

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



## 2019 Elder's Christmas Party

*FDL Honor Guard presents the flags  
at this year's Elder's Christmas Party.*

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# Local News

## Olson honored for her years of work

By Zachary N. Dunaiski

In my time working as the editor of this paper, I have met many truly wonderful people. One of those people is Dr. Dorothy Olson, who just last month was honored for her hard work over the years in education by the Minnesota Indian Education Association (MIEA) with the 2019 Outstanding Tribal Elder Award.

Many of you have probably encountered Dorothy at some point in time if you've spent any time on or near the Fond du Lac Reservation over the last several decades because she has been involved in so many things. She's emceed and helped put together the Elder's Christmas party the last 3 years. She's been with Wisdom Steps for the last 19 years, emceeding several of their events. She's also been on the Fond du Lac Ojibwe School Board, read to the students there as part of Reading Buddies, and has been a part of several other committees.

Her involvement has always been something that she's wanted to do out of the goodness of her heart and not for the recognition, but she's assuming that's why she won the award.

"I was nominated and I didn't even know it. It was a complete surprise. No idea in the world," Dorothy said about the award, stating that she didn't even know it existed before the moment she was informed she'd won it. "So just keeping involved in education and Elder services with the community. Even though I'm retired I'm still out there."

Dorothy has been retired for the last 10 years, although as I listened to her list off all that's she's involved

with, I think she's using the word "retired" pretty loosely.

"I am busy, but I like it a lot otherwise I wouldn't do it," Dorothy said when I told her that it felt like she was a million times busier than me. "Education has always been a passion in my life. I got my Doctorate when I was 52 years old because I've always promoted education."

Dorothy does more than just work with education. Only a few short months ago she began on the foundation board at the Fond du Lac Tribal and Community

College, but she also has been helping Veterans the last few years.

"I joined the Disabled American Veterans (DAV) auxiliary. I work at their event, they have rummage sales a couple of times a year to raise money for their organization to help the vets and they give donations and

food to families and just help disabled Veterans. Twice a year I help with that rummage sale," Dorothy said about another way she helps out in the community. "I go there on the Friday before and we get

tons of things, and then the next day is the sale. And they don't put 25 cents or 50 cents, they just say donations. What do you think? Let your conscious guide you toward what you think you should pay."

Dorothy attributes her success for all of these accomplishments in her life to one simple thing: support.

"My husband made a little room for me, it was our dining room and he turned that into my desk, my computer, all that for me to study with a nice lamp.

And I'd be sitting there watching TV and he'd tell me, 'I haven't seen you at your desk lately.' He was so encouraging and so supportive."

Dorothy mentioned that everyone in her life was helpful and supportive from other family members, to friends, to coworkers in the many different departments she worked at during her time at UMD who kept encouraging her to take classes while she worked and had a family.

She had so much support over the years and was so appreciative that she passed it on to others, sometimes without even realizing she was doing it.

"I got a letter from a former student. I didn't even know but here I am and she wrote 'Dorothy, you've always been my role model.' I had no clue," Dorothy said about being there for others. "Just out of the blue I get this beautiful letter from a former student."

One of the things that Dorothy appreciated most as she was honored by the MIEA with this award, was the fact that people are still there supporting her.

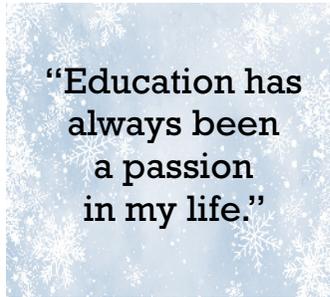
"I was so happy to see Tarissa and Miyah there, and my brother Dave and daughter-in-law Shouna and two of my many grand-

children, and they were there just in support and so happy for me," Dorothy said of that night.

The big surprise of the event was that even though her son, Dennis Olson Jr., couldn't be there that night, he sent a letter that they read.

"They read Dennis's letter, and of course it was a letter similar to that speech that he gave," Dorothy said, referencing the speech he made a few years ago at the FDLTCC graduation. "I was just sitting there and crying and holding my face and little William and Helen come up and they're like 'grandma, what's the matter? Why are you crying?' and I said 'because I'm so happy.' And they couldn't understand it and little William came up with me on the stage and just supported me."

Dorothy has worked hard over the years to accomplish all of the things that she has, but what I've liked most about her is that she always pays it forward, encouraging everyone she meets to keep working, keep learning, and always find support to accomplish the things you hope to achieve.



## Nahgahchiwanong Dibahjimowinnan

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

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

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

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

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

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

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

Corporate Member of the  
Native American Journalists  
Association

# Elder's Christmas Party



# RBC Thoughts

## Secretary/ Treasurer News

Boozhoo,

As has become commonplace the Elders Christmas party was a resounding success. When I arrived, the Otter Creek was almost full with 475 Band member Elders and over 600 in total. I welcomed everyone and wished all attendees a Happy Holidays. The food was delicious and the company was fantastic. The students were quick and courteous while delivering meals to those who could not stand in line. The banquet staff kept the trays full in the serving line and watched the tables to make sure they were clean and had



Ferdinand Martineau

plenty of refreshments. Santa's elves were busy drawing names for all the baskets donated by the divisions to make the party a success for all who came. Every year it is so heartwarming to see the sea of smiling faces in the audience. This celebration would not go on if it were not for the dedication of a small group of ladies from our community. They commit their time and ask for nothing in return for the countless hours in preparation for this event. I would like to thank these ladies for their dedication to helping others. Thank you to all the staff that helped to make this

event a success and to all the volunteers for the work they did and the donors of all the baskets that were given away.

The Reservation has been hit with some quite large snow storms already this year. The three early season storms have produced 5, 25, and 8 inches of snow. This has closed work for a day, schools for several days, and bus service for a week. We have gotten cleaned up pretty well but need to dust off our old snow emergency plans and bring them up to date so when this happens again we are ready to deal with it quickly and efficiently to minimize the issues of snow removal.

This is the time of year that holiday wishes are abundant. I am going to add mine to all those that you will be receiving from your friends and family. I wish you a safe and happy holiday season. I hope you get all you are wishing for and that you are able to spend some quality time with your family. I hope that the New Year brings hope and happiness into your life. Happy Holidays.

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

*Gigawaabamin.*

## Cloquet News

Hello all

As I write today the temp outside is -12, the good news is that it is supposed to warm up into the 20's by mid-week. This comes after cleaning up a snowfall of 20+ inches first, then a few days later, a 6 inch snowfall. So we have been busy here.

I did attend the Elder's Christmas party and feast that was held at the Black Bear Casino and Resort Event Center. It was very



Wally Dupuis

well attended. I would like to thank Dorothy Olson for emceeding the event, as well as, the committee that organized and put this party together and everyone that attended. Great job.

To update you on the cultural center, despite the weather, they are making significant progress towards getting the shell up and working inside. It is coming along nicely.

I would like to thank Tom Foldesi for stepping up and taking on the Police Chief duties for the past few months. Tom did an excellent job of leading the department.

I would like to also congratulate Fred Petite as he is our new Police Chief. Fred has many years of experience as a Deputy Sheriff and can now bring that experience to our department.

Also, congratulations to Tammy Anderson, Tammy has taken on the Transit Coordinator position. I am confident that our riders will notice a difference in service delivery soon.

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



The front entrance of the cultural building with some snow in it.



The inside of the cultural building looking toward the back where the mechanical room will be.

# RBC Thoughts

## Brookston News

### Boozhoo,

Happy New Year! I hope everyone had a safe and happy holiday season. Well, as we ended out 2019 it was certainly very busy. We ended the year with many Tribal Consultation meetings with MN Commissioners of Public Safety, Department of Revenue, Department of Corrections, MN Pollution Control Agency, and Department of Veterans Affairs; we also had our final quarterly meeting with City of Duluth Mayor, Emily Larson. These consultation meetings have been very productive as we learn more about what each Commissioner has oversight over and how can this impact Fond du Lac. We have also learned that we fall within the service area of the Iron Range Resources and Rehabilitation Board, this will



Roger M. Smith Sr

give us opportunities to request funding assistance for different projects in a majority of the Brookston District.

Many of you have heard that Chairman Dupuis and I were invited to the White House for the President signing an Executive Order to establish a Federal Task Force on Missing and Murdered American Indians and Alaska natives. This will establish a position within 11 Districts of the US Attorney's Office. That person will consult with Tribes within their District to develop protocols and procedures to apply to new and unsolved cases of MMIP, they will also work to improve the uses of databases and information sharing with local law enforcement and various agencies in the Department of Justice. There are times that I may not agree with the decisions or actions from the President, but when there are opportunities to address issues not only on Fond du Lac, but in Indian Country, I need to look

at it in a non-partisan way as this will benefit FDL and Indian Country. I have followed up since the signing with a representative from the US Attorney's office in MN and they will be looking to hire for this position, I expressed my desire that they select a Native American with the required qualifications. I have also attended the second group meeting of the Governor's MMIW Task Force and I will give a report in the February article.

We certainly have had our hands full with this last blizzard, some areas reported 2 feet of snow. I remember as a little boy I liked when the more snow we got and the colder it was as it made for better rabbit hunting, I can't say too much about that as I get older though. I still like the idea of a hot bowl of soup or chili and watching the snow storms is still pretty cool though.

I again wish everyone a very Happiest of New Years! Chi Miiigwech!

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



## Sawyer News

### Boozhoo,

The days are starting to get longer although we may not notice it yet. December has always been a month of celebrating. The Elder's holiday dinner was busy with conversations and laughter. It is great to see relatives and friends that travel just to attend the dinner each year. I would like to say, thank you to all the staff that planned events like these throughout the past year.

The Band had a great summer, fall and winter in 2019. There are always highlights that bring us together in happiness and even in loss. Seeing the youth help serve their Elders shows a good connection in the community.

The month of December also involved our local small business entrepreneurs who set-up at the holiday sales in the Tribal Center atrium.

The products made by vendors were perfect for employees to complete some easy holiday gift shopping.

The snow event, which gave us, an early heavy snowfall with blizzard conditions left us with a lot of work still. We have been moving snow around for at least a week or more. The snowfall is also making it a challenge to work on



Bruce Savage

the new cultural center. The Sawyer Center community enjoyed Bentleyville and the annual holiday party.

More homes have been connected through the fiber to home project. I have heard great reviews by Aaniin customers, thank you to staff that are out there working on connecting homes in this challenging weather. Happy New Year's everyone, together we look forward to another great year.

Sincerely,  
 Bruce M. Savage  
 Sawyer District Rep  
 Cell: (218) 393-6902  
[brucesavage@fdlrez.com](mailto:brucesavage@fdlrez.com)

# Year in Review



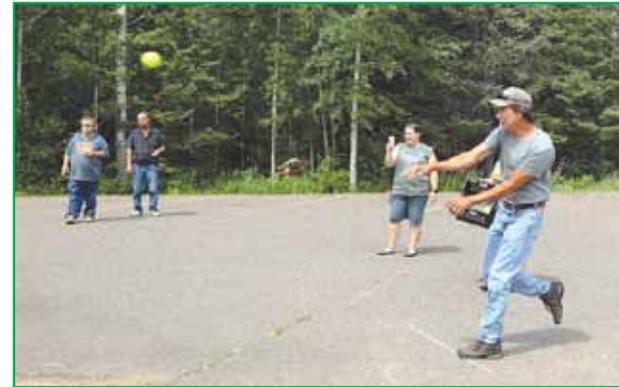
# Year in Review



# Year in Review



# Year in Review



# School News



## Principal

**B**oozhoo Fond du Lac Ojibwe School community I can't believe it is already the end of December. The school year goes by so quickly. We will soon begin planning for the 2020-2021 school year.

We do have recent new staff hires. New staff includes Melissa Costello. She is a behavior management facilitator for the elementary. Kimmie Weaver has just joined our team as an elementary teacher. Rachel Plachta has joined our team as the high school science teacher. We'd also like to welcome Michelle Demenge who is our administrative secretary. We also have three full-time therapists that are in the building this year. They are part of the Behavior and Mental Health program, but housed in our building. We are excited to have new team members to support our Fond du lac Ojibwe School students.

We are excited to report that we have a student senate this year. Students were elected earlier this year and represent 7th - 12th grades. They are an important and needed voice in the policies and activities of our school. Student senators have already been actively meeting and planning. Student senators have even attended the Fond du Lac Ojibwe School Board meetings. Miigwech to the students who serve in this capacity

The "No Cell Phone" policy is continuing to benefit our students. We see our student participating in class instead of scrolling on their phone. The "No Cell Phone" policy includes any PED's and earbuds/headphones during the school day. Miigwech to the families and community who support the policy.

Just a reminder, Parent/Family/Teacher Conferences will be hosted February 6 and 7, 2020. We look forward to seeing you. You are also welcome to stop by and visit your child's teacher prior to conferences.

**Miigwech, Valerie Tanner K-12 Building Principal**

## Superintendent

*Fond du Lac Ojibwe School  
Mission Statement*

*The Ojibwe Schools are dedicated to providing a quality education, which focuses on integrating the Ojibwe culture into all students' learning experiences. Every learner will have the opportunity to be challenged, to succeed, and to be prepared for the future. Parents, staff, community, and students will demonstrate the highest level of expectations for themselves and the school.*

**Aaniin/Boozhoo  
nindawemaganidok,**

**M**ino Biboon/Happy Winter and Mino Oshki Gikinoowin/ Happy New Year! Biindigedaa nagaajiwanaang gikinoow' amaade wigamig (Welcome back to school!) I hope that you had an awesome winter break. Believe it or not we are almost half way through our school year. January 17 is the end of second semester. Please read of ALL the exciting projects and activities our students have experienced since the beginning of the school year in this section. The relevant learning activities we provide here at the Fond du Lac Ojibwe School are by no accident because we are continuing to infuse more content that our students can relate to and at the same time we

want to offer content that reflects who they are as Ojibwe students. Our staff and students continue to impress and amaze me. Aapiji sago niigagwe ginoo'amaanan giyaabi Anishinabe izhijigaa'ing (We want to keep teaching our Anishinabe ways of life and content). Miigwech to everyone that helps us give our children love and learning every day we have them!

We will continue to enhance servicing our students experience by utilizing a holistic approach. Our staff and partnerships with various FDL Reservation entities have been and will continue spending time and effort implementing social and emotional wellness, positive and safe environment, and culturally relevant teachings. We want to continue to awaken the Grandfather Teachings of our people and make sure we are recognizing and acting on them as much as possible. The collaboration with FDL and our school departments has not only been an awesome learning experience for all but proves we can build a strong community when we work together as a team. We truly have a dedicated staff that is committed to helping our students succeed in school and in the community. Our school will continue to grow with Zaagi'idiwin, loving each other, as

our spiritual guide and mindset.

We will continue to support our staff with the greatest professional development that focuses on how we build positive, meaningful and nurturing relationships with our students and each other. Just like our mission statement says, "We believe in building the highest expectations of how staff and the students will behave," and even more importantly, how staff will behave in our school to make sure our school is a safe, loving and caring home for everyone. Chi-Miigwech staff for your dedication to our students, school and community.

Lastly, we strive to work in an atmosphere of cooperation and collaboration to provide meaningful learning opportunities and supporting student achievement and well-being. We want to extend what we do here at school and work with our students and families at home. Our student's success relies on a supportive and loving community. Chi miigwech to everyone that supports our students.

I am honored to work for our children and community. Miigwech!  
Giigaawaabamin naagaj'

**Superintendent, Jennifer Murray**

# School News



## S.T.E.M.

Fond du Lac and Hermantown Schools in cooperation with College of St. Scholastica have entered into the K-12 Computer Science Pathways grant to integrate more computer science in the classrooms.

One of the goals is to raise awareness of the need for all students to create and work in the field, including women, minorities, and students with disabilities. We look forward to seeing how this develops and enhances each student's potential. This picture was taken from the December 12 and 13 workshop. (Also attended, but not pictured is Fond du Lac's principal Valerie Tanner.)

## 2nd Grade

Fond du Lac Ojibwe School 2nd graders, from Mrs. Martin's class made their monthly visit to the FDL Assisted Living Complex. The pictures shown are from their October visit where they spent time with the Elders, painted pumpkins, and enjoyed a yummy snack.



## 3rd Grade

During the month of November, students from Ms. Andrea's and Mr. Shawn's 3rd grade classroom participated in a "Christmas Comes Early" reading challenge.

The rules were simple: Read a Junie B. Jones or Magic Tree House chapter book. Take a comprehension test and pass with 70% or higher. Choose a "white elephant" style, mystery gift.

Throughout the 20 day contest, students read and tested on 61 chapter books... AMAZING! The Christmas tree in the hall displayed ornaments with student pictures, highlighting their accomplishments!

The top reader in the class was Jayden

Bosto, who completed tests on 18 books, averaging nearly one book per school day! When asked why he likes to

read, Jayden said, "Because it is fun!" With seven books completed, Eleanor Ammesmaki came in a close second. Ellie said she believes "reading helps you learn."

We are so PROUD of them all!

## 5th Grade

5th Graders have been busy with experiments this month. We first learned how to make a complete circuit using

our electrical kits. Students also learned how to hook up an everyday light switch using batteries, wires, and a light bulb. Along with lighting up the place,



we learned how to make an electromagnet using some of the same materials!

Writing has also been a huge focus this year and students have been busy creating a book about themselves. The book is scheduled to be published in February so look for more information on that in the near future.

Finally, our students have been writing some directions. It's easy to make a peanut butter and jelly sandwich right? Well students found out how important even the tiniest details were to write down as they read their directions on how to make a PB&J. If your child has not told you about it, please ask them to share what happened when Miss Ashley followed their directions! Wishing you a wonderful holiday season.

Miigwech, Ms. Dawn and Miss Ashley

## Industrial Education

Gikinoo'amaaganag gaa-ozhitoowaad: bagwajawesiinyag

## Reading Rocks!

The staff at Fond du Lac Ojibwe School is finding creative ways to put new books into the hands of students this year. Studies show that the earlier children are exposed to books and read to by parents/guardians or siblings significantly increase their chances to become good readers. Many schools are finding that their students are unable to read at grade level.

At the beginning of the school year the staff brainstormed ways to send home books that students could keep and not have to return to school. The staff reached out to friends and families and so far has had three people donate a book for

every student in grades K-6. The last three months the students have brought home one book a month. The staff at the school would like to ask for your help in donating to put a book in each student's hands this year. If you are willing and able to donate books for grades K-6 or maybe even just donate a book for each student in one grade, please contact Julia Lintgen at julialintgen@fdlrez.com or (218) 878-7276. I would also like to let our community know that we still have our Reading Buddies Program. If you would like to come to the school once a week or even once a month on Thursday's from 12:30-2:30 p.m. please contact Fond du Lac Human Resources and complete an application. There is a stipend for our reading buddies.

## Festive winter decorating in our commons

A few staff and students at the Fond du Lac Ojibwe School decorated the



commons with a few of their favorite characters for their

Biboon Celebration. Parents, guardians, students and community members will have the opportunity to take group photos against this amazing backdrop. Miigwech to all who helped make this possible!

## Elder baskets made by Ojibwe School students

The Gifted & Talented and 6th grade students at Fond du

Lac Ojibwe School dremeled, whitewashed, and painted seven Elder baskets this year. The seven baskets were engraved with Ojibwe teachings.

One side in Ojibwe and the other translated to English; Gwayako-bimaadiziwin (Honesty), Debwewin (Truth), Zaagi'idiwin (Love), Manaaji'idiwin (Respect), Bekaadiziwin (Humility), Gikendaasowin (Wisdom) and Zoongide'ewin (Bravery). The baskets were then strung with mini lights and a gift bundle was placed inside each basket. Miigwech/thank you to the students for taking on this project, and to the staff who donated items for the gift bundle.



## Announcement:

Parent Advisory Group Meeting on January 7, 2020 from noon to 1:00pm in the library

School Board Meeting at 3:00pm at the Ojibwe School



Pep Band Rehearsal



Boys Drum Practice



Art

# Etc

## BBCR to host public presentation for Mission Creek Cemetery

There will be a public presentation of the design concepts for the Mission Creek Cemetery restoration. The cemetery was accidentally disturbed in 2017, and is in the process being restored. MnDOT and the Fond du Lac Band hired Urban Ecosystems, a Twin Cities landscape architecture firm to develop a plan that will protect the cemetery from future disturbance. The design team has developed some

alternatives to share with the public.

The event will be at the Black Bear Casino Jan. 8, 5:30–8:30 p.m. It will be in the Otter Creek Event Room. All are welcome to attend, with no RSVP necessary. There will be a free buffet style dinner accompanied by a presentation and followed by a round table discussions and a chance to share comments with the design team.

“We need to hear from members of the Fond du Lac Band about what this place means to them and what messages it should communicate as a place,” said

Samuel Geer, the president of Urban Ecosystems.

There was a community open house and listening session that took place in October. Community members learned about the history of the site and shared their personal stories and design preferences. The open house materials were on display in the Tribal Center for several weeks allowing passersby to weigh in as well.

“The designs were developed based on what we heard at the open house and in interviews with the burial recovery team and local Elders. The design concepts we will share embody different values and levels of site usage and intensity,” said Samuel.

The designs are preliminary at this point, so that the community’s input can be incorporated into the preferred plan, which will be put before the RBC later on in January.

“This is a chance for community members to see the different design alternatives for the cemetery restoration and let us know what you think is best for the ancestors,” said Samuel.

## Fond du Lac Tribal & Community College Foundation Seventh Annual Food for Thought - “A Tasting Event”

This Scholarship Fundraiser has become the area’s social event of the year!

Thursday, January 16, 2020, 4-7 p.m.  
FDLTCC Campus Commons  
~ Area vendors serving their

menu specialties ~

\$25 Admission Tickets and \$10 Raffle Tickets available at the following locations:

- Fond du Lac Tribal and Community College Business Office, 2101 14th St, Cloquet
- Reliable Insurance Agency, 803 Carlton Avenue, Cloquet
- FDLTCC Foundation Board Members

### Restaurants include but not limited to the following:

Carmen’s, Chef’s Marketplace, Cold One, Common Ground, Family Tradition, Jim & Jo’s, Magnolia Café, Mama’s Best Baklava, Northern Waters Smokehaus, Papa Murphy’s, Room at the Table, Street Car, Trapper Pete’s, and Warming House

### Raffle Prizes include:

\$1,000 Travel Voucher, Float Plane Ride – Value \$400, 50” Vizio TV – Value \$350, Fire Ring – Value \$250, B&B Meat Bundle and Gas Card, Value \$140

### Visit our Wall of Wine:

For a \$20 donation, select a bottle from 100 bottles of wine and an envelope with a gift card in it. Gift cards this year are valued from \$10 - \$100!

### Silent Auction includes:

Lake Superior Helicopter Tour, Lake Superior Photography on Canvas, Quilt, County Seat Theater Tickets, Fitger’s Inn Overnight Stay + Fitger’s Coffee Basket, Oldenburg House Overnight Stay, Bracelet, Framed Art, and more!

Questions? Please contact, Mary Soyring (218) 879-0811 or msoyring@fdltcc.edu

Tickets: \$25 each, \$30 at the door – be sure to purchase them in advance!

## FDL propane reminders

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

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

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

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

Propane’s fees are for, afterhours/emergency deliveries, \$330.00 plus cost of propane. The same day fee is \$50.00.

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

## NRCS and Fond du Lac’s TSCAN project

A cooperative effort to install a TSCAN (Tribal Soil and Climate Analysis Network) station was recently completed by the USDA – NRCS (United States Department of Agriculture – Natural Resources Conservation Service) and the Fond du



**Mission Creek Cemetery Restoration**  
**Concept Design Presentation**

Please join us for a community dinner to discuss design options for the Mission Creek Cemetery. We need your feedback about the future of this place and what is most important. There will be a buffet meal followed by a design presentation and time for discussion. **All are welcome, so bring your family and friends!**

**Wednesday, January 8<sup>th</sup> 2020**  
**Black Bear Casino**  
**Otter Creek Event Center**  
**1785 Highway 210, Carlton**

**Dinner: 5:30 - 6:15 pm**  
**Design Presentation + Q&A: 6:15 pm - 7:00 pm**  
**Round Table Discussions: 7:00 pm - 7:45 pm**  
**Community Discussion: 7:45 pm - 8:30 pm**

**Help us protect the Ancestors!**  
Any questions?  
sam@urbanecosystemsinc.com

# Etc

Lac Band of Lake Superior Chippewa. A soil pit was dug at the site and a detailed soil description was required and soil samples were collected for laboratory analysis. The analysis will include particle size distribution to determine the soil texture, bulk density of the clods collected, the ability for the soil to hold water, the organic matter content, and numerous other data elements.

The TSCAN monitoring instruments were installed over the entire three days of installation. A TSCAN station is a device to monitor the soil moisture and climate. It will record: solar radiation, air temperature, relative humidity, wind direction, wind speed, rainfall, leaf moisture, soil temperature and soil moisture (at 4, 8 and 20 inches below the surface). It is powered by a solar panel and battery.

### Key Outcomes/Products

This is part of a nationwide effort to collect soil and climate data. This data collection supports conservation activities and natural resource assessments across the country. There are now over 200 stations installed through out the country, of which there are now 13 on tribal lands. Uses of long-term soil climate information are extensive and include:

- Monitoring drought development, triggering plans and mitigating policy
- Investigating and documenting climate change trends
- Predicting the long-term sustainability of cropping systems and watershed health

- Monitoring and predicting changes in crop range and woodland productivity
- Predicting changes in runoff that affect flooding and flood control structures

Data transmission is achieved through a cellular modem to the National Water and Climate Center's Water and Climate Information System. This data is available at the National Water and Climate Center website at: <https://www.wcc.nrcs.usda.gov/tribalscan/index.html>. The website contains current and historical data for each site. They are currently working on getting the Fond du Lac site up on the website.

**Future Goals/Conclusions**  
The installation of the TSCAN monitoring station was a great opportunity for both the USDA scientists and the Tribal representatives to work together on a collaborative effort. A great deal was learned about one another. Future steps in collecting, analyzing and applying the data is anticipated by all.

### FACE program

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

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

achievement

- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

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

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

### Historical Society

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

The meetings in 2020 will be

Jan. 10, Feb. 14, March. 13, Apr. 10, May 8, June 12, and as always they will have a table at the FDL Enrollee Days.

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

### Fond du Lac Constitutional Convention Reform Community Input meeting

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

Changes to the MCT Constitution are coalescing around changing Tribal enrollment from blood quantum requirements to lineal descent, limiting or reducing per capita payments, the establishment of councils, creation of a citizenship committee and citizenship application requirements. The Tribal delegates have identified the following issues of most importance: governance, checks and balances of power, availability of natural resources, inclusion of natural law, spiritual law, and environmental matters.

FDL delegates are responsible

## ATTENTION FDL ELDERS

**The National Indian Council on Aging (NICOA) Conference will be held on August 17-21, 2020 in Reno, Nevada.**

There will be an information meeting on Tuesday **January 14, 2020** at 5:00pm in the Cloquet Community Center. If you are interested in attending this Conference please plan on attending this meeting.

Potluck, please bring a dish to share.

If you have any questions, please call: Velvet Linden (218) 878-8053



# Etc

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

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

We need community input on Tuesday Jan. 14 at Sawyer Community Center and Tuesday Jan. 28 at Cloquet Community Center. Miigwech.

## Fond du Lac Ojibwe School Board regular meeting

Tuesday November 5, 2019  
Fond du Lac Ojibwe School Board Room 3 p.m.

Called to order: 3:00 p.m.  
Roll Call

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

Absent: Robert Peacock, Michael Diver, Jennifer Dupuis.

Others present:  
Superintendent Jennifer Murray, School Principal Valerie Tanner; School

Counselor Vickie Oberstar, Cultural Coordinator Tara Dupuis, Financial Director Bridget Paulson, Dan DuPay.

Reading of the Mission Statement and Vision by Jeffrey Tibbetts

Motion by Jeffrey Tibbetts, seconded by Joyce LaPorte, all in favor, 0 opposed, motion carried to approve the agenda.

Motion made by Jeffrey Tibbetts, seconded by Carol Wuollet, all in favor, 0 opposed, motion carried to approve November 2019 regular Meeting minutes. Review of the ledger:

Bridget Paulson reported on the ledger, Bridget answered coding and carryover questions.

### New business:

i. 2019 MN Student Survey- Vickie Oberstar- Discussion on sharing the survey information with Carlton County more research wanted. Motion made to share information with the county by Joyce LaPorte, seconded by Jeffrey Tibbetts, all in favor, 0 opposed motion carried.

ii. Research Project Request- Olivia Drexler- Valerie Tanner presented- Comparison of Special Education Programs in the Anishinaabe First Nation. Concern with interviews with teachers, staff, Admin, and parents. Consent forms needed from parents, does not have clinic approval. Motion to decline made by Jeffrey Tibbetts, seconded by Joyce LaPorte, all in favor, 0 opposed motion carried to decline.

### Old Business:

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

ii. Behavior report was reviewed and explained by Valerie Tanner and Dan Dupay hand out was given. Incorporate Restorative Justice Practices, and follow the Bullying policy and review for updates. Staff training on definitions of Behavior Terms.

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

iv. Superintendent 2018-2019 Evaluation- Misunderstanding on who was to meet with Miyah Danielson. Deb Fuller will contact Miyah.

v. Transportation contract for FDLOS bussing services- Tabled.

vi. American Indian Language & Culture Education- Licensure for Cortnee DeFoe- Letter of recommendation from Marcus Ammesmaki read by Jennifer Murray in support of licensure. Motion made to approve licensure by Joyce LaPorte, seconded by Jeffrey Tibbetts, all in favor, 0 opposed motion carried.

### Other:

Sam Ammesmaki- Early Graduation Proposal- Discussion currently no policy, Independent studies meet graduation requirements for the state- Valerie Tanner and Guidance Counselor along with Student Senate will come up with a policy for approval. Motion made to

move ahead and have Sam work with Vickie Oberstar and Valerie Tanner to allow early graduation by Jeffrey Tibbetts, seconded by Carol Wuollet, all in favor, 0 opposed motion carried.

Dan Dupay- Discussed Wellness and will have a report by December meeting.

Supervisor Reports  
Superintendent Jennifer Murray, report was reviewed with discussion.

Building Principal Valerie Tanner report reviewed with discussion.

Education Grants and Accountability Manager Dan Anderson, report reviewed.

Sharon Bellanger- FMLA Leave

Athletic Program Manager Earl Otis report reviewed.

Transportation Michael Quam report reviewed.

Face Coordinator Lorraine Houle report reviewed.

After School Activities Maria Defoe report reviewed.

Cultural Curriculum Coordinator Tara Dupuis, report reviewed.

Motion made by Carol Wuollet, seconded by Joyce LaPorte, all in favor, 0 opposed, motion carried to Adjourn. Adjourned at 4:57 pm.

Recorded by Michelle DeMenge



## FDL Wisdom Steps Meeting

Date: January 11, 2020

Where: Cloquet Community Center

Time: 2:00 PM

Gifts for new attendees

Drawings

Bring a lite snack to share

For more information visit us on facebook:

Etc



**Minnesota Chippewa Tribe Finance Corporation**

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

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

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

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

**Applications:**

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

**Fond du Lac Tribal College Extension Program  
Presents  
Trauma Informed Yoga**

**When: Friday, January 24, 2019**

**Where: Cloquet Community Center, 1720 Big Lake Road, Cloquet, MN 55720**

**Time: 1:30 - 4:00 Snacks  
4:30 - 7:00 Catered Meal  
Same material/both mtgs**



Trauma Informed provides Trauma informed Yoga, Movement & Mindfulness services to both clinical and public settings. Our goal is to provide programming and training that helps those recovering from trauma, pain, anxiety and other mental health symptoms, build resilience through the wisdom of the body. Trauma can be thought of as chronic abuse/neglect from the self and the world around us. **It can be healed in one session.** Trauma often leads yoga and mindfulness practices can help return power back to each participant as they explore ways to recover.

Angela is a certified Trauma Center - Trauma Sensitive Yoga Facilitator (TC-TSYY) trained under David Emerson at the Trauma Center in MA. She brings to the most experienced training groups at the Center for Victims of Torture, USMC Medical Navy Personnel Mental Health Day Thought and Orientation Program and North Memorial Hospital's Trauma-Informed IOP.

Angela is an Experienced Yoga Alliance Yoga Teacher and continuing education provider (I,RYT, YACEP) with over 10 years experience teaching yoga classes and groups as well as participating faculty for yoga teacher training programs. She currently directs clinical yoga programming at HARC's Mobile Baby program as well as public groups and clinical training for mental health professionals. Her experience as a Certified Birth Doula and therapist strongly influences her work holding space for all her classes and participants.

**Please RSVP to Cindy Molarek, 218-878-7132 or [cindy.molarek@fldtcc.com](mailto:cindy.molarek@fldtcc.com)**

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

*This workshop is supported by USDA ERDC grant awarded to FLDTC*



**Fond du Lac Tribal College Extension Program  
Presents**

**Air Force Academy and Self Defense**

**When: February 27, 28, 29, 2020**

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

**Time: 9:00 - 12:00 Thursday  
1:00 - 4:00 Thursday  
9:00 - 12:00 Friday  
1:00 - 4:00 Friday  
Kids 9:00 - 4:00 Saturday  
Catered meal @ CCC gym**



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

**Please RSVP to Cindy Molarek 218-878-7132 or [cindy.molarek@fldtcc.com](mailto:cindy.molarek@fldtcc.com)**

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

**This workshop supported by USDA ERDC grant awarded to FLDTC**



**Legal notice**

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

with the first publication.

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

- \*ABRAMOWSKI, Brian Lee
- \*ARRELL, Lavonne
- \*ATKINSON, Robert Dale
- \*BAKKEN, David
- \*BARNEY, Jessica T.
- \*BURLINGAME, Donna
- \*CICHY, Gerard
- \*CICHY, Gerard
- \*CICHY, Leslie
- \*CICHY, Leslie
- \*COUTURE, James A.
- \*DEFOE, Roy, Jr.
- \*DEFOE, Richard G.

- \*DIVER, Robert "Leroy" John
- \*DOUGLAS, Mime
- \*DUFAULT, Dustin D.
- \*ELLS, Patricia
- \*ENGLER, Catherine
- \*FARRELL, Margo J.
- \*GOODREAU, Marcie, L.
- \*HAARSAKER, Brenda
- \*HEGG, Karen
- \*JANSEN, Mary Jo
- \*KLASSEN, Llorra A.
- \*LAFAVE, Darren Houle
- \*LAFAVE-KING, Jacqueline
- \*LAPRAIRIE, Robert
- \*LAPRAIRIE, Robert
- \*LEE, Patricia J.
- \*LITTLEWOLF, Theodore L.
- \*MAGNUS, Karen A.

- \*MAJOR, Barbara
- \*MARTIN, John Francis Jr.
- \*MARTIN, Kim I.
- \*MARTINEAU, Loretta C.
- \*MARZINSKE, Florence
- \*MARZINSKE, Larry
- \*MCFADDEN, Barbara
- \*MUELLER Neva
- NELSON, Chester E.
- \*OLP, Madison S.
- \*OWENS, Louise K.
- \*OSCEOLA, Bonita
- POWERS, Lois A.
- \*POWERS, Lois A.
- RODAKS, Timothy
- SAVAGE, Mark
- \*SAVAGE, Mark

- \*SIROIS, Warren
- \*SMITH, Scott J.
- \*SMITH, Robert W.
- SOULIER, Gary
- \* SOULIER, Gary
- \*ST. GEORGE, Richard J.
- \*THOMPSON, Henrietta
- \*THOMPSON, Lester P.
- \*TURCOTTE, Valerian A.
- \*TUTTLE, James
- \*VANERT, Patricia A.
- \*VOLKERT-ERKKILA, Ellen
- \*WIENKE, Barbara
- \*WILLIAMSON, Donna M.
- YEAZLE, Joann
- \*ZIEBARTH, Frances M.

# The Many Grave Desecrations in the old Village of Fond du Lac

By Researcher  
Christine Carlson

## The first Desecration in 1869 – Lake Superior and Mississippi Railroad

The old village of Fond du Lac was surveyed and the Lake Superior and Mississippi Railroad line was to go right through the old gravesites of this ancient village. Some say there were two gravesites and some say three that were located around the area by the base of the big sand hill.

Francois (Frank) and Zowedah (Susan Cadotte) Roussain were living in the old village and had many friends and relatives buried in those graves and did not want their graves to be desecrated. They lived on the land up the hill from the village near the edge of present day Jay Cooke Park. This spot was chosen for the new burial ground. Several bodies were moved there but many remained in the old Fond du Lac gravesites.

## Another Roussain Story

For further information about this family go to the archived section of this newspaper and the story is called Roussain Family and Love Triangle and the date it was published was February of 2010.

## Fond du Lac News Column from Duluth News Tribune of May 7, 1898

*While digging a trench in which to plant some trees on One Hundred and Thirty-Third avenue west the laborers unearthed an Indian skull in a good state of preservation. It has been sent to the Order of Red Men's Lodge at Duluth.*

## Order of Red Men's Lodge

The Red Men's Lodge was a group of professional businessmen from the city of

Duluth and they had nothing to do with Native American issues.

## Another Road Project Duluth News Tribune of August 8, 1921

*This being the date set for the opening bids for the construction of the Fond du Lac – Wrenshall Rd.*

## Fond du Lac Standing Over Indian Burial Ground; Bones Struck by Workmen's Spades – Great Spirit Praised When Boys Stole Food Offerings From Grave Houses, Old Resident Relates – Duluth News Tribune of August 7, 1921

*While two workman were digging a path to the new dance hall and ice cream parlor at One Hundred and Thirty-Third Avenue West, Fond du Lac, last week their spades met an unaccustomed resistance. Striking harder into the clay, and plying out what they believed to be a piece of wood strongly imbedded in it, they unearthed the browned skeletons of two children. Both skeletons had disintegrated, but a part of one was wrapped in the moldy fragment of a blanket. Only a few decayed nails found beside the bones told they had once been incased in a crudely made coffin.*

*The skeletons are believed to have been those of Indian children buried. Miss Hilma Peterson, a school teacher who has lived at Fond du Lac all her life, recalls the old days of Indian occupation.*

*“My older brother spoke Chippewa as well as he did English. He chummed with the Indian boys, and often had supper in an Indian wigwam.*

*It was the Indian custom to build little houses above each grave, and leave food there for the departed spirits every night.”*

## Relics from Old Grave of Indian - Duluth Herald of May 25, 1932

*The picture above shows two relics of early Indian days at the head of the Lakes, taken last week from the grave of an Indian, presumable a Chippewa, uncovered on the old banks of Mission creek. (There wasn't space for the photo.)*

## Indian Skeleton Found in Hollow of Park Ravine – Carlton County Vidette of May 26, 1932

*The well preserved skeleton of an Indian, apparently 5 feet, 6 inches in height, was uncovered Monday in a grave about two feet under the surface of the banks of Mission creek in Fond du Lac.*

*The grave was revealed when a scraper used in cutting down the ancient bank of the stream to level the yard around the home of Carl Erickson, located between the school and the river, broke through the rotted wood of a rude coffin, exposing the skull. Investigation brought to light, a complete skeleton, large quantities of beads, birch bark receptacles and various articles of birch in a fair state of preservation, portions of a wool blanket all but gone to dust, a tomahawk in perfect condition, the rotted remains of a bow and a tintype of Henry Clay with the name of the statesman perfectly legible, preserved between two pieces of mirror with the words Paris, Fr., on them, and all contained in a birchbark pouch.*

*The relics will be laid before experts of the County Historical Society for their opinion of their age and other items of interest.*

## Another Highway Project Old Indian Burial Ground Unearthed – Duluth News Tribune of August 27, 1937

*A steam shovel excavating for the new No. 23 highway in Fond*

*du Lac yesterday unearthed an old Indian burial ground.*

## Fond du Lac Yields Bones of Old Redmen – August 27, 1937

*Machinery and men in preparing for the future have once again delved into the mysteries of the past.*

*A crew, working on the new road which is being built through Fond du Lac, yesterday unearthed an old Indian graveyard. The cemetery is believed to be nearly 200 years old.*

*Of special interest was a skeleton wrapped in birch-bark and an old Indian blanket. The blanket, of soft woolen material, was remarkably well preserved. Almost intact, it was torn by a steam shovel when it was unearthed. Bits of birch-bark were evident on it. The skeleton was also broken by the force of the shovel.*

*The graves were found to be only two to three feet deep. Birch-bark had been the only covering of the bodies. Among the bones discovered yesterday were four skulls, one with shiny black hair on it. John Richards of Ely, operating the shovel unearthed the skulls within a small area. A muzzle-loading shotgun barrel also was found.*

*In a bank of dirt between the road and railroad tracks, it is believed that there are many more such graves. In one particular spot it has been said there are at least 30 Indians buried. This bank probably will be dug away today.*

## 1998 MNDOT Official Inventory Regarding the Mission Creek Bridge – (Duluth Public Library Clippings Files.)

MNDOT Historic Roadside Development Structures Inventory for Structures on Minnesota Trunk Highways (1998)

Historic Name – Fond du Lac

Culvert (Bridge 5757) Location – Trunk Highway at Mission Creek at 132nd Ave West. List of Standing Structures – Bridge/Culvert Built in 1937

National Register Status– Recommended property be evaluated with entire six-block Veterans' Evergreen Memorial Drive. Fieldwork Date 10-09-97. Prep by Gemini Research December 98. Prep for Site Development Unit, Cultural Resources Unit and Environmental Studies Unit

## Another Highway Project The final Desecration by MNDOT

I am proud to say that on May 25, 2017 mother and son Christine and Keane Carlson were the “whistle blowers” that scanned a photo of the desecration and called Fond du Lac Spiritual Advisor Ricky Defoe. He alerted the Band that the sacred burial ground in the old village of Fond du Lac was being desecrated. The project stopped nine days later.

## A Message to MNDOT

Hopefully you have learned a lot from this truly unfortunate but preventable incident. Maybe you should be asking the local people of the area you wish to change or improve. Step out of your high powered mentality and meet the real people. You must also remember the cultural and historical aspects of each community. Do your research properly! Thank you for stepping up to the plate and doing the right thing.

The views expressed here belong to the researcher alone.

## Happy New Year

Next month's story will be a collection of vintage photos taken at the old Roussain Cemetery.

**OVER \$60,000 IN CASH & PRIZES**

# Navigation to Relaxation

**JANUARY  
4<sup>TH</sup> - 25<sup>TH</sup>**

**SATURDAYS | 6 - 9 PM**

- Earn entries starting Thursday, December 26<sup>th</sup>
- Twelve (12) winners each night.
- One (1) winner drawn weekly during 9 pm hour to win a Grand Prize Vacation Package.
- See the official rules online or at the Players Club.

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

**blackbearcasinoresort.com**

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

**FOLLOW US:**



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

**JAN  
24**

**DON'T STOP TOUR 2020  
TRACE ADKINS**

**DOORS 6 PM | CONCERT 7 PM  
TICKETS \$50 - \$80  
AVAILABLE AT THE PLAYERS CLUB  
OR ONLINE AT  
[blackbearcasinoresort.com](http://blackbearcasinoresort.com)**



Make The Bear your place!



# Health News

## The New Year

It's the start of a new year and that means it's a great time to think about making changes. Everyone views change differently. Change can be scary, difficult, welcomed, hard, or unwanted. Making a New Year's resolution can be a great way to start a change. According to Wikipedia, a New Year's resolution is "a tradition in which a person resolves to change an undesired trait, behavior or to accomplish a personal goal or otherwise improve their life".

With the start of a new year, I encourage you to think about a healthy, nutritional change you can make. Many cancers and other diseases can be prevented or delayed with good nutrition. Take a few minutes to think about your diet (what you eat). Think about one thing you can change to be healthier this new year.

Keep these tips in mind when thinking about your nutrition change for the New Year:

1. Be realistic, specific and honest with yourself. Write your goal down. Make it a SMART goal (Specific, Measureable, Achievable, Relevant and Time-based). For example: I will drink three 8 ounce glasses of water, daily, by February 1st, 2020, by adding 1 glass of water at each meal.
2. Take baby steps to the goal by breaking it down into more manageable steps. Using the example above, I could add: I will start by adding 4oz of water at lunch and dinner for 2 weeks, then increase to 8oz at lunch and dinner for a week. The final week, I will add in my breakfast water, 8oz, as I drive into work every day.
3. Enlist a family member, a friend or a

co-worker for support. Don't hesitate to seek professional help as well.

Using the example: I will ask my co-worker to remind me about drinking water if she has not seen my water bottle on my desk.

4. Be prepared for a setback. Remain flexible and try to get back into the swing as soon as possible. Setbacks! What about on the days I don't work? When will I drink my morning water if I am supposed to drink it on my drive into work? I will schedule a time to drink my water while I am doing something different on non-work days, like carrying a water bottle while walking my dog or have my water available while cleaning the house or taking a drink of water every time my phone dings.
5. Keep a journal. Put as much as you want in it. Over time, you will be able to see patterns that are good and ones that could be changeable.

Here are some examples of small nutritional changes you might be able to make in your life this year.

- Drink 8 ounces of water at noon
- Eat ½ cup more vegetables daily
- Replace one sugar sweetened beverage with water each day
- Eat one meatless meal for dinner each week (try beans, tofu, or eggs for protein)
- Eat fish, for a meal, one time each week
- Limit juice to 6 ounces a day or replace that juice with the actual fruit
- Eat at least 2 different colored vegetables each day
- Try one new healthy recipe each week
- Start a food diary
- Measure your food out for one day

each week and compare with the portion recommendations

- Reduce portion sizes by using a smaller plate at dinner.

Good luck and don't forget to tap into the Reservation's resources for guidance

and support: medical providers, dietitians, personal trainers, smoking cessation educators, mental health therapists, health educators, maternal and child health nurses, On the Move events, cooking classes, and many others.



## Living Well with Chronic Conditions



80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety.

**Managing your chronic condition** can improve your health and quality of life.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plans.

Topics include nutrition, exercise, medication use, pain management, emotions and communicating with medical providers.

**Call (218) 878-2141** if interested or for more information.

### WORKSHOPS:

January 14, 21, 28,  
February 4, 11, 18

1:00pm—3:30pm  
FDL Community Center  
Library Classroom

*Workbook and healthy snack provided.*

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



# Health News

## Real Solutions WEIGHT MANAGEMENT SUPPORT

Are you ready to begin and sustain a healthy lifestyle?

Then join our weight management support group, *Real Solutions.*



Fridays,  
Starting January 10, 2020

12:00pm - 1:00pm

MNAW | Dottie Tibbetts A

This group meets weekly for an hour-long session in a casual group setting. A registered dietitian (RD) will lead each week's discussion. A fitness trainer will lead a short exercise demonstration. We will talk about strategies to make positive lifestyle changes a lasting reality for you. There will be group discussion, food demonstrations, and time to share ideas. Participants explore their unique habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. The small group setting provides a supportive and encouraging atmosphere.

The program will follow the *Real Solutions Weight Loss Workbook*, by Toni Piechota, MS, MPH, RD. It provides practical guidance for behavior changes including:

- Self-monitoring of hunger and intake
- Mindful eating
- Realistic goal setting
- Creating a supportive environment
- Portion control
- Helpful tips for eating away from home
- How attitude can affect weight loss
- Information about body image and weight maintenance

To register:  
Barb @ 218-878-2141



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

## Real Solutions WEIGHT MANAGEMENT SUPPORT

Are you ready to begin and sustain a healthy lifestyle?

Then join our weight management support group, *Real Solutions.*



Thursdays,  
Starting January 9, 2020

12:00pm - 1:00pm

CAIR | Lake Superior  
Conference Room

This group meets weekly for an hour-long session in a casual group setting. A registered dietitian (RD) will lead each week's discussion. A fitness trainer will lead a short exercise demonstration. We will talk about strategies to make positive lifestyle changes a lasting reality for you. There will be group discussion, food demonstrations, and time to share ideas. Participants explore their unique habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. The small group setting provides a supportive and encouraging atmosphere.

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- Realistic goal setting
- Creating a supportive environment
- Portion control
- Helpful tips for eating away from home
- How attitude can affect weight loss
- Information about body image and weight maintenance

To register:  
Barb @ 218-878-2141



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

They learn from watching you...

## Be Active

and your kids will too!



This distribution is an equal opportunity practice.  
This document was funded by CDC's Community Nutrition Assessment Program - SNAP  
Fond du Lac Human Services Division | Community Health Services



Self defense class  
Feb. 27, 28, 29  
9 a.m. CCC

# Ashi-niswi giizisoog (Thirteen Moons)

## Gichi-Manidoo Giizis

*The new Manidoo-giizisoons begins December 26. This is the Little Spirit Moon. Another name for this moon is Gichi-bibooni-giizis, the Big Winter Moon.*

## New 13 Moons Coordinator

**B**oozhoo, I would like to take this opportunity to introduce myself to those who don't already know me, my name is Phillip Savage and I will be the new coordinator for the 13 moons extension program. I reside in the Brookston district with my wife and two children. My parents are Jeff and Sandra Savage. My grandparents were Richard and Beverly (Zacher) Savage of Sawyer, and Ray and Josephine (Beargrease) Sandman of Brookston.

I graduated with my high school diploma from the Cloquet School District. I received my Associate of Arts degree from Fond du Lac Tribal and Community College in 2011. During my time at FDLTCC I had the honor of serving as the Secretary-Treasurer of the Anishinaabe Student Council. I also had the opportunity to participate in the Blandin Foundations Reservation community leadership program. This program is a cohort dedicated to building social capital and strong leadership skills among the states Reservations and selected communities most promising leaders of the present and future.

In 2015 I was elected as chairman to Cloquet school district's



*Phillip Savage*

JOM (Johnson-O'Malley) Indian education program, which I am still serving on. This program dedicates federal monies to the educational support and creation of culturally relevant programming for students who are enrolled in a federally recognized Reservation. I believe that culturally relevant education and practices are crucial to the well-being and survival of our traditional ways. I believe this goes hand in hand with the mission statement of the 13 Moons program which is to "Increase the awareness of natural resources, provide new opportunities for social interaction and increase knowledge of Anishinaabe culture."

13 Moons also is designed to use the natural progression of the seasons to demonstrate

traditional uses, and identify economic opportunities within the natural resources of our homeland. This year we will be hosting seasonal workshops from herbal products to wild foods samplings, from sugar bush to wild rice camp. We will be starting off the New Year with our beautiful Gichi-Manidoo Giizis (Great Spirit Moon) Powwow January 17 and 18. We look forward to seeing the community participate in these events. Any questions or suggestions are welcomed. I can be reached at [philsavage@fdlrez.com](mailto:philsavage@fdlrez.com), or (218) 878-7123. I would also like to thank FDL and FDLTCC for this opportunity. Miigwitch!

## 2019 Spring Fishing Harvest Summary

The 2019 Spring Harvest fishing report is now on the Fond du Lac website.

Declarations for walleye harvest were made on a total of 7 lakes within the 1837 Ceded Territory of Minnesota and 15 lakes in the 1854 Ceded Territory. No declarations were made for any Wisconsin 1837 or 1842 Ceded Territory lakes.

Again in 2019, Fond du Lac (FDL) Band members had the opportunity to sign-up online for spearing and netting activities. By signing up online, individuals provided Resource Management Division (RMD) staff with contact phone numbers and email addresses. Individuals could also call RMD staff during regular work hours to sign up, if this was easier. There were 93 Band members that signed up an increase from 62 in 2018. It should be noted that there were a few individuals that ultimately ended up participating that never did sign up, but rather called RMD on a daily basis to inquire about available harvest opportunities. Also, many individuals that did sign up never actually participated.

Each morning, RMD staff would choose lakes to open for that night and determine the number of available permits. Staff would send a mass email AND a mass text message to all individuals that had signed up and provided an email address and/or cell phone number. These email and texts would state the lakes open for the night. Those individuals that were interested and available to participate were given until noon to either call in or respond to the email. RMD staff planned to conduct a lottery-type drawing at noon to distribute the available permits amongst those interested in participating for that night. Daily drawings never did occur as we never had more Band members interested than the number of available permits. Every Band member was able to participate on any night they were interested and available.

This is a portion of the full report that is available on the [fdlrez.com](http://fdlrez.com) website, which can be found on a link on the homepage.

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

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

# Gichi Manidoo Giizis Traditional Pow Wow “Taking Care of the Land and Community”

**Saturday January 18th, 2020**



**Registration: 10am  
Grand Entry: 1pm & 7pm  
Feast at 5pm**

**Black Bear Casino Resort  
Otter Creek Event Center  
1785 Highway 210  
Carlton, MN 55718**

**Hotel Reservations: 1-888-771-0777**

**Free Admission~Open to the Public ~Alcohol & Drug Free Event**

Join our event on the 13 Moons Ashi niswi giizisoog Facebook page

## ***Taking Care of the Land and Community***

**Info booths and displays of Tribal, State and Federal programs  
involved in taking care of the land and community.**

***Vendor tables available***

**For more information contact:**

**Nikki Crowe 218-878-7148 or email [nikkicrowe@fdlrez.com](mailto:nikkicrowe@fdlrez.com)**



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Fond du Lac Band of Lake Superior Chippewa  
Fond du Lac Tribal and Community College  
USDA-NIFA Funds





# 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 Jan. 17, 2020 for the February 2020 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

## Happy Birthday

Happy 9th birthday to my daughter, **Trinity Logan Tormanen-Tiessen** (Jan. 5) and happy 6th birthday to my son, **Trayce Edwin Tormanen** (Jan. 23). I love you both to infinity, every single day.  
*Love, Mama*



Happy birthday, Dad, **Dave Dupuis** (Jan. 11)! I love you so much. Thanks for all you have done and continue to do for me. I appreciate you more

than you can imagine. Have a great day, you deserve it.  
*Love you! Erica (and mom)*

Happy B-day **Erica Dupuis** (Jan 14), I don't see what anyone can see in anyone else but you.  
*Love C-*

Wishing a very happy birthday to **Sabrina Petite** (Jan. 22), 23 years old and **James Petite** (Jan. 28), 22, we love you both very much, have a wonderful day!  
*Love Mom, Dad, April and Markiss and Royce, Davey and Izzy, Matt and Angel and Baby Matt, Kayla and Tato, and Rylan*

Happy birthday to **Roger "BOUDA" Smith Sr.** (Jan. 29). With all of our love!  
*Love your, Vickie and Roger Jr and Kristen, Psalms, Raymond, and Shelly*

Happy SECOND birthday to **Kawhi Barney** (Jan. 30)! We hope you have a fantastic birthday son! You have grown so much in your short two years of life; it has been truly a blessing to watch!  
*Love you! -Dad, Mom, siblings, and Uncle Jordan*



## Messages for the new year

To the **Kartiala, Hanchett, and Uthe Families** in California: I wish you all a safe, healthy, and Happy New Year in 2020.  
*Love, Jamie*

To **Mom, Uncle John, Wes, Heather, Kyle, Kenz, and Chase**: I love you all so, so much! Prayers for a safe, healthy and Happy New Year in 2020.  
*Jamie*  
P.S. Wes, can we have more sunlight in the coming year

To my son **Kendall**, you're on my 2020 naughty list.  
*Love, mom*

## Congratulations

**Betty Moore**, congratulations on 6 years

with Mashkiki Waakaigan Pharmacy! Happy birthday - January 28 - wishing many more years to enjoy!

## Obituary

Rest in Peace **Melissa Randall**. We're going to deeply and sadly miss you. Have a safe journey. We'll never forget you and there isn't one day we won't think about you.  
*Love, your family, all your friends, your son, your nephews, and your sister*

**Bonita "Bonnie" Jo Osceola, Waa Bii Go Nins Little Flower**, 60, of Cloquet died peacefully Saturday, November 23, 2019 in St. Luke's Hospice, Duluth.

Bonita made the Dean's List at FDLTCC and was currently in recovery. Bonita was very involved in her program and proud of her accomplishment. She enjoyed reading, dancing at Powwow's, singing and spending time with her grandchildren. She was very strong willed and above all, Bonita took care of her family. She was a beautiful woman and loved everyone.

Bonita was preceded in death by her husband, Glen E. Osceola; son, Victor "Florida" Varga; sister, Elizabeth Vogan; and brother, Riley Thompson, Daniel A. Webster Sr., nephew, Cheyenne Thompson; Emmette Thompson and Betty Skull

Bonita is survived by her daughters, Danielle Webster and MorningStar Webster; sisters, Nancy Seppala and Gail Thompson; brothers, Bruce Thompson and Clifford Thompson; grandchildren,

Felix Webster-Fox, Aliyana Y. Webster-Martinez, and Katalya Danielle Webster-Martinez.

**Scott J. Smith**, 60, of Proctor, died Wednesday, November 20, 2019 at his home, surrounded by family.

He was preceded in death by his father, William (Pat) Smith; step-father Gerald Mitchell; nephew Michael Hakes and sisters Terry Dubla and Shelly Smith.

Scott is survived by two children, Eric (Melissa) and Tanya; his beloved wife Deb (Timonen); grandchildren Ethan and Elijah; mother Dolores Mitchell; brothers David and Danny; sisters Julie Mitchell and Christy (Shayne) Spokely; and many nephews, nieces and cousins.

Scott was born in Duluth on August 15, 1959. He graduated from Proctor High School with the class of 1977, where he played goalie for the hockey team. He worked for the city of Duluth from 1987-2014, as a heavy equipment operator in the street maintenance department.

Scott enjoyed spending time with family and friends. He was a caring, thoughtful person who made sure that everybody around him was comfortable. He loved everything outdoors, especially hunting, fishing and camping at Bent Trout Lake campground. He loved sports and rooting for local teams, especially the Minnesota Vikings.

**Barb Wienke** 73, of Duluth, MN passed away



# Community News

surrounded by family on Nov. 27, 2019 after battling cancer. Barb was a proud Elder member of the Fond du Lac Band of Lake Superior Chippewa Tribe.

Barb was preceded by her father Clement Beargrease, mother Pearl Cole (William), son Jonathan Wienke, and infant child. Brother Michael Rindal, Special Aunt/Uncle Inez/Peter Rindal, Sister-in-law Renata Rindal, Grandmother Lydia Winquist, and ex-husband Daryl Olson.

Barb is survived by her son Michael Olson, Daughters Sherri Olson, and Jo Anne Wienke. Grandchildren Tyler, Cassandra, Tanner and one great grandchild. Ex-husband Gregory Wienke, brother Larry Rindal, Sister Bonnie (Dan) Potthoff, and Sister-in-law Dee Gokee-Rindal. Numerous Special nieces, nephews, cousins, and in-laws from IL, WI, and MN. Special friends from Fond du Lac tribe and her pride and Joy Mr. Sparks "Pee Wee", Princess, and Puppy Sue.

Dec. 27, 1955 - Nov. 25, 2019  
**Denise Locke Cassidy**, 64, died from heart disease on

Nov. 25, 2019 in her Duluth home. She was born in Cass Lake, Minn. and was the daughter of Fred and Anna Marie



Locke of Cloquet.

Denise married Terrence Cassidy; they had two children, Adam and Mark. Following her divorce, Denise had a third son, Ben. She was employed in administrative clerical positions (including one at Honeywell), ran a house cleaning business, and worked in home health care. Denise had retired to a Duluth retirement community.

She liked playing Bingo and doing crossword puzzles, reading mystery novels, and visiting with close friends. She also mentored and helped youth. Denise was preceded in death by her parents. She is survived by her sons, and her siblings: Deborah of St. Paul, Kevin of Bloomington, and David of Tucson, Ariz.

A memorial was held.

## FDL job listings

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

### FDL Reservation

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

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

### Black Bear Casino Resort

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

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

### Fond-du-Luth

- Security Guard/Dispatch FT
  - Janitor FT/PT
  - Clean up Worker FT/PT
  - Beverage Waitperson/Bartender FT/PT
  - Cage Cashier FT/PT
  - Players Club Representative FT/PT
  - Slot Attendant FT/PT
  - Slot Technician FT/PT
- FDL Minneapolis listings
- Clinical Pharmacist On Call
  - Pharmacy Technician On Call/Sub



The winning tree during the Christmas tree decorating contest. During the contest the trees were auctioned off and raised \$1,565 which was used to purchase gifts for families in need.

# Gichi-Manidoo Giizis –Great Spirit Moon– January 2020

ALR: Assisted Living Residence; BBCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033;

BLH: Brevator Language House, CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510;

CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College;

MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building;

NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division;

SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mission Creek Cemetery Restoration Jan. 8 5:30 p.m. BBCR	Gichi Manidoo Giizis Powwow Jan. 18 1 and 7 p.m. BBCR	Wisdom Steps meeting Jan. 11 2 p.m. CCC	Happy New Year (closed) 1	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC		Come & Swim & use the gym 4
Come & Swim & use the gym 5	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC	Get Fit 12 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC Adult game day 1 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW Mission Creek Cemetery Restoration 5:30 p.m. BBCR	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Weight management support 1 p.m. MNAW	Come & Swim & use the gym Wisdom Steps meeting 2 p.m. CCC 11
Come & Swim & use the gym Elder movie morning 11 a.m. Premiere	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC	Get Fit 12 p.m. CCC Caregiver support group 12 p.m. CHS Living well with chronic conditions 1 p.m. CCC NICOA information meeting 5 p.m. CCC Constitution convention community input 5 p.m. SCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR Food for Thought 4 p.m. FDLTCC Open RBC meeting 4:30 p.m. Mino Bimaadizi Waakaa'igan GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Weight management support 1 p.m. MNAW	Come & Swim & use the gym Gichi-Manidoo Giizis Powwow 1 and 7 p.m. BBCR 18
Come & Swim & use the gym Family movie morning 10 a.m. Premiere	Martin Luther King Jr. Day (Closed) 20	Get Fit 12 p.m. CCC Parenting second time around 1 p.m. CHS Living well with chronic conditions 1 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Weight management support 1 p.m. MNAW Trauma informed yoga 1:30 p.m. CCC Trace Adkins 7 p.m. BBCR	Come & Swim & use the gym 25
Come & Swim & use the gym Elder movie morning 11 a.m. Premiere	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC Cribbage 5 p.m. CCC	Get Fit 12 p.m. CCC Living well with chronic conditions 1 p.m. CCC Constitution convention community input 5 p.m. CCC	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Sobriety Feast 6 p.m. CCC	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Weight management support 1 p.m. CAIR GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Weight management support 1 p.m. MNAW	State of the Band Feb. 20 5:30 p.m. BBCR
26	27	28	29	30	31	

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