

# Nahgahchiwanong

(Far end of the Great Lake)

# Dibahjimowinnan

(Narrating of Story)



## Ojibwe School receives national grant

*FDL receives national farm to school network grant as part of their efforts to support the ongoing response to the COVID-19 pandemic. Left to Right Mace Fonoti and Brittany Heskin, photo courtesy Dan Anderson*

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# Local News

## A glimmer of hope in uncertain times

*This article, from Chairman Kevin R. Dupuis, Sr., first appeared in the Duluth News Tribune.*

For those of us who have the privilege of serving as elected officials during this difficult time, the burden of uncertainty weighs heavily on our shoulders. As a Tribal leader, I am fortunate to be able to share this tremendous responsibility with a cohesive group of leaders that make up our Reservation Business Committee (RBC). Together, we find ourselves frequently looking toward our past to find answers for how we want our future to look.

I am sure that a countless amount of these will be written on the perseverance of Native American people during these times, but I think the key to our survival is relatively clear: sticking to what we know. Through genocidal onslaughts and policies of relentless colonization, we have historically drawn strength from our heritage in order to prevail.



Today, in the face of so much change, we once again lean on the constants of our ways of life for guidance.

In the modern age, Indigenous communities have strayed from traditional foods, medicines, and activities, and consequently, we are plagued by high rates of diabetes and other underlying health challenges that make COVID-19 an existential threat to our people. However, I take solace in the silver linings I have seen come out of this crisis.

Natural and man-made threats to our existence frequently bring moments of clarity that foster solidarity. As the pandemic ravages communities all around us, we once again stand closest together while being forced apart. Daily, I hear stories of extraordinary selflessness and ingenuity. Many of these positive developments have implications for our friends and family outside of Indian Country, as well.

As with many cultures, Elders have always been sources of

wisdom connecting the present-day Fond du Lac people to our past. One of the blessings in disguise resulting from COVID-19 countermeasures has been that intergenerational interaction has increased on our Reservation. Our need to maximize resources, rural setting, and limited reasons to venture far from home have meant that grandparents, parents, and children are spending more time together.

This shared experience has made us more aware that our collective identity is especially fragile at this moment due to our adherence to oral traditions. Since this coronavirus disproportionately affects older people, there has been a noticeable increase in the level of appreciation and protectiveness toward our chinshinabe (keepers of our culture). We know that if one of our Elders dies, it is as if an entire library has burnt to the ground.

I have also noticed a renewed interest in traditional activities. In the Fond du Lac Reservation, we have seen people come back to ancient healing practices and foraging for wild foods. In my lifetime, I have never before heard so many Tribal members

express interest in cedar and sage for spiritual protection. Several times a day I get asked about where to find and harvest wild onions.

When I was a child, we used to eat fiddlehead ferns all the time and, until recently, I had not heard fiddleheads be a common topic of conversation. It is almost as if a type of cultural renaissance is happening.

The way we conduct business and teach children has changed drastically, too. Many of our employees, both Tribal members and nonmembers, are working from home and doing an amazing job. Countless heads of household have risen to the challenge of taking on the primary responsibilities of schoolteachers, academic counselors, and coaches with phenomenal results. We have even seen overall grades improve.

These temporary measures have the makings of permanent business and education models centered on our culture's values.

I mention these glimmers of hope, not to detract from the horrific effects of the pandemic, but in hopes that we can find meaning in the senselessness of so much suffering. I also hope

we look beyond our own difficulties to help people in worse positions than our own.

Hardship has the potential to shake us out of our established routines and awaken dormant talents we never knew we had. I realize it is an oversimplification to say that crises on their own produce strong leaders, communities or interpersonal relationships. Personal and collective advancement is as much a function of preparedness as it is a result of access to resources, like education and peer support.

Challenging times, though, can prompt us to find value where it is often overlooked and undernurtured. Recent changes in the job market, for example, have made it clear that the people society so easily dismisses as "unskilled labor" are actually the essential workers keeping us fed, clothed, and sheltered.

The countermeasures to minimize the damages of the pandemic have been difficult endure. It is reasonable to want to go back to normal. My hope for the future is that our people continue to value the lessons from a time before we were merely "normal."

Miigwech

### Nahgahchiwanong Dibahjimowinnan

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

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

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

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

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

Corporate Member of the  
Native American Journalists  
Association

# Local News

## FDL Band member tests positive for COVID-19

Fond du Lac Human Services Division (FDL HSD) was notified later afternoon, June 8, 2020 of a positive COVID-19 case of a Fond du Lac Band member who lives and receives services at Mino-Bimaadizi Waakaa'igan in Minneapolis. Minnesota Department of Health (MDH) is working with FDL HSD.

MDH will be conducting contact investigation and tracing to identify all person(s) with close contact of the positive COVID-19 Fond du Lac member; FDL HSD will be working with MDH to ensure that all individuals in close contact are notified and tested.

The Band's clinic and emergency management personnel have been preparing for this, according to Fond du Lac Human Services Director Samuel Moose. "Our Public Health Emergency Preparedness (PHEP) team has been meeting since January in regards to COVID-19 and will continue to monitor this situation with up-to-date guidance and information from MDH and the Centers for Disease Control and Prevention (CDC) as we plan for any cases on or near the Reservation,"

Moose said.

Fond du Lac Chairman Kevin R. Dupuis Sr., emphasized that the Band has persevered through challenges before. "We know this is a time of anxiety, but we will get through this," Dupuis said. "Although it feels like we are navigating through uncharted territory, there is one thing that is not unprecedented, and that is our ability and willingness to rise to meet challenges together and prevail. We always have. This time will be no different."

As a reminder, a majority of positive COVID-19 cases are mild, and individuals have recovered at home. If you develop any of the following symptoms: fever, cough, shortness of breath, headache, sore throat, nausea/vomiting, diarrhea, or whole-body aches, please call your healthcare provider to be evaluated for possible COVID-19 testing.

The most important recommendations are:

- Continue to follow Fond du Lac's Stay At Home order, as well as the Governor's Executive Order
- Wash your hands frequently with soap and water, or use hand sanitizer for at least 20 seconds

- Practice Social distancing (6-feet apart from others)
- Wear a mask in public to protect yourself and others
- Cover your coughs and sneezes with a tissue and wash your hands
- Avoid touching your face or mouth
- Take care of your physical health and mental well-being

The Fond du Lac Band of Lake Superior Chippewa encourages community members that have health-related questions about COVID-19 call the Fond du Lac Nurse Triage Line at (218) 878-2120 or after hours call (218) 879-1227. Or MDH's hotline (7 a.m.-7 p.m.) (651) 201-3920 or 1-800-657-3903.

Recommended websites for more information about the current situation are:

- Minnesota Department of Health (MDH) <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- World Health Organization (WHO): <https://www.who.int/emergencies/disease/novel-coronavirus-2019>

## Murray named healthcare hero

By Zachary N. Dunaiski

During this worldwide health crisis, many on the Fond du Lac Reservation have gone above and beyond what is expected of us to provide for the community. One FDL employee, Mandi Murray, was honored for her work for our community by KQDS as a Healthcare Hero.

Murray, an Advanced Practice Registered Nurse (APRN) and Certified Nurse Midwife (CNM), is fantastic at what she does. She's kind and caring, but above all, she just loves her job and getting to help so many in the community. Murray also knows that her work isn't possible by herself.

"I'm kind of embarrassed by the nomination to be honest," Murray wrote of the award. "I think our entire team at the clinics, and the entire division, has been doing such an amazing job and going well above and beyond. I'm definitely not the one that should be singled out for this."

The amazing care that Murray provides absolutely warrants her being honored with such an award, but to her point, so many at both of our clinics deserve such recognition as well.

"The PHEP team that's been putting in crazy long hours to prepare the community for the pandemic, the ALR team, and community health teams that are protecting our most vulnerable: Elders, the staff at Head Start that are caring for our kids, the teachers that found a way to make sure all the kids are still getting fed and taught at home, the families that are learning how to do this new life, etc," Murray said of passing on the appreciation she's received to the rest of the team in the Fond du Lac Hu-

man Services Division. "Those are the ones that deserve to be highlighted."

It's always hard to receive praise for you hard work, especially for someone like Murray who doesn't do what she does for the recognition. She does admit, however, that she's been very grateful for the award.

KQDS's Healthcare Hero of the Week award is available on their website, <https://95kqds.com/healthcare-hero/>, if you would like to see others in the area who've been doing great work. Murray was nominated by her husband, with the following message.

Victor Murray writes: *I would like to nominate Mandi Murray for healthcare hero consideration. Mandi is a CNM (Certified Nurse Midwife) who has been delivering babies and seeing patients for the Fond Du Lac Tribe in the Duluth Cloquet area for over eight years now. She spends all of her free time (and money) working tirelessly to make cloth masks for friends, family, coworkers, and donations to groups in need. She used her old sewing machine until she just couldn't make it work anymore, and then she purchased a new one to keep the masks coming in for those in need. Mandi has already provided countless masks of different sizes and styles to help with filling the void of PPE currently happening in our healthcare system. I'm sure that I'm a little biased as her husband of 15 years, but I can't think of anyone more deserving of nomination than my wife Mandi Murray. Thank you so much for honoring our heroes like Mandi, and if she ends up reading this, Keep up the amazing good work! Love Vic)*

FDL is grateful to have employees like Murray and many other who go above and beyond what is expected of them every day.

# RBC Thoughts

## Secretary/Treasurer News

Boozhoo,

**M**y wife and I have been “sheltering at home” and it’s becoming very trying. We have not cooked as much at home in several years as we have in the last three months. The dinner menu is an effort in itself now. I like to think I am a good cook but, it is hard to be creative when it is the two of us. Besides I don’t like to do dishes. The everyday things that I took for granted are now special. I don’t shake hands when I see someone in the store. I don’t talk to anyone through the car window. And it has changed how I share my condolences during a time of loss. The “normal” way for me was to go to the wake or funeral and the luncheon to share a few stories about the person and let the family know that I share their loss. Today a funeral is quite different. My cousin Butch passed a couple of weeks ago and he had some out of town family coming in so I was unable to attend in person as directed by our EOC. Had I decided to go it meant that I would have had to self-quarantine for 14 days. I was not too concerned about that but more the image that I would have projected by not following our guidelines. I put my tobacco out and asked for forgiveness that I would not be at my friend’s funeral and prayed for him to have a short journey to meet up with his relatives on the spirit side.



Ferdinand Martineau

slowly into phase one of our reopening. Each department was asked to submit a plan to address how they intend to provide their services in a safe and efficient manner. They were also asked to submit timelines when they would open and when they would be back to full capacity. Most programs have complied and I feel very confident that we will be back to providing the services that we have all become accustomed to in a relatively short period of time.

The 2020 primary election is complete. The choice was clear by the voters in District 3 in re-electing Roger M. Smith Sr. to another term with 60% of the votes cast. I would like to congratulate Roger on a job well done. The District 1 results were not quite the same with Wally Dupuis being the frontrunner with 49.11% and Je-

roam Defoe with 25.77% of the vote. This sets up a run-off election with the two candidates to face-off in the August 18 general election. The other position of chairman will be decided on that day also with Kevin Dupuis Sr. and Bryan Bosto facing off. Again, please remember to get involved and vote for the candidate of your choice.

*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.*

The Reservation is stepping

## Cloquet News

Hello all

**I**t has been yet another trying month as we face this pandemic. We have been doing our best to keep things going over these closures and I have to give a great big “thank you” to all the folks that worked during these trying times. The job they did is amazing. We were able to provide services where we could and we were able to continue with our meetings and agenda. They truly are heroes.



Wally Dupuis

We started the process of calling a few of our employees back and we are working towards getting things back up and running. I would also like to thank each and every

one for their patience as we deal with this virus. On June 15, we re-opened the casino doors at both Black Bear and Fond-du-Luth and the first day was very successful for both properties.

It shows that folks are wanting to get out of the house and get back to doing things they like to do.

The RBC was able to hold an open meeting using Zoom and it seemed to go well. Other than attending a number of virtual meetings we have been staying in so there were not many meetings with folks in our offices. As of now we are slowly opening things back up so I am hoping that we can get back to a sense of normalcy soon.

Recently, the Band has

received funding from the Cares Act in the amount of 20 million dollars and that was able to ease some of our financial burden. We are truly grateful for this funding. I believe after we get more of our programs up and running we will be able to provide you all with information on activities that are happening around our Reservation.

The construction of our Cultural Center has been completed, even through this shut down, it is really a beautiful building. I look forward to it becoming a widely used facility.

*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)*

## BBCR and Fond-du-Luth open

**Black Bear Casino Resort (BBCR) and Fond-du-Luth Casino are now open. Fond-du-Luth is completely smoke free while BBCR has a large portion of the gambling floor that is smoke free. Machines and services will be limited along with social distancing guidelines to combat the spread of COVID-19.**

# RBC Thoughts

## Brookston News

### Boozhoo,

I hope that everyone is healthy and safe as we start to slowly re-open. We want to make sure that plans are in place for a safe re-opening for our staff and Band Members.

I would like to say Chi Miigwech for the support I received in the recent Primary Election. It truly means the world to me for the approval of the hard work that we are doing and that we will do in the next 4 years. The added challenge to work through the recovery of this pandemic will be demanding for all. We have a history of being very resilient and resourceful Anishinaabe and we will make it through this together.

We have mentioned that the Band has received over \$20 million in grants through the CARES ACT funding and other funding available in relation to COVID-19. I would like to personally thank all those that have worked on chasing these funds on behalf of the Band and for our communities. What many don't know is that most of these opportunities came out fast and had a short window for applying for funding. Our staff in Planning has tracked these grants and worked countless hours to making sure that everything that needed to be submitted was there and done in a timely manner. Chi Miigwech to Jason Holliday and Jamie Adams for all the work!

I would also like to say Chi Miigwech to all of the Human Services staff for working to secure not only funding, but the PPE

(personal protective equipment) for the Band. I know many have worked countless hours making sure that some of our Band Member necessities in Pharmacy and other areas were met. I know that there are many from this Division that worked hard, so to you all I offer Chi Miigwech for all you do for the Band. I know that the Accounting staff has also been putting in long hours and working fast to get the documents needed to apply for the funding, they are doing a tremendous job in keeping track of everything. Chi Miigwech to Jennifer Borkholder for her leadership.

I know there are many more staff in Education, Community Services, Law Enforcement, Propane, Nahgahchiwanong, Adaawewigamig, Tribal Center, Resource Management, and Casino staff. If there is any division I missed I apologize, but Chi Miigwech for everything that you do everyday! I ask that we all be patient as we continue to re-open our different departments.

I would like to end with a congratulations to all the new mothers and fathers and grandparents, and to my son and daughter-in-law on the birth of their first child and our first grandchild, Lincoln Smith welcome all to the Fond du Lac Band of Lake Superior Chippewa!

*Chi Miigwech!*

*Roger M. Smith Sr.*

*Rogermsmithsr@fdlrez.com*

*(218) 878-7905*



Roger M. Smith Sr



## BACK to SCHOOL HEALTH check list

Are your children ready for school? Have they met all of the health requirements?

Not sure? Below you will find a health check list for children going back to school:

- Immunizations:** Immunizations are designed and given to your child to protect them against serious diseases. Now is the time to make sure that your child is up-to-date on all of his/her immunizations. If you know your child needs immunizations, please call the clinic and set up a nursing visit to get them caught up!
- Physical, sports and CTC examinations:** Physical examinations are required throughout infancy, childhood and adolescents to identify health concerns such as growth, developmental or behavioral problems. If it has been a while since your child has been to the doctor, or if they are planning on joining a sport, they may need a physical examination to make sure they are healthy enough to join the team.
- Vision screening:** Your child should have their vision checked by the time they enter into head start (by age 3) and annually after that. Up to 80% of your child's learning is visual, so ensuring that your child can see properly will help them be successful and stay engaged at school. This is routinely done during their physical/CTC examinations.
- Hearing screening:** The American Academy of Audiology states that all newborns are screened at birth for hearing abilities. They also recommend that you screen your child for hearing on an annual basis from age 3 and up using the pure tone screening method. This is routinely done during their physical/CTC examination.
- Allergy identification:** Nearly 6 million children have food allergies. This can be especially dangerous when starting a new school or school year. Be mindful of the school policy on common food allergies. Aside from foods, your child may have seasonal, environmental or medication allergies. The reactions of these allergens can range from a simple rash to a life threatening condition called anaphylaxis (where your child cannot breathe). If you suspect your child has allergies, schedule an appointment with their FDL provider to help identify these troublesome allergens.
- Medical conditions and medications:** Be sure that the school has the most up-to-date medical information on your child. If your child requires medication throughout the school day, be sure to get a note from the provider. Be sure the provider includes important information regarding the medication such as: the time the medication is to be given, the proper dose, if it is topical or oral administration and why your child is taking the medication.

Due to COVID-19, there may be changes to the reopening of the schools, but we want you to be prepared.

The Fond du Lac Human Services Division's medical clinics (Center for American Indian Resources and Min No Aya Win) are preparing for your child's needs and have set aside some additional appointment times for these types of visits in August and September.

**Please don't delay, call 218-878-2190 and schedule an appointment today!**



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



# More Local

## “I just want to start over”

By Jennifer Hall,  
Registered Dietitian and Diabetes  
Care and Education Specialist

As Betty Jackson walked into the diabetes education room at the Min No Aya Win Clinic for her appointment last January she said “I just want to start over.” Betty was diagnosed with type 2 diabetes in 2013 and had been struggling to get her blood sugars controlled for the past few years. She stopped testing her blood

sugar because the numbers were discouraging and made her want to give up. Her A1C had climbed to 14% which meant her blood sugars were averaging over 350 for the past 2 to 3 months. This was putting her at high risk of diabetes complications including heart attack, stroke, kidney disease, nerve damage, amputations, and blindness. She loves taking care of her grandchildren and didn't like feeling sick all the time. She knew she couldn't go on like that and wanted to lower

her A1C to 7%.

We talked about the most common symptoms of hyperglycemia (high blood sugar) which can include increased thirst, urination, hunger, fatigue, blurry vision, and infections or injuries that heal more slowly than usual. She was also having occasional hypoglycemia (low blood sugars). Those symptoms can include feeling shaky, sweaty, dizzy, confused, hungry, weak, anxious, or upset. Severely low blood sugars (under 50) can be dangerous and lead to accidents, loss of consciousness, seizures, and even death. We reviewed the treatment for low blood sugars with 15 grams of carbohydrate (4 glucose tablets or ½ cup of juice) for blood sugars under 80 or 30 grams of carbohydrate (8 glucose tablets or 1 cup of juice) for blood sugars under 50.

Diabetes treatment plans can include diet, activity, oral medications (pills), non-insulin injectable medications, and insulin. Insulin can be injected or patients might qualify for an insulin pump depending on their insurance coverage. People with type 1 diabetes are started on insulin as soon as they are diagnosed. Type 2 diabetes is a progressive disease so the treatment plan will change over time. People with type 2 diabetes might take oral or injectable medications to help the insulin they have work better. They might also need to take insulin shots or be on an insulin pump to control blood sugar levels and stay healthy.

We started by reviewing her usual diet and activity. I showed her “My Native Plate” which

includes filling half of your plate with vegetables and the other half with a grain/starch such as wild rice and a protein such as fish. It also includes a side of fruit and a glass of water. Betty loves vegetables and didn't think of adding them to high carbohydrate meals like goulash and spaghetti. She had been working on smaller portions so she could lose weight. She was trying to avoid sweets, but sometimes they were too good to resist. She had been walking less because of the snow and the unplowed slippery sidewalks, but she was still walking to and from the store.

Betty was confused about her diabetes treatment plan and hadn't been taking her insulin at the prescribed doses because she was afraid of low blood sugars. Her medication plan included Victoza in the morning, Novolog before each meal, and Basaglar before bed. Victoza is a once daily injectable medication that helps the pancreas continue to produce insulin on its own. It also slows down how quickly food leaves the stomach so patients feel full and are able to decrease their portion sizes and lose weight. The most common side effect is nausea, but that usually improves after a couple of weeks. Novolog is a fast-acting insulin that is taken before meals. Basaglar is a long-acting insulin that works slowly over 24 hours. I calculated Betty's insulin needs based off her weight and A1C. She wanted to keep taking the Victoza in the morning. Since she was eating smaller portions, we decided to try stopping the Novolog before meals. She would

restart the Basaglar at bedtime, but at a lower dose. This was a starting point and we agreed that adjustments might be needed over time. She agreed to resume testing her blood sugars so we would know if her new plan was working. We reviewed the targets we were working toward of 80-130 before meals, under 180 two hours after meals, and 100-120 at bedtime.

Within a week Betty was feeling better and was very happy. Her blood sugars had already improved to 120-176 since we simplified her treatment plan! She was still having occasional low blood sugars and we continued to lower her dose of Basaglar over the next month. Betty had her A1C rechecked in April and it decreased from 14% in January to 6.9%! This was remarkable!

Betty isn't alone and we are hoping her story will help others. According to our annual diabetes audit, 219 of our patients at MNAW and CAIR had an A1C above 8% in 2019. Betty made the decision to “start over” and she met her goal to lower her A1C to under 7%. Every 1% decrease in A1C can reduce your risk of long-term complications. We recommend having your A1C checked every 3 to 6 months. An A1C over 8% means blood sugars are too high. Diet, exercise and medication changes are needed to prevent or delay complications from diabetes. If you would like to “start over” like Betty did, please contact Jenn at (218) 878-2146 or (218) 409-4878. I'm ready to listen without judgement and help you reach your A1C goal.

**Become a Licensed Child Care Provider**

Have you liked staying home? Would you consider caring for children in your home? Have you or are you willing to take classes regarding child development?

**YOU CAN BECOME A FDL LICENSED CHILD CARE PROVIDER!**

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

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

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

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

# More Local

## Notice to FDL contractors

Fond du Lac is working to establish a list of Band member contractors and businesses for future work for the Band. If you are an owner or contractor who is interested in working with the Band, contact Lonny Susienka, TERO officer (218) 878-7527, to work with him on possible future contracts.

## The fight for justice

By Zachary N. Dunaiski

The focus of the newspaper has been geared toward keeping the Band informed on the COVID-19 pandemic as well as the efforts made by our medical experts and leadership on the Fond du Lac Reservation to combat it. While that will remain the focus of these updates, it would be dangerous to ignore the other changes that we see in our world at the same time.

The most obvious of those are the worldwide protests against racism following the death of George Floyd.

Over the last few weeks, millions continue to gather in major cities, not just in America but around the world, to fight injustice. During these protests, which have been mostly peaceful, looting and vandalism have occurred.

Most of that behavior diminished within a few days, but culminated in mid-June in

specific vandalism toward the cause, directed at removing symbols of a past that many don't agree with today. In Richmond, Va. the statue of Confederate General Williams Carter Wickham was torn down, with a report of a protestor urinating on it before fleeing the scene.

The removal of racist symbols didn't just happen in America, as protesters took down statues in Europe as well. United Kingdom protesters tore down the statue of a slave trader, rolled it

through the city, and dumped it into the sea.

In the past, some have argued that removing these types of statues would be detrimental, as it may lead us to forgetting our past. Museums and books are for documenting our past, statues glorify it. For example, almost everyone knows about Adolf Hitler, but there are no statues of him.

Many people will continue to protest, and as part of our democracy, we should defi-

nitely stand up for what we believe is right. Now, however, is a dangerous time. We should still fight against injustice, but if you are going to a protest, please social distance, wear a mask, and listen to our FDL medical experts and proactively get tested for COVID-19.

Sources: <https://www.vox.com/policy-and-politics/2020/6/7/21283003/protesters-tore-down-confederate-statue-virginia-monuments-alabama-new-orleans>

## Public facility update

Even amidst the COVID-19 pandemic, work on Fond du Lac's new cultural center continued and has now been completed.



# More Local

## Ojibwe School receives National Farm to School Network grant

We're happy to share that we've received a \$5,000 grant from the National Farm to School Network to support our ongoing response to the COVID-19 pandemic. This funding will be used for procurement of fresh fruits, vegetables, grains, meats, and other locally produced food products that can be incorporated into the Ojibwe School's Food Program.

The funding serves as an acknowledgement of the unique economic challenge Tribes encounter in local procurement efforts. This funding will help secure the continuation of Farm to School activities as planned

by reinforcing the procurement budget and enabling the school to establish sustainable local connections while continuing to serve students.

When possible, funding would be utilized to meet educational outcomes as well. The Food Sovereignty Initiative team is currently developing an online platform for educational purposes, with many lessons planned to encourage the use of healthy and traditional foods. For information on related efforts, please visit the Fond du Lac Band Gitigaan program Facebook and Instagram pages:

<https://www.facebook.com/fdlgiti->

<https://www.instagram.com/fdlgitigaan/>

Thank you, National Farm to School Network for supporting our work to keep kids connected to local food and support local food systems during the COVID-19 pandemic. We're grateful to have received a National Farm to School Network Relief Fund grant that will allow us to continue our efforts.

Miigwech to the Resource Management and Planning Divisions for their assistance with this grant!



James Friedman, photo courtesy Maria Defoe



Left to right: Maggie Defoe, Emily Two-Stars and Mace Fonoti, photo courtesy Dan Anderson

## FDLOS Kindergarten

Do you know a child who will be five-years old by September 1, 2020? The Fond du Lac Ojibwe School is accepting enrollment forms for Kindergarteners.

A copy of the child's birth certificate is required when forms are returned. Enrollment forms can be printed from the school website: <http://www.fdlojibweschool.org/> Or, you can call (218) 878-7216 and leave your name and address if you would like the enrollment packet mailed to you. You can also contact (218) 878-7242 if you have any questions.

# More Local

## Producer program grows Indigenous food sovereignty

Band Member Families Plant Foods, Medicines on Tribal Land for Second Year

One of Leah Savage's earliest memories is running through her dad's mandaamin (corn) field behind her childhood home. Now three generations of her family garden together on tribal land along Cary Road.

"One of the things I enjoy the most is gardening with my parents every year because I see such satisfaction and pride on them at the end of each garden day," said Leah, who is a Fond du Lac band member. "Seeing and hearing about their lives being fulfilled knowing that their grandchild just planted, watered or harvested the seed to their healthy traditional future fills my spirit."

The Fond du Lac Band of Lake Superior Chippewa bought back the 36-acre farm in 2017. Today, through a partnership with the Fond du Lac Tribal and Community College Extension Program, which is part of the 1994 Land Grant Institutions, four acres are home to a program called Bimaaji'idiwin, which means "Saving each other's lives" in Anishinaabemowin.

Native producers grow food on 4 acres of the property through a partnership between the Band and Fond du Lac Tribal and Community College (FDLTCC) Extension

Program. The producer program is called Bimaaji'idiwin, which means "Saving each other's lives" in Anishinaabemowin. The FDLTCC Extension Program is part of the 1994 Land Grant Institution.

Program Participants Doubled

Participants more than doubled in 2020, the program's second growing season.

Twenty Anishinaabe producers started planting foods and medicines for their relatives and the community there in May. Producers receive 1/8 of an acre, supplies, and agricultural and business training. A few participants plant and forage at their homes instead.

Producers decide where their harvest goes. Some are growing food for their families, local farmers markets or FDL Programs.

The farm is one of several Fond du Lac Band food sovereignty initiatives working together. Other efforts include the Gitigaan Program that started more than 25

years ago, the Bimaaji'idiwin Gitigaan Anishinaabe community and demonstration garden, Ashi-niswi Giizisoog (13 Moons) and Mino Babaamaadiziwin Gitigaan or Journey Garden youth program. High tunnels in each district are open to elders

and community members for growing and through a grant from the Administration for Native Americans, a growing dome will be built at the farm this fall for food production during the colder months.

The COVID-19 pandemic spurred extra safety measures this year and suspended some food sovereignty programming. Look for distanced and virtual opportunities to learn and connect.

For more information, follow @FDLGitigaan on Facebook and Instagram and "13 Moons Ashiniswi giizisoog" on Facebook. Food Ways for Future Generations

Gardening is just one aspect of Fond du Lac's intergenerational food sovereignty, much like the traditions Leah inherited.

Her family carries and passes on Anishinaabe food and life ways – from manoomin to sugar bush to treaty rights of hunting, fishing and gathering – for their grandchildren and their grandchildren's grandchildren.

"As my mom always said, 'I know what I eat is for my future generations,'" Leah added.

Interested in growing at the high tunnels? Please contact Kaitlyn Walsh at kaitlynwalsh@fdlrez.com. Interested in the producer program or Bimaaji'idiwin Gitigaan? Contact Erika Legros at erikalegros@fdlrez.com or (218) 878-7141.



Leah's daughter, Fond du Lac Band member Delilah Savage, waters plants with cousin Alaura.



## Put trash in its place

Getting out to enjoy our beautiful lakes and streams is an excellent way to beat the heat and stay close to home this summer.

Fond du Lac's Office of Water Protection has noticed an uptick in trash and fishing equipment being left on the shores, please help us by picking up any trash you see so we can all enjoy the lakes this summer.

Fishing lures, fishing line, and trash left on the beaches is a danger to the fish and wildlife that can get tangled up in it. Please dispose of it properly.



# Election News

## 2020 Election Calendar

July 2 (or within 3 days upon receipt of Notice to Appeal): Record of Contest forwarded to Court of Election Appeals.  
 July 6 (hearing within 7 days notice of appeal): Last Day for Hearing on Appeal  
 July 16 (10 days from hearing on appeal): Last Day for Decision on Appeal  
 July 17: Notice of General Election  
 July 17:

TEC provides ballots for General Election.  
 August 18: General Election (Polling Places open from 8:00 a.m. until 8:00 p.m.)  
 August 19: General Reservation Election Board certifies results of Election.  
 Prior to 8:00 p.m.  
 August 20: General Reservation Election Board publishes Election results.  
 August 21:

Deadline for Request for Recount. (Filed with General Election Board prior to 5:00 p.m.)  
 August 25: 4:30p.m. - Deadline for Notice of Contest. (Filed with Reservation Election Judge and Executive Director of the Minnesota Chippewa Tribe.)  
 August 26 (or 24, 25, if request for Recount is filed before deadline): Decision on Request for Recount and Results of Recount, if allowed.

September 4: Deadline for Decision on Contest for General Election.  
 September 8 (or within 3 days of decision on Contest): 4:30 p.m. - Deadline for appeal to Court of Election Appeals. (Filed with Executive Director of the Minnesota Chippewa Tribe and Reservation Tribunal rendering Decision).  
 September 11 (or within 3 days upon receipt of Notice to Appeal):

Record of contest forwarded to Court of Election Appeals.  
 September 15 (hearing within 7 days notice of appeal): Last Day for Hearing on Appeal.  
 September 25 (or Ten days from Hearing on Appeal): Deadline for decision of the Court of Elections Appeal.  
 Day following Decision of Appeal:  
 Winning candidate prevailing on appeal takes office.

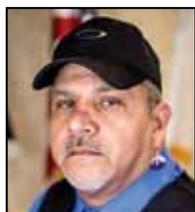
## Candidate statements

The general election is Aug. 18 and there are two positions up for eligibility, as Roger M. Smith Sr. received over 50% of the vote and thus will not need a general election.

The following statements are of the candidates, they have not been altered except to meet our format. The candidates' names appear here as they will on the ballot as determined by the election lottery. Chairman: Kevin R. Dupuis Sr. (Incumbent) and Bryan "Bear" Bosto. Cloquet: Wally Dupuis (Incumbent) and Jeroam Defoe.

### Chairman Candidates

**Kevin R. Dupuis Sr.** (Incumbent) Chose not to submit a statement.



### Bryan "Bear" Bosto

We cannot go back to normal prior to COVID-19. Fond du Lac will be facing many challenges going forward as we recover from the pandemic. We can base our decisions on science, and the expertise of our medical staff to carefully reopen



Fond du Lac and balance the health of our community with our economy.

This is not the time for tribal elected leaders to use this time the get re-elected. We should hear from our leaders regularly, and not just during a time of crisis. I will write a column for the monthly paper, return my phone calls and have office hours.

My administration will return to setting regular meetings that will prioritize the efficient use of staff. Staff travel and wait time is the biggest waste when meetings are held at offsite locations, or when waiting at 9:00am only to be called in at 2:30pm. The technology we have can be set up for such things as teleconferencing in department heads from their office locations. The RBC takes up

too much staff time waiting and not serving the community. Also, we must have the ability to live stream the meetings for Band members via band member portal tool that our IT department can expand on.

I support the most stringent of government transparency ordinances. That includes that development dollars are not be discussed in executive session except for allocations that are the result of a program that is set up with written guidelines. There should be no spending that benefits individual Band members that is not a part of a regular program with established guidelines. The government's resources belong to everyone.

As stated in my letter of the medicinal/recreation use of marijuana must be a part of

the future and I look forward to having those discussions as we form a path away for the one source of revenue. We must include an updated business plan as this current council purchased business properties in city limits, or the purchase of the car wash, gas station restaurant at the interstate 35 and highway 210 junction without a business plan, so we are left paying taxes on unused space. Diversifying our economy has to be a priority. The recent crisis highlights that we can rely on hospitality as a main source of revenue.

There are many things that need to be addressed that are set aside for this pandemic. With the right leadership I think we can tackle them from day one by taking inventory of the current situation,

# Election News

establishing goals, and create a plan of action to re-open and get people back to work. We must stabilize a future starting on day one, we cannot do that just with prayer but with only a strong work ethic.

That is the kind of fight that I will bring the office of the chairman. My name is Bryan "Bear" Bosto and I respectfully ask for your support for Chairman on August 18, 2020. Miigwech. Facebook/blbosto blbosto@yahoo.com (218) 260-5593

## District I Candidates

### Wally Dupuis (Incumbent)

Dear Fond du Lac members

First and foremost, I want to say thank you for your support in the primary election held on June 9, 2020. I am extremely humbled and overwhelmed by the outcome.



THANK YOU!

I write this letter to ask for your support again in the general election being held August 18, 2020. I seek this re-election because I realize our wonderful reservation has come to a critical cross road. Fond du Lac has grown considerably over these past few years, and it is time for us to decide as a community what we want to become, where we want to go, and how we

want to get there. Due to the unprecedented pandemic we are confronted with we must take advantage of the situation and build an even stronger economy and a brighter future for our reservation.

Over the years, I have worked diligently to support our Natural Resources Division in their hard work providing stewardship to our resources both on our reservation and also in the ceded territories. It is imperative that we protect our lands, air, water, and resources for generations to come.

Fond du Lac has an approved strategic plan for us as we go forward. It is through this plan that I am guided, and we need to make sure we are on task with its vision and goals. This plan will help us develop ways to improve services to our members and help guide us as we continue to build on our successes and the services that is provided to our members. This strategic plan will also help us in making decisions in allocating our resources with a goal of providing long term financial stability.

It is extremely important that we have proven, experienced, leadership to represent our elders, Veterans, youth and members. Someone who will act only in the best interest of Fond du Lac and its bright future, while understanding that it is through our elders that we gain wisdom, our veterans are a representation of dedication and sacrifice, and our youth are our future. I have proven that

I can meet that challenge and I look forward to the work ahead.

As your District Representative, it is my duty to give you, our members, the ability to voice your concerns and thoughts regarding Fond du Lac Reservation. My priorities are clear: to build a strong, equitable economy and infrastructure for Fond du Lac and its members, and to advocate for policies that ensure our members have access to band services. Also, I have and will continue to work diligently to ensure Fond du Lac stands on solid financial ground and that we continue to receive state, federal, and local aid, in order for us to maintain and upgrade the services the band provides.

Again, thank you for your support. I would be honored to continue to be your representative and I am asking for your vote on August 18, 2020.

Sincerely,  
Wally Dupuis c-218-428-9828

### Jeroam DeFoe

Boozhoo,  
Nindinawemaaganidog Bangii-itago ninitaa-ojibwem. Ninga-gag-wejitoon ji ojibwemoyaan. Ishode Ininii niin indizhinikaaz zhaagana-ashiimong. Makwa niin nindoodem. Nahgahchiwanong niin indoonjibaa. Nimino-ayaa gaye niminwendam omaa



ayaayan noongom. Niishtana ashi nishway indasobiboonagiz. Niminwendam gikinoo'amaagooyaan ji nitaa-ojibwemoyaan.

Miigwech bizindawiyeg.

Hello, my relatives I only know how to talk Ojibwe a little. I'll try talking Ojibwe. My name is Jeroam DeFoe in English. My clan is black bear and I come from Fond du Lac. I'm glad to be here today and I am 23 years old. I'm glad to be learning to talk Ojibwe. Thanks for listening to me.

I have been practicing my Ojibwe and wanted to share a little of what I've learned with you. My father is Melvin DeFoe and my mother is Gladys Martin. I have grown up here on The Fond du Lac Reservation and have experienced the many joys and hardships our community has faced. I have educated myself, through traditional education and experiences I pursued, to position myself in a way that I will be able to give back and help obtain a brighter future for everyone. I want to see our kids, elders and adults prosper and have the tools available for them to succeed. I am here today asking for your support as I run for the Reservation Business Committee Cloquet, District 1. We have the opportunity here to bring diversity to the RBC Council and bridge the divide between the youth and elders. I graduated from Fond du Lac Tribal and Community College with a Business/Financial services degree (A.S), Small Business Entrepreneurship degree (A.A.S), and

an Associate of Arts degree (A.A). I am currently one semester away from graduating from The College of St. Scholastica with my bachelor's in business administration, business management degree.

I will do everything in my power to initiate positive growth here in our community. First of all, one of my major concerns is the standard of living which include housing, employment, and poverty levels. One way I see we can start to improve the standard of living is to reevaluate and improve our programs. Second of all, I would like to address economic development and maximize the structure and profits in our current organizations. Look for new business opportunities and take calculated risks to create more income for our reservation. I would like to support and encourage community member owned small businesses. We need to put more emphasis on education and get kids ready to succeed in day to day life. We need to implement strategic change and create healthy work environments and enable our people to do their jobs to the best of their ability. Our community needs a leader that will bring us together, help us heal, and lead us into the future. We were once a community that supported one another, and we need to be brought back together to ensure our survival. If you have any questions or concerns, feel free to contact me. Telephone: 218-464-2482. Email: defoejeroam@yahoo.com.

# Etc

## FDLTCC'S college in the schools program receives national accreditation

The National Alliance of Concurrent Enrollment Partnerships (NACEP) Accreditation Commission granted accreditation to Fond du Lac Tribal and Community College's concurrent enrollment program. The College in the Schools program at the college is one of just 116 accredited programs in the United States, spanning twenty-four states.

The National Alliance of Concurrent Enrollment Partnerships is the leading membership organization supporting academic programs that successfully transition students from high school to college through college credit-bearing courses taken while students are in high school.

"Earning and receiving this national accreditation is the culmination of several years of program review, self-study, data collection and analysis, and adjusting processes to make sure we have the best possible

program in place," said Damien Paulson, Academic Adviser and College in the Schools Coordinator at Fond du Lac Tribal and Community College. "We have been operating an excellent concurrent enrollment program for more than 20 years, so this designation confirms we provide a rigorous academic program of college courses delivered in high school classrooms."

As the nation's only accrediting body for these unique and impactful educational partnerships, NACEP's standards serve as the model criteria for ensuring parity in faculty, course content, student outcomes, and support. Receiving NACEP accreditation means an institution has met the nation's most rigorous standard in concurrent enrollment program development, management, and evaluation across multiple, multifaceted program areas.

"NACEP accreditation demonstrates a commitment to academic integrity and the delivery of an authentic college experience to the high school student and is a goal that every concurrent enrollment program should aspire to and work towards," said NACEP Executive Director, Amy Williams.

The College in the Schools Program at Fond du Lac Tribal and Community College met established best practices in the areas of curriculum, faculty, students, assessment, partnership, and program evaluation.

"Our longstanding program maintains strong partnerships with participating school districts that create opportunities for student success," said Paulson. "Our program's overall success is possible through the on-going support of our college's administration, faculty,

and staff, and our 17 partnering high schools. Through our College in the Schools program we provide early access to college courses that help students prove they can complete college-level curriculum and earn college credits toward a degree. For most students, this is their very first experience with college courses and the accompanying academic expectations."

To earn accreditation from NACEP, concurrent enrollment programs conduct a self-study, document how their programs adhere to NACEP's sixteen standards, and undergo a rigorous peer-review process conducted by a team of representatives from NACEP accredited programs as well as the NACEP Accreditation Commission. NACEP's accreditation is valid for five years for initial accreditation and then seven years for reaccreditation, during which time programs are expected to uphold NACEP's standards and report annually on program practices.

"Ensuring program, and ultimately student success, requires strong partnerships between secondary and postsecondary education and a mutual commitment to quality in all aspects of a program," said NACEP Executive Director, Amy Williams. "Concurrent enrollment increases students' college aspirations, engagement, and success, plus concurrent enrollment programs hold tremendous potential for increasing college completion and addressing national attainment gaps."

## Small business relief grants

There is a Minnesota Small Business Relief Grants program

that the Minnesota Department of Employment and Economic Development (DEED) will oversee to help small business in Minnesota.

This program will make available \$10,000 in grants to Minnesotan owned and operated businesses that can demonstrate financial hardship as a result of the COVID-19 outbreak. A total of \$60.3 million is available for grant awards which will be selected through a computer-generated, randomized selection process.

Awards will be disbursed and administered by qualified local and regionally based nonprofit organizations. Grant funds received by individual businesses shall be used for working capital to support payroll expenses, rent, mortgage payments, utility bills, and other similar expenses that occur or have occurred since March 1, 2020, in the regular course of business. These are grants and no repayment will be required.

Applications will be accepted during a 10-day period beginning Tuesday, June 23 through Thursday, July 2.

More information can be found on DEED's website: <https://mn.gov/deed/business/financing-business/deed-programs/relief/>

## LEGAL NOTICE – JULY 2020

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 as-

## CLOQUET CAR SEAT CLINICS ARE BACK!



### Due to COVID we had to make some changes to the clinics.

- Clinics will still be on the same day but the locations and times have changed
- To attend a clinic, you **will need to make appointment** through sign up genius located on our website. <https://www.signupgenius.com/go/70A0F4AAAA82EA7FF2-carseat>
- Screening will be done with a series of COVID questions upon arrival
- All participants at the clinic **will be required** to wear a cloth mask

These changes are new to us so we ask you to please be patient as we slowly reopen our car seat program. Any questions or comments please feel free to contact us.



CMH Community Memorial Hospital



# Etc

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:

CASSIDY, Denise  
 CICHY, Gerard  
 CICHY, Leslie  
 COUTURE, James A.  
 ENGLER, Catherine  
 FARRELL, Margo J.  
 HAARSAKER, Brenda  
 HILPIPPE, Jean M.  
 JANSEN, Mary Jo  
 KLASSEN, Lloria A.  
 LAFAVE, Darren Houle  
 LAFAVE-KING, Jacqueline  
 LAPRAIRIE, Robert  
 LEE, Patricia J.  
 MARTIN, John Francis Jr.  
 MARTIN, Kim I.  
 MARTINEAU, Loretta C.  
 MARZINSKE, Florence  
 MARZINSKE, Larry  
 MUELLER Neva  
 OLP, Madison S.  
 SAVAGE, Mark  
 SMITH, Robert W.  
 SOULIER, Gary  
 ST. GEORGE, Richard J.  
 THOMPSON, Henrietta  
 THOMPSON, Lester P.  
 TUTTLE, James III  
 WILLIAMSON, Donna M.

## Fond du Lac Ojibwe School Board regular meeting

May 5, 2020 Fond du Lac Ojibwe School Board Room 12 p.m.

Called to order: 12:03 p.m.

### Roll Call:

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

Absent: All present

Others present: Superintendent Jennifer Murray, School Principal Valerie Tanner, Dan Anderson.

Reading of the Mission Statement and Vision by Jennifer Murray

Approval of Agenda- Motion made by Joyce LaPorte, 2nd by Carol Wuollet, all in favor, 0 opposed, motion carried.

Approval of Minutes March 2020-Motion made by Joyce LaPorte, 2nd by Robert Peacock, all in favor, 0 opposed, motion carried.

**Review of the ledger – Reviewed with discussion.**

### New business:

2020-2021 School Calendar- Motion made by Carol Wuollet, 2nd by Jeffrey Tibbetts, all in favor, 0 opposed, motion carried.

2020-2021 School Budget- not complete, potential special meeting.

Part B PL 108-446 (IDEA) Assurances- Tabled

Student Council- Not Present

### Old Business:

Strategic Plan Review- Mirja Hanson- Discussed

Student Connection Survey- Data is complete- Vickie Oberstar is writing a narrative.

Early Graduation Policy- Valerie Tanner- Discussed- include in handbook in June.

Fond du Lac Ojibwemowin and Culture Licensure Policy remains open for further review still pending approval from RBC.

Transportation contract for FDLOS bussing services- No new information

At Large and Sawyer Rep- At Large Dawn Ammesmaki- Saw-

yer Rep Naomi Northrup

### Supervisor reports

Superintendent Jennifer Murray- Reviewed

Other:

Mike Diver- how is distant learning going? Teachers stressed some students like it some don't, accommodations for those that want to continue.

Motion made by Michael Diver, 2nd by Carol Wuollet, all in fa-

vor, 0 opposed, motion carried to Adjourn.

Adjourned

at 12:40 pm.

Recorded by Michelle DeMenge.

## FDL Propane's sizzling summer sale

It's that time again, time for FDL propane's summer sale! Time to get that tank filled for the upcoming winter at the lowest price this year.

For the entire month of July, we will offer the price of \$.99 cents per gallon for our customers that take delivery in the month of July.

Customer accounts, must have a zero balance or have

a credit to be eligible for this special price.

There is a minimum purchase of 200 gallons.

Offer expires July 31, 2020

As an added "Thank You" to our customers we will be drawing for 8 prizes, which include:

- 3-Certificates for 200 gallons of propane each

- 5-Gift cards \$10 each from Fond du Lac Gas and Grocery

Note: You do not have to participate in the sale to be entered into the drawing. All Fond du Lac Propane customers will automatically be entered into the drawing.

Check your tanks and give us a call at (218) 879-4869, we look forward to talking to you. Have a great summer and be safe!

# Fond du Lac Ojibwe School 2020 Summer Food Service Program

## June 8th- Sept. 4th

**FREE** Lunch for children 18 and under or individuals 19 and over with state-defined mental or physical disabilities who participate in school programs.

## Mondays, Tuesdays, Wednesdays & Thursdays

On-site prepared healthy and balanced lunches will be distributed at the Ojibwe School Gym Doors from **11:00am - 12:30pm** each day.

Ojibwe School Student lunches will continue to be delivered. Monday, Wed., & Thursday are delivery days for 7 days a week.

Direct questions to Nikki Harris 218 878 7271 or

Mace Fonoti 218 878 7246

Contact your local community center by 9am on Mondays, Wednesdays and Thursdays for

Deliveries Cloquet CC 218-878-7510, Brookston CC 218-878-8033, Sawyer CC 218-878-8197

Monday and Wednesdays are two day lunches, Thursdays deliveries are three days lunches

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) [found online](http://www.ascr.usda.gov/complaint_filing_cust.html) at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

# Boarding Schools and Fond du Lac Reservation Children

Research by Christine Carlson

## Carlton County Vidette of July 4, 1891

There were fifteen or twenty Indian pupils at our depot Wednesday morning. They had just arrived from their schools at St. John, this State and were on their way to their home at Cloquet to spend the 4th of July vacation.

## Pine Knot Column of September 2, 1893

Rev. Roman Homar, Supt. Of the St. John's Industrial School, Colledgeville, Minn., left Cloquet Thursday evening, taking with him 40 children from the Fond du Lac reservation.

## Pine Knot Column of August 31, 1895

Rev. Roman Homar superintendent of St. John's Industrial School at Colledgeville, Minn., was in town this week. While in conversation with the editor he said there were over sixty Indian children going to the school at the beginning of the fall term from the reservation at this place.

## Indians go to School – Duluth News Tribune of August 24, 1896

Sister Vincent, superior of the government Indian school at Bayfield, has been in the city for the past few days gathering together the children of dusky color that wish to attend the educational institution. She left Bayfield via the Northern Pacific road last evening with 27 young Indian bucks and lassies, ten of whom were from Superior and 17 from Cloquet, Minn.

There were many other applicants for admission to the school, but they were rejected because they were not half breeds or full-blooded Indians. In former years the government was not very particular in this respect but a new rule is now in force which requires that the applicants for

membership must really have a certain amount of Indian blood coursing through their veins. Both parents must be half breeds or full-fledged Indians and the scores of dark-complexioned French children that have heretofore been taken in on the representation that they were Indians, are therefore barred on account of the new regulations.

The school was built and is operated by the Sisters of Charity, but the government lends its support to the extent of allowing 8 cents per day for each Indian child taking care of. This paltry allowance does not go very far toward defraying expense but with the assistance of charitable people the institution manages to exist.

## Pine Knot Column of March 3, 1897

Miss Penny, matron of the Indian school at Pipestone, Minn., was here on Tuesday for pupils. She got five.

## Sawyer Column of June 16, 1900

Miss Elizabeth Sky has returned from Carlisle, Pa.

## Pine Knot Column of May, 24, 1901

Supt. Gates, of the Tower Indian school, was here Wednesday to secure three truant Indian boys who had escaped from the school and made their way back home. He got the recreant lads and took them back.

## Sawyer Column from the Pine Knot of August 24, 1907

Sister Celestine from St. Mary's school at Odanah, Wis., is here looking for scholars.

## Sawyer Correspondence from the Pine Knot of August 22, 1908]

Sister Catherine, of the St. Mary's school of Odannah, is here looking after the Indian children.

The government Indian day school at Big Lake is being thoroughly renovated, repaired and painted ready for Sept. 1. Mr. Hanson from Cloquet will be the teacher.

## Sawyer Correspondence - Pine Knot of June 12, 1909

Mrs. Joe St. John made a trip to Odanah last week to bring her two girls, Celia and Emma home from school for the vacation.

## Pine Knot of September 12, 1909

J.W. Morgan, the Indian farmer, left Tuesday afternoon for Lawrence, Kansas, with three Indians in charge, who will enter the advanced Indian school at that place. The students are William and Cora Coffee and Maggie Lemiux.

## Goes to Hampton Institute – Pine Knot of October 28, 1911

Wm. Chisholm, an Indian boy who has been making his home in Cloquet, is going to have his educational needs looked after by the government and will be sent to the Hampton Institute, Virginia, where he will take a course.

## Educating Our Indian Friends – Pine Knot of December 2, 1911

The education which is offered to our Indian friends may be divided into three divisions: Reservation boarding schools; reservation day schools and non-reservation boarding schools.

In the reservation boarding schools children are accepted at almost any age over five or six years, and are kept there, if the parents so wish until fourteen or fifteen years of age. In these schools the day is divided between schoolroom work and industrial work. Half a day is spent in the school room and the other half is spent in work about the school plant such as tending to the cows, in the carpenter shop, blacksmith shop, shoe

and harness repair shop, engine room or in the garden in proper season. The aim and desire is to train the children that they will be able to make a good living for themselves, and to develop their land such as some of them that have allotments. At the boarding schools the children are cared for entirely by the employees, and give clothes as well as their board.

At the reservation day schools, most of the time is given up to schoolroom work, tho in connection with a great many of the day schools there is a school garden worked by both the boys and girls. The girls are taught sewing and such schools serve a noon day lunch, the girls help with the cooking and housework while the boys are given manual training of some sort. While our Indian friends are not very demonstrative, they are very reluctant to have their children go away from them as a rule and the day schools which permit their children to be at home every day appeal to them very much.

At non-reservation schools, the aim is to bring the boys and girls from their home surroundings to meet and mingle with others from different parts of the country, to teach them to care for themselves and to be self-reliant. A scholar must be at least fourteen years of age in order to enter one of these schools.

## Sawyer Notes from the Carlton County Vidette of December 27, 1912

Mrs. Eliza Scott left on Tuesday for a visit with her grandchildren at the government school at Tower, Minn.

## Buried Last Saturday – Pine Knot of March 14, 1913

The remains of Joe Young, who died last week at the Haskell Institute at Lawrence, Kas., arrived here Thursday accompanied by Miss Cora Coffee, sister of the deceased.

The funeral was held Saturday and interment was in the Indian village cemetery. Heart trouble was the cause of the young man's demise.

## Old Fond du Lac Village Column – Duluth News Tribune of December 27, 1913

Thomas Jackson left Friday for Tower to visit his three daughters who are at school at that place.

## Indian Children Make Attendance Record – Duluth News Tribune of July 2, 1915

CLOQUET, Minn., July 1. – All but 35 of the children of school age belonging on the Fond du Lac Indian reservation were in daily attendance at school this year. Fifty children were in school on the reservation, 55 were transferred to government boarding schools, 66 were in mission schools and 109 in public schools of the state.

## Government Schools Head Here – Pine Knot of August 25, 1916

Dr. Otis O. Benson, who is in charge of the government boarding school at Tower, Minn., has been here this week in connection with his work. He has been at Sawyer, the Indian village near this city, and elsewhere about the reservation enrolling children for his school. There will be a goodly number from Fond du Lac band who will attend the Tower school.

## Cloquet News -Pine Knot of December 13, 1917

Louis Godfrey, age 20, a Chipewewa whose home is in this city, has died at the Carlisle Indian school. Godfrey was a member of Carlisle's football eleven, and just recently sustained an injury to his knee, while playing the game. As a result, blood poisoning set in and this is what caused his death. Whether his body will be sent here for burial is not known as yet.

# We are open. Welcome back friends! New procedures for Casino.

- 1) Please practice social distancing. 
- 2) Have your mask on. It is required. 
- 3) Please have your valid ID and Players Club card ready we will be checking them. 
- 4) Your temperature will be taken. 
- 5) Use the many hand sanitizers around the casino. 
- 6) Swipe your Players Club card at kiosk & accept the Covid-19 statement. 
- 7) Follow the social distancing floor decals and new social distancing policy rules. 
- 8) Pay attention and follow the non-smoking area rules. See the map. 
- 9) You will need to wear your face mask unless you are eating, drinking or smoking (in a designated smoking area). Our employees will be wearing face masks and reminding guests of the importance. 
- 10) Let us know if you would like your area or machine sanitized. 

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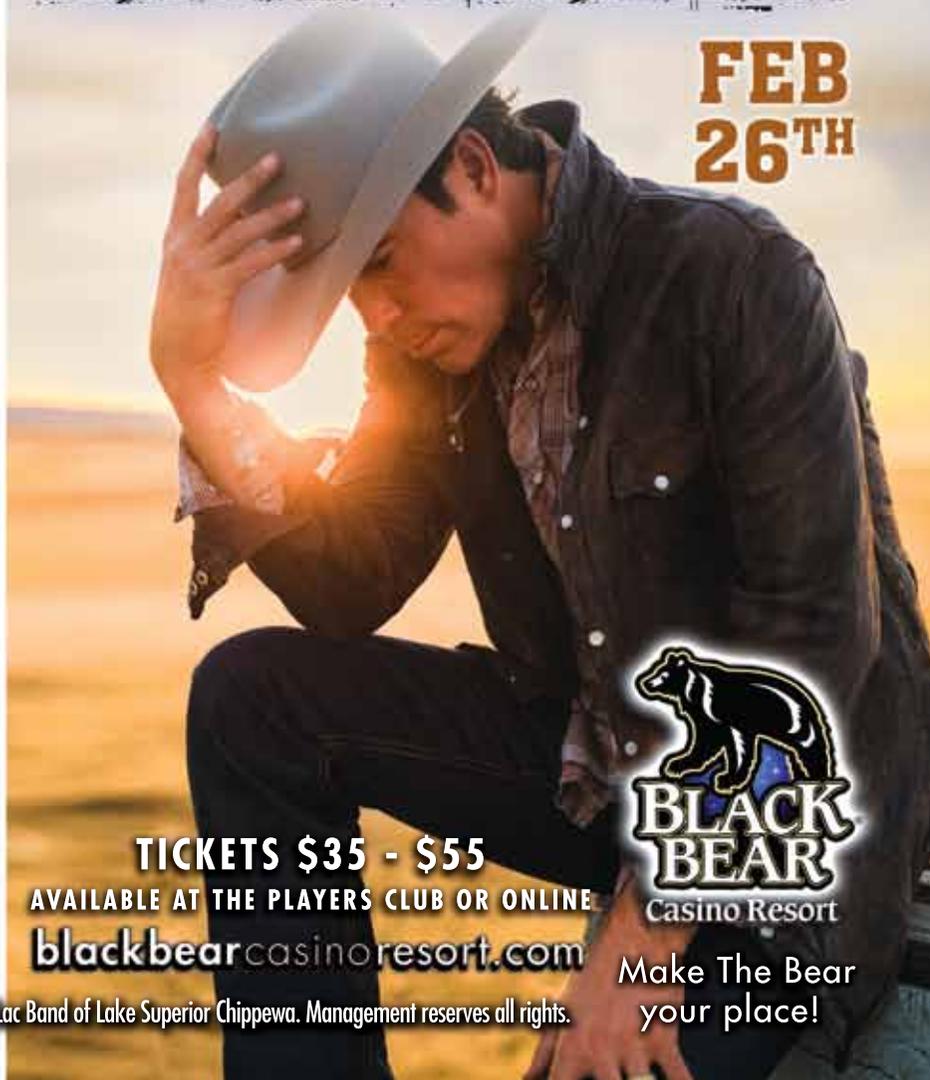


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# Ashi-niswi giizisoog (Thirteen Moons)

## Aabita-Niibino-giizis

*The new Aabita-Niibino-giizis, Mid-summer moon, begins July 2nd. Other names for this moon are Miini-giizis, Blueberry Moon; Miskomini-giizis, Raspberry moon and Baashkawe'o-giizis, Flying moon.*

Summer is here and many people have begun gardening, but with that we have to worry about invasive species. One that has become a major pest in the last several years is the Colorado potato beetle (*Leptinotarsa decemlineata*). This invasive species has been impacting all of North America.

Colorado potato beetle adults become active in the spring, about the same time as potato plants begin to grow out of the ground. These beetles and their larvae will devour leaves, leaving plants completely defoliated.

Part of the problem with their impact on crops is that many pesticides are ineffective on them, however, a combination of strategies can reduce their numbers and lead to successful potato growth.

### Identifying the Colorado potato beetles

The first step to combating them starts with being able to identify them. These pests are oval and about 3/8 of an inch long. They have yellow and orange bodies with yellow-white wing covers with 10 narrow black stripe. Female Colorado potato beetles lay clusters of bright yellow-orange oval eggs on the underside of leaves.

Their larva however look different while they mature, having a brick red body with black heads after they first hatch. As they larvae ages, it develops a pink hue before forming into adults. All larvae have two rows of dark spots on each side

of their bodies.

### What they eat

Typically Colorado potato beetles feed on potatoes, but that isn't the only plant they will destroy. They will also feast on eggplants, tomato, peppers, nightshade, and ground cherry.

Riding your garden of this pest can be difficult as they will spend the winter months underground, typically 5-10 inches or so, under fields of potatoes, gardens, and other areas.

Adults will feed for a short time once spring arrives and then mate to lay somewhere between 10-30 eggs. Each female can lay up to 350 eggs during her life which can last for several weeks. Those eggs will hatch within two weeks depending on the weather conditions. Those larvae are capable of completely developing with 10 days if temperatures are above 80° F or as long as a month if temperatures are as cold as 60° F.

In parts of the state south of the Fond du Lac Reservation, there is typically a second generation by midsummer. So watching out for any stage of the Colorado potato beetle is wise to keep crops healthy.

The damage by these species can be devastating to a crop, particularly with older larvae who are responsible for as much as 75% of damage caused from their feeding. Potatoes are known to tolerate up to 30% defoliation when they are in the vegetative state, so this much damage could ruin

crops. That damage becomes much more important as they are more sensitive when they are beginning to bulk and can only tolerate 10% defoliation. Tuber bulking begins soon after flowering, making this an important time to watch for the Colorado potato beetle infestation in your garden.

### Protecting your garden

The Colorado potato beetle can destroy crops in your garden and keeping them from doing so is challenging. It will require a few things, and mostly the combination of pest management tactics to reduce their numbers which will keep them from destroying crops.

Keeping your garden clean, particularly in the spring is crucial to limiting their numbers as the look for other hosts in the absence of potato plants. Weeds, such as nightshade and ground cherry, should be kept from your garden to keep them from finding other food sources and destroying your garden.

Another tactic is to plant an early maturing variety that way much of the damage can already be missed by the adults who are emerging in midsummer. One way to do this is to check catalogs for varieties that mature in less than 80 days.



A particularly effective effort to limiting the Colorado potato bug is to plant potatoes in your garden every other year. That effort as well as keeping potatoes from growing with a quarter to a half mile away and temperatures not being excessively warm should help keep the pest from invading your garden.

Of course the most effective way is to hand pick beetles off of plants in small gardens. If you do pick them, drop them and their larvae into a bucket of soapy water. Remove, or even crush, the yellow-orange eggs on the undersides of leaves. Adult beetles can fly, so be sure to frequently inspect your garden for them. If you have a large garden, handpicking may not be the easiest to do.

### Pesticide Use

Colorado potato beetles are frustratingly resilient to almost all synthetic pesticides such as carbaryl, cypermethrin, deltamethrin, lambda cyhalothrin, imidacloprid, permethrin, and pyrethrins. These products are unlikely to be effective and their use is not suggested. If you use a pesticide to kill them and it doesn't, switch to a different active ingredient.

Colorado potato beetles are not resistant to azadirachtin or spinosad. These products are also "soft" on natural enemies.

*Information and photo courtesy <https://extension.umn.edu/yard-and-garden-insects/colorado-potato-beetles#.Xuzh0ry2080>.email*

# Ashi-niswi giizisoog Ojibwemowin Page

## Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

### Double Vowel Chart

This is how to pronounce Ojibwe words.  
All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure  
“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father  
“i”- sounds like the “i” in sit  
“ii”- sounds like the “ee” in feet  
“o”- sounds like the “o” in go  
“oo”- sounds like the “oo” in food  
“e”- sounds like the “ay” in stay

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

BAPAKINE/grasshopper

BIMOONJIGAN/dance bustle

BINGOSHENS/gnat

BIPAKOOMBENS/cucumber

BIZINDAM/listen

BOODAAJII/inflate

DIBIISHKOO/equal

GIIGOOZENS/minnow

GOTAAMIGOZI/good worker

MOOKODAASO/carve

NINOOSAN/hip

OKAADENIGAN/braid

WAAWAATESI/firefly

WENIBAN/disappeared

# Health News

## July is Bladder Cancer Awareness Month

By Denise Houle,  
*Cancer outreach worker*

Men have a higher rate of bladder cancer than do women. It is the 4th most common cancer in men. A great majority of bladder cancers are diagnosed at an early stage when it is highly treatable. Bladder cancer often comes back, therefore years of follow-up testing is needed after treatments are complete. The cause of bladder cancer is unknown but it has been linked to smoking, radiation, chemical exposure & parasitic infections. Bladder cancer is most frequently diagnosed between the ages of 65-74. Cigarette smoking and workplace exposures can also act together to cause bladder cancer. Smokers who work with cancer-causing chemicals have an especially high risk of bladder cancer.

**Signs & symptoms:** blood in the urine (hematuria), frequent urination, painful urination, back pain and pelvic pain. Risk factors include: smoking, increasing age, being male, certain chemical exposure, previous cancer treatments, taking certain diabetes medication, chronic bladder infections & personal or family history of cancer.

Changeable risks include: not smoking, a diet rich in colorful fruits & vegetables, drinking water throughout the day & reduce chemical exposure.

Unchangeable risks include: age, gender, race & ethnicity, bladder birth defects, genetics or family history & chronic bladder irritation & infections.

Source: Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org) and American Cancer Society [www.cancer.org](http://www.cancer.org)

Always remember to consult your healthcare provider with any questions or concerns

A message from your Fond du Lac Cancer Program

## Challenging times for all of FDL

By Zachary N. Dunaiski

The Novel Coronavirus has hit all of us hard in different ways, putting people under a tremendous amount of stress. That strain has been felt throughout the Fond du Lac Community as Kevin Dupuis, Sr. stated.

“When this first happened, I think some of the decisions that were made by the RBC, to shutdown, it hits you pretty hard knowing that you have to shut down your business that generates the revenue,” Chairman Dupuis said. “It hits you pretty hard as a person to make a decision and what that affect is going to be.”

The council knew the difficult impact this was going to have on individual’s lives, but they did what they had to, and have kept the entire community safe during this time. It’s those efforts that should be acknowledged, not just the actions of the RBC, but of every single community member.

“I heard something this morning that was very interesting. And it’s that we’re 100% in the COVID issue,” Chairman Dupuis said. “We changed. We changed our habits. We changed our movements. We changed things to accommodate, but based on safety and wellness of our community, our employees, our people.”

Those safety measures have continued to work. Cases around the state of Minnesota have been on the rise, from the biggest metropolitan, to remote pockets of the state. The fact that Fond du Lac has remained case free through all of this is a testament to the decisions of the RBC and the actions of the people.

These are unique times that we are living in and that’s why our efforts to stay the course are what’s going to

keep us safe.

“Anytime a group of people, or organization for that matter, has to change the way they do things it’s almost like terrorism. Terrorism is a point to inflict a change in habits of somebody, to put fear into a group or organization, and it’s done that. It’s done that with me. It’s probably done that with everybody else,” Chairman Dupuis said about the stress, fear, and anxiety we all feel to some degree. “And the concerns I hear on a daily basis that we’re kind of mixed in here at Fond du Lac where people want to lift the 50 mile radius. I want to go up north too. I want to do the things that I want to do. But I can’t right now. And the decisions that we made as a government with the guidance of the PHEPs team and the clinic, I support the movement and the decisions 110%. It’s worked out so far.”

While the chairman acknowledges our success, and as the CDC and other medical experts have continually pointed out, it’s no longer a matter of if an area will experience cases, it’s when.

“We need to understand that as long as this continues, it probably will hit us and it’s one of the things I fear most,” Chairman Dupuis said. “Please everybody look at it in this way. It’s not about the individuals, it’s about our people.”

It’s not always easy, but there have been many instances of people helping out each other. Reaching out a hand, metaphorically during this time of COVID-19, to those in need and doing our part to help others is actually quite easy as the chairman states.

“The point about wearing the mask is that it’s not about me trying to not be infected with something or the chance, it’s about me protecting you,”

Chairman Dupuis said. “So if you talk to me and I have a mask on, I look at that as I’m protecting you. And I think that’s the way that we should look at this.”

Wearing a mask isn’t always about the wearer, more often than not, wearing a mask is the person’s way of saying ‘I may have this disease, I don’t want to spread it.’ As it is most commonly spread through water droplets from our saliva, covering our mouths is the easiest way to slow its spread. We can all wear a mask, it’s just a matter of wanting to wear one.

This has been particularly hard on the FDL community as we are a close knit group. A group that loves to gather, to hug, to share time together, but that’s just not possible right now. The chairman recognizes that too, and thanked everyone for doing their part.

“Kudos to everybody and shout out to everybody that’s working hard and trying to accommodate the things that we have here,” Chairman Dupuis said, thanking the employees who are working hard under extremely stressful conditions. “It’s really hard to see people change in this manner. You still get the waves when you drive by people in cars.”

Things have only escalated in the last week, especially as racial tensions rise throughout the country after the death of George Floyd. Many in the FDL community may want to go protest, but COVID is not taking a break during protests where large groups of people gather. Stay safe from the violence and the coronavirus.

# Health News

## Picnic food safety

By Kara Stoneburner, RDN  
LD, Community Health Services  
Dietitian

Warmer weather means more picnics and barbecues.

Unfortunately, it also means more chances of food borne illnesses. A food borne illness is caused by consuming contaminated foods or beverages. They are contaminated by bacteria, viruses, parasites, or toxins. Symptoms may include stomach cramping, fever, nausea, vomiting, and diarrhea.

The risk of food becoming contaminated increases when food is left in the “Danger Zone” for more than 2 hours or more than 1 hour when it is 90°F or hotter. The Danger Zone temperature is 40°F – 140°F. Bacteria can multiply quickly in the food or beverage, leading to a food borne illness when the item is consumed.

To reduce the chance of getting a food borne illness, follow the recommended tips:

### Keep cold food 40°F or colder

- Pack cold food in a cooler with ice or ice packs and make sure the food is cold before it goes into the cooler
- Travel with the cooler in the air-conditioned part of the car instead of the trunk
- Try to limit the number of times the lid of the cooler is opened; place beverages in a separate cooler
- Keep the cooler in the shade
- Only take out of the cooler what will fit on the grill at one time

- Place cold food dishes in a larger ice bowl when serving to keep temperatures cool.

### Keep hot foods hot

- Don’t partially cook food unless you can finish cooking it on the grill immediately after
- Use plugged-in crockpots
- Grill only what you think you will need at the time

### Don’t cross-contaminate

- Wash your hands; if soap and clean water is not available, use hand sanitizer with 60% or more alcohol
- Bring extra serving utensils
- Don’t use the same plate for cooked food that previously held raw food (meat)
- Use a thermometer to cook to the proper temperatures
- Marinate in the cooler or refrigerator, not on the table or counter
- Do not reuse marinade for cooked foods
- Keep raw meat, poultry and seafood securely wrapped to prevent juices dripping on other foods

### Clean the produce at home

### Safe handle leftovers

- Only bring what you think you will need to prevent having to worry about leftovers
- Bring clean containers to store leftovers
- Put leftovers in the cooler within 2 hours, or within 1 hour if the temperature is > 90°F
- Be sure to plan to have ice or ice packs available to keep the leftovers cool while in the cooler

Be safe, have fun and don’t forget the sunblock!

\*Sources include: www.fda.gov, Minnesota Department of Health, American Cancer Society, Iowa State Extension and Outreach, Academy of Nutrition and Dietetics

Here is a recipe from Eatwell.com to try at your next picnic. Just remember to keep it cold!

### Buffalo Chicken Pasta Salad

Servings: 6

#### Ingredients

- 4 ounces whole-wheat elbow noodles (generous 1 cup)
- ¼ cup mayonnaise
- ¼ cup low-fat plain Greek yogurt
- 2 Tablespoons hot pepper sauce (such as Frank’s RedHot)
- 2 Tablespoons of white vinegar
- 2 cups shredded cooked chicken (about 8oz)
- 2 scallions, sliced, whites and greens separated
- ½ cup chopped celery
- ½ cup shredded carrot
- ½ cup crumbled blue cheese

#### Directions

1. Cook noodles according to package directions. Drain and rinse under cold water to cool
2. Meanwhile, whisk together mayonnaise, yogurt, hot sauce and vinegar in a large bowl
3. Stir in the cooled noodles,

scallion whites, celery, carrot and blue cheese

4. Garnish with scallion greens and serve

#### Tips

To make ahead: Refrigerate for up to 1 day.



## Food Safety for the Outdoors

### Plan Ahead

- To avoid leftovers, bring only the amount of food that can be eaten.
- When planning meals, think about using shelf-stable food to ensure food safety.
- Wash fruits and vegetables before bringing them with you.
- Bring biodegradable soap so hands and surfaces can be washed often.
  - If you are going somewhere where running water is not available, bring water with you if possible or use hand sanitizer.
- If running water will not be available, bring bottled or tap water or always treat water collected from lakes and streams before drinking.
  - Information about treatment methods: [Water Treatment in the Backcountry](http://www.health.state.mn.us/divs/idepc/dtopics/waterborne/prevention/backcountry.pdf) (<http://www.health.state.mn.us/divs/idepc/dtopics/waterborne/prevention/backcountry.pdf>)

### Pack Safely

- If traveling with perishable food, use a cooler with ice or freezer packs.
  - Packing frozen meat and poultry will help them stay colder longer.
  - A full cooler maintains its cold temperature longer than a partially filled one.
- Keep raw meat and poultry separate from cooked foods or foods meant to be eaten raw.
  - Pack foods in tight, waterproof containers to prevent juices from the raw product from dripping on other foods.

### Clean & Separate

- Wash hands and surfaces often.
  - Always wash your hands before and after handling food, and after using the bathroom, changing diapers, or handling pets.
- Don’t use the same platter and utensils for raw and cooked meat and poultry.
  - Harmful germs present in raw meat and poultry can be easily spread to other foods by juices dripping from packages, hands, or utensils.

### Cook & Chill

- Fresh and frozen raw meat, poultry, and fish should be cooked hot enough to kill any harmful germs that may be in the product.
  - Use an accurate food thermometer to make sure foods are cooked to and held at safe temperatures.
  - [Use Proper Cooking Temperatures to Ensure Safe Food](http://www.health.state.mn.us/foodsafety/cook/cooktemp.html) (<http://www.health.state.mn.us/foodsafety/cook/cooktemp.html>)
  - Color is not a reliable indicator of doneness.
- Keep hot foods hot and cold foods cold.
  - Only cook food that will be eaten right way to avoid leftovers.
  - Discard any food that has been left out for more than 2 hours (or 1 hour if it’s above 90° F).
  - Keep the cooler in a shady spot or covered with a light-colored blanket.
  - Avoid opening the cooler repeatedly so that food stays colder longer.

3/2018

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# Community News

## Happy Birthday

Happy 8th birthday **Kayson Karppinen** (July 11)!

I hope you have the best birthday!  
*Love Mom, Dad, Kader, Kole, and Baby Reets!*



Happy 18th birthday to **Julius Northrup** (July 14)  
*Love Auntie Nome and Jon and kids*

Happy 6th birthday to our **Avionna Rose** (July 23)  
*Love Your O'G & Jon & kids*



Happy 30th birthday, **Jeremiah Rule** (July 27)! We love you to the moon and back-thanks for everything

you do.  
*Love, Jolana, Jayden, Adrian, and Cedar*

I want to wish **Colton Northrup** (June 30) a happy 6th birthday. I hope you have an awesome birthday! I love you!  
*Love always, Zack-Megan Haley Dylan and Toretto*

## Obituary

**Joel Duane Barney**, age 26, of Cloquet, passed away on April 13, 2020, at his home in Cloquet. He was born to Tim Barney and Leah Bloom on April 28, 1993 and was a member of the Fond du Lac Reservation. Joel was employed in the construction and masonry trades

since graduation from Cloquet High School in 2011. He loved hunting and fishing with friends and family and will be missed by them. He will be particularly missed by his nephew Quincy. Joel was preceded in death by his father Tim, grandfathers Ralph Bloom and Warren Barney,



and grandmothers Barbara Bloom and Cecilia Barney. He is survived by his mother Leah, brother Ryan, nephews Quincy and Journey, and nieces Nadaly and Madison. A Celebration of life will be held at a later date. Arrangements are being handled by Whispering Pines Funeral and Cremation Service serving northern Minnesota.

**Gerald "Jerry" R. Fiolek**, age 62, of Erie, Pa., passed away unexpectedly, at his residence, on Thursday, June 4, 2020. He was born on October 25,

1957, to Leo and Bernice Fiolek. He was an enrolled member of Fond du Lac Band Minnesota Chippewa Tribe. He was preceded in death by his siblings Ronald "Marco" Fiolek and Sharon Fiolek. He is survived by his mother Bernice and his three children Amanda, Leora, and Nicholas (Missie) Fiolek, five grandsons, and three granddaughters. Services were private. The Kloecker-Razanauskas Funeral Home and Crematory, Inc. handled the arrangements.



## FOND DU LAC RESERVATION

### PRIMARY ELECTION JUNE 9, 2020 OFFICIAL RESULTS

DISTRICT I COMMITTEEPERSON	DISTRICT I (CLOQUET)	IN-PERSON ABSENTEE	ABSENTEE	TOTALS	%
WALLY DUPUIS (INCUMBENT)	108	26	59	193	49.11%
EUGENE (ENY) REYNOLDS	20	1	2	23	5.85%
TODD J. TIDABACK	15	2	2	19	4.83%
JEROAM DEFOE	91	6	4	101	25.70%
JARVIS (CHUBBS) PARO	45	2	10	57	14.50%
<b>TOTALS</b>	<b>279</b>	<b>37</b>	<b>77</b>	<b>393</b>	<b>100.00%</b>

DISTRICT III COMMITTEEPERSON	DISTRICT III (BROOKSTON)	IN-PERSON ABSENTEE	ABSENTEE	TOTALS	%
PHILLIP SAVAGE	23	4	3	30	26.32%
ROBERTA FOX	16	0	0	16	14.04%
ROGER M. SMITH SR. (INCUMBENT)	60	6	2	68	59.65%
<b>TOTALS</b>	<b>99</b>	<b>10</b>	<b>5</b>	<b>114</b>	<b>100.00%</b>

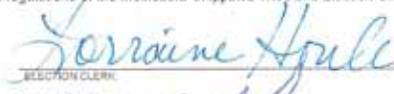
VOTER PARTICIPATION			
STATISTICS BY DISTRICT	ELIGIBLE VOTERS	PARTICIPATING VOTERS	% VOTING
DISTRICT I (CLOQUET)	1397	393	28.13%
DISTRICT III (BROOKSTON)	381	114	29.92%
<b>TOTALS</b>	<b>1778</b>	<b>507</b>	<b>28.52%</b>

CERTIFICATION

We, the undersigned election officials of the Fond Du Lac Reservation, do hereby certify the above to be a true and accurate abstract of the votes cast in the Primary Election held on Tuesday, June 9, 2020. We further certify that said election was held in accordance with the rules and regulations of the Minnesota Chippewa Tribe and Election Ordinance # 10

  
ELECTION CHAIRMAN

  
ELECTION CLERK

  
ELECTION TELLER

  
ALTERNATE

**OFFICIAL ELECTION RESULTS**