

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



Roger Smith, Sr., FDL District III (Brookston) Representative; Cathy Chavers, Boise Forte Chairwoman; Mary Kunesh, MN State Senator; Juliet Rudie, MMIR Director, and Kevin Dupuis, Sr., FDL Chairman, pose with the newly created MMIR/MMIW license plates at the ceremony Dec. 20. Photo courtesy Rita Karpinnen.

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# Local News

## Minnesota Chippewa Tribe Constitutional Convention

By Mildred R Holmes

### Foreword

Ahniin, Boozhoo? Niiganabiik indizhinikaaz Makwa Doodem, Aasabiikone Saga'iganing Indoonjiba. English: Mildred "Millie" Holmes is my name. I'm Bear Clan and I'm from Nett Lake. I was appointed as a delegate to the Minnesota Chippewa Tribe Constitutional Convention in 2017 and have attended every meeting either in person or by Zoom.

I volunteered to write a series of articles for Tribal newspapers presenting a summary of the Convention Delegates actions to date. I will not be giving a point-by-point summary nor will I be educating people on being Anishinaabe, Ojibwe, or tell you what your Clan is. This information is available to you on the internet by which resource I have listed within the pertinent section. Or you can get your tobacco ready along with gifts, if necessary, to ask an Elder to give you instruction as to specifics. Those of you who were fortunate to have a parent, grandparent, aunt, or uncle to teach you these things, are asked to have patience with those who weren't so instructed due to cir-

cumstances beyond their control.

### Contents

Things in Common

- Our identity as Anishinaabe, Ojibwe, Clan, Bands
- Our language with its dialects
- Our core beliefs and values as a people
- Our Clan system.

### Background

Since the various delegation to the Constitutional Convention started meeting in 2018/19, some time was spent on educating the Delegates. Then time was spent on the definition of Anishinaabe governmental system as it pertains to the Clans. Eventually, it was decided to table the breaking into Clans when a show of hands was taken as to Clan representation among the delegates. The majority, about 90%, were Makwa Doodem, Bear Clan with one Turtle, one Crane, one or two others. Some educational materials were developed by Anishinaabe Zaagibagaang <https://zaagibagaang.com/> gives an overview and history of the Anishinabeg and the Minnesota Chippewa Tribe. Their About Us page, <https://zaagibagaang.com/aboutus>, lists

some of our core values. They are available for presenting if a group would like to learn more about the Zaagibagaang or the MCT in person.

### Unity As a Tribe

Minnesota Chippewa Tribe

- Umbrella Constitution
- No specific treaty with the United States of America
- Six Bands/Reservations were coerced into becoming one entity without relinquishing their individual treaty rights, privileges, and obligations because the U.S. government wanted an easier way to distribute annuity funding.

### Umbrella Constitution

Some time was spent for each delegation to voice their opinion of the Minnesota Chippewa Tribe as an entity. Once it became clear that opinions were pretty much being repeated, the Convention Delegates as a whole used many of these in the shaping of the vision for the new Constitution.

There are three versions of a Constitution currently being worked on by the Drafting Committee:

- I. Version along the lines of our current Constitution
- II. Version that includes Tribal Clan system of government
- III. Version that is a hybrid of the

two.

During the pre-Pandemic meetings, there were many attendees of community members who gave their input and these were also considered and incorporated into our vision. What remains now is to get these into a Draft document to be presented to the people for their approval and get a vote on which one to adopt.

There is also the option to amend our current document which is generally met with disapproval by the more vocal members of the Minnesota Chippewa Tribe.

One viewpoint many delegates agreed with is that we'd like to make this document as complete as possible, so our "DESCENDANTS" don't have to deal with the very same issues as we've been dealing with these last 90 years.

### Differences

Individual Bands

- Concerns specific to each Reservation
- Each reservation has its own treaty establishing the Reservation boundary.
- Each Reservation has their own wants and needs.

### Individual Constitutions

The Constitutional Convention

Delegates have agreed these items can be addressed in their own Constitution specific to that Reservation. See "Why Treaties Matter" website at <https://treatiesmatter.org/treaties> for the list of all the treaties that pertain to us in Minnesota.

The Delegates have also agreed that the concept behind the organization of the Minnesota Chippewa Tribe will not be set aside in our effort to redefine the current Constitution. We need to keep united as a People and work through our differences.

Currently, the Minnesota Chippewa Tribe Constitution provides that each Reservation will have its own By-Laws. "A constitution and/or bylaw is/are how most groups write down their rules. The constitution contains the fundamental principles which govern a group's operation. The bylaws establish the specific rules of guidance by which the group is to function\*." The meetings follow Robert's Rules of Order\*\*. These cover the parliamentary procedures. Now, I'm unsure if this was taught in the current curriculum of schools and therefore might be a bit confusing. Copies of the official book are available at <https://>

*continued on next page*

## Nagaajiwanaang Dibaajimowinan

*Translation: Stories from where the water stops*

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

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

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

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

*Corporate Member of the  
Native American Journalists Association*

# Local News

from previous page

robertsrules.com/. I mention this because it might have to be adopted and put into effect for the Constitution, so it behooves us to learn these.

Now, there might be one or two who say it doesn't pertain to traditional. I say, there were rules that

were followed. Not every meeting was allowed to degenerate into fisticuffs. Thus a need to learn the Clan system.

Once the umbrella Constitution is decided on, each Band/Reservation will meet and write their own Constitution and/or By-Laws.

## Contributions You Can Make

Once the Bands start working

on their own Constitution/By-Laws, each community member is invited to continue to voice their opinions and views in the making of this document. Perhaps we'll need a discussion whether to reference our own treaties in this document or if each Band writes its own document incorporating its treaty at the local level.

You can check out the treaties at the link I mentioned above. Information is also posted on the Minnesota Chippewa Tribe website at <https://www.mnchippewatribe.org/>. There is a Facebook page which requires an invitation from a member. MCT Constitutional Convention Delegate meet every third Friday of the month which

is hosted by each Reservation and urban area in turn.

## Endnotes

\*<https://uwm.edu/studentorganizationmanual/starting-a-student-organization/org-help/structure-constitution-and-bylaws/>  
\*\* <https://robertsrules.com/>

## Getting to know: the FDL Housing Division

By Zachary N. Dunaiski

The Fond du Lac Housing Division (FDLHD) has undergone many improvements over the last handful of years to make the process of renting and owning an FDLHD home clearer. Mary Diver, the Housing Director since 2018 has resumed this position again and knows the frustration of big changes. People come in and ask several questions regarding the process now and the staff replies "It's policy." All policies are available to read at the office or on the FDL website.

"These policies and procedures were changed shortly before I returned as Director in 2018. They are made more assertive than the past ones," Diver said. "We now have a court for Evictions, this is beneficial for both the housing staff and the tenant. It removes the potential of anyone being politically involved. We never had that before."

One of the biggest changes to housing is not having the RBC involved with everyday operations of the division. Although they are the tribal designated housing entity they have allowed the division to operate on policy and procedure already put in place. Any and all changes

filter through them through the Housing Committee. Additionally, enforcing these policies have been key in staying in compliance. These range from rent payments, security deposits, tenant abuse, eligibility, occupancy and admissions and termination etc.

The Housing Committee is the arm of the RBC. The committee doesn't deal with the administrative side of housing. Everything the committee does runs on policy and procedure from Petition for Recognition, grievance hearings, selections, and request to address. They recently made change to the committee by having 6 members on the committee from 5 members. Two members for each district, they now have more than one meeting a month in order to stay on top of the required responsibilities they hold. It also allows more representation for each district.

The Housing Division has many Federal Regulations to follow under HUD's Program Native American Housing and Self Determination Act of 1996 (NAHASDA). So, while FDL runs housing like any other division, the rules and policies that we follow are not only set by NAHASDA but the Band must write their own as long as they

fall under Federal Regulations. For example, income is set by Federal Regulations. Housing is not allowed to charge anyone over 30% of income. We set ours at 25%. Annual income cannot exceed what the government lists as the income amount. Eg. One-bedroom applicant cannot exceed \$50,400.00 income to be eligible for the program. The Band can also make policy regarding income, an example would be housing does not include Per Capita as income. The Band charges elderly members 1.00 in rent. These are just a few mentioned.

"We are low income Tribal housing, we are not no income housing, I say this because more policies are being developed to make changes to that," Diver said of the policy change. "A lot of our rental units as well as Homeowner units pay zero rent. This is going to change. Some income will be required."

Housing has 339 units ranging

from rental to homeowner and 2 elderly buildings with a 3rd being built in Brookston. You must be 52 or older to qualify for the Elderly's. The vacancies we have now are either due to death, crime/drug/illegally activities with an occasional abandonment.

Housing works with Law Enforcement on obtaining police reports. They will send over reports they obtain for one of our units so we are aware of what's going on. Housing needs teamwork in order to be able to provide safe and healthy communities.

The newest of all changes is Ordinance 02/09. This ordinance covers all areas of crime, drugs, and violence. It's for occupancy and admissions. It relates to the factors we all endure in housing and applying for housing. A lot of changes have been made to the Housing Program and many more will come in the foreseeable future. Times have changed since 1980. We must move

forward with these changes and make it what our Mission Statement says:

The Mission of the Housing Program of the Fond du Lac Band of Lake Superior Chippewa is to develop and maintain affordable housing activities. These activities will be solely for the purpose of providing descent, safe, sanitary housing and support services for the families of the Fond du Lac Tribe in a manner that promotes serviceability, economy, efficiency, stability and the economic and social well-being of the Fond du Lac Indian People.

Fond du Lac Housing provides a necessity to Band members in need of housing that may not be able to afford one otherwise, but there are rules to follow that may have been set out by RBC, Housing Committee, Tribal Attorneys, and NAHASDA.

Diver look forward to add additional articles to this paper on this interest. Housing is a big deal on this Reservation and we need to preserve it and make it last for generations to come.

**"The Mission of the Housing Program of the Fond du Lac Band of Lake Superior Chippewa is to develop and maintain affordable housing activities."**

# RBC Thoughts

## Cloquet News

Hello All



Wally Dupuis

I hope you all had a good holiday season and I wish you all a happy new year. With the holiday breaks and the winter weather shut downs our schedules became a bit hectic. Fortunately the Elder Christmas party did go off as planned. I was surprised at the large number in attendance. Despite the snow storms and below zero weather that we were having, a lot of Elders and their families did make it. I would like to say thank you to all that attended and a special thanks to those that organized the event and made it all happen.

Some of the construction projects we are working on include the building of the child care center and the remodel of the office spaces here in the tribal center. I know the weather had shut down the child care center project for a few days but they are coming along nicely now as the walls and the roof are up now and they will be working inside soon. The tribal center remodel effects the commons area here so staff and visitors will have to work around some of the construction debris.

The project in the compound area is nearly complete however sidewalks and some other finishing will start again in the spring.

Our motor vehicle division in conjunction with the Boise Forte motor vehicle department held a ceremony at the Black Bear Casino to introduce the new MMIR, MMIW (missing and murdered indigenous relative/woman) license plates. These plates represent the many years of our struggles and at the same time are a show of sovereignty.

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

## State of the Band 2023



# RBC Thoughts

## RBC Updates

The Fond du Lac Reservation Business Committee is committed to increasing transparency for the citizens of the Band. Administration provides a weekly recap RBC Member activities. The week of December 12th, 2022 – December 16th, 2022 the Band's elected officials:

### Monday

- Discussed Fond du Lac Development & Management Budget meetings to review and finalize 2023 Budgets.

### Tuesday

- Attended the Minnesota Department of Human Services Consultation. Topics of discussion were: Funding for PTSD and how it relates to opioid abuse. Traumatic Brain Injury (TBI) as it relates to childhood trauma. Fond du Lac becoming a LEAD Agency in order to receive direct funding rather than funding being administered by the counties.

- Participated in the Carlton County Indian Child Welfare Act (ICWA) meeting.

### Wednesday

- Completed the Weekly RBC Meeting- Agenda available upon request.

- Chairperson Dupuis attended the Midwest Alliance of Sovereign Tribes (MAST) meeting in Southern Minnesota.

Wednesday evening and all day Thursday District III Representative Roger Smith Sr. assisted Public Works in plowing out elders, folks on the medical conditions list, and also assisted in clearing of Band properties.

A special chi miigwech to the snow plowers, shovelers, and good relatives that helped out with the snow storm! You are greatly appreciated!

### Thursday

- Tribal Programs were closed due to snow storm.

- Chairperson Dupuis attended the Midwest Alliance of Sovereign Tribes (MAST) meeting in Southern Minnesota. Met with the Minnesota Governor Walz and Lt. Governor Flanagan for Tribal Summit.

### Friday

- Attended Elder Christmas Party
- Attended Virtual Meeting with REDW to discuss the Fond du Lac Employee Compensation Study. Topics of discussion were: Timeline for completion of the wage study. Identifying mission critical positions to make those positions a priority in order to implement wage adjustments for those positions prior to the entire study being completed. Full report and deliverables to be completed in March.

The week of December 19–23, 2022 the Band's elected officials:

### Monday

- Visited Dynamic Homes in Detroit Lakes - Dynamic Homes is a company that manufactures modular homes. Chairman was scheduled to go and check out the companies inventory and what they can produce for FDL for future expansion.

- Monthly Enbridge Meeting

### Tuesday

- Held the MMIR/MMIW License Plate Event. Fond du Lac Band and Bois Forte Band launched Missing and Murdered Indigenous Relatives/Women license plates to raise awareness of this epidemic. Fond du Lac Band members living within the boundaries of the reservation can buy these plates through the motor vehicle department.

- MN Housing Finance meeting
- Discussed proactive plans for the upcoming snow storm

### Wednesday

- Met with FDL Lobbyist to discuss various topics for 2023.

- Discussed NAGPRA Regulations.

### Thursday

- Weekly call with the Minnesota Governor and Tribal Leaders

### Friday

- Tribal programs are closed for the holiday weekend.

Chi miigwech to the snow plowers, shovelers, and good relatives that helped out with the snow storm! You are greatly appreciated!\*

The week of Jan. 2-6, 2023 the Band's elected officials:

### Monday

- Chairperson Dupuis attended the inauguration ceremony for Governor Walz and Lt. Governor Flanagan

"We wanted to have a representative of the Band present at their inauguration because their reelection is a benefit to Indian Country.

It is important that we do our due diligence as well as part of Minnesota Executive Orders 10-65 (10-65 Government-to-Government relationship with Tribal Governments) and 19-24 (Minnesota Executive Order 19-24, "Affirming the Government-to-Government Relationship between the State of Minnesota and the Minnesota Tribal Nations: Providing for Consultation, Coordination, and Cooperation"), to be at the table, and to have our voices heard," Chairman Kevin Dupuis Sr. said about being present at the inauguration. FDL is willing to sit down

with anybody to increase the lines of communication and a number of Minnesota Departments have reached out to FDL to have those thoughtful discussions. The RBC is committed to continuing those discussions whenever possible.

- Tribal programs were closed for the holiday.

### Tuesday

- Met with Communications Director and Accounting staff to discuss financial information that will be presented at the State of the Band Address.

### Wednesday

- Weekly RBC meeting, agenda available upon request.

- Early release due to inclement weather for tribal programs.

### Thursday

- Weekly RBC meeting, agenda available upon request.

- Met with Language and Cultural staff including FDL Tribal College Language

Program staff. To discuss possible ways for the two programs to work together toward their common goals of teaching our language.

### Friday

- Met on NAGPA regulations
- Representative Smith attended Zoom meeting with Wilder Research and MMIR Office to discuss upcoming project. Representative Smith will be a Consultant to Wilder Research and any compensation will be paid to the Fond du Lac Band for his time.

Elected officials also met with community members, checked

e-mail, and answered phone calls throughout the week.

Administration provides a weekly recap RBC Member activities. The week of January 9th, 2023 through January 13th, 2023 the Band's elected officials:

### Monday

- Duluth Public Schools Consultation – discussed graduation rates and plans for success to continue to improve. Discussed attendance, upcoming curriculum plans, cultural plans/activities, along with various programs for indigenous students.

- RBC reviewed interview questions for the Executive Director position.

- Discussion and clarification about the Line 3 & Line 4 Clearing RFP.

- Attended Education Equity Advisory Committee EEAC meeting –RBC invited to tour Lowell and had discussion about transportation needs from the Cloquet area to immersion school.

### Tuesday

- Attended the Carlton ICWA Court Meeting.

- Attended the Tribal State Relations Training.

### Wednesday

- Weekly RBC meeting, agenda available upon request.

### Thursday

- Met with the Cloquet Area Fire District Meeting.

### Friday

- Attended the Native American Grave Protection and Repatriation Act (NAGPRA) regulations listening session.

- Attended the Native Farm Bill Roundtable discussion. *Gizhewizin naa ge Ayaang-waamizin (stay healthy and be safe)!*



# More Local News

## Boys' basketball season starts strong

By Zachary N. Dunaiski

The Fond du Lac Ojibwe School boys' basketball program has had many successful years over the past decade and plans to continue that this year. No one understands that more than first year Head Coach Cam Thompson.

While Thompson hadn't ever coached at the varsity level before this year, he has experience coaching AAU and as an assistant coach, and Thompson even played for FDL when the team played at the state tournament. All that time spent around the game gives Thompson great perspective on how the team is doing and he and the boys have high hopes for this season.

"We lost a few close games early in the season. Really, it was just the last two minutes of the game that slipped away," Thompson said about how the team is starting to find its groove here at about the midway point of the season. "But overall we're playing really well and things are starting to look good."

The team, which has a strong eight player rotation has lofty goals set for this season, goals that Thompson knows they can achieve.

"Our goal is to go all the way. We want to make it back to the state tournament and just bring that championship DNA back to Fond du Lac where it deserves to be," Thompson said of the teams focus here with only a few weeks left to go. "The boys are really working hard and coming to work every single day. So that's what we're looking for. We don't see any reason why we can't make it back to the state tournament."

The road to the state tournament

won't be easy with games against teams like Cherry, Nevis, and Mountain Iron-Buhl, but Thompson knows if the team remains focused and plays the way they're capable of, big things await them.

"We'll have some tough matchups, but as long as we don't beat ourselves, I don't see anyone beating us," Thompson said of those top teams in the section. "Those teams have won some big games recently, but like I said, if we play our game, I don't think anyone's going to beat us."

After struggling to finish games earlier in the year, FDL has been able to close out games more recently, including beating a very good Mountain Iron-Buhl in a close game at Fond du Lac in mid-January. That late game focus and solid team play has come from leadership and the team putting in long hours of hard work.

"They're teaching the younger guys as we go and they're growing in this season," Thompson said of the seniors guiding the underclassman through a rocky start to the season. "I'm not going to be worried about it when the time comes, it's just a learning curve. The younger guys just need to get more of that game experience too. It'll be a big thing for these younger guys, being in those pressure situations where they have never been before. Once that happens, we're going to be alright."

FDL will also continue to see that success grow as the team continues to improve on the defense end of the floor as they've definitely not had any problems scoring.

"We're definitely stronger on offense. I feel like that's just a DNA that we've been falling back on for a while. It's always been an of-



fensive cavalry for Fond du Lac," Thompson said of the success the team has found putting up points. "We still have that DNA, but we're definitely locking in and focusing more on defense. We're putting the work in there and really, putting a focus on our defensive end. We know if they cannot score, we control the game."

Thompson noted that the team has had success at times on defense, but that sometimes rebounding is the problem.

"We've just got to attack the rebounds. From what I've seen from the team this year is sometimes teams are getting 2-3 opportunities on the offensive end, that's hard to win that way," Thompson said of how the team was getting beat earlier in the year. "We'll put a lot of effort in, we just have to crash the boards, and when that happens, I don't think anyone's going to beat us as long as we can control what we control. We're a very good team."

The FDL boys' team is very

talented with great seniors and important additions from underclassmen, so Thompson could name almost any of his players as a reason for the team's success, but one player has been on an impressive run of games lately and coach couldn't ignore his success.

"Jordell Brown, he's a junior. He's a huge key on the offensive end for us and a big part of our rebounding," Thompson said of his Junior leader who'd just come off a 33 point game against Northwoods.

"Mukwa Bellanger too, even if he doesn't put up numbers on the offensive end, he always comes to work and gives 100% every time he's on the court, every time he's in practice," Thomson said about another star on the team.

"Dannin Savage, he's been big for us too. He's 6'4" in a single A class. There's not many who are going to be taller than him. So he's big for us in the post and definitely a huge help for the rebounds," Thompson said of his

big man.

Almost everyone got praise from Thompson who noted that it's their team effort that has gotten them some wins lately.

"I'm just looking forward to the rest of the season and watching them continue to grow as a team," Thompson said of his excitement as the team starts to enter the final stages of the season. "We have a well-rounded group of guys, different age groups. We also have had some good play from a freshman guard Chazz Martineau. He's actually my younger brother. He's our sixth or seventh man off the bench so he's going to be huge too, to come in and relieve some of our guards."

Fond du Lac knows what it takes to win, and Thompson sees that the group has the talent to make it to the state tournament once again. It's once again another exciting year for Fond du Lac basketball and we can't wait to see what they're capable of accomplishing this year.

# More Local News



## MMIR plates are available

Dec. 20, the Fond du Lac Reservation Business Committee along with the Bois Forte Tribal Council launched Missing and Murdered Indigenous Relatives (MMIR) and Missing and Murdered Indigenous Women (MMIW) Tribal License Plates.

The MMIR/MMIW license plates will bring awareness of this epidemic to the roads of the state and beyond.

Both Fond du Lac Chairperson Dupuis and Bois Forte Chairperson Chavers received the first license plate for their Tribal nation.

If you are a Fond du Lac Band member living within the Reservation boundaries and are interested in the new MMIR license plates feel free to reach out to our Motor Vehicle Department.



# Oh, How I Hate to Say Goodbye

by Christine Carlson

Forty years of research, thirteen years of stories, photography, friendships, adventures and love for the old village of Fond du Lac, this reservation and beyond. Getting to know the ancestors, people and places has been rewarding for sure. It is time to move on to another path in life. Many people are interested in their family history and ties to the past. I was happy to share glimpses or bits of history or maybe some answers or clues to your family's life or history but oh what a wonderful journey.

Thanks to Kevin Dupuis, Tami Diver and the Reservation Business Committee. Forty years of researching, it's like my child. Such emotion passing on a part of my heart and soul.

The Fond du Lac Band is in the process of buying my 40 years' worth of Fond du Lac Indigenous research and photography of significant tribal events: My first tribal, three-day event photographed, happened in August of 1984 up at Spirit Mountain and the event was called Ni-Mi-Win. In all the other pow-wows, none has surpassed this incredible, majestic pow-wow at Spirit Mountain.

It was good that this administration sent several reservation employees to my home. This shows that the administration is seeing that the band's money will be wisely spent. Three different visits to my home have been made

by six different Fond du Lac employees. The employees that came are Wayne Dupuis, Reggie Defoe, Evan Schroeder, Lance Northbird and Kami and Lynn Diver. My home and office have been open for view. My office area has been photographed; four packed, four drawer file cabinet drawers were opened to show the historical contents.

One of the drawers with just the last names starting with A-B contained 163 family file folders and was more carefully viewed. I have six, full drawers of reservation family files all in alphabetical order with documentation and history. One person always wondered about the deaths of two close relatives so many years ago. I pulled out two manilla file folders on that family and the news clippings regarding their deaths were both there in the folders. Long awaited answers were found. I also opened up other file drawers to show what was there. There are files of specific topics: treaty files, religious files, census files, birth, death and baptismal records, battles, fur trading files, etc. There are shelves of 3 ring binders and some in drawers. One 3 ring binder was requested to be more carefully viewed. There is also one long shelf of related books included. Requests were granted and an informal time of questions for me occurred around the kitchen table for all three visits.

I have shown my research skills and love for the people of this reservation, community and beyond through thirteen

years of well documented submissions and quality photography to the tribal newspaper Nahgahchiwanong. I am not a reservation employee and have been paid for these monthly submissions.

I have given hundreds of pro-bono (free) research hours, documentation and information to folks in this reservation for their success in significant tribal historical projects such as Biauswa Bridge renaming, Roussain Cemetery, Wisconsin Point, Minnesota Point and the tragic desecration of the old FDL Cemetery. As well as helping surrounding areas in getting the word out for justice, education and diversity. All this started out for the love of the old village of Fond du Lac in southwestern Duluth where I grew up and has been passionately continued through the years.

I know its going to a wonderful culture that is hungry for knowledge and clues to its past and going on to the future. For thirteen years, it has been my honor to provide researched stories and photographs for this newspaper. Thanks to the editors who have been so kind and open to my ideas and thinking "out of the box".

Embarrassed of the Anglo forefathers who were drenched in greed, assimilation and ruination of this unique culture. Wrapped in a blanket of warmth for looking at life in another way as I tried to do it with justice and understanding and learned along the way as both teacher and student.

And how my mother gave

birth to me in the back alley of Duluth's St. Luke's Hospital and they sent me to the contamination ward instead of the nursery. This was the beginning of my life. How adversity made me stronger and more resilient.

And how Gitichi Manitou lead the Carlson family to the old village of Fond du Lac in 1950. Wow what a place to grow up! A place filled with history and adventure and joy. Thanks to my dad and mom Walter H. Carlson and Erna (Olson) Carlson and sisters Mae, Joyce, Esther, Elizabeth and Margaret. Many thanks to my wonderful sons Jimmy and Keane Carlson.

And how I was the nosey one who wanted answers to questions and drenched myself with the culture and wonder of the land, air, water and ancestors of the past. Getting to know more elders and picking out a few historical tidbits, ones that caught my eye, made me cry or brought a smile that led me to a story that needed to be told.

And living next to Mission Creek filled with history and the troubled times with the missionaries who did not understand the culture or people they wanted to change or destroy. Just think what tenacity with all that adversity and yet the Indigenous survived and prospered.

And living next to an incredible family whose roots go way back to old Fond du Lac, the Rushenbergs. Dearest Grandma Hulda and Mildred (Rushenberg) Behning who was so

happy to share life experiences in the old village.

And best friend Vicky Hubbard whose family lived right on the old Fur Trading Post land next to the beautiful St. Louis River. We enjoyed such freedom to run around and experienced life and adventure on such sacred grounds.

And neighbors to the Shea family whose matriarch was Violet (Ostedt) Shea. She took a lot of photos and befriended Charles Roy whose connection to old Fond du Lac goes way back to the famous Roy family of Vincent Sr. and Jr.

And the employees and friends of the reservation and community that shared their insight and stories or information. During the search, how I was filled with emotion at such atrocities and how I cried; then laughed with joy and such excitement to find answers while looking for something else.

And what important and necessary knowledge to finally discover diversity after a "Anglo male" education in the public schools. To enjoy and share the incredible "melting pot" and significance of the historic western part of Duluth and beyond. The time has come for its glory to shine.

If anyone would like to email or drop a line, you may send it to Editor Zachary at the newspaper and he will forward it to me.

**Questions and Searching Lead to Answers - Keep on Looking as the Dead Lead to the Living**

**Chi Miigwich**

# Etc

## FDLOS Quarter 2 Honor Roll students

### A Honor Roll

Rhyenn Kesner -7  
Kali Shaw -7  
Savannah DeFoe -9  
Ava Fosness -10  
Opichi Petite -10  
Isabella Roy -10  
Naddia Ann -12

### B HONOR ROLL

Alexander Petite -7  
Onix Downwind -8  
Greenlee Fineday -8  
Emeliana Olson -9  
Gordon Yellow -9  
Joseph Wichern -10  
Allen Defoe -11  
Cheyenne Olson -11  
James Wichern -11  
Adrianna Cloud -12  
Maci Gringras Martin -12  
Dannin Savage -12

## FDLTCC announces 2022 fall semester

### Dean's List

Fond du Lac Tribal and Community College (FDLTCC) in Cloquet, Minnesota, is excited to announce more than 100 students attending the college during Fall Semester 2022 achieved high academic standing and earned Dean's List honors for the semester grading period.

Requirements for earning Dean's List honors at Fond du Lac Tribal and Community College include maintaining a GPA of 3.0 or higher while completing 12 or more course credits

during the semester. Students may take daytime classes, evening classes, weekend classes, online classes, or a combination of the above classes. A total of 1,656 full-time, part-time, PSEO, and College in the Schools students were enrolled at FDLTCC during the semester. 323 FDLTCC students were full-time and completed 12 or more courses during the semester making them eligible to earn Dean's List.

The following students earned Dean's List honors for Fall Semester 2022:

### Neebing, Ontario Canada

Daniel Walker

### Minneola, FL

Damien Franklin

### Ewa Beach, HI

Kaimana Preza

### Kansas City, KS

Jehoiada Goins

### Barnum, MN

Tirza Casper  
Elise Lehto  
Shelby Reynolds  
Shyron Sawyer

### Becker, MN

Michael Nowak

### Bovey, MN

Tyler Odden

### Brainerd, MN

Tricia Thomas

### Carlton, MN

Mikaela Bremer  
Abrianna Schmidt  
Megan Sherman

### Chisholm, MN

Addie Rikkola

### Cloquet, MN

Tyler Anderson  
Joshua Anderson  
Tanya Atallian  
Winnie Benjamin-Hall  
Keeanna Berglund  
Clara Dale  
Rachel Dickenson  
Maya Fairbanks  
Gy Houle-Mcfatridge  
Brittney Kemi  
Kyle Lahti  
Aaron Lamb  
Jordyn Landsverk  
Madyson Lawrey  
Reid Markfort  
Steven Martin  
Kylie McKeon  
Kristina Modich  
Abby Niemi  
Jordan Paulson  
Tate Pedro  
Sabrina Pensak  
Jennifer Perttula  
Brady Petite  
Hayley Pilcher  
Wendy Pilcher  
Tasheana Rule-Garcia  
Trinity Semo  
Kora Sims  
Kristen Smith  
Davis Smith-Barney  
Spencer Strand  
Brendan Strang  
Allie Tibbetts  
Mariah Willie  
Grace Zezulka

### Columbia Heights, MN

Aleah Walette

### Cook, MN

Jessianne Drift

### Coon Rapids, MN

Jake Semo

### Duluth, MN

Liam Bohlmann  
Catherine Dubois  
Jon Hansen  
Alex Holmstrom  
Zoe Jones  
Kaden Kucza  
Nathan Larson  
Jonathan Laughlin  
Brianna Mclean  
Emma Miranda  
Sandra Nordby  
Jenna Olsen  
Maxwell Peterson  
Anthony Sam  
Jesse Scanlon  
Andrew Schamberger  
Elizabeth Schilla  
Jake Swader  
Austin Wick  
Lydia Wiseman

### Esko, MN

Asher Jones  
Amara Liljegren  
Abrianna Madill  
Kiaya Perfetti  
Abigail Steinert  
Ava Townsend  
Jessica Wahlsten

### Gilbert, MN

Keiza Besemann

### Grand Marias, MN

Doran Acero  
Sadie Wilson

### Hermantown, MN

Jennifer Gonnerman  
Josselyn James  
Dionne Jarvis  
Haylee Johnson  
Rebecca Towner

### Hinckley, MN

Laikora Thompson

### International Falls, MN

Amelia Davis  
Owen Wherley

### Isanti, MN

Jazzmin Vannett

### Isle, MN

Michele Wanless

### Kerrick, MN

Olivia Lourey

### Kettle River, MN

Ivy Polecheck

### Mahtowa, MN

Evan Gustafson  
Aurora Salzer

### McGregor, MN

Katie Gould

### Minneapolis, MN

Louisa Lussier  
Simone Rendon

### Moose Lake, MN

Edward Couture  
Krysta Moore  
Rachel Werner

### Naytahwaush, MN

Precious Tibbetts

### Nett Lake, MN

Sierra Jensen

### Onamia, MN

Mariah Harrington  
Tracy Opager

### Pine City, MN

Shana Aubid  
Anthony Oustad  
Kensington Tayerle

### Proctor, MN

Kelsey Klitsch

### Saginaw, MN

Nicholas Kronzer  
Falisha Kwapick

### Sandstone, MN

Isabella Lourey-Bowen  
Alayna Matrious  
Gracee Petersen

### Sawyer, MN

Julius Northrup

### Silver Bay, MN

Marcus Small

### Sturgeon Lake, MN

Joni Johnson  
Jasmine Tezak

### Tamarack, MN

Naomi Nance

### Tower, MN

Brianna Whiteman

### Wrenshall, MN

Joseph Bergman  
Michael Cadotte  
Danielle Iatic  
Emma Port

### Wright, MN

Nahin Gatica Cruz  
Elisabeth Kachinske

### Dewitt, NE

Dominic Smith

### Ashland, WI

Sasha Couture

### Cumberland, WI

Brittney Colstrud

### Hawthorne, WI

Pearl Carlson

### Springbrook, WI

Xavier Walt  
Rubyjane Walt

### Superior, WI

Ashla Ojibway

# Etc

## Gitigaaning Grows Food Sovereignty

By Kaitlyn Walsh and Alyssa Johnson

Gitigaaning, the place of the gardens, is a community hub for Tribal food sovereignty. Fond du Lac purchased the 36-acre farm in 2017 and now hosts agricultural programs, supporting 20 local producers and growing food in the thousands of pounds.

In 2022, the Agricultural Division was created and Marcia Eiyneck, a descendant of the Grand Portage Band, was hired as the Director.

“I am so grateful for the opportunity to bring my experience and passion for Tribal food sovereignty to Fond du Lac,” said Eiyneck. “I moved to the area to care for my Elders, allowing me to take on this position after serving my community in a similar role. I look forward to providing ongoing support to critical programming, exploring agricultural enterprises and continuing to build a food system rooted in Anishinaabe values.”

The Fond du Lac Food Sovereignty Initiative (FSI), an interdepartmental group created in 2015 that includes the Planning Division, Health and Human Services, Education, Resource Management, and Fond du Lac Tribal & Community College Extension staff, has provided the momentum up to this point and will continue to be a significant driver of this work with its new member, the Agricultural Division.

Tribal food sovereignty builds on the efforts of generations of Ojibwe seedkeepers, gardeners, blueberry pickers, fire keepers, medicine gatherers, entrepreneurs and so many more committed to preserving Anishinaabe lifeways and providing for our people through food for millennia. The Agricultural Division is one entity of the countless necessary to continue this legacy.

### Looking Back

In 2022, Gitigaaning staff harvested more than 2,700 pounds of produce from the Gitigaan Program demonstration plot, Bimiginogaan, and Cloquet seed garden. Much of this was donated to the Ojibwe School, with the remainder of the food being used in community feasts, at Gitigaan classes, and provided to other Fond du Lac programs.

Thanks to Bimiginogaan, a dome-shaped greenhouse built with grant funds, this year’s growing season was extended from May to November, providing lettuce, peppers, cucumbers and more, earlier and later into the season.

The Gitigaan Program provided 150-plus Fond du Lac families and community members with gardening kits at the annual Plant & Seed Giveaway. In collaboration with the Bimaaji’idiwin Producer Training Program, more than 15 classes and demonstrations were hosted about Indigenous growing methods, soil health, and more. The program provided garden tilling to Fond du Lac Tribal members.

### Community Kitchen

Na’enimonigamig, Fond du Lac’s kitchen/cannery facility, is open to all Fond du Lac community members, including enrollees, descendants, family members, Native producers, and Bimaaji’idiwin Producer Program participants, to preserve their harvest and create value-added products. There is a wide range of equipment available for use, including canning equipment, pressure cookers, dehydrators, vacuum sealers, a butchering facility, sugar bush processing equipment (filter press, bottler, sugar maker), walk-in refrigerator, freezer, root cellar, and more!

In 2022, hundreds of people toured and used Na’enimonigamig. Many Fond du Lac programs and community members used the space

to preserve food and create value-added products, such as flash-frozen chickens, dehydrated apples, pickled peppers, and bottled maple syrup.

We hosted over 20 tours and welcomed visitors from around the world to talk about food sovereignty and our work at Gitigaaning. Early in the spring asemaa (nicotiana rustica) and pollinator plants were planted in front of the facility. We harvested and donated dozens of tobacco plants to Anishinaabewigamig and have dried leaves available for community members at Na’enimonigamig. Seed saving continues and Tribal seeds, including corn, beans, squash, and asemaa/tobacco, are now available anytime for community members.

If interested in using the space or obtaining seeds, email [naenimonigamig@fdlrez.com](mailto:naenimonigamig@fdlrez.com) or call (218) 590-6263 to set up an appointment.

### Looking Ahead

In 2023, the Agricultural Division is building its foundation by diversifying funding sources, hiring full-time staff, and continuing to grow food for the Fond du Lac community at Gitigaaning and other agricultural sites.

### Get Involved

- Tribal members will be consulted on a buffalo feasibility study in the works
- Join us for 2023 Gitigaan classes on Tuesdays, March through May
- Save the Date: Saturday, June 3, 2023 Gitigaan Plant & Seed Giveaway
- For updates, follow us on Facebook and Instagram @FDLGitigaan
- Check out The Gitigaaning Almanac: A Garden and Soil Conservation Guide at <https://tinyurl.com/gitigaaning-almanac> to start planning your 2023 garden



Etc

## Winter Ambient Air Biboon (winter) is here! What does that mean for our ambient air?

It can be easy to notice air quality issues in the summer, like wildfire smoke or hazy smog in cities, but trickier to notice similar issues in biboon. One issue that may fly under our radar is air stagnation. As you might recall from school lessons, cold air is denser than warm air, so warm air tends to rise, while cold air tends to sink. This cold air moves slowly, stays close to the ground, and forces warm air to escape over it, causing trapped cold air. This trapping reduces the ability of air to mix well, causing pollutants to stick around longer and accumulate. Biboon storms and wind events can stir up the air, which helps to circulate the accumulated pollutants. Between weather events, lingering pollutants are especially relevant, as

more people idle vehicles and heat demands increase. This January, northwest and central Minnesota experienced the worst stagnation event since 2005, triggering an Air Quality Alert and air quality values in the Red AQI (unhealthy for all) category. When pollutants like vehicle exhaust, smoke from wood stoves, and factory emissions cannot properly disperse, poor air quality can develop for longer durations.

A couple steps you can take to help address these issues include reducing the time you idle your vehicle and reducing your energy consumption. Most of us appreciate a warm car, but being conscious of how long we leave our car running and putting on another layer can help us reduce pollution from our vehicles. You'll

save on gas, too!

Other issues with biboon air can be easy to detect, like dryness and difficulty with breathing cold air. Skin that is often exposed to the cold may become dryer during biboon. To mitigate this dryness, make sure to stay hydrated and cover up exposed skin in cold weather; these steps are usually great to do, anyways! As for breathing, the air you inhale needs to have a certain humidity, and have the same temperature as your body before it reaches your lungs (Runner's World, "Why Breathing Cold Air Hurts When You're Running"). That means your body must do extra work to create the right temperature and moisture level to supplement the cool, dry air we inhale. This process can irritate your respira-

tory system and trigger underlying respiratory issues. To help reduce these issues, you can cover your mouth/nose with a ski mask, buff, or scarf to help warm the air as you breathe.

Overall, the air quality can worsen in biboon, as air cannot move as freely as it can during warmer months. Being aware of and reduce vehicle idling and energy consumption can improve our biboon air. While you may be used to keeping an eye out for air alerts in the warm months, it's good to check on our air quality in biboon, as well! It's important to stay covered up in cold weather for many reasons, but noted here, it helps our bodies conserve moisture and process cold air better. Biboon is a necessary season for our part of the world. It can be a

tough time of the year, but staying warm and being conscious of our environmental impact is super important! Booch igo ji-ayaamagak biinanaamowin! (There needs to be clean air!)

For more information about air quality, check out our website at <http://www.fdlrez.com/RM/airmain.htm> or reach out with any questions/concerns to the FDL Air Program Coordinator, Paige Huhta, at [paigehuhta@fdlrez.com](mailto:paigehuhta@fdlrez.com), FDL Air Program Technician, Anthony Mazzini, at [anthonymazzini@fdlrez.com](mailto:anthonymazzini@fdlrez.com), or FDL GreenCorps Member, Carson Becicka, at [carsonbecicka@fdlrez.com](mailto:carsonbecicka@fdlrez.com). Miigwech!

### Mark your calendar...

**Fond du Lac Gitigaan Classes are coming soon!**

Starting Tuesdays, March through May from 5:30-6:30 p.m

We have a great season ahead! Come learn about tribal food sovereignty through educational classes on Indigenous growing methods, soil health, seed starting and more.

Classes are free, open to everyone, and will have a mix of in-person and virtual options. More details to come. For updates, follow us on social media @fdlgitigaan

Questions? Contact Kaitlyn Walsh  
at [kaitlynwalsh@fdlrez.com](mailto:kaitlynwalsh@fdlrez.com) or 218-348-5281.



### Veterans' corner

By Andrew DePoe,  
USCG (ret), FDL Tribal Veterans Service Officer

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

Additional news is that I will be starting "Visit with the Veterans Service Officer" at Veterans Supportive Housing every other Thursday 9-11 a.m. starting Feb. 2, come join me for coffee and Doughnuts.

I would also like to thank the Veterans FDL Honor Guard for participating in all these special events and funerals during this cold weather.

If you have any questions, please do hesitate to call or stop in.  
Thank you

# Etc

## On Reservation Conservation Committee opening:

The Fond du Lac Resource Management Division is looking for applications for two open positions on the On-Reservation Conservation Committee.

The Fond du Lac Reservation Business Committee recognizes the importance of the Conservation Committee.

The purpose of the Conservation Committee shall be to promote the management, preservation, protection and regulations of the fish, game, wild rice, natural and woodland resources within the boundaries of the Fond du Lac Reservation. The committee meets every 3rd Thursday of the month. If interested in sitting on the committee please submit letter of interest.

All letters must be turned in by March 15th, 2023 Applications/letters can be turned in to:

Fond du Lac Resource Management Division  
Attn: Terri Redding  
28 University Road  
Cloquet, MN 55720  
(218) 878-7155  
terrireding@fdlrez.com

## FDLOS PAG meetings announced

Boozhoo Fond du Lac Ojibwe School Families and Community!

On behalf of the Fond du Lac Ojibwe School Parent Advisory Group (PAG) we would like to invite you to attend our monthly PAG meetings. The next few meetings are as scheduled for 2023 at 12 p.m. with lunch provided: Feb. 1, Mar. 1, Apr. 26, and June 7. A \$25 gift card to Fond du Lac Gas and Grocery is given to cover gas costs. You can call Ashley Jaakola at (218) 878-7239; she would be happy to answer, to the best of her abilities, any questions you may have about PAG. Hope to see you at our next PAG meeting!

Sincerely, FDLOS PAG



## BECOME A FOSTER PARENT

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



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

When you open your home, you:

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

*Can you make a difference?*

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



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

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

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



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

Etc



## February is Teen Dating Violence Awareness Month

### Teen dating violence awareness month

Please show your support by wearing orange throughout the month. If you have any questions regarding Teen Dating Violence, please contact Renee Rote, Domestic Violence Advocate @ 218-878-3783. If you have a crisis regarding Dating Violence, call our After-Hours Crisis Line @ 218-348-1817.

## Energy Assistance

There is still time to apply for the State Energy Assistance program. Applications and crisis benefits will be available through May 31, 2023. Qualifying for the program is based on income. Currently a family of four can make up to \$14,698 in the three months prior to submitting the application.

Energy Assistance cannot only help with fuel bills but can also help with electric bills. Applicants may request that a percentage of the benefit be sent to the electric company. Electric companies can still disconnect you in the winter. Households must contact the electric company and request to

be placed on the “Cold Weather Rule.”

Applying for assistance is easy. To request an application from the Fond du Lac Reservation please call (218) 878-2658 or (218) 878-2603. We accept all clients from the FDL Reservation and the surrounding area. If you live in the Duluth and Iron Range area call AEOA, Virginia 1-844-568-0149. If you reside in western Carlton County or south into Pine County, contact Lakes & Pines, Mora (320) 679-1800 option #2. If you live other places in MN, call this toll-free number to find your local service provider 1-800-657-3710. In Wisconsin, call 1-866-432-8947.

## GED Classes

GED Classes have started. They are open to FDL Band members, FDL Family, members of federally recognized Tribes, and FDL employees. Anyone over the age of 19 may take the test. Students 16-18 must be withdrawn from school and apply to the department of education for an age waiver.

Classes are held on an “on call” basis at times and places that fit student’s schedules. For more information, contact Joan (218) 878-2658 or Dennis (218) 393-6643.

**Text MN to 741741**

**CRISIS TEXT LINE |**

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



### Cooking is a SNAP

Come join us for cooking classes

Classes will be held at the Fond du Lac Food Distribution building in-person or via Zoom.  
Food Distribution participants will learn new and healthy recipes!  
Once the day's session is complete, participants get to take home the ingredients and recipe to share with their families.

**Six Monthly Sessions!**  
January 26, February 23,  
March 23, April 27,  
May 25 and June 22  
2pm – 3:30pm

Please RSVP by contacting  
Natasha Cloud at  
218-878-7505 or email  
[natashacloud@fdirez.com](mailto:natashacloud@fdirez.com)




Participants must be eligible for SNAP, WIC, or Food Distribution  
Fond du Lac Human Services Division | Community Health Services Department

# Etc



## Band members House Lottery 3217 West Moorhead Road, Cloquet, MN

The Fond du Lac Development Corporation will be holding a Lottery for a home located at 3217 West Moorhead Road, Cloquet, MN 55720. Applications from qualified Band members will be accepted until 4 p.m. Tuesday, Feb. 21, 2023, (applications received after 4 p.m. on Feb. 21, 2023 will be rejected).

### Property Details

This home is a 3-bedroom, 1 bath, Ranch style home on an unfinished basement with a detached 2 car garage, and will be sold “as is” for the amount of \$225,000.00.

The home has been completely renovated inside and out.

The home has forced air propane heat, and a private well and septic.

Minnesota Power provides the electric service.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of continuous income for the past 12 months

that would support the house payment by means of check stubs or an income report. The monthly house payment will be \$847.50 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of your gross monthly income. Therefore, minimum gross monthly income must be \$4237.50 or greater in order to qualify.

Income and enrollment verifications must accompany completed applications or the application will be rejected.

Applications, and a virtual walk-through will be available on the Fond du Lac Website at [fdlrez.com](http://fdlrez.com). Applications must be turned in to the Operations Division and can be emailed or mailed.

Open House is scheduled for Monday, Feb. 6, from 10 a.m. to 1 p.m. and 3-6 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Friday, February 24, 2023, at 3 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

Contact Raelea Skow at (218) 878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com) or Jack Bassett at (218) 878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com) for more information about the home and application instructions.



## Band members House Lottery 1780 Grey Birch Court, Cloquet, MN

The Fond du Lac Development Corporation will be holding a Lottery for a home located at 1780 Grey Birch Court, Cloquet, MN 55720. Applications from qualified Band members will be accepted until 4 p.m. Tuesday, Feb. 21, 2023, (applications received after 4 p.m. on Feb. 21, 2023 will be rejected).

### Property Details

This home is a 3-bedroom, 1 bath, Ranch style home on an unfinished basement and will be sold “as is” for the amount of \$160,000.00.

The home has new appliances and new flooring.

The home has forced air propane heat, and a private well and septic.

Minnesota Power provides the electric service.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of continuous income for the past 12 months that would support the house payment

by means of check stubs or an income report. The monthly house payment will be \$602.66 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of your gross monthly income. Therefore, minimum gross monthly income must be \$3013.30 or greater in order to qualify.

Income and enrollment verifications must accompany completed applications or the application will be rejected.

Applications, and a virtual walk-through will be available on the Fond du Lac Website at [fdlrez.com](http://fdlrez.com). Applications must be turned in to the Operations Division and can be emailed or mailed.

Open House is scheduled for Tuesday, Feb.7, from 10 a.m. to 1 p.m. and 3-6 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Friday, February 24, 2023, at 3 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

Contact Raelea Skow at (218) 878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com) or Jack Bassett at (218) 878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com) for more information about the home and application instructions.

Etc



### Band members House Lottery 3592 Rice Lake Road, Sawyer, MN

The Fond du Lac Development Corporation will be holding a Lottery for a home located at 3592 Rice Lake Road, Sawyer, MN 55780. Applications from qualified Band members will be accepted until 4 p.m. Tuesday, Feb. 21, 2023, (applications received after 4 p.m. on Feb. 21, 2023 will be rejected).

#### Property Details

This home is a 3-bedroom, 1 bath, Ranch style home with a partially finished basement and will be sold "as is" for the amount of \$175,000.00.

The home has been completely renovated inside and out.

The home has forced air propane heat, and a private well and septic.

Lake Country Power provides the electric service.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of continuous income for the past 12 months that would support the house payment

by means of check stubs or an income report. The monthly house payment will be \$659.16 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of your gross monthly income. Therefore, minimum gross monthly income must be \$3295.80 or greater in order to qualify.

Income and enrollment verifications must accompany completed applications or the application will be rejected. Applications, and a virtual walk-through will be available on the Fond du Lac Website at [fdlrez.com](http://fdlrez.com). Applications must be turned in to the Operations Division and can be emailed or mailed.

Open House is scheduled for Wednesday, Feb. 8, from 10 a.m. to 1 p.m. and 3-6 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Friday, February 24, 2023, at 3 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

Contact Raelea Skow at (218) 878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com) or Jack Bassett at (218) 878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com) for more information about the home and application instructions.



### Band members House Lottery 3647 West Moorhead Road, Sawyer, MN

The Fond du Lac Development Corporation will be holding a Lottery for a home located at 3592 Rice Lake Road, Sawyer, MN 55780. Applications from qualified Band members will be accepted until 4 p.m. Tuesday, Feb. 21, 2023, (applications received after 4 p.m. on Feb. 21, 2023 will be rejected).

#### Property Details

This home is a 3-bedroom, 2 bath, Multi-level home with a finished basement and a two-stall attached garage, and a two-stall detached garage that has yet to be finished, and will be sold "as is" for the amount of \$275,000.00.

The home has new carpeting, and a new heating system.

The home has in-floor propane heat, and a private well and septic.

Lake Country Power provides the electric service.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of continuous income for the past 12 months

that would support the house payment by means of check stubs or an income report. The monthly house payment will be \$1035.84 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of your gross monthly income. Therefore, minimum gross monthly income must be \$5179.20 or greater in order to qualify.

Income and enrollment verifications must accompany completed applications or the application will be rejected. Applications, and a virtual walk-through will be available on the Fond du Lac Website at [fdlrez.com](http://fdlrez.com). Applications must be turned in to the Operations Division and can be emailed or mailed.

Open House is scheduled for Thursday, Feb. 9, from 10 a.m. to 1 p.m. and 3-6:00 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Friday, February 24, 2023, at 3 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

Contact Raelea Skow at (218) 878-2610, [raeleaskow@fdlrez.com](mailto:raeleaskow@fdlrez.com) or Jack Bassett at (218) 878-8043, [jackbassett@fdlrez.com](mailto:jackbassett@fdlrez.com) for more information about the home and application instructions.

# Etc

## Amended General Notice to Creditors

In the Matter of the Estate of: KENNETH L. DEFOE, JR., Decedent, DEANNA M. BENJAMIN, Petitioner. Case No.: PR-0009-2021 AMENDED GENERAL NOTICE TO CREDITORS. AMENDED GENERAL NOTICE TO CREDITORS

Notice is given that Probate proceedings are pending in the Fond du Lac Tribal Court regarding the Estate of Kenneth Larry DeFoe, Jr. Any claims against the above-referenced estate must be filed on or before February 28, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered. The address of the personal repre-

sentative of the estate is: Deanna M. Benjamin 4806 Hwy 33 Saginaw, MN 55779 The mailing address of the Tribal Court is: Fond du Lac Band of Lake Superior Chippewa Tribal Court 1720 Big Lake Road Cloquet, MN 55720

## General Notice to Creditors

In the Matter of the Estate of: ELAINE CAROL MCFATRIDGE (DEFOE), Decedent. Case No.: PR-0010-2022 GENERAL NOTICE TO CREDITORS. Notice is given that Probate proceedings are pending in the Fond du Lac Tribal Court regarding the Estate of Elaine Carol McFATRIDGE (DeFoe).

Any claims against the above-referenced estate must be filed on or before February 28, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered. The address for Gary Miskwaa Bineshii, the personal representative of the estate is: Gary Miskwaa Bineshii 353 Ridge Road Cloquet, MN 55720 The mailing address of the Tribal Court is: Fond du Lac Band of Lake Superior Chippewa Tribal Court 1720 Big Lake Road Cloquet, MN 55720

## Notice of name change

In the Matter of the Name Change of: JAGGER ELIJAH SMITH, Minor Child, NATASHA OJIBWAY, Petitioner. Case No.: NC-0003-2022 NOTICE OF NAME CHANGE. Notice is hereby given that on December 14, 2022, an Order was issued changing the name of Jagger Elijah Smith to Jagger Elijah Ojibway.

## General Notice to Creditors

In the Matter of the Estate of: GERALD LESLIE REYNOLDS, SR., Decedent. Case No.: PR-0012-2022 GENERAL NOTICE TO CREDITORS. Notice is given that Probate proceedings are pending in the Fond

du Lac Tribal Court regarding the Estate of Gerald Leslie Reynolds, Sr. Any claims against the above-referenced estate must be filed on or before May 1, 2023 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered. The address for Nikki Harris, the personal representative of the estate is: Nikki Harris 1824 Bindigayn Road Cloquet, MN 55720 The mailing address of the Tribal Court is: Fond du Lac Band of Lake Superior Chippewa Tribal Court 1720 Big Lake Road Cloquet, MN 55720

# Adult Separation & Loss Group

Open to all adults who are seeking support for grief due to:

Death, Chronic illness, Divorce, Separation, Estrangement, Loss of Child to Foster Care or Adoption, Loss of Loved One to Military Related Move, Loss of Loved One to Immigration or Relocation, Miscarriage

Every Tuesday starting on January 10 for 12 weeks

Lake Superior Room | CAIR 2pm - 3:30pm

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

# A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping on can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication, and footwear affect your risk of falling.
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

Stepping On WORKSHOP 2023 Tuesdays, March 7 - April 18 | 9:30am - 11:30am MNAW | Lower Level Conference Room To register, call 218-878-2126.

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

# Car Seat Training

2023 Schedule

- Thursday, January 26<sup>th</sup>
- Thursday, March 16<sup>th</sup>
- Thursday, May 4<sup>th</sup>

Lower Level Conference Room | Social Services Door W1 5pm - 8pm

To RSVP, please contact 218-878-2145.

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



# Health News

## Obesity and Cancer

**D**id you know that being overweight or obese increases your risks of getting cancer? Ninety percent of new obesity-related cancers occur in men and women who are 50 years old or older.

More than 650,000 obesity-associated cancers occur in the U.S each year, including more than 200,000 among men and 450,000 for women.

The CDC has found that about 42% of adults and about 19% of children have obesity. Adults with obesity have a higher risk of many serious diseases and health conditions, including cancer, than people with a healthy weight.

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 child or teen can increase the chances of cancers later in life. The higher amounts of body fat are associated to increased risks of a number of different cancers including:

**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 (H-pylori-a leading risk factor to stomach cancer).

- Other risk factors can also contribute to these cancers. Some of these are hormone levels, changes in genes (called mutations), and long-lasting infections.
- Being overweight or having obesity doesn't mean that someone will definitely get cancer, but it does mean that they are more likely to get cancer than if they were at a healthy weight.

### What can we do to lower these risks?

- Understand the benefits to screening services starting as young as children 6 years old to adult age
- Seek out commercial tobacco prevention programs
- Make healthier lifestyle choices- follow a healthy eating plan and taking part in regular physical activity.

Always remember to talk with your healthcare provider.

A message from your Fond du Lac Cancer Prevention Program

Sources: Center for Disease Control and Prevention (CDC) [www.cdc.gov](http://www.cdc.gov) and National Cancer Institute (NCI) [www.cancer.gov](http://www.cancer.gov)

## Hearts

By Kara Stoneburner, RDN LD,  
Community Health Services Dietitian

**F**ebruary reminds me of hearts. Everyone needs a heart. Here are several tips on keeping your heart healthy from the Mayo Clinic:

1. Control portion sizes. Too much food equals more calories than needed, thus weight gain.
  - a. Try using smaller plates and bowls
  - b. Fill up on the veggies
  - c. Limit high calorie foods
  - d. Remember to include a variety of foods.
2. Eat more fruits and vegetables. Fruits and vegetables are great sources of vitamins and minerals. They also have fiber, which can help you feel full longer.
  - a. Pre-wash and pre-portion veggies. Place in snack-size containers or baggies as a quick snack on the go
  - b. Fill half of your plate up with vegetables
  - c. Throw extra vegetables in all of your meals. Add more vegetables to pasta dishes, soups, casseroles and sandwiches, for example.

3. Choose whole grains more often. Aim for at least half of your grains to be whole grains.

- a. Read labels. Look for whole grains as one of the first ingredients
  - b. Don't forget other forms of grain such as brown rice, barley, oatmeal and quinoa
4. Follow the American Heart Association guidelines and limit unhealthy fats. Unhealthy fats include saturated fats and trans fats.
- a. Trim excess fat off meats
  - b. Use lean cuts of meat
  - c. Use less butter, margarine and shortening when cooking
  - d. Check labels and avoid snack or dessert foods such as cakes, cookies chips and crackers that have trans fats
  - e. Healthier fats include olive, canola and vegetable oils, nuts, seeds and avocados.
5. Choose low-fat protein sources. This includes lean meat, poultry, fish, low-fat or no fat dairy products, legumes, beans, peas, lentils and eggs.
- a. Remove skin of chicken and turkey
  - b. Trim off excess fat on meats
  - c. Avoid fried foods
  - d. Limit processed meats such as

hot dogs, sausage and bacon.

6. Limit and reduce sodium intake (salt). The American Heart Association recommends no more than 2300 mg of sodium a day, even less, 1500mg a day for some adults.
  - a. Read food labels
  - b. Limit processed foods
  - c. Canned foods tend to be higher in sodium so read labels and limit intake
  - d. Reduce the amount of salt used in cooking and on foods at mealtime
  - e. Check out other ways to flavor foods with different herbs and spices.
7. Plan ahead. Planning meals ahead helps prevent the quick, unhealthy food when in a rush.
  - a. Cook more than needed and use leftovers the next day.
8. Allow yourself an occasional treat. It is okay to have a smaller portion of your favorite treat as long as it is not every day!

Be sure to check out other great resources for healthy food tips such as [eatright.org](http://eatright.org), [myplate.gov](http://myplate.gov), [American Heart Association](http://AmericanHeartAssociation.org) and [cdc.gov](http://cdc.gov).

## MN launches new COVID-19 telehealth treatment pilot program

**B**eginning immediately, Minnesotans who test positive for COVID-19, either with a home test or a positive test from a lab, can download the Cue Health app and sign up with their Minnesota address to have a virtual consultation with a licensed clinician who will evaluate them to determine if therapeutic treatment is a good option. If they are a good candidate for therapeutics, the clinician can issue that prescription to the patient's local pharmacy. In some areas of the state, those prescription medications can be delivered to the person's home.

All services, including the consultation, medication and delivery, will come at no cost to the Minnesotans who use this service. This pilot program is available to all Minnesota residents.

For more information on how to access this program and for instructions on downloading and getting started with the Cue Health App, please visit [care.cuehealth.com/mn](http://care.cuehealth.com/mn).



**#FDLSTRONG**

# Health News

## Beet and watermelon salad

**Prep time:** 20 minutes

**Ready in:** 1 hour

**Serves:** 6

**Ingredients:**

2 cups red beets  
1/2 large watermelon, diced  
3 cups spinach  
1 small red onion  
1 cup basil leaves, thinly chopped  
1/2 cup fresh mint  
1 package crumbled goat cheese  
4 tablespoons olive oil  
1 orange, halved

**Directions:**

Preheat oven to 400°F. Wash beets, then slice off just a bit from the tops and bottoms. Wrap beets loosely in foil and roast on the middle rack of the oven for 30-45 minutes or until tender, then let cool. Once beets have cooled, remove skin and dice them to desired length. Combine watermelon and beets together in a large bowl. Chop mint and basil into 1-inch long strips, or smaller depending on desired length. Dice red onion into small pieces. Combine watermelon, beets, onions and herbs together with spinach. Drizzle olive oil over the top of the mixture. Cut orange in half and add juice from 1/2 of the orange to the salad. Add 1 package of crumbled goat cheese. Toss, serve and enjoy!

Optional dressings or garnishings can include:

Pomegranate seeds  
Pistachios

If mixture is too tart, add 1 teaspoon of maple syrup to sweeten

**Notes:** Inspired by recipes from allrecipes.com, Ally's Kitchen, and Thyme and Toast

## Grilled salmon with sweet potatoes

**Prep time:** 20 minutes

**Ready in:** 45 minutes

**Serves:** 4

**Ingredients:**

2 medium sweet potatoes, halved  
1 lemon, halved  
2 salmon fillets (about 12 oz. each)  
2 teaspoons olive oil

**Directions:**

Preheat oven to 450°F. Place sweet potatoes on a baking sheet and bake

about 45 minutes, or until tender. After sweet potatoes have baked for about 30 minutes, preheat grill to medium. Brush salmon fillets with olive oil. Cut lemon in half and squeeze juice from 1/2 of the lemon over the top of fillets. Place salmon on grill and cook until opaque throughout, about 5 minutes each side. Plate salmon with sweet potatoes and enjoy!

**Notes:** Inspired by AICAF's Survivor Nutrition Guide, based on a recipe on foodal.com

## Tobacco is not just a health issue

The commercial tobacco use has far-reaching effects, not just on personal health, but on the health of mother earth. Tobacco is an environmental issue. How commercial tobacco is an environmental issue is one in which affects on waterways, cigarette butt waste, tree removals, and the thousands of pounds of toxic chemicals that are produced to create cigarettes, cigars, and electronic cigarette devices. For example, vape devices are made of plastic and are not biodegradable. According to the UK publication Inde-Juice, the components of disposable vapes are materials like plastic, metal, cotton, lithium-ion batteries, sticky tape, wires and cardboard. <https://indejuice.com/uk/vape-guides/disposable...>

The Truth initiative, a non-profit advocacy organization states that four-billion cigarette butts were collected in beaches and waterways globally – making them the world's second most common type of litter after food wrappers.

- 600 million trees are chopped down annually by the tobacco industry for cigarette paper
- 815,985 pounds of toxic chemicals were released from commercial tobacco factories in 2019
- 2.7 million tons of consumer electronic waste, including e-cigarette waste, that ends up in landfills, or is incinerated.

The health of the environment is endangered from commercial tobacco when it is not disposed of properly.

On March 31 Take Down Tobacco National Day of Action marks the day that Tobacco-Free kids empowers communities to “kick butts” – to slow the rates of youth starting smoking. The “Kick Butts day” now refreshed as “Take Down Tobacco” calls to awareness community health impacts of smoking, including negative environment effects.

Community health projects that address sacred use of tobacco and awareness of traditional uses of the sacred plant can be simple activities like gathering and making traditional tobacco from red willow bark or growing asemaa (sacred tobacco) plants. These steps are ways communities reclaim the relationship to forgotten traditions. Many Native communities in the U.S. are re-thinking their relationship with tobacco. Positive outcomes of a commercial tobacco free community are seen here on the Fond du Lac Reservation as some businesses are now smoke free.

For more information contact The Truth Initiative at <https://www.truthinitiative.org/> (statistics and information from The Tobacco and The Environment, seven-page informational booklet with references.)

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**MNAW | Lower Level Conference Room**

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

# Ashi-niswi giizisoog (Thirteen Moons)

## Language Page: 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

### Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

- AADIZOOKAAN/legend
- AAKOZIWIN/illness
- ANOKIWIN/job
- BABIINZIKAWAAGAN/jacket
- BIISIGNAISAN/kindling wood
- DEBWETAW/obey
- ESHKAN/ice chisel
- JIBAANKWAANAKIK/cooking kettle
- MINJIKAAWAN/mitten
- OJIINDIWAG/kiss
- WAABIZHESHI/marten
- ZAAGAIGAN/lake
- ZHIGAAGAWANZH/onion

# 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 February 15, 2023 for the March 2023 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zachary-dunaiski@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

Wishing you the happiest 70th birthday in heaven **dad (Big Jer)** (Jan. 11). *From your children that love you so much from below*



Happy birthday **Uncle Kenny Bosto** (Jan. 23) we love you so much and we are all so proud of your sobriety! *Love, your nieces and nephews*

Happy birthday **Bruth Kenny Bosto** (Jan. 23), hope you get what you deserve and that's happiness. I'm super proud of how far you have come in life, don't ever think we are not here for you. Love you brother. *Love always, your sister Rissa Roo*

Happy Birthday to my children **Jaimie** (Feb.2), 35 years old; **Keith Jr** (Feb. 5), 38 years old; my niece **Kami** (Feb. 3) 33 years old; my great niece on (Feb. 28) **Ailie** sweet 16! And last but not least, my other half **Keith Sr** (Feb. 18)! Cant say his age.. *Love all of yours! Lynn*

I would like to wish our beautiful daughter **Kami Diver** (Feb. 3) a Happy 33rd Birthday *Love dew! Mom and Dad*  
Also happy birthday to our adorable eldest granddaughter **Ailie bear** (Feb. 28) the sweetest 16th birthday *Grandma and Papa love you my girl!*

Happy 28th birthday to my first-born **Courtney Thompson** (Feb 20) *I love you to the moon and back a zillion X's*

Happy 5th birthday to my son **Navarius** (Feb. 25) *Mommy loves you for ever and ever*

Happy 10th birthday to my first grandson **Baby Trav** (Feb. 25) *Gramma loves you so much grandson*

Happy 1st birthday to my grandson **Mazi** (Feb. 25) *Gramma loves you much baby boy*

## Thank you

I am retiring the end of February. I want to thank **all the workers at the Bear** for making my job easier with their help. I enjoyed working with you all. *Robert Josephson, Security.*

## Congratulations

The finance staff would like to wish **Jennifer Borkholder** a very Happy Retirement on Jan. 20, 2023.

The workplace will not be the same. We will miss your guidance and organization.

Welcome to retirement life, where you set the alarm to schedule sleep, and your work is to rest.

Congrats! Wishing you happy times. Hoping you have fun in all your adventures.

You'll be missed by the entire Fond du Lac Reservation!

Congratulations to my son **Julius Northrup** for making the Dean's list, so proud of you!  
Love, Dad



## Obituary

**Colleen Aird**, age 99, of Duluth, MN, died December 6, 2022 at her home in Mount Royal Pines III



Assisted Living. She was born to Arthur LaJoie and Lillian (Durfee) Casey in the Allouez neighborhood of Superior, WI. She was a descendant of Chief Joseph Osaugie, a member of the Fond du Lac Band of Lake Superior Chippewa and passionate about preserving Wisconsin Point. Her passion for Wisconsin Point was simply because this was her Ancestral Home. Generations of Osaugie Descendants lived there before the land was taken from them nearly 100 years ago. This year she was especially pleased to witness the Land Reclamation Ceremony at Black Bear Event Center in August.

She wed Vernon Aird in 1943 at Camp Pendleton, CA. They had five children and were married for 49 years at the time of Vernon's death. They moved a lot during their life together. The family lived many years in California, but also lived on the east coast and in the mid-west. In 1975 Colleen and Vernon returned to Superior for good. In those early days of retirement, they spent many days on Wisconsin Point walking the dog and cleaning up the beach of trash left there by careless people.

Colleen lived by the Golden Rule and felt that our purpose here on earth was to care for one another and our environment. And that's the way she lived her life. She and her

husband were always active members of church and community often sharing their gifts as volunteers.

She loved animals. Especially dogs—of which she loved and cared for many in her long life. And wolves. Maybe because all dog breeds are descended from wolves. And she loved bird watching, often maintaining feeders in the yard of her home in the Parkland township outside of Superior.

She was a lifelong reader. She LOVED to read. When she started losing her vision she turned to the audio books and enjoyed them right up to the end. She loved to work Crossword Puzzles and after she could no longer see to solve them she would have someone read her the clues and fill in the grid. Most recently she enjoyed this with her daughter, Mary, and a faithful Pines volunteer, Judy.

She was a fan of the TV show Jeopardy and was very good at coming up with the right questions to the answers. Probably her favorite activity was playing Cribbage. She loved the game, playing whenever she could. And remained very good at it, even though it was difficult for her to see her very large cards in the end.

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

# Community News

compassionate, smart and funny. She will be greatly missed by her family and friends. A celebration of life will be held at a later date.

**David A. Wickner** was born to Alfred and Lottie Wickner July 27, 1937, in Pike Bay Township Minnesota. He grew up in Bemidji, MN, graduating from Bemidji Senior High, class of 1955.



He worked road construction for years, he joined the MN National Guard and later enlisted in the US Marine Corp. He returned to Bemidji and married his first love, Verna Jones. They moved with their two children to Minneapolis, where David worked for Western Electric. Following the many changes on his life's path, he married the love of his life Ethel Lemmon. They had four children and made their home in Dayton, MN, later moving to Champlin, MN.

He spent many of his younger years enjoying deer hunting with his father and his family. He also loved fishing and golf. Upon retirement from Western Electric, he found he was not ready to leave the workforce and was hired at US West, where he worked until his second retirement. David passed away January 7th, 2023, following a short illness. He loved a good game of chess and was always up to play cribbage or 500 Rummy. He enjoyed his daily crossword puzzles and cryptoquip, but above all David loved his family.

David was preceded in death by his loving wife, Ethel; parents, Lottie and Alfred Wickner; siblings Alfreda (Gil), Lois (Richard), Philip, Diane, and Willard.

He is survived by his first wife and dear friend, Verna Strub; sisters Mary and Shirley (Brian); brother John; brother-in-law Ronald Jourdain; children Linda (George), Gary (Natalie), Lisa (Greg), Jennie (Matt), Cheryl (Andrew) and David (Becky); grandchildren George, Bob, David, Amy, Reanna, Chelsea, Alyssa, Charlie, Mitchell, and Austin; several great-grandchildren and many beloved nieces and nephews, as well as numerous friends and extended relatives.

**Randy "RAZ" Alan Zacher**

Age 60, Of Cloquet, MN. passed away unexpectedly on Friday January 6th, 2023, at Essentia



Health St. Mary's Hospital in Duluth. He was born on November 6th, 1962 in Cloquet to Vernon and Jean Zacher Sr. He graduated from Cloquet High School in 1981 and afterwards attended Staple Technical College at Fond du Lac.

He was a skilled carpenter who took pride in his work and was currently employed by the Fond du Lac Band of Lake Superior.

RAZ enjoyed hunting, gardening, campfires, country music, working on project's, spending time outdoors and most of all spending time with his family, especially his grandkids and his dog. Randy is preceded in death by his parent's; his grandson, Kingslee Zacher; and his nephew, Dan Fall.

He will be deeply missed and is survived by his sons, Jesse (Alex) Zacher; and Christopher (Sarah) Zacher both of Cloquet; the children whom he loved as his own, Samantha Topping, Tahnee (Joe) Kunert and Danny Garvin;

his grandchildren, Champ, Breea, Aady, Anthony, Bentley, Christopher and Zariah all of Cloquet; his grandchildren whom he loved as his own; Alexis, Sabrina, Vaya, Tyrese, Jordan, Aaliyah and Phoenix; his older sibling's, Vernon (Carrie Connors) Zacher Jr., John Zacher, Mark (Betty) Zacher and Debra (Lonny) Susienka all of Cloquet; and numerous relatives and friend's.

**Wallace Glenn Saice Jr.**, age 57,

was born on April 10, 1965 in Cloquet, MN and started his journey home on January 5, 2023 in Duluth, MN.



Wallace was a proud, loving, family man and was an entrepreneur with many talents that helped many throughout his success. He was admired and seen as a father figure by many people. Wallace was outgoing and enjoyed being outdoors. He loved to have picnics at the lake and look for agates along the shore. On a Sunday morning, you could find him in the kitchen with the music blasting while doing a solo performance to Rappers Delight. His healing energy and bright smile lit up the room. He was our physical protector, he is now our spiritual protector.

Wallace is survived by the tribe of his own, his wife Rena Saice; children Brian Saice, Alwood Saice, Misty Wrazidlo (Saice), Wallace Saice III, Rayjon Willis, Vincent Saice, Celina Saice, Justin Saice, Channing Powers and Chase Powers; forty plus grandchildren; three great-grandchildren; other relatives and friends.

He is preceded in death by his grandmother Viola Costello;

mother Lavonne Aarell; Father Wallace Saice Sr.; daughter Cami ComesFlying; sister Henrietta Thompson; and many others. Funeral service for Wallace Saice Jr. will be held on Wednesday, January 11, 2023 at 12:00 Noon at the Dave Morgan Community Center in Bena, MN. Fred Desjarlait will be the Spiritual Leader. Interment will follow at the Bena Lakeview Cemetery.

An all-night wake was held Monday, January 9, 2023 at the Dave Morgan Community Center, Bena, MN and continued until the time of service on Wednesday, January 11, 2023.

Honorary Casket Bearer was Frank Saice.

Casket bearers were Brian Saice, Alwood Saice, Wallace Saice III, Vincent Saice, Justin Saice, Frank Saice, Ryan Saice, and Adrian Cobenais.

On Wednesday December 28, 2022 our beloved husband, father, grandfather, great grandfather, and brother, **Robert (Bob) LaPorte, Sr.**, age 78, with his wife and family by his side, lost his hard-fought battle with an aggressive cancer.



He was born in Superior, WI to Percy and Ethel LaPorte and grew up in Allouez Acres with siblings Les, Nancy, Joyce, Barb, Bea, Penny, Roger, Gary, Jeff and Jim. He attended St. Anthony grade school, East High School and Superior Voc. Tech.

He married the love of his life, Cecelia (Sis) Burbul, in 1962 in Carlton, MN. They recently celebrated their 60th wedding anniversary in August 2022, it was such a wonderful day full of love and laughter.

Bob spent 47 years at Fraser Shipyards as a welder, foreman, and finished his career as general foreman. He enjoyed coaching basketball and baseball for his sons Luke & Paul and later for his grandchildren. Over the years he enjoyed hunting and fishing, many vacations, camping and traveling with his wife and family. He liked to keep himself busy by tinkering in the garage, tending to his many gardens and having breakfast, lunch and dinner dates with family and friends.

Family meant the world to Bob. He will be forever missed by his soulmate, Sis, children: Rob (Val), Theresa (Alan), Luke (Connie), and Paul (Cathy), grandchildren: Zach (Anna), Kevan (Razchel), Tyler (Paige), Kyle, Rochelle (Justin), Reese (Annie), Rylee (Brandon), Max, Sam, Trenton, Josie (Ryan), Nolan (Morgan), Brooke (Vance), Toni (Brian), 20 great-grandchildren, and his brothers and sisters.

He is preceded in death by his parents, daughter-in-law, Julie LaPorte; great grandchildren Dillon & Logan Zembo, nephews Steve LaPorte, Tony Burbul and nieces Beth DeGraf, Kim Burbul and many aunts and uncles.

A special thank you to the doctors and nurses who cared for Bob and treated him and his family with great compassion.

**Shirley Anne Marie Soukka**, 69, of Cloquet passed away peacefully on Saturday, January 14, 2023, at home. She



was born in Duluth, Minnesota on February 2, 1953, to Walter and Edith Enger. She grew up in Duluth and Cloquet area and at-

# Community News

tended Carlton School.

Shirley worked in health care as a certified nursing assistant. She was a very caring and kind woman and became a mother to all that crossed her path.

She enjoyed crafting, painting, baking, sewing, camping, parties, picnic's and loved watching the hummingbirds. Most of all she loved spending time with her children, grandchildren and great grandchildren. Shirley was very proud of her 34 years of sobriety.

Shirley was preceded in death by her parents; and brother, John Enger.

She will be deeply missed by her significant other, Albert Earls; brother, Billy "Tinker" Enger; sons, Terry (Pam) Soukkala, Trent (Jess) Soukkala; daughter, Tammy Soukkala; grandchildren, Torin (Heather) Schwartz, Justin (Brady) Schwartz, Jordin Schwartz, Katie Soukkala, Josh Soukkala, Jadin Sullivan-Soukkala, Averie Soukkala, Arianna Soukkala, Aurora Oleary; great grandchildren, Isabella Esala, Melody Esala, Kyler Schwartz, and Kooper Schwartz.

A celebration of life will be held at the Big Lake Golf Course at a later date.

## Judith Marie Northrup, age

79, of Cloquet, Minnesota died on Sunday, January 15, 2023, at her home surrounded by family. She was born on April 13, 1943, to Eugene and Eleanor (Shotley) Graves. She was raised on the Fond du Lac Reservation in Cloquet and attended school there. She later attended the University of Minnesota - Duluth Campus. Judy worked as an Indian Advocate in



the ISD #709 in Duluth, Minnesota. Following her retirement in the 90's, she worked for the Fond du Lac Reservation. Judy was united in marriage to Les Northrup Sr. on January 14, 1978, at the American Indian Fellowship Association in Duluth.

Judy enjoyed crafts of all kinds, from needlepoint to birch bark baskets. Always busy, she was very active in The Elder Concerns Group and enjoyed traveling the Powwow Trail. Judy took pride in raising her family and caring for her grandchildren and great-grandchildren. She was a devoted advocate of her family, and positive community growth. Judy leaves a legacy of true kindness and love for everyone.

Judy is survived by her husband, Les Sr.; children, Velvet (Ron) Linden, Veronica (Reggie De-Foe) Smith, Vanessa (Tony Fish) Northrup, and Vickie (Roger Sr.) Smith; step-children, Kim (Steve) Enerson, Mary (John) Durfee, Charlotte (Charlie Sr.) Armajo, and Les (Brenda) Northrup Jr.; numerous grandchildren and great-grandchildren (all ranking #1 in her heart); siblings, Rick, Mike, Diane, Charlene, Bobby Ann, Mickey, and Carla; nieces and nephews; sister friend, Auntie Beanie Savage; and many other relatives and friends. She was preceded in death by her children, Raymond Smith Jr. and Richard Smith; grandson, Josh Linden; great-granddaughter, Joely Smith; and siblings, Kenneth Graves, Faye Diver, Norma Graves, and Linda Houle. The family would like to express their love and appreciation to the Fond du Lac Reservation and St. Luke's Hospital, especially her nurse, Amber Dougherty and Doctor Charity Reynolds.

**Patricia A. McLaughlin**, age 73, of Sawyer, passed away Friday, January 13, 2023 at her home. She was born July 13, 1949, in Sawyer, the daughter of John and Dorothy (Tiessen) Martin. Patricia worked as a foster mother for St. Louis County and for the Fond du Lac Reservation where she was a member. She loved playing bingo, gambling, and going to the casino. Patricia especially loved spending time with her family and friends and helping out others when she could.

Patricia was preceded in death by her parents; her husband, James McLaughlin; a son, William Martin; brothers, Michael Martin, John Martin Jr., Frederick Martin, and William Martin; sisters, Darlene Martin, Phyllis Martin, and Bonnie Martin. She is survived by her companion, Lester Carl; children, Kevin, Gail, Shawn (Teresa), Colleen (Danielle), Zibbens, Star, Ceeqwan, and Trisha; grandchildren, Gabriel, Breanna, Adriel, Sophie, Addison, Skye, Lance, Arianna, Brittany, Alex, Justin, Jordan, Bella Malique, Dimas, Ayden, Cameron, Cecelia, Ayeanna, Kivanna, Elgin, Shine, Arianna, Elayna, Luis, and Caidence; great-grandchildren, Patience, Pierce, Lance Jr., Elias, Veahra, Makari, Landon, Alaya, Wewaasese, and Vayera; brothers, Steven Martin Sr. and Darwin Martin Sr.; sisters, Betty Lou Nelson and Cheryl Martin; and numerous nieces and nephews.

**Douglas A. Woodhull**, 81, passed away peacefully, with his daughter Christine by his side, on Wednesday, December 14, 2022, at Bayshore Health and Rehab in



Duluth, MN. Douglas was born December 14, 1941, in Chicago, Illinois at a Jewish hospital to Mervin and Irene (Smith) Woodhull.

Douglas was preceded in death by his parents and two sisters Rebecca and Jeannette.

He is survived by his children, Christine Treviranus (Tom), Hawthorne, WI, Doug Woodhull (Melissa), Superior, WI, and Tracy Woodhull, Superior, WI; grandchildren Daniel, Natasha, Kelly, Jessie, Trevor, Emalee, and Anthony; great grandchildren Phillip, Patrick, Kosta, Breezy, Kaden, Jaxon, Brantley, Estelle, Riddick, Willow, Indy and Thomas; brothers Daniel Woodhull (Peggy), Poplar, WI, John Woodhull (Shirley), Poplar, WI, Joel Woodhull (Wanda), Poplar, WI, and Lewis Woodhull, Cloquet, MN.

The family would like to send a heartfelt thank you and appreciation to the staff at Bayshore Health and Rehab.

**Jeffrey William Brittan**, 66, died on January 3, 2023, at his home.

He was born on December 13, 1957, to Lynn (Cadotte) and Wil-



liam Brittan in Superior, WI and attended Superior Senior High School.

Jeff was employed as a siding contractor in Rochester, MN for 10 years. Following his father's death he returned to Barnes, WI to live at and care for the family cabin. He was employed as a switchman and lineman for the Burlington Northern Railroad. Most recently he was the caretaker at Patowatomi Resort and Cabins. Jeff was the jack of all trades; he was always willing to help his neighbors and willing to work as a handyman.

He will be remembered for his helpfulness and kindness whenever he was asked for help.

Jeff was preceded in death by his parents, his brother, Darel Brittan and his sister, Robin Morse.

He is survived by his siblings, Patrick (Wendy) Brittan, Corey Brittan, Toni Fetterly and Stacy Simpson and numerous nieces and nephews.



FEBRUARY 4 - 25<sup>TH</sup>

# FOR THE LOVE OF MONEY!

SATURDAYS, FEBRUARY 4, 11 & 18<sup>TH</sup>:

- START EARNING ENTRIES ON SUNDAY, JANUARY 29, 2023.
- SIXTEEN (16) WINNERS EACH NIGHT 6 - 9 PM
- WINNERS CAN WIN UP TO **\$3,000!**

GRAND PRIZE NIGHT - SAT, FEB 25<sup>TH</sup>

- SIXTEEN (16) WINNERS BUT WINNERS CAN WIN UP TO **\$10,000!**

**\$90,000**  
IN CASH PRIZES!

[blackbearcasinoresort.com](http://blackbearcasinoresort.com)

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

TUESDAY, FEBRUARY 14<sup>TH</sup>

# VALENTINE HOT SEATS

5:00 pm - 9:00 pm

- 60 winners total.
- Winners win \$250 in cash.
- Win more than once!

**\$15,000 IN CASH PRIZES!**



**NICK SWARDSON**

FEBRUARY 24<sup>TH</sup>

DOORS 6 PM | SHOW 7 PM

TICKETS \$35 - \$55

TICKETS GOING FAST!



ROCK *the* OTTER V!

MARCH 24<sup>TH</sup>

**WARRANT**

WITH SPECIAL GUESTS



DOORS 6 PM | CONCERT 7 PM

TICKETS \$15 - \$35

