

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



## Carol (Berglund) Jaakola

The beginning of the FDL REZ Historical Society wouldn't have been possible without Carol, who passed away Feb. 28, 2023. We will miss you dear Carol.

*Photography by member Christine Carlson.*



- Local News.. . . . . 2-3
- RBC Thoughts . . . . . 4-5
- More Local.. . . . . 6-8
- A tribute to Carol Jaakola and the FDL REZ Historical Society. . . . . 9
- School News . . . . . 10-12
- Etc.. . . . . 13-17
- Health News . . . . . 18-19
- 13 Moons . . . . . 20
- Community News . . . . . 21-23
- BBCR Events . . . . . 24

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

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

# Local News

## Chairman, other Tribal leaders at Capital for signing

Mar. 16 Tim Walz, Minnesota Governor, signed amendments to the Minnesota Indian Family Preservation Act (MIFPA) into law. Many Tribal leaders from around the state were present throughout the process including Kevin Dupuis, Sr., Fond du Lac Chairman.

The amendment, which passed the Senate Feb. 27 by a 66-1 vote margin and the House 128-0, effectively integrates most Federal Indian Child Welfare Act (ICWA) law into state

law and ensures that Band families and children will receive Federal standard protections in Minnesota Court regardless of what happens in the U.S. Supreme Court.

Senator Mary Kunesh (D) Minnesota's 39th district Senator, the author of Bill S.F. 667, touted the victory of the bills passage on the Minnesota DFL website.

"I am proud to have passed this bill, which will help tribes, coun-

ties, and government agencies work together to prevent the removal and disconnection of Indian children from their families, culture, and tribes," said Senator Kunesh. "Every Native family has been affected by the history of U.S. and Minnesotan family separations, which were

weaponized as tools for genocide and jeopardized, rather than protected, Native children. By strengthening MIFPA, we take one more step away from those policies and toward a world where Native families stay together and tribal sovereignty is respected. I'm grateful to my colleagues for their votes and look forward to this bill's swift movement through the House and to Governor Walz's desk."

This bill doesn't get passed without lots of hard work from all over the state of Minnesota. The Fond du Lac Band was a participant in this process and ensured the Band's concerns and needs were addressed in the final product. Tawny Smith-Savage, Janelle Barney, Cindy Pattison, and their team all pro-

vided important input over the long process that led to this amendment, and they should be acknowledged and thanked for their advice and guidance during the process. They were the boots on the ground in dealing with children and families and without their hard work, the MIFPA amendments are just words on paper.

The only nay vote in the Minnesota Congress came from Senator Steve Drazkowski (R) from Minnesota's 20th district. Senator Drazkowski continued to make headlines in March when he voted against the bill that passed, giving free breakfast and lunch to students when he said "I have yet to meet a person in Minnesota that is hungry. I have yet to meet a person in Minnesota that says they don't have access to enough food to eat. Now, I should say that hunger is a relative term, I had a cereal bar for breakfast. I guess I'm hungry now."

Fond du Lac continues to work hard for Band members and protecting family's rights and our way of life. This amendment is just one of many ways in which the Fond du Lac Band continues to show support to those fighting to protect Native children.

**"I am proud to have passed this bill, which will help tribes, counties, and government agencies work together to prevent the removal and disconnection of Indian children from their families, culture, and tribes," said Senator Kunesh.**



*This beautiful and powerful picture was taken of all who worked on the MIFPA Bill and pushed it through the Senate.*

## Nagaajiwanaang Dibaajimowinan

*Translation: Stories from where the water stops*

### TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts.....	4-5
More Local.....	6-8
A tribute to Carol Jaakola and the FDL REZ Historical Society.....	9
School News.....	10-12
Etc.....	13-17
Health News.....	18-19
13 Moons.....	20
Community News.....	21-23
BBCR Events.....	24

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  
zacharydunaiski@fdlrez.com • (218) 878-2682

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

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

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

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

*Corporate Member of the Native American Journalists Association*

# Local News

## FDLTCC students attend AICHEC in Albuquerque, NM

By Zachary N. Dunaiski

Members of the Fond du Lac Tribal and Community College (FDLTCC) were able to attend this year's American Indian Higher Education Consortium (AIHEC) in Albuquerque, N.M.

Brianna, Whiteman, Brian Whiteman Jr., Daniel Walker, Xavier Walt, Dominic Smith, April Petite, and Tasheana Rule-Garcia were the seven students from FDLTCC who attended the conference along with Roxanne DeLille (Dean of Indigenous and Academic Affairs) and Anita Hanson (Acting President for the FDLTCC).

Rule-Garcia, the active President for the Anishinaabeg Student Council, and Petite, the Vice President, attended the conference and took part in many activities.

"It was fun. I've been in New Mexico before, and the weather was warm, there wasn't snow, besides up in the mountains,"

Rule-Garcia said about how nice it was to be at the conference. "At the conference, we had 33 events to choose from to participate in."

The AIHEC conference, which took place Mar. 3-8, had many events, some of which were slam poetry, archery, a 5K (which the FDLTCC team took second place among the women's teams), and many speakers and other events.

One of Rule-Garcia's favorite events from the conference was when Luci Tapahonso, a Navajo Nation poet and lecturer, spoke at the conference.

"She called herself a 'First story writer,'" Rule-Garcia said proudly, recalling when she spoke at the conference. "She read a few of her poems, and then she read a story. She even sang one of her songs."

In order to be an FDLTCC student chosen to go to the conference, students had to submit a letter of why they should be chosen to go. Rule-Garcia read her short and sweet answer and in very few words showed exactly why she was the right person to get to attend on behalf of FDL and FDLTCC.

"I think I should get to go because I have worked so hard to get to where I am today. I will graduate in the summer. I am the chairman for the Anishinaabeg Student Council. I also am a Fond du Lac Band member and will represent FDL in a respectful and positive way. I'm a very hard worker and love to learn about our culture and meet new people. If I were chosen, you will not be disappointed."

Once there Rule-Garcia knew she would get the opportunity to find what she can do after she graduates this May, and despite all the opportunities she knew immediately what she wanted to do as soon as she saw it.

"They have like 37 different colleges who are set up in this big Conference Center and we can go to each table and like talk about what we're going to do after we graduate. I picked NASA," Rule-Garcia said. "I got some information about their internship program. And I said, 'I'm going to school for multimedia and I don't really know how this would help with NASA, but my interest is in photography.' And I got connected up with them and now I'm just figuring all that stuff out."

Rule-Garcia couldn't remember the name of the massive camera that NASA has for taking pictures, but she did get to learn about it while speaking with the NASA team at the conference and she's

very excited to consider them as she begins to make post-graduation plans.

Normally Rule-Garcia wouldn't have been able to consider NASA because she has a family, but the team at the conference told her that wasn't necessarily a reason she couldn't consider a future with them.

"Another cool thing is they said that if I were to go do the six week internship in the summer, I told them that I have a family and I just can't pick up and go, but they said that they have a kids care program there that my kids can go to while I'm doing my internship," Rule-Garcia said about being able to bring her kids with.

While Rule-Garcia enjoyed her time in Albuquerque, she also noted that the other six members she traveled with were great people who also deserve recognition for their accomplishments too. Congratulations to all who were chosen and

made FDLTCC proud with their accomplishments.



# RBC Thoughts

## FDLOS graduation May 26

### Cloquet News

**Hello All**

I recently visited the Brookston Elder Building, currently under construction, I was impressed with the layout of the building as well as the work being done. It is a beautiful building and I am sure the tenants will be impressed also once they move in.

The construction at the new child care building continues to be productive. This also will be a very nice building. Currently the crews are finishing up on the exterior portions as weather permits. They are also working on the interior now, getting the plumbing and electrical work done.



Wally Dupuis

The interior remodeling of the Tribal Center is also underway. This will add new office space in a few different divisions. This is a much-needed addition to our Tribal Center and will assist in providing services to our members.

Our Cloquet Community Center staff continue to provide programming within the center despite having to work around the remodeling and construction happening at the center.

I would like to remind our folks that the Economic Development Committee (EDC) continue to meet every other Tuesday. The next meeting will be Apr 4, 2023 3-4 p.m. and is open to all interested members. You can join VIA zoom by registering with our Planning Division or by registering through our FDL website.

Also, the annual Fond du Lac Health Fair will be held on Tuesday June 3, 2023 from 12-3 p.m. at the Black Bear convention center again this year.

Our Tribal Employment Rights Office (TERO) has a 10-week Cement Mason Training Opportunity coming up for journeyman and apprentice opportunities. If you are interested please contact our TERO office at (218) 878-7527 or (218) 878-7522 for more information.

Spring fish harvest is not far away so if you have a desire to participate or have questions regarding regulation and quota please give our Natural Resources Department a call to get the latest information.

*As always, please feel free to contact me any time by phone (218) 878-8078 or email, wallydupuis@fdlrez.com*




## CEMENT MASONS MNDOT/TRIBAL 10 WEEK TRAINING

.....

Sponsored by the Cement Masons, Plasterers & Shophands Local  
633 Journeyman & Apprentice Training Trust Fund &  
The Minnesota Department of Transportation





FREE TRAINING

.....

THERE IS NO COST TO YOU. THE  
MNDOT GRANT WILL HANDLE  
ALL EXPENSES.....

COMPLETE THIS PROGRAM  
DEBT FREE!



LODGING & STIPEND

.....

HOTEL ROOM WILL BE  
PROVIDED DURING YOUR  
TRAINING SESSION.....

STIPENDS ARE  
AVAILABLE EACH WEEK!



TOOLS PROVIDED

.....

ALL TOOLS THAT ARE NEEDED  
TO START YOUR CAREER AS A  
CEMENT MASON.....

PROVIDED TO YOU FREE OF  
CHARGE!



JOB ASSISTANCE

.....

WE WILL ASSIST WITH JOB  
PLACEMENT THROUGH  
LOCAL 633.....

CONTRACTORS THROUGHOUT  
THE STATE!

### WHAT TO EXPECT

.....

During the duration of the training you will learn both related and on-the-job technical training. Some of the topics covered will be:

- Highway Heavy Industry
- Tool Introduction
- Construction Math
- Chemistry of Concrete
- Layout/Setup
- Concrete Repairs
- Work Ethics
- Safety Certifications

### WHERE & WHEN

.....

Cement Masons Local 633 JATC Training Center  
2180 Old Highway 8 NW New Brighton MN 55112

Tuesday, May 30, 2023 through August 4, 2023 held  
Monday through Friday from 7:00 a.m. until 3:30 p.m.

## CONTACT YOUR TRIBAL AFFILIATION FOR YOUR NEXT STEP!

The Cement Masons, Plasterers & Shophands Local 633 Journeyman & Apprentice Training Trust Fund is offering a 10 Week Cement Masons Trade Orientation Training. The goal of this program is to train Native Americans from several tribal nations in the cement mason trade enabling them to qualify for apprenticeship with the Union and work on Mn DOT projects. This program is funded in whole as part of a \$500,585.80 grant from the Minnesota Department of Transportation. Stipends are paid by Tribes/TERO

# RBC Thoughts

## RBC Weekly Updates

The Fond du Lac Reservation Business Committee is committed to increasing transparency for the citizens of the Band. Administration provides a weekly recap of RBC Member activities. The week of February 13-17, 2023 the Band's elected officials:

### Monday

- Met on FDLTCC President search
- Attended monthly Enbridge meeting

### Tuesday

- Completed a State of the Band prep session
- Chairman Dupuis testified at the State Capitol regarding the MIFPA Bill and Elk Restoration. He also attended the Missing, Murdered, and Indigenous Persons March.

### Wednesday

- Weekly RBC meeting, agenda available upon request.

### Thursday

- Held the Fond du Lac State of the Band.
- Had Bemidji Area Indian Health Service Monthly Meeting.

### Friday

- Discussion on Casino Branding Strategies.
- Attended the Tribal Leaders Sports Betting discussion.
- Went to the Law Enforcement and POST Board meeting.

The week of March 6-March 10, 2023 the Band's elected officials:

### Monday

- Held Resource Management discussion
- Attended Legislative update meeting
- Had monthly Enbridge meeting
- Discussion on PUC Notice Xcel Energy Electric Vehicle Proposal

### Wednesday

- Weekly RBC meeting, agenda available upon request.
- Discussion on PUC Notice Xcel Energy Electric Vehicle proposal

### Thursday

- Held the Line 3 Removal for Proposal meeting
- Discussion on District III Elderly Tubs/Showers

### Friday

- Discussion on online sport book terms.

\*Elected officials also meet with community members, check e-mails, and answered phone calls throughout the week.

Gizhewizin naa ge Ayaangwaamizin (stay healthy and be safe)!



## BECOME A FOSTER PARENT

*Open your home. Change a child's life forever.*

Foster parenting is not a lifetime commitment to a child, but a commitment to be meaningful during the child's lifetime.

When you open your home, you:

- Restore trust and hope to children in need
- Help keep brothers and sisters together
- Help children maintain cultural and religious values
- Allow time for families to heal

*Can you make a difference?*

***Fond du Lac Social Services is accepting applications for foster care homes.***



The mission of the FDL Foster Care Program is to increase the number of Native American licensed foster care homes available for Native American children.

For more information, please call (218) 878-2145.



*You can be the one to make a difference.*

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

# More Local News

## Fond du Lac's bilingual black-tie affair full of stories, Ojibwe culture

An inaugural storytelling gala merged Ojibwe legends with upscale fashion.

*This article first appeared in the Duluth News Tribune February 18, 2023 and was written by Joe Bowen. The photos are courtesy of Janelle Barney.*

CARLTON - A weekend soiree was more than an occasion to dress to the nines.

The inaugural Mino-konayedaa Chi-aadizookewaad - "let's all dress ourselves up nicely as our great legends are being told" - storytelling gala drew about 250-300 people to the Black Bear Casino on Saturday evening to hear Ojibwe stories told in Ojibwemowin and English.

If "gala" didn't suggest a black-tie affair, then the red carpet and faux paparazzi mobbing guests with photographs and questions about their outfits' designers certainly did. But the dress code was deliberately broad: attendees could dress in a tuxedo, ribbon skirt, jingle dress, prom dress, or any other fancy attire they felt was warranted, according to Naawakwe, an Ojibwemowin project manager at the Fond du Lac Band of Lake Superior Chippewa and one of the gala's organizers.

"This storytelling gala is a wonderful reason to dress ourselves up in the nicest way that we determine for ourselves and have the opportunity to learn from, gain from, what we might call living legends that will be shared with us by some

very gifted individuals who have the gift to share those legends," Naawakwe told the News Tribune on Thursday, Feb. 16. "We have always valued dressing ourselves up and, I dare say, decorating ourselves in a way that distinguishes us, who we are."

Some Ojibwe stories are meant to only be told when there's snow on the ground or after the sun has set. Other stories have a sort-of steward who has studied and listened to them at length and has the exclusive right to tell them, so to speak.

Naawakwe said the stories told on Saturday were up to the storytellers themselves: Niigaanibinesiikwe, Niib, and Migizi, who switched between English and Ojibwemowin.

Niigaanibinesiikwe told a story about the birth of Wenabozho, an Ojibwe cultural hero and trickster.

Niib spoke about black-birds, ants, mice, and rice worms.

And Migizi recounted the death of Wenabozho's nephew.

The gala was organized by staff at the Ojibwe band's language program. They plan to make it an annual event.

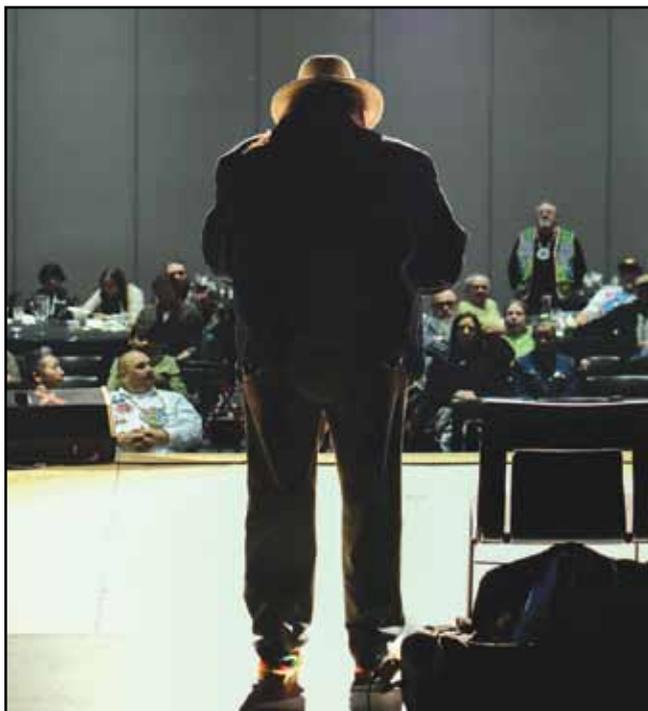
"We love the language and our culture so much ... we wanted to put a really unique event together for our community," Nenaaw, the band's Anishinaabemowin coordinator. "Not just our community, but the Ojibwe community."



Ayaadizookejig Gala



Niib Gala



Niib Gala



Memegwesiikwe Gala

# More Local News

## The process of a secretarial election

The following was submitted by the Constitution reform committee as information necessary to a secretarial election which would have to be completed in order to have any changes made to OUR constitution.

### Secretarial Elections

A Secretarial Election is an election authorized by the Secretary of the Interior and held according to the federal regulations found at 25 CFR Part 81. Which differs from a tribal election that is conducted and held under tribal authority.

The election provides eligible tribal members with the opportunity to vote to adopt constitutional amendments; vote to accept or reject proposed or revised constitutions; vote to amend and ratify charters; and vote to revoke constitutions.

Outline of the Secretarial Election process

#### Tribe:

(1) requests election accompanied with:

- (a) proposed document, and
- (b) resolution or petition.

#### BIA:

- (1) reviews documents;
- (2) requests legal review;
- (3) issues technical comments and advises tribe if any section of document is contrary to federal law.

#### Tribe:

- (1) accepts or rejects comments;
- (2) submits final request based on decision to accept or reject comments accompanied by:

- (a) document to be voted upon; and
- (b) resolution.

#### BIA:

- (1) The Regional Director authorizes the Agency Superintendent to call and conduct the election;
- (2) The “authorization” is valid

for 90 days;

(3) The Agency Superintendent, as officer in charge, is appointed Chairman of the Secretarial Election Board.

#### Tribe:

(1) appoints at least two members to serve on the election board.

#### Election Board:

(1) sets date, time, polling site, and appropriate deadlines for election;

(2) requests the tribe to provide a list of all members who will be 18 years of age on the date of the election and who are within the eligible class of voters;

(3) prepares election notice package containing:

a. the election notice:

- i. date of election
- ii. polling site (only if granted a waiver to have them)

iii. explanation for the election

iv. deadline for registration and requesting absentee form

v. the return address for the registration form

b. the document or proposed amendment to be voted upon;

c. a sample ballot;

d. registration form; Registration is required for this election. It is a separate registration from a tribal election. Only those on the “registered voter list” can vote.

e. request for absentee ballot;

f. self-addressed return envelope;

(4) receives registration forms and requests for absentee ballots;

(5) posts the registered voters list for 10 days;

(6) decides on challenges to the registered voters list;

(7) posts a corrected registered voters list, if necessary;

(8) sends out absentee ballots, if necessary;

(9) monitors election process on election day;

(10) counts ballots cast at polling place and absentee ballots;

(11) certifies election results;

(12) posts election results at local

BIA office, tribal office, and any other designated location;

(13) receives any challenge to the election results; and

(14) submits to the officer in charge:

a. copy of election package sent to eligible members;

b. registered voters list;

c. copy of ballot and absentee ballot;

d. certification of election results;

e. challenges to the election results; and

f. report on the election.

#### BIA:

(1) The authorizing officer determines whether the challenges are valid and warrant a recount of the ballots, or a new election;

(2) The authorizing officer approves or disapproves the document and election results;

(3) Sends original document to the tribe; and

(4) retains all election documents for constitution file.

## LEGAL NOTICE – APRIL 2023

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:

BRISBOIS, Devin L.  
 CICHY, Gerard  
 CICHY, Leslie  
 DEFOE, Curtis  
 DUFALT, Lavinne  
 DUPUIS, Donovan  
 ENGLER, Virginia  
 FARRELL, Margo J.  
 HIETALA, Diane  
 KESELBURG, Arlene J.

KIER, Tresa  
 LADUE, Michelle  
 LAPRAIRIE, Robert  
 LABELLE, Gregory  
 LEGARDE, Ava  
 LEGORE, Terri  
 MARTIN, Lee A.  
 MARTIN, William  
 MARTINEAU, Ferdinand Sr.  
 MARZINSKE, Larry  
 MOELLER, Jeffery  
 MONAHAN, Suzanne  
 NEWAGO, Dennis  
 OWENS, Louise K.  
 PECK, Joan  
 PERALES, Benjamin Jr.

PETITE, Benjamin F.  
 PETITE, Leonard Jr.  
 SAVAGE, Kyle A.  
 SAVAGE, Mark  
 SEPANSKI, Barbara  
 SHIELDS, Paige  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 STRONG, Marilyn  
 THOMPSON, Dennis Jr.  
 THOMPSON, Kathy  
 TROTTERCHAUDE, Chauncey D.  
 TROTTERCHAUDE, Nicholas  
 WAKANABO, Thea  
 WOODHULL, Jeanette  
 ZOLANI, Russell D.

# More Local News

## Brown reaches 1,000 points in another successful FDL season

Jordell Brown, FDL Junior, became another in a growing list of Fond du Lac basketball players to reach 1,000 career points.

Brown averaged more than 30 points a game his Junior year leading the boys to the fifth seed in section 7A. The teams had a strong showing in their two play-off games but unfortunately couldn't overcome the fourth seeded Mountain Iron-Buhl falling at Denfeld High School 62-61.

Just a few days earlier the team had held a pep rally in the gym before their first round playoff game at home against Carlton winning the opening round of the playoffs 76-74. The festivities were held with games and fun activities to get the players and fans ready for the post-season.

Coach Cam Thompson and the team had high hopes for returning to the state tournament this year, but the team is young, returning most of the team for next season, and now will be eager to prove themselves next year.

*Jordell Brown shooting on the night he scored his 1000th point. Photo courtesy of Billie Thompson.*



*Fans cheering on Jordell Brown after he eclipsed the 1000 point mark. Photo courtesy of Billie Thompson.*

## 2023 Gitigaan Classes

Tuesdays 5:30-6:30 p.m.

Hybrid in-person and virtual, locations vary.  
Light meal served for in-person classes at 5 p.m.

Please register at:  
[tinyurl.com/2023Gitigaan](https://tinyurl.com/2023Gitigaan)

FREE &  
OPEN  
TO ALL

- March 7 Salve Making with Plant Helpers
- March 14 Seed Rematriation: Bringing Our Relatives Home
- March 21 Postpartum Gifts from Mama Aki
- March 28 Seed Starting & Garden Planning
- April 4 Fermentation
- April 11 Mandaamin: From Hominy to Corn Husk Dolls
- April 18 Gardening with Children in the Language
- April 25 Garden Tool Maintenance

More classes coming in May... Pest & Disease Management, Building Soil, Seed Saving and more!

\*Classes are subject to change. Updates will be posted on social media @FDLGitigaan and sent to registered attendees.

Contact Kaitlyn Walsh with questions:  
218-348-5281 or [KaitlynWalsh@fdlrez.com](mailto:KaitlynWalsh@fdlrez.com)

SAVE THE DATE  
Gitigaan  
Plant & Seed  
Giveaway  
June 3, 2023

For further details and updates follow  
[@FDLGitigaan](https://twitter.com/FDLGitigaan) or go to [tinyurl.com/fdl-cannery](https://tinyurl.com/fdl-cannery)

SIGN UP FOR TILLING  
By May 12  
Contact 218-878-2642  
[JeanneSmith@fdlrez.com](mailto:JeanneSmith@fdlrez.com)



## Text MN to 741741

### CRISIS TEXT LINE |

Northern Minnesota Suicide Prevention  
TRIBAL-COUNTY PARTNERSHIP

# A Tribute to Carol (Berglund) Jaakola and the FDL Rez Historical Society

By Christine Carlson

Sometimes people give accolades after a person died and this is what I am doing. I am sorry that I did not do more to thank Carol (Berglund) Jaakola while she lived. Have you ever regretted doing so? Maybe I was busy doing other stories and then it is too late. Sometimes there are regrets in life. I guess we can't change the past but can prevail, do better or change philosophies or decisions about the future.

Please remember that we are not even guaranteed tomorrow. I have been honored to know Carol as we became friends through the years.

It "takes a village" and wow how the village loves Carol. Thanks to family and friends for Carol's "Celebration of Life" at the Cultural Center. All the photos and floral arrangements were great for sure. There was a nice variety of good food and we loved the fry bread. Carol would be very pleased and happy as she is reunited with dear Ed and many friends and family. We will miss you dear Carol. The following was beautifully written from the handout at Carol's celebration:

*"Carol was extremely selfless, and had a heart of gold that always*

*pushed her to go above and beyond for everyone. Through years of teaching and being an active community member, she touched the hearts of generations. Her comforting, kind, considerate personality will be missed by all that knew her."*

I first met Carol's sister Kathy Peil in 1999 when she was working with Dan Anderson at the 1696 Big Lake Rd. building. Later I met Joanie Kunze who was working at the Tribal Center Library. She was up-dating LeRoy Defoe's Grave Registration Book and we became friends. It was during that time that Joanie introduced me to Carol and the year was 2013.

Soon after, Carol had the idea of starting the historical society and Sharon Shuck quickly joined in. Sharon stated this very first meeting happened at a foot clinic at the FDL Nursing Home on Airport Rd. There was a resident by the name of Alvina Tiessen who was previously a cook at the ENP at Sawyer. Miigwech to Elder Alvina Pearl (Blacketter) Tiessen. Alvina had photos, stories, an eagerness to share, and was inspirational with her enthusiasm for the beginning of the historical society.

The group first started meeting in February of 2014 in the little

classroom by the Tribal Center Library. Carol and Sharon asked me to be part of this new group and I was sent to meet Kevin Dupuis regarding starting up this group for the Rez. He advised me to write a proposal which I did and then brought it back to the group for additions and feed-back. The proposal was brought back to Kevin and then we were an official group called the Fond du Lac Rez Historical Society.

Then Reggie Defoe offered the group a larger space at the conference room in the Natural Resource Building and we were delighted. More room, space for sorting and organizing, storage for our materials, and a place for food. Oh, let the good times roll: those delicious potlucks and Sharon's famous molasses cookies! We sure had fun, made friends and worked very hard for this new group with no money, grant, or budget. We all just pitched in and brought supplies from our homes or bought them when needed. The Resources Building staff were very kind in providing coffee, use of the copy machine, a storage area, and some occasional office supplies that were needed.

We were not just a coffee klatch, we were a hard-working group of

wonderful women who took time from our busy lives for the good of others. It was always nice when Ed Jaakola or Lucas Reynolds attended or others dropped by with questions, answers or to see what was happening.

Carol's well-earned place was always at the head of the table. She carried historical information/photos back and forth as she also worked tirelessly at home. Most of the members started our office experience in high school with the typewriter. A machine that is quite different from modern day technology. Several of the group struggled with this issue and were thankful for those who came or just stopped by and helped with these computer/ technology challenges. Many Elders wear glasses and some use readers, bi-focals, or tri-focals which make it hard for some to use cell/smart phones or computers for research purposes. Some still need paper copies or the good old newspaper which is easier to read.

For a fledgling organization, things went well for years. Along the way, there were questions and frustrations and some glitches as with any new organization but overall, we welcomed and helped folks the best we could, learned

about proper storage of archived materials, organized historical documents in folders, boxes and 3-ring binders, identified photos, created slide shows for Elder events, brought tables of materials to Enrollee Days, made a couple of local trips, learned along the way, and enjoyed lasting friendships.

Then COVID hit and we were not exempt from that as so many learned how to deal with all that was happening with this group, locally, throughout the country, and world.

I think many want the same thing, that is to preserve the history, culture, and legacy of the old village of Fond du Lac, the Fond du Lac Reservation, local communities, and beyond. Your contributions matter and are needed; whether they be large, small or in time or talent. Hopefully joy and dedication will prevail, wounds will heal and we can use our own particular strengths for the good of all. No one is exempt from making mistakes and let forgiveness, peace, and motivation be the guide for the future as there is much work to be done. There are good things in store. **Miigwech to Carol, Sharon, and all the dedicated old and new members of the group!**



2014 – Back Row Left to right: Marlene Shoffner, Valerie Ross, Carol Jaakola Front – Julia LaDuke Reynolds, Evelyn Putnam  
Photography by member Christine Carlson



2015 – A trip to the Duluth Depot to see the Eastman Johnson art collection. Christine's research brought into light the importance of the Fond du Lac Band and Eastman Johnson's life in this area. Back Row left to right: Kristine Shotley, Milissa Brooks Ojibway, Carol Jaakola, Lorri Antus, Janice Fairbanks. Front – Corinne Hutman, Sharon Shuck, Ella Netland. Photography by member Christine Carlson

# School News

## Boozhoo from Ms. Jackson's second grade classroom!

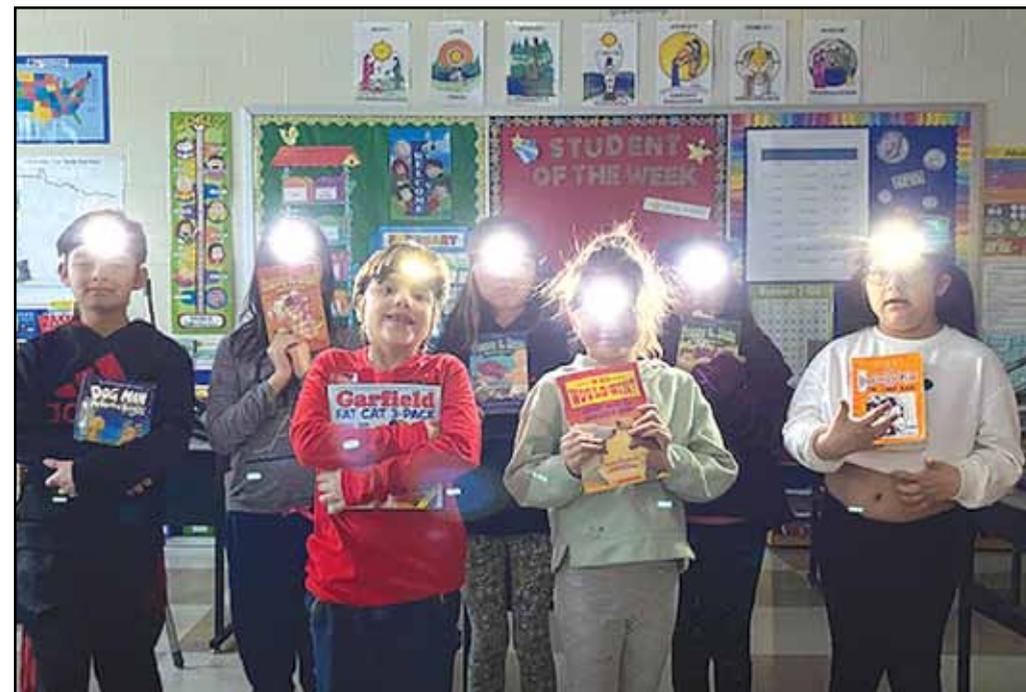
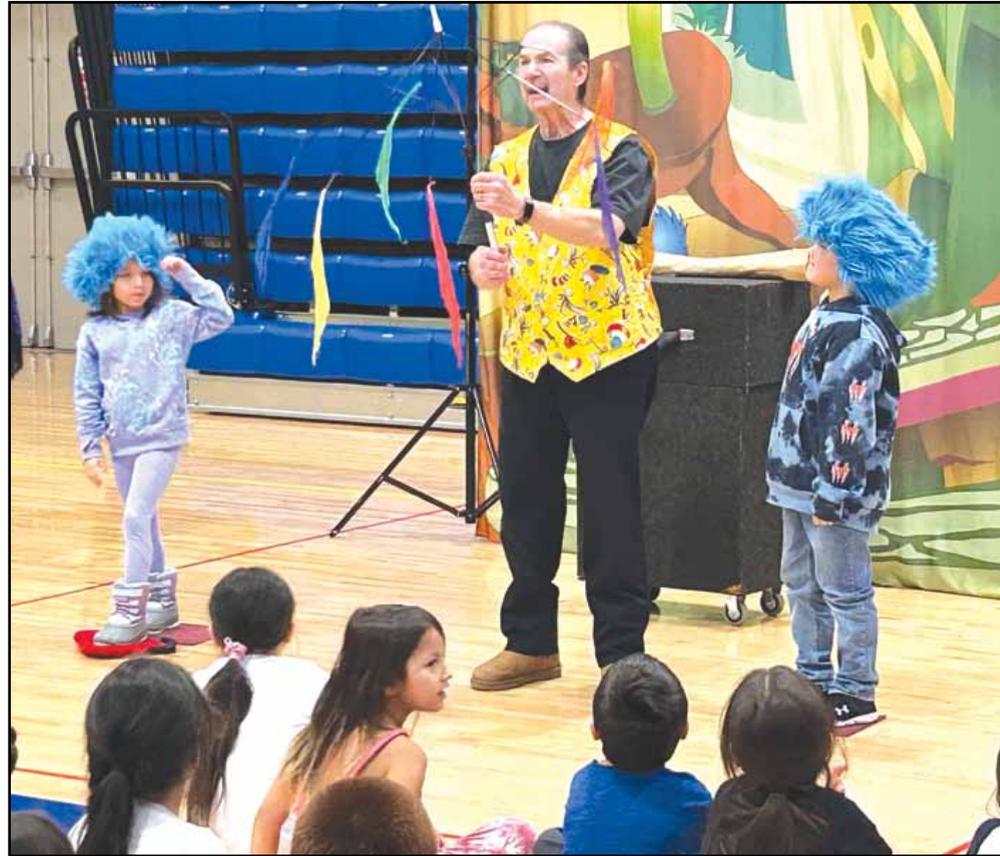
The second graders have had a lot of fun experiences this third quarter of the 2022-2023 school year.

February was the "I Love to Read" month. Many fun activities had been planned for the students. We started out the month with a magic show for the elementary students. They loved this and it brought much laughter and excitement.

There was also a reading competition among the grades to see who could log the most time reading. The second grade was taking this very seriously and wanted to win the prize at the end. I even had requests from my students to please give them more time to read!

Another highlight for my second graders was the "Read by flashlights" times. I purchased headlamps for the students and we turned the lights off in the room and lit it up only with their headlamps. I have found this is a great way to get them to enjoy reading more. We will be using them many more times, even past February.

Parents/guardians/grandparents please keep reading with your students. Reading just 20 minutes a day, can make a huge difference in a student's reading skills. Miigwech



Students read by headlamp

# School News

## FDLOS young men, along with Mr. Dan DuPay share our culture with FDL Head Start

These young men are gifting these little ones with something special. They are sharing with the FDL Head Start and Early Head Start children a piece of our culture. Our future generations are being introduced to this awesome drum group. Their voices and the sound of the drum bring smiles, dancing, and so much more to these young ones. They are curious and excited when they see the drum arrive. They wait patiently for the sound of the drum to start and enjoy the drumming.

We appreciate these young men and the leadership they display. Thank you for sharing this gift with our future generations and yourselves!

Remy Iverson, Behavior Management Facilitator

## FDLOS Celebrates “I Love to Read” Month

Boozhoo Students and Families, I would like to thank everyone who participated and helped with “I Love to Read” month at FDLOS. We had a lot of wonderful activities throughout the month! We had reading challenges throughout the school. The following were the winners of the reading challenge parties: 7th grade won 1st place for the elementary/middle school and received a pizza party; 2nd grade won 2nd place and received a banana split party; 6th grade won 3rd place and received a popcorn party. In the high school 12th grade won the 1st place pizza party, 10th grade won the 2nd place banana split party and 9th grade won the 3rd place popcorn party. We gave away Barnes and Noble gift cards to all the students who completed and turned in their READO boards.

We had the “Magic of Dr. Seuss” magic show for grades K-6th

grade. Each student will receive a computer science book to take home. Students, you did a wonderful job with reading, I hope you all continue to read for fun. Remember you can also check out your local libraries for fun books to read. Happy Reading!!  
Miss Brittany

## Ojibwemowin grade 3-6

Boozhoo! Our students have been working on many things lately, translations, Rosetta Stone, and robots.

We have been reading Ojibwe books and translating them into English. In doing so, we are hoping to better understand our language. We use common Ojibwe phrases on a daily basis and are exposed to phrases where we can pick out the “root” words to help us understand more of the phrase. This also helps us understand the endings such as “-waad”. We

have also been working on the tense markers “wii” and “gii”.

Toward the beginning of the school year Ojibwe Rosetta Stone accounts were purchased for staff and students. Each student has an Ojibwe Rosetta Stone account. We use this at least once a week for the full class period. The program is designed for individual use and many students enjoy learning at their own pace. Other students prefer to be guided through the program by the teacher. Both options are available for students.

We have begun integrating Computer Science into our 3-6 Ojibwe classroom. We have been programming robots and collecting temperature data for Sugar Bush. We were able to purchase the Dash robots. We have gained knowledge as to how they work. We are now ready to start projects using Ojibwe commands and recording Ojibwe language onto our robots! Once students have

completed their projects, we will put it on our Computer Science webpage.

As most of you know Ziigwan is fast approaching (though it doesn’t feel like it with all this snow). We will soon begin our Sugar Bush unit. We still rely on Traditional Ecological Knowledge to know when to begin collecting sap (snow melting from roots, ice changing color, the crows activity, etc.). We are adding the use of Microbits to help track the temperatures. As the temperatures increase we will begin taking students out to set up the Sugar Bush, tap trees, collect sap and boil (we still use the old cast iron “akik”). Please make sure your children are prepared to be outside for classes (dress in layers, hats, mittens, boots, maybe even extra pants). As the snow melts it will be wet and muddy.  
Ms. Jodie

## FDLOS computer science staff attends HICE

In January 2023, four of our staff members attended the Hawaiian International Conference on Education (HICE). This was made possible through a Grant from the National Science Foundation (NSF) and The College of St. Scholastica. The Ojibwe School was one of two Schools in the area that were awarded this grant with the purpose of bringing Computer Science (CS) into our schools.

Our team traveled to Hawaii to present during the International conference. We presented our poster on “FDLOS Computer Pathways.” This poster presentation included where we began with CS, what are some of our struggles, our successes, our vision for CS and how we are and will be incorporating Ojibwe Language and Culture into our CS program.

We also had the opportunity to present during a panel session in which we were asked questions about our school, and how we came about our CS journey. We answered questions about how COVID -19

impacted our school and the availability of CS during that time and after. We also addressed struggles and successes we’ve experienced with CS over the past 4 years. We discussed how some of our goals have not changed, and future goals for the program.

During the time we were not presenting, we attended many other sessions that we hope will be beneficial to our staff, students and school. We learned a lot about new ways to reach students, different techniques for teaching, and about uses of Artificial Intelligence (AI) and how it can be beneficial or could create problems for teachers.

Overall it was a wonderful experience. Our staff was able to share our CS journey and visions with scholars from around the world, showing that it is possible to keep the integrity of the culture and our traditional ecological knowledge while moving forward into the technological era.



Right to left; Brittany Heskin, Jodie Lockling, Valerie Tanner, and Dawn Liimatainen. Staff from the school attended and presented at the Hawaii International Conference on Education. They presented on the development of the computer science program at the school. The development of the program, including attendance to conferences, is paid for by a grant with The College of St. Scholastica.

# School News



Mace Fonoti and Shawna Shabaiash provide a tasty breakfast for staff during the Staff Professional Development Day.



## FDLOS Quiz Bowl Team Places 2nd at Bois Forte

Congratulations to the Fond du Lac Ojibwe Schools Quiz Bowl team on their 2nd place win! On Mar. 3, 2023 we competed in the Bois Forte Quiz Bowl Competition at Fortune Bay. Due to winter storms and poor weather conditions, the competition in December had to be postponed. We enjoyed seeing other teams and look forward to competing against more in the future. It was great to be in person once again.

We are so proud of the students for studying hard, teamwork, and sportsmanship. They represented our school and community well and displayed the 7 Grandfather Teachings. We are proud to be your coaches and look forward to our next competition at Minnesota Indian Education Association (MIEA). MIEA will be held on Apr. 19, 2023.



FOND DU LAC HEAD START PROGRAMS PRESENTS

# BANGIISHENH ZIIGWAN POWWOW

**FRIDAY, APRIL 21, 2023**

**HONORING OUR CHILDREN**

<b>2:30pm</b>	<b>Registration/Regalia</b>
<b>3:00pm</b>	<b>Grand Entry/Honoring Our Children Dance</b>
<b>4:30pm-5:30pm</b>	<b>Feast</b>
<b>6:00pm</b>	<b>Evening Dance/Travel Song</b>

<b>HOST DRUM:</b>	<b>Lake Vermillion</b>	
<b>Invite Drum:</b>	<b>Cedar Creek</b>	

<b>Spiritual Advisor:</b>	<b>Charles Smith</b>
<b>MC's:</b>	<b>William Howes III Charles Smith</b>

**Follow us on Facebook:  
Fond du Lac Head Start Programs**

Etc

## Veteran's Corner

**B**oozhoo, update to Tribal Veterans Service Officer's cell phone number (218) 461-2937. I have a new location for my office. I am located at the Veteran's Supportive Housing, if you have any question please contact me at the above number.

Additional news is that I will be starting "Visit with the Veterans Service Officer" at Veterans Supportive Housing every other Thursday from 9 a.m. until 11 a.m., come join me for coffee and doughnuts.

Veteran's get your golf team together, June 10, 2023 is the Veterans Golf

Tournament, this tournament is open to everyone, if you have any question please contact me.

FDL Veterans Honor Guard has a lot of events coming up so if you need the Honor Guard please send me an email for your event. Email address is Andrewdepoe@fdlrez.com or call at (218) 461-2937.

If you have any questions, please do not hesitate to call or stop in.

Thank you, Andrew DePoe, USCG (ret), FDL Tribal Veterans Service Officer

## FDL lifts vaccine mandate

**I**n January, after much consideration, the Fond du Lac Reservation Business Committee has decided to lift the COVID-19 vaccination mandate. This excludes the Human Services Division (all locations) and Head Start/Early Head Start.

Effective immediately the requirement for COVID-19 vaccinations for employment is no longer in effect except as noted above.

To view open employments op-

portunities please visit: <http://fdlrez.com/HR/employment.htm>

The Fond du Lac Emergency Operations Center remains open to answer community questions and concerns. They may be reached at (218) 878-7175.

All other questions regarding employment may be directed to the Fond du Lac Human Resources Office.



## BBCR Golf Course Adopt A Flower Bed program

Black Bear Golf Course is starting an Adopt A Flower Bed program in 2023. Our flower beds need work and we are seeking the assistance of any individual or group that would like to adopt a flower bed and make it their own.

Black Bear Golf Course will provide the necessary materials and tools needed to do the work. We just need the workers. We plan to use the Rose Bed by #13 tee box to do a lot of transplanting of the rose bushes that are currently there throughout other beds on the golf course. We will also be purchasing some annuals to add other splashes of color.



### Flower Beds looking to be adopted:

- Clubhouse Flower Beds
- Dick Diver Memorial Flower Bed, Bridge area, Putting Green & #9
- #3 Triangle Bed and Championship Tee Bed
- #6 Dennis Olson Memorial Flower Bed
- #8 Tee Box Landscaped area
- #8 Tee Box Round Bed
- #8 Raised Bed by Pump House
- #11 Landscaped Area behind #10 green
- #13 Tee Box Rose Bed
- #16 Tee Box Bed
- #18 Landscaped Area by Tee Box

If you are interested in adopting a flower bed please contact:

Dan Walker at Black Bear G.C.  
Phone # (218) 878-2485  
Email: danwalker@fdlrez.com

We look forward to bringing back the flowers to Black Bear G.C.!

## ANNUAL FDL VETERANS GOLF TOURNAMENT




**Saturday, June 10, 2023**  
**Black Bear Golf Course**

Registration 7:30am  
 Shotgun Start 9:00am  
 Meal to follow golf

**Rain or Shine**

**3 PERSON SCRAMBLE**  
MEMBERSHIPS NOT APPLICABLE  
**\$100.00 PER PERSON**  
**FDL VETERANS GOLF FOR FREE!**  
DD 214 MUST BE ON FILE AT FDL VETERANS OFFICE  
**2 FLIGHTS**

**SKINS GAME \$30.00 PER TEAM**  
**MULLIGANS \$30.00 PER TEAM**  
**OTHER ON COURSE EVENTS**

**DRIVING RANGE IS AVAILABLE AT NO CHARGE FOR TOURNAMENT PARTICIPANTS, DONATIONS WILL BE ACCEPTED.**

**ALL GOLFERS ARE WELCOME, YOU DO NOT NEED A VETERAN ON YOUR TEAM TO PARTICIPATE.**

**To sign up contact: Andy DePoe AT 218.461.2937  
 Or by email andrewdepoe@fdlrez.com**

**THIS IS A FUNDRAISER FOR FOND DU LAC VETERANS**

# Etc

## Spring spearing and netting registration open

Spring is fast approaching and it is time to sign up for spring spearing and netting.

Resource Management will be using the same online sign-up, and permit distribution system in 2023 as it has the last few years.

In the morning, FDL Resource Management (RMD) staff will be sending out a mass email/text to all registered Band members (register using the link on the FDL website). This daily notification will identify the lakes and number of permits available for that night. Band members that want to be included in the daily drawing can either respond to the email or call the RMD office ((218) 878-7155 or on weekends (218) 721-8317) no later than 11 a.m.

Band members that do not have email may phone in on a daily basis to find out which lakes are open, and may request to be included in the daily drawings. RMD staff will have a daily drawing to distribute available permits. RMD staff will notify the winners daily by 1 p.m. If you don't hear from staff by 1 p.m., you were not drawn for that night.

Winners can pick up their permit at the designated boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening. Like last year, there will not be a wait list.

Any further questions can be answered by FDL Fisheries Biologist Eric Torvinen, [erictorvinen@fdlrez.com](mailto:erictorvinen@fdlrez.com)

We look forward to a successful harvest!



## GITIGAAN PLANT & SEED GIVEAWAY

SATURDAY, JUNE 3

8 a.m. until supplies run out  
Fond du Lac Resource Management Garage



THE ST. LOUIS RIVER AREA OF CONCERN:

## FROM A FOND DU LAC VIEWPOINT

APRIL 4 | 5:30-7:30

STONEY BROOK ROOM  
AT BLACK BEAR CASINO



Fond du Lac Band members will share their cultural perspective about the St. Louis River Area of Concern along with their partnership role and natural resource management efforts.

*Around the Earth* drum group will open with song and Naawakwe will share Ojibwe place names in the estuary.

Free and open to the public!  
Light snacks provided. Cash bar.

Etc

## Achoo! Spring allergens and what to do!

Ziigwan (spring) is here, or hopefully on its way! Ini-aandakiiwina-gaamagak (as the season changes), there can be renewed happy feelings with warmer weather and longer days. But for some folks, there may be the return of seasonal allergies.

What is an allergy? An allergy is the reaction of your body's immune system to certain substances called allergens. There are many substances that cause allergies, but for this article we will focus on airborne allergens; including pollen, dust mites, pet dander, and mold. When airborne allergens are inhaled, the immune system can respond by creating inflammatory responses in the opanan (lungs) and/or nasal passages, which can result in symptoms like congestion, cough, watery eyes, or sneezing.

Pollen is a fine powdery substance produced by the male structures of flowering plants like trees, grasses, and forbs. It's carried by water, wind, or insects to female plant structures where plant fertilization occurs. When pollen is carried through the air, some people can suffer allergic reactions; this is hay fever. If you are concerned about pollen levels, pollen forecasts are available online to help identify days where pollen counts can be high: <https://www.pollen.com/>

Dust mites are very common microscopic arthropods that feed on dead skin cells. Between humans and pets in the home, there's enough skin cells around for these mites to thrive. Allergic reactions to dust mites are common, and are typically caused by a reaction from inhalation of dust mite skin and feces.

Awesiinh (animal) or pet dander is flakes of dead skin that your pet naturally sheds. Pet dander allergies are typically associated with cats and dogs, but could be caused by any awesiinh with fur. Dander is particularly prevalent due to its small size and ability to remain airborne for a long time, and easily deposits on clothes and furniture. If you have an awesiinh allergy, the best course of action to mitigate these reactions is to avoid or reduce exposure to

the awesiinh. Pets deemed "hypoallergenic" may not be a guaranteed solution, as there are other sources of allergies from pets, and hypoallergenic simply means unlikely to trigger allergic reactions.

Mold allergies are caused by inhaling mold spores, which are tiny particles molds create to spread. Mold is a common fungus that loves damp and niinami'ayaa (humid) environments, and spores can be present in homes and outdoors.

Typical allergy symptoms can include runny nose, watery eyes, sneezing, rashes, or other adverse effects. If you believe you are suffering from allergies, ask your medical practitioner about allergy tests and recommendations that may reduce allergy symptoms.

Here are some steps to help reduce impacts of airborne allergens in your daily life:

### Wash bedding weekly

- Use allergen-proof bedding and pillows
- Avoid bedding that is difficult to clean
- Choose washable stuffed toys for kids.

### Dust and vacuum regularly

- Reduce clutter
- Vacuum with a double-layered micro-filter bag or high-efficiency particulate air (HEPA) filter
- Wear a mask to reduce intake of particles while cleaning

### Other things to try:

- Switch out carpet to easier-to-clean flooring like tile or wood
- Avoid excessive dampness in the home to reduce mold growth
- Consider replacing upholstered furniture for easier-to-clean options
- Use high efficiency filters in your furnace or air conditioning unit
- Invest in an air purifier with a HEPA filter to reduce airborne particles
- Reduce exposure to known allergens

For more information about air quality, check out our website at <http://www.fdlrez.com/RM/airmain.htm> or

reach out to FDL Air Program Coordinator, Paige Huhta, at [paigehuhta@fdlrez.com](mailto:paigehuhta@fdlrez.com), FDL Air Program Technician, An-

thony Mazzini, at [anthonymazzini@fdlrez.com](mailto:anthonymazzini@fdlrez.com), or FDL GreenCorps Member, Carson Becicka, at [carsonbecicka@fdlrez.com](mailto:carsonbecicka@fdlrez.com).

## Join us for the Fall 2022 Series!



Join us virtually on  
Tuesdays at 6 pm CT

Register for free and learn more  
at [z.umn.edu/THRIVESeries](https://z.umn.edu/THRIVESeries)

**November 15**  
BMT Survivorship 101  
*In our first Blood or Marrow Transplant (BMT) focused session, get an overview of the unique aspects of BMT survivorship and hear patient stories.*  
National Marrow Donor Program  
Be the Match

**October 11 - Reconnecting to Your Body And Your Life After Cancer**  
*Explore nine elements of psychological and physical growth to inspire healing and reconnection.*  
Kathy Washburn, Founder of Carved by Cancer

**October 18 - Lymphedema**  
*Learn about risk factors, management strategies and reducing risk/impact, and treatment updates.*  
Carrie Macosky, OTR/L, CLT-LANA and Renata Braudy, PT, MS, OCS, CLT

**October 25 - Sleeping Well**  
*Sleep is essential, but treatment and life can impact your rest. Learn how to sleep better.*  
Thyra Fossum, PhD, LP

**November 1 - Combating Depression, Loneliness, and Cancer**  
*Our partner, Gilda's Club, invite survivors and caregivers to learn about mental health impacts.*  
Shaunequa James, MSW, LGSW

**November 8 - Intimacy & Sexual Health**  
*This anonymous session will explore changes in intimacy and share resources for your sexual health.*  
Tara Rick, MPAS, PA-C, Calvin Hauer, MA, LMFT, and JP (Jennifer Pritchett), MS

## SURVIVORSHIP CONFERENCE

Save the Date!  
**Saturday, April 15, 2023**

This free educational conference is focused on questions and issues patients, survivors, and their families often face during and after cancer treatment or stem-cell transplantation. More information coming this winter!

Join the mailing list for updates at [survivorship.umn.edu](https://survivorship.umn.edu)

# Etc

## Energy Assistance changes

Beginning Mar. 15 the income guidelines for the program have risen. The new cut off for a family of four is \$17,638 for the three months before the application is signed.

If you applied earlier in the year and were denied for being over income, your application will be reprocessed and if you meet the guidelines, you will receive a benefit. If you did not apply because you believed you were over income, feel free to apply now. Applications will be taken through May 31, 2023.

The application for FDL is on the FDL webpage under Community Services, or call (218) 878-2603. If you live in Pine, Aitkin, Isanti, Mill Lacs, Chisago, or Kanabec counties contact Lakes & Pines 1-800-832-6082. If you live in St. Louis, Cook, or Lake Counties contact AEOA 1-800-662-5711. If you live other places in MN, call this toll free number to find your local service provider 1-800-657-3710.

## FDLTCC announces new scholarship with NBCU academy

Fond du Lac Tribal and Community College (FDLTCC) is thrilled to announce a new scholarship for students interested in Multimedia

Production. Starting Fall 2023, the Multimedia Production program at FDLTCC will award a \$2,500 scholarship to 5 students each semester. The exciting scholarship was made possible by the col-

lege's new partnership with NBCU Academy.

The application for the NBCU Academy Scholarship for FDLTCC Multimedia Production Degree students is open to any students interested in the Multimedia Production Program at FDLTCC and shows a demonstrated interest in diversity, equity and inclusion, and creating content reflective of diverse communities that provide insight into contemporary challenges. To receive a scholarship, a student must be registered as a full-time student at FDLTCC. New, transfer, and current FDLTCC students are all eligible for this wonderful opportunity. Preference will be given to students with a high current grade point average (GPA).

Each semester, the scholarship recipients will receive \$1,000 at the start of the semester and \$1,500 at the end of the semester, assuming they maintain a 2.0 GPA and meet additional criteria outlined in the application. Students will be eligible to receive a NBCU Academy Scholarship for multiple semesters, but scholarships will only be awarded one semester at a time. The deadline to apply for a NBCU

Academy Scholarship for Fall 2023 is August 1, 2023. To apply for the scholarship, please visit <https://link.fdlcc.edu/NBCU-Scholarship>.

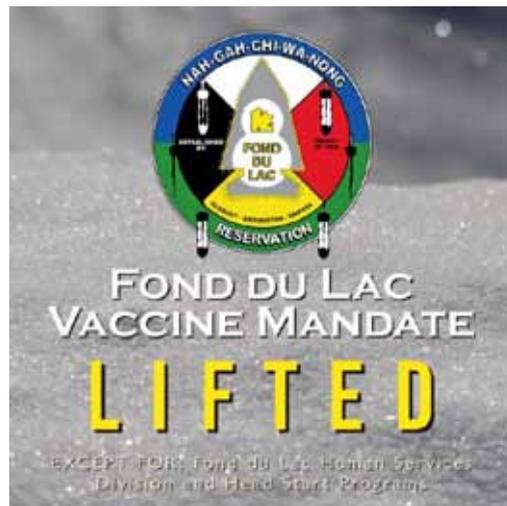
The Multimedia Production (MMP) program at FDLTCC offers three options: a certificate (16 credits), diploma (31 credits), and associate of applied science (60 credits). MMP students at FDLTCC receive hands-on experience with the latest recording equipment, industry standard production apps, and have access to the Ojibwemowining Digital Arts and Storytelling Studio (ODAS Studio), a professional multimedia production facility on campus. In the program, students develop skills across a variety of multimedia production disciplines including photography, audio, video, computer animation, and writing for media that can be used for careers

in journalism, public relations, marketing, art, and more. To learn more about the MMP program at FDLTCC, please visit <https://fdltcc.edu/degrees-certificates/degree-programs/multimedia-production/> or contact FDLTCC MMP faculty member, Augustin "Gus" Ganley at [augustin.ganley@fdltcc.edu](mailto:augustin.ganley@fdltcc.edu).

NBCU Academy is NBCUniversal News Group's award-winning journalism and content creation training

program that builds a pipeline from classrooms to

the newsroom and media industry. Additionally, NBCU Academy helps professional journalists develop new skills. NBCU Academy currently partners with 45 schools and celebrated its second anniversary in January 2023. For more information on NBCU Academy, please visit <https://nbcuacademy.com/> or contact Lorie Acio, NBCU News group, at [Lorie.Acio@nbcuni.com](mailto:Lorie.Acio@nbcuni.com).



**FOND DU LAC**



**ELDERS SPRING BANQUET**

Tuesday April 11th, 2023  
4:30 p.m. – 7:00 p.m.  
Dinner at 5:00 p.m.

FDL Elders will receive: Dinner  
Hotel stay  
\$10.00 in Free play

**BBC&R - Otter Creek Convention Center**

For Hotel reservations, please call:  
218-878-2327 or 1-8888-771-0777

**Minjimendan Waa-inakamigak!**  
**Save the Date!**



**Gimaamaakiiminaan-Giizhigad!**  
**Earth Day Celebration!**

April 21st 2023, 9am-2pm

Hosted by  
**FDL Resource Management Division**



FDL RESOURCE MANAGEMENT BUILDING,  
28 UNIVERSITY ROAD,  
CLOQUET, MN 55720

For more information,  
Contact Anthony Mazzini, Environmental Outreach Coordinator,  
218-878-7112 | [anthonymazzini@fdlrez.com](mailto:anthonymazzini@fdlrez.com)

# Etc

## FDLTCC hosts 10th Annual Lake Superior Summit

Fond du Lac Tribal and Community College (FDLTCC) was overjoyed to welcome educators from around the region to the 10th annual Lake Superior Summit on the Teaching of Writing & English as a Second Language on Friday, March 3, 2023. The theme of this year's event was Lessons from the Land: Teaching, Learning, Writing, Living.

"This year was exciting for us as an English department, as we had the honor of hosting the 10th Anniversary of the Summit," shared one of the event's organizers and FDLTCC faculty member, Maglina Lubovich, PhD, "We were thrilled to share our beautiful campus and connect with fellow English instructors from CSS, UWS, UMD, LSC, as well as those from local high schools."

The event featured a vibrant keynote by Kat Werchouski & Randy Barker titled "Blending Culture and Science: Medicine Wheel and PERMANENT Model for Well-Being Practices for Self and Community Care."

Katrina "Kat" Werchouski is a proud member of the Red Cliff Band of Lake Superior Ojibwe, with ties to the Leech Lake and Lac du Flambeau Ojibwe tribes as well as the state of Jalisco, Mexico. She currently serves as an Equity and Inclusion Education and Training Specialist for the Minnesota Department of Human Services in the Office for Equity and Inclusion and as Senior Partner and Senior Consultant for Peak Perspectives LLC. Randy Barker, M.S.Ed., LPC, is the Director of Student Health and Counseling Services and the Founding Director of the Pruitt Center for Mindfulness and Well-Being at the University of Wisconsin-Superior.

The Lake Superior Summit was founded with the goal of building connections between writing teachers

in the Northland. The event gives participants the opportunity to create professional development opportunities for one another and provide a space for collaborative conversations which honor the deep level of expertise of all conference attendees. The Summit is hosted by a different college in the region each year.

"The Lake Superior Summit creates a space for area educators in both K-12 and higher education settings to connect, discuss current issues in education, and learn from each other," shared one of the event's organizers

and FDLTCC faculty member, Darci Schummer, "It is a day where people gather in a relaxed environment and leave feeling refreshed and ready to re-engage with their work."

For more information on the 10th Annual Lake Superior Summit, please visit: <https://fdltcc.edu/10th-annual-lake-superior-summit/> or contact Darci Schummer at [dschummer@fdltcc.edu](mailto:dschummer@fdltcc.edu).



*Youth Sobriety Feast*

**Wednesday, April 12, 2023**  
**5pm - 6:30pm** | Cloquet Community Center Gym

FOR ALL YOUTH CELEBRATING THEIR SOBRIETY AND THEIR FAMILIES. THIS IS A SPECIAL EVENT TO HONOR OUR YOUTH IN SOBRIETY.

THIS EVENT WILL BE HELD THE SECOND WEDNESDAY OF EACH MONTH.

Fond du Lac Human Services Division | Substance Use Disorder Department

All young adults are welcome to attend the sobriety feast to celebrate their sobriety. I would like to welcome young adults to our sobriety feast; for our youth to see them as mentors living a sober lifestyle; that they too can see sobriety is possible, the beauty and benefit it brings to living a sober lifestyle in our community.

# Car Seat Training



### 2023 Schedule

- Thursday, January 26<sup>th</sup>
- Thursday, March 16<sup>th</sup>
- Thursday, May 4<sup>th</sup>

### Lower Level Conference Room | Social Services Door W1

5pm - 8pm

To RSVP, please contact  
 218-878-2145.

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



# Health News

## April is Cancer Control Month

April is Cancer Control Month where every year in April the country honors millions of Americans who are currently battling cancer as well as cancer survivors. Cancer remains the 2nd leading cause of death in the United States.

April is a time to raise awareness for cancer prevention, early detection of cancers, and treatment.

Cancer awareness and prevention continues to be important as in the last year approximately 2 million people were diagnosed with cancer in the United States alone.

There are a few Cancers to recognize that are noted below:

Take Down Tobacco National Day of Action on activism (Kick Butts Day) is Friday, Mar. 31, 2023 (celebrated in March and April in certain years). On average 500,000 American's die every year from

smoking. Tobacco use remains the single largest preventable cause of death and disease in the United States.

There has been more funding for underserved, rural, and minority populations, which often have higher rates of cancer, yet lower rates of cancer screenings. Due to the lower rates of screenings, when cancer is detected, it is unfortunately in the more advanced stages. National Minority Cancer Awareness April 17th-23rd is dedicated to increasing awareness among racial/ethnic minority groups regarding the importance of early cancer detection.

The Burgundy/White Ribbon represents Head & Neck Cancer Awareness. Oral and Oropharyngeal Cancers, more commonly referred to as Head & Neck Cancer will be diagnosed in about 50,000

people this year in the United States. These cancers are more than twice as common in men as in women. Over 60 is the average age of diagnosis.

HPV Vaccination World Vaccination Week is April 24th-30th. It is essential to get vaccinated. It is recommended for children 9-15 years of age to receive a 2-dose series for the HPV Vaccination. For those 15-26 years of age it is recommended to receive a 3-dose series for the HPV Vaccination. HPV infects the oral cells. HPV generally has no symptoms.

The Periwinkle Ribbon represents Esophageal Cancer. About 17,650 new cases of esophageal cancer will be diagnosed this year, with over 70% of those cases occurring in men.

The Orchid Ribbon represents Testicular Cancer Aware-

ness. About 9,500 new cases of Testicular Cancer will be diagnosed this year. This is a disease of young and middle-aged men with the average age at time of diagnosis is at about 33 years of age.

All Cancers are important for the above Cancer Awareness days, weeks, and months. The best protection is early detection, being proactive with your health, education, and awareness. There are also a few other ways for prevention that may help: Avoid commercial tobacco use or find a way to quit, protect your skin from the sun, eat a healthier diet including more fruits and vegetables, maintain a healthy weight and be physically active, get immunized (HPV and hepatitis vaccines), know your family medical history, learn risks involved with cancers,

and get regular cancer screenings

Remember to talk with your health care provider if you have more questions for yourself or a family member you are caring for or advocating for.

Sources: National Cancer Institute (NCI), HHS Office of Minority Health, U.S. Department of Health and Human Services; Control and Prevention; The Office on Women's Health. Centers for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov) American Cancer Society (ACS) [www.cancer.org](http://www.cancer.org) Prevent Cancer [www.prevent-cancer.org](http://www.prevent-cancer.org) A message from your Fond du Lac Cancer Prevention Program. Please contact Fond du Lac Health and Human Services Division Community Health Services for more information on any of our health-related programs at (218) 878-3790

## Recipe of the month Citrus Quinoa Avocado Salad

1/2 cup cucumber, diced  
1 cup cherry tomatoes, cut in half  
2 small cloves garlic, minced  
1/4 cup red onion, chopped  
1 bunch cilantro  
2 cups spinach, thinly sliced  
1 15.5 oz can no salt added garbanzo beans (drained and rinsed)  
1 cup cooked and cooled quinoa  
2 medium avocados, diced

For the dressing:

Juice of 2 lemons  
Zest of 1 lemon  
2 tsp. Dijon mustard  
1 Tbsp. olive oil  
1 tsp. honey  
1/2 tsp. ground cumin  
Dash of cayenne pepper (optional)  
Salt and pepper, to taste

Makes 4 servings. Per serving: 390 calories, 20 g total fat (3 g saturated fat, 0 g trans-fat), 0 mg cholesterol, 43 g carbohydrates, 11 g protein, 13 g dietary fiber, 110 mg sodium, 6 g sugar, 1 g added sugar.

Directions

1. Place all salad ingredients in a bowl.
2. Whisk all dressing ingredients together in a separate bowl.
3. Drizzle dressing over salad mixture and gently toss ingredients together until dressing is incorporated throughout.

Recipe adapted from: <https://www.aicr.org/cancer-prevention/recipes/citrus-quinoa-avocado-salad/>

## National Infant Immunization

By Callie Bassett, RN, CLC, Community Health Services

April 24-30 is National Infant Immunization Week! Now that we are approaching endemic phases of COVID, it's a good time to check with your child(ren)'s healthcare provider to ensure they are up to date on their immunizations! The best way to provide protection against the 14 (Polio, Tetanus, Influenza, Hepatitis B, Hepatitis A, Rubella, Hib, Measles, Whooping

Cough-Pertussis, Pneumococcal Disease, Rotavirus, Mumps, Chickenpox, and Diphtheria) serious childhood diseases is through immunizations.

Vaccines are the most successful and cost-effective public health tool available for preventing disease and death! Vaccines help protect both individuals and communities by preventing and reducing the spread of infectious diseases. The U.S. has a long-standing vaccine safety system that ensures vaccines are as safe as possible. When new

information and discoveries are available, vaccine recommendations are monitored, updated, and improved. Having the most current and up-to-date vaccines are a shared responsibility between families and healthcare providers.

COVID is still a concern within our community. Our medical department is offering Moderna vaccines to infants 6 months and older. Please download the "docket" app or call (218) 878-2190 to check on your child's immunization status!

# Health News

## A Colorful Rainbow of Fruits and Vegetables

Fruits and vegetables are great sources of vitamins, minerals and fiber. Fruits and veggies can help in weight loss or weight maintenance goals. They can help reduce the risk for diseases such as heart disease and cancer. They assist in reducing birth defects, normalizing blood pressure, promoting healthy skin, eyes, teeth and bones and they can help the body fight against infections and heal wounds.

Be sure to eat a variety of colors when eating fruits and vegetables. Although all fruits and vegetables can be healthy, eating a variety of colors helps one get a good mix of nutrients.

Here is a general breakdown of the benefits of eating a variety of colors:

- **RED:** fruits and veggies, red in color, may contain vitamin C, folate, flavonoids (antioxidants that help with a variety of things such as inflammation and reducing cell or tissue damage) and lycopene. Lycopene is an antioxidant that has been associated with reducing the risk of some cancers and providing some protection to the heart. Examples of red fruits and veggies include tomatoes, strawberries, watermelon, red apples and beets
- **ORANGE & YELLOW:** many orange and yellow fruits and veggies contain beta-carotene (an antioxidant that can be associated with reducing risk of cancer, reducing risk of heart disease and improving immune function). They may also contain vitamin C,

vitamin A and fiber. Examples include squash, carrots, sweet corn, pineapple, pumpkin and yellow bell peppers

- **GREEN:** green fruits and veggies assist in removing cancer-causing compounds from the body. They may also have vitamin K, folic acid and potassium. Think broccoli, spinach, limes, kiwi and green peas for ideas that are green
- **BLUE & PURPLE:** these fruits and veggies may contain fiber and anthocyanins (antioxidants that help the heart and may lower the risk of cancer). Examples include blueberries, eggplant, plums, raisins and blackberries
- **WHITE/TAN/BROWN:** having little or no color might make one think they aren't as beneficial as the others, but they are. They

may contain vitamin C, fiber, potassium, folate and flavonoids (remember this antioxidant mentioned under the REDS?). Examples include bananas, garlic, mushrooms, onions and cauliflower

There are hundreds of different varieties of fruits and vegetables and they are so versatile it makes it easy to include them in your everyday eating. A few suggestions to increase intake include:

- Keep fruit and vegetables in sight, available and easy to grab.
- Place fruit that does not need refrigeration in a "fruit bowl" on the table or counter. Have refrigerated, pre-washed, pre-cut veggies in snack baggies for an easy to grab and go snack
- Add additional frozen vegetables

to soups and hot dishes

- Add a salad to lunch and dinner  
Make smoothies! Be sure to include some vegetables, like spinach, for a nutrition boost
- Add lettuce, tomato, avocado and onion to a sandwich, burger or chicken sandwich
- Add fruit to yogurt or cereal  
Choose fruit as the dessert  
All forms matter- fresh, frozen, canned or dried. Just be sure to avoid any added sugars, salts or oils. Now go out and "eat a rainbow" of fruits and vegetables!

*\*Sources include the Academy of Nutrition and Dietetics, fruitsandveggiesmatters.org, todaysdietitian.com and CDC*

## New IBCLC

By Kara Stoneburner, RDN LD, Community Health Services Dietitian

The Community Health Department at FDL would like to welcome our new International Board Certified Lactation Consultant (IBCLC), Ashley Erickson!

"I am a mother to three beautiful, happy, and very active boys! I've been married to my best friend for 15 years and have been blessed with working in OB/lactation for the past 10 years. I have both rural and urban setting hospital experience. I absolutely love labor and delivery, but breastfeeding has always been my passion. I have

nursed all three of my boys, and each experience has been unique/challenging in its own way. I have professional and personal experience with labor, delivery, breastfeeding, and everything in between. My goal is to help ALL families reach their long-term breastfeeding/lactation/feeding goals.

"Being an OB nurse and IBCLC, I'm very passionate about innate healing and trusting in your body. Everyone's journey is unique, I'd love to be a part of yours, and help you reach your goals."

If you're in need of breastfeeding support, ask your provider to make a referral to Community Health Service's IBCLC - Ashley Erickson!

*They learn from watching you...*

# Eat More Fruits and Veggies

*and your kids will too!*



This institution is an equal opportunity provider.  
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

**Fond du Lac Human Services Division | Community Health Services**



# Ashi-niswi giizisoog (Thirteen Moons)

Language Page:  
Ashi-niswi giizisoog  
Ojibwemowin Page  
Anishinaabemowin Lessons

**Basic Ojibwe words and phrases:**

**Double Vowel Chart**

This is how to pronounce Ojibwe words. All consonants sound the same as in English. "Zh"- sounds like the "su" in measure "a"- sounds like the "u" in sun "aa"- sounds like the "a" in father "i"- sounds like the "i" in sit "ii"- sounds like the "ee" in feet "o"- sounds like the "o" in go "oo"- sounds like the "oo" in food "e"- sounds like the "ay" in stay Questions Do you know him/her?- Gigik-enimaa ina? Do you remember?- Gimik-wenden ina? How are you?- Aaniin ezhi-ayaayan?

How is it outside(what is the weather like)?- Aaniin ezhiwe-bak agwajiing? How old are you?- Aaniin endaso-biboonagiziyan? What are you called(name)?- Aaniin ezhinikaazoyan? Where are you from?- Aandi wenjibaayan? Where are you going?- Aandi ezhaayan?

**Phrases**

Come here!- Ondaas  
Come in- Bendigen  
Hello- Boozhoo or Aaniin  
My name is (your name)- Niin (your name) nindizhinikaaz.  
Please- Daga  
Say it again(repeat)- Ikidon miinawaa  
See you again- Giga-waabam-in menawaa  
See you later- Giga-waabamin naagaj  
Thank you- Miigwech

## 13 Moons FDLTCC Extension Program

# Tortillas and Tamales Making Workshop



When: Saturday, April 15<sup>th</sup> 2023 10am-12pm

Where: Na'enimonigamig Kitchen and Cannery

964 Cary Rd Cloquet Mn 55720

Contact: [phillipsavage@fdlrez.com](mailto:phillipsavage@fdlrez.com)

Phone: 218-878-7123

13Moons will be hosting an Tortillas and Tamales workshop at Fond Du Lac Na'enimonigamig Kitchen and Cannery. The first 12 registered participants will learn how to make handmade Tortillas and Tamales with instructor Erika Resendiz Alonso. Supplies will be provided. This workshop is free and open to the public.

**Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog** This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.



# 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 April 17, 2023 for the May 2023 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 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

I would like to wish **Loretta Brown** (Apr. 4) a happy birthday. *Love, Darrell*

I want to wish our baby daughter **Kelsey "RIE" Diver** (Apr. 4) the happiest 28th birthday. *Love, Mom and Dad*



Happy 2nd birthday, **Benny Northrup** (Apr. 6)! We love you so much. We cannot wait to see where life takes you, little

man.

*Love you forever- Mom, Dad, 45, and Retts*

Mimi & Papa wish a happy 4th birthday to **Emma Switzer** (Apr. 11). Papa would like to share, you are Papa's prettiest Girl in the whole world and he loves you so much and happy 4th birthday! Mimi says happy 4th birthday to you, Goose! May your special day and your 4th year, be filled with love & happiness! Love you so so much & happy birthday!

*Love, Mimi & Papa*

*P.S. I love you the mostest of the mostest!*

Happy birthday **Sue Woods** (Apr. 18) from your favorite (and only) sister.

*Love, Linda*

Happy birthday to my beautiful daughter-in-law **Stephanie Dunaiski** (Apr. 26) and my amazing grandson Mason Dunaiski (Apr. 28).

*Love, Grandma Linda*



## Obituary

**Brian Cadotte**, 75, Lake Nebagamon, Wis., died Friday Feb. 10, in Lake Nebagamon.

Per Brian's wishes no services will be held.

**Nicholas Scott Reynolds**, 42 of Cloquet passed away on Friday, February 17, 2023. Nick was born in Cloquet on December 31, 1980 to Ralph and Dawn Reynolds. Nick was a member of the Fond du Lac Band of Lake Superior Chippewa. Nick went to Carlton High School. He worked as a handyman in the area.

Nick enjoyed fishing, camping and drawing. As a child he had a natural green thumb for gardening. He enjoyed spending time with his family, especially his grandkids who he thought the world of. No matter what he was going through he always thought of others before himself. Always willing to give a helping hand in a variety of different areas. Additionally, he was an avid campfire starter.

Nick was preceded in death by an infant son, Kandin Reynolds; and grandfathers, Kenneth Reynolds and Delwin Rilea. He will be greatly missed by his father, Ralph Reynolds; mother, Dawn Rilea; daughters, Araya Reynolds and Isabelle Reynolds; grandsons, Kyrie Reynolds and Lorenzo Smith Jr.; siblings, Robert (Nichole) Reynolds, Sarah Murray, Amber Freeman, Steven Reynolds, Tricia Gottschalk, Emma Gottschalk, Destiny Reynolds, Dustin Reynolds, Shelby Reynolds and Gavin Reynolds; grandmothers, Sandra Reynolds and Elaine Rilea; and numerous nieces and nephews.



**Samuel "Sam" Kyle White, "Manidoo Inini"** meaning "Spirit Man," age 34, of the Bear Clan and Cass Lake, MN, started his spiritual journey on Thursday, February 16, 2023, from Duluth, MN. He was born on June 27, 1988, in Minneapolis, MN, the son of Neva Mueller and Simon White, Jr.

Sam was always smiling. He was a loving, caring, and loyal young man. He loved hot sauce on everything, listening to music, especially music by "Lil' Durk", and was a smooth talker. Sam was always dressed with style. He enjoyed being outdoors, chilling by the lake, and hanging with family, especially loved time with his nieces and nephews. Sam was very photogenic. He loved his mother more than anything in this world, she was his rock. He liked playing chess, cards, basketball, and Xbox with family. He was a great artist and drew many wonderful pictures. Sam and his brothers were known as the "Three Amigos" as that's what their mom always called them. Sam will be greatly missed by all who knew and loved him.

Those Sam leaves behind to forever cherish his memory are his dad, Simon, Jr.; son, Caise Ruhanen-White of Duluth, MN; brothers, Robert (Renee) Budreau, Jr., Anthony (Lena) White, Simon White III, Jacob Budreau, Sr.; special brothers, Michael "Squid" Siewert, Ira Goodwin; sisters, Brittany (James) Budreau, Leah (Clinton) Jacobs, Janelle Kingbird; and numerous other family members and friends.

Greeting Sam in the spirit world are his beloved mom, Neva Mueller; grandma, Beverly Thompson; grandpa, James Mueller; sisters, Deena Budreau, Nina Roberts;

and too many other relatives to list.

## Winnie Lorraine LaPrairie

passed away peacefully, Friday, February 24, 2023 at Abbott Northwestern Hospital in Minneapolis with her family by her side. She was born March 12th, 1953, in Cloquet, MN to George and Theresa LaPrairie, she was the 4th of 7 children. She was the first in her family to graduate high school. In 1973 she married Mushkooub. She went to school for carpentry and worked as a Journeyman. Winnie was a founding member of, and pivotal, in obtaining charter status of the Minisinaakwaang Leadership Academy. She attended FDLTCC and went on to pursue an elementary education degree at UMD. She also has a BA Indian Studies from BSU. She was supportive in the initiative of Indigenous Treaty rights and protecting the harvesting of Indigenous foods. She supported and advocated alongside her husband in legislative and Federal Treaty endeavors.

Winnie was meticulous in her sewing, beading, cooking, preparing and planting. She taught individuals her special skill of traditional and old moccasin making given to her from elders when she was first reunited with Mushkooub. She was part of the Rice Lake village '1 Ton club' and once harvested over 600 lbs of manoomin in one day. She also harvested a moose with only 1 shot. She walked on fire in Hawaii. Winnie lived by her Native beliefs and followed those teachings in giving to others in many ways unconditionally. In times of loss, she would be the one to step up and fulfill the role of properly 'sending them off'.



# Community News

Winnie was a drum member and 2nd degree Mide, an expert in Indian education and a founder of Indian education in East Lake. She was a gifted Indigenous Artist, mentor to many young Native artists, champion ricker with her husband, Ojibwe language teacher for little ones, and a kind and beautiful woman loved by many. She loved each and every one of us so deeply.

Those who are greeting her in the spirit world Waynaaboozhoo and Sky Woman; parents, George and Theresa LaPrairie; beloved husband, Mushkoob; brothers, George, Bruce, and Michael; and sisters, Elizabeth and Millie; niece, Waubunoquay; uncles, Rollin, Chick, Roger Smith Sr., Bill Muck, Rupert, and Lawrence; aunties, Bernice, Valerie, Audrey, Winifred, Rosie, Lady, Caroline and Mary; daughters-in-law, Amanda Kegg-Aubid and Jana Martineau.

She is survived by her children, Daniel (Christy) Opitchee, Iyaabance (Madonna) Biisaa (Jamie) Christian (Kate), Kateri, Ashla (Mike), Zhaawendaagozikwe (Mark) and Lenore Potter; siblings, Ron (Bonnie), Dawn, Bob, Shirley, Earth, Cynthia, Peggy; grandkids, Danny, Tehya, Emily, Maddie, Caitie, Shea, Keenan, Egiwaateshkaang, Miigwanensag, Isaiah, Blaze, Sophia, Alex, Celeste, Zayzah, Benson, Gendreau, Leni, and baby boy Aubid, Ovaughn, Olivia, Ozzy, Naazhe, Giniw, Avianna, James, Niigaanii ; 6 great-grandkids; brothers and sisters in law, Niib (Candi) Aubid, Tania Rae Aubid, Dawn Aubid, Raina Killspotted, Ira Aubid, and Azhibik (Rachel) Aubid; countless nieces, nephews and cousins; her fur baby, Zhooniyaas.

**Raymond W. Aiken**, 75, of Superior, died on Wednesday, March 1, 2023, at St. Luke's Hospice in Duluth.



He was born on March 9, 1947, the son of Lawrence and Mercedes (Buffalo) Aiken and was a member of the Fond du Lac Band of Lake Superior Chippewa.

He served honorably in the U.S. Marine Corps, including 13 months in Vietnam.

On April 4, 1970, Raymond Aiken and JoAnn Kappedal were united in marriage in Fosston, MN.

Ray worked as an industrial electrician for ME International, Duluth.

He enjoyed beading, spending time on the computer listening to oldies, spending time outdoors whether it was riding his Harley Davidson, lawn mower or being on the deck with something on the grill. Most important to Ray was visiting with friends and family. However, his greatest passion was being with his great-granddaughter, Raigen.

Preceding him in death were his parents; son, Stephan; brothers, Ronald (Lillian) and Lawrence; and sister, Annie Boursaw.

Ray is survived by his wife of 52 years, JoAnn; children, Ray and Kris, both of Superior, and Anthony of Shakopee, MN; 7 grandchildren; 1 great-granddaughter; and sisters, Dorothy (John) Cotter of Pennsylvania, Margaret (Paul) Chiles and Karen (Cletus) Shaw, both of Cloquet, MN.

**Alaina DeFoe-Shofner, (Memeng-waa Ike- "Butterfly Woman")**

passed peacefully on Saturday, March 4th, 2023, at St. Luke's Hospital. She was born and raised in Duluth, Minnesota and currently lived on the Fond du Lac reservation with her husband John and her cats. She was a proud member of the Fond du Lac Ojibwe Tribe. She graduated from Duluth Denfeld High School and took college photography classes in the Twin Cities. Alaina provided many years of service to the Fond Du Lac



Reservation including positions in the Human Resources Department and as a slot Supervisor at Black Bear Casino. In the last 5 years she has been able to spend time with her husband in the garden and watch football "GO VIKINGS". She was passionate about gardening, butterflies, hummingbirds, and the outdoors. Alaina enjoyed her trips on the motorcycle with her husband and four wheeling around her yard. She was a caring, thoughtful, and a generous person who loved to get to know people and help whenever she could. She was quick to offer a joke or smart remark when trying to smooth any situation out. Alaina will be remembered for her laugh and smile as well as her feisty "I can do it myself" attitude.

Alaina is preceded in death by her sister, Dawn; brother, Dion; mother, Judith; and father, Francis. She is survived by husband, John; son, Cody; stepdaughters, Johnna and Amber; stepson, Jesse; four step-grandchildren; and many nieces, nephews, and family.

**Archie L. Villiard**, age 65 of Cloquet, passed away Sunday, March 5, 2023 at his home. He was born April 17, 1957 in Duluth, the son of Leon Arthur and Mary Louise Villiard. Archie was very strong, smart, and loving. He had amazing dreams for us and the people he cared for. Archie was a beloved father, dear friend to many, and a hard working member of the Fond du Lac Band. He will be dearly missed and leaves us with his wisdom and will forever be in our hearts.

Archie was preceded in death by his parents; Mary Louise Villiard and Leon Arthur Villiard; and one son, Stephen Villiard. He is survived by his children, Phillip Villiard, Alex Villiard, Moira (Sylvester) Villiard, Aurora Villiard, Jaquelynn Jo Vil-



liard, and Nicole Villiard; siblings, Mary Ann (Bruce) Blacketter, Nora (Mike) Breems, Rita (Tim) Marczak and Crystal (Chris) Randall; many grandkids, great-grandkids, nieces and nephews.

**David M. Lucia**, 71, of Duluth passed away due to complications of multiple myeloma on Saturday, March 4, 2023, at St. Luke's Hospice in Duluth.



David was born in Superior on April 1, 1951, the son of David S. and Josephine (Martineau) Lucia.

He married Shawn Lucht on Oct. 8, 2014, and they celebrated 8 years of marriage. He worked various jobs over the years and was most recently at Fond-du-Luth Casino.

David's family was most important to him. As a teenager, he left high school early to care for his mother. As he grew older, he enjoyed spending time with his kids and grandkids. He was a great cook and loved cooking holiday meals. He also enjoyed crocheting, reading, watching movies especially horror movies, musicals, drawing, and telling stories. He would also spend time playing games on his phone and Facebook.

He was preceded in death by his parents; son, Christopher Lucia, Sr.; granddaughter, Lyric Eades; and siblings, Mary Chiles, Carol Jacobson, George Martineau, and Chuck Josephson.

David is survived by his husband, Shawn of Duluth; son, Joseph (Nicole) Lucia of Bullhead, AZ; daughter, Susan (Mike) Lucia of Duluth; daughter-in-law, Wendy Lucia of Duluth; mother of his children, Linda Lucia; 15 grandchildren and 8 great-grandchildren; and many nieces and nephews.

**Carol Jeanne (Bergrund) Jaakola**, 80, passed away Feb. 28, 2023. She was born March 3, 1942, to Albin

"Nubs" and Katherine (Sheehy) Bergrund. Carol was the oldest sibling to Kathy and Joanie.

Carol grew up in Cloquet on the Fond du Lac Reservation, where she was an active enrollee member. She attended Cloquet Public Schools until age 16, earning her GED diploma. In February of 1957, her path crossed that of Edward Jaakola. Their separate paths quickly became one, and they tied the knot on Oct. 24, 1958. She went on to attend the University of Minnesota, Duluth, and Fond du Lac Tribal and Community College, where she earned her associate of arts degree as well as a certificate to teach Anishinaabe studies, which she utilized in teaching Cloquet school district students the Ojibwe language and culture. Carol coordinated the GED program for the Reservation for several years.

She retired from Cloquet High School in 2001, then devoted her spare time to the Carlton County Historical Society, and the Fond du Lac Reservation Historical Society, which she started herself. Carol's true passion lay in her culture and its history. She was always working on something to do with genealogy or Fond du Lac history.

She loved the outdoors and wildlife. When wasn't enjoying nature firsthand, she was tuned in to the "National Geographic" TV show. She and Ed shared this interest, and enjoyed traveling together. Throughout their 62 years of marriage, Carol and Ed managed to travel to 34 of 50 states, Alaska being a favorite. The home they built on Cedar Lake was where Carol and Ed raised their five children, and later on some of their grandchildren. The extremely family-oriented person she was, Carol always spent time with her loved ones, and made her house feel like home to all who walked through the door. Chances are she



# Community News

even took a picture - or 100 - of you. Whether with her disposable camera or phone, she loved capturing memories.

Carol was extremely selfless, and had a heart of gold that always pushed her to go above and beyond for everyone. Through years of teaching and being an active community member, she touched the hearts of multiple generations of people. Her comforting, kind and considerate personality will be missed by all that knew her.

Carol is survived by son Edward (Wendy) Jaakola; son Dean (Lori) Jaakola; son Darryn Jaakola; daughter, Lorri (Chris) Antus; son Dwayne (Rita) Jaakola; 11 grandchildren and 13 great-grandchildren; sisters, Joanie (Mike) Kunze and Kathy Peil; and countless extended family and friends, all she considered her own.

She was preceded in death by her husband, Edward Jaakola, and par-

ents, Albin "Nubs" and Katherine (Sheehy) Berglund.

**Michael Millard** was a beloved husband, father of 3 eagle scouts, grandfather, brother, and uncle.

He was an avid sports fan; he loved his Kansas City Chiefs and Oakland A's. He also enjoyed the great outdoors, camping, hunting, and going to the gun range. He was a true patriot and loved his country, he was proud to have served in military and believed it was his duty and honor.

Michael enjoyed walking his dogs and talking with his neighbors, he believed in community. Michael was deeply involved with scouting, being a merit badge counselor, building ceremony bridges and other crossover events. He also enjoyed mentoring youth and was a baseball coach

for many years and even taking his team to the playoffs. When he was in his youth, he loved playing baseball and swimming where he was affection known as "Moby."

Michael and Wendy had a long-lasting marriage and would have been married 45 years on May 7. Michael had a great sense of humor, and he always reminded

people they need to keep a sense of humor and displayed it such a fashion that was unique to him.

His favorite saying was: I stand for the flag and I kneel for the cross.

## Thank you

For all your help, I want to thank the **snowplowers and shovelers** and all who help. This has been an unending snow, taking a toll on many. Continue to be safe and warm as you are out in the weather. Appreciate all you do.

*Darlene*

## FDL job openings

Fond du Lac Reservation and its enterprises has many terrific job openings available. If you are looking for a great place to work, visit the FDL website (<http://fdlrez.com/HR/employment.htm>) to find the perfect job for you.



## Pictures from the 80's

Here's another photo from a Vista worker, who worked for Fond du Lac from 1980-81. If you can identify someone in this picture, please email zacharydunaiski@fdlrez.com, call me at (218) 878-2682, or stop by.

**SAVE THE DATE!**

**MINO-BIMAADIZIWIN**  
~ A HEALTHY LIFE ~

**FOND DU LAC**  
**HEALTH FAIR**

**TUESDAY, JUNE 13, 2023 | 12 PM - 3 PM**  
**OTTER CREEK EVENT CENTER**  
**BLACK BEAR CASINO RESORT**

Brought to you by the Fond du Lac Human Services Division

**APRIL  
1 - 29<sup>TH</sup>**



# **GOLDEN** *Eggstravaganza!*

**SATURDAYS, APRIL 1, 8, 15, 22 & 29<sup>TH</sup>:**

- **START EARNING ENTRIES ON SUNDAY, MARCH 26, 2023.**
- **SIXTEEN (16) CASH WINNERS EACH NIGHT 6 - 9 PM**
- **WINNERS CAN WIN UP TO \$5,000!**

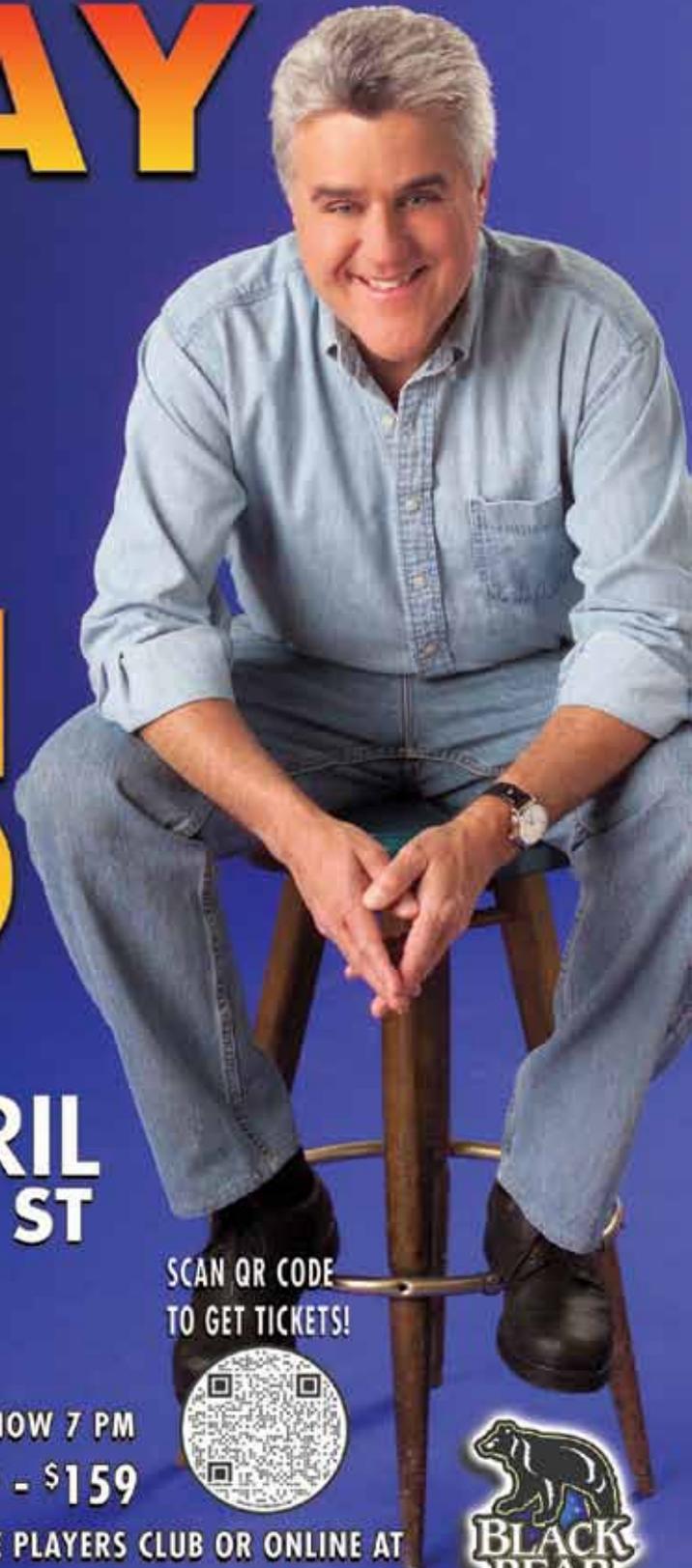
**blackbear**casinoresort.com



See official rules. Owned and operated by the Fond du Lac  
Band of Lake Superior Chippewa. Management reserves all rights.

LIVE IN THE OTTER CREEK EVENT CENTER

# **JAY LENO**



**APRIL  
21<sup>ST</sup>**

SCAN QR CODE  
TO GET TICKETS!



DOORS 6 PM | SHOW 7 PM  
**TICKETS \$79 - \$159**

AVAILABLE AT THE PLAYERS CLUB OR ONLINE AT  
**blackbear**casinoresort.com

