

# Nahgahchiwanong (Far end of the Great Lake) Dibahjimowinnan (Narrating of Story)



## THE END OF A FANTASTIC CAREER

*John Anderson (left) and David Quincy stand on either side of Phil Norrgard at his retirement party honoring him with a proclamation from Minnesota Governor Mark Dayton declaring Jan. 18, 2017 as Phil Norrgard day in Minnesota.*

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# Local news

## The end of a fantastic career

By Zachary N. Dunaiski

If you've been around Fond du Lac for the last 37 years, odds are you have come across Phil Norrgard.

Phil is retiring from FDL as the Human Services Director after almost four decades of service which started out as a graduate student volunteer writing grants for the FDL Band. Fond du Lac honored him on Jan. 18, 2017, with a retirement celebration which met the definition of standing room only.

Many current and former FDL employees crammed into the Dottie Tibbetts room in the Min No Aya Win Human Services building, to say their goodbyes to Phil. Jeff Tibbetts, son of Dottie Tibbetts, performed the pipe ceremony and said before he started that he felt honored to be able to be there in his mom's room to honor a man he's known most of his life.

"Phil helped fulfill the dreams of a lot of people," Jeff Tibbetts said.

One of the most touching

moments of the day was before the drum group played, they told the audience that the song they were about to perform was for a chief.

"Phil is not a hereditary chief, but he was the chief of Human Services, so we're going to sing this song for him."

It was only the first of several moving moments. During each person's speech the speakers were either fighting back tears or had someone in the audience fighting back tears.

Chuck Walt, the Executive Director for the Fond du Lac Band, had many great things to say about Phil, but admitted that what he had written that morning was too sad to read again so he just emailed it to Phil. So, instead, he spoke more broadly about all the good Phil has done for the Band.

"I think, under Phil's leadership, there has been almost a billion dollars of funds that have come through the Human Services Division. He's made an impact and he's leaving today with the division not only

in good shape financially but in good shape programmatically."

Later while Phil was speaking, he spoke just as highly about his friend and co-worker who had "shared the same fox hole for 20 years," by diverting the attention away from himself.

"There are those who supported me in the work world, especially Mr. Walt over here. Everything that everybody said nice about me, you can say it secondly right over there."

Many of the speakers also told jokes and happy stories remembering the good times with Phil.

"He would call the wrong number, and then hang up right away, and all I could think is 'you just scared the crap out of somebody.'" Jennifer Dupuis, Associate Director, said. The day before Phil met with a few individuals, including Dupuis to say their emotional goodbyes so that during his retirement party they could celebrate and have fun.

But Phil wasn't just someone we'll be sad to see go, and



Phil, holding artwork he cut out from a two year old calendar and framed. "The intention was to bring beauty to our building and you don't have to have a lot of money to do that."

someone we can tell happy stories about, Phil is also someone who is unbelievably wise. Jeff Tibbetts, asked to speak and wanted a chance to share with everyone the wisdom Phil had once shared with him.

"I started back in 1980 at the little house. I was growing kind

of disenchanted with my job, I was the janitor there. And Phil reminded me, I still remember this to the day, he said 'Jeff, even at NASA somebody's gotta clean the toilets, because otherwise nobody will want to work there. So what you do might not seem important

## Nahgahchiwanong Dibahjimowinnan

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

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1720 Big Lake Rd.,  
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Editor: Zachary N. Dunaiski

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

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

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

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

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Native American Journalists  
Association

# Local news

but it is.' So I've always kept that in the back of my mind and it's really helped me through some difficult times," Jeff said.

Another wise thing that Phil once said, that is still a common thing in my family was what Phil said to my mother when she first got an office in the Old CAIR building.

My mom said that she and her boss felt so spoiled having their own offices and Phil told them, "you aren't spoiled if you appreciate what you have."

Amidst some of the tears being shed at his retirement party, Phil was showered with gifts, honors, and artwork from the Reservation Business Committee and coworkers.

The recognition that got the biggest reaction from the crowd was when John Anderson and David Quincy from the Minnesota Department of Human Services spoke to announce a proclamation declaring Jan. 18, 2017 as Phil Norrgard day in Minnesota. Quincy, who is from Leech Lake, was honored to be there because of what Phil has done.

"Only a few names come to mind when you think about Tribal health policy and Tribal health programming, there's only a few names that come to the forefront in terms of benefitting Tribes and Alaska Natives throughout the whole country and Phil Norrgard is probably the biggest name out there. He's been an inspiration to those of us like myself. I took the job that I have now because I like Tribal health policies, but I'm really standing on the shoulders of Phil because he's been, by his example, leadership, and passion for this work, an inspiration to me."

For those who know Phil, were not surprised by his response to the letter from the Governor.

"Is it really his signature," Phil said leaning in for a closer look.

After everyone had their chance to say many excellent, beautiful, and heartfelt

things about Phil it was finally his turn to speak, and once again, he did so in a way that only Phil can.

"So, my name is Phil," he stated very seriously with laughter from the crowd. "It's embarrassing to hear all this because it confirms that I'm too anxious about work and I work too much."

It's impossible to fit all the great things that Phil said at his retirement party, and I don't have enough paper to write all the great things that Phil has done in his career, but the best part of his speech was when he talked about a wooded area across from where he lived.

Eventually a private military academy was built for "rich kids" to go to school

on that lot. Phil went to high school at the local Christian high school. He went on to play for a traditionally not very good high school football program, and in his last game, as a senior, they played that private military academy.

"We were good, and they were good. Actually we were playing for second place, which for our school was like awfully good. We were the only school that said, 'we're number two, we're number two' and we felt good about

it." Phil said to more laughter from the audience "we just played a great first half and when we got off the field it was 6-6."

Phil talked about his coach and how he tried to motivate them to play hard and give it their all, because this would be their last game for the seniors, so

why not give it your all.

"Leave it all on the field. Don't ever regret not giving everything you had.' So we went back out, and we just went crazy. And when the final whistle blew it was 26-6, and we had the 26."

Phil said. The audience could almost see the joy and pride growing across his face. "So I sat down

on the bench, and I looked across at my house. I felt so big. I felt so powerful. I felt so good. I felt so capable, I felt so strong. I felt so confident." He paused with an exhale. "I wish I could give that to everybody here."

I can't speak for everyone there, but at the moment he finished his story, I had goosebumps. I'm assuming most of the crowd did as well, and at least one person even chimed in, "you have."

After his story was done, he began

talking about his career at Fond du Lac and turned to Jeff again and said, "Actually Frank and Flora Whitebird were the first people I hired, and they were your grandparents. But you're right, Dottie was my favorite."

Then Phil talked about George Himango, who was the Executive Director of the Band at the time who hired him, and pushed him to apply for the Director position.

"He said, 'Phil, when the Europeans came and took over this country from the Indians, they couldn't have done it unless they had American Indian scouts. Now we want to take some back, and we need a couple of white guys like you to help us out.'"

So that's how Phil got started with the Fond du Lac Band. Now, 37 years later, he's saying goodbye, and lot of tears have been shed to say goodbye to a coworker, boss, mentor, and friend.

"There are psychologists who say that overachievers are driven by a real fear to lose. In my own experience I just think it has more to do with knowing the absolutely ecstatic joy of working hard and doing something that matters to other people." Phil said. The work he did for FDL over his career has mattered to thousands of people.

Phil will be impossible to replace. I have no doubt that many great people will continue to lead the Fond du Lac Band in many different ways, but none will be like Phil. He was a great leader and someone who seemed at times to avoid the spotlight or credit for all his hard work. One thing that he can't take away from Fond du Lac is the wisdom he has bestowed upon us.



Phil Norrgard cutting his retirement cake.

# RBC Thoughts

## Sawyer News

### Boozhoo!

The 13 Moons Powwow and Maple Seminar was a big success, shout out to the staff that made it possible. Many friends and family came together to sing, dance, share knowledge, and have good conversation. There were USDA employees and maple syrup producers in attendance at the Maple Seminar. Tribal producers from Grand Portage, Oneida, Bad River, LCO, KBIC, Leech Lake, and Red Lake were in attendance. It is nice to see the Great Lakes Tribes participate in discussion about how to sustain maple forests for the future.

While at the seminar a father and daughter who recently have become sugar producers at FDL shared their story about how they were able to produce enough maple syrup for family use and some for the community. The seminar created opportunity for dialogue to bridge gaps in understanding about the unique economic needs of Tribes and families. There are always individual grants available to small producers each year and the grant review committees are always looking for Native American producers to commit to projects. The PowerPoint presentations are available at the FDL Resource Management 13 Moons website.



Bruce Savage

Congratulations, to the Black Bear Casino Seven Fires Steakhouse for receiving the Golden Spoon Award at the annual Food for Thought tasting event at the FDLTCC. The Steakhouse provides a fine dining experience and great food.

Recently I attended the Black Bear/Fond-du-Luth Casino and FDL Gas & Grocery Employee Appreciation dinner and Years of Service Award presentation. There were many perfect attendance awards in every department as well as employees with over 30 years of service. Miigwetch to all their

hard work and commitment to the ever changing industry of gaming.

We had our first monthly open RBC meeting for the community at the Brookston Center this past month. There was a good turnout for the meeting and you will be able to find a schedule of all the upcoming open meetings below and at [fdlrez.com](http://fdlrez.com).

The Housing Board needs board members from Sawyer. Please submit a statement of interest to FDL Human Resources.

An update: This month Fond du Lac Reservation paid off the loan we had from the Shakopee Mdewakanton Tribe for the Resource Management building.

*If you have any questions or concerns I am always available through email, cell, or in person. Please stop by anytime. (218)393-6902 or [BruceSavage@fdlrez.com](mailto:BruceSavage@fdlrez.com)*

## Boozhoo,

I hope that the holiday season was good for you. I hope you were able to spend some quality time with your family and friends. Mostly I hope your family is safe and healthy as we move into the New Year filled with the promise of bigger and better things for all.

Towards the end of last year the accounting department was paid a visit from the Internal Revenue Service to check on what appeared to be some irregularities in our reports a few years back. Our explanation was the change in IRS regulations and how we interpreted them.

They wanted to look at the files. The auditor was very matter of fact and said if things are ok she would be here for a week. That was on Monday. On Friday she had changed somewhat and reported that she was quite pleased with our work and would be requesting a no change recommendation for us. I received the letter at the end of December that confirmed her request. What I would like to say is that our accounting department did and continues to do a great job managing our financial records.

On January 18 Phil Norrgard retired after 37 years of service to the Reservation as Human Services Director. We had a small gathering rather than a large party, at his request. It was a nice ceremony and I had the honor of being one of the



Ferdinand Martineau

speakers. I talked about how Phil began with pretty much nothing here and built this system into one of the most envied health delivery systems in Indian Country. He was honored by Governor Mark Dayton with the day being declared Phil Norrgard Day in the state for all the work he had done in the state with affordable care costs for insurance. Several others presented him with mention of how he impacted them and their careers. It is easy to see

that we are going to miss Phil and his dedication to FDL but his far reaching effect will be felt by more than just FDL.

The last thing that I want to mention is there are some changes taking place at the

casino. I am not sure how they are going to affect our business so I will be watching closely. I have been contacted by lots of angry customers shortly after the changes took place with their concerns.

I passed them on to management and they did recommend some changes that have already taken place. Lately I have been contacted by more customers that are happy with the changes that have taken place. I guess only time and income will tell if these changes are successful.

*If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at [ferdinandmartineau@fdlrez.com](mailto:ferdinandmartineau@fdlrez.com)*

*Gigawaabamin.*

## Open RBC meeting schedule

January 19	1:30 p.m.	Brookston Community Center
February 16	5:30 p.m.	State of the Band Black Bear Convention Center
March 16	5:30 p.m.	MN Chippewa Tribe Building
April 20	5:30 p.m.	CAIR
May 18	5:30 p.m.	Sawyer Community Center, Quarterly Meeting
July 20	5:30 p.m.	MN Chippewa Tribe Building
August 17	5:30 p.m.	Brookston Center, Quarterly Meeting
September 21	5:30 p.m.	Sawyer Community Center
October 19	5:30 p.m.	Cloquet Community Center
November 16	1:30 p.m.	CAIR, Quarterly Meeting

Etc.

**Native STAND**

Native STAND is a peer education program for American Indian youth, ages 13-19, in the Duluth and Bemidji areas. Group members learn about many reproductive health topics and become peer educators, sharing valuable information and resources with others. Participants can earn a \$150 stipend for completing the program requirements.

Are you interested in educating your peers? Helping others? Being involved in community leadership? You might be a great candidate for Native STAND. Contact us at (218) 722-3267 or email gfarrell@ppmns.org

**Notice:**

The Reservation Business Committee is seeking an individual from the Brookston District to serve on the Land Use Committee.

The purpose of this committee is to advise, assist and oversee the use, protection and development of land within the boundaries of the Reservation. Interested individuals should contact Jack Bassett at (218) 879-8043 or by email Jackbassett@fdlrez.com

**Bad River Land Buy Back Program**

The Bad River Band is running their land buy back program and wants you to know that they are assisting landowners with fractionated Bad River lands.

Please call if you have any questions or if you missed the Dec. 2016 due date, (715) 682-2851 or (715) 682-2852. Bad River Band 55971 Reykdal Rd. Ashland, WI 54861.

**Hole-in-the-Day**

By Zachary N. Dunaiski

Chief Hole-in-the-Day was an Ojibway Chief who was most famously known (and hated by some) for his work with the growing United States government trying to bring the two sides together.

Jason Hollinday, Fond du Lac Planning Director, is a descendant of Chief Hole-in-the-Day, and that's something that Jason has known for a while.

"It's all based off my dad. He was a Hole-in-the-Day and he was in WWII. He talked about it a little bit. He always mentioned that fact that we were Hole-in-the-Days. It goes way back in my family line," Jason said. Jason first knew about it when he was about 8 years old, but really learned about it when he was 12.

"We had to do this project in 6th grade about Minnesota. In one of the chapters we had to write about our family history and that's when I started to get really involved in it."

So not knowing much about the topic, the biggest question I had was how it became Hollinday from Hole-in-the-Day.

"That occurred in the 40s. My dad mentioned something about the Marine Corp in WWII, it got changed and he just never changed it back."

So Hole-in-the-Day became Hollinday, but that didn't stop people from knowing where the name came from and wanting to ask him about it.

"Throughout high school people would ask about it occa-

sionally. When I started college, at UMD, there was actually one professor, somehow he heard my name. I didn't have him for any courses at the time but he heard about my name and he actually found me. And he started asking me a lot of questions."

While Jason may have learned the bulk of it when he was 12, it didn't stop him from wanting to learn more about his family name.

"I know about 4 or 5 years ago, I went out to Brainerd and went to their historical society and looked at all their stuff on Hole-in-the-Day and made photo copies of it and in turn made copies of what I had and gave that to them."

Jason had never really thought about how he has led his life a lot like Chief Hole-in-the-Day, but does see the similarities.

"I started working here and I just wanted to make Fond du Lac a better place. Which I guess is sort of a simplified version of what he was trying to do for the Indian people of Minnesota. He did many different things, such as going out to D.C. and speaking on behalf of the Tribe. Some people liked that, some people did not. He was working with the federal government on treaties trying to make Minnesota a better place. Mine is just a much smaller version."

Jason is a big part of what Fond du Lac is trying to get accomplished, and much like Chief Hole-in-the-Day does a lot of work for Ojibway people to make things better for Native Americans in Minnesota.

# 52+ ELDERS MEETINGS

\*\*\*FOND DU LAC CLOQUET COMMUNITY CENTER\*\*\*

**TUESDAY(S)**  
5:00-7:30pm

JANUARY 24, 2017	JULY 25, 2017
FEBRUARY 14 & 28, 2017	AUGUST 8 & 22, 2017
MARCH 14 & 28, 2017	SEPTEMBER 12 & 26, 2017
APRIL 25, 2017	OCTOBER 24, 2017
MAY 23, 2017	NOVEMBER 14 & 28, 2017
JUNE 27, 2017	DECEMBER 12, 2017



**Informative meetings  
with Guest Speakers  
Potluck Dinner**



**Bring a DISH to share**  
More Info Call: (218) 878-8053

Etc.

## Climate Change

Aaniin,

**W**e would like to announce that staff from Fond du Lac Resource Management, Grand Portage, Bois Forte, and 1854 Treaty Authority recently finished our Climate Change Vulnerability Assessment and Adaptation Plan. Climate change not only affects the living things around us, but also our landscapes and traditions as Anishinaabeg.

Tribes are restricted by boundaries within Reservations and the ceded territory and are unable to move or follow changes that will and have occurred due to climate change. Because traditional harvesting practices still rely heavily on natural resources it is very important for the Bands to be able to plan for these changes.

The three Bands and 1854 Treaty Authority partnered with Adaptation International and Great Lakes Integrated Sciences Assessments to come up with a living document that not only investigates climate change and how it is affecting our Reservations and the 1854 ceded territory but, also has strategies on how we can address changes due to climate. The vulnerability assessment and adaptation plan assesses climate change in over 30 different species and habitats that fall within wild-life, air quality, fisheries, wetlands, water quality, resource

access, aquatic and terrestrial plants, and forestry. There are adaptation strategies to apply for current changes, included as well as, strategies to help plan for future projections of climate change.

The species and ecosystems assessed in the plan were categorized by those that are more vulnerable and those that may thrive under current or future changes. Each assessment had adaptation strategies included which fell under five different categories: collaboration, monitoring, restoration, conservation, and education.

Because it is important to understand how our climate is changing, the plan investigates how precipitation and temperature are changing on an annual and seasonal basis. This approach aligns with the Anishinaabe traditions of seasonal harvesting and activities.

It is our responsibility as stewards of the earth to conserve and protect the resources that give us life for future generations.

Stay tuned for more interesting details about our Climate Change and Adaptation Plan in next month's publication and if you are interested in viewing the document, it is posted on the Fond du Lac Resource Management Division website: <http://www.fdlrez.com/rm/index.htm>

Miigwech bizindowiiyeg

## Boozhoo! Aniish na? We are fine.

By **Rachelle West,**

*FDL Scholarship Director*

**T**he Fond du Lac (FDL) Scholarship office would like to congratulate each and every student attending college in this great nation of ours. I would like to thank each student for making my first year as the FDL Scholarship Director an exciting and eventful twelve months. It is an honor and pleasure serving you. Getting an education is/will be one of your proudest moments in life.

The "BIG" 10 reminders for college students enrolled in the FDL Scholarship Program -

You are encouraged to apply six weeks before your start date -

1) You must apply/reapply to the Fond du Lac Scholarship Program by filling out the FDL Scholarship packet.

2) You must electronically file FAFSA (Free Application for Federal Student Aid).

- [www.fafsa.gov](http://www.fafsa.gov)

- Within weeks you'll receive a Student Aid Report (SAR).

- Your financial aid office will begin preparing your official financial aid award letter.

- Your budget information will then be sent to the FDL Scholarship Office for consideration of an award.

3) In-state students must electronically file the Minnesota Indian Scholarship.

- [www.ohe.state.mn.us](http://www.ohe.state.mn.us), (out-of-state students are not eligible for the MN Indian Scholarship).

4) Reward System - You have two weeks from either the half way point of the term, or when mid-term exams grades are posted to turn in the "Academic Progress Report" to the FDL Scholarship Office.

- It may take a minimum of two weeks to receive your "reward check" ordered and processed from the time we receive grades. It is your responsibility to ensure you have the correct address on file with this office.

5) You must maintain a 2.0, cumulative

grade point average each academic term of attendance. Transfer students must submit copies of grade reports/transcripts from all schools previously attended.

6) It is your responsibility to turn in a class schedule to the FDL Scholarship Office each term, but more importantly; you must also turn in your final grades at the end of each semester.

7) Incompletes, withdraws, academic probation, academic financial aid suspension (one full year), or Termination (minimum of five years) are serious matters and will be reviewed by this office applying the Fond du Lac Scholarship Program policies, procedures, guidelines and instructions.

8) All FDL Scholarship recipients are required to sign the "Repayment Agreement" form within the FDL Scholarship Program packet. Should you accept FDLSP funds, and you do not meet the original intent, purpose, academic and financial aid guidelines established and approved by the FDL Reservation Business Committee, you will be required to repay the FDL Scholarship Program.

9) Students in DEFAULT status on current/previous student loans. A repayment plan must be set up with the college's financial aid office, or contact the lender (whoever owns your loan), to initiate a repayment plan. Once you've been reinstated for eligibility for federal and state financial aid programs, you must submit proof to this office. Then and only then, will you be considered for reinstatement to the FDL Scholarship Program.

10) Appeal Process - All scholarship applicants and recipients have the right to "appeal" any award determination, penalty, or decision made by the Scholarship Director, or Scholarship Clerk.

- You as the student, are required to write a Letter of Appeal to the FDL Scholarship Director. Attach any documents that strengthen your appeal.

Giminadan Gaginionshiwan!

Etc.

## Nagaajiwanaang Genawendangig Anishinaabemowin 2017 Language Program Overview

Submitted by Janis Fairbanks,  
Anishinaabemowin Coordinator

The FDL Language Advisory Committee hosted the 1st Quarter community language planning session on January 12. Language program staff presented an overview of 2016 activities accomplished, and a forecast PowerPoint presentation of 2017 planned activities and projects in progress.

Two major projects in progress are:

1) Elder speakers being videotaped by award winning film maker Jonathan Thunder, who will film a series of 11 immersion dialogues for screenplays written by FDL elder and program coordinator, Janis A.

Fairbanks. The screenplays are based on activity that took place on the Fond du Lac Reservation in the 1950s. This project is sponsored by grant funding from Minnesota Indian Affairs Council Dakota and Ojibwe Language Revitalization Grant (MIAC).

2) "Ojibwe History/Storytelling; Language and Culture: Waasa Inaabidaa Revisited," a series of four remaining sessions. Scheduled speakers for the remaining sessions are George Himango, (Gikinoo'amaadiwin: We Gain Knowledge) Feb. 7th, Skip Sandman (Bimaadiziwin: A Healthy Way of Life) February 21, Dr. Robert Peacock (Gwayakochigewin: Do Things the Right Way) March 7, and Bunny Jaakola (Gaa-Miinigooy-

ang: That Which is Given to Us) March 21.

A third major event is the 9th Annual Kiwenz Language Camp, which will be held at Kiwenz Campground on July 19 – 23, 2017. This annual event offers an opportunity for participants to enjoy Ojibwe language and cultural arts sessions, a talent show, mini-powwow, canoe races, and the ever-popular "Mad Scientist" experiments by Dr. Arne Vainio, who works at the Min-No-Aya-Win clinic. With Wednesday, July 19 set as arrival and set-up day, and Sunday, July 23 as wrap-up and clean-up day, with departure at noon, the days in between are packed full of language and cultural activities for everyone.

More details will be posted to the Fond du Lac Reservation web page as details are finalized (Go to Tribal Culture-Anishinaabemowin-Events tab). You may also find information posted on the Facebook page under Kiwenz Ojibwe Language Camp.

As these activities are being planned and implemented, other ideas may be presented at the remaining quarterly Language Advisory Committee public community meetings. These meetings take place from 5 to 8 p.m., and light meals plus potluck is included.

**2nd Quarter Meeting:** Tuesday, April 18, 2017 at Brookston Community Center.

**3rd Quarter Meeting:** Tuesday, July 18, 2017 at Sawyer Com-

munity Center.

**4th Quarter Meeting:** Tuesday, October 17, 2017 at Cloquet Community Center.

At the end of the meeting, a review of the bylaws and officers took place. Thomas Howes will remain committee Chair, Dawn LaPrairie is the new Vice Chair, and Marcus Ammesmaki is the new Secretary. Remaining committee members are Tara Dupuis, Wayne Dupuis, Jennifer Johnson, Ralph Fairbanks, and Elder Advisor is Sonny Greensky.

Please send questions or comments on language program activities to Janis Fairbanks at [janisfairbanks@fdlrez.com](mailto:janisfairbanks@fdlrez.com)

## Wisdom Steps Program

Wisdom Steps is a culturally based preventive health promotion program developed by and for American Indian Elders, with support from the Indian Elder desk. Wisdom Steps fosters community and Tribal partnerships and coordinates resources to provide increased advocacy and access to services that will improve the health of American Indian Elders.

The program focuses on:

- Health screenings
- Health education
- Healthy living activities

Incentives are offered to encourage participation in preventive health programs.

All American Indian Elders are invited to participate in the Wisdom Steps Program.

To learn more about or participate in Wisdom Steps go to the Wisdom Steps website at [www.wisdomsteps.org](http://www.wisdomsteps.org)

Fond du Lac Reservation Local Community contacts:

- Debra Johnson-Fuller, Board Member (218) 878-2130 or cell (218) 461-5212
- Dorothy Olson, Alternative (218) 499-8218
- Deb Topping, Advisory Member (218) 878-8053

Fond du Lac Reservation Local URBAN Community contacts:

- Char Bodin, Board Member (218) 279-4119
- Sharon Mullikin, Alternative (715) 398-5283

## FDL basketball schedules

### Girls:

Thursday Feb. 2 Northeast Range 7 p.m. Home  
Monday Feb. 6 Cass Lake-Bena 7 p.m. Home on WGZS  
Thursday Feb. 9 Lac Courte Oreilles 6 p.m. Away  
Saturday Feb. 11 Red Lake 1 p.m. Home on WGZS  
Thursday Feb. 16 Chisholm 7:15 p.m. Home on WGZS  
Friday Feb. 17 Nashwauk-Keewatin 7:15 p.m. Home on WGZS  
Thursday Feb. 23 Littlefork-Big Falls 6 p.m. Away  
\*Times Subject to Change

### Boys:

Friday Feb. 3 Cherry 5:45/7:15 p.m. away  
Tuesday Feb. 7 South Ridge 5:45/7:15 p.m. Home Varsity on WGZS  
Thursday Feb. 9 East Central 5:45/7:15 p.m. Home Varsity on WGZS  
Saturday Feb. 11 Red Lake 3 p.m. Home WGZS  
Monday Feb. 13 LCO 6th grad 5/JV 6 p.m. Home  
Saturday Feb. 18 Minneapolis Roosevelt 6th grade 11 a.m./12:30 p.m. Home Varsity on WGZS  
Saturday Feb. 25 Prairie Seeds Academy 2:30/4 p.m. Home Varsity on WGZS  
Tuesday Feb. 28 Nashwauk-Keewatin 5:45/7:15 p.m. Home Varsity on WGZS  
Friday Mar. 3 Nevis 5:45/7:15 p.m. Away

Etc.

**Fond du Lac Ojibwe School Board Regular Meeting Tuesday November 8, 2016 Fond du Lac Ojibwe School Board Room 3:00 p.m.**

Call to Order: 3:02 p.m.  
 Roll Call: Wayne Dupuis, Shawn Johnson, Kathleen Gar-sow, Betty Anderson, Dorothy Olson, Carol Wuollet, Joyce LaPorte, Patty Petite, Debra Johnson-Fuller  
 Others Present: James Friedman, Student; Eddie DeFoe, Student; Jennifer Johnson, Superintendent; Tara Dupuis, Principal; Andrea Johnson, 3rd - 5th Grade Math Teacher; Bridget Paulson, Program Accountant; Rita Connors, Receptionist/Secretary; Jill Goodreau, Instructional Assistant  
 Superintendent Johnson read the Mission Statement  
 Motion to approve the November 8, 2016 regular meeting agenda: Dorothy Olson, seconded by Joyce LaPorte. There was discussion regarding old business item iii. All in favor, 0 opposed, motion carried.  
 Motion to approve the October 11, 2016 regular meeting minutes: Joyce LaPorte, seconded by Betty Anderson. All in favor, 0 opposed, motion carried.  
 Motion to approve the October 25, 2016 special meeting minutes: Betty Anderson, seconded by Dorothy Olson. Remove Joyce LaPorte from the roll call. All in favor, 0 opposed, motion carried.  
 Review the ledger:

**New business:**

I. Bridget Paulson Program Accountant answered board member questions regarding McKinney Vento funding and the Parent Advisory Group expenditures. There was discussion regarding 21st CCLC grant initial funding distribution and start up costs of the program. Bridget Paulson left at 3:30 p.m.  
 II. Wellness Policy – Patty Petite motioned to table the Wellness Policy, seconded by Dorothy Olson. All in favor, 0 opposed, motion carried.  
 III. Bus Safety Policy – There was discussion regarding the number of people involved in the proposed plan. This policy will be added to the current transportation policy. There was continued discussion regarding the safety of students. Dorothy Olson motioned to table the item, seconded by Betty Anderson. All in favor, 0 opposed, motion carried.  
 IV. Idling Policy - Students explained the research involved in the Idling Policy. Debra Johnson Fuller motioned to approve the Idling Policy and forward to the Reservation Business Committee for approval, seconded by Dorothy Olson. Further discussion included consequences for not following the policy. All in favor, 0 opposed, motion carried.  
**Old business:**  
 I. Annette Himango FDL Human Resource Manager: TABLED  
 II. Define Ojibwe School Board Member’s Roles: The staff representatives are requesting to present at the De-

ember regular meeting. They are currently collecting data from the staff. There has been a limited response from the staff. There was discussion regarding the limited staff response, chain of command, and how to elicit a greater response.  
 III. Support Staff Comparison Sub-Committee - Equitable Pay Increases for Licensed Staff - Support Staff Comparison sub-committee has met. The committee is currently categorizing the support staff and collecting support staff salary scales from area schools. They will continue to work on job analysis and establishing a timeline. The current analysis of the FDL Ojibwe School salary, evaluations, reservation increases, and incentives for staff to further their education show that FDLOJS is a leader in salary for Para’s.  
 IV. Policy for Blogs - Committee reported that one blog committee member has been lost. Move to executive.  
**Supervisor reports:**  
 Superintendent Johnson reported effective November 15, 2016 Dennis Olson Director of American Indian Education within MDE will be moving on to another position.  
 Principal Dupuis discussed parent teacher conferences.  
**Other:** Move to Executive session 4:25 p.m.  
 Grade 3-5 math teacher Andrea Johnson reported the Ojibwe School will have a group attend a Math Masters program in April.  
 Students Edward DeFoe 11th grade and James Friedman 10th

grade introduced themselves.  
 Debra Johnson-Fuller motioned to adjourn, seconded by Dorothy Olson. All in favor, 0 opposed, motion carried.  
 Adjourn 4:25 p.m.  
 Executive session 4:30 pm - 5:04 pm  
 Recorded by Jennifer Trotter-chaude

**Fond du Lac Ojibwe School Board Regular Meeting Tuesday December 6, 2016 Fond du Lac Ojibwe School Board Room 3:00 p.m.**

Call to Order: 3:02 p.m.  
 Roll Call: Wayne Dupuis, Shawn Johnson, Kathleen Gar-sow, Betty Anderson, Dorothy Olson, Carol Wuollet entered at 3:21 p.m., Joyce LaPorte, Patty Petite entered at 3:05 p.m., Debra Johnson-Fuller  
 Others Present: Tara Dupuis, Principal; Dan Anderson, Education Grants and Accountability manager; Mike Quam, Transportation Supervisor; Vicki Oberstar, Counselor; Aliza Gingras, Instructional Assistant; Annette Himango, FDL Human Resources Director; Eddie Defoe, Student  
 Debra Johnson-Fuller read the Mission Statement  
 Motion to approve the December 6, 2016 regular meeting agenda: Joyce LaPorte, seconded by Dorothy Olson. All in favor, 0 opposed, motion carried.  
 Motion to approve the November 8, 2016 regular meeting minutes: Betty Anderson, seconded by Dorothy Olson. All in favor, 0 opposed, motion

carried.  
 Ledger – no discussion  
 Supervisor report:  
 Mike Quam, Transportation - requesting a supervisor in acting while he is out of the office for a medical leave. Mike updated the school board on bus repairs and new purchases. There was discussion regarding bus changes.  
**Old business:**  
 I. Annette Himango, FDL Human Resources Director - Update on Committees and bylaws: Annette was assigned by Tribal Council to compile a list of all committees and by-laws. Each committees bylaws will be reviewed for updates and to insure committees following their bylaws. In the future FDL HR will be the gate keeper for all committees, posting membership, membership expiration, etc.  
 Carol Wuollet entered 3:21 p.m.  
 Discussion regarding current school board member term dates. The School Board is requesting 2 months notice from the human resources office of term expiration. The board also discussed adding a non-voting seat for a student representative.  
**Supervisor report:**  
 Mel Buckholtz, Behavior Manager - Q & A session regarding behavior:  
 There was discussion regarding write ups this year compared to last year. The board asked for information regarding the behavior program. Mel suggested three social workers, trauma training for staff,  
*continued on next page*

## Etc.

outdoor education, and a quiet room for students would be helpful. It would also be beneficial to have a School Resource Officer back on site.

The board developed a committee to work with Mel and will start networking with FDL Social Services for volunteers/paid social workers, best practices to help with the behavioral issues. The behavior committee members are Carol Wuollet, Deb Johnson-Fuller, Shawn Depoe-Johnson, Mel Buckholtz.

Dan Anderson, Education Grants and Accountability Manager:  
Mr. Anderson updated the

board on the USDA grant and recently submitted a library grant. A parent survey will be available at the Biboon Celebration. The School Improvement Team is currently working on the accreditation progress report, continued instructional strategies and direct instruction.

Board is requesting copies of surveys for review.

II. Define Ojibwe School Board Member Roles – School Board Representatives are compiling information. Potentially change the term "Representative" to "Advocate". The board is requesting a timeline on this project. There was discussion

regarding the definition of school board members.

III. Support staff salary comparison sub-committee: No report. The board is requesting a timeline. The committee has received salary scales from Cloquet, Wrenshall, and Carlton. The committee is reviewing and defining roles of the support staff and assessing where the Ojibwe School fits in comparison.

IV. Policy for blogs - Discussion regarding the reservation-wide blog policy/use of the internet/communication. The Board needs to re-define the direction of this item.

V. Wellness policy - Motion to

approve the Wellness Policy. There was discussion regarding items in the policy that are currently implemented. Mr. Anderson reinforced the practices that are already in place. The policy addresses the local activity with Farm to School, Journey Garden, the sale of soda pop and candy, and the number of minutes of physical education per week.

Debra Johnson-Fuller motioned to approve the Wellness Policy, seconded by Dorothy Olson. No further discussion. All in favor, 0 opposed, all in favor.

VI. Bus Safety Policy - Betty Anderson motioned to accept

the Bus Safety policy, seconded by Debra Johnson-Fuller, all in favor, 0 opposed, motion carried.

**Supervisor report:**

Tara Dupuis, Building Principal:

Principal Dupuis reported we have 2 new hires and 2 staff resignations. The Elder Christmas Party was very positive!

Motion to adjourn Patty Petite, seconded by Joyce LaPorte, all in favor.

Recorded by Jennifer Trotter-chaude

Adjourn 4:50 p.m.

## Plans for spring 2017 Ceded Territory spearing

It may seem too early to begin thinking about spring ice-out, but it will be here sooner than we think. Band members should start thinking about spearing and netting in the ceded territories.

As in the past several years, there will be NO netting this spring in Mille Lacs Lake. The Mille Lacs Lake walleye population is still at an all-time low, although the 2013 year class is looking very good. Safe harvest limits on Mille Lacs will be set at extra-conservative low levels, to help with future recovery efforts. Thus, with such low allocations, there will not be enough walleye available for netting. Spearing will still be available. Permits will likely

be 20 fish/spearer.

The Resource Management Division (RMD) is working to provide opportunity for Band members who are still interested in harvesting fish this spring. There will be spearing & netting opportunities for walleyes and other fishes, in both 1837 and 1854 ceded territories. Once again in 2017, there will be a provision allowing for limited netting in some ceded territory lakes other than Mille Lacs. Additional details will be available closer to April 1. Please continue to visit the Fond du Lac website, where specifics will be made available as the details are worked out. We have no specifics yet, but hopefully by the March edition of this paper we will

have more details to share.

RMD will likely be using the same plan for distributing permits in 2017 as we did last year. First thing in the morning, RMD staff will be sending out a mass email to all individuals that register for spearing ahead of time (register using the link on the FDL website, likely not available until late February or March). This daily email will identify the lakes and number of permits available for that night. Band members that want to be included in the daily drawing can either respond to the email or call in to the RMD office by no later than 11 a.m. Band members that do not have email may still phone in on a daily basis to find out which lakes are open, and if

interested, may request to be in the daily drawings. RMD staff will have a daily drawing to distribute available permits to all of those that can participate. RMD staff will notify the winners daily by 1 p.m. If you don't hear from staff by 1 p.m., you were not drawn for that night. RMD will not be keeping a waiting list for the next evening's activities. Winners can either pick up their permit at the RMD office during regular business hours, or at the boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening.

Another wrinkle for this year: Per the Ceded Territory Conservation Code, Sect 105, Subd 19(B), gill nets used in

lakes infested with either zebra mussels or spiny waterflea will be marked by RMD staff. Marking likely will be colored dye or spray paint on the float line. Gill nets used in these infested waters will never again be allowed to be used in uninfested lakes. These nets may still be used in infected lakes, such as Mille Lacs and Vermilion.

Please stay informed at the FDL website, where details will be posted as they are worked out.

Thank you for your patience as we forge ahead for 2017.

# FDL Law Enforcement news

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

- Dec. 1 Report of a dead deer in the roadway, checked twice, unable to locate the animal
- Dec. 2 Traffic stop on Big Lake Road and Trettel Lane, driver warned for speeding
- Dec. 3 Vehicle with a dead battery, stranded on the side of the road, good samaritan provided a jump, assisted with lights
- Dec. 4 Female cited at Black Bear Casino Resort (BBCR) for trespassing.
- Dec. 5 Traffic stop on Big Lake Road, driver warned for driving conduct
- Dec. 6 Citation issued for parking in the No Parking zone at the Tribal Center
- Dec. 7 Traffic stop on Big Lake Road, driver warned for headlight out and obstructed plates
- Dec. 8 Traffic stop conducted on Big Lake Road, driver warned for stop sign violation
- Dec. 9 Traffic stop on West Carlton Avenue, driver warned for equipment
- Dec. 10 Horse on the loose, located the owner and the horse was returned home
- Dec. 11 Traffic stop on Highway 210, driver warned about driving conduct and obstructed plate
- Dec. 12 Fond du Lac Gas and Grocery (FDLGG), reporting a gas drive-off
- Dec. 13 Car versus deer accident on Brookston Road
- Dec. 14 Monitored traffic at the Ojibway School and greeted the children
- Dec. 15 Checked the ramps and parking lots at BBCR, all was ok
- Dec. 16 Vehicle in the ditch on Big Lake Road
- Dec. 17 Horse in the road, owner will take care of it
- Dec. 18 Traffic stop performed at BBCR, driver cited for no proof of insurance
- Dec. 19 Traffic stop conducted on Highway 210, driver warned for stop sign violation
- Dec. 20 FDLGG reporting a gas drive-off
- Dec. 21 Traffic stop on Big Lake Road, driver warned for stop sign violation
- Dec. 22 Male transported to detox
- Dec. 23 Traffic stop at the FDLGG, driver warned for driving conduct
- Dec. 24 Traffic stop on Highway 210, driver warned for no rear license plate light and no proof of insurance
- Dec. 25 Vehicle in the ditch, vehicle towed
- Dec. 26 Vehicle in the ditch, driver cited for no driver license
- Dec. 27 Assisted a young lady with her car door; it would not stay closed for her
- Dec. 28 Cleared garbage from the roadway
- Dec. 29 Walk through at the Cloquet Elderly Complex, all is quiet
- Dec. 30 Traffic stop on Reservation Road, driver warned for not using a blinker, and a broken license plate light
- Dec. 31 Vehicle in the ditch on Big Lake Road, everyone was ok, passerby pulled the vehicle out.

## Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. \*The one year period commences with the first publication.

### **BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:**

ANKERSTROM, Arthur  
BELCOURT, Randall Sr.  
BELGARDE, Elias  
\* BELGARDE, Elias  
BENNER, Dolores  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Antoine  
DEFOE, Richard  
DEFOE, Shawna  
DEFOE, Warren  
EDDY, Catherine  
HEAD, Niiyo  
HOULE, Michael D.  
LAFAVE, Bryan  
LAFAVE, Lyman  
LAPRAIRIE, Robert  
LIND, Hal W. SR.  
MAGNUS, Karen  
MARZINSKE, Larry  
MURPHY, LOUISE M.  
NASON, Aprille  
PARKS, Margaret  
PEDERSON, Patricia  
SAVAGE, Kyle  
\*SAVAGE, Mark  
TAYLOR, David  
THOMPSON, Arnold

## Reminder

If you're aware of an FDL Band member who doesn't receive the paper please contact the newspaper office (218) 878-2682 or email me at zacharydunaiski@fdlrez.com to have them added to the list. If you or family members have had difficulty receiving our paper, please contact me as we have had problems with our mailing list in the past, but we're getting them fixed.

# Legends from the Brule River

Research by Christine Carlson

## Mrs. Winneboujou's Famous Luncheon is Favorite Tale Told Around Brule Valley – Superior Evening Telegram of March 30-1929

With just how many wives Winneboujo was blessed with was never known, but one of the Chippewa stories was of his wife's luncheon to his particular friends, the "woods people." Ah-meek, his rival Manitou, lorded it over the Water people and they therefore were not included. Neither were the feathered tribes. Like most society ladies, Mrs. Winneboujou wanted to give a real swell party, and somewhat against the advice of her husband invited "everybody." She apparently was under many social obligations, or perchance her husband was a candidate for the presidency – naturally being a "dry" because his real powers were only over the "land people." It is perhaps, fitting therefore to relate this mythical social story of the Brule.

Among prominent people invited were Mrs. and Mrs. Black Bear, Mr. and Mrs. Timber Wolf and their cousins, Mrs. and Mrs. Coyote. Mr. and Mrs. Wildcat and their visiting relatives, Mr. and Mrs. Lynx and Mr. and Mrs. Fox. Mr. and Mrs. Fisher and Mr. and Mrs. Muskrat, though somewhat allied with the Water people were, likely on account of their political strength, also included in the list. Mr. and Mrs. Skunk also received a pressing invitation, as they were strong friends of the Winneboujous. Mr. and Mrs. Deer and their children

Buck and Doe, also were on the list. Mr. and Mrs. Weasel and Mr. and Mrs. Martin, the Widow Porcupine, Mr. and Mrs. Rabbit and Mr. and Mrs. Squirrel, and even the Chipmunk family were included. Mr. and Mrs. Mole did not come because of a recent death in the family. There were no members of the Eagle, Hawk, Seagull, Duck, Partridge, Woodpecker, Cormorant or other Feathered tribes invited, except Mrs. Crane and Stork.

Their menu was arranged by Hoot Owl, and printed at the Woodpecker printery, and is given as follows:

Stewed red ants took the place of olives for relish. Cranberry pie and black elder tea completed the list. Everybody had a most enjoyable time, but Mr. Fox forgot his manners as to grab four helpings of pie, and Mrs. Bear could not resist drinking 14 cups of the delicious black alder tea. The women folks retired to cut fuel and lick the dishes clean, as was the correct social custom of the times. The men were supplied with Red Stone pipes as well as seasoned Kin-ni-ki-nick. They smoked while stories were "swapped" of hunting and fishing exploits, and a few shady stories told by some "rounder" were reluctantly listened to. When the ladies had the housework all done up, dancing was indulged in until an early hour. The "prom" was led by Mr. Bear and Mrs. Skunk. Dandelion punch, with the shot of full moon was made in the Blue Springs, which still bubble near George Babb's private territory on the Brule. A full "No-se-um" and Mosquito orchestra

furnished the music. It was led by Prof. Tad-Pole. The tired but happy assembly parted at the first gleam of sunrise, after donning their latest style furs.

The fame of Mr. and Mrs. Winneboujou's as social entertainers, has been re-told for generations, up to the present time.

Forest Ranger Percy's lookout is now located on one of the hills occupied as seat of honor by Mrs. Winneboujou; it overlooks the beautiful Brule valley and the nation's most unique summer white house.

### Winneboujou's Blacksmith Shop – by John Bardon

Among the Chippewa legends, none is more popular than stories of their all powerful Man-i-tou (Spirit) Winneboujou. He was to them, what Paul Bunyan is to the lumberjack.

While his summer home was always on the Brule near its source because he had to keep his eye on Ah-mik, the Beaver, a rival Manitou but of the water, who might slip across the O-ne-gum (Portage) to the St. Croix and then via the Mississippi to the Gulf, he spent a part of his time in various industrial pursuits. He had his work shop near the Eau Claire Lakes, where there are yet many ancient Indian Mounds, and to him were only a few steps away, he used the ish-pim-ing (highest) flat topped granite peak there for his anvil.

It was here he shaped the "Mis-wa-bik" or native copper that was found in the Brule river bed not far from Lake Superior, into various useful articles for use by the Chippewas, but especially spears



President Calvin and Grace Coolidge and the summer white house.

and fish hooks for catching the giant "Sen-e-sug-Ge-go" or speckled trout that abounded in the clear, bubbling spring waters, particularly at the Lake Superior mouth of this always famous fishing stream.

Much of his work was done by moonlight and the ringing blows of his Pe-wa-bik (iron) hammer were heard by the Indians even as far down Lake Superior as the Sault Rapids.

The blows could be heard at Superior with great distinctness and were held in particular awe by the visiting Sioux, but Winneboujou was always a great friend of the Chippewas and the noise of his hammer was especially to them, a kind of "good medicine".

These booming noises yet echo down the Brule Valley and Lake region, and if you have a good imagination you can hear them on the beautiful clear moonlight nights that are so famous to this region. Just try it and see.

Of course the big dairy farms and many luxuriant summer homes that are now in this fertile valley, and particularly

the radios, have some influence on the weird sounds, yet they are not entirely obliterated. Anyway, "Winneboujou's Blacksmith Shop" is a story dear to the old time Chippewas. It was always said that anyone even hearing the sound of his hammer, will be imbued with industry, health, strength and manly vigor.

This undoubtedly has been one of the many agencies in making the stay of "Gitchi-Ogema" (great chief) Coolidge and his "O-nish-i-shin Equay" (very nice wife) so pleasant and satisfactory, in their summer "Wa-bish-kah-Wa-ki-a-gen" (White House) on the Brule.

### A Canoe Trip down the Brule River

A canoe trip down the Brule is a suggestion for anyone's bucket list as I have crossed it off mine. My grand-mother Petra (Nelson) Olson was also second cook at the Coolidge Whitehouse summer cottage also called Cedar Island Lodge. **The story next month will be the battle of Brule River.**



# Health News

## Tips to reduce sick days

By Kara Stoneburner,  
RDL, Public Health Dietitian

It's that time of year again. That time when everyone around you is sick. Being sick is hard enough, but if you have a chronic condition such as cancer, diabetes, or heart disease, it can be even harder. Is there anything you can do to stay germ-free or, at least, lessen the severity or the number of days you are sick?

### Here are six tips from the Center for Disease Control (CDC) on stopping the spread of germs:

- Avoid close contact with those that are sick, if possible
- Stay home when you are sick to prevent spreading your germs to others
- Cover your nose and mouth with a tissue when coughing or sneezing (again, no sharing your germs)
- Clean your hands. Use soap and water if available. Hand sanitizer will work until you can get to soap and water.

### Steps for washing your hands correctly are:

- Wet hands with warm water
- Soap hands, scrubbing for at least 20 seconds
- Scrub front and back, between fingers and under nails
- Rinse
- Dry with clean towel or paper towel
- Avoid touching your eyes, nose or mouth
- Clean and disinfect surfaces or objects that may be contaminated with germs (phones, door handles, pens, computer mouse, toys, etc.).

Those are the basic six steps to help cut down on the spread of germs, but what about nutrition? Good nutrition and a healthy lifestyle can boost your immune system and help you fight off germs, including colds and "the flu."

The typical influenza season runs October through April with peaks in January and February so get busy building up your immune system with good nutrition now.

### Overall good nutrition is the best recommendation. Here are some things to consider:

- Rely on real foods and not supplements. An orange will provide you with more nutrients than just Vitamin C. A supplement will not
- Eat more fruits and vegetables. Strive for five servings a day. Fruits and veggies have healthy antioxidants that attack damaging molecules inside the body and help build up the immune system
- Lean meats, eggs, dairy and legumes provide protein. They also provide iron and zinc which helps the immune system stay strong
- Include other healthy foods such as fish, poultry, low-fat dairy products and whole grains
- Limit foods high in sugar or unhealthy fats
- Drink more water. Dehydration can happen quickly especially when you have a fever and a decreased appetite

### Other tips to help stay healthy this season:

- Get enough rest so your body is able to fight germs efficiently
- Get your flu shot! It's not too late. Getting the flu vaccine is the best protection against the flu
- Exercise regularly

Hopefully we all can stay healthy over the next few months, but if you do get sick, call your medical provider for advice.

*\*Sources include: CDC, MDH, Nutrition.about.com, The Academy of Nutrition and Dietetics, Nutritionmd.org, mayoclinic.com*

## Beef Barley – Makes 6 servings

1 envelope of onion soup mix OR 2 T + 2 t beef bouillon AND 2 T dried onion flakes  
1/4 c split peas  
1/4 c small noodles (like alphabet pasta)  
2T + 2t barley  
2T + 2t lentils  
2T + 2t barley (again)  
2T + 2t white rice  
1 T dried chives  
Pasta to fill jar in a baggie so you can remove and add at end

Directions for Beef Barley Soup:  
Add ½ lb of stewing beef, cut into ½ inch pieces, to 3 cups of water in large pot. Simmer 30 minutes. Remove pasta from jar and set aside. Add 3 more cups of water and remaining soup mix to pot. Simmer 45 minutes. Add remaining pasta and simmer 15 more minutes. Enjoy!!!

*Adapted from <http://www.allfreecrafts.com/giftinajar/soup-and-side-mixes/soup-jar/>*

## Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

\*\*For more information please call. (218) 879-1227

“OUR CHILDREN ARE OUR FUTURE”



## Spotlight On the Fond du Lac Human Services Division, Medical Services

The Medical Clinic services focus on individual and family wellness through holistically oriented and culturally sensitive care. Patients are encouraged to participate in and understand the decisions about their health care. Most services are available at both the Min No Aya Win (MNAW) Human Services Center in Cloquet and the Center for American Indian Resources (CAIR) in Duluth.

### Same day services

A number of medical appointments are available each week day. Patients seeking same day visits must call (218) 879-1227 at 8 a.m. Urgent care or emergency situations should go directly to a local hospital or urgent care center for treatment.

### Audiology

A registered audiologist is

available only at the Min No Aya Win Human Services Center once a month. Services available include hearing testing, hearing aid fittings, and maintenance and screening to detect ear infections that may result in hearing loss.

### Hospitalization

Fond du Lac physicians admit clients in need of hospitalization to a local hospital. If the patient is seen in the emergency room, the patient must inform the emergency room doctor that he/she is a patient of the Fond du Lac medical care providers.

### Diabetes Program

The Fond du Lac Diabetes Program provides a comprehensive array of services designed to help patients manage their diabetes. Fond du Lac's Diabetes Education Program is certified by the American

Diabetes Association. They also provide diabetes prevention classes to prevent or delay the onset of diabetes.

### Laboratory services and x-ray services

Complete laboratory services are available at both MNAW and CAIR. All tests are performed in the lab or sent to a reference laboratory for processing. Results for most tests are returned to the provider within 24 hours.

Modern and well-equipped x-ray units are staffed by a registered x-ray technologist. X-rays must be ordered by a primary care provider, are read by a clinic medical doctor, with a follow-up reading by a licensed radiologist.

### Nutrition

Registered dietitians provide nutrition counseling for a variety of medical conditions

that require special diets. Nutrition education and consultation is also provided to various groups and programs on the Fond du Lac Reservation and throughout the service area. The dietitian plays a key role in the diabetes education and self-management program.

### Optometry

A full range of modern optometry services are available through the Min No Aya Win Human Services Center. An optometrist is available to perform eye exams. An optometry technician is available to dispense eyewear and contact lenses.

### Foot care

Foot care services are available to all patients needing assistance in caring for their feet. Foot risk assessments are provided for all patients with diabetes at least yearly and

more often if needed. Referrals to a local shoe store for specialized shoes are available to eligible patients with diabetes who are determined to have high risk for foot injury.

### Physical medicine

Physical medicine employees provide specialized services to assist patients with physical recovery from accidents or injuries. Physical therapy is provided to eligible clients referred by their Fond du Lac primary care provider. Massage therapy is available on a limited basis for patients whose comprehensive plan of care indicates this modality. A chiropractic physician provides evaluation and treatment using a variety of methodologies. All physical medicine services require a referral from a primary care provider.

## Making Connections

### A day of discovery for mothers and daughters

This retreat, offered by Planned Parenthood, is a special opportunity for daughters, ages 10-12, and their mothers, aunts, grandmothers or female mentors in the American Indian Community to learn and play together while exploring puberty, healthy sexuality, and

family communication and connection. Through discussion and creative projects, mothers and daughters participate together and in small groups as they learn more about each other and celebrate their relationship.

When: Saturday, April 15, 2017

Time: 8:45-5:00pm

Where: American Indian Community Housing Organization 202 W 2nd St Duluth, Minn.

Workshop space is limited. Please pre-register with Rebekah Dunlap.

Questions about the retreat day? Call or text:

(218) 721-6060 or email rdunlap@ppmns.org

Participants will receive a Visa Gift Card and other fun prizes!

### Getting help for the youth

Sensory Sensations for Youth is a series of group activities for children ages five and up. These group activities will open up physical, mental, emotional, social, and spiritual parts of each individual who

attends.

The Fond du Lac Human Services Division Behavioral Health Department will have responsible educated staff facilitating activities at the Cloquet Community Center from 3:15 to 4:30 p.m. every Thursday, starting Jan. 5 and going through March 9, 2017.

These groups are not only fun for kids, they are also therapeutic for learning how to process the five senses through various stimulating activities such as calm yoga, feeling through music, tasting snacks, movement Zumba, fun with water beads,

creating story rocks, making slime, and making glitter bottles. When children's brains are able to focus on a stimulating activity, daily stressors can take a back seat.

Parents are also welcomed to help their children participate in group activities. The Fond du Lac Behavioral Health Department is pleased to be offering these free groups with the intention of cultivating community healing, hope, and authentic relationships.

# Ashi-niswi giizisoog (Thirteen Moons)

## Namebini-giizis

*The new Namebini-giizis begins February 26. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon and Makoonsag-gaa-nitaawaadi-giizis, When the bear cubs are born moon.*

# Gichi Manidoo Giizis Powwow 2017

The Gichi Manidoo Giizis Traditional Powwow 2017 was held Jan. 14, 2017 at the Black Bear Casino Resort-Otter Creek Event Center. There were an estimated 1500 participants and spectators singing, drumming, and learning about the land and community. Total number of youth, women, and men dancers totaled 245. There were 37 drums registered including the Fond du Lac Cedar Creek Singers as this year's host drum. The 13 Moons programs hosted 31 local and regional programs to highlight how their programs take care of the community. A total of 15 vendors set up tables to sell arts and crafts.

The 13 Moons program would like to thank our powwow staff: Emcee, Leslie Gibbs; Arena Director, Dan Houle; Head Woman Dancer, Emily Smith; Head Man Dancer, Tony Fish; Spiritual Advisor, Ricky DeFoe; Moccasin Game Host, Jerry Ojibway; and Host Drum, Cedar Creek Singers bringing their knowledge and time to the powwow. The 13 Moons program would also like to thank all the staff from Fond du Lac Resource Management, Fond du Lac Tribal and Community College, Otter Creek Event Center and volunteers for their help making the Gichi Manidoo Giizis Powwow a successful event. And a special thank you to our additional sponsorship from the Fond du Lac Statewide Health Improvement Partnership. Miiigwech and hope to see you all again next year!



*Tony Fish Head Man Dancer, photo courtesy of Ivy Vainio.*



*Ricky DeFoe Spiritual Advisor, photo courtesy of Ivy Vainio.*



*Veronica Smith and Emily Smith-Head Woman Dancer, photo courtesy of Ivy Vainio.*

Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing [thirteenmoons@fdlrez.com](mailto:thirteenmoons@fdlrez.com) Don't forget to check us out on Facebook! 13 Moons Ashi niswi giizisoog

*This page addresses culture, ecology, and natural resource management. Thirteen Moons is the Fond du Lac Tribal College Extension Program and is a collaboration of Fond du Lac Tribal and Community College, Fond du Lac Resource Management, funded by the USDA-National Institute of Food and Agriculture.*

# Ashi-niswi giizisoog (Thirteen Moons)

## Gichi Manidoo Giizis Powwow 2017



Ivy Vainio and Robert DesJarlait, photo courtesy of Ivy Vainio.



Sarah Agaton Howes, photo courtesy of Ivy Vainio.



Emily Smith and Rebecca St George, photo courtesy of Ivy Vainio.



Shannon Kesner, Jesse Godbold, Erika Legros, Linda Whitebird, photo courtesy of Ivy Vainio.



Les Gibbs Pow Wow Emcee, photo courtesy of Ivy Vainio.



Red Solidarity Shawls, photo courtesy of Ivy Vainio.

# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

### Double Vowel Chart

This is how to pronounce Ojibwe words.  
All consonants sound the same as in English.

- “Zh”- sounds like the “su” in measure
- “a”- sounds like the “u” in sun
- “aa”- sounds like the “a” in father
- “i”- sounds like the “i” in sit
- “ii”- sounds like the “ee” in feet
- “o”- sounds like the “o” in go
- “oo”- sounds like the “oo” in food
- “e”- sounds like the “ay” in stay

### Days of the Week

- Monday(day after prayer day)- Ishwaa-anami’e giizhigad
- Tuesday(second day)- Niizho-giizhigad
- Wednesday(half way)- Aabitoose
- Thursday(fourth day)- Niiyo giizhigad
- Friday(fifth day)- Naano giizhigad
- Saturday(floor washing day)- Giziibiigiisaginige-giizhigad
- Sunday(last work day or prayer day)- Ishwaa-anokiigiizhigad or Anami’e-giizhigad

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

R O I T N I W O M E B A A N I H S I N A Y  
D Y P I P G I M A G I W E W A A D A W O W  
G I K I N O O A M A A D I I W I G A M I G  
Q L J Y B C K T Y W Y T A B F L I I B Y S  
G C W X Z K N R F I Y I N M O U Z L E Z D  
N X E C P L A P G I W E R V O E U O N I U  
I D L K U M G A I S R A Y C O U Q K J I S  
I J O I W Y I B I I C S I J G A P D K B T  
J T A G L O Z R Z N I N S G N P R P Q I U  
A D T N E H E E I I W E Z I I B I C S I B  
W Y V A S E W M S I T G X J V A I I A N J  
G U V N U B K E W W W A F E R Q E X S S Q  
A H H A N S O Q X I R M J O P F B E Z O D  
M E V L M U O M X G Q O I P K G H D O O N  
N S H B I L N T F A N W Z D Z A P W A P D  
A L J U K I T X K M N A P E I T C Y T W O  
R J S E A V D Q S I I A H I J I G O Y A A  
W J M L B M G W K G Z D U O Y Y M A L A T  
I R U J F X J Q Q H X W M Q X U O I J G H  
H K N N I P P K B W I M Y U W J F J I A A  
T R R J Z J O H B T H K N O B E S P K N O

### — Ojibwe Wordlist —

- Ojibwe language .....Anishinaabemowin
- Outside ..... Agwajiing
- Pipe .....Opwaagan
- Powwow ..... Niimi'idim
- Restaurant..... Wiisiniwigamig
- River..... Ziibi
- School..... Gikinoo'amaadiwigamig
- Singers ..... Negamowaad
- Smudge..... Nookwezigan
- Star..... Anang
- Store ..... Adaawewigamig
- Stream ..... Ziibiins
- Sun..... Giizis

Source: [www.ojibwe.org/home/pdf/ojibwe\\_beginner\\_dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

# School News

## Principal Tara Dupuis

**B**oozhoo parents/guardians students and community!

We have had a great start to the 2016-2017 school year. We have had our Dagwaagin Powwow which we were able to name our Senior and Junior Princess and Braves. We had about 250 participants. It is always good to see the families and the community together for our students. We also had our Biboon Celebration on December 21, 2016. Miigwech to the 3rd 4th 5th 6th grade staff for planning this event.

The elementary classrooms are learning a great deal of technology with the reading program. Our reading homework can be found online for many of our students. The app for our reading series is on our school website and the students can play learning games and there are several different reading and writing opportunities.

The high school students have had the opportunity to participate in College Bound classes at the FDLTCC. They go to the college every Wednesday to learn English and math courses taught by instructors from the college. Jeffrey Tibbetts has been very helpful in connecting our high school to the College Bound program that was a one year initiative through the American Indian Higher Education Consortium (AIHEC). We had 17 high school students in College Bound the first

semester. The second semester College Bound is starting on the 25th of January 2017. Two of our College Bound students were invited to Rapid City, S.D. to present information about the program. The two students and one staff person were able to attend this.

We have completed most of the NWEA testing for beginning and mid-year. The students seem to be doing pretty well overall. I know it may seem like testing is a hindrance to students but it gives us a look at what they have learned and what they need to learn more of. As we approach April that is the time of the MCA testing. third grade through eleventh grade take MCA tests. These tests determine if we are making average yearly progress (AYP).

Our elementary students in 3rd grade have been learning to sew teddy bears and pillows. It is great to see the engagement and how the students help each other to complete a task in sewing. Miigwech to Miss Maryann for bringing this to the elementary students! I also want to mention the program where the 6th grade students are working with community Elders on technology is going well. Students are engaged and connecting with our elders! Miigwech to Mrs. Garsow and Mr. Charles for working together for our students and community on this project.

All the students have an opportunity to walk laps in our gym every morning from 8 to 8:30 a.m. It is good for the stu-

dents to get their bodies moving and ready for the school day.

New this year is the Cross Country and Track and Field teams. Cross Country has been successful and all of the runners have improved their running times. Track and Field starts mid-March. Fifth through twelfth grade can participate.

We have had a few changes in staff and added a few new staff! I am grateful for all they do here at the Ojibwe School. We have staff and teachers that care and go the extra mile! It is very much appreciated.

Feb. 2 and 3 is our Parent Teacher conference dates. March 16 is our Ziigwan Celebration.

Please update your household information by calling Rita Connors at (218) 878-7261

The recommended daily sleep needed for children is;

- 3-6 years old: 10-12 hours per day
- 7-12 years old: 10-11 hours per day
- 12-18 years old: 8-9 hours per day

Please make sure bus changes are done on Monday's before 11 a.m.

Early Birds welcome at 7:30 a.m.

Our school day is from 8:25 a.m. to 3:25 p.m.

Anyone entering the building must use the front door and check in with our secretary

*Call me or the classroom teacher with questions or concerns (218) 878-7284 or (218) 576-4288.*

## Superintendent Jennifer Johnson

*Aaniin/Boozhoo  
nindawemaganidok,*

**M**ino oshki giki-noonowin/Happy New Year! I hope everyone enjoyed the holidays. I want to thank our students, staff, parents/guardians, and community members for all of the extra things they do for our children and school. We do our best to live by our school motto, "Anokii/work, Nanda-gikendan/study, Enigok gagwe/strive, Gashki-toon/succeed." We thrive as a community when we work in an atmosphere of cooperation and collaboration. Chi miigwech! Your help and dedication is truly appreciated.

We are constantly gathering and using data in order to provide meaningful learning opportunities for our students. Last month we surveyed our parents/guardians to learn what they "like and dislike" about our school. This information is extremely important to us. We will be disseminating the information to learn what we can do to improve our school. We are here to serve our students and value input from their families. Tools like the survey are one way we seek input from our stakeholders. We also encourage parents/guardians to attend the School Board and Parent Advisory Group meetings. If you cannot attend these meetings, please contact me or your

School Board Representative with any issues or concerns.

The Fond du Lac Ojibwe School Parent Advisory Group (PAG) would like to invite more parents/guardians to join! The PAG allows you to stay involved in the educational life of children in the community and make a positive impact.

If you are interested in joining our Parent Advisory Group please call Maria Maki at (218) 878-7256

We will move forward to implement the "Every Student Succeeds Act" (ESSA); the bill that replaced the "NO Child Left Behind Act". ESSA in Minnesota attempts to address the achievement gap and includes support for Native American Immersion Language initiatives. We will continue to focus on what is working with our students and what changes need to be made for ALL our students to grow socially, emotionally, and academically. The School Board and I are currently reviewing the strategic plan and we will be working on a 3-5-year plan for our school. We face many program challenges as a small rural school. However, I'm confident with the experience and dedication of our staff and the knowledge and wisdom of our School Board we will overcome these challenges to ensure our students are successful.

*Giigaawaabamin dash Mino oshki giki-noonowin*

# School News

## F.A.C.E.

The Fond du Lac Family and Child Education (FACE) program is proudly serving families in our community. The overall goals of the FACE program continues to be:

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school-community connections
- Increase parent participation in their child's learning and expectations for academic achievement

- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning. FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal visits, FACE family circle

(group connections), screening, and resource network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

Not only do we focus on literacy at school but we also focus on literacy in the home. All actively participating families receive age-appropriate Imagination Library books from Dollywood Foundation for their children every month from birth to five.

All FACE staff participates in professional development throughout the school year. We hosted Regional Training for six FACE programs in September 2016. The training was held at our FACE buildings. Jennifer Kohel, Preschool Teacher, and Barb Francis, Adult Learning Facilitator, attended the National Center for Family Learning (NCFL) Conference in Detroit, Mich. on October 17-21, 2016. Megan Maly attended the Parents as Teachers Conference in St. Louis, Mo. on Oct 17-21, 2016 and presented a workshop on Culturally Appropriate Home Visits.

If you are interested in more information about our FACE Program and the people we serve, please contact us at (218) 878-7231.

## Gifted and Talented news

Fond du Lac Ojibwe School staff is very excited that the school has been invited to participate in a pilot program designed to improve the identification and services provided for gifted and high potential learners in rural Minnesota. This program, called Project North Star, is part of a three-year federal grant that the Minnesota Department of Education (MDE) received.

Project North Star will provide the Fond du Lac Ojibwe School staff with free professional development created by nationally renowned experts. There will be an opportunity

for teachers and administrators to attend a nationally recognized professional development conference. Also there will be free educational, family and community resources. The Fond du Lac Ojibwe School will receive ongoing support for implementing and sustaining effective services for high potential learners. Project North Star is a wonderful opportunity for teachers and administrators to learn and practice how to provide high quality services to our gifted and high potential learners.

This fall teachers have participated in several professional development activities thru Project North Star. Before school started Project North Star staff provided an in-service training for all staff. Staff heard an overview of the grant, reviewed materials, and had an opportunity to ask questions about the project. This fall 2nd - 4th grade teachers administered a screening assessment to help identify students who might qualify for Gifted and Talented services. In January 2nd - 4th grade teachers and administrators began working collaboratively on a training module developed by Project North Star.

This training module will assist Fond du Lac Ojibwe School educators in better meeting the unique needs of the gifted and high potential learners we serve. This spring staff will complete a second training module. In June staff will have

## Biboon Celebration 2016



# School News

the opportunity to attend a nationally recognized professional development conference. The Fond du Lac Ojibwe School staff is very excited about these wonderful professional development opportunities.

If you would like further information regarding Project North Star please contact Sharon Belanger, Gifted and Talented Coordinator at (218) 878-7274 or sharonbelanger@fdlrez.com Miigwech

## Technology Partners

by Charles Hilliard

The program is modeled after the school's "Reading Buddy" program—a program that allows K-3 students to practice their reading skills outside the classroom by reading to community Elders on a regularly scheduled basis throughout the school year.

The 6th grade students at Fond du Lac Ojibwe School have been working with community Elders in an ongoing teaching and learning collaborative using iPads. This partnership is helping students develop an awareness of the importance of assuming an active role in their communities. In addition, the students are learning that the best way to fully master a concept is to teach it.

The program helps students learn not only the concept they are teaching but also allows them to understand that they have important contributions to

offer their community. I believe that it is helping community Elders gain basic technology skills and allowing them to use personal digital technology with confidence. As a bonus, the program allows the Elder participant to keep the iPad at the end of the school year. Last but not least, our 6th grade students and Elder participants are building quality relationships that hopefully will continue in some ways outside of the school environment.

## FDL Ojibwe School Time Capsule 2002 created by FDL Alternative Learning Center (ALC)

Fourteen years ago, Time Capsule 2002 was created by a group of students from the Fond du Lac Alternative Learning Center and created a time capsule that was to be opened on September 26, 2016. A group of young men took time from their busy lives to come together once again and reminisce about times past and the changes that have taken place since high school. Some of the staff that taught this group of young adults as high school students enjoyed the visit as well. People came from nearby cities in Minnesota and Wisconsin to visit. Mr. Puchalla from 89.1 WGZS joined us and shared the reunion and reminiscing on the radio last fall. Memories of good times were shared and the memories

of those not making it to this event the students had chosen so long ago.

Opening the capsule was like reliving the past. The memorabilia that was saved to share brought back pleasant and enjoyable memories of their youth. Looking at the items, it was quite impressive how much history this group of students packed in the small metal time capsule. Newspaper headlines from the Duluth News Tribune on September 12, 2001 the day after the 9/11 attack on the United States. Nahgahchiwanong Dibahjimo-winnan headlines on October 2000 were A Ground Breaking for the future: Fond du Lac Ojibwe School. Poke'man had just come out Randy Moss was a sport icon, student self-predictions were uncovered some came true and some did not but it struck a sad note that some have passed away before this reunion.

Some other thoughts were the size of the school; 14 years ago it seemed so large and now not so large. Changes from high school to employment, spouses, children, and careers in medical field, hospitality, music, construction industries are some of the activities that keep these young men busy. One last note, this group kept page 95 of the 2000/2001 year-book that had a message to the Seventh Generation:

Survive  
Zhaabwitaa  
Keep hopes and dreams  
Kana wenataa miswen damo

winun

Take care of yourself  
Kanawenin dizon  
Remember your spirit  
Minjimendun gichichaag  
Be there for each other  
Widookawiitig  
Respect Courage  
Ozhibwaadendun zoongadiz-iwin  
Share Knowledge  
Miigiiwen gikendaasowin  
Always Keep Learning  
Kagwe gikendason apaane  
Remember your true values

Minjimendun mino bimaadiz-iwin

*Respectfully,  
Vicki Oberstar,  
FDL Education*

## Starting a New Year

Happy new year to everyone! I hope the year is off to a good and healthy start! Many people have started a New Year's resolution and on the other hand, many have not. If you have not yet started, it is not too late, as any time of the year is a good time for people to think about needs and wants, prioritize, set goals, re-evaluate, and become a little healthier. This all will, more than likely, be different for everyone and some may go for the gusto, while others may have small goals.

The point here is everyone can improve upon something in one's life, so go for it! Whether it's trying healthier eating options, losing a few pounds, organization techniques, a spiritual endeavor,

helping out in the community, or better self-care, improving and trying new things can be physically and emotionally uplifting. This also teaches our kids that change can be a good thing and setting even small goals can help in one's life.

I encourage everyone to think about setting a goal to become a little happier and healthier! Some ideas may include, buying more fresh fruits and vegetables, joining a gym, walking club or zumba class, trying meditation, looking into ways to quit smoking, taking a class to learn something new, cutting back on sugary or salty foods, drinking more water, or budgeting. Check out the local papers or community news boards for ideas or inspiration.

Also, start out with small goals and if you reach that goal try another. Telling others also helps and keeps us account-

## Basketball



# School News

able. Partnering with someone is also motivating. And, think of attainable goals for yourself. For instance, it will be more attainable to set a goal of losing 5 pounds in a month rather than 15 or 20 pounds. Also, if there is a bump in the road to reaching a goal, don't be too hard on yourself! Keep trying and take things day by day. Good luck everyone on any new goals or endeavors!

Furthermore, February is National Children's Dental Health

month. I would like to encourage everyone to remember to brush twice daily for at least 2 minutes and visit your dentist regularly for check-ups and cleanings. It is recommended to be seen twice a year. If you currently do not have a dentist, search around, as many in the area are taking new patients. Most insurances cover preventative care for dental visits, which usually includes the check-ups and cleanings. Try to limit sugary snacks, candy,

and soda, as this may cause more plaque build-up and aim for healthier snacks and meals. Is it time for you and your family's dental visit?

Sincerely, Tara Wolter, RN  
School Nurse – FDLOS

## Announcement:

FDL Ojibwe School seeks community members to teach students in the 21st Century program and other school related activities cultural teachings, seasonal teachings, drum and dance, Ojibwemowin, storytelling, and arts and crafts. If you're interested in helping out please call (218) 878-7239 for more information.

## What's happening in the library?

Boozhoo! My name is Amy Louhela and I am the new Librarian/ Media Specialist at the OJS. There have been some wonderful things happening at the library. We first weeded all of the outdated materials out of the library and began reorganiz-

ing the library and putting the materials away in order. We ordered some amazing new book series for the children and have created book bins with labels so the books are easier to find.

I sent out a book survey to the entire student body and I was excited to hear back from most of the students. We have a lot of students who already love to read and we hope to continually provide them with new and updated materials.

Reading buddies is in full swing and it is such a blessing to see the children interact with the Elders. This year some of the older students are also donating their time to read to the younger children. It is wonderful seeing all of the smiling faces and joy that this activity brings to everyone involved.

Mr. Hillard also is running the "Technology Partners" program. In this program Elders are paired with the 6th graders from Mrs. Garsow's class. The Elders work with the student's to learn how to use an iPad. This is such an exciting project and everyone is working so well together. I am so proud of the student's in Mrs. Garsow's class and thankful for the Elders who are coming in. Students are now checking out books most weeks so please remind them to return them.

February is an exciting time in the literary world, It is "I Love to Read month." To celebrate we are going to have our first "Family Reading Night" on Thursday, Feb. 2. This will take place during conferences.

If you want to stop in and chat about books you can reach me at (218) 878-7247.

## TXT4Life

On Dec. 6, a group of students and staff from Fond du Lac Ojibwe School went to the 2016 TXT4Life Annual Student Leadership Training in Grand Rapids. Afterwards, these students put together an informative table at the school's Biboon Celebration on Dec. 21. They enlightened other students, parents, and community members about what TXT4Life is and ways to assist a peer if they are feeling suicidal. Also, on Dec. 12, Meghann Levitt from TXT4Life came to the school to educate grades 5-12 with a suicide prevention curriculum.

TXT4Life is a local suicide prevention program where people can text a trained counselor when they are experiencing relationship difficulties, general mental health issues, and/or suicide concerns. Text the word "life" to 61222, call 1-866-379-6363, or visit the website at [txt4life.org](http://txt4life.org) for more information.

Students at the FDL Ojibwe School have future plans on ways to promote TXT4life and get the word out about suicide prevention. Please contact Maria Maki at (218) 878-7256 or [mariamaki@fdlrez.com](mailto:mariamaki@fdlrez.com) for more information regarding what these student leaders will be doing in their community.

## Upcoming Events

February 2-3	Parent/Teacher Conferences
February 3	Early Release
February 7	Parent Advisory Group 12:00 & School Board Meeting 3:00
February 17	Early Release
February 20	No School/Presidents Day
February 21	FACE Family Circle
March 7	Parent Advisory Group 12:00 & School Board Meeting 3:00
March 16	Ziigwaan Celebration
March 17	Early Release/Staff Development Day
March 20	No School
March 21-22	No 21st Century After School Activities (New Sign Up Week)
March 21	FACE Family Circle
March 24	End of 3rd quarter
March 27	4th Quarter Begins & 21st Century 4th Quarter After School Activities Begin
April 4	Parent Advisory Group 12:00 & School Board Meeting 3:00
April 7	Kindergarten Round Up/No Kindergarten Classes
April 13	Early Release/Staff Development Day
April 14	No School/Good Friday
April 17	No School
April 18	FACE Family Circle
May 2	Parent Advisory Group 12:00 & School Board Meeting 3:00
May 9	No School/FDL Memorial Day
May 16	FACE Family Circle
May 17	Last day of 4th quarter 21st Century After School Activities
May 26	Early Release/Graduation 6:00pm in gym
May 29	No School/Memorial Day
June 6	Parent Advisory Group 12:00 & School Board Meeting 3:00
June 7	Early Release/Last Day of School for Students/Staff

# School News

## 21st Century After School Activities

Boozhoo Families  
 Our after school program runs Monday through Wednesday from 3:25 to 5:00 p.m.  
 We offer a healthy snack and transportation to students in our after school program.  
 Students can sign up quarterly

for activities and there are lists of activities on our school website under the after school activities tab.

3rd Quarter after school activities are from January 23rd to March 15th.

If you have questions about our activities call (218) 878-7239 or email [mariaedefoe@fdlrez.com](mailto:mariaedefoe@fdlrez.com)



Clockwise from top left:

After School Art

Acting

Woodshop class

Homework

## Fond du Lac Ojibwe 21st Century After School Activities

3rd quarter January 23rd to March 15, 2017 ~ 3:25 to 5 p.m.

A snack and transportation are provided to students registered in our program

No After School on Feb. 20

After School Office (218) 878-7239 ~ Front office (218) 878-7276.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
(Ishkwaa-anama`e- giizighad)	(Niizho-giizhigad)	(Aabitoose)
<b>Academic Skill Building</b> 1st & 2nd Grade Limit 10 students	<b>Academic Skill Building</b> 1st & 2nd Grade Limit 10 students	<b>Academic Skill Building</b> 1st & 2nd Grade Limit 10 students
<b>Golf Lessons</b> 1st & 2nd Grade Limit 12 students	<b>Effective Homework Strategies</b> 2nd -3rd grade Limit 8 students	<b>Boys Drum Practice</b> 1st- 3rd grade Class limit 8
<b>Meditative Exercise</b> 2nd - 4th Grade Limit 14 students	<b>Cooking &amp; Ojibwemowin</b> 4th & 5th grade Limit 8 students	<b>Art</b> 2nd -3rd grade Class limit: 8
<b>MCA Test Skill Building</b> 3rd Grade Limit 12 students	<b>Effective Homework Strategies</b> 4th-5th grade Limit 8 students	<b>Indoor/Outdoor Walking</b> 4th- 12th grade Limit 8 students
<b>Effective Homework Strategies</b> 4th -12th grade Limit 8 students	<b>Regalia Making</b> 5th-12th grade Class Limit: 5	<b>Beginning Sewing</b> 4th-12th grade Class Limit: 5
<b>Wood Working</b> 5th - 12th grade Class limit 5	<b>MCA/ACT Skill Building</b> 3rd-11th grade Limit 8 students	<b>Reading/Writing/Homework Skill Building</b> 5th-12th Grade Limit 8 students
<b>Reading/Writing/Homework Skill Building</b> 5th-12th Grade Limit 8 students	<b>Drum Practice</b> 4th- 6th grade Limit 8 students	<b>MCA/ACT Skill Building</b> 3rd-11th grade Limit 8 students



# Community News

## Happy birthday

Happy birthday **Randi (Nikko) Diver** (Jan. 9), happy birthday  
*From, your mother*

Happy 70th birthday to my husband **Al Ziesemer** (Jan. 17)  
*From, your wife*

Happy 5th birthday to **Paeton Holm** (Feb. 1). Keep being the bright bubbly little human you are! You have grown so much over the past year! We are so excited to see you graduate Head Start this year!  
*Love, Jake, mom, Ty, and Mariah*

Happy birthday **Eleanor Smith Diver** (Feb. 2)  
*From, mom and Davis*

Happy 14th birthday to my son **Christopher Starbuck-St. John** (Feb. 11) I'm so proud of you. I love you so so much,  
*Love, from your mom and the whole St. John family*

Happy birthday **Ruth Phipps** (Feb. 12), enjoy your special day.  
*Love, your family*

Happy birthday to my valentine baby **Cherokee Smith** (Feb. 14), you are the love of my life.  
*Love, grandma Gail*

Happy birthday to my valentine sister **Cherokee Smith** (Feb. 14)  
*Love, Shelly, Raymond, Toby, and Stephen*

Happy birthday to my sweet valentine daughter **Cherokee Smith** (Feb. 14)  
*Love, mom*

I'd like to wish our son **Cody S Erickson** (Feb. 16) a very happy 22nd birthday.  
*Love always, mom and Darrell*

Happy 8th birthday to **Mariah Holm Defoe** (Feb. 16). Your personality is out of this world my girl! There is never a day where you don't surprise us! Keep being wonderful, smart and so sassy (maybe a little less sassy).  
*Love, Jake, mom, Ty, and Paeton*

Happy sweet 16 to **Avery Misquadace** (Feb. 21)  
*Love, your grandma*

Wishing a happy birthday to **David Petite Jr** (Feb. 21), 31 yrs old, we all love you muches  
*Mom, Matt and Angel and Baby Matt, April and Brady and Royce, Dezzy, Rylan, Sabrina, James and Kayla... have a wonderful day*

Happy birthday to my most precious daughter, **Brennin Hill** (Feb. 25), you will always be my favorite daughter.  
*Love, mom*

Happy 4th birthday to our big boy **Travis Brown Jr.** (Feb. 25) Love, you sooo much!  
*Ever ever, mom, dad, and your sister Laila*



## Apology

In the thank you from **Robert "Bob" Bassett** family, I mistyped "We are ever humbled" and put "We are even humbled" in the message.

I would like to apologize to the Bassett family during their difficult time and thank them for being so understanding about my error.

## Thank you

The family of **Robert "Bob" Bassett** would like to thank the RBC for all your support, caring, and help that was given to our family for dad. Tom Whitebird and all the veteran's, the drum group, and the Black Bear Casino for the wonderful meal. Doctor Kendal for the wonderful care given to dad. Deacon John for the prayers and kind words, and being a wonderful friend to dad.

We are ever humbled by everything and everyone that was there for our dad. Dad was a proud Fond du Lac WWII Army Veteran.

## Donated Mittens and Hats

FDL Head Start wants to thank **Vanessa Northrup** for organizing the mitten tree at the Tribal Center, and to all the people who contributed to this wonderful act of kindness. Our children will benefit greatly by keeping warm this winter.

Thanks again for your donation, FDL Head Start Programs

## From the family of "Zhing-waak" Cody Joseph Bauer

We have felt your love for our son Cody, and your compassion has helped us during this most difficult time in our lives... more than you'll ever know. We are deeply touched by the outpouring of love and support from so many people these past few days.

We would also like to sincerely thank the Fond du Lac RBC, FDL Honor Guard, FDL police department, and the Wildland Firefighting Community/Family.

As well as the many individuals and organizations who came together to pay tribute in his name.

We will never forget all of the kindness that you have bestowed

upon us. We thank you from the bottom of our hearts.

*Michael and Cassandra Diver*

## Congratulations

Congratulations to **Chase Fuller** who made the Dean's list at the University of Minnesota-Morris in his first semester in college as he studies to be a doctor.

*From, grandma and grandpa Romero*

## Memorial

### Daniel Gilbert Shabaiash

(Jan. 21, 1953-Aug. 1, 2016)

There are those whose lives death cannot diminish. Their love shines forever in the hearts of family and friends. We felt that love in your kindness.

*Thank you very much,*

*The family of Daniel Shabaiash*

## Obituary

From the family of **Fred Houle**

A heartfelt thank you to Pastor Bill and Diana and our Sawyer chapel family for your love. To sunnyside, HCC, CMH ICU, and Dr. Kendall for your excellent care of Fred. To Bob Atkins for his kindness and expertise planning the funeral. To the Cloquet and FDL Honor guards and to the U.S. Marine Corp for honoring Fred.

To Linda Nelson at FDL and to the RBC for their support and delicious lunch. And to all our family and friends for your sympathy and prayers. Our family was blessed by you and we thank you.

**John Frances Korby**, 36, of Cloquet, Minn. died Friday, December 23, 2016 in Cloquet.

John was born



November 30, 1980 in Cloquet to James and Gail Korby. He grew up in Cloquet and graduated from Albrook High School in 1999. He worked at the Black Bear Casino and had various construction jobs. John liked to bead, spend time with his children, play softball, and participate in pool tournaments. He is fondly remembered as a loving dad, and a jokester who loved to kid around.

John is survived by his children, Rainna Korby, Rateah Korby, John Korby, Jr., Jordyn Korby, Shaylee Diver, and Mason Korby; his parents, James, Sr. and Gail Korby; his grandfather, Francis Desjarlait; brothers, James Korby, Jr. and Michael Topping; sisters, April Korby, and Angel Topping; and many nieces and nephews. He was preceded in death by many family members.

**Susan Marie Higbee**, 59, of Cloquet, Minn., died Dec. 2, 2016 at St. Lukes Medical Center in Duluth. Sue was born June 8, 1957 in Duluth to Marjorie (Pyle) and Louis John Higbee Sr. Sue grew up in Duluth in her younger years and moved to Cloquet. She attended South Terrace and Carlton High school. Later she attended the University of Minnesota-Duluth and Fond du Lac Tribal and Community College. Sue worked at Diamond Match and for Carlton County. Her favorite job was bartender at Central Hall.

Sue is preceded in death by her parents, Jim Christenson (special friend), Duane Saaristo (brother-in-law), and four special nephews.

Sue is survived by Steven James Higbee (son), Ellie Higbee (granddaughter), Wayne



# Community News

(brother) and Bonnie (Sisto) Higbee, Louis (Toogie brother), and Jo Botterman Higbee, Roger Higbee (brother), Connie Saaristo (sister), and Richard Higbee (brother). Sue has a special friend since childhood Cindy Wendling. Her two dogs Dozer and Scooby.

Sue was a kind, generous person that everyone liked. She would give you the shirt off her back if you needed it. Her favorite things she loved to do were to shop and eat with Connie. She spent endless hours her entire life with Rick. She especially enjoyed when Butch and Bonnie came to visit. She was always happy to hear from Roger. She talked of making a trip to see Toogie and his family. she cared deeply for all of her nieces and nephews. She cared deeply for her family and loved us all.

A special thanks to Lynn Kosmach, PA. and to all that love her. Sue will be sadly missed forever.

**T. Brady Peacock “Baadwe-widun”** 45, died Monday Jan. 9, 2017 in Essentia Health St. Mary’s Medical Center, Duluth.

### Emmett Selmer Thompson

was born on June 24, 1930 on the Fond du Lac Reservation to Joseph ‘Eagle Eye’ Thompson and Theresa Marie Waukechon. Our beloved father, big brother, and grandfather left us into the arms of our Heavenly Father Thursday, January 12, 2017.

He follows his beloved deceased wife Abbie (Cornelius) Thompson, grandparents; Riley



Thompson and Josephine Smith, parents; his beloved sister Betty of Minnesota, and his brother Joseph Glen of Minnesota.

Emmett graduated from Flaudeau Boarding School, enlisted into the Army in 1951 served during the Korean Conflict. He received the Korean Service medal with four bronze service stars, Combat Infantry badge, US Service medal, National Defense Service medal and received his honorable discharge in 1954. Emmett worked for the Bureau of Indian Affairs, Central California Agency and retired after 34 years of service

Survivors include his daughters, Carol (Thompson) Aragon of Riverside, California, and Jeanie (Thompson) Dodd of Sacramento, California, his sons; Ronald, Michael and David Thompson of Sacramento, California, and Joseph (Joey) Thompson of San Diego, California; his sisters Gail, Nancy and Bonnie Thompson of Minnesota; and brother Frank B., Clifford, Bruce, Dennis Thompson all of Minnesota; six granddaughters; Teresa, Blythe, Carol, Nicole, Shyann and Cheryl Thompson; seven grandsons, David, Gregory and Steven Aragon, Sonny, Joshua, Nickolaus and David Thompson; eight great granddaughters, Karli (Little Abbie), Madison and Racin Aragon, Lucy Hummingbird, Diana and Kali Greensky, Ariel Sobero, Amelia Marquez; fourteen great grandsons, Kai, Kele, David, Ethan, Rolan and Ryder Aragon, Joseph Hummingbird, Robert and R.J. Navarro, Skyler Thompson, James and Jacob Garrett, Alek and Matthew Greensky, and many nephews, nieces, relatives, extended family and friends.

### FDL job listings

FT: Full Time PT: Part Time  
For more information about any of these open until filled or permanent posting positions contact the Fond du Lac Human Resources Department at (218) 878-2653.

### FDL Reservation

Nursing Assistant/Activities Specialist FT FDL Assisted Living  
Industrial Arts Teacher FT FDLOJS  
Occupational Therapist PT FDLOJS  
Cook Supervisor FT FDLOJS  
Substance Use Disorder Recovery Case Manager FT MNAW  
Rule 25 Assessor, Substance Use Disorder Department FT MNAW  
Massage Therapist PT MNAW  
Medical Records Clerk FT MNAW and CAIR  
Licensed Alcohol and Drug Counselor FT MNAW  
MIS Project Administrator I FT Tribal Center  
Laboratory Technician FT MNAW and CAIR  
Ojibwemowin Teacher FT FDLOJS  
Registered Dental Assistant On Call/Temp MNAW  
Pharmacy Technician FT CAIR  
Foster Care Licensing and Placement Specialist FT MNAW  
Clinical Assistant FT/On Call MNAW and CAIR  
Instructional Assistant PT/On Call FDLOJS  
Mental Health Counselor FT MNAW and CAIR  
Custodian FT/On Call/Sub FDLOJS  
Pharmacy Technician FT Mashkiki Waakaagan, Mpls  
Clinic Physician FT/PT/On Call MNAW and CAIR  
Mental Health Case Manager

FT MNAW and CAIR  
Skilled Laborer 1 FT Tribal Center  
GED Teacher PT Tribal Center, BCC, or SCC  
Reading Buddies PT FDLOJS  
Driver’s Training Instructor PT Tribal Center  
Driver/Cook On Call BCC  
School Secretary/Receptionist On Call/Sub FDLOJS  
Cook Helper On Call/Sub FDLOJS  
Driver/Cook On Call Tribal Center  
Substitute Teacher On Call/Sub FDLOJS  
Transportation Driver FT/PT FDL Transportation  
Nursing Assistant FT/PT FDL Assisted Living  
Recreational Aide 1 FT/PT SCC  
Recreational Aide 2 FT/PT SCC  
Recreational Aide 1 FT/PT BCC  
Recreational Aide 1 FT/PT CCC  
Recreational Aide 2 FT/PT CCC  
Clinical Pharmacist On Call MNAW, CAIR, Mashkiki Waakaagan-Mpls.  
Pharmacy Technician On Call/Sub MNAW, CAIR, Mashkiki Waakaagan-Mpls.  
Transit Dispatcher FT/PT/On Call FDL Transit  
Bus Monitor PT/On Call FDL Education  
Substitute Staff On Call FDL Head Start  
Programs Teacher FDL Head Start  
Teacher Assistant FDL Head Start  
Deli Clerk PT FDLGG  
Transit Driver FT/PT/On Call FDL Transit  
School Bus Driver FT/PT/On Call FDL Education  
Health Care Assistant FT/PT MNAW & FDL Assisted Living  
Store Clerk PT FDLGG  
Convenience Store Gas Attendant PT FDLGG

### Black Bear Casino Resort

Vault Cashier FT/PT  
Room Attendant FT  
Bus Person FT/PT  
Gift Shop Clerk FT  
Buffet Host/Hostess FT  
Golf Course Groundskeeper FT/PT Seasonal  
Steward FT  
Arcade Attendant PT  
Golf Course Pro Shop Sales Representative PT  
Golf Course Ranger/Starter FT/PT  
Golf Course Concession Sales Representative FT/PT  
Golf Course Cart Attendant FT/PT  
Slot Attendant PT  
Custodial Associate FT  
Gift Shop Clerk PT  
Bell Staff PT  
Sage Deli Cook FT  
Bingo Vendor/Floor Worker PT  
Players Club Representative FT/PT  
Wait Staff FT/PT  
Hotel Laundry Worker/Hauler FT  
Hotel Room Attendant/Housekeeper FT/PT  
Drop Team Worker FT

### Fond-du-Luth

Security Guard/Dispatch FT  
Janitor FT/PT  
Clean up Worker FT/PT  
Beverage Waitperson/Bartender FT/PT  
Cage Cashier FT/PT  
Players Club Representative FT/PT  
Slot Attendant FT/PT  
Slot Technician FT/PT

# Namebini-giizis – Sucker Fish Moon – February 2017

ALR: Assisted Living Residence; BBCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8048; CAIR: Center for American Indian Resources; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom;

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>State of the Band</b> <b>Feb. 16</b> <b>5:30 p.m.</b> <b>BBCR</b>		<b>Sobriety Feast</b> <b>Feb. 22</b> <b>6 p.m.</b> <b>CCC</b>	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC 1	<b>Parent teacher conferences FDLOJS</b> Sewing 9 a.m. CCC Get fit 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 2	<b>Parent teacher conferences FDLOJS</b> GED (call) AA Support 6 p.m. BCC 3	Come & Swim & use the gym AA support 6 p.m. SCC 4
Come & Swim & use the gym 5	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC 6	Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC WIC 12 p.m. CAIR AA/NA support 12 p.m. TRC Waasa Inaabidaa Session 3 5 p.m. CCC 7	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Driver's ed 4 p.m. CCC Health and nutrition 5 p.m. CCC Tax Prep 5 p.m. CCC 8	Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 9	GED (call) Historical Society 12 p.m. CCC AA Support 6 p.m. BCC 10	Come & Swim & use the gym Tax prep 2 p.m. CCC AA support 6 p.m. SCC 11
Come & Swim & use the gym <b>Elder movie morning 11 a.m.</b> 12	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC 13	Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS AA/NA support 12 p.m. TRC 14	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC Game day 1 p.m. CCC GED 2 p.m. SCC Tax prep 5 p.m. CCC 15	Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC <b>State of the Band 5:30 p.m. BBCR</b> AA Support 6 p.m. CCC 16	GED (call) AA Support 6 p.m. BCC 17	Come & Swim & use the gym Tax prep 2 p.m. CCC AA support 6 p.m. SCC 18
Come & Swim & use the gym <b>Family movie morning 10 a.m.</b> 19	<b>Closed for Presidents' Day</b> 20	Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC Parenting second time around 1 p.m. CHS Waasa Inaabidaa Session 4 5 p.m. CCC 21	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Get fit 12 p.m. CCC GED 2 p.m. SCC Tax Prep 5 p.m. CCC <b>Sobriety Feast 6 p.m. CCC</b> 22	Sewing 9 a.m. CCC Get fit 12 p.m. CCC Health and nutrition 12 p.m. CCC GED 4:30 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC 23	GED (call) AA Support 6 p.m. BCC 24	Come & Swim & use the gym Tax prep 2 p.m. CCC AA support 6 p.m. SCC 25
Come & Swim & use the gym <b>Elder movie morning 11 a.m.</b> Ronnie Milsap 7 p.m. BBCR 26	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC 27	Get fit 12 p.m. CCC WIC 12 p.m. MNAW AA/NA support 12 p.m. TRC 28	<b>Ronnie Milsap</b> <b>Feb. 26</b> <b>7 p.m.</b> <b>BBCR</b>	<b>Elder movie morning</b> <b>11 a.m.</b> <b>Feb. 12</b> <b>and 26</b>	<b>Tax Prep</b> <b>Wednesdays</b> <b>(5 p.m.) and</b> <b>Saturdays (2 p.m.)</b> <b>Starting Feb. 8 CCC</b>	<b>Chris Janson</b> <b>Mar. 24</b> <b>7 p.m.</b> <b>BBCR</b>

Any persons with FDL Writs & Orders of Exclusion are not allowed to attend any FDL Field Trips or Activities.