokee National Cultural Grounds in Tahlequah on April 10.

Controversial Fighting Sioux nickname to change for North Dakota

After a long legal battle, The North Dakota State Board of Higher Education ruled on April 8, that the Fighting Sioux nickname and logo may no longer be used by the University of North Dakota.

The Board directed UND Chancellor Bill Goetz to advise

School President Robert Kelley that the university should begin its transition away from the logo and nickname.

The university athletic teams will continue to be called the Sioux through the 2010-2011 school year while the school considers alternative nicknames.

UND tried to keep the nickname and logo, but needed the support of the Spirit Lake and the Standing Rock Sioux Indian Tribes in order to continue.

While the Spirit Lake voters supported the university's use of the nickname, the Standing Rock tribal officials have refused to hold a referendum on the matter.

Remembering Minnie

By Deborah Locke

Last July in Albuquerque a tall, thin, noisy woman walked through the hotel glass doors, hollered my name, hollered the name of someone else, hugged a man, hugged me, all the while doing that Indian nose nod thing to everyone in sight.

Minnie Two Shoes had arrived at her umpteenth Native American Journalists Association conference, and worked the crowd with the energy of a small nuclear bomb. At a commemorative luncheon that weekend celebrating NAJA's 25th anniversary, Minnie received praise for her work as a founding NAJA member. During her rapid-fire comments to the audience, she used words like



Minnie Two Shoes

“snarky” and “snaggin” and we laughed. How we laughed. When Minnie entered any room in the world, laughter walked in with her, sat down and stayed.

Minnie Two Shoes, irreverent, extraordinarily intelligent and hilarious, died in Minneapolis on April 9 from cancer. She was 60. I typically write accounts of misadventures with an Indian Scout in this tribal newspaper, but this month, I simply must tell you about Minnie.

An Assiniboine Sioux from the Fort Peck Reservation in Montana, Minnie liked to start things. She co-founded NAJA because Indian journalists needed a place to call their own. She co-founded the Wolf Point Traditional Women's Society. She

edited two magazines: Native Peoples and Aboriginal Voices. She wrote about the environment, taught college journalism, owned a production company, and most recently chaired the NAJA conference committee. The conference draws about 500 people each year and is held at varying North American locations. This year it is in St. Paul.

In January or February, Minnie Two Shoes called from Minneapolis about the NAJA conference. She organized a meeting at The Circle newspaper offices on Franklin Ave. in Minneapolis. She fed us dinner and we gave her names of potential corporate sponsors. It was the last time I saw her.

Our contact was reduced to voice mail messages for a while. One message reported that she did not call earlier because of a hospital stay. A month passed.

Finally we connected on the phone in person at the same time. She cut to the chase. Who up there could donate money for the NAJA photo shoot competition? Who up there could help sponsor the luncheon? There was urgency in her voice, no humor. She could not make more calls on this, she said. It was the last time I heard her voice.

Her voice, mannerisms, jokes, fluctuating facial expressions, and snickering can be seen on an Internet YouTube interview that's making the rounds. Just plug “Minnie Two Shoes” into any search engine, and you'll hear her again. Behind the light and laughter was a serious journalist who devoted her professional life to ensuring that trained and passionate journalists wrote from Indian Country. She cared deeply about the art

and craft of reporting and telling the truth.

Sometimes the truth hurt a little, or at least made you wince. At the 1997 NAJA conference held in Minneapolis, Minnie took the microphone at the Awards Ceremony. She was an old hand at taking NAJA microphones, after serving many terms as a NAJA board member.

That night Minnie commenced with an impromptu fashion review of the seated audience, picking out favorites, questioning color combinations, trashing or praising accessories. She seemed partial to classic black evening wear. Minnie's memorable review was the hit of the evening.

Come July, we'll miss her more than I could ever describe.

Deborah Locke can be reached at deborahlocke@fdlrez.com

etc.

The Guess Who and Foghat to play Black Bear in May

The Guess Who and Foghat will perform at the Black Bear Casino Resort at 7:30 p.m. on May 7, 2010.

The Guess Who first reached the Top ten in the U.S. in 1969 with "These Eyes." The following year, "American Woman" became the first song by a Canadian band to reach number one in the U.S. pop/rock music charts. Other familiar hits from the Guess Who include "Undone," "No Sugar Tonight," "Hand me Down World" "Share the Land," and "Albert Flasher."

"Foghat" began as a group of British musicians who had an affection for American blues and '50s rock & roll. Their hit songs include "Slow Ride," "Fool for the City," "Stone Blue," and "Boogie Motel." Tickets are \$33, \$39, and \$47, and can be purchased through the Ticketmaster.com website, or by calling (800)745-3000.

Please return library books

It's time to look under your bed, look in your closet, and look in your trunk for missing books from the Fond du Lac Tribal Center Library. Please return the overdue books! Thanks for your cooperation.

The library staff

Volunteers sought to form per capita advisory committee

Some Band Members want restrictions or deferments to prevent children from making self-destructive decisions when they receive their per capita allowance at age 18. Others want no change. The topic was revisited during the open meeting on April 15, 2010 at the Sawyer Community Center.

In his newspaper column, FDL

Secretary-treasurer Ferdinand Martineau asked for feedback in November and December, 2009. He received roughly 30 responses from Band Members all over the country. That means that of the approximately 4,300 Fond du Lac Band Members, only seven tenths of one percent responded to Secretary-treasurer Martineau's request.

Chairwoman Karen Diver asked interested Band Members to serve on a voluntary committee to explore the matter. If you are interested, contact a RBC member by May 30 at (218) 879-4593.

Play and Stay packages return to Black Bear Golf Course

The Black Bear Casino Resort play and stay golf/hotel packages for the 2010 season start at \$93.50 for hotel guests on Sunday through Thursday nights. The price includes one round of golf with cart, one bucket of golf balls at the driving range, and one night's stay at the hotel. Weekend and holiday rates during the spring golfing season start at \$111.

These rates are based on single occupancy. Guests may add a second golfer for an additional \$53.

Effective May 30, summer rates for Sunday through Thursday nights are \$117; weekends and holidays are \$125.10. A second golfer may be added for an additional \$63. Sales tax is not included in the package rates.

The information will be posted on the Black Bear website. For more information, call the Bear at (218) 878-2400.

New radio station to broadcast at 50 kilowatts

WGZS, FDL's own FM radio station, is moving closer to reality. The studio with adjacent

offices will be located in the Ojibwe School on University Road; construction renovation begins in July. The Reservation will broadcast with a 50 kilowatt signal. Most high-powered radio stations around the country broadcast with a 50kw (50,000 watt) signal. Later this year a station manager and program director will be hired.

The station was originally approved to broadcast with a 25kw signal. The increased signal strength will allow Band Members living off the reservation to listen to the station as far east as Superior, as far south as Sturgeon Lake, west to the McGregor area, and a large southern section of the Iron Range to the north.

New food/beverage director at Black Bear Casino Resort

In April, Carlos Weekes started work as food and beverage director at the BCCR. He most recently worked as a food and beverage service consultant to hotels and restaurants. Weekes has worked in 12 states in the

food industry, including New Mexico, New York, Connecticut, Massachusetts, Florida, and Wisconsin.

He enjoys the unique mixes of food, people and business that the hospitality industry presents.

"You have to mix the people, food, and the financial aspects of the job," he said.

Weekes changed the beverage service location for Otter Creek concerts so the service is quicker. Staff coaching and development will be priorities. Menu and operational changes will be forthcoming, and holidays like Mother's Day will receive special treatment. The goal is to retain the best practices and enhance them, Weekes said.

In his spare time, the married father of three enjoys being near the lakes, fishing, exploring, and following local sports.



Legal Notice

The following is a list of deceased Band Members who have money in trust with the Fond du Lac Band. We are requesting that the heirs of these deceased Band Members contact the Fond du Lac Legal Affairs Office at (218)878-2632 or toll-free at (800)365-1613 to assist the Band in distributing the trust money to the appropriate heirs:

BARNEY, Norman; BEGAY, Raymond Sr.; BRIGAN, Calvin; CHRISTENSEN, Terry; CROWE, Gary; GANGSTAD, Harold; GLASGOW, Edith; HOWES, Kathryn; HERNANDEZ, Phyllis; HUHN, Cheryl; JEFFERSON (Drucker), Mary; JONES, William Sr.; JOSEPHSON, Charles; KAST, Cheryl; LAFAVE, John; LEMIEUX, Elvina; LUSSIER, Pamela; MODEEN, Dorothy; OLSON, Daniel G. Sr.; PETERSON, Beverly; REED, Marie; SHARLOW, Gerald D.; SHAUL, Joseph; SMITH, Carl; SORENSON, Kenneth; STANFORD, Cathy; TIESSEN, Raymond Leroy; TROTTERCHAUDE, Rex.



In March Terry Bassett introduced granddaughter Mattie DeFoe, age 2, to the 2010 sugarbush harvest. Photo by Shirley Bassett.



How alcohol and smoking affect your heart

From the FDL Public Health Nursing Department

Alcohol and smoking are sensitive topics in our community. Still, it is important that we talk about them as risk factors in heart disease. When we talk about alcohol and heart disease, we are talking about alcohol abuse. Similarly, when we talk about smoking and heart disease, we are talking about tobacco abuse, not ceremonial use of tobacco.

Alcohol use can raise your blood pressure and prevent blood pressure medicines from working, making it even more difficult to control high blood pressure. Excessive alcohol use is a risk factor for strokes and

heart attacks. Alcohol use can also damage the heart, liver and brain. If you drink alcoholic beverages, have only a moderate amount, which means one drink a day for women, or two drinks a day for men.

What is alcohol abuse?

Alcohol abuse is defined as a pattern of drinking that results in one or more of the following situations within a 12-month period:

- Failure to fulfill responsibilities
- Drinking in situations that are physically dangerous (driving)
- Having recurring alcohol-related legal problems
- Continued drinking despite having ongoing relationship problems that are caused or worsened by the drinking.

Smoking has a direct effect on heart disease. The lungs, heart and blood vessels are all linked in a "cardiovascular" system. So, what you put into your lungs affects that system. Smoking can harm your heart and lungs, raise your blood pressure and raise your blood cholesterol levels.

If you never start smoking cigarettes, you will be much less likely to develop heart disease. If you have been a smoker and you quit, your risk of heart disease will drop by more than half after one year. There are other health benefits from keeping your lungs free of smoke. For example, non-smokers are less likely to have lung diseases and lung cancer, as well as

other cancers.

Your health and the health of others who live in your household should be reason enough to not smoke. There are all kinds of additional benefits to avoiding cigarettes. Think of the money that you could spend on other things that you want. The cost of smoking a pack of cigarettes a day for two years is almost \$3,000! Also, cigarette smokers have the side effects of yellow stains on their teeth and fingers, bad breath and gum disease.

If you are not a cigarette smoker, you should never even think about starting. If you are currently a smoker, you can get help quitting. Experts say that the best way to quit is to use

a combination of these three methods:

- 1) nicotine patch or nicotine gum
- 2) support and encouragement
- 3) learning how to handle urges to smoke and stress.

For help getting started, call Roberta at (218) 878-3707. It will be the best thing you ever did for your heart!

Call Amber at (218) 878-3079 if you want more information about on Fond du Lac's Public Health Nursing Department and the services we offer. Next month: Getting motivated to change your lifestyle.

Heart healthy recipe: Chocolate Pudding Cake

The cake bakes into two layers: one is cake-like and the other is a chocolate pudding sauce. Serves 12. From the American Heart Association website.

Preheat oven to 350 degrees. Spray a 9-inch square pan with cooking spray; dust it with 1 t. cocoa.

Ingredients:

- (Cake Layer)
- 1 C flour
- 1/2 cup sugar
- 1/3 chopped pecans
- 3 T unsweetened cocoa powder
- 2 t baking powder
- 1/8 t salt
- 1/2 C fat-free evaporated milk

- 1 T canola or corn oil
- 1 t vanilla extract

(Pudding Layer)

- 1/2 C sugar
- 1/4 C packed light brown sugar
- 3 T cocoa
- 1 C water
- 1/2 teaspoon vanilla extract

- For the cake layer, stir together the flour, sugar, pecans, cocoa powder, baking powder, and salt. Add the evaporated milk, oil, and vanilla, stirring until well combined. Pour thick batter into prepared pan. Pudding layer: stir together the sugar, brown sugar, and cocoa powder. Whisk in the water and

vanilla. Pour over the batter. Do not stir.

- Bake for 25 to 30 minutes, or until the cake springs back when touched lightly in the center. (A cake tester or wooden toothpick doesn't work well for testing doneness here.) Transfer to a cooling rack and let cool in the pan for 10 to 15 minutes. Serve hot, warm, or at room temperature, spooning the pudding over the cake.

Nutritional analysis: Calories, 175; total fat, 4g; cholesterol, 0 mg; sodium, 105 mg; carbohydrates, 33 g; fiber, 1 g; sugars 23 g; protein, 3 g.

Secondhand smoke and you

Smoke from cigarettes, cigars and pipes can cause serious health problems, not only for smokers, but for nonsmokers, too. Secondhand smoke can make asthma worse, causing more frequent and severe attacks. It can also trigger new cases of asthma in children and make allergy symptoms worse. Children whose parents smoke are more likely to have asthma.

If you are looking for help in quitting please contact the Wiidookowishin QUITPLAN Center: Call to make a Smoking Cessation appointment

at the Min no aya win Clinic (218-878-3707) or the Center for American Indian Resources (218)279-4064. If you live in the Twin Cities area, call (612)871-1989 for an appointment at the Mashkiki Waakaagan Pharmacy.

Persons not eligible for smoking cessation sessions and Nicotine Replacement Therapies at FDL MNAW or Duluth CAIR can access QUITPLAN Services at St. Mary's QUITPLAN Center in Duluth (218)786-2677).

Health News continued on next page.

What are panic attacks and how do I stop having them?

By Dan Rogers

When a person has a panic attack, their heart starts pounding and racing and their breathing becomes rapid. Sometimes they feel like they are suffocating and they may have tingling and numbness. They may get dizzy and have chest pains. They often feel like they are dying of a heart attack or “cracking up.”

Panic attacks can last anywhere from a couple of minutes to several hours. Sometimes panic attacks start during adolescence but most often begin in early adulthood. Here are a few panic attack facts:

- Some panic attacks are brought on by flashbacks about past traumas but not always.
- Panic attacks and anxiety at-

tacks are the same thing.

- Panic attacks are usually “unprovoked;” that is, they occur without an obvious trigger. Most mental health professionals believe that panic attacks take place when a person holds in all their emotional pain or anger. Occasionally, when these emotions get close to the surface, it is very frightening and triggers a panic response.

Panic disorder is very treatable. Clinical hypnosis and antidepressants are an effective combination in treating panic attacks. If panic attacks are trauma-based then EMDR (eye movement desensitization and reprocessing) usually works very well to eliminate attacks and flashbacks.

If you would like help with panic or anxiety attacks, please

call FDLHS or the Center for American Indian Resources in Duluth to get an appointment with a Mental Health Therapist. We would be delighted to help you.

Dan Rogers is a Licensed Psychologist with the FDL Human Services Division

from page 10

In October, 1838, Ely wrote:

Manitons called while I was absent. He said to Catherine (Ely's Ojibwe wife) 'Do you know why the traders serve us so? We know we shall die this winter, some of us at least and we feel worse to die here than we should if there was no white man here (we wish there was no white men here). Each man used to have 200 balls and some 300 when they went off to their winter's hunt; now they have only 10; some have a few more. We are poor; we have very few things; the traders want us to pay for everything; see all this land that they have spoiled; what if we had asked {them} to pay for everything. They have spoiled our things, now they must pay for everything they have.'

Renouncing paganism

Ely was equally ignorant about the impact of Christianity on the Ojibwe. In keeping with Christian beliefs, he did not work on the Sabbath, and did not want others to work then. However, a hunting and gathering people cannot stand still when the fish are running, the sap is ready, and the birds

fly overhead. Sufficient food supplies were imperative to the Ojibwe no matter what day of the week it was.

Moreover, Ely was not the only missionary in Fond du Lac. Pierre Cotte was a long time fur trader as well as an active representative of the Catholic Church. Several clergy members stayed for shorter times or passed through on their way to destinations like LaPointe, Yellow Lake near Siren, Wisconsin, Sandy Lake, Pokegema (Pine City), Leech Lake, or beyond. These missionaries caused divisions among the Ojibwe. On June 8 and 9, 1834, Ely wrote:

Mr. Cotte told me that some of the men had cut their hair and broken their drums; thereby renouncing paganism and embracing Catholicism... Today the Indians hold their Grand Medicine, so for several nights past, they have been beating almost incessantly to the Great Spirit.

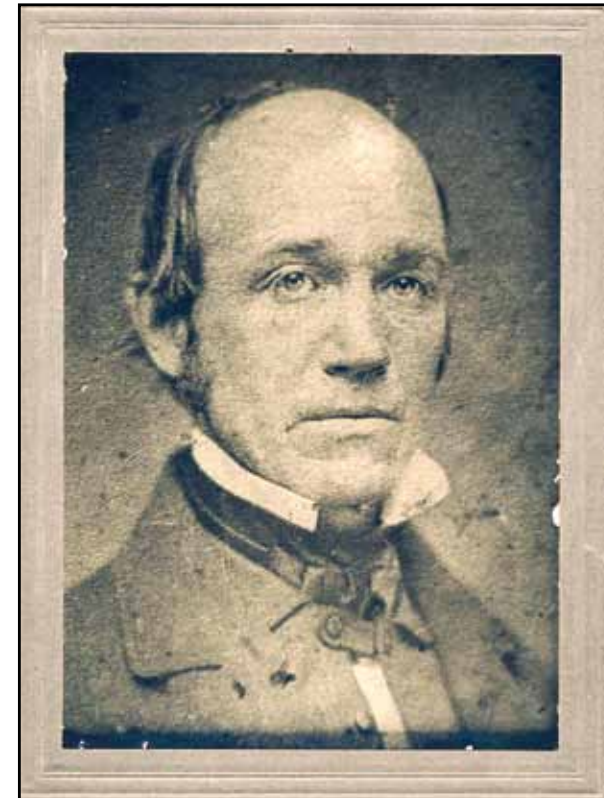
A growing mistrust

A May, 1836 diary entry repeated comments from an Ojibwe man, “Manitons.” It read:



Catherine Ely

They wondered much to what end I came here and was so anxious to stay; I was not like the traders; they wanted me to tell them well why I came; they had been told that the Americans wished to do with them as they had done to other Indian nations' they would get possessions of a little land and claim much and finally drive the Indians



Edmund Ely

away entirely;

On June 6, 1838, Ely wrote:

Scarce a day passes that the Indians do not show their hatred and opposition in words concerning our residence here.

The Ely family left the Fond du Lac village in May 1839. Other

villages along this famous route experienced the same things that happened at Fond du Lac.

Christine Carlson can be reached at cac48@frontiernet.net.



Community News

Members of "Mike's" Cloquet Bar & Lounge women's pool team won the most pool games during the 2009-2010 Cloquet Women's League. Posed here left to right are Melody Diver, Veronica Smith, Becky Reynolds, Erin Dahl, Shelia Reynolds and Susan Niemi. Each player received a trophy. The winning streak continues: in April, Melody Diver won first place in the Six Arrows Pool Tournament, Rising Stars Division held at Grand Portage.

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. 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 Friday, May 14 for the June 2010 issue. Information may be sent by U.S. mail to the editor, Deborah Locke, FDL News, 1720 Big Lake Rd., Cloquet, Minn. 55720, or by email to deborahlocke@fdlrez.com. The telephone number is (218)878-2628. You may also drop off items at our office at the Cloquet Tribal Center. Always include your daytime phone number and name with anything you submit. Materials will be edited for clarity and length.

Happy 12th Birthday **Leilahi Arlene DeFoe** (May 12). It happened so quick – the last time I knew, you were a little girl. Now you are so big! I hope you have many friends. I love you a lot.
Your dad, Reggie C. DeFoe



Leilahi at 5

Happy Birthday (May 7) to **Nancy Seppala!** She will be 65 years young. Mom, we love you. May you have many more birthdays!
With love from your family



Happy 22nd Birthday **Cory Mountain** on May 7!
With lots of love from Mom, Sammy, Warren, Carter and Amanda

Margaret Needham with the Center for American Indian Resources in Duluth reports on birthdays for FDL employees in healthcare. The May birthdays are:

Birthdays

Shirley Reynolds, Public Health Nurse, (May 14); **Rhonda Johnson**, Licensed Practical Nurse, (May 22)

Happy 9th Birthday to **Brian Wichern Jr.** on May 20. We love you.

Mom and Gary
Happy Birthday **Brian!** We love you.
Rich, Kris, Shawna Cotee, Jeremy and James
Have a Happy Birthday Uncle **Brian.** I love you.
Mariah Holm-DeFoe

Happy 25th Birthday to **Miguel ("Miggy") Cortez** on May 15!
From your family

Happy Birthday to my big brothers **Richard Diver Sr.**, on May 15, and **Michael Diver** on May 6.
Love from your favorite sister Heather and her family

Happy birthday to our sister, **Dolly Ulven** (May 12). You're not getting older, you're getting better!
Love, May and Bibs

Happy First Birthday to our handsome son, **Desmond DeFoe**, on May 19. We love you so much!
Mom, Dad, brothers and your sister



Happy First Birthday to **Diondra DeFoe** on May 28!
Love from Uncle D and family



Happy Belated 4th Birthday (April 1) to **Anthony Reynolds.**
With love from Auntie Heather and family



Happy Belated Birthday wishes to **Jean Zacher** (April 20). You are the Energizer Bunny – I hope to have half as much energy as you do when I become an Elder!
Love, your nephew "Scoop"

Thank you

We would like to thank the Fond du Lac RBC, Mary Northrup, Veronica Smith, the staff at the Brookston Community Center, the Fond du Lac community, the Min No Aya Win Clinic staff, and our many friends and family members for their support during this time of sorrow due to the passing of Gloria Yellow.

The family of Gloria Yellow

I would like to thank everyone for the cards, flowers,

phone calls and the visits while I was in the hospital for back surgery.

Also, thanks to all of you who came by and offered your support while I recovered at home. You have helped me get through a really difficult time. I will never forget your kindnesses.

Ginger Savage

Our (netting) hats go off to FDL Natural Resources Division. You guys ROCK!

Thank you for the excel-

lent assistance and guidance for netting. It was such an incredible experience! We would not have been able to net if it were not for the Elder's boat and your assistance. Thank you for working the long hours to help the Band Members. And thank you for your patience with all the questions. We appreciate all that you do. Again, YOU GUYS ROCK!

Sue Connor, Pat Ells and Jacque Abrahamson

For sale

Historic Fond du Lac home located in the Cloquet District -- former Indian Hospital Nurses Quarters/Rupert Smith property. Three bedroom, 1 bathroom, 2 stories, covered front porch/deck. Many interior and exterior updates. Beautiful landscaped, fenced-in yard with detached garage. Property near Tribal Center, Clinic, and Store. Priced to sell at \$74,000. Call (218) 269-1356 to view.

Home on Big Lake in Sawyer, Minn. Located within 15 miles of three golf courses, 30 miles from Duluth. Built in 1990. Two bdrm, 1.5 baths, sauna, fireplace, open floor plan. Attached 2-car garage and detached 2-car insulated pole building. On private lot with 93 ft. of lakeshore; driveway and septic tank on 56 feet of FDL leased land. Asking \$245,900. Call (218) 879-5617 for more info.



Obituary

Gloria Yellow, 67, of Cloquet, passed away unexpectedly April 9, 2010.

She was born Feb. 1, 1943 in Cloquet to Peter and Julia Lemieux.

Gloria was preceded in death by her husband, Dennis; daughter, Georgianna;



her parents; brother, Kenneth Lemieux; and sister, Marjorie Nord.

She is survived by children Denise (Rick) YellowSolle and Joseph (Fena) Yellow; 11 grandchildren; four great-grandchildren; sisters Marlene (Marion) Shofner, Myra Gomez, and Joanne (Glen) Thompson; nieces, nephews, and longtime friend Rich

Cegla.

Visitation began at 6 p.m. on April 11 at the Brookston Community Center, and continued until April 13. A funeral service was held April 13 in Holy Family Catholic Church in Cloquet. Burial was at the New Holy Family Cemetery in Cloquet.

Memorial

In memory of our Mom, **Marjorie Lemieux Nord**, on Mothers Day.

If roses grow in heaven,
please pick a bunch for us.
Place them in our mother's arms,
and tell her they're from us.
Tell her that we love her, and we

miss her.

And when she turns to smile,
place a kiss upon her cheek,
And hold her for a while.
Because remembering her is easy,
We do it every day.
But there's an ache within our heart,
because we're missing her today.

With love from your family

Congratulations

Congratulations to Chrissy Howes for receiving her Masters of Education, Summa Cum Laude

(4.0) from the University of Minnesota, Duluth.

Thomas Howes



On April 19, 2010, 37 people from the Fond du Lac Reservation attended a Lacrosse game that pitted the Minnesota Swarm against the Rochester, New York Knighthawks at the Xcel Energy Center in St. Paul. The Knighthawks squeaked by to win with a 12-11 score. Shown in the front row, left to right are Darcey Martineau, Julie Reynolds, Renee Defoe, Kaydance Barrett, Katrina Bosto, Justice Paro, and Joe Dick. Second row, left to right are Bryan Bosto, Joe Fineday, Sister Day, Gladys Fineday, Gary Gundy, Antonio Gundy, Jessica Defoe, and Allen Defoe. Row 3, left to right are Anthony Fairbanks, Josh Gundy, Trevonte Brown, Brian Rich, Sara Fineday, Joe Wilson (behind), Pam Defoe, and Macy Day with her popcorn.

Parenting Page

Babies, the first year

By Lucy Carlson, M.A.

You've probably heard people say that babies are a lot of work. What an understatement! I remember the excitement I experienced when I was anticipating the birth of my daughter. I would dream about how fun it would be to dress her up, play with her, rock her and just enjoy her. I thought about what she would look like and her first day at school.

But, I also had worries that were ever present. Would she be born healthy? Would the birth itself go all right?

Nothing prepared me for the reality of motherhood. Yes, everything turned out just fine. Even though my daughter was very late and pretty big, the birth went well. She was healthy. The hard part was over, right?

Not really. Actually, after the excitement of the birthing and hospital, going home was when the real work began. Exhaustion set in as long nights took over and life as I had known it, pre-baby, ended.

Don't get me wrong. My sweet daughter has been the joy of my life. She has added a dimension that is indescribable. This dimension encompasses both strong emotions and the provision of powerful learning at each step of our journey.

My daughter is now thirty. There are some things I wish I had known years ago that I would like to pass along to

those of you who have babies or are grandparents of a baby.

First, no one raises a baby well without help. You can do yourself a favor by getting connected with other parents and babies. If you can, make it a point to get together with two or three other parents and babies for an hour or two once a week. Babies enjoy these play groups. And you can watch your babies grow together and learn from each other.

You may also be able to use each other for emergency baby-sitting. Having a friend to call on for an hour or so if you need to run an errand or just need some time alone really helps on those crazy days when your baby is proving to be a handful.

You might find additional support by asking yourself if there is anyone else in your life or in your neighborhood who would like to talk about babies with you.

Next, know that during the first year, your baby is changing a lot! S/he has a lot of energy! You may need extra patience to keep up with her! She also knows Mom and Dad from strangers and may cry when you leave. Research shows us that children adjust faster when Mom and Dad spend a few minutes getting their child settled, then tell her they will be back, say "Goodbye," and leave. Seeing you leave will help the baby learn to trust you. Don't sneak out!

At some point your baby will probably show signs of being



afraid of new people. Let her get used to people she doesn't know slowly. She will be less afraid if you are nearby.

At about five or six months of age, your baby will be interested in toys that make a noise. Ring a bell or use a squeaky toy and watch her try to find out where the sound came from. Then let her try it herself. Say different sounds. Does she try to copy you? Gentle discipline and guidance takes creativity at this stage. Your baby needs and wants to explore. Instead of following your baby around saying "NO!" try some of the following:

- Baby proof: Taking the time now to get dangerous things up and out of baby's reach is one way to simplify your life and guide your baby. Get on your hands and knees and

look around your home from your baby's eye view. Things to watch out for are small or sharp objects, poisons, electrical items, plastic bags and balloons, stairs, valuables, water (keep toilet lid closed and don't leave buckets of water unattended while washing the car.)

- Redirect: This means moving your baby away from a dangerous place, such as a lamp outlet, to some safe place.
- Substitute: Interest your baby in a toy that is ok for him to play with, and then gently remove the one you don't want him to have. For example, show him a different drawer in the kitchen that is OK for him to empty.

DO NOT slap your baby's hands or yell at him or her. Your baby cannot control his behavior yet. If you spank him, he learns that it is ok to hit.

Please remember that it is up to you to keep him from danger, not punish him for getting into danger. Try the three methods listed above instead. This will allow you and your baby to enjoy each other and life will be much more pleasant!

Information taken from the University of Wisconsin-Extension Publication No. 321, Parenting the First Year

Lucy Carlson specializes in early childhood education. She writes regularly on parenting matters for this newspaper. Her email address is Carlsonlucy@aol.com

Your legal rights

How to cancel a sales contract; tips for buying a used car

Dear Senior Legal Line: I bought a vacuum from a door-to-door salesman. After the salesperson left, I realized that I was pressured into a sale and I really didn't need a new vacuum as my current one is working just fine. I already paid the money and feel that there may be very little I can do. I would like to return the vacuum and get my money back. Can you help?

Vera

Dear Vera: Minnesota laws can control in-home solicitations and sales. A home solicitation sale is one in which a seller comes to your home to sell you something.

Under Minnesota Statutes 325G.08 you should have been informed orally and in writing of your right to cancel the sales contract within three days of the transaction. Did the salesperson inform you orally and give you a piece of paper with the words "Notice of Cancellation?"

If you received both the oral and written notice about your rights to cancel, you have three days from the date of the transaction to cancel. Send the form that cancels the contract (or any other written notice stating your intention to cancel) to the seller at the seller's place of business, postmarked no later than midnight the third day after the transaction.

If you have not yet received proper notice of your right to cancel, then the three days have not started to elapse and you still have time to cancel the sale.

Meanwhile, you must keep the item in good condition. If the seller does

not come to pick up the item within 20 days of the notice of cancellation, you may retain or dispose of them without any further obligations.

The seller must return the purchase price to the buyer within ten days after the purchase has been revoked by the buyer. If the down payment includes goods the buyer traded in, those goods must also be tendered by the seller to the buyer in as good a condition as they were received by the seller.

If you did not receive the proper oral and written notices of your three-day right to cancel the home solicitation transaction, the seller has not fulfilled the statutory obligations. I advise you to immediately cancel the transaction, in writing, if you so desire.

Again, you will have to keep the vacuum in good condition and offer to return the vacuum to the seller. If the seller does not return your money, you could pursue your remedies in small claims court and report the seller to the Minnesota Attorney General's Office which is empowered to enforce such laws against non-complying home solicitation sellers.

This column is written by the Senior Citizens' Law Project. It is not meant to give complete answers to individual questions. If you are 60 years of age or older and live within the Minnesota Arrowhead Region, you may contact us with questions for legal help by writing to: Senior Citizens' Law Project, Legal Aid Service of Northeastern Minnesota, 302 Ordean Bldg., Duluth, Minn. 55802. Please include a phone number and return address.

You and the Law: Buying a used car

A series of articles from the Duluth Indian Legal Assistance Program

Buying a used car? Here are some useful tips. The following information and more can be found at the Office of the Minnesota Attorney General Website at www.ag.state.mn.us.

Get the facts

Before you start shopping, get a clear idea of the type of vehicle you are looking for. Think about the make, age, and price range of the vehicle. Calculate what you can afford and determine exactly what you are willing to spend. Look through buyer's guides to help find what you want and how much you can expect to pay. Consider doing an Internet search for all of this information and more.

Where to buy a used car

It is a good idea to shop around before buying a used car. If you go through a dealership, consider the reputation of the dealer. Check around to see if the dealer offers reasonable services, and whether the dealer has a

history of good customer relations.

In addition, ask about the kinds of warranties or service contracts the dealership offers and the cost of warranties or service contracts. To check on the business history of a dealer, contact the Better Business Bureau or do a search on the Internet. Many people buy used cars from private parties advertising in the newspaper and online. You may get a lower price by doing this; however, you might be passing up warranty protection.

Before buying the car

Inspect the vehicle thoroughly. Check under the car for leaks or puddles, and make sure all the lights work. Look for rust and paint touch up work, and cracks or chips in the glass. Check for wear in the interior, flooring, paneling and seats, and check the tire tread for uneven wear. Drive the vehicle and take notice of unusual noises and pulling or bouncing. Even if the car seems ok to you, it is still a good idea to have a mechanic look it over.

Buying the car

When you are ready to buy a used car, the first thing you should do is find its Blue Book value. You can do this by calling any financial institution and talking with a loan manager, or you can find this information online. The Blue Book value will give you the average wholesale value of the car. Use the Blue Book value and any estimated repair costs to determine how much you want to pay for the car. Once you have determined that price, set a maximum limit for yourself and do not go beyond it. When buying a used car, the seller's price is usually flexible so start low to give yourself some bargaining room.

Again, for more information on this topic, check out the Minnesota Attorney General's Website.

If you have any topics you would like addressed in future columns, please write to us at Indian Legal Assistance Program, 107 W. First Street, Duluth, Minn. 55802.

