

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



James Wichern, FDLOS Senior, showcasing the toolbox he made as part of the Career Technical Education (CTE) collaboration between FDLOS and Cloquet High School during an interview with WDIO.

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Local News

FDL students gain hands-on experience at CHS

By Zachary N. Dunaiski

Starting this year, many Fond du Lac students are partaking in a unique hands-on educational experience at Cloquet High School (CHS) in Career Technical Education (CTE). As part of a two-year grant, CHS is hosting Fond du Lac juniors and seniors who are interested in getting a head start in many career fields like construction, auto mechanics, 3D design and modeling, foods and nutrition, and world foods.

In the spring semester of 2024, nine FDL students attend classes at CHS including eight of this year's 13 seniors. The grant, which covers this year and next year, is a collaboration between FDL and CHS to get students from both schools more experience in technical fields and give them a leg up on others who are entering the work force. FDL students who go over to Cloquet to take these classes are bringing back knowledge and excitement that they share with their fellow classmates. Vicki Oberstar, Guidance Counselor at the Fond du Lac Ojibwe School, knows that excitement may just lead to more students getting involved next year.

"This is the first year of our grant. Within the next month or so, I'll start talking to the sophomores and juniors to see who wants to sign up for next year," Oberstar said about where she sees this collaboration going next year. "I'm hoping more will go next year. I don't know for sure, but I'm hoping

we will because I know the kids that did it this year are really enjoying it and they're liking what they're doing and they keep going to it. So that's a good sign that they want to keep going to those classes."

Students who have gone over to Cloquet for these learning experiences have done well with the classes, but have also been mature and well behaved, representing the Fond du Lac Ojibwe School honorably. That's something that staff have been very proud to hear, and part of why they've been allowed to participate in the program.

While this particular partnership is new, FDL partnering with area schools for additional learning experiences is not new as Oberstar stated.

"We do have a long history here of trying to offer our students opportunities. We've done different partnerships over the years with Cloquet," Oberstar said about why she knows this type of program can be successful. "I think it's important for people to know this isn't the first time we've done it and we keep trying to have innovative ways to work with our neighbors to offer our kids other opportunities and we are willing to collaborate with others to do that. One of those opportunities was back in the 90s, we had a school to work grant and with that we started a certified nursing assistant program and that ran at Cloquet."

The biggest challenge for the two schools has been the logistics of transporting interested students. Cloquet has been instrumental in facilitating transportation for Fond du

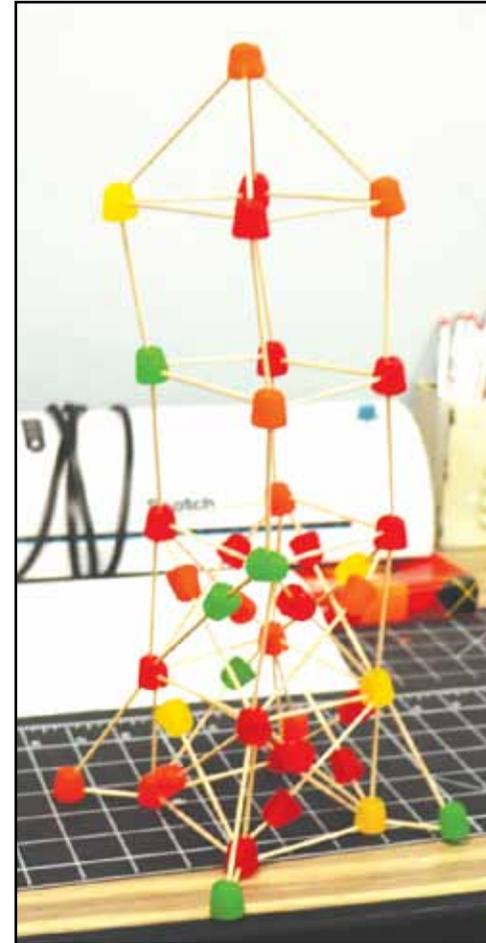
Lac students, ensuring they can access the courses seamlessly.

The program's main focus is on preparing students for real-world scenarios. By offering courses like auto mechanics and construction careers, FDL students have had the chance to gain practical skills that prepare them for those industries before even technically starting them. Additionally, these courses open doors for students to pursue further training, such as obtaining a commercial driver's license (CDL) or connecting with trade unions for apprenticeships.

"The fact that we've been partnering with Cloquet over the years in different areas trying to provide kids with more opportunities and more exposure to what the industry wants, so they leave high school prepared," Oberstar said about how this is such a great opportunity for FDL youth.

Oberstar, and others at FDLOS hope that the success of this program will lead to more grant funding so that this type of collaboration can continue with Cloquet beyond the two year grant that we're currently in. There is also hope that this type of collaboration may lead to other learning collaborations.

Programs like these will give FDL students a chance to embrace skills and activities that they are interested in and enjoy doing. It will also give them a head start over others in the area going into those same fields, clearing a path for their future success.



The tower James Wichern, FDLOS Senior, made with a CHS student as part of the CTE program to learn engineering skills.

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Translation: Stories from where the water stops

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Cloquet, Minn. 55720.

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

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

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

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

Corporate Member of the
Native American Journalists Association

Local News



Embracing our Anishinaabe roots through nurturing healing

By Zachary N. Dunaiski

At Anishinaabewigamig Language and Learning Center (Cultural Center) there are many different activities to partake in, but many only think about the language part of the new building. On the cultural side of the building many dedicated staff are available for a diverse range of services aimed at fostering community wellness and revitalizing ancestral connections.

Gwiiwizens (Ricky DeFoe), FDL cultural counselor, acknowledges the complex times we live in and the difficulties of maintaining our cultural identity through this ever-changing world. Gwiiwizens wants to help those in need with a natural healing method with a men's, a women's, and even a co-ed sweat lodge. He also noted there is a woman's full moon ceremony.

"So those are 4 fires going each month. Every week there should be something happening with the fire. We utilize that," Gwiiwizens said of the holistic healing approach. "We have men's groups every Tuesday. Every other one is with the community, so if women want to come and sing, they're welcome. Every other week is just strictly for men, because then we

have men's issues. If we have a large enough group, then we break up and come into the conference room here and we start talking about some of those issues. Not so much a talking circle, but we bring in Elders to share teachings and things with us as men. The women also have those (Thursdays) and they call those the talking circles and it's kind of a potluck. It's not in an organized way."

Those events are always scheduled and can be found on the FDLrez.com website or by calling the cultural center for more information as the dates are subject to change.

Gwiiwizens also noted the difficulties people in our community are going through in this toxic world we live in and navigating it in a way that helps us keep connected to who we are as Anishinaabe.

"Some of the symptoms of this dysfunctional society is the drinking, the drugging, the pain that comes with all the challenges and conditions imposed upon us as a people. And even lateral violence here on the Reservation, it's become a major social problem and it's generational," Gwiiwizens said of some of the cultural healing they help with at Anishinaabe-

wigamig. "Seems like we don't want to address it or even name it, so part of that is here. Sometimes we're part of the problem, not part of the solution. We want to shed light on the big picture and help our people. Some concepts are challenging to understand, we don't have the energy or the time to understand them because we're struggling to stay alive from sun up to sundown. We help nurture relationships, we offer a very welcoming environment here. The doors are open. When we do have relatives that come in, and we refer to them as relatives not clients, that's where the work begins."

These services at Anishinaabewigamig are available for our Anishinaabe community, including Band members, members of other Native communities, and descendants. But Gwiiwizens and his staff know that culturally healing can be hard to get to and that is why he and his staff will also go out into the community to help.

"Because a lot of our relatives are in jail and incarcerated, and we know that's a critical piece because a lot of times we expect people to come to us. Sometimes it's more effective, especially in those crisis moments, to go to them," Gwiiwizens said of helping

those who've fallen into extremely hard times. "It's really a moving moment to be there when somebody's hurting and to be there listening with them and looking for ways to heal from that pain. For us, as indigenous people, there's so much pain, whether it's comes psychologically, physically, or emotionally but how do we respond to that? And do we recognize this so that we're not being a part of a cycle so that we teach our children this and things we want to stop it?"

"If they're in the jail they're full of hurt. And we know that 'hurt people, continue to hurt people.' 'Holistically healthy people will grow holistically healthier people,' and that's what we want.

With the complex world that we live in today, it isn't always easy to help people heal and grow, but Gwiiwizens and his staff do their best while also acknowledging all of our limitations as people.

"We don't have all the answers or as some have said 'we don't got no answers.' But I think that through relationships we can heal," Gwiiwizens said. "Because texting, emailing, even a phone call is a part of disconnection from each other. So therefore, we're disconnected. We feel indifferent. We have no responsibility to each

other. Then there's anxiety and when they actually have to come and talk with somebody, they have no social skills. There's huge anxiety about that. We want to recognize that and deal with it by going to the jails, we go to Northeast Regional Correction Center. We've been to the juvenile center, places like this. That's where the hurt people are and we want to be part of their healing."

Along with these services, the cultural side of Anishinaabewigamig also offers Nanaandawi'iwewin (Traditional Healing) and Wiindaawasowin (Naming Ceremonies).

Finally, Gwiiwizens ended with the powerful message of "not everybody can be cured, but everybody can be healed." This hardworking team at Anishinaabewigamig is dedicated to creating a space where people can come to heal. Our cultural counselor and staff are different from traditional medicine especially in that they welcome walk-ins. People who need help shouldn't have to wait, and staff at the cultural center are available, so stop in or call (218) 878-8160.

RBC Thoughts

Cloquet News

Hello all

Well we made it through another month without moving snow. We also received about zero snow accumulation and sub-zero weather was at a minimum. Crazy Minnesota weather.



On February 15, the State of the Band gathering was held at the Black Bear Casino Resort convention center. It was fairly well attended. We all shared a nice meal and staff gave out prizes. Our Ojibwe school band performed and they did an excellent job. I can't say enough about the talent that we have in our students. Great job Ojibwe School band!

Our natural resources department is prepping for the upcoming spring fish harvest. In speaking with our Conservation officer, I was informed that some lakes are already ice free, some are partially ice free and some are just starting to lose ice. The harvest will be upon us before we know it. Please visit our Natural Resources website or give them a call for details on permits, rules, and any other regulations.

Some activities for our Elders that were held this month and to look forward to include: Elder Encore Theater – March 15, 17, 21, and 24. Elder Movie morning: March 17, and April 7, Elder Concerns Cultural trip: April 20, Elder Chanhassen Dinner theater: May 15, 16. Please contact Mary Barrett at (715) 409-0054, Catherine Follette at (218) 349-7109 Or Loretta Reynolds at the Tribal center at (218) 428-9828, if you have any questions.

Our Cloquet Community Center continues to provide activities daily. Due to space and staffing shortages they unfortunately have to cancel or reschedule activities and some days have to close the community center all together. They are trying to keep the community posted as to any rescheduling or closing. I want to thank the staff for their hard work in keeping our community members busy.

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

Constitution Reform 2024

Boozhoo! MCT Constitution Reform delegates have worked very diligently since 2018 to revise our constitution. We have proceeded to Draft 10 of our Alliance (Constitution) document. We have five subcommittees working to get this done.

You need to know that Local Indian Councils as well as Youth Council, Women's Council, Men's Council, and Elders Council are the essential parts of the new government structure being written. Does that interest you? Come and talk about it with us at a Community Meeting. You all have great ideas and we need to hear them. We can solve so many of our communities' issues by using these councils again. This is what is known as traditional governance and is how our Reservation handled our business not so long ago.

In 1963, the MCT Constitution was revised to include the RBC and blood quantum – by the United States government! Ask your Elders about how things were before that. We certainly are!

The FDL delegates invite you to all of our community meetings and all of the MCT convention meetings. You can find a calendar of events on our website: www.fdlconstitution.org that lists all of our local meetings, convention meetings, and TEC meetings. Bizindaadiwag (They listen to each other).

You can contact FDL delegates by email: delegate@fdlconstitution.org

Find us on Facebook, or by voicemail at: (218) 878-7579
Miigwech. Mi'iw.

Cold Weather Rule

The Cold Weather Rule is a Minnesota law that keeps residential utility companies from disconnecting electric or natural gas services between October 1 and April 30.

Please be aware that if you made this agreement with your utility company, on May 1 the money you haven't paid becomes due. It is similar to charging \$100 a month on a credit card and just making a \$50 payment, now you owe the balance.

After May 1, utility companies can disconnect service and request payment in full. If you owe a bill or bills you are unable to pay, the best thing to do is to contact your companies before May 1, and make pay-

ment arrangements. In the summer when less electricity and fuel are being used it will be easier to pay your bill.

If you haven't applied for energy assistance there still is time. Each state has an energy assistance program. To find your state's program do a google search on "State's Name" energy assistance.

If you have any questions, regarding Energy Assistance feel free to contact Joan (218) 878-2658

Upcoming area Powwows

April 6, 2024

39th Annual University of Minnesota Morris Pow Wow - Contest

Location: Morris, Minn. Cougar Sports Center, 26 E 2nd St.

Info: (320) 589-6095

MC(s): Terry Fidler

AD(s): Gabe Desrosiers

Host Drum(s): Mato Pejuta

Cost: Free admission and feast provided

Additional Info: Doors open at 9 a.m.

April 13, 2024

American Indian Education Pow Wow - Traditional

Location: Champlin, Minn. Champlin Park High School Field House, 6025 109th Ave. N.

April 13, 2024

Minnesota State University Mankato Spring Round Dance - Contest

Location: Mankato, Minn. Kato Ballroom, 200 Chestnut St.

MC(s): Redwing Thomas

Cost: Everyone is Welcome!

Additional Info: 12-4 p.m.

April 20, 2024

6th Annual Student Honoring Pow Wow - Traditional

Location: Arden Hills, Minn. Mounds View High School, 1900 Lake Valentine Road,

MC(s): Deanna StandingCloud and John Bobolink

AD(s): Vinny Dionne

Host Drum(s): Bear Runner

Cost: Free to attend ~ all are welcome.

Additional Info: 1 p.m. Grand entry. 2 p.m. Student honoring. 4 p.m. Kalpulli Huitzil-

lin. 6 p.m. Feast. Invited drums: Imnizaska,

Hoka Maza, White Elk, Little Fire. (hono-

rarium for invited drums only)

April 20, 2024

Robbinsdale Area Schools Pow Wow - Traditional

Location: Robbinsdale, Minn. Armstrong High School, 10635 36th Ave. N.

MC(s): Jerry Dearly

AD(s): Miziway Desjarlait

Host Drum(s): Hoka Hey, Co-host Red Tree Singers

Additional Info: Grand entry at 1 p.m.

April 27, 2024

26th Annual AISCC Spring Pow Wow - Traditional

Location: Minneapolis, Minn. Maturi Pavilion, 1925 University Ave SE

Directions: Parking: University Avenue ramp, 1925 University Ave SE, Minneapolis.

MC(s): Terry Goodsky

Host Drum(s): Cedar Creek, invited: Lake Delton, Eaglefeather

Additional Info: 1 & 7 p.m. Grand entries.

Doors open at 11 a.m. All drums welcome,

no drum hopping, minimum 5 singer per drum. Registration ends at 12:30 p.m.

April 27, 2024

27th Annual Osseo Area Schools Indian Education Wacipi - Traditional

Location: Osseo, Minn. Osseo Middle School, 10223 93rd Ave. N.

Info: Ethan Neerdaels -Email- -Pow wow flier-

MC(s): Ricky White

AD(s): Richard Milda

Host Drum(s): Hoka Maza & Hoka Hey

Additional Info: Grand Entry 1 p.m. Senior

Honoring 2 p.m. Feast 6 p.m.

April 28, 2024

Chiminising Ziigwan Youth Pow Wow - Traditional

Location: Isle, MN. 2605 Chiminising Drive

Info: Cheryl Miller (320) 630-6870

MC(s): Migizi Sullivan

AD(s): George "Budman" Morrow III

Host Drum(s): Little Bear and Little Otter

Additional Info: Grand entry 1 p.m.

Etc

Notice of Hearing

In the Matter of the Estate of HAROLD G. DIVER, SR., Decedent. Case No.: PR-003-19 NOTICE OF HEARING

NOTICE: TO HEIRS, BENEFICIARIES AND INTERESTED PARTIES OF THE ESTATE OF HAROLD G. DIVER, SR.:

THIS MATTER HAS BEEN SET FOR HEARING REGARDING DISTRIBUTION OF THE ESTATE: Monday, April 8, 2023 at 11:15 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

FDL rental fees

Band members: Due to increased costs associated with repairs and replacements, fees will now be charged for renting Fond du Lac tents, tables, and chairs as of February 28, 2024.

Please keep in mind that if you booked before February 28, you will not be charged for your rental needs, and no rental costs will be charged for funeral services.

For any questions about pricing, or to reserve your rental, please call (218) 878-8025 or (218) 878-8028.

Miinikaanan Naasaab Gidiniwemaaganag (Seeds our Relatives)

Monthly seed conversation, March 30, 2024 10 a.m.-1 p.m., Barkers Island next to the Meteor Lake Superior Estuarium 3 Marina Drive, Superior, WI 54880

Seeds, snacks, and conversation

The seeds are stirring and whispering. It is the time we are dreaming of who to plant and how to care for them.

First time seed savers and expe-

rienced seed savers, bring your questions. Bring your knowledge about soil, starting, growing, and saving.

Let's get together and share about seeds, soil, and building community.

Questions: email Miinikaanan@gmail.com Phone: (218) 341-6219 Mark or Mary. Future dates TBD

Achoo! Spring allergens and what to do!

Ziigwan (spring) is here! With its arrival comes longer days and warmer weather that many of us enjoy. Ini-aandakiwinagaamagak (as the season changes) however, some folks will also experience the return of seasonal allergies. As we open our windows to invite nice weather inside and perform "spring cleaning" activities, we wanted to share some information

and tips to help with allergies this season!

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 some common airborne allergens include 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. If you believe you are suffering from allergies, ask your medical practitioner about allergy tests and recommendations that may reduce allergy symptoms.

Pollen is a fine powdery substance produced by the male structures of flowering plants

like trees, grasses, and forbs. 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. If you have an awesiinh allergy, the best course of action to mitigate these reactions is to avoid or

Congratulations

Cloquet girls 4th grade won the 2023-24 grade state championship in Fridley, MN on February 24/25th.

Top left to right: Coach Tom Sewell, Miley Juntunen, Ana Nylund, Keira Ammesmaki, Raylee Butler, Harper Cornick, Halo Ziebol coach Ann Linder Bottom row left to right: Janaya Ghoram, Evelyn Linder, Echo Ziebol Avery Sewell and coach Andie Cornick



FIRED UP ABOUT WELDING

FREE TO ATTEND!

Two day welding exploration camp for high school students

Thursday, April 18 & Friday, April 19, 2024
8:00 a.m. – 3:30 p.m.

Lake Superior College
Downtown Campus

- Learn the basics of welding and create fun projects
- Explore the many career opportunities that exist locally for welders.
- Tour a local welding facility
- Welding personal protective equipment provided.

To register: lsc.edu/FiredUp

For additional information, contact Nicole Charles (218) 733-6836 or nicole.charles@lsc.edu

Attec
Airgas
LABOUNTY

Are you a Caregiver?

The caregivers program can assist you in caring for your loved ones by providing:

- Education
- Training
- Support
- Referrals for respite services

Who is eligible:

Someone taking care of a Native elder

Individuals taking care of a Native person with Alzheimer's disease or related disorder

Native elder who provides care to a child under the age of 18 who is not their child by birth or adoption

A Native elder caring for an adult with disabilities

Please call 218-878-2125 for more information.

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Community Health Services

Etc

reduce exposure to the awesiinh. Pets deemed “hypoallergenic” may not be a guaranteed solution, as there are other sources of allergens 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. Please see our February 2024 Article in the FDL Newspaper for more information on mold.

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...

—Vacuum with a double-layered microfilter bag or high-efficiency particulate air (HEPA) filter.

—Wear a mask to reduce intake of particles while cleaning.

—A moistened microfiber cloth can be a great option to remove dust from most surfaces.

—Reduce clutter (this may make cleaning easier!).

- Switch out carpeting to easier-to-clean flooring like tile or wood.
- Avoid excessive dampness & ensure proper ventilation 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 exposures to known allergens.

For more information about air quality subjects, keep an eye on the Fond du Lac Resource Management Facebook Page, 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, FDL Air Program Technician, Anthony Mazzini, at anthonymazzini@fdlrez.com, or FDL GreenCorps Member, Carson Becicka, at carsonbecicka@fdlrez.com. Miigwech!

FDL waste station hours

Commencing May 1, 2024, the FDL Waste Management Transfer Station will be adjusting hours of operation for holidays.

The new hours of operation for ALL holidays is: 8 a.m.–12 p.m.

Please note the Transfer Station is CLOSED for Christmas Day.

FDL Waste Management appreciates your understanding and patience as we adjust to slightly different hours during holidays which will allow for staff to also enjoy these days with their families and friends.

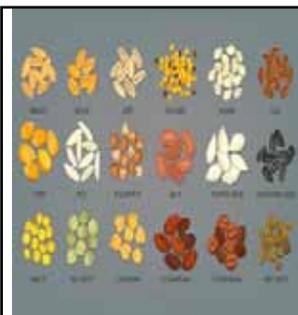
Tribal College Journal features FDLTCC story

The Tribal College Journal is a quarterly magazine which addresses higher education within

Indian country. In their most recent issue, Volume 35 Spring 2024, is a story by Michelle Goose from the American Indian Studies office at the Fond du Lac Tribal and Community College (FDLTCC).

Her article, which cannot be reprinted here for spacing issues, is a great honor to the hard work of the FDLTCC staff and can be read here: <https://tribalcollegejournal.org/aanikoobidooyaang-tying-things-together-ojibwe-language-revitalization-at-fond-du-lac-tribal-and-community-college/>

The article can also be found on page 48 of the printed version. On page 69 is Rain Newcomb, another FDLTCC employee in the English department, with a book review.



MIINIKAANAN NAASAAB GIDINIWEMAAGANAG

(SEEDS OUR RELATIVES)

WE ARE HAPPY TO PARTNER WITH LINCOLN PARK FARMERS MARKET TWO OPPORTUNITIES TO SHARE SEEDS WITH THE COMMUNITY AGAIN THIS YEAR.

COME AND JOIN THE SEED SWAPS

BRING SEEDS YOU HAVE EXTRA, BRING SEEDS YOU SAVE, BRING SEED THAT YOU WON'T BE GROWING OUT TO SWAP

THE SEEDS ARE STIRRING. IT IS TIME TO DREAM OF WHO TO PLANT AND HOW TO BEST CARE FOR THEM.



Come join us on:
March 27th and May 16th

From 3-6 at the Harrison Community Center

We would love to talk seeds and gardening with you.



CHILD ABUSE PREVENTION WALK & BRUNCH

Saturday, April 27, 2024
DRAWING FOR WALK PARTICIPANTS

**Human Services Division,
lower level parking lot**

Registration: 9:30 am
Walk: 10:00 am

Drum Group
Informational Tables
Brunch Will Be Served

For more information or to volunteer, please contact
Fond du Lac Social Services.
Email: MarissaMiller@fdlrez.com
Phone: 218-878-2145
Fax: 218-878-2189

Fond du Lac Human Services Division | Social Services Department

Keep your health insurance

Do you have Medical Assistance or MinnesotaCare?

You can now get text messages when you need to take action to keep your insurance.

Update your contact information to get texts.

Please call FDL Patient Advocates at 218-878-2165 for more information.

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

Etc

Achieving the Dream Awards FDLTCC 2024 LEAH MEYER AUSTIN AWARD

Fond du Lac Tribal and Community College (FDLTCC) is honored to share Achieving the Dream (ATD) awarded FDLTCC the 2024 Leah Meyer Austin Award. The Leah Meyer Austin Award signifies a college's adoption of practices and strategies leading to a student-focused culture, notable increases in student outcomes, and reduction of equity gaps. The announcement was made at ATD's annual DREAM conference, which brought over 2,000 community college leaders, faculty, and student affairs staff to the Orlando World Center Marriott.

"The Leah Meyer Austin Award is meant to recognize deep com-

mitment to equitable student success and whole-college transformation that is inspirational to and emulative for other Network colleges," said Dr. Karen A. Stout, president and CEO of ATD. "At every level of the institution, Fond du Lac Tribal and Community College has demonstrated an unwavering devotion to their students and their student success work, no matter what challenges they encounter..."

FDLTCC joined ATD in 2017 among a cohort of Tribal Colleges that entered the Network through Project Success, a U.S. Education Department and Ascendium Education Group-funded initiative to support TCUs in student persistence, retention, and financial management. As a result of the intense commitment to student success demonstrated by its lead-

ership, faculty, and staff, FDLTCC earned Leader College status from ATD in 2021.

"Receiving the Leah Meyer Austin Award from ATD is an immense honor," said FDLTCC President Anita Hanson. "As a unique institution, we never forget the mission on which our college was founded by the Fond du Lac Band of Lake Superior Chippewa and our core values that have guided us to put our students first. I see those same values in the work of all the Tribal Colleges and Universities that are part of the ATD Network, and so, really, this award isn't so much ours as it is a recognition of the collective hard work in which Tribal Colleges across the country are engaged."

ATD is a national organization committed to increasing the success of community college

students. The Leah Meyer Austin Award is ATD's highest recognition given annually to a college in the ATD Network. To learn more about ATD and the Leah Meyer Austin Award, please visit <https://achievingthedream.org/2024-leah-meyer-austin/>.

Northspan spring Cohort Apply for the Spring 2024 Cohort!

Take your business idea further... faster than you ever thought possible!

Are You a Business Owner or Startup Founder Looking For...

- Help getting unstuck and needing to grow & scale your business?
- A place to safely and quickly explore a new product line or business idea?

• Help with idea clarity, uncovering your ideal customer, and validating feasibility, desirability & viability?

• Coaching, training & practice to simply, quickly & clearly communicate your idea to your customers, investors, funding partners?

• Events where you can showcase your product or business and network with potential funding partners?

• Advice, mentorship & coaching from entrepreneurs and business leaders who've been in your shoes?

• A community of like-minded entrepreneurs and business leaders to connect with?

ILT Academy's Virtual Lean Startup Innovation is a *FREE 10-Week Program for both business owners looking to scale their business and aspiring entrepreneurs

Watch for the circle in blue when it's time to renew



Please call FDL Patient Advocates at 218-878-2165 for more information.



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

Open Enrollment Period

Open enrollment is the annual opportunity to enroll in a private health insurance plan or renew or make changes to a current plan.

2024 Open Enrollment Dates and Deadlines

Open enrollment for 2024 runs **November 1, 2023, through January 15, 2024.**

- Enroll by **December 15** to have coverage start January 1, 2024.
- Enroll **December 16 through January 15** to have coverage start February 1, 2024.

Need to enroll in or make changes to 2023 coverage? See if you qualify for a special enrollment period.

Please call FDL Patient Advocates at 218-878-2165 for more information.



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

Look up when your Medical Assistance or MinnesotaCare renewal takes place



Please call FDL Patient Advocates at 218-878-2165 for more information.



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

Etc

looking to launch. Our highly rated, fully virtual program offers intensive training, hands-on learning and multiple events where you can network with ecosystem partners, investors and banking professionals and other entrepreneurs!

Unveiling of Samuel Zimmerman/Zhaawanoogizhik Painting

Join the St. Louis County Historical Society on Thursday April 4th from 5pm-6pm for the unveiling of a newly commissioned Samuel Zimmerman/Zhaawanoogizhik painting, Maang Sings to the Manoomin, as part of the Twin Ports Festival of History. Zimmerman, a direct descendant of the Grand Portage Band of Lake Superior Chippewa (Ojibwe), will share his process and inspiration for the painting, and answer questions guests might have. Light refreshments will be provided.

Sam's work explores his Ojibwe heritage along with his learnings and experiences in nature upon his return to the Grand Portage reservation. His work preserves shared oral histories, reimagining the symbolism of the clan animals while incorporating the natural landscape of Lake Superior's North Shore. He focuses on continuing the Anishinaabe tradition of storytelling, embedding the themes of environmental stewardship and conservation of the North Shore through his studio and public art commissions.

Artist Statement: The sun is setting after a warm summer day and the Maang floats along. The manoomin is flowering. The maang honors the manoomin with a song, singing its song that travels along the water honoring the manoomin for its gift to the Anishinaabe. The number of stars

in the sky are 170 in total, one for each year since the signing of the 1854 Treaty of La Pointe, that protects off-Reservation hunting, fishing and gathering rights for the Gichi-Onigaming (Grand Portage) and Zagaakwaandagowininiwag (Bois Forte) Bands. The song of the maang always reminds me of the summer evenings with family in Gichi-Onigaming, where we gather for meals and storytelling.

Governor Walz announces Meta will build new data center in Rosemount

The \$800 million project is expected to support hundreds of jobs and bring new renewable energy to the grid

Governor Tim Walz announced that Meta will build an \$800 million, 715,000-square-foot data center in Rosemount, supporting approximately 100 operational jobs and at least 1,000 skilled trade jobs at peak construction.

"Minnesota is excited to welcome Meta to Rosemount – a win for our state that will bring dozens of jobs and invigorate the local economy," said Governor Walz. "Today's announcement is a testament to our commitment to making Minnesota a top state for business, innovation, and investment in our workforce."

"We are extremely happy to make Minnesota and Rosemount our new home. We are committed to playing a positive role here and investing in the community's long-term vitality," said Brad Davis, director of data center community and economic development at Meta. "Rosemount stood out as an outstanding location for our newest data center thanks to its great access to infrastructure, deep pool of talent, and amazing community partners. Our thanks

go to all of our partners that have helped get us here."

"This \$800 million investment will undoubtedly shape the future of our city and bring about positive change and opportunities to our community. Beyond Meta's investment, its commitment to our schools, nonprofits, and STEM education programs will undoubtedly make a great impact," said Rosemount Mayor Jeff Weisensel. "As we welcome Meta to Rosemount, let us embrace this opportunity for progress, innovation, and community enrichment."

Located on a 280-acre parcel of land in UMore Park, the project will contribute millions in tax revenue through local property taxes, fees, and other indirect revenue streams. Like all of Meta's data centers, the Rosemount Data Center will be supported by 100% renewable energy, and Meta will work with partners to add new renewable energy resources to the grid. The campus will also achieve LEED Gold certification after commencing operations in 2026.

The new facility will be Meta's 19th data center in the U.S. and 23rd in the world. Once operational, the Rosemount Data Center will be optimized for Meta's AI workloads as part of the highly-advanced infrastructure that helps bring Meta's technologies, including Facebook, Messenger, Instagram, WhatsApp, and Threads, to life.

"Meta's decision to invest in Rosemount illustrates the story we're sharing with businesses everywhere: we have world-class infrastructure, a tech-savvy workforce and an innovative and creative spirit that makes Minnesota the perfect place to do business," said Department of Employment and Economic

Development Commissioner Matt Varilek. "We are excited to welcome Meta to Minnesota, and to continue encouraging companies everywhere to join us here."

"As a leader in the energy transition, we share Meta's commitment to clean energy," said Ryan Long, president of Xcel Energy–Minnesota, North Dakota and South Dakota. "We are excited to work with Meta to bring energy upgrades to UMore Park, including new transmission lines, that will provide the reliable energy supply needed to power this data center."

"We are proud to partner with Meta as they build a next-generation data center in our region," said Peter Frosch, president and CEO of GREATER MSP. "This facility is part of the cutting-edge industries we're creating in the Greater MSP region that will power the AI tools we need for problem-solving in med tech, regenerative agriculture, sustainable aviation fuel and others. With this and other soon-to-be announced investments, we are on the path to recapturing Minnesota's national leadership in advanced technology."

Upper Sioux Community and State of Minnesota mark the return of sacred land

Mar. 15, tribal and state officials gathered to enact the official transfer of the state-owned land that was within the boundaries of Upper Sioux Agency State Park to the Upper Sioux Community (Pezihutazizi Oyate).

"After years of work, I'm grateful to mark the official return of this land to the Yellow Medicine Dakota People," said Governor Walz. "In 2019, Chairman Kevin Jensvold shared with me the history

and significance of this land to the Yellow Medicine People. Together as partners — Tribal, state, and federal — we worked to return the land to its original caretakers. This isn't us doing the right thing, we are simply undoing the wrong thing."

Today's ceremony at the Upper Sioux Community included an invocation, traditional Dakota customs, remarks from Tribal and state leaders, and the signings of the official deed and a ceremonial deed marking the historic land transfer.

The transferred land is the sacred homeland of Dakota people. It was also the site of starvation and death of native people during the summer of 1862 when the United States government did not provide food promised by treaty. Today, descendants of those who died shared their stories as part of the land transfer ceremony.

"Today is a historic and powerful day for the Yellow Medicine Oyate and the State of Minnesota," said Lieutenant Governor Peggy Flanagan. "It was an honor to be invited by the Yellow Medicine Community to be present during this historic moment, but this didn't just happen overnight. The Governor was the first Governor to visit the Yellow Medicine Community since former Governor Sibley led a war party to them. The Governor and I are committed to continuing our strong partnerships with Tribal governments. We have been working towards this day with Chairman Jensvold since we took office. I am proud to stand with the Governor at Pezihutazizi Kapi Makoce (Land Where They Dig the Yellow Medicine) to witness this historic event."

Consistent with legislation enacted in 2023, the Minnesota Department of Natural Resources closed Upper Sioux Agency State

Etc

Park on February 16, 2024, marking an important step toward today's transfer of the land to the Upper Sioux Community.

"This land transfer is an important moment in our state's history. Given its significance to Dakota people and the tragic events that took place there, it was inappropriate to continue to operate a park at that site," DNR Commissioner Sarah Strommen said. "Minnesota DNR has been honored and humbled to have worked with the Upper Sioux Community on the return this land to the Community. We now look forward to continuing to explore new recreation opportunities in the

Minnesota River Valley."

More information about DNR's public engagement process on future recreation opportunities in the Minnesota River Valley as well as feedback from the public can be found at <https://engage.dnr.state.mn.us/upper-sioux-agency-state-park-recreation-alternatives>

LEGAL NOTICE – APRIL 2024

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:

BELCOURT, Ernest Jr.
BISHOP, Guy
BRADFORD, Evelyn
CADOTTE, Michael D.

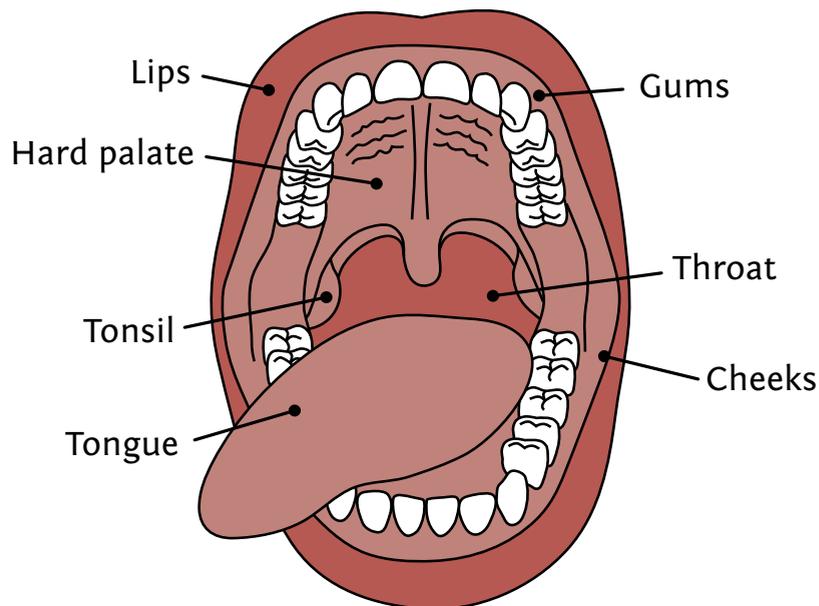
CICHY, Gerard
CICHY, Leslie
COFFEY, Kenneth
DANIELSON, Harvey
DEFOE, Sienna K.
DIVER, Chaya M.
DIVER, Grandon J. II
DURFEE, Arthur
DURFEE, Thomas M.
FAGERNESS, Dennis
FARRELL, Margo J.
FOX, Michael
HOULE, Clinton Sr.
HOULE, Laura
LAPRAIRIE, Robert
LEGARDE, Ava A.
MARTINEAU, Katrina
MARZINSKE, Larry
OLSON, Eugene Jr.
OWENS, Louise K.

PAGE, Timothy
PEACOCK, John
PETITE, Benjamin F.
PETITE, Dale R.
REYNOLDS, Frederick Jr.
REYNOLDS, Nicholas
SAICE, Wallace Jr.
SCURLOCK, Patricia
SOULIER, Gary
ST. GEORGE, Richard J.
TALBOTT, Jack
THOMPSON, Alexis N.
THOMPSON, Catherine Joann
TOPPING, Debra J.
VILLIARD, Archie
WAKANABO, Henry III
WHITE, Samuel
WICK, Marlin

What is oral cancer?

Cancer is a disease where cells in the body grow out of control.

Oral cancer is a disease where cancer cells form in the mouth, lips, cheeks, gums, tongue, hard palate, tonsils and the throat.



What can I do?



AVOID COMMERCIAL TOBACCO

Tobacco exposes the mouth to cancer-causing chemicals. *Learn more at: AICAF.org/quit*



LIMIT ALCOHOL USE

Alcohol can cause cancer by damaging DNA



GET VACCINATED AGAINST HPV

HPV (human papillomavirus) infects oral cells. HPV often has no symptoms. Vaccinating is essential. *Learn more at: AICAF.org/hpv*



LIMIT SUN EXPOSURE

Sun exposure can cause lip cancer. Use a lip balm with sunscreen to protect your lips from harmful sun exposure



MAINTAIN HEALTHY WEIGHT AND BE ACTIVE

Poor diet and lack of exercise can make it easier to develop cancer

Health News

Lung cancer screenings

By Deb Smith, Health Educator
MNAW Community Services

Lung cancer screening is a process used to detect the presence of lung cancer in otherwise healthy individuals who have a high risk of developing the disease. Smoking commercial tobacco is one of the biggest risks factors for developing lung cancer. The recommendations from the Mayo Clinic specifically recommend older adults who are longtime smokers and do not exhibit any signs or symptoms of lung cancer.

Here are key points to consider about lung cancer screening:

- 1. Reason** – the primary goal of lung cancer screening is to detect lung cancer at an early stage.
- 2. Why** - Early detection improves outcomes by the time symptoms appear the cancer is often too advanced for effective treatment.

3. Screening tools – Doctors use a low-dose computerized tomography (LDCT) scan of the lungs to look for signs of lung cancer. LDCT scans are quick, painless, and can potentially save lives.

Who Should Consider Screening:

Anyone who can say yes to all three questions below should get a screening.

1. Are you 50 – 80 years old?
 2. Have you smoked 20 pack years (at least 1 pack per day for 20 years or 2/packs per day for 10 years or ½ pack per day for 40 years)?
 3. Do you still smoke or have you quit within the last 15 years?
- Older Adults: Lung cancer screening is generally recommended for individuals who are 50 years or older and have a history of smoking.
 - Heavy Smokers: People who have smoked heavily for many years (usually 20 pack years or

longer) should consider screening.

- Former Smokers: Even if you quit smoking within the last 15 years after being a heavy smoker, you may benefit from lung cancer screening.

- Generally Good Health: Screening is typically offered to individuals who are in generally good health and do not have serious health conditions that would complicate follow-up tests.

- History of Lung Cancer: If you were treated for lung cancer more than five years ago, you may also consider screening.

What are the Benefits: Studies show that lung cancer screening reduces the risk of dying from lung cancer with early detection. Talk to your healthcare provider for questions related to lung cancer screening or if you need resources to help you quit commercial tobacco.



Photo courtesy of St Luke's Duluth

A recovery story

Name: Shawn Carr

Age: 59

From: Mendota Mdewakanton/
Pembina

Length of recovery: 10 years

What is your “why” for seeking recovery?

I asked myself one day, “Do I just want to die? Or do I have anything to do yet?” I was not ready to die yet. I didn’t know what I had to accomplish yet but I was ready to find out.

How can people best support you during this time?

Just to realize recovery is an ongoing and lifelong process and not to attach stigma to one who has overcome addiction because we do get better. Recovery is a journey of healing.

Are there any self-care techniques that help to keep you grounded and sober?

Most of my self-care is rooted in Spirituality and my connection with the Creator. Realizing each day is a gift and I most likely would be dead if I had continued to follow the path of addiction. Putting out tobacco. Thinking before I react, don’t overreact and giving each situation the time, it deserves. Being aware part of recovery is time and patience.

What are some healthy coping mechanisms that you use to manage uncomfortable feelings?

Usually I like to take a step back and analyze why I am feeling uncomfortable. Getting to the root of the source of those kinds of feelings is often helpful. Sometimes it is caused by something deeper that needs to be addressed. Other times removing myself from the situation is beneficial. Sometimes I just need to immerse myself in my art or meditation to cope. Go to a meeting or talking circle, rely on my sober support network.

Do you have any tips for main-

taining sobriety in early recovery?

The beginning is a crucial time. You need to be strong and even put old friendships on hold. Steer clear of old habits, places and people that make you want to use. I think we all go through that phase in the beginning. There is so much uncertainty in the start. Realize things will not happen overnight, be patient and trust in your own process. Stay focused on your own journey in the beginning. Build a strong sober support network. Avoid other people’s drama at all costs.

What would you like me to know about recovery?

It is a matter of life and death, abstinence is only one part of recovery. I believe trauma is the root of substance abuse issues and it is important to address that trauma. It is not easy and anyone who is in recovery has worked very hard to attain that goal in their life. Recovery saves lives, restores hope and mends broken families. I cannot even begin to count the blessings I can attribute to my recovery.

How has your life changed since entering recovery?

I have repaired my broken relationship with my family. Enrolled in one of my Tribes. Being a Staff Carrier. Left my dead-end job for an awesome good paying job. Got my driver’s license back. I own a vehicle and it is insured. I eat healthier. I can actually see beauty in the world around me now.

What are some activities that bring positivity into your life?

Making up for lost time with my family. Staying Spiritual and attending Big Drum and other ceremonies. Being active in my community and being involved with issues to bring positive changes to my community. Traveling out of town at least once a month, I

Health News

love long road trips with the music loud. Hanging out with my cat.

Are there any ways that the community can help you to stay motivated in your recovery journey?

Remember everyone deserves a second chance when it comes to recovery.

What is one fun fact about you as a person?

I have a plastic raven I call Hugo and make funny videos with him.

April is Cancer Control Month

April is Cancer Control Month. Every year in April the country honors millions of Americans who are currently battling cancer as well as cancer survivors. Cancer remains the second 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 two million people were diagnosed with cancer in the United States alone. 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 is dedicated to increasing

awareness among racial/ethnic minority groups regarding the importance of early cancer detection.

All cancers are important and matter. 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 healthcare provider if you have additional questions.

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 American Cancer Society (ACS) www.cancer.org Prevent Cancer www.preventcancer.org

A message from your Fond du Lac Cancer Prevention Program.

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

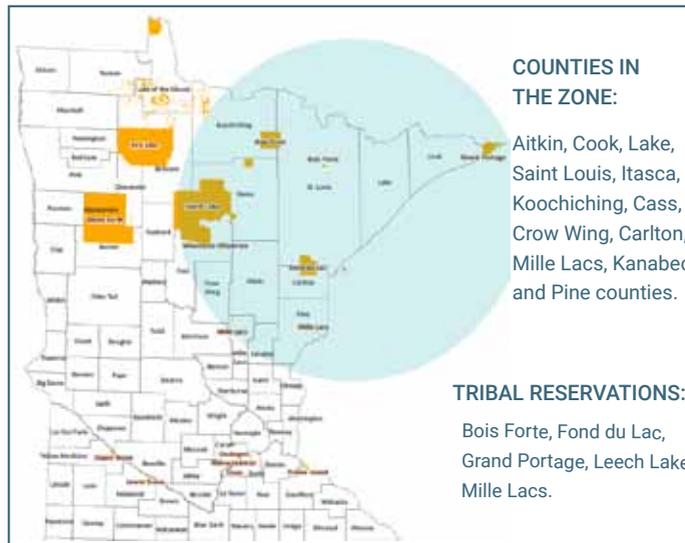


Emerging Developer Initiative for Northeast Minnesota

Providing professional support of new housing developers from rural communities and Native Nations

MHP is bringing the Emerging Developer Initiative to Northeast and North Central MN this summer! This free training series will help increase knowledge and skills of new, emerging housing developers across the region. MHP is looking for individuals/organizations from Native Nations, people of color and people who identify as ethnically diverse to participate in 5 monthly workshops starting in June 2024.

Together, we can help increase local housing supply and support individual and community wealth building!



COUNTIES IN THE ZONE:

Aitkin, Cook, Lake, Saint Louis, Itasca, Koochiching, Cass, Crow Wing, Carlton, Mille Lacs, Kanabec, and Pine counties.

TRIBAL RESERVATIONS:

Bois Forte, Fond du Lac, Grand Portage, Leech Lake, Mille Lacs.

MHP WILL PROVIDE:

- Participation stipends
- Financial aid for training & education opportunities
- Peer to peer learning opportunities
- Custom-designed Housing Opportunity Workshops on:
 - Project feasibility & design
 - Site assembly & acquisition
 - Development management
 - Accessing funding

WE WANT YOU TO SUCCEED!

Ready to learn more? Contact Aaron Johnson if you are interested in signing up at aaron.johnson@mhp-online.org.



Support provided by:



MCKNIGHT FOUNDATION

Health News

- 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)

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/>

Nutrition Plays a Role in Cancer Prevention

By Kara Stoneburner, RDN LD, Community Health Services Dietitian

If you've ever read any cancer prevention tips, you will find a common theme: obtain and maintain a healthy weight, be physically active, follow a healthy eating plan, don't smoke and use sunscreen. Simple enough, right? Read on for common suggestions on how to follow a healthier eating plan, which may help you reach and maintain a healthy weight.

Eat more vegetables and fruits.

Vegetables and fruits are high in vitamins, minerals and fiber

- Make 1/2 your plate as vegetables and fruit
- Eat a variety of colors- red, orange, yellow, white, green and blue/purple
- Fresh, frozen, canned, dried and 100% juice can contribute healthy benefits

Focus on plant proteins such as beans, lentils, nuts and seeds

- Reduce or limit red meat intake. Choose the leaner options of red meat
- Include other protein sources such as seafood, fish, poultry and eggs

Reduce or avoid processed meats such as sausage, bacon, deli meats and hot dogs

- Reduce or avoid highly processed foods (often called ultra-processed). Highly processed foods are foods that have been altered to include fats, starches, sugars, salts, hydrogenated oils, additives and preservatives

- Highly processed foods are higher in calories, fat, sugar, salt and lower in nutrients

- Examples of highly processed foods include chicken nuggets, frozen pizzas, potato chips, sweetened breakfast cereals, candy and crackers

Drink more water

- Replace sugar-sweetened beverages such as soft drinks, Gatorade type drinks, energy drinks and fruit punch type drinks with water

Eat more whole grains

- Make 1/2 your daily grains whole grains
- Whole grain foods include oatmeal, popcorn, barley, whole wheat flour, whole wheat bread, wild rice, quinoa and brown rice

Avoid or limit alcohol

- If you do drink, limit consumption to 1 alcoholic drink a day for women and 2 drinks a day for

men

Follow these tips to move towards a more healthful eating plan and lower your risk for certain cancers, obesity, heart disease and type 2 diabetes.

Check out this recipe from a Collection of Family Fun Recipes using beans and brown rice.

Oven-Easy Red Beans & Rice

Ingredients:

- 1 can (15-16 oz) drained and rinsed kidney beans OR 1 1/2 cups cooked dry beans
- 1 can (14-16 oz) stewed tomatoes
- 1 1/2 cups instant brown rice
- 3/4 cup salsa of your choice
- 1 cup water
- Optional ingredients: 1 tsp cumin, 1/2 tsp oregano, 1/2 cup corn, 1/2 cup chopped green peppers

Steps:

1. Heat oven to 350°F
2. Coat a 9x13-inch baking pan with no-stick cooking spray
3. Mix beans, tomatoes,

rice, salsa, water, cumin, oregano, corn and green pepper in a bowl.

Pour into baking pan

4. Cover pan with foil and bake 55 minutes (Other cooking options: Cook in a large, covered frying pan over low heat for 45-55 minutes)

5. Serve in a bowl, as is or use as

a filling in a whole wheat tortilla

Sources include: eatright.org, mayoclinic.org, ihs.gov, [American Heart Association](http://AmericanHeartAssociation.org), [American Cancer Society](http://AmericanCancerSociety.org), [American Institute for Cancer Research and Health](http://AmericanInstituteForCancerResearchandHealth.org), clevelandclinic.org



FOND DU LAC HEALTH FAIR MINO-BIMAADIZIWIN ~ A HEALTHY LIFE ~

TUESDAY, JUNE 11, 2024

OTTER CREEK EVENT CENTER BLACK BEAR CASINO RESORT

OPENING CEREMONY STARTS AT 11:30 AM

VENDOR TABLES OPEN TO PUBLIC

12:00PM - 3:00PM

LUNCH SERVED UNTIL GONE

FEATURING

EXHIBITORS | INTERACTIVE BOOTHS

CHILDREN'S ACTIVITIES: BALLOON ANIMALS | COLORING TABLES

BRING A NON-PERISHABLE FOOD ITEM FOR THE LOCAL FOOD SHELF
FOR ONE (1) EXTRA DOOR PRIZE DRAWING TICKET!

Brought to you by the Fond du Lac Human Services Division

Health News



CANCER SUPPORT GROUP

WE ARE LOOKING FOR CANCER PATIENTS, SURVIVORS, AND CARGIVERS WHO WOULD BE INTERESTED IN A MONTHLY TALKING CIRCLE.

WANT TO KNOW MORE?

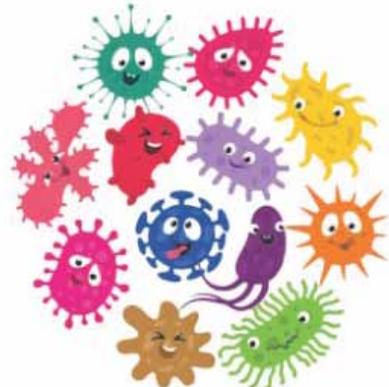
If you would like to be a part of the conversation, please reach out to Jolene at: jolenegansen@fdlrez.com or call 218-878-2125

LET'S FIGHT CANCER TOGETHER



Must meet program eligibility requirements.
Fond du Lac Human Services Division | Community Health Services

SPREAD KINDNESS NOT GERMS



PLEASE WASH YOUR HANDS

CustomSigns.com

Text MN to 741741

CRISIS TEXT LINE |

**Northern Minnesota Suicide Prevention
TRIBAL-COUNTY PARTNERSHIP**

SURVIVORSHIP CONFERENCE



Save the Date!

Saturday, April 13, 2024

A Hybrid Event | Online or in person
at McNamara Alumni Center

This free educational conference will focus on questions and issues patients, survivors, and their families often face during and after cancer treatment or transplant therapy.

Learn More at survivorship.umn.edu
Registration Opens Early 2024

Survivorship Programming is brought to you by:



FDL POLICE VS. FDL OJIBWE SCHOOL STUDENTS

WHEN
APRIL 16, 2024
1:00pm - 3:00pm

WHERE
Fond Du Lac Ojibwe School Gymnasium
49 University Rd Cloquet, MN 55720

BASKETBALL GAME



50/50 RAFFLE BENEFITING FOND DU LAC OJIBWE SCHOOL PROM.

FEATURING • Fond du Lac Police, Cloquet Police, Carlton County Sheriffs Office, Minnesota State Patrol and the Saint Louis County Sheriffs Office. For more info, contact Officer Paro at JARVISPARO@FDLPD.COM

PUBLIC WELCOME
VISITORS ENTER THROUGH GYMNASIUM DOORS.
CONCESSIONS AVAILABLE



FOND DU LAC LAW ENFORCEMENT



Election News

2024 election calendar

April 2: Primary

(Polling places open from 8:00 a.m. until 8:00 p.m.)

April 3: General Reservation Election Board certifies Primary Results.

(Prior to 8:00 p.m.)

April 4: General Reservation Election Board publishes Primary Results.

April 5: Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

April 5: Deadline to Post Regular Election Notice with Primary

April 9: 4:30 p.m. – Deadline for Contest of Primary Election.

(Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe).

April 10: (Results, if Allowed or April 8 or 9 If earlier request)

Deadline for Decision on Request for Recount and Results of Recount, if allowed.

April 19: Deadline for Decision on Contest

April 22: (or within 3 day of decision on Contest) 4:30 p.m. –

Deadline for appeal to Court of Election Appeals.

(Filed with the Executive Director of the Minnesota Chippewa Tribe

and with Reservation Tribunal rendering Decision).

April 24 (at least two (2) days prior to the hearing date): Record

of contest forwarded to Court of Election Appeals.

April 29 (hearing within 7 days of notice of appeal). Last Day for

Hearing on Appeal

May 9 (10 days from hearing on appeal). Last Day for Decision on

Appeal

May 10: Notice of General Election (or earlier if no appeal).

May 10: TEC provides ballots for General Election (or earlier if no appeal).

June 11: General Election

(Polling Places open from 8:00 a.m. until 8:00 p.m.)

June 12: General Reservation Election board certifies results of Election. Prior to 8:00 p.m.

June 13: General Reservation Election Board publishes Election results.

June 14: Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

June 18: 4:30 p.m. – Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

June 19: (or 18, if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.

June 28: Deadline for Decision on Contest for General Election.

July 1 (or within 3 days of decision on Contest): 4:30 p.m. –

Deadline for appeal to court of Election Appeals. (Filed with Executive Director of the Minnesota

Chippewa Tribe and Reservation Tribunal rendering Decision).

July 5 (at least two (2) days prior to the hearing date): Record of

contest forwarded to Court of Election Appeals

July 8 (hearing within 7 days of notice of appeal). Last Day for

Hearing on Appeal

July 8: Winning candidates assume office by operation of law, unless sooner seated, or the

election is subject of appeal to the Court of Election Appeals.

July 18 (or Ten days from Hearing on Appeal): Deadline for decision

of the Court of Elections Appeal. Day following Decision of Appeal:

Winning candidate prevailing on appeal takes office.

NOTICE

The mailing address of the General Reservation Election Board is: PO Box 430, Cloquet, MN 55720

Primary Election Notice

A Primary Minnesota Chippewa Tribal Election of the FOND DU LAC Reservation Business Committee will be held on April 2, 2024 to fill the following positions:

Election Date: April 2, 2024

POLLING PLACES:

General Election Board

Fond du Lac Tribal Building
P.O. Box 430

1720 Big Lake Road
Cloquet, MN 55720

ABSENTEE VOTING

DISTRICT I:

Fond du Lac Tribal Center
ENP Dining Hall

1720 Big Lake Road
Cloquet, MN

DISTRICT II:

Sawyer Community Center
3243 Moorhead Road

Sawyer, MN

DISTRICT III:

Brookston Community Center
8200 Belich Road

Cloquet, MN

POLLS OPEN: 8 a.m. POLLS

CLOSE: 8 p.m.

CANDIDATES FOR CHAIRPERSON - 4 Year Term

James Roy Blacketter III

Victoria A. Smith (Vickie)

Kevin R. Dupuis, Sr. (Incumbent)

Bruce M. Savage

John A. McMillen

CANDIDATES FOR DISTRICT I (Cloquet) COMMITTEEPERSON - 4 Year Term

Valerie A. Whitebird

Wally Dupuis (Incumbent)

Kami Diver

Michelle DeBolt

David Petite, Jr.

Juanita (Nucka) Anderson

CANDIDATES FOR DISTRICT III (Brookston) COMMITTEEPERSON - 4 Year

Term

Roger M. Smith, Sr. (Incumbent)

Dawn M. LaPrairie

Earl Otis

Debra Johnson-Fuller

Bryan (Bear) Bosto

The following is an excerpt from Election Ordinance revised December 11, 2023, which states voting requirements.

Section 1.6. Voter Eligibility.

1.6(A). Judging Qualifications.

Each Band governing body will be the sole judge of the constitutional qualifications of its voters and may by official action, delegate this responsibility to its General Reservation Election Board.

1.6(B). Eligibility to Vote: Generally.

Eligible voters are enrolled members of the Tribe, 18 years of age or over. All eligible voters shall vote by secret ballot. To be eligible to cast a ballot a voter must meet all constitutional requirements. In addition, to be eligible to cast a vote for Committeeperson. a voter must have resided within that district for at least thirty (30) days immediately preceding the election, unless the voter casts an absentee ballot as permitted by this Ordinance.

1.6(C). Eligibility to Vote: Absentee.

Whenever, due to absence from the reservation, illness or physical

disability, an eligible voter is not able to vote at the polls and notifies the General Election Board consistent with this Ordinance, he/she will be entitled to vote by absentee ballot in the manner and under the procedures as provided by Section 2.2(B). To cast an absentee ballot for Committeeperson, an eligible voter must have resided within that district for a period of at least thirty (30) days as his/her last reservation residence. In the event an eligible voter has never resided on the reservation of his/her enrollment, he/she may declare in his/her request which district has been selected in which to cast the ballot for Committeeperson. If an eligible voter does not and has not previously designated a district, that eligible voter may cast an absentee ballot that includes only the at-large positions up for election. Once a voter has resided in or declared a district, the voter may not thereafter change his/her district for absentee voting purposes without actually residing within a different district on his/her reservation of enrollment for at least thirty (30) consecutive days immediately preceding the election.

NOTICE

The mailing address of the General Reservation Election Board is PO Box 430, Cloquet, MN 55720.

**Primary
Election
Apr. 2
8 a.m.-
8 p.m.**

Community News

Happy Birthday

Happy birthday to the best sister, **Sue Woods** (Apr. 18).
Love, Linda and Kim



Happy birthday to my daughter-in-law **Stephanie Dunaiski** (Apr. 26).
Love, Linda
Happy 10th birthday to my

grandson, **Ma-son Dunaiski** (Apr. 28). I'm so proud of all that you've accomplished already in life, and I'm so excited to see where life takes you!

Love, Gramma D



Happy 88th birthday mom! On the 29th of April 1936 Whe was born in the old Indian hospital on Fond du lac 88 yrs ago. This beautiful soul, our mother named **Adrienne Marie Bosto (Dixie Dibble)** was a gift from the CREATOR sent to us. We Love you Mom! Now and Forever, her children, Grandchildren, and Great Grandchildren would like to wish her a VERY HAPPY BIRTHDAY! Today we CELEBRATE YOU MOM! We have been blessed im-



mensely beyond this side of heaven for allowing us to have her all these years. Hugs and Kisses to you Mom on your very special day.

Love Linda, Joe and Joni, and Jeff and Audrey, and all of your Grandbabies!
Praying for many more Birthdays to come

Thank you

A long overdue thank you, Patty and I would like to thank the **moms and dads, grammas and grandpas, aunts and uncles, school officials, coaches and past coaches, and the many boys basketball players, from FDL past and present** for all the enjoyment you've given us for the many years we've followed you.

We've gotten to know a lot of fine boys and we wish them all good luck in their future years.

The seasons go by so fast!

Good Luck to you all, Doug and Pat Anderson

Congratulations

Congratulations to **Jasper Loons** on being selected to the Premier Lacrosse League Junior Championships player draft pool. There were 4

nationwide tryouts for these teams. We are told over 1500 players tried out to secure a spot. All players in the pool will be drafted by one of the eight Premier Lacrosse League teams. The draft will be virtual and aired on social media in May 2024. The eight Junior PLL teams in each age group will compete for their respective Junior Championship title in Baltimore from August 1 - 4, 2024 during their homecoming weekend tournament. Jasper plays for the



Duluth Wolfpack and MN Loons Select lacrosse club.

Obituary

William "Weazer" Carpenter

was taken, too soon, from this world on February 20th, 2024. Even until his last day, he made people smile and laugh, as he did most days of his life. Weazer had a magnetic personality that drew people to him. His charisma is just one of the reasons he was loved by so many. He had a zest for life and lived each day as a party. Weazer enjoyed working on small engines. He was also an incredibly talented musician and singer. One of his favorite spots was down by the river.

William was preceded in death by his mother, Marilyn Carpenter; one brother, Tim Diver; his maternal grandparents, William Sr. and Marie Diver; and numerous aunts and uncles. He is survived by his pride and joy, son, Justice Carpenter; father, Wilbert "Duke" (Clarice) Hietala Jr.; one brother, Michael (Brenda) LaFave; uncle, Charlin Diver; aunt, Eleanore "Ching" LaFave; stepbrother, Christian Thygeson; stepsister, Jill Erickson; special friend and brother, Ryan Paulson; and numerous nieces, nephews, cousins, and friends. A special thank you to the SMMC Nurses, Nic and Nolan.

Renee Allison Abramowski, 67, of Cloquet, MN, passed away on Thursday, March 7, 2024, at St. Luke's Hospital in Duluth, MN. Renee was born on February 11, 1957, to Russell



Cash and Phyllis Hall in Guam. She was raised and attended school in Rochester, MN. She was united in marriage to David Abramowski in 1985.

Renee lived most of her life in Cloquet, MN, working at Country Inn and Suites for 20 years. She enjoyed reading, taking walks and being with family. She loved spending time with her granddaughter.

Preceded in death by her parents, Russell Cash, Phyllis Hall; and son, Dakotah Abramowski. She will be missed by her children, Tiffany (Stanley) Bones, Dustin Solomon; granddaughter, Pearl Bones; nephew, Ricky (Tessa) Dahl; many great nieces and nephews; and sister, Valarie Cash.

Jay Norman Hooley, 78, of Superior, passed away Friday, February 23rd.

Jay was born July 23, 1945 in Duluth to Norman and Katherine (Durfee) Hooley. He graduated from Denfeld High School and attended Lake Superior College and the College of St Scholastica. He was a public health nurse for the Fond du Lac Human Services division, retiring in 2014, as well as an enrolled member. He attended the River church, where he played guitar as a member of the worship team.

Jay was preceded in death by his parents, brother Mark Hooley, Sister Katherine Hooley, and grandson Cameron Hooley.

He is survived by his children Heath (Jeanine) Hooley, Tawny (Mick) Rasmussen, Kelly Hooley, Jay Hooley II, and Casey Hooley, brother Kim (Michelle) Hooley, sisters Sue (Bob) Woods, Linda (Paul) Dunaiski, 4 grandchildren, 4 great grandchildren, and numer-



ous nieces and nephews.

Karen Louise Martinez-Garcia

age 70, of the Eagle Clan and Frazee, MN, unexpectedly passed away on Tuesday, February 27, 2024, at St. Mary's Essentia Hospital in Detroit Lakes, MN. She was born on October 11, 1953, in Cass Lake, MN, the daughter of Eunice (Diver) Whitebird.

Karen enjoyed going for walks, being outdoors in the woods, especially the pine trees. She was a very caring and loving woman. She enjoyed keno, going to the casino, playing bingo, arts and crafts, crosswords, word searches, and traveling. Karen was a woman of faith and enjoyed going to church. She liked going to pow wows and You Tube, watching anything "Big Foot" and listening to music. Karen was a strong and courageous woman who battled fearlessly against everything that she faced. Karen will be greatly missed by all who know and loved her.

Those who Karen is reunited with are her mom, Eunice; son, Marcell Norcross; daughter, Cheryl Norcross; sisters, Genevieve Hanks and MaryJane Cobena; life long companion, Douglas Norcross, Sr.; grandson, Robert Bueno, Jr.; great-grandson, Ricco Castilleja; numerous nieces and nephews.

Those Karen leaves behind to forever cherish her loving memory are her son, Douglas Norcross, Jr.; daughters, April Norcross and Valerie (Jason) Whitebird; brother, John (Wendy) Whitebird; 6 grandchildren; and 12 great-grandchildren.



