

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



Dr. Charity Reynolds  
and Robin Johnson  
talk about the  
upcoming COVID-19  
vaccine



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# Local News

## The COVID-19 vaccine comes to FDL

By Zachary N. Dunaiski

News of the COVID-19 vaccine spread quickly and daily bringing hope to billions of people around the world.

Many people have been busy around Fond du Lac as news of the COVID-19 vaccine's availability draws closer, but two of the busiest have likely been Dr. Charity Reynolds, Fond du Lac's Medical Director, and Robin Johnson, Fond du Lac's Community Health Services Department Coordinator. These two have spent a lot of time over the last nine months informing the public about COVID-19 and now a portion of their time will be spent educating people about the vaccine.

"The thing that we want people to know about this COVID-19 vaccine is that it has been evaluated and scrutinized closely for safety and granted emergency use access by the FDA," Dr. Reynolds said about the vaccine, noting

the trials' massive size and diversity. "A lot of rigorous research went into it."

The two major vaccines, Pfizer/BioNTech and Moderna enrolled over 70,000 participants between the two vaccines. Of those participants, only 1 who received the vaccine had a severe reaction, while multiple in both placebo groups had severe COVID-19 illness.

On back to back Fridays in December, the FDA approved the use of both of these vaccines, and now FDL is ready to receive shipments.

"We're hoping the week of the 28th of December and we are getting initially a limited number of vaccines,"

Johnson said about FDL's first doses. "We're currently planning to vaccinate medical staff who round in the hospitals, the assistants who work with them, the staff who are cross-trained to work at the assisted living facility, we

are going to immunize the medical staff who have direct patient care, as well as the staff who do curbside testing, and community health representatives who are driving patients in their vehicles in close quar-

ters." Jan. 4, FDL is expecting more doses, and the hope is to get that out to other high-risk employees. When we each get our turn to be vaccinated, it is important to remember that there are

two doses for both of the approved vaccines and we should all get vaccinated when it is available to us.

"It is important to remember that the vaccine comes in two injections, spaced 28 days apart. So we're hoping to, when someone gets the first vaccination, to schedule them for their second one before they leave the clinic. And then they'll be getting an appointment reminder card when they leave as well as a follow-up call and maybe even a text to remind them of their appointment to come back in," Johnson said.

FDL will be receiving ongoing shipments of doses presumably spanning all of 2021. Which means that while we will eventually have access, the majority of the FDL community shouldn't expect theirs until sometime between March and May.

Once FDL has enough doses, there will be outreach programs that will begin with phone calls to individuals when they will be able to be

vaccinated, but after that we can expect to see notifications in this paper and our social media accounts, as well as on our radio stations.

Once that happens, it will be important to remember that things aren't expected to change immediately, and Johnson spoke about how we all should continue to do what we can in order to curb the spread while not everyone has been vaccinated.

"The precautions that are currently in place, that people continue to follow those. That means that people continue to wear their masks, social distancing, hand washing, staying home if they're sick," Johnson said about the CDC's guidelines to keeping us all healthy and safe. "Experts need to learn more about protection that the vaccine provides and how long immunity is going to last, so before they change any safety guidelines they'll have to find out more."

Guidelines aren't likely to change until then. Dropping

**"The ribosome goes away, it doesn't enter the nucleus, meaning it won't interact with our DNA or anything like that."**

- Dr. Charity Reynolds

### 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.

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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.

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# Local News

many of these guidelines could also be slow depending on how many people get vaccinated.

That being said, we all should be vaccinated once it is available, but Dr. Reynolds did speak about a select few who shouldn't be vaccinated until we know a little more about how the vaccines impact our bodies.

"The only ones right now are those that have had anaphylactic reactions to certain things and really it's to talk to their medical provider and see if they are cleared to get the COVID-19 vaccine," Dr. Reynolds said. "The other one was breast-feeding women and women who are pregnant. It is recommended that they get vaccinated because we do know that COVID-19 can be a severe disease in pregnant women. They are at higher risk of severe disease. They're recommended that they do get vaccinated, but they were not included in the studies to find out what kind of side effects they would have from it, so it is really a risk vs benefit of getting the vaccine."

So if you are a pregnant woman, or are breastfeeding your baby, please speak with your medical provider or call the FDL clinic with any questions you may have.

Many people may be worried that either one of these COVID-19 vaccines could give them COVID-19, but as Dr. Reynolds has said, that is just not possible.

"The COVID-19 vaccines, none of them have a live

virus, meaning they are not going to put any live components and not going to cause any COVID-19 or any illness or any symptoms like that. It's not a live virus, so we don't have to worry about getting infected," Dr. Reynolds said.

There could however be side effects.

"There are side effects to it which are normal, such as a sore arm, redness or pain, some people can have a fever, a headache, just feeling some muscle soreness, things like that but those are all signs that your body is creating an immune response," Dr. Reynolds said. "That's a good sign that your body is making antibodies."

Other vaccines are also going to be important to staying healthy while we wait to get our COVID-19 vaccine, but the timing of those vaccines is crucial and we should get those sooner rather than later for a key reason.

"When people are being called to schedule appointments they will be asked that question, when their last [vaccine was]," Johnson said

about letting people know that they shouldn't get any other vaccine within two weeks of receiving the COVID-19 vaccine. "Vaccinations are going to be ongoing. But they will be double checking with that when they call."

At some point in time there might be a mass vaccination strategy, but for now, all vaccines for COVID-19 will be

administered in our clinics.

"Our initial roll-out, the ones we are giving to our health-care workers and to our Elders, we'll be calling them and scheduling them in clinics so we can have it in a safe environ-

ment," Dr. Reynolds said. "It's the first time we're administering this vaccine. We want to make sure we have all the safety precautions in place. Things can change in the future, like Robin said, we're going to keep getting these vaccines so maybe we revise the way we do them."

**"We're currently planning to vaccinate medical staff, assistants who work with them, staff who work at the assisted living facility, medical staff who have direct patient care, staff who do curbside testing, and community health representatives."**

- **Robin Johnson,**  
Fond du Lac's Community Health Services Department Coordinator

FDL will always put the safety of the community first. That's why if the safest way to administer the COVID-19 vaccine is in the clinic, that is the way it will be done.

There are many in the FDL community who have children, and as of right now, children haven't been tested in the COVID-19 vaccine trials. All participants have been 16 and up, so unfortunately, we don't have any information on how we are going to be able to vaccinate children in our community.

One reason that many out there might be concerned about the vaccine is that the mRNA is a relatively new vaccine to the general public, but these types of vaccines have been studied for years.

"Messenger RNA stands for messenger ribonucleic acid, and what really it is, is exactly what it says, it's a messenger," Dr. Reynolds said about this type of vaccine that has been studied for nearly a decade now. "It is sending a piece of instructions to our body, to our proteins in our body, to make a piece of the virus that causes COVID-19, and it's making the spike protein."

This style of vaccine then tricks our body into thinking it is the virus and can begin to build immunity against it.

"We've seen those pictures of the Coronavirus that have a lot of spikes on it, this messenger RNA tells our cells, 'hey make this protein, make this spike cell,'" Dr. Reynolds said.

That way when the virus

enters our body again later, our body recognizes it and knows exactly what to do. While the process is usually very complicated, Dr. Reynolds explained it in a very understandable way.

"Anytime anything foreign comes into our body, to our blood cells, the immunity responds and says 'hey, what's this? It doesn't look like anything I've had.' It grabs it, it takes it, and it starts forming antibodies for it that thinks, 'hey this is foreign, this is not us, let's get rid of this, let's make immunity, which means let's make memory cells which are going to remember next time we see this to attack it and we're going to get rid of it,'" Dr. Reynolds explained of our immune system. "So that's the way it works. It is safe in that it's pretty easy."

While messenger ribonucleic acid sounds complicated, it's actually quiet basic, and doesn't stay in our body once it serves its purpose.

"The ribosome is degraded once it's used. It goes away, it doesn't enter the nucleus, meaning it won't interact with our DNA or anything like that," Dr. Reynolds said. "It's pretty safe and it's actually pretty cool science the way it works."

The vaccine will be available soon, so while it sounds difficult to social distance and isolate for another few months, if we do our part we may be able to keep those we love from being infected with the virus.

# RBC Thoughts

## Boozhoo,

I have been thinking about the lessons I have learned over the years and how they would relate to this pandemic we are experiencing. I can usually share one with you but it is very difficult to come up with one that covers what is happening. I think the one that comes closest is that what does not take us makes us stronger. We have taken the worst that was given to us from European contact and have become stronger. Our people have faced many trials over the past 500+ years and are stronger for them. Our grandfathers were strong, our fathers were strong, we are strong, and our children will be strong. This too shall pass.

We have been in high gear spending the CARES Act funding. The federal government gave us \$34 million to combat the effects of this pandemic. Most of you have applied for the heating and electrical assistance the RBC set aside for a total of 2 million in benefits paid. There have been meat bundles, turkeys, hams, and food boxes for another 1 million in benefits. There are several smaller programs that benefit Band members with gas cards, internet connections for children, and furnace repair for another 500 thousand. We had multiple projects

all scheduled for completion on December 24. All things considered we should be done with all projects on time and in budget.

I have been riding around the Reservation quite a bit lately. I have seen lots of signs that make me feel good about our home. I have seen lots less garbage on the roads. I have seen more dumpsters being filled at the recycling center.



Ferdinand Martineau

I have seen more family activity on our walking trails. I have seen yards cleaner than before. I have seen more hunters out in search of their game. I have seen more holiday decorating than usual. And I have waved at lots of cars and walkers. It is nice to see that our community is taking the steps to be safe but also not isolating themselves.

Last, I would like to wish you and your family a very safe and happy holidays. I hope you get to spend some quality time with your family and that the gifts under your tree are all you ask for.

*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

Hope you all are doing well and staying safe. There are a number of projects going on here related to the CARES act, but I want to assure you that our programs continue to operate the best they can during this trying time.

I want to give a huge thank you to Don Weisen and his staff at Human Services Prevention Intervention Program. Like many others, these folks have created programing and adapted to the needs of our community through this pandemic. Amongst the many other services they provide, the Prevention Intervention Department has been busy providing services to our youth, families, and community handing out school supplies and snacks to families. This month they are providing winter survival packs and cleaning supplies. The plan for this month will be to hand out Christmas gifts to the families and youth along with Christmas snacks. Prevention Intervention Department is concerned with



Wally Dupuis

isolation of our youth. They cannot see the youth on a continued basis, but they want them to understand they are open and providing services. They are calling families on a weekly basis to make sure everything is going well and if there is something they might need. They realize the pandemic has caused disruption in services and may raise anxiety in our youth. Therefore, the Prevention Intervention Department is providing services the best they can during the COVID-19 pandemic in hopes to help dispel some of the anxiety.

If you would like to speak to the Prevention Intervention Team members, please call (218) 878-3811. Please stay safe and have happy holidays.

*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)*

# RBC Thoughts

## Brookston News

### Boozhoo,

I would like to wish everyone a very Happy New Year! I hope everyone is safe and healthy as we end a very challenging 2020 and start 2021 out with new hope of ending this pandemic.

Over the last year the Band was met from the start of the year with what I believe was one of the most complex challenges we have ever met. It is with looking back that I can see how resilient that we truly are as a community, as a Tribe and as a People. Our staff and our communities immediately worked at addressing an ever changing pandemic environment that threatened our families. The work the staff had done and continues to do for good of the Fond du Lac Band is absolutely AMAZING! Our staff had been challenged with keeping FDL up and running, all the while keeping the safety of our workforce and

community's safety in the forefront. We had to meet the challenges of meeting the requirements of the Federal funding timelines. We immediately identified every expense and continuously tracked them along with the various grants that were received. Keep in mind that this was done while also doing the day to day operations. Our communities were met with the challenge of not only keeping their own households safe, but the communities as a whole. I believe that we did a tremendous job at keeping COVID-19 away for as long as we did. This was because we followed all recommendations and helped each other out with getting supplies to those that didn't have the resources or were quarantined for a certain amount of time. We had Band Members and community members that immediately stepped up with making masks, delivering supplies,

checking on our Elders and community members. They asked for nothing in return or any accolades, but for all those who had helped out all of our communities, I would say Chi Miigwech for all that you have done and continue to do.

2021 will bring new challenges for all of us. We will need to keep being safe as much as we can by continuing to wear masks, washing hands and social distancing. We can see hope on the horizon with the Moderna vaccine. We will be challenged with administering the vaccine to the community and staff, but we will still need to continue to take the needed



Roger M. Smith Sr.

safety precautions through this process. Hopefully through this process it will allow not only the local communities, but the whole country to open back up and we can

work to get back to where we were. We will be having an historic inauguration day on January 20, 2021 with the swearing in of President-Elect Biden and Vice President-Elect Harris. I look forward to this new administration and how Indian Country will play a role. We continue to move quickly on projects in all three Districts, most of these construction projects will have to be completed by the end of the year. I was part of the Governors MMIW Task Force and we recently submitted our final report. It can be reviewed at <https://dps.mn.gov/divisions/ojp/Documents/missing-murdered-indigenous-women-task-force-report.pdf>, this is

a lengthy report and shows our recommendation to the Governor.

I again wish everyone a Happy New Year and will have my report for the State of the Band for next month. Chi Miigwech!

Roger M. Smith Sr.  
District III Brookston Representative  
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(218) 878-7509

## 13 Moons FDLTCC Extension Program WINTER Story Telling

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E-mail:

[philsavage@fdlrez.com](mailto:philsavage@fdlrez.com)



13 Moons will be hosting a winter story telling event. Participants will hear traditional stories from elders around Indian Country. E-mail [philsavage@fdlrez.com](mailto:philsavage@fdlrez.com) to sign up for the event. Follow 13 Moons on Facebook!!



Fond du Lac Tribal & Community College



# The Opichi or Red Breasted Bird

Research by  
Christine Carlson

Among the Ojibway, as among other tribes of Indians, when a son became old enough to leave boyhood behind and to take his place among the braves of his people, it was necessary for him to pass through a season of fasting—twelve long days and nights—during which the great Manitou would come to him and free him from his childhood nature and in its stead give to him the strength and endurance of a braver manhood. One unable to endure this test to the end would be forever despised of his tribe and would not be allowed to join the braves in the hunt or to go with them into battle.

Because of his gentle nature, when his time of trial arrived, the son of a great chief did

not wish to follow his father into the deep forest to the trial lodge, which was to be the scene of his fasting. Though he was brave, he did not wish to be as the warriors who went forth to kill. He longed only to make others happy.

But the chief commanded and the son dared not refuse. During the long walk he was sad at heart, though the father sought to cheer him by telling him how the tribe would honor him when he appeared at the great feast to be served when he had proved himself strong enough to endure. Thus, the father talked, every now and then stopping to mark the trees in the picture language of the Indian, that the way to their wigwam might not be lost.

On arriving, he spread for the youth the mat of reeds the Indian mother had proudly woven for him, her first born

and who now laid himself face downward upon it, beside the great bow and arrows and tomahawk of his father.

With a heavy heart he heard the sound of his father's footsteps growing fainter and fainter as he departed; then he was alone with the silence.

All through the long day and the long night he lay there alone. Morning, bringing light and gladness to others, brought no joy to the sad youth in the forest.

When the father came to ask if any dreams had come to him the boy replied: "Oh, my father such dreams as you wish will never come to me. Let me give up this cruel fasting and return with you to our wigwam." But the father, whose Indian pride prevented his yielding to the beseeching of his child, would talk only of the glad time when the fast would be ended, and told of

the days of his own fasting with its glorious ending.

Each day with cheering words the chief returned, only to find the youth growing weaker. On the tenth morning he did not rise to greet the father as he had done before. His weakened limbs no longer support him.

"Spare me O father and take me home," he whispered; "no dreams will come. I am so weak that surely death will take me before the great Manitou comes. Give me food that I may break this dreadful fast."

But the unyielding chief replied: "If you wait with a brave and patient heart my son, soon you will be a great hunter, never knowing lack of food; you will be a great warrior, wise as the fox and strong as the bear; and many scalps you will wear at your belt. Better that you should die of hunger than that boy and mother should cry, 'Shame upon your father's son!' Be brave!"

On the eleventh day the youth had grown so faint with fasting that his voice could no longer be heard. Still the father said, "Be brave!" Again, the dying footsteps and the silence and the hunger!

While yet the dew glistened on the hemlock bough on the following morning, the chief hastened to the lodge, bearing thick boiled sap and meat of moose to revive the famished youth. But to his words, "Rise and eat, my son; come, the great feast is spread," no answer came. Only an echo was heard.

As he stopped to listen, a bird, such as he had never seen, on a bough nearby,

called to him. Thinking some evil spirit had lured the boy away and had returned in bird form to mock at him, the father raised his bow to shoot.

"Do not shoot," sang the bird, as if with human tongue. "No evil spirit has harmed me; a good spirit came to me and bade me live. The pathway of the spirits I will never walk, but will ever live on the earth, as you see me now. Though I will never be a strong warrior I am still your son and will always be brave. My food I will find among the hills and valleys, and in taking it I will help your people. Mourn not for me my father, for my happiness will come through helping others, not through destroying them. The song I sing from the trees will be what my heart is ever calling, 'Be more gentle, be more loving.'"

In the moon of melting snows, when the buds swell red on the maples, the opichi calls in joyous tones to us today as he did to the Indian of old.

In the early morning, before the first faint streaks of dawn appear, out of the graying darkness his glad voice calls to all his people to arise and see the coming of each beautiful new day. When as the hours go by they grow tired and faint with hunger, he still calls to them from among the branches and bids them "Be brave," a message always followed by a sweeter one, "Be more gentle; be more loving."

**Sincere sympathy to Debbie DeFoe and family at the passing of dear LeRoy.**



Photo by Christine Carlson

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# More Local

## CDC's 8 things to know about the U.S. COVID-19 Vaccination Program

**N**ow that there is an authorized and recommended vaccine to prevent COVID-19 in the United States, here are 8 things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

### **The safety of COVID-19 vaccines is a top priority.**

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.

CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. Learn more about the app at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

### **COVID-19 vaccination will help**

### **protect you from getting COVID-19. Two doses are needed.**

You need 2 doses of the currently available COVID-19 vaccine. A second shot 3 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

### **Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities.**

Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents.

### **There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.**

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are

available. Once a vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

### **After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.**

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days. Learn more about what side effects to expect and get helpful tips on how to reduce pain and discomfort after your vaccination.

### **Cost is not an obstacle to getting vaccinated against COVID-19.**

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the

shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

### **The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.**

If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States.

All ACIP-recommended vaccines will be included in the U.S. COVID-19 Vaccination Program. CDC continues to work at all levels with partners, including healthcare associations, on a flexible COVID-19 vaccination

program that can accommodate different vaccines and adapt to different scenarios. State, Tribal, local, and territorial health departments have developed distribution plans to make sure all recommended vaccines are available to their communities. **COVID-19 vaccines are one of many important tools to help us stop this pandemic.**

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

CDC will continue to update this website as vaccine recommendations and supply change.

Source: <https://www.cdc.gov>

## CDC explains vaccine distribution

**S**ince the supply of COVID-19 vaccine in the United States is expected to be limited at first, the CDC recommends that initial supplies of COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. The CDC made this recommendation on December 3, 2020, and based its recommendations from the Advisory Committee on Immunization Practices (ACIP), an indepen-

dent panel of medical and public health experts. The recommendations were made with these goals in mind:

- Decrease death and serious disease as much as possible.
- Preserve functioning of society.
- Reduce the extra burden COVID-19 is having on people already facing disparities. Healthcare personnel and residents of long-term care facilities should be offered the first doses

of COVID-19 vaccines

- Healthcare personnel include all paid and unpaid people who serve in healthcare settings and have potential for direct or indirect exposure to patients or infectious materials.
- Learn more about why it's important that healthcare personnel get vaccinated, to do so visit the CDC's website (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/hcp.html>)

html)

- Residents of long-term care facilities are defined as adults who live in facilities that provide a variety of services, including medical and personal care, to people who are unable to live independently.
- Learn more about why it's important that residents of long-term care facilities get vaccinated, to do so visit the CDC's website (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/LTCF-residents.html>)

ncov/vaccines/recommendations/LTCF-residents.html)

As vaccine availability increases, vaccination recommendations will expand to include more groups

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities of vaccine are available. As vaccine supply increases but remains limited, ACIP will expand the groups recommended for vaccination.

# More Local

## Letter from RBC on COVID-19 vaccine

**F**ond du Lac Community, We hope this letter finds you doing well and staying safe. Needless to say, times are hard, and we all know this first hand.

On a hopeful note, the initial round of COVID-19 vaccines will be administered in Fond du Lac by the later part of December 2020. Five Minnesota tribal nations, including Fond du Lac, made an informed decision to

collaborate with the State of Minnesota on COVID-19 vaccinations. Minnesota tribes that chose to process their vaccination programs through the Indian Health Service (IHS) division of the U.S. Department of Health and Human Services have different timelines than those of us partnering with the State.

Fond du Lac is committed to making the COVID-19 vaccine accessible to everyone as quickly

as possible. Because Fond du Lac is only as strong as the most vulnerable amongst us, we are initially focusing on our tribal healthcare providers and our Elders at-risk populations. The first round of vaccinations will go to first responders and Elders, and we are working to refine the definitions of those groups.

As we move forward to protect our community, please keep vigilant. Many of us are fatigued

and anxious, but let's keep our spirits strong. As we enter what we hope is the beginning of the end to this pandemic, wear a mask, hand wash often, social distance, and adhere to the CDC guidelines.

Each and every one of you is a valued member of our community and we need you to remain healthy. Continue to be relentless, respectful, and resilient. Today, we are much closer to

getting through this.

We respectfully ask for your continued patience as we work out vaccination logistics. More information will be shared as soon as it is available.

Chii-miigwech

Fond du Lac Reservation Business Committee

## Chairman, Medical Director address FDL community on vaccines

**N**ews that many doses of the Pfizer/BioNTech vaccines have been delivered and the second manufacturer expected to receive approval from the Food and Drug Administration (FDA) advisory committee tomorrow, have many in the FDL community excited.

While the end of this pandemic is still far enough off that it's hard to pinpoint its end, the fact that the vaccines are being approved for use is great news.

With that news, Chairman Kevin Dupuis Sr. and FDL Medical Director Charity Reynolds addressed the public. Chairman Dupuis began by stating that the Fond du Lac Band's Reservation Business Committee (RBC) at the guidance of the FDL Human Services Division and medical professionals, will partner with the Minnesota Department of Health (MDH). That partnership means that FDL will be getting access to the Moderna vaccine.

With that partnership, Fond du Lac expects to get 700 vaccinations in the first delivery, which we should receive the week of Dec. 21.

"We are going to maintain updates daily now about issues with the vaccination," Chairman Dupuis said Dec. 16 during a PSA broadcast on YouTube. The chairman addressed that it has been awhile since he and Dr. Reynolds addressed the community, but added that the craziness of the last few weeks has kept everyone busy.

"I just want to honor each and every one of you for your due diligence, for trying to protect our borders, maintain that social distancing, washing your hands for that 20 seconds, staying out of groups of five or more," the chairman encouraged everyone. "It's been a tiring time. I would just like to say this to everybody, and ask again, like I've asked before, is just bear with us. We are doing the best that we can and we

will persevere through this."

The Moderna vaccine had a 94.5% efficacy rating in the third phase of clinical trials, which concluded that no one receiving the vaccine suffered any severe cases of COVID-19 once they received the vaccine.

"The vaccine is made with an mRNA vaccine and what that means is that it's a messenger RNA which is going to tell your cells to make a spike protein specifically, and then for your cells to build a response against that protein so that you can get immunity," Dr. Reynolds said during the PSA.

The messenger RNA vaccines are relatively new, but as Dr. Reynolds points out, that is no reason to be concerned about mRNA vaccines like this one.

"It then gets rid of the mRNA so that's going to degrade and go away," Dr. Reynolds said. "It does not affect the cell nucleus which means it doesn't interact with our DNA at all."

This strategy of teaching our

body to fend off the virus is a safe and effective way. Also, as Dr. Reynolds states, it isn't even a living version of the virus that we're being injected with.

"It is not a live virus, so it's not going to give you COVID-19," Dr. Reynolds added. "It is specifically to help encode that spike protein so that our body builds that immune response. People say that it's a new type of vaccine, but actually it's been studied with other viruses as well over the past decade."

The vaccine, which has to be given in two doses 28 days apart, is much more effective once both shots have been administered. Many people may still be thinking being naturally infected is the way to go, but Dr. Reynolds discusses how we don't know how long that immunity lasts and the fact that it is much less safe.

"We do know that if you get infected with the virus that people can have a lot of illness,

that people have died because of it, and the vaccine is a much safer way to get immunity," Dr. Reynolds said. "Also with natural immunity, you could be infected and not know it, and then you could infect others and that's the biggest thing we've been trying to protect is our community, our Elders, and our loved ones."

Dr. Reynolds also spoke about the side effects of the vaccine. Your arm will be sore with redness, some people have had headaches and fevers, but the research has said these side effects are short, lasting maybe a day or two. Those reactions are good as it shows your body is learning to fight against those spike proteins.

To see more of this PSA directly, visit <https://www.youtube.com/watch?v=DQ88BouPfi4&feature=youtu.be>

# Etc

## 2021 OPEN RBC meeting calendar

Open RBC meetings are held on the third Thursday of the month. Meetings will be held via Zoom until it is safe to hold in-person meetings. Please check FDLREZ.COM for monthly meeting Zoom link or location.

- January 21 4:30 p.m. Mino Bimaadizi Waakaa'igan
- February 18 5:30 p.m. State of the Band
- Black Bear Convention Center
- March 18 5:30 p.m. CAIR
- April 15 5:30 p.m. Sawyer Community Center
- May 20 5:30 p.m. Brookston Community Center, Quarterly Meeting
- July 15 5:30 p.m. Mino Bimaadizi Waakaa'igan
- August 19 5:30 p.m. Sawyer

Community Center, Quarterly Meeting  
 September 16 5:30 p.m.  
 Brookston Community Center  
 October 21 5:30 p.m. CAIR  
 November 18 1:30 p.m.  
 Cloquet Community Center,  
 Quarterly Meeting

## Signs to consider as our Elders age

By Debra Johnson-Fuller,  
*Caregiver Program*

How will you know when your Elderly parents need help at home? One thing is certain: your parents aren't likely to be the ones who tell you they need a helping hand!

Admitting the need for help and accepting assistance are not easy for people as they age. The responsibility often falls on

family members to recognize the signs that an aging loved one might need support with completing activities of daily living (ADLs).

Elders have a strong desire to remain independent and in control of their own lives for as long as possible. Typically, an older adult will experience a traumatic event precipitating the realization that they need assistance. Because adult children are often unable to participate in making care decisions before a crisis takes place, the added emotional stress of a sudden hospitalization or fall further complicates this process. One way to avoid this is to start regularly monitoring your parents' physical and mental abilities and researching long-term care options. This will ensure you are prepared should your parents begin to show signs of needing help.

How do you know when it's time to get support or increase the level of support? Here are a few common indicators that your family member may need some form of assistance. Difficulty performing routine activities of daily living

- Bathing, dressing/grooming toileting, continence, moving from place to place (bed to chair) and eating.

### Changes in physical function and appearance

- Weight loss due to poor diet, difficulty cooking, shopping for food
- Sloppy appearance due to difficulty dressing and grooming
- Poor personal hygiene due to the decline of the ability to perform basic care
- Noticeable burns on the skin, could indicate that your family member is having difficulty of cooking their food
- Bruises, wounds or other marks on the body could indicate that your family member has fallen or is having trouble walking or moving from place to place.

### Changes in behavior or mental status

- Lack of motivation, loss of interest in hobbies/activities, struggles with keeping track of time, and changes in mood or extreme mood swings.

### Neglecting household responsibilities

- Stacks of unopened mail, late payment notices, or bounced checks
- Little or no fresh, healthy food or overall low food supply
- General upkeep, such as the lawn, snow removal or garbage collection, not being maintained as normal
- Signs of unsafe driving, such as automobile dents and scratches
- Unfilled prescriptions.

If any of these signs are present, it doesn't mean they need to move to assisted living, remember these signs are things

to look for and monitor so that our Elders can remain in their homes as long as possible and be safe and healthy.

## Mikinaak Aki [Turtle Land] is an all-Ojibwe language YouTube show created at the Fond du Lac Ojibwe School

Ojibwe language instructor Sidnee Kellar, along with shop teacher Nick Sundahl have been creating an all Ojibwe language "tv-show" to help supplement the online curriculum. The variety show is made with the use of dubbing, narration, animation, and even some live cooking demonstrations.

"There are recordings of Ojibwe, but a lot of them are lists of words or individual sentences. We need more conversations, and short videos where the visuals help the viewer to understand and stay engaged with the language," Bidaasi-nookwe Sidnee Kellar said.

The teachers came up with the name Mikinaak Aki because it uses short Ojibwe vocabulary words and makes it easy to imagine a world centered around the turtle-shaped school. Students have been making contributions, and the hope is that eventually, the show will be entirely student produced.

## Second grade news

Boozhoo/Aaniin Families,  
 It has been a joy working with your child. Our 2nd mid-term quarter is upon us.



Etc

## Expanding the Cultural Center

**B**oozhoo giinawaa! We have been busy working on a ton of projects in the language program. We have moved into our new building that has been appropriately named Anishinaabewigamig Language & Cultural Center. Right after we moved in this past summer, we had already begun work to expand. We recently added 2 garages and a ceremonial cook shack at our location. The garages will be used for our cultural programming such as sugar bush, finishing wild rice, tanning hides, and much more. The ceremonial cook shack is a building that has a fire pit in it for ceremonial fires and preparing food ceremonially over a fire. It is located directly behind our kitchen and community room. This building will be used dur-

ing our ceremonies and funerals. It will allow us to have our ceremonial fires out of the elements. We want to thank Mike Murray for all the help on this project and we want to thank the Fond du Lac Business Committee for supporting this endeavor.

Our new facility has bilingual signage throughout the entire building to promote the use of the Ojibwe language. It is our hope that this bilingual signage catches on and more buildings follow. Once we can safely gather again, we are planning on hosting the Why Treaties Matter exhibit. Dr. Gordon Jourdain and myself, Charlie Smith, translated this beautiful exhibit into our language with the state of Minnesota. We wanted to make sure that our Ojibwe world view was embedded into this

exhibit and that we provided the best translations possible for this project.

The Fond du Lac Language Program has hired Dr. Gordon Jourdain aka Maajiigoneyaash as our new Ojibwe Resource Specialist – Mii gekendang Ojibwemowin. He is from the Lac la Croix First Nations and he has ties to Fond du Lac. His great grandmother was from Fond du Lac. Maajiigoneyaash is an Ojibwe First Language Speaker and he has been working endlessly on a number of projects that will be forthcoming in 2021.

Our immersion program, Waazh, is now located in the Head Start Building. The teachers are Nashay Howes, Waabigwanikwe, and Marcus Ammesmaki, Manidoo Ma'iingan. We hope to add another First Language



Speaker into our program to primarily work in our immersion program at Head Start. This is very exciting and we look forward to expanding our immersion program.

The Fond du Lac Language Program recently adopted the name, “Gegaanzongejig ji-aabadak Ojibwemowin.” This translates to, “Those who encourage the use of the Ojibwe language.” This name gives us a unique identity and the meaning gives us direction. We promise to always encourage others to use our language. It provides a positive affirmation to those that we work with and gives our people a choice to learn our

language. This is a core value in our Ojibwe philosophy, “Dibenindizowin,” which translates to free will.

We will be producing more bilingual articles in 2021. We will be uploading videos in Ojibwe onto YouTube, and Facebook so be sure to look for those. If you would like to reach us at the FDL Language Program, feel free to email CharlesSmith@FDLREZ.com or call (218) 878-8188.

Aangwaamizig!  
(Be careful & Be mindful of everything you do or say!)  
Fond du Lac Gegaanzongejig ji-aabadak Ojibwemowin

Students have been working extremely hard to get assignments complete and turned in. We are very proud of them. We cannot express how important it is for your child to get their work in daily.

We have finished our money unit in math. We got the chance to play a virtual jeopardy game. This was a fun activity. Students showed patience and kindness to their classmates. In reading, we have started our poetry unit. Here are a few important reminders:

- Have a consistent school schedule at home

- Have a quiet area to complete work
- Turn in assignments daily
- Attend our daily Google meets
- Participate in our Google meet.

We would also like to express how important reading is. Please have your child read for 20 minutes a day. Studies show if students were to read 20 minutes every day, they will hear 1,800,000 words per year. By 6th grade, the student would have read for 851 hours. And on standardized testing, students will score better than 90% of their peers.

We hope you all have a good long holiday break. Stay safe! Please reach out if you have any questions.

Meredith Martin & Aliza Kettlehut, 2nd Grade Fond du Lac Ojibwe School

### 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:

### Nahgahchiwanong Adaawewigamig

#### Fond Du Lac Gas & Grocery

Open 7 days a week: 7 a.m.-9p.m.

We changed vendors and have new products! Come and check out our new selection of ready to go meals, ready to eat fruit and healthy food options. We have a new Java coffee brand as well as International Delight Iced Coffee! With our coffee cards buy 5 cups of coffee and get the 6th FREE! When you're grabbing a cup of coffee take a look at Grandma E's variety of donuts and bread. When you are looking around the store you will notice a better selection of WIC products. Our frozen section is stocked with variety of pizza and family meals. Please remember to wear your mask when you come shopping.



# Etc

- 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.

## BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

- \* BARNEY, Leona M.
- \* BLACKETTER, Spencer Daryold
- \* BLACKWELL, Mary Therese
- \* BOSTO, Lorene
- \* CASSIDY, Denise
- \* CICHY, Gerard
- \* CICHY, Gerard
- \* CICHY, Leslie
- \* CICHY, Leslie
- \* COUTURE, James A.
- \* DEFOE, Jackie Ann
- \* DERAGON, James Kenneth
- \* DICKSON, Madonna R.
- \* DURFEE, Thomas
- \* FARRELL, Margo J.
- \* FIOLEK, Bernice
- \* FIOLEK, Gerald R.
- \* FRIEDMAN, Ann Lorraine
- \* GURNO, Timothy Allen Sr.
- \* HILPIPPE, Jean M.
- \* KLASSEN, Llor A.
- \* LABELLE, Daniel Joseph
- \* LAFAVE, Darren Houle
- \* LAFAVE, Loren James
- \* LAFAVE-KING, Jacqueline
- \* LAPRAIRIE, Robert
- \* LAPRAIRIE, Robert
- \* LEE, Patricia J.
- \* MARRONE, Elizabeth Ann
- \* MARTIN, John Francis Jr.
- \* MARTIN, Kim I.
- \* MARTIN, Travonti John
- \* MARTINEAU, Loretta C.
- \* MARTINEAU, Vincent Roy

- \* MARZINSKE, Florence
- \* MARZINSKE, Larry
- \* MARZINSKE, Larry
- \* MCMILLEN, Geneva A.
- \* MUELLER Neva
- \* MURRAY, Stacy G.
- \* OLSON, Donald James
- \* OLSON, Emmanuel Samuel
- \* PAPPAS, Christopher K.
- \* RUSSEAU, Cordell George
- \* SAVAGE, Kyle
- \* SAVAGE, Mark
- \* SAVAGE, Terry B.
- \* SHABAIASH, Kevin L. Jr.
- \* SIMON, Stella Marie
- \* SJOLANDER, Janet
- \* SMITH, Eugene Allen
- \* SMITH, Robert W.
- \* SMITH, Robert W.
- \* SOULIER, Gary
- \* SOULIER, Gary
- \* ST. GEORGE, Richard J.
- \* ST. GEORGE, Richard J.
- \* THOMPSON, Henrietta
- \* TIESSEN, Melissa Lee
- \* TIESSEN, Mistymarie K.
- \* TUTTLE, James III
- \* WESAW, Joze R.
- \* WILEY, Roxanne Marie
- \* WILLIAMSON, Donna M.

## LEGAL NOTICE – JANUARY 2021

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 identi-

fied funds will revert back to the Fond du Lac Band. \*The one year period commences with the first publication.

## DNR seeking applicants to serve on Aquatic Invasive Species Advisory Committee

The Minnesota Department of Natural Resources is seeking applications from Minnesota residents interested in serving on the statewide Aquatic Invasive Species Advisory Committee. Applications are due by 4:30 p.m. Friday, Jan. 22.

Aquatic invasive species are one of the state's most pressing natural resource issues. Preventing the spread of zebra mussels, Eurasian watermilfoil, invasive carp, starry stonewort and other invasive plants and animals is of critical environmental, recreational and economic importance.

The DNR established the advisory committee in 2013 to help guide the agency's AIS prevention and management activities. Members provide advice and diverse perspectives to the DNR invasive species program.

Committee members consider programmatic direction, emerging research needs, communications and funding strategies. The committee meets eight times a year either online or in a central Minnesota location. Due to COVID-19, meetings are currently being held using an online format.

The AIS Advisory Committee is a core element of the

**TAGWII RECOVER CENTER**



Join us the **1st and 3rd Tuesday** of the month

1st Tuesday at 10:15am

- **Recovery Topics**

If you would like to be a speaker contact or have other topics you want to learn about, contact Shala T. at (218) 878-2127.

3rd Tuesday at 10:15am

- **Recovery Speakers**

If you would like to be a speaker contact or have other topics you want to learn about, contact Deb P. at (218) 878-2162.



COMMUNITY DRUM CEREMONY

Every Monday & Friday at 9:30am




Fond du Lac Human Services Division | Substance Use Disorder (SUD)

DNR's partnership approach to addressing aquatic invasive species. The committee comprises 15 members. The DNR is seeking three new members to join the committee, with term lengths of three years.

The DNR desires a diverse and well-rounded advisory committee, reflecting a diversity of ages, genders, ethnicities, abilities, orientations, recreational interests, education, and geographies. Current members have a range of personal and professional experience with AIS issues, including prevention, decontamination, public awareness and control activities. The committee also reflects the range of private, nonprofit and public sector organizations that are actively engaged in AIS issues.

Appointees may request mileage reimbursement for in-person meetings, when those resume; but members are not paid or eligible for per diem. They must abide by requirements pertaining to potential conflicts of interest. Advisory committee members can expect to spend between 6-16 hours per-month preparing for and attending meetings during their three-year terms.

How to apply

The DNR is accepting applications online. Advisory committee data are classified as private under state law, except for what is specifically listed in statute as public. For more information, contact Heidi Wolf, (651) 259-5152.

## Ojibwe Garden program

The Bimaaji'idiwin Ojibwe Garden Program harvested a total of 993.88 pounds of produce this season, 731.1 pounds from the plot at Gitigaaning, and 262.78 pounds from the garden behind the Fond du Lac Ojibwe School; 168.58 pounds went to Ojibwe School lunches and 825.3 pounds went to the community. Foods and medicines were harvested by community members from the garden. We also saved seeds from a few crops.

The garden had a good harvest this year. Sweet peppers, corn, and amaranth had the highest yields. We used a lot of wild rice chaff for mulching, which helped to keep moisture in the soil and keep weeds under control.

We continued using soaker hoses and mulching to conserve water. All the equipment is electric and is charged in the daytime mostly from solar energy. Several trees of varying types were transplanted from the gravel bed. This garden does not practice tilling, and soil test results from November 2020 report great soil health.

The Bimaaji'idiwin Producer Training Program 2020 cohort expanded to 20 participants (14 band members, 6 local community members), 16 had plots at Gitigaaning (the farm at 960 Cary Road) and four grew food at home. Due to the pandemic, we implemented a Covid-19

Operations Plan at the farm, including: signing in and out, self-temperature checks, masks, hand washing stations, and socially distanced gardening. We had two meetings, three classes and two conferences that we attended in person and a few more online.

Producers enjoyed growing food with their families and attending agricultural conferences. On 3 and a half acres at Gitigaaning the Gitigaan Program, Bimaaji'idiwin Ojibwe Garden Program, and producers grew a wide variety of produce including: Native and sweet corn, greens and dry beans, pumpkins, hot and sweet peppers, tomatillos, flowers, sunflowers, tobacco, broccoli, radish, peas, nasturtium, beets, garlic, onions, cucumbers, lettuce, cabbages, red, white, and purple potatoes, zucchini, carrots, herbs, bok choy, marigolds, different varieties of squash, heirloom tomatoes, rutabagas, cauliflowers, ground cherry, and amaranth. This fall, nine of our producers planted garlic that will be harvested August 2021. Seed saving was a priority for many of our producers this year. One Band member reported harvesting 1,431.4 pounds of produce!

Through the generous donation from Spirit Lake Native Farms, wild rice chaff was utilized as a natural local mulch throughout our gardens. The chaff helps to suppress weed growth and keep much

needed moisture in our soil. This fall, we used chaff to cover the garlic and protect it this cold winter season.

This year we faced potato bugs, mildew, and the constant company of ground squirrels. The Fond du Lac Band improved the farm by installing: a new well and irrigation system, 8-foot fencing that surrounds the farmer plots, a Community Kitchen, additional farming equipment, and a geodesic all-year greenhouse. Soil test results from November 2020 report great soil health at Gitigaaning again.

**Photos from program participants as seen below.**

We look forward to seeing you at Gitigaaning this spring! We are thankful for the gifts that the land provides. Nibagosendaamin ji-waabamigooyan iwidi Gitigaaning ani-ziigwang! Nimiigwechi-wendaamin gakina gegoo gaa-miinigoow-iziyang.

Our producers encountered new and interesting ingredients

Huitlacoche (*Ustilago maydis*) Corn smut is a fungus and a delicacy in Mexico. It is edible and delicious, often eaten in tacos, quesadillas, soups, and other dishes.

Squash Blossom— Preferably harvested in the morning, squash blossoms can be added to any meal. You can eat them raw, shredded, or cooked, in salads, omelets, and soups.



# Ashi-niswi giizisoog (Thirteen Moons)

## Namebini-giizis

The new Namebini-giizis begins February 4. This is the Sucker Fish Moon. Other names for this moon are Migizi-giizis, Eagle Moon and Makoonsag-gaa-nitaawaadi-giizis, When the bear cubs are born moon.

## 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

Biiwan .....blizzard

Ningwaanakwad .....cloudy

Awan ..... foggy (be)

Zasakwaa .....frost (heavy)

Mashkawadin ..... frozen (be)

Dakaanimad ..... wind (cold)

Waabani-noodin ...wind (east)

Giiwedn .....wind (north)

Zhaawani-noodin wind (south)

Goon ..... snow

Maajipon .....snow (start to)

## Bimaaji'idiwin

### FDLTCC Extension Producer Training Program

The Bimaaji'idiwin Producer Training Program is for community members of all skill levels that want to grow their own food or start a farming business. The program provides training, technical assistance, organic seeds, educational materials and farming supplies, and access to equipment.

Participants will have the opportunity to engage in:

- group meetings
- local farm tours
- regional organic sustainable agricultural conferences
- weekly classes from March to October that bring in experts on Ag-business planning, pest, disease and weed management, soil health, seed saving, marketing, and produce safety.

At Gitigaaning or your own home, you'll learn about traditional and modern methods of cultivation and harvest, and complete a business plan to reach your goals. We help build connections with other producers, engage with USDA and service programs.



Apply by January 10th, 2021.

Contact: Erika Legros 218-878-7141, erikalegros@fdlrez.com



Fond du Lac College



## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

WIJIIW/ACCOMPANY

GIZHAADA AWASO/BABY SIT

BIMIWANAAN/BACKPACK

GICHIANIIBIISH/CABBAGE

ZHAAGANAASHIIWAK/CANADA

NANIIZANAD/DANGEROUS

DEWITAWAGE/EARACHE

MAKADEWAABIKIZI/ECLIPSE

ANOKIIGAMIG/WORKSHOP

ZIIGWEBINIGAN/GARBAGE

MIKWAMIKAA/HAIL

MIKWAM/ICE

BISKANE/IGNITE

ZIIBAASKAIGAN/JINGLE

MANIDOOBIIWAABIK/MAGNET

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



# Health News

## Fond du Lac NB3 Fit Bingo Challenge November 2020

Thanks to Katie Hughes of the Community Health Services Department and the FDL HSD Diabetes Program, this year's NB3 Fit Event was a huge success, despite a global pandemic.

In the NB3 Fit Bingo Challenge, participants checked off healthy activities as they completed them. Activities included sledding, Powwow dancing, eating two fruits and two veggies, an online workout, and many more. Participants were also given the option to complete the ultimate challenge, which was to attempt to blackout their entire Bingo Card.

Many Fond du Lac Community members and Ojibwe School students took part in this activity. All Ojibwe School students received a warm winter hat regardless of their participation level to encourage getting outside and being active. With so many healthy indoor and outdoor activities to choose from on the bingo card, fun was had by all!

## Goodbye 2020!

By Kara Stoneburner, RDN  
LD, Community Health Services  
Dietitian

I think we can all agree that we are happy to see 2020 come to an end. It has been a challenging year, to say the least. As we enter into the new year, take a moment to consider how you can improve your health. By taking steps to become healthier, you can reduce your risk for cancer, diabetes, obesity and other diseases. Read on for some tips.

**Don't use tobacco.**

**Eat a healthy, balanced diet.**

**Consider these suggestions:**

- Eat more vegetables! Add color to your plate. Brighten up your plate by adding dark greens like broccoli or spinach. Tomatoes, carrots and squash look great on a plate too
- Reduce weekly intake of red meat. Replace some red meat with fish, beans or poultry. The American Institute for Cancer Research recommends less than 18 ounces of red meat a week. Red meat includes beef, veal, pork, lamb, mutton, goat and bison
- Limit or avoid processed meats. Processed meats are meats that have been modified in some way to add flavor and prolong storage such as salting, curing, fermentation, smoking and other similar processes. Processed meats include hotdogs, corned beef, beef jerky, canned meat, lunchmeat, bacon and sausage
- Make half your grains whole grains. Replace white bread

with whole grain bread. Substitute half your white pasta noodles with whole grain pasta. Eat oatmeal for breakfast. Try brown rice or wild rice instead of white rice

• Decrease the sugar in your diet. Find healthier alternatives to treats and desserts. Fresh fruit makes a great treat. Experiment with recipes to make them healthier. If you must have a treat, cut back on the portion size. Limit your intake of sugary beverages too. Such items as Gatorade, pop, Kool-Aid and energy drinks can add unwanted sugars and calories

• Watch your portions. Use a smaller plate at meal time or take a smaller serving than you normally would and fill the extra space on the plate with vegetables

• Drink water more often.

**Add activity to your day.**

Exercising can help get you to a healthy weight and maintain that weight. If not currently active, start slow. Start with 10 minutes of activity. Slowly increase time, duration and intensity to reach at least 30 minutes of activity a day, most days of the week. Always consult with a Healthcare Provider before beginning an exercise routine.

**Limit or avoid alcohol.**

**Get the recommended screenings and immunizations you need for your age.** This might include a mammogram or a colonoscopy. Get a flu shot. Discuss what you need with your Healthcare Provider.

**Protect yourself from the**

**sun's harmful rays year-round.** Wear appropriate clothing and sunscreen, even in the winter months.

**Keep a journal.** Feel free to enter anything and everything in it. Not only will it be good for your mental health, it will also help with evaluating your diet and exercise patterns. Journaling can help you lose weight too.

Let's make 2021 a healthier and less stressful year! 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 and many other services are just a phone call away.

*\*sources include AICR, American Heart Association, Mayo Clinic, American Cancer Society, World Health Organization, the Academy of Nutrition and Dietetics*

## Nutrition Counseling

Do you have nutrition questions or concerns?

Do you want to lower your blood pressure or cholesterol level?

Do you want to lose a few pounds so you can save your joints or have more energy?

Do you want to know ways to feed your family healthy meals at home?



Barb Heikkila, RD can help you with your nutrition concerns. She has a philosophy of eating healthy to improve your health. She can guide you to setting goals and planning how to make reasonable changes to help you reach those goals.

There has to be a starting point for change. That starting point is making the call now for an appointment. She will meet with you to encourage, guide, and keep you on track.

Safe, no contact appointments can be made  
by calling 218-878-2190



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



# 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. 15, 2021 for the Feb. 2021 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 6th birthday **Alexis Ammesmaki** (Dec 17)  
*Love, Mom, Dad, and sissy*



Happy birthday, Dad, **Dave Dupuis** (Jan. 11). We hope you have a good day and we love you!  
*-Mom, Erica, Clint, Ant and Bean*



Happy 2nd birthday to my Baby Boy **Knoxx Korby** (Jan. 11). We love you bunches son.

*Love, Mom and Dad*

Happy birthday, **Bebe, Erica Dupuis** (Jan. 14). Ant and I love you so much and we hope you have an amazing birthday.  
*Love, Clint and Ant*



Happy 17th birthday **Talayah Martineau** (Jan. 15). We love you and hope you have an amazing day!  
*Love, Knoxx, Dad, and Rachel*



Wishing a very happy birthday to my daughter, **Sarbina Petite** (Jan. 21), 24 yrs old, and to my son **James Petite**, (Jan. 28), 23 yrs old, may your days be as special as you are.  
*Love you both to the moon and back, Mom, April, Markiss and Royce, Davey and Izzy, Matt and Angel and Family, Dez and Sam, and Rylan*

Happy 11th birthday to my son **Pierce Debelak** (Jan.22) We love you to the moon and back kid!  
*Love always, Mom and Patience*

Happy birthday to my beautiful little sister, **Christy Martin** (Jan. 27). 32 is looking GREAT on you.



*Love, Rachel and Knoxx*



Happy 3rd birthday, **Kawhi Barney** (Jan 30)! You have brought so much joy to

our lives son! We cannot wait to see what your third year of life brings!  
*Love, your family*

## FDL job listings

FT: Full Time PT: Part Time  
For more information about any of these permanent post-

ing 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 Atten-

dant 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 FT
  - Players Club Representative FT
  - 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