

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



Gichi- Manidoo Giizis Powwow

A snowstorm hit the Fond du Lac Reservation but didn't keep people from this year's 13 Moons Powwow. Photo Courtesy Ivy Vainio

Local News..	2-3
RBC Thoughts	4-5
More Local	6-9
Etc..	10-17
The Time for Legends	18
BBCR Events	19
Legal News..	20
Health News	21-23
13 Moons	24-25
Community News	26-27
Calendar	28

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

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

Local News

FDL Council members present when President signs executive order for MMIW

By Zachary N. Dunaiski

Fond du Lac Chairman Kevin Dupuis Sr. and Brookston Representative Roger M. Smith Sr. were at the White House Nov. 26, 2019 when the President signed the Executive Order on Establishing the Task force on Missing and Murdered American Indians and Alaska Natives.

“We received the phone call from Tyler from the White House and he said ‘you are wanted up at the White House.’ I knew it was a signing, which was perfect because we have had a lot of push from the Tribes in Minnesota to get that done,” Dupuis said. “I don’t know how they chose the Tribal leaders, but they contacted me and I said, ‘Well it would be nice if we could get Roger Smith there because he is a delegate that sits on the Governor’s Task Force for Missing and Murdered Indigenous Women

(MMIW).’”

Smith is the only member of the MMIW Task Force that is a Tribal leader. Roger is very important to the Task Force and he knows the collective work of the group is important to Minnesota, but he also keeps the interests of Fond du Lac and the other 11 Bands in Minnesota in his mind.

“At times we have to look at the diplomacy and being non-partisan and looking at what’s best for Fond du Lac and what’s best for Indian Country. I looked at it as an opportunity for something to happen in Indian Country that’s needed,” Smith said about the importance of this at the federal level. “Do we

want our name associated? I mean we are putting the name of Fond du Lac on this.”

The executive order will allocate 1.5 million dollars to each of the 11 districts which will be responsible for coming up with protocols for a more coordinated response to violence against Indigenous people. But that money still isn’t available yet with all the turmoil in D.C.

“The sad thing about it right now is that with everything that’s happened with the President, we don’t know where it is and where it’s going,” Dupuis said about his disappointment in the slow process of the federal government to this point. “Is it going to be this year’s budget item? How are they going to

apply revenue to it? If there’s money applied this year, I believe that we have to take advantage of it since we’re one of the first states to have our own Task Force.”

The Minnesota MMIW Task Force is the first in our district and that money will go a long way to helping fix a problem that has plagued Indian Country for years.

“I’m cautious. Because we look at that administration and do we want our name associated?” Smith continued, but admitted the positivity for Indian Country outweighed the negatives. Smith also knows that we have to keep working with federal government until they’ve fulfilled their promise. “I hope it’s for the right reason. Of looking at the issue and addressing what’s happened in Indian Country. That’s why I say we have to follow up and say ‘this is what you promised.’ I think we have to be cautious.”

As we wait for the money, we can really only speculate on the person who will be hired and how they will work with the MCT. The most important change according to our two council members, who’ve been very active in this process, is changing how we communicate.

“Right now we don’t know if there is very good communication on how everything is working. I don’t think there is because it’s scattered everywhere,” Dupuis said about the Bands and the federal government working together. “There has to be that communication, between any kind of governmental structure or government affairs within the Reservation and the White House itself. Since it’s signed, I believe that the Tribes have the ability to go at the table first.”

Smith also spoke on the importance of communication and how with the MMIW Task Force and Fond du Lac’s

“Since it’s signed, I believe that the Tribes have the ability to go at the table first.”

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
More Local	6-9
Etc	10-17
The Time for Legends	18
BBCR Events	19
Legal News.....	20
Health News.....	21-23
13 Moons	24-25
Community News	26-27
Calendar	28

Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to:
Fond du Lac News, Tribal Center,
1720 Big Lake Rd.,
Cloquet, Minn. 55720.

Editor: Zachary N. Dunaiski
zacharydunaiski@fdlrez.com • (218) 878-2682

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

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

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

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

Corporate Member of the
Native American Journalists
Association

Local News

work over the years will be a valuable tool to communicate at the federal level.

“In my mind we’re seeing it’s that communication. How do we now communicate the investigation where somebody is missing and not only with the counties and the cities but the state and then the feds,” Smith said of the work that needs to begin in order for this executive order to be a success. “How do we bridge that gap? Because even with the state agency there are multiple systems of workers, so how do we bridge that gap? Part of it is that that person is going to have to do that. So they have one year to do it and they have to be motivated.”

Smith is speaking of the fact that this executive order is going to appoint a person to the 11 offices of the U.S. attorneys, who will be working closely on this issue with the task force. That person has yet to be named, but Smith has been paying close attention to the process of appointing that role.

“One of the things that I asked is, ‘is this person going to be Native?’ If there are any retired law enforcement that I could recommend, I would definitely do that,” Smith said adding that if anyone knows any they can contact him as he would like to find a good candidate. “That’s something that we have to take a stance on, simply because we put our names on it. We put the Band’s name on it.”

“The federal government

is limited on how they can hire people, because of equal employment,” Smith said about his hope that they will choose a Native person to fill that role. “So it’s a one year position so far, and we need somebody who is motivated and can work with multiple agencies. Because part of that is to look at the data collection and how do we bridge that gap of communication between the feds and the state.”

The biggest struggle is communicating with the federal and state governments, which is something that can’t be ignored. The communication is so difficult because of how serious the issue is and the fact that people are being moved, and sometimes at great distances.

“Where’s the communication at? Is there border to border communication and cross border communications? The Tribes are in a very unique situation, we can have communications all the time,” Dupuis said. “If we can come together and say how are we going to try and break this?”

Then Dupuis pointed out a scenario that might be all too real, but with a few changes and help from the local municipalities, lives could be saved.

“If a missing person comes up on Fond du Lac, say you make a phone call to our police department and say ‘my daughter hasn’t come home in 4 hours.’ The immediate time that phone call is made we can act but we have to have some kind of protocol. I say we still follow the protocol with the state of Minnesota, but we just don’t use their time period,” Dupuis said, noting that the waiting period after a person goes missing is too long and shouldn’t be acceptable. “Who gets notified? Our police department, our local areas like our centers, our schools, the Tribal Center, and we can also throw our game wardens in there because they travel everywhere. So I believe the Tribes have

the ability to do a lot more than what the state and feds are doing.”

It also wouldn’t be all that different for our neigh-

boring governments if they wanted to do the same thing as the chairman explained.

“Say Cloquet wanted to do something like this. They still have the same school issues that we have,” Dupuis said about getting a notice out to multiple schools and buildings the moment a call comes into the police. “It could go through every one of their schools and they would go

through their list.”

The chairman also discussed that with the technology that we have at our fingertips, some of the old rules and guidelines need to change.

“We have this Everbridge system. This is a conversation we’ve had, where can we take it? Is there a way to hook our system, what we have, and say ‘okay a missing persons phone call came in at this time.’ Now you have everybody on the Reservation on alert. I guarantee if that person is around here they’re going to be found,” Dupuis said about using the technology we already have to work with our communication during a crisis. “I’m not going to blame the states or counties because they’re following other regulations that they have to follow. But it’s like this, if you can put an amber alert on a child, why can’t you do that for everybody else?”

It’s a great point he brings up, the best way to protect our people, and all people really, is to change the wait period after someone goes missing because so much can happen even in a short period of time.

“We should never wait for a 24 hour period,” Dupuis said. “It takes 40 minutes to go from here to cross the border into Wisconsin, what do you think you can do in 40 minutes? A lot.”

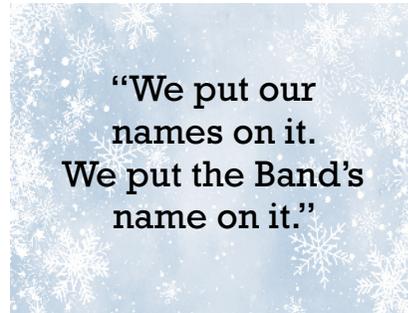
Sadly a lot can be done in 40 minutes, and people can move far away in such a short period of time, but they can move much less in

40 minutes than in 24 hours, and that’s why it needs to change. Making this change and staying on top of this important issue all comes back to communication.

“We need to insure that there is communication straight across the board. Once a parent makes that phone call, or whoever, we need to act,” Dupuis said about taking each one of these calls very seriously from the moment they occur. “What are the communication gaps that we have? How do we maintain that line of communication? Because once that line of communication is broke, you have to go back to square one. So it’s about establishing the line of communication and keeping the lines of communication open.”

The importance of communication is so vital because if it breaks, if there is a gap, it’s just more time for our loved ones to go missing.

“Bottom line, because everyone is going to think it’s a safe haven. Our regulations are just as stringent or more,” Dupuis said about stereotypes that sadly still exist. “Just because it’s on the Reservation doesn’t mean other agencies can relinquish their authority and think that ‘well it’s on the Rez, it’s their issue.’ No, it’s not. As long as you can cross the borders with freedom, because it’s not a closed Reservation, it becomes their problem just like our problem.”



RBC Thoughts

Secretary/Treasurer News

Boozhoo,

Happy New Year to all of you readers. As the year changes I take some time to reflect on the past year. I think about the things that I accomplished, the things I did not finish, and the things the New Year is going to present for me. I think about the people who have passed on to the spirit world and those that are still here. I think about the challenges that I will face this next year both personally and professionally and how successful I will be. But mostly I think about you, the people I represent and I wish for your happiness and success in all your endeavors in the upcoming year.



Ferdinand Martineau

We had several New Year's Eve celebrations held this year. There was a dance lock-in at the Brookston Community Center which was well attended with approximately 400 participants. They enjoyed pizza and prizes along with games and music. I was told that next year will probably have to be increased as all that attended had a good time.

The Cloquet Community Center hosted its Sobriety Powwow again this year and had over 400 participants also. The food was good and the drum was also. The group danced into the New Year with enthusiasm. If for no reason other than there were no arrests for DWI on the Reservation that evening, this Powwow was a tremendous

success. Thanks to all who put their time and effort into this event for our community to enjoy with their family and friends.

The Black Bear Casino hosted their annual New Year's Eve Gala in the Otter Creek Event Center. It was well attended with over 650 participants. The food was excellent. The service was great. The entertainment was fantastic. The staff was incredible. This party is one of the best that our casino has put on for New Year's Eve.

We have some projects that have been looming on the horizon for a while now.

One in particular is the broadband. There have been several setbacks and delays during the construction process but we should be providing service next year. The cultural center is progressing rapidly and should be opening this spring.

The community water project for Brookston has had a few setbacks but we have committed to starting construction this year so we can eliminate any concerns about the drinking water in the Mahnomen community.

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.

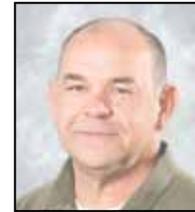
Cloquet News

Hello all

I am hoping you all had a great holiday season, and wish you all a Happy New Year. The holiday season brought a number of parties for our members and staff. Our Cloquet Community Center served over four hundred people at their Christmas party. It was quite a gathering, and all those that attended seemed to have had a great time. There were prizes, drawings, and a great meal

for all to share. Great job to our staff and volunteers. I was impressed with how smooth and organized this event was handled.

Over the years, Fond du Lac Reservation struggled with being recognized by different governments and institutions. Over the past couple years now we have been asked by different organizations to allow our flag, the Fond du Lac flag, to be installed and presented alongside the American flag



Wally Dupuis

and different governmental flags. We now have our flag in court rooms, city halls, and a number of school districts. Most recently we presented a flag to the Solon Springs School district in Wisconsin. A short ceremony was held and all the students participated.

It is quite an honor to see the overwhelming acceptance and pride these different agencies showed upon receiving our flag.

To update you on the construction progress of our new cultural center, all the walls are up, the electricians and plumbers are working inside and the final roof beams are being placed. It looks as though they are on schedule for an early spring completion.

As always, please feel free to call or write as I am always glad hear from you. Cell (218) 428-9828, Office (218) 878-8078, or email wallydupuis@fdlrez.com



STATE OF THE BAND

FEBRUARY 20TH, 2020

BLACK BEAR CONVENTION CENTER

5:30 PM

RBC Thoughts

Brookston News

Boozhoo,

I hope everyone had a safe and happy new year to start off a new decade. I would like to thank the Brookston Center Staff for once again hosting an AWESOME New Year's Eve party. It was well attended and the families and kids had a great time. We also started off the New Year with installing one of our Fond du Lac flags at Solon Springs High School. The history that Fond du Lac has with Solon Springs goes back to Chief Osaugie family. It was amazing to see the participation of the students and the pride they took in this ceremony. We had an opportunity to visit with some of the classrooms and answer questions the students had. Thank you to Jamie Adams and Chuck Walt and family for making the arrangements and for the tour. We also installed our Fond du Lac flag at the Cloquet Middle School. This was another amazing ceremony that had over 700 students in attendance. It was amazing to see the students dance behind our Veteran's Ed Beargrease and Fran White (see picture). Thank you to the Fond du Lac Veteran's Honor Guard for installing these two flags.

Minnesota Department of Transportation held a Mission Creek Cemetery Restoration Concept Design presentation at the Otter Creek Event Center. I thought that some

of the designs were nice and the presenters were respectful in their presentation. I know that they will continue to get feedback, but I think there should be something there in order for the desecration of one of our cemeteries to never happen again.

I was asked to be a speaker at AICHO for the start of Sex Trafficking Awareness Month. It was well attended and included remarks from Duluth Mayor Emily Larson and Congressman Pete Stauber. I was very much honored to be asked to be a speaker.



Roger M. Smith Sr

I know that we touch on all the positives that happen for Fond du Lac, but I also must report some of the setbacks that also happen. We were notified recently that our application for funding under the Indian Housing Block Grant Competitive Program had been denied. This grant is to be for the Regional Water System and would provide \$5,000,000 in funding. We have been in contact with HUD as part of the issue was on their end of receiving our reports. We have discussed this issue and determined that the project will continue as planned in order to prevent any delays. We will continue to have discussions with HUD and our Congressional Representatives to resolve the issues going forward, this is and will continue to be a priority for Fond du Lac.

Just a reminder for our State of the Band Address that will be held on February 20, 2020!

I have mentioned an update on the Missing and Murdered

Indigenous Women Task Force. We continue to have ongoing sub-committee meetings and the next regular meeting will be March 5, 2020 at Northwest Indian Community Development Center in Bemidji, Minn. These meetings are open to the public and are open for comments. You can also go to the MN Department of Public Safety website to see updated information on the task force. I am part of the Systems sub-committee and we have identified four areas we will work on: Tribal-County or Tribal-State Intergovernmental Relations, Health Care Systems Response, Foster Care/Child Welfare Systems Response, and Criminal Justice Systems Response. There are other areas we are considering such as

Education/Schools, Interstate/Transportation Systems, and Industries Response. I have attended the meetings with Marcia Kitto and most recently Cindy Molacek, as they have been advocates. The third sub-committee is the Community Impact Subcommittee and they have identified the initial priorities as Community Resources, Education and Public Awareness and Legislation and Policy Changes. We are finding out that there is a lot of work to be done in addressing this critical issue; I couldn't be more comfortable working with the very talented group that is assembled. We have task force members from various backgrounds that bring a very important view on the work that needs to happen.

I also am very proud of the staff that Fond du Lac has that advocate day in and day out for their clients.

We just finished up our Gichi-Manidoo Giizis Powwow at the Otter Creek Event Center. Even though we had a snowstorm start the weekend off, we still had an awesome turnout of singers and dancers. Chi Miigwech to the organizers of the event and to the Black Bear Casino Resort staff! Miigwech

*Roger M. Smith Sr
Brookston Representative
rogermsmithsr@fdlrez.com
(218) 878-7509*



More Local

KwePack runners meet Oprah

By Zachary N. Dunaiski

Many of us have heard of the running group on the Reservation, KwePack, but what most of us may not know is how they are known on a national scale. The group is apparently so well known that they were contacted by people who work for Oprah to do a story about them.

“Her staff contacted Sarah and said that they had heard about our group and would like to do a story,” Kyra Paitrick-Johnson a member of KwePack said about the opportunity. “We were all ready to do that sometime around Thanksgiving and then suddenly they changed and they invited the KwePack to the Cities to attend her 2020 Vision Tour event.”

The group went down to the Twin Cities area, and was expecting to run for a few of her crew, but after a few minutes they actually got to meet Oprah.

“When we got down there we were thinking we were going to be highlighted at this event. When we got to the stone arch bridge and we were being interviewed and photographs were being taken and she snuck up behind us and surprised us. And she was like ‘Hey KwePack!’,” Kyra said about how they met Oprah. “I think a lot of us were thinking that is never going to happen. Like she’s too high profile for us little, small town Native group.”

Even as the group was meeting Oprah, it seemed very overwhelming to be around

someone as big as she is.

“It was amazing and kind of hard to believe that I was there in that space and walking with Oprah,” Nichole Diver a member of the KwePack said about how unbelievable it was to be there. “We found out a couple of months ago that Oprah’s media team had contacted us, but I did not know that we were actually going to be meeting her until we actually met her.”

Meeting her was such a surprise to the group, and with so many members, they didn’t all get to have lengthy conversations with her.

“Not myself,” Nichole said about whether or not she got to have a one-on-one conversation with her. “I got to give her a hug. I got to say ‘Thank you for coming.’ But my personal interaction was kind of brief.”

It’s always great when Fond du Lac and its members are recognized for the good things that they’ve done, so it was great to hear that she featured a group that has a handful of FDL Band members and descendants in it.

“Of course she thought it was freezing cold and like kept saying that this was a whole other kind of cold. We said we run in this kind of cold and we’ve run in colder,” Kyra said of the conversations they were having with Oprah. “I think it was like 15 degrees and we’ve been out in negative 15 degrees. One of the girls was talking about balance and in order to appreciate things in life you have to take the good with the bad or the tough with the easy so being out in really cold temperatures reminds us how awesome it is

when we have nicer temperatures.”

The reason Oprah wanted to meet the group was for their accomplishments, and KwePack has many they were able to discuss with her.

“We also were pointing out some of the accomplishments of our group.

We had a couple of girls in our group with us that had run 52 mile races this year and one that has run several one hundred mile races,” Kyra added. “That kind of message, just sharing those things with Oprah, she was just very amazed with those types of things.”

KwePack is a group that runs year round and often, so the fact that it was only a warm day for Minnesota in January, the runners weren’t affected by it. The group however love the positivity a story like this will bring not only to FDL but Indian Country in general.

“It was really cool to be given

the opportunity. It was just about the KwePack but that maybe we could be some kind of representation of Indigenous people and that we are healthy and we do strive to have healthy and well communities,” Nichole said about

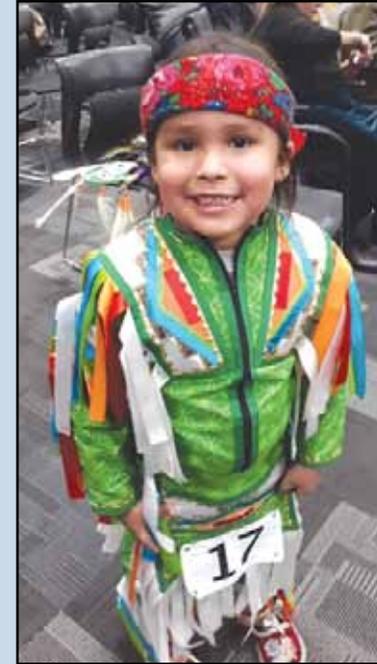
why something like this is so important to FDL. “Being able to have the opportunity to be out there on a larger scale was very cool and humbling and to think that the KwePack could be a generational thing is just really amazing.”



More Local

Gichi-Manidoo Giizis Powwow

Photo's courtesy of Ivy Vainio.



Winner of the Tiny Tots Pedometer Category! Caiden Hickman, 4 year old took 3743 steps and won a pair snowshoes. Miigwech to the FDL SHIP for their generous donation to promote healthy activities.

Photo by Roberta Fox.



More Local

Fond du Lac flag at Cloquet Middle School and Solon Springs School

Over the last several months the Fond du Lac flag has been presented to many surrounding schools and governments. On Jan. 3, Solon Springs school district became just another in the long list of schools that seems to keep growing every day. The ceremony was well attended.

A week later, Jan. 10, FDL Honor Guard and RBC representatives were in the school to present it to the middle school, only a few weeks after the flag had been presented to the high school. The middle school presentation had over 700 in attendance and almost every single student was out with the Honor Guard dancing to the drum. It was an impressive site to see and a good sign of positive community involvement.

Photos at Solon Springs ceremony courtesy of Chuck and Jori Walt.



More Local

Election News

The Minnesota Chippewa Tribe hereby announces that a Regular Election will be held on June 9, 2020 on the FOND DU LAC RESERVATION.

THIS REGULAR ELECTION provides for a March 31, 2020 PRIMARY ELECTION in the event there are more than two (2) eligible candidates for each open position.

Elected positions to be filled are as follows:

A. CHAIRPERSON - FOND DU LAC RESERVATION BUSINESS COMMITTEE - FOUR (4) YEAR TERM

B. COMMITTEEPERSON DISTRICT I - FOND DU LAC RESERVATION BUSINESS COMMITTEE - FOUR (4) YEAR TERM

C. COMMITTEEPERSON DISTRICT III - FOND DU LAC RESERVATION BUSINESS COMMITTEE - FOUR (4) YEAR TERM

Candidates shall file with the Secretary/Treasurer or his designee during regular business hours beginning on January 14, 2020. Filing will close on January 24, 2020 at 4:30 P.M.

2020 Election Calendar

February 3:
Selection of Election Court of Appeals Judge
(For certification of candidate)

February 10:
Deadline for Notice of Certifications to TEC.

February 12:
Challenge certification or non-certification to MCT by 4:30 p.m. on the second business day following receipt of certification.

February 13:
Deadline for appointment of Election Boards.

February 13:
Deadline for appointment of Election Contest Judge and alternate Election Contest Judge

February 14:
Complete record of all documents related to challenge, submit to Minnesota Chippewa Tribe by 4:30 p.m.

February 14:
Answer to challenge from the person whose certification is being challenged to the MCT by 4:30 p.m.

February 18:
Decision of certification or non-certification or within 48 hrs. of appeal.

February 20:
Notice of Primary Election and Posting.

February 21:
TEC provides ballots for Primary Election.

March 27:
Notify MCT on choice of appellate forum.

March 31:
Primary
(Polling places open from 8:00 a.m. until 8:00 p.m.)

April 1:
General Reservation Election Board certifies Primary Results. (Prior to 8:00 p.m.)

April 2:
General Reservation Election Board publishes Primary Results.

April 3:
Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)

April 3:
Deadline to Post Regular Election Notice without Primary.

April 7:
4:30 p.m. - Deadline for Contest

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

April 8 (Results, if Allowed or 6th or 7th If earlier request):
Deadline for Decision on Request for Recount and Results of Recount, if allowed.

April 17:
Deadline for Decision on Contest

April 20 (or within 3 days of decision on Contest):
4:30 p.m. - Deadline for Appeal to Court of Election Appeals. (Filed with the Executive Director of the Minnesota Chippewa Tribe and with Reservation Tribunal rendering Decision).

April 23 (or within 3 days upon receipt of Notice to Appeal):
Record of Contest forwarded to Court of Election Appeals.

April 27 (hearing within 7 days notice of appeal):
Last Day for Hearing on Appeal

May 7 (10 days from hearing on appeal):
Last Day for Decision on Appeal

May 8:
Notice of General Election

May 8:
TEC provides ballots for General Election.

June 9:
General Election
(Polling Places open from 8:00 a.m. until 8:00 p.m.)

June 10:
General Reservation Election Board certifies results of Election.
Prior to 8:00 p.m.

June 11:
General Reservation Election Board publishes Election results.

June 12:
Deadline for Request for Recount. (Filed with General Elec-



tion Board prior to 5:00 p.m.)

June 16:
4:30p.m. - Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)

June 17 (or 15, 16, if request for Recount is filed before deadline):
Decision on Request for Recount and Results of Recount, if allowed.

June 26:
Deadline for Decision on Contest for General Election.

June 29 (of within 3 days of decision on Contest):
4:30 p.m. - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).

July 2 (or within 3 days upon

receipt of Notice to Appeal):
Record of contest forwarded to Court of Election Appeals.

July 6 (hearing within 7 days notice of appeal):
Last Day for Hearing on Appeal.

July 14
Winning candidates assume office by operation of law, unless sooner seated, or the election is subject of appeal to the Court of Election Appeals.

July 16 (or Ten days from Hearing on Appeal):
Deadline for decision of the Court of Elections Appeal.

Day following Decision of Appeal:
Winning candidate prevailing on appeal takes office.

Etc

Aaniin indinawe-maaganidok!

Niin Nenaaw Giizhig. Charles Smith indizhi-gikenimigoo. Bapashkominigong indoobjibaa. Ingii-anoonigoo ji-aawiyaa Anishinaabemowin-Odaakewinini. Ingii-tananokii ko imaa Misaabekong Odaakewinini imaa Duluth Public Schools mi-inawaa ingii-aaw iko Integration Specialist wiidookawagwaa



gikinoo'amaaganag, Students of Color izhinikaazowaad, ji-gashkitamaazowaad ji-zaagijibii'igewaad. My name is Nenaaw Giizhig. But people know me as Charles Smith. I am from Bapashkot-minigong, The Place of the Bald Island or more commonly known as Cloquet. I was hired as the Anishinaabemowin Immersion Coordinator and I was an Integration Specialist before that, helping Students

of Color be successful and graduate. Ingii-maajitaa ji-nanda-giken-damaan ojibwemowin ingoji go gii-ashi-zhaangaso-biboonag-iziyaan. Mii iwapii gaa-maajii-gagwejimagwaa Gichi-aya'aag mii gekendangig Ojibwemowin awegonen gaa-nisidotanzi-waan. Ingii-maajii-objibwemotawaag nigichi-aya'aamag. Mii iw wendinamaan indoojibwemowin. I started learning Ojibwe when I was 19 years old. That is when I started asking the Elders, the ones who really know Ojibwe, what I did not understand about the language. I started speaking only Ojibwe with them. That is where my Ojibwe language comes from. Mii iw waa-maada'oonagwaa nij-anishinaabemag omaa. Wii-pagidinaawag ji-gagweji-maawaad iniw gichi-aya'aan ogagwedwewiniwaan mi-inawaa ji-objibwemotawaawaad. Mii keyaa ge-naadamaagoow-iziwaad nij-anishinaabemag gewiinawaa ji-gikendamowaad Ojibwemowin miinawaa Anishinaabetwaawin. That is what I want to share with my fellow Anishinaabe here. Allow them opportunities to ask their own questions and speak Ojibwe with the Elders. That is how my fellow Anishinaabe can be helped in order for them too to know Ojibwe and the Anishinaabe customs. Geyaabi indoodaapinaamin Waazh Biindigebii'ige-mazina'iganan. Mii imaa gekinoo'amawindwaa abinoojiinyag noondamowaad Ojibwemowin gabe-giizhig. Giishpin nawaj wii-gikendameg, iibii'amaw Meskwanaanisikwe

imaa PatriciaNorthrup@FDLREZ.com We are still accepting Waazh applications. That is an Ojibwe immersion program where children hear Ojibwe all day. If you want more information, please email Pat Northrup at PatriciaNorthrup@FDLREZ.com.

Chi-gikinoo'amaagewag Waabigwanikwe miinawaa Manidoo Ma'ingan imaa Waazhing. Minwendamoog jinnandagikendamowaad gidinwewininaan ingiw abinoojiinyag. Geyaabi indoodaapinaamin biindigebii'ige-mazina'iganan. Giishpin wii-naanaagajitooyeg, gidaa-bi-mawadishiwem.

Nashay Howes and Marcus Ammesmaki are hard at work teaching at the Waazh. The children are really happy to be learning our language. We are still accepting applications. If you want to check it out, come visit!

Ingaa-asekemin Namebini-Giizis 10 biinish 14 imaa Conservation Odaabaaniwigamigong. Gikinoo'amaage James Tom miinawaa niwiidookaage. Giishpin wii-gojiitooyeg, gidaa-bi-izhaam.

We are Brain Tanning from February 10 -14 at the Conservation Garage. James Tom is the instructor and I am helping. If you want to try it, come over.

Ingaa-maawanji'idimin Namebini-Giizis 3 Naawakwek biinish Niizho-diba'iganek.



Ingaa-dazhindaamin anooj gegoo Anishinaabewiwin, Anishinaabemowin, Anishinaabetwaawin. Ingaa-maawanji'idimin aabiding endaso-giizis. Nagaajiwanaang Enokiijig gidaa-bi-izhaam. Bi-ayaag awegonen waa-anikanootamegin miinawaa waa-nandagikendamegin. Bezhiig netaa-objibwemod inga-wiizhaamaa ji-wiidookaaged miinawaa ji-gikinoo'amaaged. Giga-ashamigoom biinish jaaganjigeng.

We will be meeting on February 3 from 12:00-2:00. We will be discussing different aspects of the culture and language once every month. Any Fond du Lac employees are welcome to attend, please bring what you want translated for your Departments and Divisions. We will be inviting a First Language Speaker to help and teach. We will be providing lunch until it's gone.

Daga ganoozhishin miinawaa iibii'amawishin giishpin gegoo wii-kagwejimiyan. Nigiigidowin ezhibii'igaadeg 218.878.8188 miinawaa indiibii'igan CharlesSmith@FDLREZ.com.

Feel free to call me and email me if you want to ask questions. My phone number is (218) 878-8188 and my email is CharlesSmith@FDLREZ.com



MOOZ-ASEKEWIN
MOOSE HIDE TANNING

February 10th -14th, 2020



ANISHINAABE CONSERVATION GARAGE
ANISHINAABEMOWIN

**Place: Natural Resources
Conservation Garage**

Time: Daily 9am - 6pm

On site registration

Lunch Breaks Daily Noon-1PM

Presented By: Fond du Lac Language Program



Contact Information:
CharlesSmith@FDLREZ.com
218-878-8188
PatriciaNorthrup@FDLREZ.com
218-878-8186



Etc

2020 Census Question on Race Information for American Indians and Alaska Natives

How should I respond to the race question if I am American Indian or Alaska Native?

An individual's response to the 2020 Census race question is based upon self-identification. The U.S. Census Bureau does not tell individuals which boxes to mark or what heritage to write in.

People who identify as American Indian or Alaska Native may mark the American Indian or Alaska Native checkbox and enter the name of their enrolled or principal tribe(s) in the write-in area.

People may report multiple races and/or report multiple detailed groups. Each specific write-in area will record up to 200 characters and up to 6 detailed groups, allowing for long names and multiple groups to be reported.

Improvements to the 2020 race question.

Several question design improvements were made to help improve reporting of detailed American

Indian and Alaska Native identities.

- Examples included for the "American Indian or Alaska Native" checkbox category.

- Detailed American Indian tribes, Alaska Native villages, and indigenous Central and South American responses collected via a dedicated write-in area.

Identifying as American Indian or Alaska Native on the census is a matter of self-identification.

The Census Bureau collects race data in accordance with the 1997 U.S. Office of Management and Budget (OMB) standards on race and ethnicity. The 1997 OMB standards define "American Indian or Alaska Native" as "A person having origins in any of the original peoples of North and South America (including Central America), and who maintains tribal affiliation or community attachment."

Why does the census ask a question about race?

The question on race is asked of all

people in the United States. These data are required for federal, state, and tribal programs and are critical factors in the basic research behind numerous policies, particularly for civil rights. Race data are used in planning and funding government programs that provide funds or services for specific groups.

These data are also used to evaluate government programs and policies to ensure they fairly and equitably serve the needs of all racial groups and to monitor compliance with antidiscrimination laws, regulations, and policies. States also use these data to meet legislative redistricting requirements. How do I fill out the race question correctly?

If you self-identify as American Indian or Alaska Native, you should check the American Indian or Alaska Native race box. You should then print the name of your enrolled or principal tribe in the write-in area.

7. What is this person's race?

Mark one or more boxes AND print origins.

White – Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

Black or African Am. – Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

American Indian or Alaska Native – Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.

Chinese

Vietnamese

Native Hawaiian

Filipino

Korean

Samoan

Asian Indian

Japanese

Chamorro

Other Asian – Print, for example, Pakistani, Cambodian, Hmong, etc.

Other Pacific Islander – Print, for example, Tongan, Fijian, Marshallese, etc.

Some other race – Print race or origin.



Etc

Notice of Availability

Action: The Bureau of Indian Affairs (BIA) is publishing a Finding of No Significant Impact (FONSI) for a Final Environmental Assessment (EA) regarding the proposed issuance of nineteen (19) right-of-way (ROW) easements across BIA managed lands to be associated with the proposed Enbridge Line 3 Replacement and Line 4 Relocation projects located within the Fond du Lac Indian Reservation in Carlton and St. Louis Counties, Minnesota. Based on the EA, the BIA-Midwest Regional Office determined that the proposed action will not result in significant impacts to the quality of the human environment; therefore, an Environmental Impact Statement (EIS) is not required.

Comment Period: The FONSI is available for review for 30 days beginning on February 1, 2020 and expiring on March 2, 2020.

This FONSI is a finding on environmental effects and not a decision to proceed with an action, therefore it cannot be appealed. Title 25 C.F.R. Part 2.7 requires a 30-day appeal period after a decision to proceed to with an action is made and before the action can be implemented. Appeal information will be made publicly available when the decision to proceed is made.

Contact Information: You may obtain a copy of the FONSI and/or EA by mailing or faxing a written request including your name and mailing address

to:
Enbridge Fond Du Lac Right-of-Way Grand Project EA/
FONSI

c/o Regional Director
BIA Midwest Region
5600 West American Boulevard, Suite 500
Bloomington Minnesota
55437

Supporting Mothers and First Foods

A new Lactation Policy has been approved by the Reservation Business Committee on Jan. 14. This requires all Programs and Enterprises to have a designated lactation room for their breastfeeding employees and to allow for adequate time to express milk. The rooms are specifically designed to create a private, quiet, and peaceful atmosphere that nursing mothers can utilize for lactation needs.

Additional amenities in each room, thanks to grant funding, may include: a medical grade breast pump, breastmilk storage bags, soothing music, art work, snacks, etc. This lactation policy was adopted in recognition of the importance and benefits of breastfeeding and to support nursing mothers with appropriate time and adequate space allowed for lactation.

“Food Sovereignty starts with The First Food – Doodooshaaboo (breastmilk)

Empowering Indigenous women to reconnect to a traditional practice, Breastfeeding, is the start to reclaiming food sovereignty. A mother providing her newborn her milk restores a bond that was once taken from her ancestors.

That bond begins to heal, not only the mom, but the community as well. Babies that are exclusively breastfed for 6 months have a reduced risk of: ear infections, diarrhea, allergies, obesity, diabetes, leukemia, other childhood cancers and the list goes on. A mother’s milk contains thousands of different components that continually change to meet the newborn’s needs. A mother providing her breastmilk to her children sets them up with a strong foundation and strengthens her identity as a caregiver.”- Excerpt from the FDL’s Food Sovereignty Assessment

Grant funding received in early 2019 from Born to Thrive and Hunger Solutions allowed Fond du Lac to facilitate the creation of this policy, offer training to managers and supervisors, set up a number of lactation rooms and support indigenous foods in the WIC (Women, Infants, and Children Nutrition Program). To date, lactation rooms have been identified at: Min-No-Aya-Win, Center of American Indian Resources (CAIR), Assisted Living, Fond-du-Luth, Head Start, and the Tribal Center.

This policy will go in effect immediately at all Fond du Lac Programs and Enterprises. If your work place needs assistance in identifying and creating a lactation space, Community Health Services can assist as needed.

If you need additional support for breastfeeding please call Fond du Lac WIC at (218) 878-2115.

If you need assistance in identifying a lactation space

for your building or program please call Community Health Services at (218) 878-3790.

If you are a breastfeeding or expecting mother and have more questions on the lactation policy please call Employee Benefits at (218) 878-2622 or talk with your supervisor.

Survey responses are from Fond du Lac’s 2019 Food Sovereignty Assessment. The full assessment will be released in 2020.

FDL Forestry has open woodlot

Fond du Lac Forestry would like to announce to community members in need of fire wood that we have opened the woodlot. This woodlot is located just south of the intersection of Ditchbank and Berthiume Rd.

To get your timber removal permit, come see us at the Resource Management building. Permit also comes with provided map of the wood lot. The purpose of this wood lot is to remove the fire fuels/or down trees to decrease the risk of wildfire. This site is also on the agenda for future forest development.

For any questions you can call the front desk of Resource Management (218) 878-7101, FDL Forestry office (218) 878-7105, or FDL Forestry Shop (218) 878-8015.

Attention Fond du Lac Band members

Below are the current guidelines to be eligible for snow plowing and snow shoveling.
Snow removal driveways

- Snow removal for driveways is provided to Band members 52 years of age or older
- Band members less than 52 years of age may be eligible if you have a medical condition that prevents you from clearing your driveway yourself
- Plow drivers are instructed to plow an adequate space for parking and a turn around
- There must be at least four inches of snow before plow drivers will be called out
- It is the home owner’s responsibility to have their yard cleared of all debris for snow removal
- Service areas are Fond du Lac Reservation and Cloquet.
- Snow removal shoveling**
- Snow removal for decks, stairs, and sidewalks and to your propane tank is provided for Elders 62 years of age or older
- Band members less than 62 years of age may be eligible if you have a medical condition that prevents you from clearing the snow yourself
- (ATTENTION) If you have other occupants of the home who are capable of the snow removal you will not be eligible for this service
- It is the home owner’s responsibility to have their decks, steps, and sidewalks cleared of all debris for snow removal
- If there is debris or pet dropping in the snow removal area that area will be left to the homeowner
- Service areas are Fond du Lac Reservation and Cloquet.

Etc

FDL Propane reminders

Fall is here and winter is right on our doorstep, and Fond du Lac Propane would like to remind you of a few things.

First and most importantly, they would like to remind you to check your tank's propane levels and lines for leaks. They also would like customers to keep tanks clear of debris and garbage, check tank levels often, and when the snow flies keep your pathway clear for easy access.

Remember to call before your tank level gets too low. FDL Propane staff recommends that you call when you have about 20% remaining.

FDL Propane's regular hours of operation are Monday through Friday 8 a.m.-4:30 p.m. Propane's after hours are Monday through Friday 4:30-8 p.m. as well as on Saturday and Sunday from 8 a.m.-8 p.m.

Propane's fees are for, after-hours/emergency deliveries, \$330.00 plus cost of propane. The same day fee is \$50.00.

For more information or to order your propane call them during business hours at (218) 879-4869.

Traffic Court

If you've recently received a traffic citation, you may have some questions. The Court has developed a brochure that is available to you. Brochures are displayed on the wall outside the courtroom at 28 University Road, the Resource Management & Tribal Court Building. Below is the same information included in the Traffic Court

Brochure. The Band's Traffic Code is also available under the ordinances section of the Band's website. If you have any questions you may call the Court Clerk's Office at (218) 878-7151.

You are required to appear on the date listed on the bottom of your citation. If you wish to plead guilty prior to your court date, you can sign the guilty plea printed on the back of your citation and file it with the court clerk. If you arrange for payment prior to the court date you can avoid the \$25 court costs that may be imposed at your trial.

Frequently asked questions

Q. I received a traffic citation and would like to know how much the fine is and where I pay?

A. The scheduled fine is written on your citation. The traffic fine schedule is also listed in this pamphlet. Additional fines, up to three times the listed amount, may be imposed by the Court for recurrent violation(s) within one year of the plea or judgment of guilty.

Q. What types of payment are accepted?

A. Payments can be made by cash, cashiers' check or money order made payable to the Fond du Lac Tribal Court.

Q. Can I pay my fine before my court date?

A. Yes. If you wish to plead guilty and pay your fine, you may sign the guilty plea printed on the back of your citation and file it along with your payment.

Q. Can another person pay my fine?

A. Yes. If payment is being

made prior to your court date, a guilty plea signed by you must be filed with the payment.

Q. Can I set up a payment plan?

A. Prior to your court date you can file a request for payment plan, if you have entered a guilty plea. If a hearing is held and a fine is imposed you can ask the Judge for a payment plan at the conclusion of the hearing. If you receive a judgment and order in the mail, you may file a request for payment plan within 30 days of the date of the judgment.

The form to request a payment plan can be found on the wall outside the courtroom or can be requested from the court clerk. The court will notify you whether the request is granted or denied.

Q. What do I bring to court when I'm charged for no insurance?

A. If you had insurance, bring a copy of the insurance document showing that the vehicle was insured and present it during traffic court.

Q. Can I contest the citation?

A. Yes, if you enter a not guilty plea a hearing will be held.

The officer who issued the citation will be present. Be sure to bring any witnesses and documents you wish to present.

Q. Do I need to hire an attorney?

A. You do not have to, but you may hire an attorney at your own expense.

Q. I haven't received anything in the mail with my court date and time, how do I know when I should appear?

A. The date and time is located

on the bottom of your citation. Q. What happens if I miss my scheduled court date?

A. If you do not appear at your scheduled court date the hearing may be held in your absence and you may be found guilty.

Q. How do I reschedule my court date?

A. You may file a request for continuance prior to the court date listed on your citation. This paperwork can be found on the wall outside the courtroom or can be requested from the court clerk. The court will notify you whether the request is granted or denied. If your request is not granted before the

court date, you need to appear on the scheduled date.

Violation Description, Ordinance Section, and Fine

Failure to comply with lawful order or direction of peace officer, 202, \$50.00; Obstruction of peace officer, 202, \$250.00; Defacement or removal of signs, 203, \$100.00; Failure to remain at scene of accident resulting in injury, 204(a)(1), \$100.00; Failure to remain at scene of accident not resulting in injury, 204(a)(2), \$50.00; Failure to provide information or assistance at scene of accident, 204(b), \$50.00; Leaving the scene of collision with unattended vehicle, 204(c), \$50.00;

Attention FDL Elders 55+

The National Indian Council on Aging (NICOA) Conference

will be held @

Nugget Resort & Casino

August 17-21, 2020

Sparks, NV

If you are interested in attending this conference & would like more information

Please call:

**Velvet Linden
(218) 878-8053**

(518) 818-8023

Etc

Failure to report accident involving substantial property damage or human injury to law enforcement, 204(d), \$300.00; Open bottle violation, 205, \$150.00; Careless driving, 206, \$150.00; Failure to reduce speed as appropriate for existing conditions, 207(a), \$50.00; Speeding-Up to 10 miles per hour over speed limit, 207(b), \$50.00; Speeding-In excess of 10 miles per hour over speed limit, 207(b), \$75.00; Speeding-In excess of 20 miles per hour over speed limit, 207(b), \$100.00; Speeding-In excess of 30 miles per hour over speed limit, 207(b), \$200.00; Speeding-In posted school zone, 207(b), \$75.00 surcharge; Impeding traffic, 208, \$50.00; Illegal Turns and Signals, 209, \$50.00; Failure to yield, 210, \$50.00; Depositing refuse on public roadways or adjacent land, 211, \$100.00; Violation of headlight requirements, 212(a), \$40.00; Violation of rear lamp requirements, 212(b), \$40.00; Illegal muffler, 213, \$50.00; Failure to have wheel flaps on truck

or trailer, 214, \$50.00; Failure to provide proof of registration, 215, \$25.00; Failure to provide proof of insurance, 216, \$250.00; Failure to carry required liability insurance coverage, 216, \$250.00; Driving without valid driver's license, 217, \$150.00; Driving after suspension, revocation, or cancellation of driver's license, 217, \$200.00; Failure to use seat belts, 218(a), \$75.00; Failure to use child passenger restraint system, 218(b), \$150.00; Unreasonable acceleration, 219, \$25.00; Violation of school bus stop arm signal requirements, 222, \$300.00; Obstructed View-Obstructing view of driver, 223(a), \$40.00; Obstructed View-Windshield obstructions, 223(b), \$40.00; Disability Parking Space Prohibitions, 224, \$200.00; Hitching a Ride, 225, \$25.00; Parking Prohibitions, 226, \$25.00; Elder Parking Space Prohibition, 227, \$200.00; Veteran Parking Space Prohibition, 228, \$200.00.

If you have any questions you may call the Court Clerk's Of-

fice at (218) 878-7151.

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.

Industrial Arts

Last month in the school news section, in the middle of page 11 was a short article for the Industrial Arts. I accidentally forgot to place the picture in the paper, so I would like to apologize to the teacher and repost with the caption that was submitted.



Gikinoo'amaaganag gaa-ozhi-toowaad: bagwajawesiinyag

Meet the Student Teacher

My name is Aliza Kettelhut and I am an Elementary Education student from Winona State University/Fond du Lac Tribal and Community College. I will be student teaching in the kindergarten classroom with Mrs. Carol Smith and Mr. Daniel Franklin for eight weeks from Jan. 13-Mar. 6. I will be teaching lessons, conducting small group activities, co-teaching, and learning all that I can.

A little bit about me:

- I have been married for 3 years now to Clayton Kettelhut
- I am a mother of two boys

• I am a graduate of the Fond du Lac Ojibwe School, class of 2010

• I am a descendent from Fond du Lac Reservation.

I am greatly looking forward to working with you and your child. Chi-miigwech for this opportunity!

Fond du Lac Ojibwe School Round Dance

February 14 4-10 p.m.

Bagged Lunches will be served and concessions will be open

MC- David Northbird
Stickman- Harvey Goodsky Jr
Whipman- Marco Shabaiash
Invited singers- Jerritte Caldwell Sr

Brenden Strong, George Dick, Jeremy Wilson, Neal Johnson, David Logan, Joe Jourdain, James Cloud III, Jerritte Caldwell Jr, Ian Proulx, Keith Caldwell, Skyler stillday

Fond du Lac Constitutional Convention Reform community input meeting

FDL delegates invite all affected by our current Minnesota Chippewa Tribal Constitution to attend during the month of February.

Changes to the MCT Constitution are coalescing around changing Tribal enrollment from blood quantum requirements to lineal descent, limiting or reducing per capita payments, the establishment of councils, creation of a citizenship committee, and citizenship application requirements. The Tribal delegates have

After school Regalia making class

A beautiful shawl made by Evelyn, who made the shawl in the after school Regalia making class. The class is taught by Ms. Maryann on Wednesdays.



Etc

identified the following issues of most importance: governance, checks and balances of power, availability of natural resources, inclusion of natural law, spiritual advisors, and environmental matters.

FDL delegates are responsible with passing information between our local community and the Constitutional Convention meetings taking place monthly.

A light meal and gift card drawings are available at each meeting.

We need community input on Tuesday February 11 at Brookston Community Center and Tuesday February 25 at Sawyer Community Center. Miigwech.

Fond du Lac Ojibwe School Board Regular Meeting

Tuesday December 3, 2019
Fond du Lac Ojibwe School Board Room 3 p.m.

Called to order: 3:10 p.m.
Roll Call:

Present: Jeffrey Tibbetts, Joyce LaPorte, Debra Johnson-Fuller, Carol Wuollet, Robert Peacock- quorum.

Absent: Michael Diver, Jennifer Dupuis.

Others present: Superintendent Jennifer Murray, School Principal Valerie Tanner; Cultural Coordinator Tara Dupuis, Student Senate 10 grade-Nicholas Stapleton and 9th grade Maci Martin.

Reading of the Mission Statement and Vision by Jeffrey Tibbetts.

Motion by Joyce LaPorte, seconded Robert Peacock, all in

favor, 0 opposed, motion carried to approve the agenda.

Motion made by Jeffrey Tibbetts, Seconded by Joyce LaPorte, all in favor, 0 opposed, motion carried to approve November 2019 regular Meeting minutes.

Review of the ledger

Ledger was not provided by Bridget Paulson.

New business:

No new business

Old Business:

i. Fond du Lac Ojibwemowin and Culture Licensure Policy remains open for further review (still pending)

ii. TSCAN Instrument- Phillip DeFoe and Wayne Dupuis- Tabled

iii. Superintendent 2018-2019 Evaluation- Complete

iv. Transportation contract for FDLOS bussing services- No new information

Other:

Debra Johnson-Fuller made the suggestion to revisit Strategic Plan for Wellness planning, Valerie Tanner will get the Wellness Coordinator job description and policy. Valerie Tanner will propose Early Graduation Policy. Student Senate will be a standing agenda in the meeting. Motion made by Debra Johnson-Fuller, seconded by Robert Peacock, all in favor, 0 opposed, motion carried.

Supervisor reports:

Superintendent Jennifer Murray- report was reviewed with discussion. FDLTCC will be hosting the Ojibwe Language Symposium December 27-28.

Building Principal Valerie Tanner- report reviewed with discussion.

Education Grants and Accountability Manager Dan Anderson- report reviewed with discussion.

Sharon Belanger- FMLA Leave

Athletic Program Manager Earl Otis report reviewed.

Transportation Michael Quam report reviewed.

Face Coordinator Lorraine Houle report reviewed.

After School Activities Maria Defoe report reviewed.

Cultural Curriculum Coordinator Tara Dupuis, report reviewed with discussion.

Motion made by Jeffrey Tibbetts, seconded by Carol Wuollet, all in favor, 0 opposed, motion carried to Adjourn. Adjourned at 3:51 p.m., recorded by Michelle DeMenge.

Carlton School District job postings

The Carlton School District has two jobs posted. They are seeking an Indian Education Coordinator for their PK-12 Indian Education programs and a Check and Connect Mentor for Native American students in grades 6-12.

If you are interested in the position of Indian Education coordinator or would like more information contact Superintendent Gwen Carman, (218) 384-4225x113 or gcarman@carlton.k12.mn.us. To apply for the Check and Connect Mentor please submit a letter of interest and resume to Mary Marciniak, Carlton School District, P.O. Box 310, Carlton, MN 55718 or email, mmarciniak@carlton.k12.mn.us.



NORTHERN SIEGE YOUTH LACROSSE LEAGUE



Registration for spring begins January 6th!

The Northern Siege Youth Lacrosse Association offering

- Boys and Girls Lacrosse K-8th Grade
- Local practices and games
- Tournament opportunities
- Great Team Environment
- Lots of fun!
- ** All experience levels welcome

FREE LEARN TO LAX CLINIC!

Never played Lacrosse but want to give it a try? NO PROBLEM! The Siege will host a FREE "Learn to LAX" Day. NO experience necessary! There will be coaching staff, players and parents on hand to help answer any questions. This is a great opportunity to try the fastest growing sport in the USA! ALL equipment will be provided! Bring a friend!

WHO: ALL BOYS AND GIRLS GRADES K-8TH WHO WANT TO TRY LACROSSE

WHERE: FDL TRIBAL CENTER 1720 BIG LAKE RD CLOQUET MN

WHEN: SATURDAY FEBRUARY 22ND 2020

Sponsored by

TIMES:

- 10am-11:30pm - Boys k-4th Girls K-2nd
- 12pm-1:30pm - Boys 5th-8th
- 2pm-3:30pm - Girls 3rd-8th

REGISTER HERE: <https://forms.gle/83JH8qib9ecdoJSTA>

For more info on these events and all Siege news visit our website <https://tshq.bluesombrero.com/northernseige>
Our facebook page @ NorthernSiegeLacrosse or contact Sean Hall at s.hall4003@gmail.com



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 to download application and requirements. We also provide home-buyer training, assist clients with home inspections and construction counseling.

Etc



Classes start

Tuesday, March 3rd, 2020

5:00p.m. Potluck Dinner

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

Topics include: Soil Health, Cover Crops, Food Processing, Seed Starting, Weed Management, Seed Saving, Make and Take Classes and More!

Official Schedule Coming Soon

Keep an eye on the Fond du Lac Website and March 2020 paper for updates.

Update on the Christmas tree auction

Last month I posted the wrong tree from the Christmas Tree Contest. This is the winning tree and was designed by the general maintenance crew. This winning tree also won 1st place in the peoples vote. The general maintenance crew kindly passed the vote award to the 2nd place winners.

I apologize to the general maintenance crew for the error, and would just like to again thank all the departments for their time. All the trees were beautiful.

With the generous donations for the trees, FDL Employees, Christmas Tree Auction, and RBC were able to fulfill Christmas wishes for 22 families which include 26 adults (parents) and 86 children!

Thank you to all involved and the RBC for their support of such endeavors.



Etc



CEMENT MASONS MNDOT/TRIBAL 10 WEEK TRAINING



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



FREE TRAINING

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

COMPLETE THIS PROGRAM DEBT FREE!



LODGING & STIPEND

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

STIPENDS ARE AVAILABLE EACH WEEK!



TOOLS PROVIDED

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

PROVIDED TO YOU FREE OF CHARGE!



JOB ASSISTANCE

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

CONTRACTORS THROUGHOUT THE STATE!

WHAT TO EXPECT

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

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

WHERE & WHEN

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

Monday, May 26 2020 through July 31, 2020, held Monday through Friday from 7:00 a.m. until 3:30 p.m.

CONTACT YOUR TRIBAL AFFILIATION FOR YOUR NEXT STEP!

The Cement Masons, Plasterers & Shophands Local 633 Journeyman & Apprentice Training Trust Fund is offering a 10 Week Cement Masons Trade Orientation Training. The goal of this program is to train Native Americans from several tribal nations in the cement mason trade enabling them to qualify for apprenticeship with the Union and work on MnDOT projects. This program is funded in whole as part of a \$174,020.00 grant from the Minnesota Department of Transportation.

HONOR SONG ROUND DANCE PANEL DISCUSSION

TUESDAY, FEB 25 in the ENP Room
4:30 - 7 PM at Cloquet
Community Center

Refreshments will be provided.



JUVENILE

Kelly Haffield, FDLPD/Trust Task Force
Brian Pottatz, LLTPD/Trust Task Force
Roger Smith, District 3 Representative
Mel Alvar, Safe Harbor

SEX
TRAFFICKING
AWARENESS
& EDUCATION



SPONSORED BY



FDL Human Services Division -
Social Service Department



This is the Time for Legends

Research by Christine Carlson

Historic Leech Lake an Indian Myth of its Origin - Minneapolis Journal of October 8, 1898

The Chippewa legend of the origin of Leech Lake is quite as interesting as any of the Indian tales, and is here given as learned from the lips of an aged woman:

More moons back than any Chippewa can remember, when all the people, there were only one woman and her daughter. An evil spirit one day captured the maiden and carried her away to a great dry plain, where he lived in a wigwam of solid rock. While she was confined there, she was visited by an emissary of Hiawatha, the supreme deity of the Indians, who gave her a peculiar black stone and told her to make of it a spear and strike with it a certain spot on the rocks. She did as the good spirit had told her, and at once a great spring of water welled out and flowed rapidly over the plain. It began to fill up all the vast place and as it rose the maiden climbed higher and higher up the rocks, until she had reached almost the top, when the water ceased rising. In the mean time the evil spirit, imprisoned in another portion some distance away, was surrounded by water and compelled to remain there for all time. And his moaning's

are heard even above the high winds which at times prevail over Ga-sa-ga-squa-ji-mai-gog-sa-ga-ai-gan (Leech Lake).

In this way the lake was formed. The Indian maiden made her escape in a birch-bark canoe that came floating out from the shore one day. The high point upon which she climbed to escape the rising flood was Bear Island. For centuries all the Indians save the present inhabitants, the Pillagers, gave this spot a wide berth, saying that the evil spirit is forever domed to inhabit this locality.

The aboriginal inhabitants of the region, history tells us, were not Chippewas, but Dacotah or (Sioux,) who dwelt there for centuries. However, the Chippewas viewed this wonderful body of water, filled with fish and surrounded by forests filled with an abundance of game, with envy, and sought an excuse for declaring war upon what had been a most friendly tribe. This was readily found, and in 1774 hostilities began. There were many hard-fought battles, but owing to their possession of firearms, while the Dacotahs were armed with traditional weapons, the Chippewas prevailed. The decisive battle, which was a terrific encounter between desperate men, took place at Otter Tail Point.

The lake was visited in 1800 by General Pike, who was

exploring the sources of the Mississippi, who gave it the name Leech Lake on account of seeing a monstrous leech floating on the waters.

Legend of Standing Rock – Duluth News Tribune of Sept. 21, 1902

The Indian legend of the stone from which Standing Rock got its name is as follows:

Years ago, a buck and his woman were on a journey down the Missouri river to visit some relatives at a distant point. Where Fort Yates now is, the buck saw a young girl of surprising

beauty, with whom he fell desperately in love. In spite of the tears and entreaties of his lawful wife he refused to proceed on the journey or in any other direction, but resolved to stay right there. The deserted woman exhausted her entreaties and her tears, and finally arose to leave the place alone. As she did so she stepped back in

the spot where she had been sitting and turned to stone. There she has remained ever since, a standing reproach to her faithless lord and master and to all of his kind. By a faint stretch of the imagination the standing rock from which the agency gets its name can be made to take the outline of a woman.

Apples are Red Nearly to Core – Legend is that a Slain Indian was Buried Under Tree Bearing Fruit. Duluth, News Tribune of Nov. 19, 1905

Susquehanna, Pa., Nov. 18 – Prof James A. Graves, of this city, has just sent to Prof. Surface,

the state zoologist, a peculiar apple, the strange coloring of which has excited his curiosity and for which he cannot, although he is a botanist of 40 years' experience, account.

Prof. Graves says he was at Stockport, Pa., and was shown a very old apple tree on the estate of Ann Preston, which bore apples with greenish yellow skin under

which was a blood red pulp to the core.

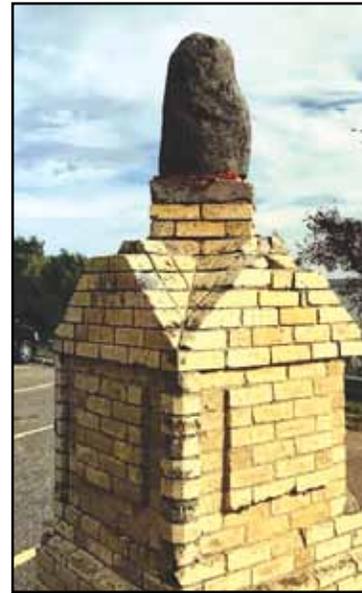
There is an Indian legend connected with the tree which is generally believed. An Indian chief of the Delaware's, who was out hunting one day and was slain by a member of his tribe, who, in order to conceal the crime, buried his body at the foot of the old apple tree.

Ever since then the apples have remained blood red say those who recite the legend.

The Legend of the Bald Eagle

There is a legend among the primitive Indians of Alaska between whom I spent ten years, that the bald eagle, when it mates, the feminine species rises to dizzy heights in its flights and that the male who can nearest approach it, is its mate for that year. Among all the phenomena of nature the eagle is the rare species where the female is stronger than the male. Whether this will stand the searching eyes of science I can't say.

But I can say that the average person, no matter what the background may be, knows enough to interpret the laws of nature— knowing certain things are right or wrong and when the final decision is made— follows the one who can soar the highest. S. J. Simonsen – Askov, Minn., Nov. 17, 1936



Standing Rock Monument at Fort Yates - photography by Christine Carlson

UP TO \$70,000 IN CASH PRIZES

Come \$ ON Down!

FEB 1ST - 29TH



Saturdays
6 pm - 9 pm

Start earning entries*
Sunday, January 26th.

- Three (3) winners an hour each Saturday night.
- Eleven (11) winners could win up to \$1,000!
- One (1) final winner during the 9 pm hour could win up to \$3,000!

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

FOLLOW US:



Keep up to date on social media with drawings, info, promotions & entertainment.

LIVE IN THE OTTER CREEK EVENT CENTER

"STAR OF THE HAUNTING OF" *Kim Russo*

-THE HAPPY-MEDIUM-

LIVE READINGS
& AUDIENCE
INTERACTION

MARCH
6TH

DOORS OPEN 6 PM
SHOW AT 7 PM

TICKETS \$30 - \$50
AVAILABLE AT THE PLAYERS CLUB OR ONLINE
blackbearcasinoresort.com



Make The Bear
your place!

Legal News

Officer Spotlight: Kevin Holshouser

I'm Kevin Holshouser, I've been with the Fond du Lac Police Department for a little over five years now. I am a descendant of an

Enrolled Fond du Lac Band member.

Something unique or interesting about me is I guess as a police officer on that side of it, is that I'm huge into music. That's

not really all that common in the police world for some reason, the music part. So it's kind of unique.

I was very young when I decided I wanted to be a police officer. My grandpa was a lieutenant for the St. Louis County Sheriff's office when I was growing up. He retired from there back in about 1990 and

I always just found it really interesting—his job and what he did. And the stories that he told working for St. Louis County.



The community policing model is great, it gives us a great opportunity to interact with the community at the community centers,

at community events bringing the community kind of into our world and submersing us into also the community's world, putting us on that equal level where we can communicate and understand each other a lot better. Also I have found that through community policing and knowing the people that

you're working with and talk to on a day-to-day basis, it makes this job so much easier to know them on a personal level as well, or even on a professional level, when you know the person that you get called to their house for an emergency or something like that. It makes it more comfortable for us and the person who is calling.

I chose to work for Fond du Lac because I had done my internship through Fond du Lac and I really like the department with the huge training aspect. Fond du Lac officers probably have some of the most hours of training of any police department that I know of. That is something that I love to do and participate in is training and I do a lot of the training for the police department.

My favorite part is the training. Training those

new officers and watching them grow into police officers that are helping their community. Just watching them grow as police officers and really excel at the job that they do, and just being able to be a part of that. The training is probably the best part.

The most satisfying aspect is being involved in the community and being the person that people go to for help. I think that's a very satisfying feeling when people are asking me for help.

Something about me that people may not know is I love the outdoors. That's something that I do when I'm not working. I love to be outside, whether it's snowboarding, fishing, out at the lake; whatever I can do outside is what I'm doing on my days off.

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.

The meetings in 2020 will be Jan. 10, Feb. 14, March. 13, Apr. 10, May 8, June 12, 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.



Here is a photo submitted by the FDL Historical Society, if you have any information on the picture, please contact them, or stop by a meeting at the Resource Management building.



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:

- ABRAMOWSKI, Brian Lee
- BURLINGAME, Donna
- *CASSIDY, Denise
- CICHY, Gerard
- CICHY, Leslie

- COUTURE, James A.
- DEFOE, Roy, Jr.
- DEFOE, Richard G.
- DIVER, Robert "Leroy" John
- DOUGLAS, Mime
- DUFAULT, Dustin D.
- ELLS, Patricia
- ENGLER, Catherine
- FARRELL, Margo J.
- GOODREAU, Marcie, L.
- HAARSAKER, Brenda
- JANSEN, Mary Jo
- KLASSEN, Llorra A.
- LAFAVE, Darren Houle

- LAFAVE-KING, Jacqueline
- LAPRAIRIE, Robert
- LEE, Patricia J.
- LITTLEWOLF, Theodore L.
- MAGNUS, Karen A.
- MAJOR, Barbara
- MARTIN, John Francis Jr.
- MARTIN, Kim I.
- MARTINEAU, Loretta C.
- MARZINSKE, Florence
- MARZINSKE, Larry
- MUELLER Neva
- OLP, Madison S.
- OWENS, Louise K.

- OSCEOLA, Bonita
- SAVAGE, Mark
- SIROIS, Warren
- SMITH, Robert W.
- SOULIER, Gary
- ST. GEORGE, Richard J.
- THOMPSON, Henrietta
- THOMPSON, Lester P.
- TUTTLE, James
- VANERT, Patricia A.
- WIENKE, Barbara
- WILLIAMSON, Donna M.
- ZIEBARTH, Frances M.



Health News

Healthy Heart

By Kara Stoneburner, RDN LD,
Community Health Services Dietitian

Every February 14 is Valentine's Day. On Valentine's Day, hearts are a popular symbol. Why not make your heart a healthier one this month? The American Heart Association has the following advice to help prevent cardiovascular disease (heart disease).

1. Calories in should be equal to calories out

a. Eating more calories than your body uses can cause the excess to be stored as fat on the body, thus increasing body weight. Making healthier food and beverage choices and increasing physical activity are ways to keep the balance. If you are looking to lose some weight, in a simplified world, calories in should be less than calories out.

2. Monitor portion sizes

a. Use smaller plates, bowls, and glasses at mealtime
b. If eating out, share the meal or divide it into two or three servings that you can take home for the next meal.

3. Increase your physical activity

a. Increasing your physical activity and/or the intensity of the physical activity can reduce the risk for heart attack, help manage weight better, decrease blood cholesterol, reduce the risk for type 2 diabetes and some cancers, reduce blood pressure and strengthen bones and muscles
b. Aim for at least 150 minutes a week of moderate physical activity. Examples of moderate activity includes brisk walking, water aerobics or dancing
c. Be sure to check with your Healthcare Provider before increasing your activity.

4. Eat a variety of nutritious foods from ALL food groups

a. Consume a variety of fruits and vegetables without high-calorie sauces or added sugars. Replace high-calorie foods with fruits and vegetables
b. Choose whole grains most often. Examples of whole grains include brown rice, 100% whole wheat bread, oatmeal, whole wheat pasta and barley. Whole grains typically are higher in fiber which helps with elimination and provides a "full-feeling" longer
c. Choose fat-free or low-fat dairy options
d. Choose skinless poultry and fish more often and leaner cuts of red meat cooked in a healthy manner
e. Increase nuts and legumes
f. Choose a healthier oil, such as olive, canola or sunflower, when needed. Replace saturated fats with healthier monounsaturated and polyunsaturated fats.

5. Eat less of the nutrient-poor foods

a. Limit saturated fats, trans fats, sodium, sweets and sugar-sweetened beverages
b. Reduce foods and beverages high in saturated fat and calories but low in nutrients

6. Read food labels

7. If you drink alcohol, drink in moderation

8. Drink more water.

Chocolate and flowers are also popular on Valentine's Day. Using the AHA advice above, how would chocolate fit in a healthy diet? It is okay to have a small treat on occasion. Not the whole box of chocolates, not every day. Limit yourself to one or two pieces on that special day and then share the rest or throw them out.

Obesity and Cancer

By Denise Houle,
Cancer outreach worker

Did you know that being overweight or obese increases your risks for getting cancer? American Indians and Alaskan Natives have much higher rates of getting lung, colorectal, liver, stomach, kidney, and many other types of cancer compared to the non-Hispanic white people in the United States.

Overweight and obesity for our children is on the rise. Being obese or overweight as a teen can increase the risk of colon cancer later in life. The higher amounts of body fat are associated to increased risks of a number of different cancers including:

- Endometrial- 2-4x more likely and risk increase with increased weight gain
- Esophageal adenocarcinoma-2x as likely, however 4x as likely for extremely obese people
- Liver-2x likely and stronger in men
- Kidney-2x as likely to develop renal cell cancer which is the most common form of kidney cancer
- Pancreatic- 1.5x higher
- Colorectal-30% more likely for men and women, however higher in men
- Gall bladder- 20% increased risk

- Breast- postmenopausal and obese women have a 20-40% increased risk for developing breast cancer, however obesity for men is a risk factor also
- Ovarian- increased risk for women who have never used hormone therapy
- Thyroid- 10% increased risk for obese or overweight people.

Risk factors include: commercial tobacco use, drinking sweetened beverages, alcohol use, lack of physical activity, diabetes, obesity, exposure to carcinogens (substances that can cause cancer), viral hepatitis infection, and helicobacter pylori (leading risk factor to stomach cancer).

What can we do to decrease these risks?

- Provide education to understand benefits to the screening services
- Provide tobacco prevention programs
- Teach how to maintain a healthy diet and increase physical activity
- Reduce exposure to these risk factors by providing preventative services.

Sources: Center for Disease Control (CDC) www.cdc.gov and National Cancer Institute (NCI) www.cancer.gov

Did you know?

To be eligible for Purchased/Referred Care (PRC), all other insurance resources must be exhausted prior to being eligible for PRC funding. If you are uninsured, you must apply to be eligible. Please update PRC staff with all applicable insurance information.

Also, you must notify PRC staff within 72 hours of all emergency room visits. (218) 878-3733.



Health News

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

“OUR CHILDREN ARE OUR FUTURE”

STATE OPIOID RESPONSE PROGRAM SOR



A temporary, limited assistance program for participants with past or present opioid or other addictive, qualifying substance

A one-time opportunity to access assistance with obtaining/maintaining housing.

Eligibility:

- Past or present opioid/other qualifying addictive substances
- Homeless or in danger of being homeless/threat of eviction
- Newly housed/formerly homeless, in need of assistance of supplies/necessities for unit. (limited funds)
- A willingness to participate in case management and steps toward obtaining/maintaining housing

Call for an appointment:

- Andrea Linton | 218-855-3632
- Valerie Whitebird | 218-878-8055
- Barbara Perttu | 218-878-3883
- Sharon Luukkonen | 218-878-3880
- Tracy Mullen | 218-878-3709



Types of allowable assistance:

- Damage deposit/first month rent
- Temporary hardship rental assistance (1-2 months)
- Utility assistance (electric, gas, propane)
- Car repairs (if vehicle is used for employment, employment search, school, treatment, other for purpose of obtaining/remaining housed)
- Limited furnishings – beds, kitchen items, futon (necessities)
- Fine/fee assistance to reinstate driving privileges (limited)
- Moving expenses (moving truck rental)
- Treatment expenses
- Invoices are required for all services

Not Allowed:

- Hotel stays
- Vehicle purchases
- Long term rental assistance
- This program is temporary, funded by the State Opioid Response grant. Clients are required to participate in case management.

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



Health News

Fond du Lac Tribal College Extension Program Presents

Air Force Academy and Self Defense

When: February 27, 28, 29, 2020

Where: Your space or Cloquet
Com. Center ENP/CC or Gym

Time: 9:00 - 12:00 Thursday

1:00 - 4:00 Thursday

9:00 - 12:00 Friday

1:00 - 4:00 Friday

Kids 9:00 - 4:00 Saturday

Catered meal @ CCC gym



Come and learn how to increase resiliency when faced with a lock down or a stressful situation, learn how to defend yourself, learn how to diffuse a situation, how to escape if someone grabs your hair, disarm someone with a knife or gun and more! This training is helpful for all but especially those front line workers. Meet a Native American Air Force Academy Cadet. Listen to her story. Everyone is welcome to attend. Call to reserve your department's day of training.

Please RSVP to Cindy Molacek 218-878-7132 or cindymolacek@fdlrez.com

This workshop is open to Fond du Lac and the Surrounding Communities

This workshop supported by USDA RHSE grant awarded to FLDTCC



Fond du Lac

Tribal & Community



College



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.

13 Moons FDLTCC Extension Program Snowsnakes Workshop and Tournament!



Contact: Phillip Savage

218-878-7123

phillipsavage@fdlrez.com

For questions/sign-up!

Snowsnake Presentation/Tournament (all ages): Sat, February 15, 2020
9–5 p.m.

Ojibwe School

Lacrosse Presentation & Games in Gymnasium(all ages)

Join us Saturday at OJS to hear the story of snowsnakes and learn the game! Lunch will be provided at 12pm.

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

Please contact Phillip Savage at 218-878-7123



Sign up to the 13 Moons listserv for the latest information on workshops and events by emailing 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

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)- Giziibiigiis-aginige-giizhigad
Sunday(last work day or prayer day)- Ishwaa-anokiigiizhigad or Anami’e-giizhigad
Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

- AANIKOOBIJIGAN/Ancessor
- BAGAAN/Nut
- BIIWAABIK/Iron
- GIIGOOZENS/Minnow
- GINZHIZHAWIZI/Hard Worker
- GIZHEWAADIZI/Generous
- GWAASHKWANI/Jump
- INDOODIKOSIW/Kidney
- MAKADEWAABIKIZI/Eclipse
- MISKWAABIK/Copper
- MOOKOJIGAN/Draw Knife
- OGIMAAWIWIN/Leadership
- WAAWAATESI/Firefly
- WIIGOB/Bass Wood



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.

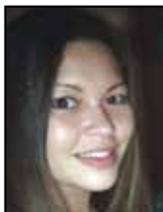
Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Feb. 14, 2020 for the March 2020 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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 8th birthday **Paeton Holm** (Feb 1)! We hope your birthday is filled with love, laughter and happiness! We love you so much my girl!
Love, Jake, Mom, Jordan, Mariah, Ty and Kawhi

Happy birthday **Tia Tokkesdal** (Feb. 9)
From your family and fur babies



Happy birthday **Alvin R.** (Feb. 13)
JM

Happy 11th birthday **Mariah Holm-DeFoe** (Feb. 16)! Another year older, watch out world! We hope you have a blast celebrating with family and friends! We love you very much my girl!
Love, Jake, Mom, Jordan, Ty, Paeton, and Kawhi



Happy golden birthday to my baby girl **Noel Redding** (Feb. 18). I am very proud of the young lady you have become, don't change a thing. Enjoy your special day.
Love you to the moon and back and more - Mom

Happy birthday **Avery Misquadace** (Feb. 21) get on the ball about your life.
Love, Grandma Jean

Wishing a happy birthday to **David Petite Jr** (Feb. 21), 34 yrs old, have a great day.

Love, Mom, April and Markiss, and Royce, James and Kayla and Tato, Dez, Sabrina and Rylan

Happy 7th birthday to our amazing son **Travis Brown Jr** (Feb. 25), we love you to the moon and back a million times.
Love, Mom, Dad, Laila, and Kahari



Happy 60th birthday Dad/Papa **Brian Wait** (Feb. 26)! Your children and grandchildren wish you the best birthday! You don't look a day over 59 haha, just kidding! We love you so much! Don't party too hard old man!
Love, Your Kids and Grandkids

Happy Anniversary

Happy 26th anniversary Grandpa and Grandma, **Scott and Lisa Aspinwall** ()
Love, Kayson, Kade, Kole, and Baby Rita

Thank you

I just wanted to say thank you to all of the community centers for having such an amazing Christmas party that you all put on each year. This year was amazing and I absolutely loved the Brookston Community Center's decorations and the food was great and the gifts that were handed out to the community were so nice too. All the staff did such a great job. I also saw a lot of good comments and neat pictures on Facebook from some of

the community members regarding the Cloquet & Sawyer Community Centers' Christmas parties too. All the pictures look like everyone had a great time. Thank you to all the community centers' staff for putting on such amazing parties! *Victoria and Roger "Bouda" Smith and family.*

The family of **Denise Locke Cassidy** thanks the Fond du Lac Band for its financial help with memorial service costs. We are also grateful for the beautiful floral arrangement. Your kindness and generosity will be remembered for a long time. Thanks again.
Deborah Locke, Kevin Locke, and David Locke

Obituary

Karen "Katy" Ann (DeFoe) Hegg, age 69 of Corcoran, journeyed into the Spirit World on November



29, 2019. She was born in Knife Falls Township, MN to Francis and Virginia (Northrup) DeFoe. Katy grew up in Duluth and finished high school in Walker, MN. Following her graduation, she briefly attended the Minneapolis College of Art and Design, focusing on photography. In 1974, she met her future husband, Don Hegg, and the two were joined in marriage in 1983. They made their home in Corcoran since 1982. Katy and Don enjoyed travelling all over the country together, and many of their trips were spent on the warm, sunny beaches of Hawaii and Jamaica. Katy held positions in

various fields of work: Federal Reserve Bank for 10 years, flight attendant for Champion Air, and was an usher at Target Center for 25 years. She was also a member of the Fond du Lac Band of Lake Superior Chippewa. Katy loved to shop, try her luck at the casino, and take a lot of pictures on her trips.

She is preceded in death by her parents; and siblings, Charles, Glen, Francis, Laura, Brenda, Sharon, and Richard.

Katy is survived by her husband, Don; son, Justin (Sharla) DeFoe; sisters-in-law, Julie (Tim) Moore and Ann Hegg; brothers-in-law, Roger (Bonnie Lee) Hegg, Bill (Sue) Hegg, and Mark (Paula) Hegg; and numerous nieces, nephews, and other relatives and friends.

Katy was the last of her immediate family and is greatly missed.

Beverly Germaine (Smith) Gitzen, age 87 of Cloquet, MN passed away on



Saturday, January 4, 2020 at St. Luke's Hospital in Duluth. She was born in February 12, 1932 to William J. and Evelyn (Gurno) Smith in Cloquet. Bev was a proud member of the Fond du Lac Band of Ojibwe. She was employed various places over the years including Diamond Match, Northwest Paper and retired as a teacher with Fond du Lac Head Start. Bev enjoyed painting ceramics, watching the MN Vikings, crossword puzzles and visiting at the elder's dinners and picnics.

Bev was preceded in death by her paternal grandparents, Joe



Community News

and Charlette (Houle) Smith; maternal grandparents, Gus and Mary (Rabideau) Gurno; parents, Bill and Evelyn Smith; husband, John Gitzen; brothers, William "Pat" Smith and Sherman "Dale" Smith; sisters, Roberta Pelofske and Mary Koski; nephews, Stewart and Scott Smith; nieces, Shelly Smith, Terri Dubla and Memorie "Nonie" Smith; and brother-in-law, Martin Koski. Bev is survived by her son, David (Darilyn) Gitzen; her longtime friend, Sharon Tebay and numerous nieces and nephews.

Terry A. Ojibway, 68, of Chippewa Falls, passed away peacefully Monday, December 30, 2019 at home surrounded by family.



He was born August 15, 1951 in Eau Claire to Edward and Margaret (Hanson) Ojibway.

He attended Fall Creek High School and afterward Terry had a lifelong career serving his country. He was in the U.S. Military and served honorably in multiple branches. He retired after 24 years with the U.S. Coast Guard. In retirement, Terry kept busy doing his main passions of cooking and volunteering for multiple benefits and events. He was quick to lend a hand wherever it was needed. On December 12, 2011, he married the love of his life, Mary Kempe, and was instantly fulfilled with children and grandchildren. Over the years, Terry enjoyed playing pool, music (listening to and entertaining others), and spending time with family. Most of all, he enjoyed being Grandpa!

Terry is survived by his wife, Mary; children, Scotty (Tanya) Kempe, Billie (Bryan) Goettl, Rocky (Stephanie) Kempe and Alicia (Bruce) Olson; grandchildren, Makita, Tucker, Makendal, and Makaiah Kempe, Cody Goettl, Basia Olson, and Kara and Brynn Kempe; siblings, Dale (Brenda) Ojibway, Nancy Ojibway, Daniel (Deb) Ojibway and Dawn (Dick) Mrozinski; many nieces, nephews, relatives, friends; and his beloved dogs, Casper and Chief.

He was preceded in death by his parents; sister, Judy; brothers, Michael, Steven, Tim, Jeff, Larry, and David; and special dog, Maya.

Loran "Lorny" James LaFave, "Fashquaz" 77, of Cloquet, passed away at his home on Monday, January 13, 2020.



Loran was born October 4, 1942 in Cloquet, MN to John and Mary (Livingston) LaFave. He was a member of the Fond du Lac Band of Lake Superior Chippewa. Loran retired as a foundry worker. He enjoyed talking basketball with his grandchildren, especially his Golden State Warriors, playing cribbage, and making his monthly trips to the casino. Loran will always be known for his infectious laugh and for being quite the heartbreaker.

Loran was preceded in death by his parents; his sons Jerry and John; his brothers Lloyd, Leonard, and Lyman; and sisters Loretta and Lois.

He is survived by his children Richard (Jody) LaFave, Sherry (Caroline) LaFave, Loren LaFave

Jr., and Brad (Margaret) LaFave, 14 grandchildren, 12 great-grandchildren, and his beloved bird Sabrina.

Elizabeth Ann Marrone, age 69 of Saint Paul, Minnesota journeyed to the spirit world on January 13, 2020 at the Maplewood nursing home in Maplewood, Minnesota. She was born on October 2, 1950 in Cloquet, Minnesota the daughter of Warren Holeman and Catherine Tiessen.



Elizabeth enjoyed listening to music, Johnny Cash and Motown were her favorite. She was a social person, who liked to have a good time. Elizabeth loved to go fishing, camping, playing cards, Cribbage, Rummy, Bingo, stuffed animals and animals. Family was important to Elizabeth, she enjoyed spending time with them. A caring heart for those in need. She would volunteer her time making sure those around her were cared for.

Survived by her sons: Matthew Marrone - Menter, Gilbert Belsheim, Michael Johnson, Timothy and Robert; daughter: Christin Styles; brothers: Richard Powers, Roger Martin and Kelly Tiessen; sisters: Charlene Skluzacek, Arlene Tiessen and Karen Durfee; 8 grandchildren; 3 great-grandchildren and many other loving relatives and friends.

Preceded in death by her parents: Warren and Catherine; husband: Robert Matthew Marrone Sr.; brother: Raymond Tiessen and many other loved ones.

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 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

Namebini Giizis –Sucker Moon– February 2020

ALR: Assisted Living Residence; BBCR: 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
<p>Snowsnakes workshop Feb. 15 9 a.m FDLOJS</p>	<p>State of the Band Feb. 20 5:30 p.m. BBCR</p>	<p>Learn to LAX clinic Feb. 22 CCC</p>	<p>Honor song round dance Feb. 25 4:30 p.m. CCC</p>	<p>Self Defense class Feb. 27, 28, and 29 9 a.m. CCC</p>	<p>Gitigaan Starts March 3</p>	<p>Come & Swim & use the gym</p> <p style="text-align: right;">1</p>
<p>Come & Swim & use the gym</p> <p style="text-align: right;">2</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">3</p>	<p>Get Fit 12 p.m. CCC</p> <p style="text-align: right;">4</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">5</p>	<p>Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">6</p>	<p>Weight management support 1 p.m. MNAW</p> <p style="text-align: right;">7</p>	<p>Come & Swim & use the gym</p> <p style="text-align: right;">8</p>
<p>Come & Swim & use the gym Elder movie morning 11 a.m.</p> <p style="text-align: right;">9</p>	<p>Elder water aerobics 8:15 a.m. CCC Moose Hide Camp 9 a.m. FDLRM Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">10</p>	<p>Moose Hide Camp 9 a.m. FDLRM Get Fit 12 p.m. CCC Caregiver support group 12 p.m. CHS Constitutional Convention Reform Meeting 5 p.m. BCC</p> <p style="text-align: right;">11</p>	<p>Elder water aerobics 8:15 a.m. CCC Moose Hide Camp 9 a.m. FDLRM Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC Adult game day 1 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">12</p>	<p>Moose Hide Camp 9 a.m. FDLRM Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">13</p>	<p>Moose Hide Camp 9 a.m. FDLRM Weight management support 1 p.m. MNAW</p> <p style="text-align: right;">14</p>	<p>Come & Swim & use the gym Snowsnakes workshop 9 a.m. FDLOJS</p> <p style="text-align: right;">15</p>
<p>Come & Swim & use the gym Family movie morning 10 a.m.</p> <p style="text-align: right;">16</p>	<p>Presidents' Day (Closed)</p> <p style="text-align: right;">17</p>	<p>Get Fit 12 p.m. CCC Parenting second time around 1 p.m. CHS</p> <p style="text-align: right;">18</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW</p> <p style="text-align: right;">19</p>	<p>Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC State of the Band 5:30 p.m. BBCR AA Support 6 p.m. CCC</p> <p style="text-align: right;">20</p>	<p>Weight management support 1 p.m. MNAW</p> <p style="text-align: right;">21</p>	<p>Come & Swim & use the gym Learn to LAX clinic CCC</p> <p style="text-align: right;">22</p>
<p>Come & Swim & use the gym Elder movie morning 11 a.m.</p> <p style="text-align: right;">23</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC</p> <p style="text-align: right;">24</p>	<p>Get Fit 12 p.m. CCC Honor Song Round Dance 4:30 p.m. CCC Constitutional Convention Reform Meeting 5 p.m. SCC</p> <p style="text-align: right;">25</p>	<p>Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Sobriety feast 6 p.m. CCC</p> <p style="text-align: right;">26</p>	<p>Self-defense class 9 a.m. CCC Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC</p> <p style="text-align: right;">27</p>	<p>Self-defense class 9 a.m. CCC Weight management support 1 p.m. MNAW</p> <p style="text-align: right;">28</p>	<p>Come & Swim & use the gym Self-defense class 9 a.m. CCC</p> <p style="text-align: right;">29</p>

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