

# Nahgahchiwanong

(Far end of the Great Lake)

# Dibahjimowinnan

(Narrating of Story)



Coaches from the Northern Siege Lacrosse League hosted a free Learn to Lax day at the Cloquet Community Center. Story on page 3.

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# Local News

## Highway 23, Fond du Lac burial recovery update

By Jim Jones,  
Minnesota Indian Affairs  
Council

At the direction of the Fond du Lac Band of Lake Superior Chippewa, the Minnesota Indian Affairs Council (MIAC) has been

working in conjunction with the Office of the State Archeologist, Minnesota Department of Transportation (MnDOT) and Hamline University to respectfully complete burial recovery and reburial efforts adjacent to Highway 23 at Mission Creek in the old Fond du Lac neighborhood of Duluth.

In mid-May 2017, MnDOT disturbed Native American burials during excavation for a bridge replacement project. At the time of the disturbance the MnDOT bridge project was halted indefinitely. MnDOT took

responsibility for the incident and made a commitment to assist with recovery and restoration efforts. Once those efforts have been completed, MnDOT will restart the project development process to address the Mission Creek Bridge.

A portion of the current recovery work being done is located within an area that has been identified as the central cemetery. This area has been protected and outside access has been prohibited. Utilities that were once within this area have been removed and have been relocated to other locations.

“It is important to note that we are not doing archaeology at this site. This is a burial recovery,” said state archeologist Amanda Gronhovd. “Some archaeological methods are being used to complete the burial recovery work. Examples include the careful screening of displaced cemetery soils, recovering bones and possible burial-related items, and carefully mapping the intact burial locations. However, our main

goal is to recover the displaced remains and return them to where they belong as quickly and respectfully as possible.”

Two crews are currently working to screen soils that MnDOT initially removed from the central cemetery area.

One crew is from Hamline University and has Fond du Lac Band members working alongside non-Tribal members who have experience in archaeological excavations and burial recoveries. This group is working with the bulk of the displaced cemetery soils. The second crew is entirely made up of Band members from Fond du Lac. They are a smaller crew, working within a smaller area,

with cemetery soils that were originally disturbed and placed next to the proposed bridge areas.

Meanwhile, MnDOT is also working with the Band on plans to stabilize the slope where the central cemetery is located. Once the slope is stabilized,

soils that have been screened will be placed back into the cemetery area. After this has taken place and the Band approves the plans for the reconstruction of the burial area, the human remains that have been recovered will be reburied in the cemetery area under the direction and guidance of Fond du Lac Tribal and spiritual leaders.



**Minnesota Chippewa Tribe Finance Corporation**

**Home Loan Program:** Regular, Moderate, Construction & Renovation Loans

Home loan applicants must be American Indian enrolled in the Minnesota Chippewa Tribe and must be owner occupied. Applicants must also meet other requirements such as; reasonable credit risk, have a stable employment history, and meet State and FHA credit underwriting guidelines.

**Business Loan Program:** Micro Loans \$500-\$5000, Business Loans \$5000-\$150,000 and Commercial Real Estate Loans \$5,000 - \$150,000

All loans will require security/collateral and personal guarantees for principals and /or third parties. The owner/borrower must have a minimum 10% equity in total business capitalization. Interest is based on risk rating of applications, rates will be between 4% - 7%. Borrowers are required to have a reasonable credit history and a written plan for repayment. All applicants with any type of loan must have a business plan detailing how the business will operate and perform. Technical assistance is available, personal assistance will be required.

**Applications:**

Applications are taken at our home office located at 15542 State Hwy 371 NW, Cass Lake, Minnesota. Or call for an appointment at 218.335.8582. You may visit our website at [www.mctfc.org](http://www.mctfc.org) to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.

## Nahgahchiwanong Dibahjimowinnan

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

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

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

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

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

Corporate Member of the  
Native American Journalists  
Association

# Local News

## Learn to LAX clinic

By Zachary N. Dunaiski

On Jan. 19, Fond du Lac's Cloquet Community Center hosted the Learn to Lax day for youth in the area hoping to learn to play lacrosse from the coaches of the Northern Siege Lacrosse program.

The free event brought 43 area kids to the Tribal Center which seemed to feature an even mix of boys and girls grades k-8. Participants of the class learned to scoop, pass, and shoot among other skills they will need to play for one of the area lacrosse programs.

The groups were split into three sessions for more personalized attention to each of the groups, with boys, grades k-4, going first. That group featured nearly twenty boys which was something that organizers of

the event found encouraging for the future of the sport. The second group was boys, grades 5-8. This group was very lively, where their favorite part seemed to be taking shots on the coach at the end of the training session.

The last group was girls of all ages, grades k-8. That group had the largest attendance of the day, but with a handful of coaches in attendance, the girls still received numerous pointers to learn the game.

For anyone interested in getting involved in lacrosse, registration with the Northern Siege Lacrosse league is now open through Feb 23rd. For more details and to register at their website <https://tshq.bluesombrero.com/northernsiege> or their Facebook page Northern Siege Lacrosse



Courtesy Northern Siege



Courtesy Northern Siege



# RBC Thoughts

## Sawyer News

### Boozhoo,

The Sawyer Center is starting out the New Year with more cultural art classes. The winter months are a good time to pick up last year's project or get some assistance on a new beading project. Interest in doing more cultural activities in the community on an on-going basis is something that I am hearing from community members. It has been great fielding ideas and seeing people volunteer to teach.

This past month Fond du Lac Resource Management staff and others attended a seminar hosted by Michigan Tech at the Cloquet Forestry Center to work on "Guiding Principles for Interacting with Tribes to Develop Culturally Appropriate Climate Adaptation Actions." The draft that they are working on includes cultural perspectives as it relates to the work we do in our communities in regard to managing our natural resources. Our maple forests, wild berry patches, wild rice lakes, fish, and wildlife are all precious and deserve that attention. If you are interested in reading the draft or sharing knowledge your input is welcomed.

The State of the Band will be February 21st at the Black Bear Convention Center at 5:30 p.m. Miyah Danielson,

FDL Executive Director, has been preparing for this important yearly meeting as well as preparing for open meetings that we have scheduled each month. The last open meeting was in Minneapolis at the Mino Bimaadizi Waakaa'igan. It was great to talk with Band members from the Twin Cities Metro area and listen to their ideas and their experiences with services and other issues. More Substance Use Disorder (SUDs) staff have been hired and services are beginning to be more

visible and known in the community. During the Human Services Division holiday party I sat with some of the staff that do the work with our Band members in the city. From our conversation it is clear that we have some very dedicated staff, committed to outreach, Miigwetch.

Be sure and follow our FDLOJS basketball teams boys/girls. We have home and away games, get a schedule, stop by, and support the youth. You can also catch games on WGZS which is great to hear on the radio on those evenings when it might be too cold to get to a game.

*Sincerely,  
Bruce M. Savage  
District II Sawyer Representative  
(218) 393-6902  
email: BruceSavage@fdlrez.com*



Bruce Savage

### Boozhoo,

Happy New Year! I wish for you that this year will bring fulfillment to you and your family. I wish that you are able to achieve the goals that you have set for yourself and that this is your best year yet.

Sometimes I need something to happen in my life to help me realize what is important. Having gone through my surgery has made me realize that I have a very important person that has taken care of me through all the ups and downs of recovery. She has been my pillar of strength when I needed it and a shoulder to cry on or a sounding board when I need to complain. I think about our wedding vows and the "in sickness and in health..."

and how she has taken that literally and has been there for me. Betty, I know that when I asked you to marry me 34 years ago and you said yes you were the best thing that could have happened to me.

There have been lots of Christmas and New Year celebrations going on here. We had the employee party at the casino, the administration party and the health center party. We have hosted several players' parties at the casino. Our banquet staff performed admirably under the stress of having to serve several hundred meals at each

event. The kitchen staff did a remarkable job of preparing all the food. The event center staff was spot on with the preparations of the event center for each event. And the participants did their part by filling the chairs and enjoying the festivities.

The budget process is complete for the 2019 year and it is going to take some work to follow it. If nothing changes and we stay on course by the end of this year we will have spent \$9 million more than we have taken

in. We have changed some ways that we are accounting for interest income and where some of our expenses are paid from to give us a more accurate figure to work with so I will keep you informed on the changes and how it is working throughout the next year.

Last, I should be coming back to work full-time shortly. I wanted to come back the 2nd of January but I developed a flutter during rehab that needs to be dealt with on the 14th. After that procedure I should be able to return to work. Looking forward to a new and exciting 2019.

*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*

*Gigawaabamin.*



Ferdinand Martineau

# RBC Thoughts

## Brookston News

### Boozhoo,

Well so far the year has started off extremely busy. Chairman Dupuis and I had the opportunity to be invited to the historical Inauguration Ceremonies for the Governor/ Lt. Governor, State Attorney General, Secretary of State, and State Auditor. It was historical to be able to watch Lt. Governor Peggy Flanagan (White Earth) become the highest ranking Indigenous women in the Nation to hold an Executive Office. To witness her take her oath using a Bible that was written in Ojibwemowin was historical. I would also like to congratulate Dennis Olson Jr. as he is now Commissioner of Higher Education. This is historic for Fond du Lac as I believe he is the first Fond du Lac Band Member to be appointed to the Cabinet of a Governor, this is totally AMAZING! We are very proud of you Dennis!

I had mentioned in earlier articles of taking a student, Qaiden Smith to the Governor's Tribal Youth Gathering over the summer and I had told him that I would take him to the Inauguration when Lt. Governor Flanagan won, well I was only able to get the one ticket. So my wife and I instead took Qaiden to the One Minnesota Inaugural Celebration at the Minneapolis Convention Center. State Auditor Julie Blaha had actually came up to us out of nowhere and grabbed us to go up to the front of the stage area to watch the Governor Tim Walz and Lt. Governor Flanagan greet us all, it was so amazing and Qaiden had an awesome evening.

At the Brookston Center we brought in the New Year with a party and once again the staff put on an amazing evening that was filled with games, dancing, and food. Chi Miigwech for the Brookston Center for having a safe and fun way to bring in the New Year!

I also have great news that we have signed off on the Belich Rd. Transfer Agreement, this will allow us to take over on the maintenance of the roadway and eventually we can work to have the road in our inventory be paved. We also have moved ahead on the Rural Fire Protection Project. This project will allow the Brookston District (northern part of the FDL Reservation) to have the capabilities of refilling fire tanker trucks more easily. This is good for the residents as we have the Cloquet Area Fire District for fire protection along with the local Volunteer Fire Departments.

We were also able to meet with newly seated Congressman Pete Stauber. This was a meeting with various Tribal Leaders and we were able to discuss the importance of open dialogue with the Tribes and he was very open to having a quarterly meeting with us. I will look forward to seeing many of you at the State of the Band Address on February 21, 2019. I hope everyone had a safe and Happy New Year! Chi Miigwech!

Roger M. Smith Sr.  
[rogersmithsr@fdlrez.com](mailto:rogersmithsr@fdlrez.com)  
 (218) 878-7509

Above: Representative Roger Smith Sr., Lt. Governor Flanagan, and Chairman Dupuis.  
 Left: Chairman Dupuis, Commissioner Dennis Olson Jr., and Representative Roger Smith Sr.



Roger M. Smith Sr



Above: Victoria Smith, Representative Roger Smith, Lt. Governor Flanagan, Qaiden Smith, Governor Walz, and First Lady Gwen Walz. Left: Lt. Governor Peggy Flanagan swearing in ceremony.



# More Local

## Cloquet News

### Hello All

It sure is good to be back as your Cloquet Rep. I have gotten myself situated and have become familiar with all the goings on for FDL and particularly the Cloquet district. I had the pleasure to attend many events in my short time back and it has been nice to see so many familiar and new faces. We attended Christmas parties from the Cloquet Community Center, FDL Programs, and Human Services divisions.

I recently attended the employee recognition banquet held at Black Bear Casino and Resort. This was recognizing perfect attendance and years of service. What a great turn out that was! It truly was an honor to watch all those dedicated employees get their awards and see such pride in each face. I want to thank all our hard-working employees, without you, we would not be where we are today. Thank you!

As I write this article, I am traveling home from Minneapolis where we had our monthly open meeting. It was nice to see these folks and hear their concerns. Many important topics were discussed and I think a lot of good information was shared. Make sure you mark your calendars for the upcoming State of the Band meeting at Black Bear Casino and Resort on February 21 at 5:30 p.m.

On a different note, our MIS Director Fred Underwood has traveled on to different things, although it is sad to see him leave, I would like to congratulate Alan Walt as he steps into his new position as Interim MIS Director. Alan comes with a lot knowledge and background in this field and with all of that, I'm sure he will be a great fit in that division. Good luck Alan!

I have found that with all of my long meetings along with off-site meetings, I am still available to sit and talk with our Band members about concerns they may have.

*You can reach me by email at [wallydupuis@fdlrez.com](mailto:wallydupuis@fdlrez.com), Facebook, or just give me a call at (218) 409-5314.*



Wally Dupuis

## FDLTCC's economic contribution estimated at \$49.5 million

Minnesota State, the system of 30 state colleges and seven state universities, recently shared the results of a study that estimates the contribution of Fond du Lac Tribal and Community College (FDLTCC) to the regional economy it serves to be \$49.5 million annually and supports and sustains 448 jobs.

"The college's activities and the economic boost generated by our employees and students contribute to the vibrancy of our local community; a community that we are proud to be a part of," said Stephanie Hammitt, interim President of Fond du Lac Tribal and Community College.

The study was commissioned by Minnesota State and was conducted by Parker Philips, a nationally recognized consulting firm specializing in economic impact analysis.

"An economic contribution analysis is an objective way to measure the significance of an organization in the regional economy. It is a tool that policy makers can use to inform their decisions," said Nichole Parker, a principal partner at Parker Philips. "Fond du Lac Tribal and Community College clearly is a major contributor to the regional economy."

In the analysis, the study considered the direct spending on operations, pay, benefits, and capital projects by FDLTCC and the estimated increase in demand for goods and services in industry sectors that supply or support the college. The study also measured

the effect of student spending and the induced effect of increased household income.

According to the study, a key result of this activity is that FDLTCC supports and sustains 448 jobs including direct employment by the college, as well as indirect and induced jobs created by supply and equipment vendors, contractors, and laborers for the construction and renovation of facilities, and jobs created in the community at hotels, restaurants, and retail stores in support of the college's faculty, staff, students, and visitors.

The study also calculated tax revenues generated by this level of economic activity, including sales, property, personal income, and corporate income taxes. The study concluded that Fond du Lac Tribal and Community College generates about \$2.8 million in tax revenues for state and local government.

The study further estimated the value of the increase in productivity that the degrees awarded by FDLTCC yield throughout the careers of the graduates.

"The long-term impact of the college can be felt across the area due to the 300 annual degrees, certificates and/or diplomas awarded to students who are and will become integral members of the workforce," said Hammitt.

Statewide, all Minnesota State operations, including all seven state universities and 30 community and technical colleges, plus the spending of its faculty, staff, and students, had a total state-

wide economic contribution of \$8 billion. This activity generated an estimated 67,717 jobs in the state.

The economic contribution report for Fond du Lac Tribal and Community College is available at [MinnState.edu/IMPACT](http://MinnState.edu/IMPACT).

## FDL Band member appointed to MIAC's UIAB

Jason Loons has been appointed to the Minnesota Indian Affairs Council (MIAC) on their Urban Indian Advisory Board (UIAB).

The board must be appointed by the council at the direction of the elected Tribal leadership and consist of six Indians residing in the vicinity of Minneapolis, St. Paul, Bemidji, and Duluth. At least one member of the board must be a resident of each city.

Check out next month's paper for an interview with Jason.

**Jiffy Jeff's  
lost oldies  
Tunetown radio**

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wmoz 106.9 fm**

**Sat. 9am to 11 am**

# More Local

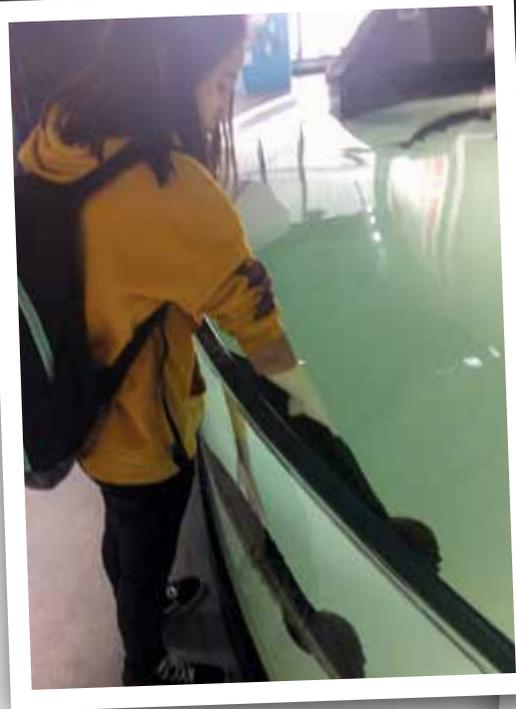
## A trip to the Great Lakes Aquarium

On Jan. 8 students from the FDLOJS 7th, 11th, and 12th grades visited the Great Lakes Aquarium to explore the exhibits and learn about the relationship between sturgeon (focusing on Lake Sturgeon, or namé in Ojibwe) and sharks.

The trip was paid for through the Rivers2Lake teacher professional learning and mentorship program that Ariel Johnson, FDLOJS HS Science Teacher, is involved in for the 2018-2019 school year. Two Rivers2Lake mentors, Deanna and Ryan, joined the students and taught them a lesson that had the students compare sturgeon to sharks.

Students were asked to draw the side view of both of the fish to compare and contrast physical characteristics. Students learned that sturgeon are “living fossils” because of their physical characteristics. For example, they have a heterocercal caudal fin (like a shark’s tail) and are cartilaginous (no internal skeleton and they have bony plates externally).

Students even got the chance to touch the sturgeon as well as other aquatic organisms that were in the touch tanks throughout the aquarium. At the end of the field trip, the students got to go on a “goosechase”, which is an app they can download on their phones or tablets to participate in a timed group competition where students have to take pictures with exhibits or answer questions about exhibits. The top three groups even received awards provided by the Rivers2Lake mentors.



# More Local

## The impact of the government shutdown on FDL's Human Services

By Zachary N. Dunaiski

The partial government shutdown has lasted for over a month now with 800,000 federal workers not getting paid and many federal funding services put on hold.

This has put a strain on many people across the country without being able to rely on government services. The one having a big impact on Fond du Lac is the lack of funding from Indian Health Services (IHS), but FDL Human Services Director Sam Moose says the effect on the FDL Human Services has been minimal.

"I think from an administrative standpoint we've had to further analyze our budget to ensure the partial shutdown didn't affect patient/client care," Sam said. He and his staff went through the budget to make some immediate adjustments and propose additional recommendations regarding potential spending cuts. "The government shutdown has definitely required some additional administrative burden, in that we've

had to take a critical look at all our funding streams, current budget and accounts."

Thankfully Fond du Lac Human Services has not furloughed any employees, with their changes being to hold back spending until the government reopens.

"I think the work that we've done within the administration has been to ensure a healthy budget that support our employees or care teams to continue to meet 'our mission' to the Fond du Lac community, by reducing certain line items, delay expenditures, and reallocating resource," Sam said. This should mean that virtually no impact is felt by the community seeking services from the Division. "We've made a recommendation to the Tribe that we're going to start reducing certain spending, certain line items. Whether that's travel or other expenses that we can put off until later in the quarter or later in the year. We've already taken those steps to ensure that we can continue to make payroll at our current levels."

With no end to the partial shutdown in sight, the FDL Human Services department has already started to push back some of their budgetary items back as far as the summer.

"We've shifted around some pots of funding and frozen areas within the budget that we wouldn't spend, that we were planning on spending in the first and second quarters," Sam said. "We're pushing those out to make sure we have enough, so if this were to prolong into February, March, we could still meet payroll and still continue our programs, services, and functions without any glitches."

IHS remains a crucial source of funding for FDL's clinics, but during the shutdown FDL obviously isn't able to get any money from them.

"Our IHS 638 Compact is currently impacted by the Government Shutdown, so we aren't able to draw down funds at this time and that will remain so until either the partial government shutdown ends or a continuing resolution that funds Indian Health Services gets submitted and passed through congress," Sam said.

The Tribe will continue to monitor the shutdown closely, and Sam wanted to reassure the community, and that Band members, family, and any others receiving services through the Human Service Division wouldn't feel the affect.

The partial government shutdown, which began Dec. 22, was impossible to prepare for, but Fond du Lac acted quickly and through the first month hasn't seen any major effects.

"I just think that the decisions that Fond du Lac has made with regards to our clinic have been strong. Being able to create some reserve funding through the business decisions that we've made as a department and as a Tribe, I think have really benefited us," Sam said about how quickly FDL acted to keep things running as smoothly as possible. "The strong leadership and previous

strong leadership both within the Tribe and clinic has kept us from cutting services. Some of the benefit that I have now is large due to a strong business plan that has been developed within the Human Services Division, which definitely benefits us by having some reserve to fall back on."

Sam also knows that all Tribes are affected by this, and Sam is working hard with other Tribes and agencies on what we've been doing.

"I'm attending bi-weekly calls with the National Indian Health Board, with our local area Indian Great Lakes Tribal Health board, and with IHS to kind of work through information and provide feedback to them. We also sent information to the MN Department of Health and MN Department of Human Services to share our story of impact to make sure we're all aligned and continue to provide services to the clients that we serve," Sam said.

Those conversations are important to make sure services remain available.

"There has been ongoing dialogue both with the feds and the state and then amongst Tribal health boards to make sure that we can continue to advocate and continue to address any gaps in services that come up," Sam said.

While Fond du Lac's plan has kept things running smoothly, some more rural Band's across the country have been hit pretty hard.

"I think certain Tribes in our region and across the country are impacted and have made tough decisions to omit services and furlough their staff or lay-off their staff, but we haven't had to do that," Sam said.

Fond du Lac has made some tough decisions to keep services open, but the longer the shutdown lasts, the bigger the impact will be felt here and around the country.



FDL swears in three new police officers Jordan Diver, Sam Ojibwe, and August Reynolds on Jan. 8.

# More Local

## 2019 Gichi Manidoo Giizis Powwow

By Nikki Crowe,  
13 Moons Coordinator

The 2019 Gichi Manidoo Giizis Powwow hosted over 1000+ participants from around the region. There were 246 dancers signed up and 36 drums at this year's powwow. 38 dancers signed up to monitor their steps during the afternoon session with pedometers provided by the Fond du Lac Diabetes program. All together these dancers walked over 332,000 steps or 32 miles! Not included are the steps of David Manuel, Arena Director, at over 20,000 steps!

There were 30 information tables and 18 Native artists and vendors. I would like to thank the Fond du Lac Resource Management staff who put in the extra hours to help host the conference and powwow! Chi-Miigwech to our sponsors from the Fond du Lac SHIP and Diabetes Program, Minnesota SARE, University Wisconsin Superior, the Fond du Lac Band of Lake Superior Chippewa and Fond du Lac Tribal and Community College.

Thank you to our volunteers from Fond du Lac Tribal and Community College Nursing Program and Environmental Club. And one last big thanks to the Otter Creek Event Center staff for your assistance and hard work with all of our events. Great job everyone!



# Ashi-niswi giizisoog (Thirteen Moons)

## Namebini-giizis

*The new Namebini-giizis begins February 4. 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.*

## We use how much water?!

By **George Knutson**,  
*Fond du Lac MN GreenCorps  
Member*

**B**oozhoo! What comes to mind when I say water? A lake, a river, a stream, the ocean, snow, ice, rain, fish, turtles, food, transportation, your shower, or the glass of water you drink every night before you go to bed? The possibilities are endless. Why are they endless? Water is an all-encompassing topic because it, in one way or another, is connected to everything. Most people may know how important water is to life on Earth, but fail to realize the vast quantity of water we use every single day, and like other finite resources, reserves are not infinite.

First, let's talk about surface water and groundwater. Surface water is probably exactly what you're thinking, water that is found on the surface of the planet; oceans, rivers, lakes, etc. Groundwater, then, is water that is contained beneath the Earth's surface. We (humans) use both as sources for our water supply. In the U.S., which category (surface water or groundwater) do you think has more water? If you guessed surface water, you'd be wrong. The correct answer is groundwater. Groundwater is 20 to 30 times larger than all

U.S. lakes, streams, and rivers combined. Kind of crazy, right? Keep reading, I have a few more crazy statistics for you.

The following are U.S. water-use estimations for the year 2015 by U.S. Geological survey (USGS). Total water withdrawals for 2015 were estimated to be 322 billion gallons per day. Freshwater made up 87% of withdrawals while saline-water made up 13%. By category, from most to least use in billions of gallons, thermo-electric power (133), irrigation (118), public supply (39), self-supplied industrial (14.8), aquaculture (7.55), mining (4), self-supplied domestic (3.26), and livestock (2). You can find more water-use stats online from various government and non-profit entities.

Now that you know estimates of U.S. water use, I want you to take a guess at the amount of water that was used on the Fond du Lac Reservation in 2010. Make your guess quickly, the next sentence gives it away...In 2010, residents of the Reservation used an estimated 105 million gallons of water. Broken down to daily usage, that is approximately 287,671 gallons per day. Furthermore, there are a reported 743 private drinking wells on the Reservation. That's roughly 4.8 wells per square mile. These Fond du Lac numbers were prepared by

FDL Office of Water protection. How does water usage break down for individuals then?

According to the Environmental Protection Agency (EPA), this is how individual water-use breaks down: toilet 24%, shower 20%, faucet 19%, clothes washer 17%, leak 12%, and other 8%. You can estimate your own usage at home by observing your water habits. Some examples: time how long your showers take, keep track of how many times you flush the toilet, track how many times you use a clothes washer and dishwasher, track how long you use any faucets (bathroom sink, kitchen sink, etc.). However, to estimate your total water usage, you need to include things like your diet, transportation methods, and other factors.

Hopefully you now know that we use lots and lots of water every single day. The good news is that there are a lot of ways that you can reduce the amount of water that you use. Some of these are definitely simple, but if you can stick with them, water savings add up quickly.

- Take shorter showers: Twenty minute showers can use up to 140 gallons of water. I time my showers with music. I have a three-song playlist that lasts roughly 8 minutes, so once the last song comes on, I know I

need to turn the water off before it's over. You can use other methods as well, but the music one works well for me.

- Install WaterSense labeled products: WaterSense labeled products are backed by independent, third-party certification and meet EPA's specifications for water efficiency and performance.

- Turn the faucet off when brushing your teeth: Newer faucets use about 1 gallon per minute, whereas older models use over 2 gallons.

- If it's yellow, let it mellow: This one might not be for everyone. As you learned above, toilets are usually the biggest water user in a home. Do you need to flush every time?

- Install a rain barrel: Harvested rain water can be used to water plants and lawns in place of using your hose. There are many online resources if you're interested in constructing one.

The above tips decrease water you use that you can see (i.e. water coming out of your showerhead). However, you know that water plays a role in everything including food, consumer goods, and transportation. That means to get a complete water-use picture, you have to look at other areas of your life, too. For example, it takes a lot of water to grow meat. To get ¼ of beef, it takes

450 gallons of water. Same goes for other goods like a cotton t-shirt. It takes a 100 gallons of water to grow a pound of cotton. The point is, you make choices every day that affect your water usage (shower, diet, what you buy, your transportation methods, etc.).

Being cognizant of it can help you make different, more efficient decisions. It's also important to not only hold yourself accountable, but also other entities like government and businesses because they play a huge role on how water is used. Water is a part of everything, keeping it clean, using it efficiently, and making sure everyone has access to it are imperative goals to making the environment and ourselves healthy.

PSA: The We Are Water Exhibit, hosted by Fond du Lac Band of Lake Superior Chippewa, is coming up very quickly. It will be housed at the Great Lakes Aquarium in Duluth. Opening day is on March 10th! The event runs until April 22nd. We are currently looking for volunteers to staff the exhibit. There are midday and afternoon slots. Each shift is four-hours long. If you're interested, please contact George Knutson at [gerorge.knutson@fdlrez.com](mailto:gerorge.knutson@fdlrez.com) and/or (218) 878-7137.

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 Ojibwemowin Page

## A New Tribal Wellness Radio Show

By **Judy Tan**,  
Fond du Lac Behavioral Health  
VISTA

**B**oozhoo, Thirteen Moons is excited to announce a new Tribal Wellness Radio Show! Starting in March, this monthly, hour-long program will air on Fond du Lac's community radio station, 89.1 WGZS. Hosts Nikki Crowe and Pat Puchalla will engage guests on a variety of health topics ranging from social emotional learning to adverse childhood experiences. These may be

tough topics to address, but the show hopes to engage in conversation to reduce stigma and overcome barriers in addressing health in the Fond du Lac community.

What would you like to hear? We are accepting suggestions for topics, guests, and segments. Also, we would love to feature any local public service announcements related to wellness. Please contact Judy Tan at [judytan@fdlrez.com](mailto:judytan@fdlrez.com) or (218) 878-7142 with your suggestions or any questions. Miigwech!

## 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)- Giziibiigiisagi-nige-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 language	Anishinaabemowin
Outside	Agwajiing
Pipe	Opwaaagan
Powwow	Niimi'idim
Restaurant	Wiisiniwigamig
River	Ziibi
School	Gikinoo'amaadiwigamig
Singers	Negamowaad
Smudge	Nookwezigan
Star	Anang
Store	Adaawewigamig
Stream	Ziibiins
Sun	Giizis

# Ashi-niswi giizisoog (Thirteen Moons)

## 13 Moons FDLTCC Extension Program Lacrosse Workshop



Contact: Naomi Conley  
218-878-7142  
naomiconley@fdlrez.com

Sat, February 16th, 2019 9a.m. - 12p.m.  
Ojibwe school gym

Looking for community members who want to learn about and play baaga'adowewin. The workshop will start with the cultural significance of the game to Ojibwe people, followed up by learning the skills to play. Then we'll play a game!

Baaga'adowewin has been played by Ojibwe people for generations and is an important part of our culture. It's more than just a game, it's a way of life!

Sticks will be provided. Bring clothing you can run around in, some water, and your awesome energy!

A light breakfast will be provided.



Fond du Lac Tribal & Community College

DEPARTMENT OF HEALTH



## 13 Moons FDLTCC Extension Program Snowsnakes Workshop and Tournament!



Contact: Naomi Conley  
218-878-7142  
naomiconley@fdlrez.com  
For questions/sign-up!

Workshop: Fri, February 15, 2019 4-7p.m.

Cloquet Community Center

Snowsnake Tournament (all ages): Sat, February 16, 2019 1-5 p.m.

Ojibwe School

Join us Friday afternoon at CCC to hear the story of snowsnakes and learn the game! A light dinner will be provided.

On Saturday from 1-5 p.m., a snowsnake tournament will take place on the Ojibwe school grounds!

Please contact Naomi Conley at 218-878-7142 or naomiconley@fdlrez.com for any questions or to sign up!



DEPARTMENT OF HEALTH

Fond du Lac Tribal & Community College



# How 'Godiva of Chippewas' Avenged Her Tribe – Recounted to Explain Cloquet Indian Mounds

Research by Christine Carlson

## Duluth News Tribune 5-20-1934

Young men of the civilian conservation camp near Cloquet have noted the mounds at the south end of Big lake. One has asked what they signify.

Most enduring of man's monuments are mounds of earth. Some of those in Minnesota, it is believed, were built for ceremonials. Those near Cloquet commemorate an incident of warfare—the long contact between the early Sioux and the invading Chippewas. Connected with them is a legend generally credited among the Chippewas of the Cloquet reservation. It is a tale of youthful bravery and feminine devotion. It recalls features of the famous ride of the charitable Lady Godiva and of the action of that English noble woman—the revelation of the loveliness of whose face and form before a senatorial jury won for her an acquittal contrary to the evidence.

## WAR FOR ECONOMIC ADVANTAGE

This war, like most in recent centuries, was for economic advantage, essentially over tariffs. Traders, with beads and blankets, "thunder sticks", and ammunition to exchange peltries, traversed the Great Lakes. If the Chippewas could drive back the Sioux, they would gain possession of a land of woods and waters, teeming with fish and game. Also they would control the trade with the French and English voyageurs and rule hinterland tribes armed only with bows and arrows. Practically, they

would be sitting at the receipt of customs.

Forced westward in the conflict, a tribe of the Sioux nation erected its tepees near a cataract of the Mississippi river on the site now occupied by the city of Little Falls. The chief, it is related had enough war. But his son was ambitious to distinguish himself. He organized a party of young braves. They stole through the forests and established themselves in a fortress, which they constructed of earth. With this as a base and as a refuge for retreat, they conducted a series of night raids on the Chippewa headquarters settlement at Fond du Lac and on outlying villages. So carefully did they cover their traces that the distracted Chippewas were unable to discover their hiding place. War parties scoured the woods for months in vain. Hardly a wigwam that did not mourn a daughter carried away captive or a male relative slain and scalped.

## YOUNG CHIPPEWAS IN DISGRACE

Now, it happened that in the settlement of Fond du Lac was a young Chippewa in disgrace. He had liberated a prisoner about to be burned at the stake. For his offense he had been sentenced to menial labor among the women. He had been forbidden to accompany the war parties in search of the mysterious night raiders.

Despised by others, he was loved by the daughter of this Chippewa chief, a young woman remarkably distinguished for beauty both of form and features. "Her hair, freed from its light braids, reached almost to her shapely

ankles," recounts one story teller of the tribe. "Her skin was as fine and smooth as the blossom of the moccasin flower." But she was unable to persuade her chieftain father to remove the ban on warlike activities for the young man she loved. Too soft of heart for a warrior, he was considered.

One night while the princess and the outcast were together in a secret trysting place, the air was rent by the taunting and triumphant war whoop of the Sioux. The warriors had invaded the purlieus of the camp, cut off a straggler and were about to vanish as always, they had succeeded in doing before.

Embracing her lover, the young woman bade him to follow, in accordance with a plan of which they had dreamed should opportunity offer. Quickly but quietly he pursued the fleeing marauders.

"Silently as a panther," says the story teller, "he crept closed to the place where the party had disappeared. His eyes took in the details of the fortification. With his invaluable information he was about to retreat, when the excited chatter of a red squirrel broke the early morning stillness. Quickly flattening behind a bush, the young Chippewa watched a Sioux head cautiously emerge above the mound. A partridge with her numerous brood was coming directly toward him. If he moved even an eyelash, the birds instantly would take the air on whirling wings, warning the scout in the fort. At last the bird stopped short near the prostrate figure. Would she fly thereby revealing his position? After eyeing the breathless figure for a space, slowly she moved away. The Sioux head

sank behind the parapet. Stealthily the young Chippewa withdrew.

## TALE IS DISBELIEVED

He hastened back to the village of Fond du Lac. But no one would believe his improbable tale. The braves considered it an attempt to explain his long absence from the camp after the raid. They believed he had fled in fright and was seeking to conceal his cowardice. The princess begged her father to permit him to lead a war party to the stronghold of which he had told. Her banishments and her tears alike were in vain.

In desperation, the lovers conceived a bold plan. Single-handed the youth would extirpate the invading band and retrieve his honor, his lost position in the tribe and the favor of the father of his sweetheart. From her father's wigwam she abstracted a keg of gunpowder, a quantity of lead and a musket, secreting them outside the camp. Under cover of darkness the two slipped away, bearing the musket and the bomb which they had contrived with dry basswood bark for a fuse.

They made sure the war party was within the fort. Carrying the bomb and musket, the young brave approached the mound.

Almost at its summit, in his excitement, he tripped and fell. Like a flash of lightning he recovered. But not quickly enough. The sound of his fall brought the enemy to the opening, and before he could touch off the fuse, he was overpowered.

The princess saw her lover in the hands of the relentless Sioux, tomahawks threatening

above his head. She knew the fate he must certainly suffer. Uttering a piercing scream to attract attention, quickly she divested herself of her scanty garments, loosened her hair, and then, with arms outstretched in the early autumn morning sunlight, slowly she advanced chanting the death song of her tribe. The eyes of the startled young warriors were riveted upon her ravishing beauty. Her long hair partly concealing and partly revealing her entrancing figure, she continued her advance to the top of the mound. As the warriors, thus distracted from their first captive, were about to lay hands upon the girl, the young Chippewa seized his musket and fired point blank into an open crevice in the top of the lead laden powder keg.

## FRIENDS AND FOE DIE IN BLAST

There was a shattering explosion. The earth settled over the mangled bodies of friend and foe and to this day the Cloquet Indians assert, they lie as they fell. Shielded by guardian spirits, which are believed to have caused the untimely death of the only vandal who ever has attempted to tamper with them, their mortal remnants remain undisturbed.

The legend is one of these Chippewa traditions still repeated by elders of the nation. They are intended to inculcate those qualities of character and some of their themes are courage, endurance, fortitude, loyalty, constancy, devotion and self-sacrifice.

There are reports of mounds at Big Lake.



# Health News

## WIC Program

**W**omen, Infants and Children Nutrition Program (WIC) is a Nutrition and Breastfeeding program that offers tips and advice to help families eat well, learn about nutrition, and stay healthy.

**The WIC program provides:**

- Nutrition education
- One-on-one counseling about nutrition
- Vouchers to buy food (Range between \$70.00 - \$190.00/month)
- Support and help with breastfeeding
- Referrals to health care, immunizations, and other programs.

**Who is WIC for?**

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday.

More people are eligible for WIC than you may think. To qualify for WIC you need to have a nutritional and/or medical need and meet the WIC income guidelines. All WIC participants must have an initial appointment to determine eligibility for WIC. For example, a family of 4 making \$46,435.00 or less a year would qualify. If your child is enrolled in Early Head Start or Head Start or currently receiving Medical Assistance income guidelines do not apply, they are eligible for WIC.

Contact the WIC office for further information:

Min No Aya Win Human Services Center or Center for American Indian Resources (218) 878-2115

Or go to <http://www.health.state.mn.us/divs/fh/wic/index.html>, for more information.

WIC Program is an equal opportunity provider and employer.



during the shutdown

## Upper respiratory infection season is here

**Robin Johnson,**  
*Community Health Services  
Coordinator*

**I**nfluenza is a disease that can lead to flu-related illnesses, hospitalizations or even death. According to the Center for Disease Control & Prevention (CDC), it is recommended that anyone 6 months and older receive a flu vaccine annually. It is important to receive your flu vaccine every year because your body's immune response declines over time and the flu viruses constantly change. You are not only protecting yourself, but you are protecting those who are not able to receive the vaccine due to health issues. The CDC recommends that you receive the flu vaccine by the end of October until January. After you have received your flu vaccine, it takes about two weeks to become effective. There is still time to get your flu shot. Flu vaccines are offered in doctors' offices, clinics, and pharmacies. To schedule an appointment for your flu shot, please call (218) 878-2190.

Respiratory syncytial virus (RSV), and Pertussis: RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. Steps to take to help prevent the spread of RSV:

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve (not your hands!)
- Wash your hands often with soap and water for 20 seconds

- Avoid close contact, such as kissing, shaking hands, and sharing cups or eating utensils with others
- Cleaning contaminated surfaces (such as doorknobs) may help stop the spread of RSV
- People with cold-like symptoms should not interact with children at high risk for severe RSV disease, including premature infants, children younger than 2 years of age with chronic lung or heart conditions, and children with weakened immune systems. If this is not possible, they should carefully follow the prevention steps mentioned above and wash their hands before interacting with such children. They should also refrain from kissing high-risk children while they have cold-like symptoms.

Pertussis: also known as "whooping cough", is a highly contagious respiratory disease. Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. After coughing, someone with pertussis often needs to take deep breaths, which result in a "whooping" sound. Pertussis can affect people of all ages, but can be very serious, even deadly, for babies less than a year old.

The best way to protect against pertussis is by getting vaccinated. The recommended pertussis vaccine for babies and children is called DTaP. This is a combination vaccine that helps protect against three diseases: diphtheria, tetanus, and pertussis. Vaccine protection for these fades with time but fortunately, there is a

booster (called Tdap) for pre-teens, teens, and adults that contains protection against tetanus, diphtheria and pertussis.

Keep babies and other people at high risk for pertussis complications away from infected people. Wash your hands frequently. The easiest and most effective way to prevent the spread of germs besides getting vaccinated is hand washing. Practicing hand hygiene is a simple yet effective way to prevent infections. Handwashing involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry). It's quick, simple, and it can keep us all from getting sick. Handwashing is a win for everyone!

**What to do if you get sick:**

Stay home. Avoid contact with other people as much as you can to keep from spreading your illness to others. Stay home for at least 24 hours after your fever is gone except to get medical care (Your fever should be gone without the use of a fever-reducing medicine.).

Rest and drink lots of fluids, cover your nose and mouth with a tissue when you cough or sneeze, or cough or sneeze into your sleeve.

Wash your hands often with soap and water, or a hand sanitizer.

Call your health care provider if you or a family member has symptoms you are concerned about, such as a very high fever. Your health care provider can give you the advice you need.

To access the triage line please call: (218)879-1227



## Heart Disease and Nutrition

By Kara Stoneburner, RDL, Public Health Dietitian

According to the Heart Disease and Stroke Statistics 2018 (American Heart Association), more than 835,000 deaths in the United States are due to cardiovascular disease. That is one out of every three deaths!

We all should be concerned, but there are ways to reduce the risk for heart disease. Some cannot be controlled, such as age, gender, and family history. Other factors we can control. The American Heart Association focuses on seven key factors and behaviors that reduce risks for heart disease. They are:

- Not smoking
- Increasing physical activity
- Eating a healthy diet
- Controlling body weight
- Controlling cholesterol
- Controlling blood pressure
- Controlling blood sugars.

Most of the factors and behaviors are diet influenced. What can you do? Here are some basic suggestions:

- Control portion sizes- Portion sizes are out of control in America and it leads to overeating.
- Learn how much you really need to eat to be healthy and stick with it
- Start by using a smaller plate or bowl for your meals; fill half the plate with veggies and fruit and on the other half, use one fourth of the plate for your whole grain choice and the

last forth for your lean protein source

- Pay attention to what you are eating. Snacking while watching a movie could lead to overeating more calories, sodium, fat, or sugar than you planned. Eat more vegetables and fruits- In addition to making half your plate vegetables and fruit, think about how you can incorporate veggies in throughout the day.

- Add frozen veggies to your soup or casserole
- Pre-wash, cut and prepackage veggies so you can grab and go as you head out the door
- Place veggies and fruits that don't need refrigeration in a bowl on the table or counter so they are visible. People are more likely to grab it as a snack if it is visible. If the vegetable or fruit needs to be stored in fridge, place them on the shelf that sees the most action, towards the door. Don't hide them away in the crisper because if you are like me, you'll forget they are in there. Select whole grains more often- Make at least half your grains whole grains.
- Read ingredient lists to make sure your grain item is in fact a whole grain; look for key words such as "100% whole grain, whole wheat, brown rice, quinoa, whole cornmeal, oats, wild rice, barley"
- Be wary if the package says "Made with whole grains" there is no guarantee how much whole grain is actually in the product

- Start slowly when replacing pasta with whole grain pasta. Try trading only half of your regular pasta for the same amount of whole grain pasta. Limit unhealthy fats- Limit saturated fats and trans fats (anything that has "partially hydrogenated" means it has trans fat).

- Choose more often the healthy fats such as avocado, certain fish, nuts or seeds, olive oil or canola oil
- Change up your dairy choices to include low-fat or fat-free milk, yogurts, and cheeses
- Order the salad dressing "on the side" to control how much is used
- Think of healthier substitutes such as salsa or low-fat yogurts. Choose leaner protein sources- Be adventurous to have a meatless meal once a week.
- Trim visible fat off meats
- Choose leaner cuts of meat
- Substitute fish, poultry, beans/peas/lentils for red meat frequently
- Avoid hotdogs, sausage, bacon, lunchmeat, and ham
- Cook the meat in a healthier manner, no frying. Reduce sodium intake- As Americans, we consume well over the recommended amount of sodium.
- Limit processed foods (foods from a box or can)
- Make homemade soups and chili to control the amount of salt in the dish
- Limit using salt during the cooking process and at the

table

- Experiment with other herbs and spices for flavor.

Increase fiber- increasing veggies and whole grains will increase your fiber intake. Move more- Any sort of movement can be beneficial.

- Start a walking group with friends, play outside with the kids, walk the dog, dance to music

- Always consult with your healthcare provider for approval.

Stop smoking- This includes cigarettes, cigars, pipes, vaping, chewing tobacco, etc. Get help to stop.

Drink more water- Over 50% of our bodies are water.

- Replace sugar sweetened beverages with water

- Limit 100% juice intake to 6oz or less a day

- Eliminate beverages with words such as fruit punch, fruit beverage, juice drink, and juice cocktails

- Limit intake of sports drinks and avoid energy drinks

Get to a healthy body weight- By making healthy changes, like the ones mentioned above, is a great step to getting your body to a healthy weight. Don't be afraid to consult with your healthcare provider about your weight.

Making a change can be hard. No need to tackle it all at once. Baby stepping towards the bigger goal helps make the change more concrete, a lifestyle instead of a sacrifice. If you are unsure where to begin contact

Fond du Lac Human Services. There are numerous resources to help people become healthier.

Sources: American Heart Association, Centers for Disease Control and Prevention, the Academy of Nutrition and Dietetics, Mayo Clinic

### Classic Macaroni and Cheese

Ingredients:

- 2 c macaroni
- ½ c onions chopped
- ½ c evaporated skim milk
- 1 medium egg beaten
- ¼ tsp black pepper
- 1 ¼ c (4 oz) lowfat sharp cheddar cheese finely shredded
- As needed, nonstick cooking spray

Directions:

- 1) Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
- 2) Spray casserole dish with nonstick cooking spray. Preheat oven to 350 degrees F.
- 3) Lightly spray saucepan with nonstick cooking spray. Add onions and cook for 3 minutes.
- 4) In another bowl, combine macaroni, onions, and rest of ingredients and mix.
- 5) Transfer mixture into casserole dish.
- 6) Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

# Etc

## Fond du Lac Band challenges MPCA over failure to enforce water quality standards in new Minntac permit

*Seeks enforcement of existing regulations at mining operation to preserve wild rice habitat*

The Fond du Lac Band of Lake Superior Chippewa in early January filed an appeal with the Minnesota Court of Appeals challenging the Minnesota Pollution Control Agency's (MPCA) issuance of a new National Pollution Discharge Elimination System and State Disposal System (NPDES/SDS) permit for the Minntac Tailings Basin. The Tailings Basin is part of a U.S.

Steel-owned taconite operation in Mountain Iron, Minn. The operation is located within the western border of the 1854 Ceded Territory, where the Band retains off-Reservation Treaty rights to hunt, fish, and gather.

The unlined, 12-square-mile Tailings Basin has long been acknowledged by U.S. Steel, the MPCA, Tribal entities, and others as a source of pollution in surrounding surface water and groundwater, including wild rice waters in the Dark and Sand River watersheds. Wild rice is of paramount cultural and economic importance to the Ojibwe people.

Since 1973, Minnesota has had a federally approved water-quality standard limiting

sulfate to 10 mg/L for wild rice waters to protect the health of the plant. Monitoring in wild rice waters near Minntac has shown extreme exceedances of that limit. Sulfate levels ranging up to 40 times higher than the limit have greatly diminished the rice stands in these waters. Yet, the new permit ignores the 10 mg/L sulfate limit for these waters and does not require sufficient remediation of Minntac's existing pollution or materially limit future discharges.

"We realize that the mining industry makes an important contribution to our area's economy and people's livelihoods," said Fond du Lac Band Chairman Kevin R. Dupuis, Sr.

"But we think it is only

reasonable to expect companies profiting from the extraction of Minnesota's mineral resources to comply with environmental laws and clean up any environmental damage caused by their operations."

The Band undertakes this appeal as part of its commitment to preserving and protecting the irreplaceable natural resources of the 1854 Ceded Territory. Also appealing the permit on many of the same grounds is the nonprofit environmental organization, WaterLegacy. The Band in its appeal asks the Minnesota Court of Appeals to reject the Minntac permit as drafted and to require the Minnesota Pollution Control Agency to enforce all state water quality standards. For similar reasons,

the Band last month appealed the Minnesota Department of Natural Resources issuance of insufficient Dam Safety and Mining Permits for the PolyMet Project outside Babbitt, Minnesota.

## Nagaajiwanaang Genawendangig Anishinaabemowin 2019 Language Program News

Submitted by Janis Fairbanks, Anishinaabemowin Coordinator

We would like to invite you to participate in the first 2019 Public Quarterly Meeting of the FDL Language Program, Community, and Language Program Advisory Board on Tuesday evening, Feb. 26 at the Tribal administration building

### 2019 Public Quarterly Meetings Schedule Fond du Lac Language Program, Community, and Language Advisory Board

Everyone is welcome at all meetings!

Dates:  
February 19, 2019 02/19/2019  
April 16, 2019 04/16/2019  
July 16, 2019 07/16/2019  
October 15, 2019 10/15/2019

Third Tuesday of every calendar Quarter.  
Board Members:

Dawn LaPrairie, Marcus Ammesmaki, Wayne Dupuis, Ralph Fairbanks, Robert "Sonny" Peacock, Ed.D., Veronica Smith, Elder Advisor Jacob "Sonny" Greensky

Time: 5:00—7:30 p.m.

Location:

FDL Cloquet Community Center  
1720 Big Lake Road  
Cloquet, MN 55720

Community meetings with the Language Advisory Board and Language Program Staff give you a chance to say what you want to happen in your community with Ojibwe language events.

Come and voice your opinion!

Potluck & Beverages will be served.



## CEMENT FINISHER CLASS

There are 3 slots available for Band Members who are interested in the trade of **Cement Finishing.**

Training is for **12 weeks** @ the "Operative Plasterers and Cement Mason's" training center in **New Brighton, MN.** Students must commit to spending 12 weeks there. They must also have transportation to get to the metro area and to and from class. Room and board is provided. Students must pass a physical exam and a drug test. Must have a GED or High School Diploma to join the union.

APPLICATION DUE: MARCH 4, 2019

1st CLASS STARTS: MAY 13, 2019

FINISHING ON: AUGUST 2, 2019

FOR MORE INFO AND APPLICATION: FDL TERO (218)878-7527



Sponsored by: Minnesota Department of Transportation and the Fond du Lac Scholarship Office.

mn DEPARTMENT OF TRANSPORTATION



### Nagaajiwanaang Genawendangig Anishinaabemowin BOOK CLUB 2019

**WHO:** Readers who want to learn about language, culture and history while enjoying good books.  
**WHAT:** Monthly Book Club Meeting  
**WHERE:** Last Wednesday of each month during lunch hour  
**WHERE:** Brevator Language House, 111 Brevator Road, Cloquet, MN 55720  
**WHY:** Enjoy a good book, lunch with friends, and learning commonly used Ojibwe words and phrases  
**HOW:** Bookclub gitchin (it's up to you or it's your decision)

Language & Culture Book Club will be held from noon to 1:00 p.m. on the last Wednesday of each month. Lunch will be served. Book club meetings will take place at the Brevator Language House, with members selecting the books each month.

The first book selected is "Murder on the Red River" by Marcia R. Benson. As the books are read, they will be discussed in terms of cultural reality, and Ojibwe language translations of words and phrases will be chosen by the members for discussion. The intent of the translations is to find phrases in the book that readers may want to translate for use in everyday conversations. For example, in this book, the phrase "How'd this happen, boy?" (p. 177) is a phrase that someone might use in everyday life. One translation of that phrase is "Aarish gaa-ndookingid, gawidzoon."

By the end of the year, we can have a compilation of phrases used in everyday conversations. We will post the list on our fdlterc.com website Anishinaabemowin page under lessons. Eventually, we may post the spoken phrases there too, once the annual compilation is complete.

If you are interested in joining the book club, or have a suggested book title for the members to consider reading, please email your suggestions to me at [janis@anishinaabemowin.org](mailto:janis@anishinaabemowin.org). The first 5 members to join will have their names entered in a prize drawing to win a pound of wild rice. Membership is currently limited to 10 members due to limited meeting space.

**Mission Statement:**  
Anishinaabeg Nagaajiwanaang gemas Bapesh/kommitigong honor our identity by preserving and revitalizing Anishinaabemowin given to us by our creator. We take responsibility for our future by providing language learning and teaching opportunities under the guidance and umbrella of the Fond du Lac Language Program for the next seven generations.

HOSTED BY THE FOND DU LAC LANGUAGE PROGRAM  
MEETING LOCATION: 111 Brevator Road, Cloquet, MN 55720

in the classroom next to the library. This is the time of year to revisit last year's Strategic Plan and update it for 2019.

The meeting on Feb. 26 is from 5-7:30 p.m., and is potluck. Beverages will be provided.

Monthly activities are being planned for 2019:

1. Language & Culture Book Club will be held from noon to 1 p.m. on the last Wednesday of each month. Lunch will be served. Book club meetings will take place at the Brevator Language House, with members selecting the books each month.

The first book selected is *Murder on the Red River* by Marcie R. Rendon. As the books are read, they will be discussed in terms of cultural reality, and Ojibwe language translations of words and phrases will be chosen by the members for discussion. The intent of the translations is to find phrases in the book that readers may want to translate for use in everyday conversations. For example, in this book, the phrase "How'd this happen, boy?" (p. 177) is a phrase that someone might use in everyday life. One translation of that phrase is "Aaniin gaa-inakimigad, gwiiwizens."

By the end of the year, we can have a compilation of phrases used in everyday conversations. We will post the list on our fdlrez.com website Anishinaabemowin page under Lessons. Eventually, we may post the spoken phrases there too, once the annual compilation is complete.

If you are interested in

joining the book club, or have a suggested book title for the members to consider reading, please email your suggestions to me at janisfairbanks@fdlrez.com

- The first six members to join will have their names entered in a prize drawing to win a pound of wild rice. Membership is currently limited to 10 members due to limited meeting space.
2. Round Dance (time TBD)
  3. Visit to sugar bush camp (location TBD)
  4. Discussion of the book *Wawina* written by Joseph L. Northrup, and discussed by his grandson, Vern Northrup
  5. Hands-on faceless doll making session by artist Joyce LaPorte
  6. Project end celebration and release of 4 Ojibwe Language CDs and a youth Youtube video
  7. Annual language camp on June 14, 15, and 16 at Kiwenz Campground
  8. Dance camp
  9. Wild rice camp in the fall (time TBD)
  10. Hand drum construction at Brevator Language House
  11. Native American Heritage Month activities
  12. Solstice activity.

This is a tentative list, and the possibilities are only as limited as your imagination, so please send me an email to let me know what you want to see happen this year with the language program. We will do as much as possible with our budget to deliver information on language, culture, history, native arts, and related areas.

If you have ideas to share, questions or comments about the language program, please

contact janisfairbanks@fdlrez.com

## FACE program

The Fond du Lac Family and Child Education (FACE) Program is proudly serving families in our community. The overall goals of the FACE Program continue 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.

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

## Fond du Lac Girls Basketball 2018/19 Schedule:

Monday, February 4, South Ridge - 5:45 PM - HOME - Varsity only

Tuesday, February 5, Kelliher - 5:30 PM - AWAY - Varsity only

Friday, February 8, Red Lake -

6:00 PM - AWAY - Varsity only

Monday, February 11, Ely - 6:00 PM- HOME - Varsity only

Tuesday, February 19, LCO- 5:45- HOME - Varsity only

Friday, February 15, Cook County - 4:45- AWAY - Varsity only

Tuesday, February 19, Carlton, - 6:00 PM - AWAY- Varsity only

Thursday, February 21, Little fork-BF, - 6:00 PM - AWAY- Varsity only



**Minnesota Chippewa Tribe Finance Corporation**

**Hone Loan Program:** Regular, Moderate, Construction & Renovation Loans

Home loan applicants must be American Indian enrolled in the Minnesota Chippewa Tribe and must be owner occupied. Applicants must also meet other requirements such as; reasonable credit risk, have a stable employment history, and meet State and FHA credit underwriting guidelines.

**Business Loan Program:** Micro Loans \$500-\$5000, Business Loans \$5000-\$150,000 and Commercial Real Estate Loans \$5,000 - \$150,000

All loans will require security/collateral and personal guarantees for principals and /or third parties. The owner/borrower must have a minimum 10% equity in total business capitalization. Interest is based on risk rating of applications, rates will be between 4% - 7%. Borrowers are required to have a reasonable credit history and a written plan for repayment. All applicants with any type of loan must have a business plan detailing how the business will operate and perform. Technical assistance is available, personal assistance will be required.

**Applications:**

Applications are taken at our home office located at 15542 State Hwy 371 NW, Cass Lake, Minnesota. Or call for an appointment at 218.335.8582. You may visit our website at [www.mctfc.org](http://www.mctfc.org) to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.

Etc

**Become a Licensed Child Care Provider**

**LICENSED CHILD CARE PROVIDERS NEEDED**

- Would you like to work from home?
- Do you enjoy working with children?
- Have you or are you willing to take classes regarding child development?

Fond du Lac Reservation Child Care Services is accepting applications for Native American child care providers residing on FDL Reservation.

**For more information, please call 218-878-2138.**

\* Complete Application Package & Home Study \*  
\* Pass Background Check \*

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

**BECOME A FOSTER PARENT**

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

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

When you open your home, you:

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

Can you make a difference?

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

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

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

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

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

**Fond du Lac Boys Basketball 2018/19**

**Schedule:**

Friday, February 1, Cherry - 5:45/7:15- AWAY

Monday, February 4, South Ridge - 7:15 - HOME

Tuesday, February 5, Kelliher/Northome - 5:30/7:00 - AWAY

Tuesday, February 12, LCO - 7:15 - HOME -JV only

Friday, February 15, Cook County - 6:30 - AWAY -At Grand Portage

Monday, February 18, North Woods- 5:45/7:15 PM - AWAY

Thursday, February 21, Bayfield - 5:45/7:15 PM

Friday, February 22, Carlton - 5:45/7:15 PM - HOME

Tuesday, February 26, Nashwauk, 5:45/7:15 - HOME

Thursday, February 28, Northland, 5:45/7:15 PM - HOME

**Teen Dating Violence Awareness Month**

February is Teen Dating Violence Awareness Month. The Fond du Lac Advocates want you to know that there's a lot you can do as a parent to prevent teen dating violence and abuse.

About 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. One of the most important things you can do is keep the lines of communication open with your kids.

**Take steps to make a difference:**

- Be a role model - treat your kids and others with respect
  - Start talking to your kids about healthy relationships early - before they start dating
  - Get involved with efforts to prevent dating violence at your teen's school.
- If you are worried about your teen, call the loveisrespect helpline at 1-866-331-9474 or text "loveis" to 22522.

You can help keep your loved ones safe and healthy by keeping the lines of communication open.

For more information, please call Renee Rote, Domestic Abuse Advocate at (218) 878-2698.

**Public Notice:**

The Fond du Lac Human Services Advisory Board (HSAB) is looking for nominations for the following vacancies:

**Brookston Representative (1 Vacancy)**

The Fond du Lac Reservation Business Committee recognizes that the delivery of health and human services by the Fond du Lac Band to its eligible service population must be administered with the highest professional standards and in a manner which respects and reflects the culture, values, and traditions of the Band. Towards these purposes, the RBC has created the Human Services Advisory Board to monitor the scope, quality, and manner of service delivery, to facilitate outreach and accessibility of services to the community, to advise the RBC regarding the adequacy and effectiveness of policies and procedures, and to perform such other functions as are described in the FDL Human Services Advisory Board Bylaws.

The HSAB meets on the second Wednesday of the month at the

Min No Aya Win Human Services Center from 1:30-3 p.m.

All submission must be turned in by Friday, March 1, 2019. Submissions can be turned into: **Fond du Lac Human Services Attention: Sophie Tibbetts 927 Trettel Lane Cloquet, MN 55720 sophietibbetts@fdlrez.com**

**Fond du Lac Historical Society**

The FDLREZ Historical Society meets the second Friday of each month at the FDL Resource Management building 10 a.m. to 2 p.m.

In 2019 the meetings will be Feb. 8, March. 8, Apr. 12, May 10, June 14, and as always they will have a table at the FDL Enrollee Days.

If you have any questions, please contact Carol Jaakola at (218) 393-9284.

**MCT Finance Corporation First-Time Homebuyer Education Class**

Saturday, March 9, 2019 8:30 a.m. - 4:30 p.m. The Minnesota Chippewa Tribe Building 15542 State 371 NW Cass Lake, Minnesota

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Please reserve your spot in this free class with Cyndi Cwikla at (218) 335-8582, extension 150 or ccwikla@mnchippewatribe.org

No Childcare is provided so please make other arrangements.

# Etc

## FDLHS family night

Everyone had a great time at the FDL Head Start Programs Family night, Dec. 21! A delicious dinner was served. The Grinch stopped by and there were many activities for families. Children and their grown-ups participated in the book walk, assorted Christmas crafts, and took photos in a photo booth.

Come join the fun! FDL Head Start and Early Head Start Programs are accepting applications for children ages 0-5. Give us a call for more information at (218) 878-8100.



# FDL Law Enforcement News

## Chief of Police update

In December, Officers Chad Pattison, Kevin Holshouser, Jordan Diver, August Reynolds, and Bradley Durfee from the Fond du Lac Police Department, along with Officer Kyle Voltzske from Cloquet Police Department put on the Alert Inform Counter Evacuate (ALICE) response to a violent intruder training for the staff at the Ojibwe School.

First, a PowerPoint was given that explained how ALICE works. It showed actual violent intruder events caught on camera, and explained what went wrong during the event, and how ALICE training could prevented more loss of life.

ALICE consists of four components. The instructors explained how to use the four components in a violent intruder situation. After the classroom portion of the training, the school staff were split up into three groups and taken to three different rooms in the school, where the hands-on portion of the training took place. In the hands-on portion of the training, staff were asked to take what they had learned from the class portion and use it in real-time with an officer acting as an active shooter. The staff acted out each situation they were

taught, “Enhanced Lockdown” “Counter” and “Evacuate” and were critiqued on how well they implemented what they learned, and then other ideas were given to the staff on what they could have done better.

These scenarios also show staff that some things they have learned in the past about an active shooter situation are not always true. Staff are shown other practical ways to get themselves and students away from the incident safely or possibly stop the incident altogether.

Once the hands-on portion of the training was completed staff were debriefed and could ask questions. During the debrief a surprise “ambush” shooter encountered the staff, to see how they would react, and apply what they had just learned. The staff that attended this training did a very good job during the training, and came away with great ideas and a better knowledge of what to do during a violent intruder incident. The hands-on portion of this training will be conducted yearly at the Ojibwe School. Over the next year this training will be also conducted in other Reservation Divisions. The two instructors with FDLPD will also instruct area Law Enforcement personal on tactical response during an

active shooter incident.

Investigator Kelly Haffield gave presentations across the region about the TRUST task force during January in regards to Sex trafficking awareness month. She also presented to medical personnel at Essentia Health on how to identify victims of sex trafficking. The FDLPD would also like to wish happy birthday to Officer Jeremy Ojibway (January) and office administrator Annette Renquist (February).

## Officer Spotlight: Joe Janchar

I grew up in Duluth, Minn, lived with my parents and sister, and I went to Duluth’s Edison Charter School before I went on to Central School. I have a daughter, and a dog, and a house in Proctor.

### Why did Joe Choose to work for FDL?

I chose to work for Fond du Lac because it’s close to where I went to college, the Fond du Lac Tribal and Community College Law Enforcement program, stay in the area, and keep it local.

### What does Joe think of the community policing model?

I think the community policing model is a very awesome thing for all agencies involved because you get to interact with the com-

munity and it makes them see you as a person rather than not. **Something unique about Joe:**

As a citizen of the community I suppose I enjoy the outdoors. Anything involving fishing and hunting, and I know that’s a big thing on the Fond du Lac Reservation as well, so I can relate on that aspect.

### Any interesting stories?

I would say approximately a month ago, maybe a month and a half a 911 call came out that I responded to of a possible big foot sighting, or someone had heard a screeching of a bigfoot in the area. That was a new one to me and a lot of other people hadn’t had that in the past, so that was a big one.

### What’s your favorite part of working for FDL?

My favorite part about the job is getting to know members of the community, which brings us back to that community policing aspect, but the community is just so close-knit and welcoming on many parts. I think that would probably be my favorite part, just getting to meet new people that I don’t get to everyday and just interacting with them. Whether that be in the community centers or at the schools, just getting to meet new people throughout the community.

## What’s the most important part of the Toward Zero Deaths (TZD) campaign in your opinion?

I take pride in enforcing really anything related to getting drugs or that kind of thing off our streets. I don’t know if there is an actual program specifically for that or that type of thing, but I enjoy that part of the job.

## What’s something about you people may not know?

My hobby is aviation. I enjoy, not frequently, but more often than not, flying small engine aircraft. I also own a paramotor, which a lot of people aren’t familiar with, but that is another hobby of mine. It’s more of like a big parachute, it’s called a glider, but it looks like a parachute and you basically have a big old fan strapped to your back.

## Final thoughts

I am just thankful to be a part of a community that’s happy to have us. I like that we get looked at, maybe not by the uniform, but as a person around here. We all do have personalities just like anyone, in any community.

## 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:

- \*ARRELL, Lavonne
- ANKERSTROM, Arthur
- BAKKEN, David
- BARNEY, Jessica T.
- BEDELL, Dale H.
- CADOTTE, Steven Blair
- CICHY, Gerard
- CICHY, Leslie
- DANIELSON, Melba

- DEFOE, Richard
- FISHERMAN, Leonard J. Sr.
- GAINES, Lorraine
- \*HUCULAK, Daniel A.
- LACHNER, Florence M
- LAPRAIRIE, Robert
- MARZINSKE, Larry
- MCFADDEN, Barbara
- NELSON, Chester E.
- PARO, Javis
- \*POWERS, Lois A.
- RAISANEN, Molina

- RODAKS, Timothy
- \*ROSS, Rosemary
- \*SAVAGE, Mark
- \*SAVAGE, Terry B.
- SHABAIASH, Rodney
- SMITH, James L.
- SMITH, Thomas A. Sr.
- \*SOULIER, Gary
- TUTTLE, Bill F.
- YEAZLE, Joann
- \*ZOLANI, Russell D.

MY PLACE  
*for gaming!*

# HAVING FUNDS!

**FEBRUARY 2<sup>ND</sup> - 23<sup>RD</sup>**  
SATURDAYS  
**6 - 9 PM**

Start earning entries\* on Sunday, January 27th.

- Five (5) players will be selected each hour.
- Twenty (20) lucky winners each night.
- Winners can win up to \$5,000 on Saturdays.

\*Slots, Blackjack & Bingo Players Club Members earn one (1) entry for every five (5) points earned on game play. See official details & rules on [blackbearcasinoresort.com](http://blackbearcasinoresort.com) or at the Players Club. Management reserves all rights. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa.

**blackbearcasinoresort.com**

See Player's Club or [blackbearcasinoresort.com](http://blackbearcasinoresort.com) for official rules. Owned and operated by the Fond du Lac Band of Lake Superior Chippewa. Management reserves all rights.

# GRETCHEN WILSON

**FEB**  
**15**  
-2019-



MY PLACE  
*for concerts!*



**DOORS 6 PM | CONCERT 7 PM**

**TICKETS \$45 - \$70**

*Available at Players Club or our website.*

**Make The Bear  
your place!**



# Community News

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths. Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion. Full names, including individual last names are required.

Also, we will include news of graduations (high school and post-high school) and military service. Memorials to loved ones or notes of appreciation are also welcomed.

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Feb. 14, 2019 for the Mach 2019 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

The telephone number is (218)878-2682. You may also drop off items at our office at the Cloquet Tribal Center. Please remember to include the date of the birthday, anniversary, etc. in your greeting. Always include your daytime phone number and your name with anything you submit. Materials may be edited for clarity and length.

## Happy birthday

Happy birthday to both of our beautiful daughters! **Paeton Holm**, 7 years old (Feb. 1) and **Mariah Holm Defoe**, 10 years old (Feb 16). We love you so much and hope of you enjoy your day!

Love,  
Mom, Jake,  
Jordan, Ty,  
and Kawhi



Happy 1st birthday, baby girl, **Zayla DeFoe** (Feb. 2)! Watching you grow up is truly a gift. Mommy, Daddy, your

sister, and older brother's all love you!!  
*Thanks for picking me to be your Mother*

Happy 10th birthday **Joey Barney Jr.** (Feb. 5)  
Love, Mom,  
Dad, Levi,  
Sterling,  
Allis, and  
Davis



We would like to wish one of our very own coworkers, **Alana Lemieux** (Feb. 5) a very happy birthday! Hope you have a great day.  
*From all the staff at FDLGG*

OMG 50! So stunning & beautiful as ever. Happy birthday to the world's greatest Mother and Grandma, **Darla Badmoccasin** (Feb. 11)! You're truly appreciated by all of us kids. Thanks for always being there for us and our babies. We love you.

*From your daughter, Chey*

Happy 2nd birthday to our princess **Alaura Savage** (Feb. 14)!  
Love, Mom  
and Dad



Happy birthday to my two daughters and my grandson, **Sheila Reynolds** (Feb. 15), **Jennifer Reynolds** (Feb. 9), **Mitchell Houle** (Feb. 7), have a great day.  
*Love, Mom/Grandma*

Happy birthday **David Petite Jr.** (Feb. 21), 34 yrs old, wishing you a wonderful day.  
*Love Mom, Matt and Angel and Matthew Jr, April and Markis and Royce, Dez, Rylan, Sabrina, James and Kayla and Matayah, and Izzy.*

Happy birthday to my grandson **Avery Misquadace** (Feb. 22) and many more to come.  
*Love, Grandma Jean*

## Happy Valentine's Day

Happy Valentine's Day to my sweeties, **Mackenzie Bassett** and **Chase Bassett**. I love you both so much!!  
*Auntie Jamie*

## Obituary

**Leslie Paul Barney Jr.**, 52, of Minnesota, passed away on Dec. 20, 2018 in Thornton, Colo.

Leslie was born to Leslie Paul Barney Sr. and Bonita Barney on Nov. 23, 1966. He married Maryjane Barney on May 26, 1990 in Colo. He graduated from Fond du Lac Ojibwe. Leslie Paul Barney Jr. is preceded in death by his Father Leslie Paul Barney Sr. and Brother Bradley Fred Barney. Leslie Paul Barney Jr. is survived by his Wife Maryjane Barney and his Mother Bonita Barney. The family of Leslie Paul Barney Jr. wishes to extend our sincere thanks to all family and friends for their love and support.

**Sherry Lynn Defoe**, 52, of Cloquet, Minn. died December 27, 2018 at her home.

Sherry was born October 3, 1966 in Cloquet to Roy Defoe, Sr. and

Geraldine Northrup. She grew up in Cloquet and attended Cloquet Schools. She was employed as a secretary at the



Brookston Community Center, and was also a homemaker and raised a family. Sherry enjoyed beading and crafts, and played for Mike's pool league. She was a member of the Fond du Lac Tribe and of the "MAKWA" Bear Clan.

Sherry is survived by sons, Curtis Defoe and Shane Defoe of Cloquet; daughters, Sheree Defoe (Nick) of Cloquet and Christine (Jourdan) Morris of Minneapolis; grandchildren, Kade, Meia, Coy, Ceareah, Lucia, Mylia, Merissa, Calvin and Cymous; brothers, Roy Defoe, Jr. and Garrett Defoe; special friend, Kevin Benjiman; and longtime friend, Veronica Smith.

She was preceded in death by her parents; brothers, Randy and Antone; sister, Roberta; grandchild, Cindreah; and sister-in-law, Robin Lafave.

## FDL job listings

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

## FDL Reservation

- Substitute Teacher FDL Education On Call/Sub
- Cook Helper FDL Education On Call/Sub
- Secretary/Receptionist FDL Education On Call/Sub
- Reading Buddies FDL Education On Call/Sub
- Instructional Assistant FDL Education On Call/Sub
- Custodian FDL Education On



# Community News

Call/Sub

- Transportation Driver FDL Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer SCC FT/PT
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

**Black Bear Casino Resort**

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT

- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal
- Golf Concession Sales Rep FT/PT Seasonal
- Golf Cart Attendant PT
- Slot Attendant FT
- Custodial Associate FT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative PT
- Restaurant 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
- FDL Minneapolis listings
- Clinical Pharmacist On Call
  - Pharmacy Technician On Call/Sub



Hosted by: Nagaajiwanaang Genawendangig Anishinaabemowin  
FDL Language Program



Art by Elizabeth LaPensée Information shared with permission from Anishnawbe Health Toronto <http://www.aht.ca>

## NOKOMIS NIBAA GIIZIS CEREMONY

**The moon is called Nokomis Giizis. (Grandmother Moon); great respect is given to her. For a woman it is important she knows the power of Nokomis Giizis to give her healing and balanced energy.**

*Women can ask Nokomis Giizis for direction in life, for wisdom, and for help for her children and others.*

*Nokomis Giizis controls all female life. Much of the water life spawns according to the cycles of the moon. When the moon is full, women may participate in a ceremony to honor and seek guidance from Nokomis Giizis. Nokomis Giizis are held in many communities every full moon to honor Nokomis Giizis and all of female life.*

*Ceremonies are held either on the Full Moon or two days before or after the Full Moon, following Anishinaabe teachings & protocol. Women may gather in a circle, from the youngest to the oldest, representing the life journey from infancy to old age. They pray and sing. Water is prayed for and shared.*

*Tobacco and cloth is placed in the fire, along with the sharing of feast food. The women pray for the cleansing of the earth, as the water, the lakes, rivers and oceans constitute women's responsibility. Their prayers are for continued life.*

1/20/19 5:30pm	5/18/19 8:30pm	9/13/19 8:00pm
2/18/19 6:30pm	6/17/19 9:30pm	10/13/19 7:00pm
3/20/19 7:30pm	7/16/19 9:00pm	11/12/19 5:30pm
4/19/19 8:30pm	8/15/19 9:00pm	12/11/19 5:00pm

Times are approximate and subject to change. Women are asked to wear skirts and can bring a dish to share, if able.

**Location: 111 Brevator Road, Cloquet, MN**

# Namebini-giizis –Sucker Fish moon– February 2019

ALR: Assisted Living Residence; BCCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033;  
 BLH: Brevator Language House, CAIR: Center for American Indian Resources (218) 879-1227; 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
Estate planning Feb. 13 10 a.m. CCC	Snowsakes workshop and tournament Feb. 15 4 p.m. CCC	Gretchen Wilson Feb. 15 7 p.m. BCCR	13 Moons Lacrosse Feb. 16 9 a.m. FDLOJS	State of the Band Feb. 21 5:30 p.m. BCCR	Language 5 p.m. SCC	Come & Swim & use the gym
3	4	5	6	7	8	9
Come & Swim & use the gym	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	FDLREZ Historical Society 10 a.m. RMD Language 5 p.m. SCC	Come & Swim & use the gym
10	11	12	13	14	15	16
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Estate planning 10 a.m. CCC Yoga 12 p.m. MNAW Adult game day 1 p.m. CCC GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Snowsakes workshop and tournament 4 p.m. CCC Language 5 p.m. SCC Gretchen Wilson 7 p.m. BCCR	Come & Swim & use the gym 13 Moons Lacrosse 9 a.m. FDLOJS
17	18	19	20	21	22	23
Come & Swim & use the gym Family movie morning 10 a.m.	Washington's Birthday (Closed)	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting the second time around 1 p.m. CHS Language program quarterly meeting 5 p.m. CCC Nokomis Nibaa Giizis Ceremony 6:30 p.m. BLH	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC State of the Band 5:30 p.m. BCCR AA Support 6 p.m. CCC	Language 5 p.m. SCC	Come & Swim & use the gym Wisdom Steps 2 p.m. BCC
24	25	26	27	28		
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Health and nutrition 12 p.m. CCC Language Program Advisory Board 5 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW Book Club 12 p.m. BLH GED 2 p.m. SCC Language 5 p.m. BCC Sobriety Feast 6 p.m. CCC	Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Nagaajiwanaang Genawendan-gig Anishinaabemowin Book Club Feb. 27 12 p.m. BLH	Rock the Otter II Mar. 29 7 p.m. BCCR

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