

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



*Friends of the Boundary Waters teaches FDL youth how to canoe before their weeklong trip in August. Story on page 7.*

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# Local News

## FDL Superintendent retires after 20 dedicated years of service

By Zachary N. Dunaiski

Fond du Lac Ojibwe School (FDLOS) Superintendent Jennifer Murray retired in June 2023 after years of exceptional service to the Band's youth and general community.

Jen's career with the FDLOS began unexpectedly in 2002 when she'd returned home to the area from Vermont. While in town she received a call from then FDLOS Superintendent Mike Rabideaux.

"My mom had passed away and I was coming home to finish up some things here," Jen recalled. "I was down in Rochester with a friend when Rabs, the Superintendent, called me and said, 'hey, we potentially have a job that you might like, and it is at Mash ka wisen as a lead teacher.' And so I was like, 'really, and tell me about that.' So he did and I was like 'You know, that'd be kind of interesting.'"

After thinking about it over the weekend, Jen decided she was interested enough and wanted to stay in the area for just a little bit longer before deciding what she wanted to do with her life.

"And I wasn't planning on living here. I was just kind of doing a drive by, moving from Vermont going to Portland. I thought, you know, I'll take a year just to make sure everything's settled with my

mom's stuff," Jen said. "So that job came open and I loved it. I got to do my own curriculum from a Native perspective, it was 7th through 12th grade. The kids came in all different sets of skill levels, and it was fun."

Over the years, Jen's role has expanded and evolved all while being able to promote Indigenous cultures which lead to assuming the positions of assistant principal (2010) and eventually principal (2012). There she demonstrated her passion for education and her dedication to the students.

It wasn't until 2016 that she officially became the Superintendent, taking on the responsibility of ensuring stability while guiding the educational journey of the students in our community.

As if the job of being the superintendent wasn't demanding enough, Jen also had a few added challenges to the position when she first started.

"In August of 2015, the superintendent retired. So I was the principal and superintendent for almost the entire school year," Jen said of when she first took over the position. "Officially, it was February 2016 is when I became superintendent, I was still doing both principal and superintendent until the end of the school year. It was super busy."

Jen took pride in witnessing her students grow and flourish, cherish-

ing their achievements and advocating for their success. She maintained an unwavering belief in their potential, often serving as a mentor and guiding force in their lives.

"I am really impressed with our kids. How they continue their relationship with me outside of here. And they'll call when they need something. If something's going kind of funky, they'll text and say 'hey can I get a few minutes' or whatever and it's just really cool," Jen said about connecting with students being her favorite part of being an educator for the last two decades. "You get to see where they are from, where are, and where they want to go. Sometimes it doesn't really happen for them or it takes them longer, but then when they need something, a little support, they'll ask. I appreciate that."

Over the years Jen has been able to see all that potential and help put the students in the best situations to succeed and guide them along their journey.

"We have had a lot of great students. You know, I don't remember off the top of my head how many cops there are. Cops and teachers," Jen said fondly of her former students. "We've got a few that are environmentally minded. And there are those that have gone to do what they wanted to do in a good way. And so, I focus on a lot of that.

Then I just kind of encourage them to keep on going."

Her dedication to the students and the community as a whole was evident in her involvement with the Tribal Nation Education Committee (TNEC), where she strived to bring about positive changes and advocate for Indigenous students.

"2019-2020, I became the Chair of the Tribal Nations Education Committee. I've been on that committee since 2015 and we had lots of wants, policies and legislation that we wanted to push through," Jen said of her work with TNEC. "I'm impatient also and so we just kept pushing and kept pushing. Because I'd hate to be seen as a group of people that ask for all these things and they don't want to do any of the work that is required."

Even with her many accomplishments, being the Superintendent was something that Jen never truly wanted or saw as her dream job. She always preferred to work directly with the kids. That's why, even now, her retirement isn't about leaving education.

"I just need to slow down a little bit because I know that mentally it drains a lot of your energy. I need to be laser focused on all the education legislation that passed in May. I just think it's kind of funny because retirement has a mainstream definition. Everyone thinks you're done

when you retire and I think that it means you're done doing this one thing and you're moving to something else," Jen admitted about her retirement plans. "I think everyone has things that they can contribute to and I don't think our generation is really looking at it like 'I'm going to kick back and just drink margaritas at the beach all day.' I like to give 120% to what I'm doing. So if I know I'm not really doing it with my all, then it's like 'OK scale back.' I don't see it as like I'm done working in that sense. I think it's a purchase of freedom. And that part means I get to choose how I want to do it."

Jen plans to be able to mentor students, read to kids, or be involved with the school in some fashion, but for now her goal is just to give her successor some space without distractions and enjoy seeing her former students at public events over the many years to come.

As we say goodbye to Jen and her unwavering commitment and exceptional leadership, it is clear that her legacy will continue to inspire and motivate the students she has influenced throughout her career. Her genuine care, honesty, and dedication to their well-being will forever impact them.

## Nagaajiwanaang Dibaajimowinan

Translation: Stories from where the water stops

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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

## Construction on new Duluth housing will benefit FDL

On May 30, ground broke on the new Brewery Creek Apartments which will be located at North 6th Avenue East and East Fourth Street in Duluth.

The One Roof Community and Three Rivers Community Action complex will have 52 units that will be either one or two bedroom apartments, and of those units 10 will be made available to members of the Fond du Lac Band.

“It’s a great opportunity to work with these partners to provide housing for up to ten different families and different people because we have the CAIR facility here on Fourth Street and in Fond-du-Luth where people can work at either of those places and provide housing for them. That’s going to attract more people, and maybe there are students going to the local colleges as well,” Director of Planning for the Fond du Lac Band Jason Hollinday

shared with WDIO on the day of the event.

The construction is now underway with the building expected to begin

having residents in May of 2024.

*Photos courtesy of Rita Karppinen*



## FDL youth bring joy and assistance to annual Elder’s picnic

By Zachary N. Dunaiski

The youth in our community celebrated the spirit of togetherness and service at this year’s annual Elder’s picnic by helping assist Elders.

The Elder’s Picnic, a cherished tradition for the community’s residents, was a resounding success again this year, thanks to the dedicated efforts of the Home Health Services Department and the invaluable support provided by a group of enthusiastic community youth.

I just think that it went really great this year,” Haley Pfisthner, Home Health Services/Assisted Living Coordinator, said of the event. “It was basically flawless. Vicki Reynolds, who runs the summer youth program, she sent over some kids to help.”

This is a joyous event where the youth in the community can give back and Pfisthner recognized how eager and helpful this group of youth members truly was to the event’s success.

“They did very well, they made the event go so quickly and we’re always willing to help wherever,” Pfisthner said. “We needed them. There were six kids that helped out with the event and then more helped through public works to set up the tables and take down afterwards.”

This year’s event was even more well attended than last year, as people continue to get out in their communities and meet with people post-COVID.

“I think we have a lot of Elders who kind of, especially since COVID, can be kind of socially isolated. I think this is a really good chance for them to come together and visit people that maybe they haven’t seen for a while because it does include all three communities and Duluth,” Pfisthner said of organizing the event with the purpose of helping Elders. “There might be a lot of people there who they haven’t seen in a long time. It was nice to see a lot of people socializing again.”

This year the event handed out 70 gift baskets donated by different departments within FDL. Thank you to those departments and all who make the Elder’s picnic possible, and help our Elders enjoy a great meal and time shared with friends.

# RBC Thoughts

## Cloquet News

Hello All

It has been a rather busy month. Along with our regular scheduled tasks, we were able to attend a meeting with the Mayor of Duluth, Emily Larson. This was a productive meeting in which we discussed concerns and ideas from both sides. We have some things in the works for discussion at our next meeting. It is always a pleasure to meet with Mayor Larson.



Wally Dupuis

We also had a few retirements this month. I would like to congratulate Jen Murray on her retirement from the Ojibway school as the School Superintendent. Jen has been with the school for many years. We will certainly miss her vast knowledge of the educational system; especially as it relates to Indian education. Thank you, Jen and congratulations. Also, Our TERO director Lonny Susienka retired this month after many years overseeing the TERO program. Lonny Has been instrumental in bringing technical classes to our members so they can be productive in their specific disciplines in the construction field. He was also responsible for teaching contractors about the TERO responsibilities as they conduct work not only in the construction industry but also the work forces in general. Thank you, Lonny for the work you have done for our members, and congratulations on your retirement.

We also had the swearing in of three new FDL Police Officers this month. Unfortunately, I was unable to attend the ceremony, but would like to congratulate Matthew Jessup, Brandon Soulier, and Jordan Diver on being sworn in to the FDL Police Department. And thank you all for your commitment and dedication to our community. I was able to attend our Elders picnic again this year. I was impressed with the attendance at the event. I saw a lot of people I have not seen in a while and was able to converse with many of those in attendance. Lots of nice prizes were given out and the weather was great. Thank you all that put this event on. Once again you all did a fantastic job.

The Veterans Powwow was also held recently and the crowd size was even bigger than last year. It was an honor to meet our Veterans and to shake their hands and thank them personally for their dedication and service to our country. I want to say thank you to all that made this happen again this year. What a spectacular event.

Our Cloquet Community Center was busy with regular programing, However they did offer their Valley Fair trip this month and it too was a successful event. I believe there was over two hundred participants and all were taken by coach bus. The youth loved it. Thank you CCC staff for all your hard work and making this a success.

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



June 21, Fond du Lac hosted the summer picnic and mental health walk. Many people came for the good food, various activities, and enjoyed the beautiful weather.



June 28, Fond du Lac had three new officers sworn in, Officer Matthew Jessup, Officer Brandon Soulier, and Officer Jordan Diver.

# Enrollee Days 2014 and 2016

Missing Enrollee Days and Hoping They Will be Back - Photography by Christine Carlson



*Enrollee Days 2014- Alden Jaakola made some nice large signs for the historical society group.*



*Enrollee Days 2016- Jill Hoppe, Tribal Historic Preservation Officer and Marcus Ammesmaki, Immersion Head Start Program with his child who was pictured in the stroller last month.*



*Enrollee Days 2016- Creating birch bark baskets or makaks and other artistic creations.*



*Enrollee Days 2016- Mother and daughter Pat (Doolittle) Ells and Julie Ells.*



*Enrollee Days 2014- Birch bark art being created by this mother and daughter at the museum.*



*Enrollee Days 2016- The family enjoying a tour of the museum.*

# More Local News

## Houchin finishes Tour Divide again, bests own record

By Zachary N. Dunaiski

Alexandera Houchin, who set the Tour Divide race record back in 2019, bested her own time with the new record of 18 days, 18 hours, and 26 minutes, beating her previous mark by exactly two hours in women's singlespeed record.

The Tour Divide is a 2,745 mile race from Banff, Alberta, Canada finishing at the US/Mexico border in Antelope Wells, New Mexico. The grueling route, which tests the limits of any rider, is one that Houchin herself, the two-time record holder, describes as absolutely punishing.

"The whole thing was really mental. Just like I honestly wanted to quit. But quitting wasn't an option for my goals this year," Houchin said of how difficult this year's race was. "I'm doing this series. It's called the Triple Crown, so three of these major bike races in the calendar year and if I quit

on the first one I couldn't really do the rest of the races."

Many might think that breaking the record, and be the one you set would be the ultimate goal, but Houchin knows she had more to give.

"I was just talking with one of my friends and she was like, 'you know, from the outside perspective, you did all the things you said you were going to do,' but in my head, it was a disaster," Houchin said about how the race felt compared to her own goals. "I didn't have a good time. I didn't do as well as I wanted and I suffered quite a bit. But he's like, 'you set a new record and did great.' So it's really complicated. Those things were like on the outside, everybody congratulating me, but on the inside, I feel like I could have done better."

Houchin has future goals for the single speed bike record on the Tour Divide despite this year choosing a gear ratio that she

referred to as extremely challenging. After the demanding stretch in the mountains of Montana, Houchin knew she had to change her strategy.

"What happened was I chose a gear that was a little too hard to push," Houchin said of part of her frustration in this year's race. "I actually ended up having to sleep a lot more this year because the gear was so hard and at the end of every day my legs were just destroyed. Most days I stopped for six hours which is a lot longer than I usually stop."

Reflecting on her accomplishment, she expressed her desire to attempt the race again, aiming to set a new record in the 16-day range for women.

While her achievement is undoubtedly impressive, the road to success has not been without its emotional toll. Overcoming these feelings and the transition from a singular focus on racing to balancing real-life responsibilities has proven challenging.

"It's also really emotional, like post-race blues we call them. You know you go from having one purpose, you are riding your bike to Mexico. My whole entire life is consumed with getting to Mexico. I wake up in the morning, I go to bed knowing that I just have to move forward it's really easy in that sense," Houchin said. "Exercise is like the biggest anti-depressant for me. Then I'm

supposed to just stop exercising. I need to recover but stopping the exercising and not getting those endorphins and now I have to pay my bills and try to make money and all this other stuff. So, it's like a really big roller coaster to go from the high of racing my bike to the low of real-life responsibilities and then trying to get out of that trough, climb back out, be positive, and get exercising again and doing these things that make me feel happy and balanced."

Despite the difficulties, she remains committed to the sport and finding a balance that allows her to excel in both. These extremely difficult races are made easier with the help of sponsors. Houchin has four sponsors that help fund her, aid with her bike, and even food during the race, but Houchin has a very unique sponsor as her biggest support.

"One of the cool things is that this year my biggest sponsor is a different Tribal nation—the Eastern Band of Cherokee Indians," Houchin said proudly. "It's a tribal nation who really believes in what I'm doing and wants to see me out. That's been probably one of the most emotional parts for me."

The Eastern Band of Cherokee Indians is very passionate in biking. They have an amazing trail system and really value cycling in their community, including being a big part in the ride Remember the Removal, a race that takes place along the Trail of Tears, something Houchin really appreciates.

"Their nation also hosts that ride, which are both things that I hope for our community," Houchin said of hosting the race and promoting cycling within the community. "I got to meet the

chief there and have lunch with the chief and they really take the work that I'm doing seriously.

Not just the competing and racing part, but the ways that cycling has become ceremony and is healing and is good for us as native people and they really support and lift that up, but also emotional support within Indian country."

It's also important to Houchin that a Native community supports her efforts and acknowledges how rare that type of support is with sports.

"They're like 'we see you, we value you, and we want to keep you out there.' And I think that's not normal. I've never seen this happen before in the sports space where a Tribal nation is like a title sponsor for an athlete, but without their support, I wouldn't be able to be doing what I'm doing this year," Houchin said of her appreciation to their sponsorship.

After a week off, Houchin will get back in to some light riding and hiking in Colorado to prepare herself for the elevation as she gets ready for the next race through the Rocky Mountains. She also hopes to race the Tour Divide in the future with gears, wondering how well she can do with a "mechanical advantage" as she called it.

While she may feel that her latest record was less than perfect, Houchin's accomplishment speaks volumes about her resilience and unwavering spirit to accomplish her goals. As she continues her journey as a competitive athlete, her story serves as an inspiration to anyone who faces challenges and setbacks on the way to their goals.



Alexandera Houchin racing in the Tour Divide. Photo Courtesy of Eddie Clark.

# More Local News

## FDL hosts training for youth headed for Boundary Waters camping trip

By Zachary N. Dunaiski

**F**riends of the Boundary Waters (BWCA) is gearing up for an inspiring initiative to provide Native students from the Fond du Lac (FDL) community with a chance to immerse themselves in nature and experience the beauty of the 1854 Ceded Territory.

July 6 at the Kiwenz Campground, FDL hosted a canoe and camping training course for the students and chaperones that are headed to the BWCA this August.

The organization is coordinating three 5-day camping trips with approximately 22 students from grades 7 to 12 from around the area.

The organization has diligently planned each aspect of the adventure to ensure the students can make the most of their time in nature.

“We’re excited for the youth to have this opportunity to be out in nature, in a very pristine, beautiful area that’s within the 1854 Ceded Territory where they can exercise their usufructuary rights,” Anthony Manzini, Environmental Outreach Coordinator, said of the experience these youth will have. “We’re appreciative of Friends of the Boundary Waters supporting this program and helping to make the boundary waters more accessible to Indigenous youth.”

The training served as a change to provide the youth with a chance to familiarize themselves with their trip partners, engage them in team-building activities, and practice essential camping and canoeing skills. This supportive and encouraging environment at the training, should help instill confidence in the students, especially those who might be stepping out of their comfort zones.

For those students and families that didn’t sign up for this year, this program will be happening every year so if you missed out this year, there will be opportunities next year and beyond.



# More Local News

## Photo Essay: Ojibwe School Summer

Photos: Francois Medion

Here is our strawberry spinach, *Blitum capitatum*. Wikipedia says: It is native to most of North America throughout the United States and Canada, including northern areas. It is considered to be endangered in Ohio. It is also found in parts of Europe and New Zealand.

Fruit is small, pulpy, bright red and edible, resembling strawberries, though their taste is more bland (in my opinion they have a delightful flavor akin to beets.) The juice from the fruit was also used as a red dye by native North Americans. The fruits contain small, black, lens-shaped seeds that are 0.7–1.2 mm long. The greens contain vitamins A and; they are edible raw when young or as a pot-herb. If raw they should be eaten in moderation as they contain oxalates. The seeds may be toxic in large amounts.

[https://en.wikipedia.org/wiki/Blitum\\_capitatum](https://en.wikipedia.org/wiki/Blitum_capitatum)



*Ojibwe School Summer Students field adventures at our Babaamaadiziwin Gitigaan - harvesting gozigwaakomin, the garden juneberries!*



*They only picked the ripest berries so there's some left for future visits*



*Enough for everyone's pleasure*



*No rules - you can eat and pick as much as you like*



*2023 is a very berry summer!*



*Our feral *Prunus americana*. One of Turtle Island "wild" plums*



*This year grapes galore...!*



*Come visit with us, we are great company...*



# More Local News

## Fond du Lac installs life jacket loaner box at Kiwenz Campground

While wearing life jackets for boaters is always stressed by the U.S. Coast Guard Auxiliary and National Safe Boating Council and Safe Kids Worldwide, the Safe Kids NE MN coalition (which was founded by FDL Human Service's Injury Prevention program, along with multiple other agencies) has taken this awareness to Kiwenz campground. For it is here where non-swimmers' lives can be saved by providing them with the use of free life jackets.

Safe Kids Northeast Minnesota works to prevent unintentional childhood injury, the number one cause of death for children in the United States. An extensive network of partners and coalitions around the world strive to reduce injuries from motor vehicles, sports, drowning, falls, burns, poisonings and more through education and awareness programs designed to get communities more involved in child safety.

Life Jacket Loaner Programs provide life jackets for the public to use free for a day or weekend. The goal of loaner programs is to

increase the use of life jackets and to educate the public on the importance of wearing a properly fitting life jacket.

Life Jacket Loaner program is modelled after the BoatUS Foundation.

BoatUS Foundation has been offering a Life Jacket Loaner Program for over 20 years. Currently Minnesota has 15 Life Jacket Loaner stations through BoatUS but until recently not in the Carlton or southern St.

Louis County area. As a coalition we felt that it was necessary in our local area.



Through the collaborative efforts of the coalition, FDL Police Department, and other Tribal agencies including Tribal Council, the life jacket loaner box will provide community members the opportunity to use a life jacket

while enjoying the Kiwenz campground.

There are 4 other Life Jacket

Loaner boxes placed at four boat launch locations: Dunlap Island in Cloquet, Fish Lake Dam, Island Lake Abbott Road landing and Island Lake Hideaway landing. There will be 20 jackets per station with four adult sizes, four (18-10 years), five (10-5 years), and seven for children 5 and

under.

Each of the Life Jacket Loaner boxes cost approximately \$750 to construct and stock. There have been several donors, agency or individual that have supported the boxes throughout the area.



### NOTICE

### PUBLIC HEARING

### COMMUNITY DEVELOPMENT BLOCK GRANT

Enrollees of the Fond du Lac Band are encouraged to attend a Public Hearing to discuss the application for:

**2023 Indian Community Funds Development Block Grant**

**Place:** Fond du Lac Tribal Center  
1720 Big Lake Road  
Tribal Center – Planning Division Conference Room

**Date:** Tuesday, August 15th, 2023

**Time:** 1:30 – 3:00 P.M.

A copy of the Community Development Statement will be made available during the week of August 14th in the Fond du Lac Planning Division.



# Etc

## Dog owners encouraged to talk to their vet about vaccinating their pet as canine influenza outbreak continues

**From the Minnesota Board of Animal Health (MNBAH)**  
 The Minnesota Board of Animal Health encourages dog owners to visit their veterinarian and get their pets vaccinated against the highly contagious canine influenza virus. Manufacturers are starting to fulfill orders for Twin Cities veterinary clinics where Minnesota's outbreak has had

the greatest impact. However, some clinics may still not have adequate supply due to vaccine shortages. Owners who send their dogs to daycare, attend community dog events, visit dog parks, or regularly interact with dogs outside their immediate household are highly encouraged to talk to their vet about vaccinating their pet, and other ways to reduce the risk of canine influenza.  
 "Vaccination is a crucial part of responsible pet ownership. Talk to your veterinarian about your animal's vaccine needs and make sure they're being met to keep your companion healthy," said Senior Veterinarian in

charge of Companion Animals, Dr. Veronica Bartsch. "Canine influenza vaccines are safe for dogs of different breeds and ages. Schedule a wellness appointment with your veterinarian today, even if they don't have the canine influenza vaccine in stock. Make sure your dog is up to date on all other immunizations, which can offer protection against other serious diseases including those that cause complications secondary to canine influenza."  
 Vaccinating dogs against canine influenza helps safeguard both their individual health and well-being and that of the greater canine community. Puppies, elderly dogs, and those with

weakened immune systems are particularly susceptible to severe complications secondary to canine influenza. Vaccination offers crucial protection for these vulnerable individuals.  
 Canine influenza is a highly contagious respiratory disease that can spread rapidly. Symptomatic dogs often exhibit a cough, low grade fever, tiredness, disinterest in food, sneezing, runny nose, and shortness of breath. Vaccination helps reduce the severity and duration of these symptoms if a dog becomes infected. Any dog showing signs of canine influenza, vaccinated or not, should be isolated from other dogs for 30 days. Dog owners can

find resources and view outbreak case counts on the Board's Canine Influenza webpage ([https://www.bah.state.mn.us/dogs-cats/?utm\\_medium=email&utm\\_source=govdelivery#canine-influenza](https://www.bah.state.mn.us/dogs-cats/?utm_medium=email&utm_source=govdelivery#canine-influenza))

## Men's Health Month 2023

**First posted on HHS.gov**  
 Throughout June, Men's Health Month aimed to encourage boys and men to take charge of their overall health by implementing healthy living decisions.  
 In general, men in the U.S. are expected to live nearly six years less than women, and non-Hispanic Black and American Indian/Alaska Native men have a lower life expectancy than non-Hispanic white men. Many diseases that disproportionately impact men, like heart disease and cancer, are preventable through regular doctor's visits and healthy lifestyle choices. However, one survey found that 63 percent of men of color report not getting regular health screenings. Men are also more likely to have lower health literacy levels than women, meaning they may struggle to find, understand, and use information and services required to make informed decisions about their health.

The HHS Office of Minority Health (OMH) is committed to advancing Better Health Through Better Understanding for racial and ethnic minority boys and men by providing them with culturally and linguistically competent healthcare services, information, and resources.  
 For more information visit: [https://minorityhealth.hhs.gov/mens-health/?utm\\_campaign=fyi\\_newsletter&utm\\_medium=email&utm\\_source=govdelivery](https://minorityhealth.hhs.gov/mens-health/?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery)



**COMMUNITY SOBRIETY FEAST**

**2nd Wednesday of every month**

**5pm - 8pm**

Cloquet Community Center Gym

**OPEN TO ALL FAMILY AND COMMUNITY MEMBERS TO RECOGNIZE AND CELEBRATE THEIR SOBRIETY.**

PLEASE BRING A DISH TO SHARE.



Fond du Lac Human Services Division | Substance Use Disorder Department

## YOUTH FIREARMS SAFETY TRAINING

Where:  
**Fond du Lac Resource Management  
 28 University Road, Cloquet MN 55720**

When:  
**August 14th—18th, 2023  
 5:00pm—7:15pm & field day on  
 August 19th, 2023 at 8:00—12:00pm**

Cost: \$7.50 paid online upon completion

Contact:  
**Conservation at 218-878-7155**

**\*\* Class size is limited\*\***



- This training is open to everyone 11 year and older
- DNR Firearms Certificate is required of anyone born after December 31st, 1979
- 14 and older can complete class and field day online
- Visit [www.dnr.state.mn.us/firearms](http://www.dnr.state.mn.us/firearms) for more information for online classes

# Etc

## Energy Assistance Applications

The State of Minnesota will begin sending out EA applications around Sept. 1. If you received a grant for the 22-23 heating season you will be automatically sent an application. This application will be partially filled in for your convenience.

Complete the application, sign it, and return it to FDL Energy Assistance. Missing information or income documents will slow down the processing of the application.

If you didn't apply last year or if you were denied, you may request an application by sending an email to joanmarkon@fdlrez.com

or kelseydiver@fdlrez.com. Please let us know what county you live in. You will be sent an application sometime after Sept. 15.

If you live anywhere in Minnesota, we can have an application sent from your local service provider. This year applicants will have the option to apply online. The link will be

available on the FDL website after Sept. 15.

Every year the income guidelines change. For the 23-24, heating season a family of four must have a gross income less than \$15,705 for the three months prior to the month the application was signed in.

## FDLOS Enrollment forms

Boozhoo/Aaniin Fond du Lac Ojibwe School families,

It is that time of year again to complete and turn in your enrollment forms for your child(ren). Please turn in ASAP. Enrollment forms are needed in order to start school,

### Fond du Lac Gitigaan Class **POSTPARTUM GIFTS FROM MAMA AKI** with Rebekah Dunlap / Waawaase Amoog



**TUESDAY, AUGUST 1ST FROM 5:30-6:30 PM**

Join Fond du Lac Birthworker Rebekah Dunlap/Waawaase Amoog as we explore shared knowledge about various plant helpers and make our own medicinal tea and bath soaks to take home.

This class will be held in-person at Na'enimonigamig, 964 Cary Rd. Cloquet. Free and open to the public, no registration required. A light dinner will be provided at 5 p.m.



All relatives, regardless of their age or gender, are welcome. People from diverse walks of life are encouraged to join to add depth to the conversation. This gathering is meant for you to learn about your personal journey or how you may support others on theirs. Circling around families after bringing a spirit earthside is part of our traditions.

If you have any questions, please contact Isabell Beasley at [IsabellBeasley@FDLREZ.COM](mailto:IsabellBeasley@FDLREZ.COM)

This event is presented by the Gitigaan Program of the Fond du Lac Band of Lake Superior Chippewa, hosted by the Fond du Lac Agriculture Division.

### BIMAAJI'IDIWIN FDLTCC EXTENSION PROGRAM

**SAVE THE DATES!**

## TRIBAL AGRICULTURE & NATURAL RESOURCES WORKSHOP AND HARVEST FEAST

**Date: August 18th, 2023**

**Time: 9am-5pm**

**Location: Fond du Lac Tribal and Community College**

2101 14th Street, Cloquet, MN 55720 Room 230

Join us for an in-person Tribal Collaboration Ag and Natural Resources Workshop. Topics included will be Agriculture and Climate Change, Soil Science and Cover Crops Demonstration, Tribal Program Updates, Minnesota Department of Agriculture Grant Funding, Minnesota Grown Marketing, Raising Livestock for Small Farms, a Farm Tour and highlighting local and traditional foods for lunch and dinner.

**Date: August 19th, 2023**

**Time: 1pm-6pm, Harvest Feast at 4pm**

**Location: Na'enimonigamig / Cannery**

960 Cary Road, Cloquet, MN 55720

Join us for the Bimmaji'idiwin Harvest Feast. We will have Native Chefs creating our menu feast from our local producers and garden programs. Activities for all ages including lacrosse games, scavenger hunt, manoomin granola demo with samples, face painting, and more. There will be a Farmer's Market and Information Tables and tours of our Farm plots.

Contact Nikki Crowe at 218-878-7148 or [nikkicrowe@fdlrez.com](mailto:nikkicrowe@fdlrez.com) with any questions.



# Etc

and school begins Monday, August 28, 2023. The school is open Monday through Friday from 8 a.m.-4 p.m. so you are able to pick up forms and ask for help completing forms. Forms can be found on our website at [www.fdljibweschool.org](http://www.fdljibweschool.org) or come in and fill them out. We would be happy to assist you.

FYI, for eligible students only, we need to verify that enrollment forms were turned in for school clothing checks. If you have any questions please call (218) 878-7254.

## GED FAQs

**Who may take GED classes through FDL?** GED classes are open to all band members, FDL family, employees, and members of federally recognized Tribes.

**At what age can someone begin studying to take the GED?** Students must be at least 16 years old and be formally withdrawn from school. Students younger than 19 must apply for an age-waver before taking the test. We encourage all students to stay in school until graduation.

**Why can't I just go and take the test?** The GED test is no longer given in Duluth. All tests are online at a testing center or through the organization giving the classes. The nearest open testing center is in Rush City. In collaboration with the Cloquet Public Library, FDL students are able to test locally.

**Why do I have to go to class?** Going to class is not a requirement but it is the smart thing to do. We are able to help you get set up in the GED system with a user name and password. We also can administer pre-tests. These tests will tell if you are able to pass the GED subject test or what areas you may need to study. It is always a good thing

to be familiar with the test before you take it.

**How long does it take to complete the GED?** That depends on the student and their life experiences. Some students can take the tests right away and others need to study. It also depends on how much time the student is willing to put into studying.

**What subjects are part of the GED test?** Math, Social Studies, Science, and Language Arts.

**Who do I contact to get more information?** Joan (218) 878-2658 or Dennis (218) 393-6643.

## Notice of hearing on probate petition

In the Matter of the Estate of: CLINTON ELLIOT HOULE, SR., Decedent. Case No.: PR-0003-2023 NOTICE OF HEARING ON PROBATE PETITION.

TO THE HEIRS, BENEFICIARIES AND ALL OTHER INTERESTED PARTIES: Reanelle Houle has petitioned for appointment as personal representative of the Estate of Clinton Elliot Houle, Sr.

THIS MATTER HAS BEEN SET FOR HEARING ON THE PROBATE PETITION FOR: Monday, August 7, 2023 at 11:00 a.m. at the Fond du Lac Band of Lake Superior Chippewa Tribal Court, located at 28 University Road, Cloquet, Minnesota 55720.

## Attention Wisconsin Band members

Wisconsin Focus on Energy is giving away free home weatherization kits to Wisconsin residents. There are three kits to choose from. Focus on Showers contains a new showerhead, faucet aerators, and pipe wrap. Focus on Baths contains a hand-held showerhead, faucet aerators, and pipe wrap. Focus on

Comfort contains window film, an adhesive door sweep, and switch and outlet gaskets. All kits contain light bulbs and dusk to dawn night-lights.

These kits are free with free shipping. Go to [www.focusonenergy.com](http://www.focusonenergy.com) and click on products and then free energy saving packs. You will be required to enter the name of your power company and your account number.

## Veteran's corner

Boozhoo, Tribal Veterans' Service Officer's cell phone number (218) 461-2937. I am located at the Veterans' Supportive Housing, if you have any question please contact me at the above number.

This year's Veterans' Powwow has come and gone, I felt that it was a good turnout. There are things that we need to fix, so I would like the community input to see what we can change or not.

I would like to thank the staff at the Powwow for helping me as it was my first year, they did an outstanding job. I would like to thank all the dancers, drums, and especially the Veterans that showed up. Please send comments to me at the below email.

Veterans, we have meeting hours every other Thursday at Veterans' Supportive Housing 9-11 a.m., please call weekly to see if we are having a meeting.

If you need FDL Honor Guard please let me know at least two weeks in advance to get my honor guard arranged.

Last, but not least, our next event will be the Veterans' dinner in November, more information will be posted.

Email Address is [Andrewdepoe@fdlrez.com](mailto: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

## CAIMH and AICHO to Host MINO BIMAADIZI - FREE Community Gathering August 27 at Park Point

The American Indian Community Housing Organization (AICHO) and the Center of American Indian & Minority Health (CAIMH) have partnered together again to host our 2nd annual Mino Bimaadizi Community Science and Medicine Fair event on August 27, 2023 from 8 a.m. - 3 p.m. at Park Point Beach House and surrounding areas. This is a free and family fun event that will include a fun walk/run, science and medicine fair with meet and greets with local Indigenous and BIPOC science and medical professionals, a feast, traditional lacrosse games and an Indigenous comedian.

Our organizations and community partners will bring community awareness about healthy lifestyles, physical activity and local Indigenous cultures - Break down any mistrust of scientists and medical providers - and engage with our community together in fun hands-on, educational and cultural ways.

### Brief agenda:

8 a.m. Fun Walk/Run Registration - Register: <https://forms.gle/3FzrCrQZkgv3zrKR9>  
9 a.m. Fun Walk/Run (a 5k and one that's less than a mile)  
11 am Anishinaabeg Cultural Ceremony  
11 a.m.- 2 p.m. Community

Science & Medicine Fair  
12 p.m. Feast  
1 p.m. Learn and Participate in Traditional Lacrosse  
2 p.m. Indigenous Improv Comedian Isiah Yazzie

This is a free and open to the public event. All ages event. \*\*Mino Bimaadizi is the Ojibwe translation for "Be Well."

## FDLTCC hosts first annual Ed Fest for educators

The Elementary Education program at Fond du Lac Tribal and Community College (FDLTCC) hosted the inaugural Ed Fest for new and current educators on June 26, 2023. Ed Fest 2023 brought Indigenous teachings into the classroom and featured dynamic presentations and workshops for educators throughout the day including a keynote from James Vukelich and a lunch presentation by 2022 Teacher of the Year, Sarah Lancaster.

"We were very excited to offer the first annual Ed Fest at FDLTCC and it was a huge success with nearly 100 participants," shared FDLTCC Dean of Education, Dr. Kim Spoor, "James Vukelich spoke on the Seven Grandfather Teachings. Session presenters were faculty, staff, and local Indigenous educators who did a wonderful job weaving cultural standards into their sessions. We are so grateful for their time and effort. We received wonderful feedback from participants. It is clear that we need to continue working with Native and non-Native educators on integrating Indigenous culture into the curriculum to meet the needs of the whole student. We look

# Etc

forward to next year's Ed Fest.” Vukelich’s keynote presentation explored the Seven Grandfather Teachings and his special presentation during a free community event that evening discussed Mino-bimaadizi, which translates to s/he lives well, leads a good life, has good health.

James Vukelich Kaagegaabaw, a descendent of Turtle Mountain, is an international speaker, author & the creator of Ojibwe Word of the Day. His mission is to inspire people to live the good life by sharing ancient wisdom to influence modern solutions through an indigenous perspective. Vukelich is recognized as a leading voice on the interconnectedness of language & culture. His keen insights were developed through speaking with and recording Elders and Native language speakers (many of whom have since passed on) in Canada, Michigan and Minnesota as part of the Ojibwe Language Dictionary Project. Ed Fest 2023 was sponsored by

the 13 Moons FDLTCC Extension Program, American Indian College Fund, Minnesota Indian Teacher Training Program, and FDLTCC Elementary Education Program. To learn more about the Elementary Education program at FDLTCC, please visit <https://link.fdlccc.edu/Elementary-Education> or contact FDLTCC’s Dean of Education, Kim Spoor, at [kimberly.spoor@fdlccc.edu](mailto:kimberly.spoor@fdlccc.edu).

## FDLTCC and LLTC receive \$9 million grant from USDA NextGen program

Through a new U.S. Department of Agriculture (USDA) grant, Fond du Lac Tribal and Community College (FDLTCC) in Cloquet, MN, and Leech Lake Tribal College (LLTC) in Cass Lake, MN, are excited to work together to build sustainable educational and experiential systems that prepare Tribal college students to enter agricultural and STEM workforces. The \$9 million grant is part of the

USDA’s inaugural From Learning to Leading: Cultivating the Next Generation of Diverse Food and Agriculture Professionals Program (NextGen).

“Our Tribal colleges have served their Anishinaabe communities by providing higher education opportunities based in Indigenous values,” shared Courtney Kowalczak, Director of the Environmental Institute at FDLTCC, “We are excited that this USDA funding allows us to have the opportunity to work with Leech Lake Tribal College. Our partnership leverages the unique program strengths at each campus to increase student interest, access and success in future food, agriculture, natural resources, and human sciences careers.”

The project from FDLTCC and LLTC is titled “Development of Enhanced Education and Training (DEET) in FANH (food, agriculture, natural and human sciences)” and brings together two Tribally chartered colleges to build sustainable educational and experiential systems for preparing Tribal College students to enter the agricultural and STEM workforces.

The DEET project offers holistic support for students to successfully achieve academic and career goals through scholarships, experiences and community engagement. The project will result in greater capacity to deliver FANH classes and activities at both Tribal colleges, increased student retention and matriculation rates, stronger partnerships with USDA and project collaborators, increased capacity for outreach and experiential learning opportunities, and as a result, more students prepared for and interested in careers in food, agriculture, natural science, and



## FDL Hosts Proctor students

Fond du Lac Behavioral Health Staff welcomed students from the Proctor School District to come visit the Anishinaabewigamig to learn about the Band. Students were able to listen from Elders Ricky Defoe and Barb Rodaks, learn words in Ojibwemowin, and complete an art project.

human health.

“DEET strengthens our ability to serve the whole student, beyond just their academic success,” shared Melinda Neville, Director of Sponsored Programs at LLTC, “Focus areas include traditional foods, food sovereignty, sustainability, and community well-being, which reflect the Anishinaabe land ethic of reciprocity and responsibility. At Leech Lake Tribal College, we are launching our DEET program with new demonstration gardens on campus that will provide learning, nutrition, and research opportunities to our community.”

FDLTCC and LLTC fulfill the land grant mission through teaching, research, and service with an emphasis on environmental sustainability. For more information on FDLTCC, please

visit <https://fdlccc.edu/>. For more information on LLTC, please visit <https://www.lltc.edu/>.

NextGen is part of the USDA’s investment in institutions of higher education to foster the next generation of diverse agricultural professionals across the nation. Eligible institutions included: 1890 Land-grant Universities, 1994 Tribal Colleges and Universities, Hispanic-serving Institutions (HSI), Alaska Native-serving and Native Hawaiian-serving Institutions and institutions of higher education located in the insular areas, as well as their partners.

A full list of the NextGen awards is available here: <https://www.nifa.usda.gov/about-nifa/press-releases/usda-announces-inaugural-learning-leading-cultivating-next-generation>.



# Etc

For more information on the DEET program with FDLTCC and LLTC, please contact Courtney Kowalczak, Director of the Environmental Institute at FDLTCC, at courtneyk@fdltcc.edu, or Melinda Neville, Director of Sponsored Programs at LLTC, at melinda.neville@lltc.edu.

## At Carver County Dairy Farm, Lieutenant Governor Flanagan highlights investments to support farmers, producers funding for agriculture among new laws that took effect this month

Lieutenant Governor Peggy Flanagan visited a Carver County dairy farm in Norwood Young America, Minnesota, to highlight the state's work to support local farmers and producers and invest in Minnesota's nation-leading agriculture industry. The Lieutenant Governor toured The

Grater Good LLC, a small business owned and operated by dairy farmer Christine Leonard. Photos from the event are attached.

"Every day, Minnesota families rely on the milk our Minnesota dairy farmers produce," said Lieutenant Governor Flanagan. "We are investing in our local producers through the DAIRI program, a grain indemnity fund, and expanded broadband access and will continue supporting the health and success of Minnesota farmers today and for generations to come. When we invest in farmers and producers, we improve the lives of all Minnesotans."

Earlier this month, Governor Walz visited the Heldberg Dairy Farm in Le Sueur, Minnesota. Governor Walz signed the agriculture and broadband bill into law in May. New investments include broadband, emerging farmers, soil health, and farm safety and wellness. The bill provides \$4 million for the Dairy Assistance, Investment, Relief Initiative (DAIRI). The program provides financial assistance to Minnesota dairy cow operations that produced less than 16,000,000 lbs. of milk

in 2022 and that enrolled in the Dairy Margin Coverage Program, a federal dairy risk protection program. The bill also includes \$10 million to establish the state's first grain indemnity fund, providing protections and security for producers who have unpaid grain sales when grain buyers or warehouses become financially insolvent.

Last month, Governor Walz and Lieutenant Governor Flanagan announced new state and federal investments to expand broadband access across Minnesota. Minnesota secured nearly \$652 million from the federal government and \$67 million in state grants to build on the state's efforts to expand broadband coverage. These announcements follow \$100 million in broadband infrastructure funding Governor Walz signed into law this legislative session.

## Governor Walz announces Minnesota ranked as a top state for businesses

*CNBC study ranks Minnesota fifth in the nation based on 86 indicators*

Governor Tim Walz and Lieutenant Governor Peggy Flanagan today announced that Minnesota is a top-five state for businesses, according to a recent CNBC study. Minnesota's ranking is based on 86 key indicators in 10 categories of competitiveness, including workforce, infrastructure, economy, health, and business friendliness.

"Businesses are at the heart of our communities, our workforce, and our state's economy. They drive our economic growth, culture, and innovation," said Governor Walz. "From investing in broadband and our highway

system to child care and job training, we will continue working hard to make Minnesota the best state to own a business."

"Nearly half of Minnesota's workforce is employed by a small business, and this ranking speaks to our strong support of workers and business owners," said Lieutenant Governor Flanagan. "Minnesotans work best when we work together to provide solutions and support for entrepreneurs and workers alike. Just as small business owners and employees work hard every day to better our state, we will continue to make Minnesota work better for them."

This ranking comes as the Governor and Lieutenant Governor recently announced state and federal investments to expand broadband access and as Governor Walz recently signed the state's largest-ever infrastructure bill, which will create good-paying jobs, invest in infrastructure, and bring long-term benefits to communities across the state. Last week, Governor Walz visited a microchip manufacturing company in Bloomington to highlight investments Minnesota made in Minnesota's high-tech manufacturing industry, including a \$250 million investment in expanding Minnesota's microchip industry that took effect July 1.

## Medicaid coverage at risk for Minnesota children amidst renewal process

Thousands of young children are facing potential setbacks due to Medicaid coverage risks. Statewide 42% of children rely on Medicaid and MinnesotaCare to access essential developmental therapies and healthcare, including those working with the

group The Family Partnership (an organization dedicated to helping families who have experienced deep poverty and trauma, thefamilypartnership.org).

On March 31, the continuous enrollment provision for Medicaid came to an end, requiring families to renew their eligibility for the first time since 2020.

The unwinding of this provision puts 1.5 million Minnesotans at risk of losing coverage, and experts estimate that 15% to 30% of enrollees may face coverage gaps.

For young children in developmental therapies, these coverage losses or gaps could have detrimental effects on their progress. Early childhood is a critical time for brain development, and disruptions can lead to lower academic achievement and challenging interpersonal relations.

It is crucial to protect these vulnerable children from additional setbacks and ensure they continue to receive the necessary healthcare services.

The Family Partnership urges all teachers, physicians, social workers, and adults working with children and families to spread awareness about the renewal process. By sharing the Renew My Coverage page from the Minnesota Department of Human Services at [mn.gov/dhs/renewmycoverage/](https://mn.gov/dhs/renewmycoverage/), families can find support for their eligibility renewals. The page offers resources to report address and phone number changes, find renewal dates, understand renewal paperwork, receive text message reminders, and access support from health plans or navigators.

In a state-wide effort to mitigate learning loss and close opportunity gaps, preserving



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Medicaid coverage for vulnerable children is of utmost importance. With all hands-on deck, Minnesota can ensure that the most vulnerable children receive the care and support they need for a brighter future.

**LEGAL NOTICE – AUGUST 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:**

- CICHY, Gerard
- CICHY, Leslie
- DEFOE, Curtis
- DUFAULT, Lavonne
- DUPUIS, Donovan
- FARRELL, Margo J.

- KIER, Tresa
- LABELLE, Gregory
- LADUE, Michelle
- LAPRAIRIE, Robert
- LEGARDE, Ava
- LEGORE, Terri
- MARTIN, William
- MARZINSKE, Larry
- MOELLER, Jeffery
- NEWAGO, Dennis
- OWENS, Louise K.
- PETITE, Benjamin F.
- PETITE, Leonard Jr.
- SAVAGE, Mark
- SCURLOCK, Patricia
- SEPANSKI, Barbara
- SOULIER, Gary
- ST. GEORGE, Richard J.
- STRONG, Marilyn
- THOMPSON, Dennis Jr.
- THOMPSON, Kathy
- TROTTERCHAUDE, Chauncey D.
- TROTTERCHAUDE, Nicholas
- WAKANABO, Thea

**Summer Lunch at FDLOS  
June 20th - Aug 17th  
(Monday-Thursday)  
11 a.m. - 12:30 p.m.  
Adult meals \$5**

**\*FREE\* Trust Landowner Workshop! RSVP Your Seat today-See Flyer at right for details!!**

***FREE-* INDIAN TRUST LANDOWNER WORKSHOP**

- The Bureau of Indian Affairs in Partnership with the Bureau of Trust Funds Administration invites you to attend the Indian Landowners Workshop.
- If you own land held in Trust status, this workshop is for you!
- Hear the historical background, learn about the Federal Probate Process, Land Use Transactions (like Leasing and Right-of-Ways), Consent Requirements, Revenue Distribution and so much more.
- Please call 1 (218) 751-2011 Monday -Friday between the hours of 8:00 and 4:30 to register. You may also self-register by scanning the QR Code on the image below.



▶ **Back by Popular Demand!**

*You are invited to attend a FREE Workshop designed for owners of Indian trust land.*

**August 9, 2023, 5:30pm–9:30pm**

▶ **InterContinental Saint Paul Riverfront  
11 E Kellogg Blvd  
St. Paul, MN 55101**

Register by calling 1(218) 751-2011  
Monday–Friday, between 8:00–4:30 pm.



OR Using your cell phone camera you may scan the code to self register.

*Light refreshments provided.*

*please join us*

**Very Informative Session!**

**FREE !!**

**Light refreshments provided**

**Limited seating please RSVP your seat now.**

**We look forward to meeting with you.**

**Thank You.**



**BUREAU OF TRUST FUNDS ADMINISTRATION**

**Text MN to 741741**

**CRISIS TEXT LINE |**

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

# Health News

## Lactation Castle

By Callie Bassett RN, CLC, Doula Program Manager, Community Health Services

If you were at the Veteran's Powwow July 7-9, you probably noticed the red Ice Castle parked behind the registration desk. The FDL doulas came together and arranged for the red Ice Castle to be a cooling lactation space at the powwow. Over those 3 days we were able to service over 30 families needing lactation space. In the past we have had our lactation tent available to families who needed to provide their infant/children with human milk. With the use of the Ice Castle we are able to provide electricity, therefore; individuals can pump (bring their own or use one on hand) milk and store it if needed during their time at the powwow. We're hopeful to continue using the Ice Castle space for lactating individuals to comfortably express human milk.

Please reach out to Community Health Services with any questions or concerns regarding lactation and/or doula services at (218) 878-3790.

## Breastfeeding Month in August

Breastfeeding/chest feeding is a natural and essential process that provides numerous benefits to both infants and birthers. To promote and celebrate the importance of breastfeeding, the month of August has been designated as Breast/chest feeding Month. This month serves as a time to raise awareness, educate, and support birthers and families in their breast/chest feed-

ing journey. Historically, breast/chest feeding has been a traditional practice amongst Native American people. It was the first food, but also first medicine our infants will receive.

The World Health Organization (WHO) and American Academy of Pediatrics (AAP) state, "Human milk is the most optimal form of nutrition for infants up to six months, and is recommended

until 2 years of age." Human milk contains essential nutrients, antibodies, and enzymes that promote the healthy growth and development of the baby. Numerous health organizations recommend breast/chest feeding, including our providers at the Min-No-Aya-Win and Center for American Indian Resources (CAIR) Clinics.

One of the primary goals of Breast/chest feeding Month is to

raise awareness about the benefits of breast/chest feeding. Human milk provides the ideal balance of nutrients for infants, helping to strengthen their immune system and protect them against various infections and illnesses. It also reduces the risk of developing chronic conditions such as obesity, diabetes, and certain allergies later in life. Breast/chest feeding has also been linked to a lower incidence of sudden infant death syndrome (SIDS).

Breast/chest feeding month also aims to educate both expectant and new birthers about the techniques and benefits of breast/chest feeding. Many birthers may face challenges and misconceptions surrounding breast/chest feeding, such as difficulties with latching, milk supply concerns, or social stigma. There are resources to help empower birthers to make informed decisions and overcome any obstacles they may encounter while breastfeeding.

In addition to education, Breast/chest feeding Month focuses on providing support to breast/chest feeding individuals. The Community Health Department at Fond du Lac Human Services honors breast/chest feeding efforts by providing supportive resources and incentives through home visiting with Public Health Nurses, whom are all Certified Lactation Counselors. Breast/chest feeding month should also highlight the significance of emotional and social support to lactating people. As well as the importance of creating breast/chest feeding-friendly environments in public spaces, workplaces, and communities.

In conclusion, Breast/chest feeding Month in August serves as a crucial platform to promote and celebrate the importance of breast/chest feeding. By raising awareness, providing education, and offering support, this month aims to empower birthers and creates a more breast/chest feeding-friendly society. Lactation provides numerous health benefits for infants and birthers alike, and by promoting and supporting this natural process, we can contribute to the well-being and development of future generations.

Please contact Community Health Services for lactation resources (218) 878-3790

Sources: World Health Organization (WHO) - Breastfeeding: <https://www.who.int/topics/breastfeeding/en/> and American Academy of Pediatrics (AAP) - Breastfeeding Initiatives: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx>

**Beginning**  
**Wednesday, July 19, 2023**

**Temporary**  
**Pharmacy and Medical**  
**Hours every Wednesday**

**PHARMACY:**  
**1:00pm - 4:00pm**

**MEDICAL:**  
**1:00pm - 4:30pm**

**TRIAGE SERVICES WILL**  
**REMAIN OPEN AT 8:00AM**

*\*Patients with Wednesday appointments will be contacted*

Updated: 07.14.2023

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

# Health News

## National Breastfeeding Month

By Kara Stoneburner, RDN LD, Community Health Services Dietitian

August is National Breastfeeding Month. National Breastfeeding Month is a global campaign to celebrate all chest-feeding, breastfeeding, and human milk feeding families across the world and everyone who supports them.

An overall theme is selected each year for the month and each week has its own additional focus. According to USbreastfeeding.org, the overall theme for 2023 is “This is Our Why”. The theme was selected to elaborate on why the work towards chest/breast/human milk feeding is so important. It stresses the importance to “celebrate mothers and lactating parents and to work to protect, promote and support chest/breast/human milk feeding”.

**Each week in August is highlighted:**

Week 1 (August 1-7) is World Breastfeeding Week

Week 2 (August 8-14) is Indigenous Milk Medicine Week

Week 3 (August 15-21) is Asian American Native Hawaiian and Pacific Islander Week

Week 4 (August 25-31) is Black Breastfeeding Week

New this year- Week 5 (Sept. 5-11) is Semana de La Lactancia Latina

Why chest/breast/human milk feed? To start, it is a natural way by which a baby receives nourishment to grow and develop. Breast milk provides the perfect blend of nutrients that adjust to meet the baby’s nutrition requirements as the baby grows.

Benefits of breast milk for the baby include a stronger immune system, decrease risk of asthma and diabetes, decrease risk for Sudden Infant Death Syndrome (SIDS), less ear infections, stomach issues, diarrhea, respiratory infections and colds and increased brain development.

Benefits to the chest/breastfeeding parent include: decreased risk for high blood pressure, type 2 diabetes, ovarian cancer and breast cancer, promotes weight maintenance (or loss), helps with birth spacing and recovering from childbirth faster and some people will argue that it promotes

better sleep for the chest/breastfeeding parent.

While more than 80% of babies start out breastfeeding, but many don’t continue beyond a few weeks. Some reasons a baby may be taken off human milk include a lack of support, issues with milk supply or latching, returning to work, concerns over infant’s weight, mom’s medications and drug use/removal of the infant. Thankfully, there is support available to help parents and infants with concerns they may encounter.

While any little bit of breastmilk the infant receives is helpful, the World Health Organization, American Academy of Pediatrics and numerous other organizations recommend:

- Early initiation of breastfeeding within one hour of birth
- Exclusive breastfeeding for the first six months of life
- Continued breastfeeding up to two years of age or beyond, with the introduction of nutritionally adequate and safe complimentary (solid) foods at around six months.

Fond du Lac Community Health Services is proud to have been able to honor and support our chest/breast/human milk feeding families for many years. The FDL Maternal Child Health (MCH) staff, the FDL WIC staff, and the FDL doula are available to praise, support, and encourage breastfeeding families throughout the year, but our highlight is our annual Indigenous Milk Medicine Honoring Dinner held in August.

If you are pregnant or currently breastfeeding and are looking for more information and support, contact the FDL MCH nurses at (218) 878-3790 or the FDL WIC Program at (218) 878-2115.

\*sources include WABA, CDC, MDH, Mayo clinic, American Pregnancy Association, American Academy of Pediatrics, USbreastfeeding.org, breastfeedingpartners.org

The U.S. Dietary Guidelines for

Americans 2020-2025 recommend that infants be exclusively breastfed for about the first 6 months with continued breastfeeding while introducing appropriate complementary foods for 1 year or longer. The Ameri-

can Academy of Pediatrics and the World Health Organization also recommend exclusive breastfeeding for about the first 6 months with continued breastfeeding along with appropriate complementary foods for

**TAGWII ADOLESCENT  
OUTPATIENT RECOVERY CENTER  
& PREVENTION INTERVENTION  
OPEN HOUSE**

**Tuesday, August 15**  
**1:30m - 3:30pm**  
**61 Marigold Lane | Cloquet, MN**

Refreshments, snacks, drawings, prizes.

*Come meet the staff and learn what our program offers to families and community.*



# Community News

## Happy Anniversary

Happy 34th anniversary to my soulmate and best friend **Kelly Diver** (Aug. 11). Here's to another great year of being together. I didn't forget this time. Lol. Love you, Mary

## Obituary

**Matthew H. Northrup** (52) of Sawyer, MN passed away into the spirit world on June 29th 2023. Matthew was born September 03 1970 in Forrest Lake IL. Matthew was a proud Army Veteran(11Bravo), who loved talking to others about their service. Matthew has many degrees in History and Politics at St. Scholastica and a McNair Scholarship award in Research. Matthew returned back home to teach at FDLTCC. Other jobs include Archeologist Burial Recovery, a Brick Mason. Closest relatives are Derek Dunphy (son), Jessica Wagner (daughter), Linda Bryne (mother), Pat Northrup (step mom), James Northrup (father) passed, James Northrup III (brother), Joseph Northrup (brother), Aaron Northrup (brother), Kris Beaulieu (brother), Lorna Dow (sister), Heather Brink (sister), and numerous nieces and nephews.



## Celebration of Life for Colleen Aird

**Colleen Aird**, age 99, of Duluth, MN, died December 6, 2022. She was born to Arthur LaJoie and Lillian (Durfee) Casey in the Allouez neighborhood of Superior, WI. She was a descendant of Chief Joseph Osaugie, a member of the Fond du Lac Band of Lake Superior Chippewa and passionate about preserving Wisconsin Point. She wed Vernon Aird in 1943 at Camp Pendleton, CA. They had

five children and were married for 49 years at the time of Vernon's death.

In addition to her husband and parents, she was preceded in death by her brother, Leonard LaJoie, infant sister Rosemarie LaJoie, and son, Leonard Aird. She is survived by two daughters, Mary Lindstedt of Virginia Beach, VA and Patricia Nelson of Maple, WI; two sons, John Aird of South Range, WI and Michael Theiss-Aird of Vista, CA; nine grandchildren and 13 great-grandchildren and 2 great-great-grandchildren. She was kind, compassionate, smart and funny. She will be greatly missed by her family and friends.

A celebration of life will be held Sunday, August 6, from 4-7 p.m. at VIP Pizza, 1201 Tower Avenue, Superior, WI.

## Wisdom Steps Community News

We are Wisdom Steps Board Members that were approved by the Reservation Business Committee to be the Representatives for Fond du Lac and the Urban Communities. We are currently looking for new members (from Fond du Lac and other Reservations) to join Wisdom Steps. Moreover, we currently have an available Board position open for an interested elder volunteer. (55 years - up)

Fond Du Lac Reservation: Barbara J. Tidaback, Wisdom Steps Executive Board & Secretary

Fond du Lac Reservation: Alternate Board Member - Position Available

Urban Representative: Charlene M. Bodin, Wisdom Steps Board Member

Urban Representative: Sharon C. Mullikin, Wisdom Steps Alternate Board Member

### The Wisdom Path

The Wisdom Steps Path is a

program to help Native American Elders decide for themselves how they want to obtain and maintain optimal health. Wisdom Steps provides tools and education. Elders volunteer to participate and in return they are recognized for their efforts through small incentives and awards. Elders are invited to "share their wisdom" and participate in activities that promotes good health. Wisdom Steps promotes incentives for Elders to be involved in health screenings, health education, and healthy living activities. Wisdom Steps encourages the coordination of community resources and strives to motivate Elders to participate in Tribal and urban American Indian community health and social initiatives. - If you go on our Webpage you can find more information <https://wisdomstep.org/the-wisdom-path/> about us.

There are eleven Tribes in Minnesota and the members on the Wisdom Steps Board are from nine of the Tribes. The other two Tribes have members in Wisdom Steps but chose not to be on the Wisdom Steps Board.

- The Board meets the second week every quarter at various Reservations.

- The third week in June we have our Wisdom Steps Conference held at a Casino/Hotel that can accommodate the 400+ people that attend the conference. Our planning for the conference begins in January and we meet every month up to June preparing for all of the activities that take place at the conference.

- In addition, we have the Wisdom Steps Gulf Tournament the first Friday in September held at Black Bear Casino Resort Gulf Course which is always a success. It is followed by a dinner, players announcements are made, and a Silent Auction with a variety of

great items to bid on.

The Fond du Lac and the Urban Communities had a walking program to ensure that the Elders get their steps in for the year and if Elders are interested in doing other activities please let us know and we can meet to share ideas.

We are looking forward to meeting new members. We can be reached at the numbers below.

If interested please call:

Barbara: (218) 878-2407, Charlene: (218) 481-5352, or Sharon: (715) 441-7220.

Respectfully, The Representatives from Fond du Lac and Urban Communities

## FDL Employment Opportunities

Fond du Lac offers many great employment opportunities. The following are all the jobs currently open with closing dates in August, permanent postings, or open until filled positions. Please visit the FDL website for any new postings or more information.

[Fdlrez.com/HR/employment.htm](https://fdlrez.com/HR/employment.htm)

Financial Clerk - Enterprise, Tribal Center, FT, Aug. 2

Maintenance/Security, BCC, FT/PT, Permanent

Custodial/Security, BCC, FT/PT, Permanent

School-wide Check & Connect Counselor/Mentor, FDLOS, FT, Aug. 1

Special Education Teacher, FDLOS, FT, Aug. 1

Science Teacher, FDLOS, FT, Aug. 1

Substitute Teacher, FDL Education, On Call/Sub, Permanent  
Cook Helper, FDL Education, On Call/Sub, Permanent

Employee Background Investigator, Tribal Center, FT, Aug. 1

Traditional Cultural Lead, MNAW, FT, Aug. 3

Secretary/Receptionist, FDL Edu-

cation, On Call/Sub, Permanent  
Reading Buddies, FDL Education, On Call/Sub, Permanent  
Instructional Assistant, FDL Education, On Call/Sub, Permanent  
Custodian, FDL Education, On Call/Sub, Permanent  
Convenience Store Clerk, FDLGG, PT/On Call/Temp, Permanent  
Deli Clerk, FDLGG, PT, Permanent  
Store Clerk, FDLGG, PT, Permanent

Convenience Store Gas Attendant, FDLGG, PT, Permanent

Cook Helper, FDL Head Start, FT, Permanent

Family Service Worker, FDL Head Start, FT, Permanent

Teacher, FDL Head Start, FT, Permanent

Teacher Assistant, FDL Head Start, FT, Permanent

Head Start Substitutes, FDL Head Start, On Call, Permanent

Skilled Laborer 2, FDL Housing, FT, Permanent

Skilled Laborer 1, FDL Housing, FT, Permanent

Maintenance Worker, FDL Housing, FT, Permanent

Custodian/Cleaner, FDL Housing, FT, Permanent

Mental Health Counselor, FDL Human Services, FT, Permanent

Patient Resource Specialist, MNAW, FT, Permanent

Patient Advocate, MNAW & CAIR, FT, Permanent

Prevention Intervention Specialist, Tagwii, FT, Permanent

Brainwave Optimization Trainer, MNAW, FT, Permanent

Mental Health Case Manager, MNAW & CAIR, FT, Permanent

SUD Lead Recovery Case Manager, FDL Human Services, FT, Permanent

SUD Recovery Case Manager, FDL Human Services, FT, Permanent

SUD Secretary, FDL Human Services, FT, Permanent

Alcohol & Drug Counselor IV, FDL Human Services, FT, Permanent

# Community News

Alcohol & Drug Counselor III, FDL Human Services, FT, Permanent  
 Alcohol & Drug Counselor II, FDL Human Services, FT, Permanent  
 Alcohol & Drug Counselor I, FDL Human Services, FT, Permanent  
 Secretary/Receptionist, MNAW & CAIR, FT, Permanent  
 Maintenance II, MNAW, Assisted Living, Supportive Housing, Tag-wii, FT, Permanent  
 Maintenance I, MNAW, Assisted Living, Supportive Housing, Tag-wii, FT, Permanent  
 SUD Treatment Aide, FDL Human Services, FT, Permanent  
 Registered Dental Assistant, MNAW, FT, Permanent  
 ENP Driver/Cook, BCC or SCC, FT, Permanent  
 SUD Treatment Technician, FDL Human Services, FT, Permanent  
 Nursing Assistant, FDL Assisted Living, FT/PT Permanent  
 Clinical Pharmacist, MNAW, CAIR & Mpls, On Call, Permanent  
 Pharmacy Technician, MNAW, CAIR & Mpls, On Call/Sub, Permanent  
 Health Care Assistant, MNAW, Assisted Living, Home Care, FT/PT, Permanent  
 Security Guard 1, FDL Law Enforcement, FT/Temp, Permanent  
 Security Guard 2, FDL Law Enforcement, FT/On Call/Temp, Permanent  
 Propane Customer Service Representative, FDL Propane Co., FT, Permanent  
 LP Delivery Driver, FDL Propane Co., FT/PT, Permanent  
 Graves Registrar, FDL Public Works, FT, Aug. 2  
 Operator/Laborer, FDL Public Works, FT, Permanent  
 Transfer Station Attendant, FDL Transfer Station, FT, Permanent  
 General Maintenance Worker I, FDL Public Works, FT, Permanent  
 General Maintenance Worker II, FDL Public Works, FT, Permanent  
 Forestry Aide, FDLRM, FT, Aug. 1  
 Tribal Monitor/Field Crew Super-

visor, FDLRM, FT/Temp/Seasonal, Permanent  
 Tribal Monitor/Field Crew Technician, FDLRM, FT/Temp/Seasonal, Permanent  
 Fleet Mechanic, Transit Garage, FT, Permanent  
 Transit Dispatcher, FDL Transit, FT/PT/On Call, Permanent  
 Transit Driver, FDL Transit, FT/PT/On Call, Permanent  
 Transportation Driver, FDL Transportation, FT/PT, Permanent  
 School Bus Driver, FDL Transportation, FT/PT/On Call, Permanent  
 Maintenance Worker, FDL Tribal Center, FT, Permanent  
 Custodian, FDL Tribal Center, FT, Permanent  
 Maintenance II, Mpls, FT, Permanent  
 Maintenance I, Mpls, FT, Permanent  
 Alcohol & Drug Counselor III, Mpls, FT, Permanent  
 Alcohol & Drug Counselor II, Mpls, FT, Permanent  
 Lead Recovery Case Manager, Mpls, FT, Permanent  
 SUD Department Secretary, Mpls, FT, Permanent  
 Clinical Pharmacist, Mpls, On Call/Sub, Permanent  
 Pharmacy Technician, Mpls, On Call/Sub, Permanent  
 Table Games Dealer/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled  
 Inventory Control Associate, BCCR, FT, Open Until Filled  
 Groundskeeper BCCR, FT, Open Until Filled  
 Table Games Supervisor/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled  
 Sous Chef, BCCR, FT, Open Until Filled  
 Surveillance Operator II, BCCR, FT, Open Until Filled  
 Food & Beverage Supervisor, BCCR, FT, Open Until Filled  
 Slot Floor Person, BCCR, FT, Open Until Filled  
 Cook I, BCCR, FT, Open Until

Filled  
 Engineer/Maintenance I, BCCR, FT/PT, Permanent  
 Event Center Set-Up, BCCR, FT/PT, Permanent  
 Surveillance Operator I, BCCR, FT/PT, Permanent  
 Motel Room Attendant, BCCR, FT, Permanent  
 Table Games Dealer, BCCR, PT, Permanent  
 Hotel Maintenance Worker, BCCR, FT, Permanent  
 Bartender, BCCR, PT, Permanent  
 Slot Video Technician, BCCR, FT, Permanent  
 Sage Deli Cook, BCCR, FT/PT, Permanent  
 Front Desk Representative/Night Auditor, BCCR, FT, Permanent  
 Vault Cashier, BCCR, FT/PT, Permanent  
 Engineer/Maintenance HVAC, BCCR, FT, Permanent  
 Call Center/PBX Operator, BCCR, FT/PT, Permanent  
 Bingo Vendor/Floor Worker, BCCR, PT, Permanent  
 Custodial Associate, BCCR, FT, Permanent  
 Drop Team Worker, BCCR, FT, Permanent  
 Slot Attendant, BCCR, FT, Permanent  
 Steward, BCCR, FT/PT, Permanent  
 Buffet Wait Staff, BCCR, PT, Permanent  
 Room Attendant / Housekeeper, BCCR, FT, Permanent  
 Gift Shop Clerk, BCCR, FT, Permanent  
 Security Guard/Dispatch, BCCR, FT, Permanent  
 Buffet Runner, BCCR, FT/PT, Permanent  
 Steakhouse Wait Staff, BCCR, FT/PT, Permanent  
 Steakhouse Host/Hostess, BCCR, FT/PT, Permanent  
 Buffet Host/Hostess, BCCR, FT/PT, Permanent  
 Cook II, BCCR, FT, Permanent  
 Players Club Representative, BCCR, FT/PT, Permanent

Equipment Operator, BCCR Golf, FT, Permanent  
 Groundskeeper, BCCR Golf, PT, Permanent  
 Triplex Operator, BCCR Golf, FT, Permanent  
 Cart Attendant, BCCR Golf, PT, Permanent  
 Youth Cart Attendant, BCCR Golf, PT, Permanent  
 Concession Sales Representative, BCCR Golf, PT, Permanent  
 Pro Shop Sales Representative, BCCR Golf, FT/PT, Permanent  
 Ranger/Starter, BCCR Golf, FT, Permanent

Maintenance Manager, Fond-du-Luth, FT, Aug. 13  
 Security Guard/Dispatch, Fond-du-Luth, FT, Permanent  
 Janitor, Fond-du-Luth, FT/PT, Permanent  
 Clean Up Worker, Fond-du-Luth, FT/PT, Permanent  
 Beverage Waitperson/Bartender, Fond-du-Luth, FT/PT, Permanent  
 Cage Cashier, Fond-du-Luth, FT/PT, Permanent  
 Players Club Representative, Fond-du-Luth, FT/PT, Permanent  
 Slot Technician, Fond-du-Luth, FT/PT, Permanent

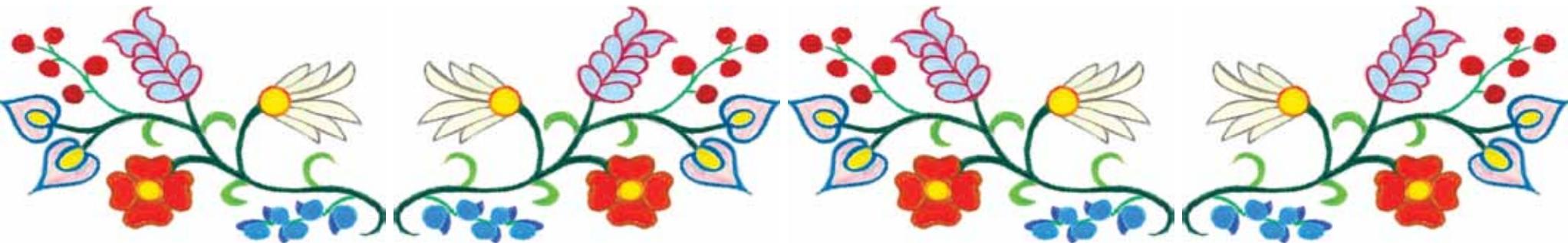
## Childcare center nears completion

Dan Lund, FDL Band member, works for Northland Constructors and submitted these photos taken July 15 as the crews work diligently to pave the parking lot at FDL's new child care center as it nears completion.

FDL greatly appreciates the efforts of all the workers as the progress of the child care center continues along. We can't wait to see all your efforts come to fruition.



# Community Events



## 13 Moons Golf Tournament



Date: **August 25th, 2023**  
Shot Gun Start: **9:00 a.m.**  
Location: Black Bear Golf Course  
1791 Highway 210  
Carlton, MN 55718

### 13 MOONS SCRAMBLE

**\$360 Foursome or \$90 Individual**

(Includes: Green Fees, Cart and Lunch)

Optional Team Skins Game \$50/team

50/50 Raffle - Raffle for prizes - #11 Par 3 game - #7 Bear Paw Drop - #16 Move Up Shot

Hole In One Contest #4 First Hole in One Wins \$13,000.00 CA\$H

**CASH PRIZES FOR 1st, 2nd, 3rd Place**

2 players from your team will play scramble but will be paired with 2 players from another team. The other 2 players from your team will also play scramble and be paired with 2 players from another team.

You DON'T play with the other 2 players on your Team.

Once the round is completed you add your 2 (2) player scramble scores together to come up with your 13 Moons Scramble Score.

Donations will go to the 13Moons 2024 Gichi Manidoo Giizis Powwow Traditional Feast  
First 26 Paid Teams Will Be Accepted, Deadline to sign up is August 23rd @4:30 p.m.

Contact Phillip Savage @ 218-878-7123 or [Phillipsavage@fdlrez.com](mailto:Phillipsavage@fdlrez.com)

Make checks payable to: *FDL Development (add 13Moons Golf Tournament to the memo line)*

Mail to: *FDL Resource Management ATTN: Phillip Savage 1720 Big Lake Road, Cloquet MN 55720*



You are invited

## Mino Bimaadizi



FREE

### Community Science & Medicine Fair

August 27, 2023 | 9 am - 3 pm

Park Point Beach House & surrounding area



#### Agenda

- 8 am Fun Walk/Run  
Registration
- 9 Fun Walk/Run
- 11 - 2 Community Science  
& Medicine Fair
- 12 pm Feast
- 1 Traditional Lacrosse
- 2 Indigenous Comedian  
Isaiah Yazzie

#### Event Highlights

- Family fun activities
- Meet & greets with scientists & medical professionals
- Learn & play traditional lacrosse
- Cultural engagement with Native Elders
- School backpack & supplies giveaway

