

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



*The students of the FDLOJS pose for a picture after the walk to school event.*

**In This Issue:**

- Local News.. . . . . 2-3
- RBC Thoughts . . . . . 4-5
- More Local . . . . . 6-9
- FDL Tribal Council Member Frank LeDuc – Wabishkash and his Family . . 10
- Etc . . . . . 11-15
- BBCR . . . . . 16
- Legal News.. . . . . 17
- 13 Moons . . . . . 18-21
- School News . . . . . 22-27
- Health News . . . . . 28-29
- Community News . . . . . 30-31
- Calendar . . . . . 32

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

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

# Local News

## Renaming the Assisted Living Residence

By Zachary N. Dunaiski

On Apr. 30, by a resolution from the RBC, Chairman Kevin Dupuis Sr. announced that the Fond du Lac Assisted Living Residence will be renamed to Jaris M. “Pokey” Paro Assisted Living Residence.

Pokey, who left us too early, was only 33 years old when he passed away last year. Pokey lived at the assisted living residence and made connections with everyone he met from the community.

“And whereas Jaris M. “Pokey” Paro, who was a Fond du Lac Band member who lived in the assisted living residence for a period of time and passed away on Apr. 9, 2018 at the age of 33. And whereas Jaris M. “Pokey” Paro left a lasting impression on everybody he met and is an inspiration to the community. And whereas the Reservation Business Committee has determined that it is appropriate to rename the assisted living residence

in his honor, The Jaris. M. “Pokey” Paro Assisted Living Residence,” Chairman Dupuis read from the resolution.

It was an emotional room, filled with both pride and sadness. Then the family came up to thank everyone who touched Pokey’s life and filled it with memories.

“Miigwech to all the assisted living staff, because without you I’m sure Pokey wouldn’t have lived as long as he did,” Jarvis “Chubbs” Paro said of his brother on the day the resolution was read. “Pokey has had doctors and nurses from multiple facilities such as MNAW clinic, FDL assisted living, Essentia Health, Miller Dwan, HCMC, and Mayo Clinic. They all cared for him as a team, they all worked together and they took really good care of Pokey.”

There were many sad and teary faces after Chubbs thanked everyone in the room, but he warmed everyone’s heart with this wonderful story.

“I will just end with a story of Pokey. When the idea of Pokey

moving into the assisted living facility was first being talked about, Pokey didn’t like the idea at all. He actually got pissed off and he said to us ‘you’re just going to put me in here and leave me. I won’t get to leave. I won’t get to go to bingo or powwows. I won’t get to do anything. I’ll just have to stay here all the time.’ So we explained to Pokey and said, ‘No, that’s not true. You’ll get your freedom. You get to come and go as you please. You get to do what you want.’ So we explained to him what the assisted living facility was



Jaris “Chubbs” Paro (right) reading a thank you to those in attendance.

like and ‘the best part of it is that you get the health care you need every day. Besides, we already paid for the first month, so you’ve got to at least try it out,’ Chubbs said which the room laughed about. “During that first week we made sure to go and visit him and pick him up and take him places and after the first week he loved the place. That’s where he made his home. And

eventually his friends came along, like Billy and Alyssa, and all the nurses that came along, and picked him up and took him places and did things with him. That was his house. It was fitting for him to be able to make it back home, and start his journey to the spirit world from the assisted living.”

Pokey will be missed by many, but he will never be forgotten.

## Nahgahchiwanong Dibahjimowinnan

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

### TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts .....	4-5
More Local .....	6-9
FDL Tribal Council Member Frank LeDuc - Wabishkash and his Family .....	10
Etc .....	11-15
BBCR .....	16
Legal News.....	17
13 Moons.....	18-21
School News.....	22-27
Health News.....	28-29
Community News .....	30-31
Calendar .....	32

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

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

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

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

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

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

Corporate Member of the  
Native American Journalists  
Association

# Local News

## Sarah Agton Howes art on display in Duluth

By Zachary N. Dunaiski

Duluth has been partnering with artists lately to beautify the city, and they're using some of Fond du Lac's artists to help in that process. Sarah Agton Howes, who's artwork is already displayed on Duluth's Ordean building, has some new artwork on a street light box at the corner of Canal Park Dr. and Railroad St.

"One of the things that I'm really proud of is we have three really different visions of what it means to be in Duluth in the sense of place and how people can relate to this community. I'm really proud of this, but mostly really grateful that we have such a vibrant art community," Duluth City Mayor Emily Larson, said at the beginning of the event on May 15 which took place at the light box with Sarah's artwork.

"I'm just amazed and grateful to be here and to be doing this kind of work. I never imagined in a million years that this is what I'd be doing," Sarah said during the unveiling event.

This piece of her artwork is based on the beadwork that she does. It also tells a story that we should all be aware of.

"This design is really meant to reflect our story which is about how we rebuilt our life on the gift of a turtle's back and how we might operate differently if we knew we were living on a living creature," Sarah said.

Our environment is important to all people, and we are fortunate enough to live by the largest freshwater lake in the world, Lake Superior. Naturally the Lake also played a part in her work.

"It's called a Turtle in the Great Water, because this great water

we live by we know has this great ability to give life but also the capacity to sweep it away. And that is a really important part of our story," Sarah said.

The water and all aspects of the environment is something that we all should protect.

"I was listening to an interview last night with Robert Mayokok who is an Inuit artist and he said 'what is good for Indigenous people, is good for all people.' So our stories are relevant not just for us but for everyone," Sarah said.

Sarah is a fantastic artist who was very excited about her artwork being chosen. It was months of waiting while a panel of people decided which of the numerous submitted artworks would be chosen for the project.

Sarah particularly liked this challenge of displaying her work on a functional piece of equipment for the city of Duluth and to make it more eye appealing in a place many people pass as part of a tourist destination.

"When we have to adapt, we can still keep who we are and our stories, but also turn that into something amazing and beautiful. I'm so excited to have this right here where hundreds of thousands of people run and walk right here and to have them see our story as Anishinaabe people. And also to see that that story is relevant to everyone and to the city of Duluth," Sarah said.

There are also two more light boxes in downtown Duluth, one in front of KBJR on Railroad St. by Adam Swanson, and the third in front of where the William A. Irvin will be docked by Angel Sarkela-Saur.



Sarah Agton Howes thanking everyone for coming to see her artwork being unveiled for the city to see.



Sarah Agton Howes (Center) standing with her daughter, as well as artist Angel Sarkela-Saur, her daughter, and city of Duluth officials.

# RBC Thoughts

## Boozhoo,

I have a picture of my Mom and Dad in my office taken at their 65th wedding anniversary. They are sharing a kiss with each other and the caption says "Love." This is the first Mother's Day that my mom was not here to celebrate with us as she entered the spirit realm a few months ago. It was a sad day for me to reflect on the things I remember my mother doing and saying. I recall the advice she freely gave to me but not so freely accepted.

I remember the sacrifices she made while raising the eight of us. I remember the torn coat or the tattered shoes she wore so the kids had nice things to go to school in. I remember the grandchildren getting what they wanted for Christmas and her and my Dad having little. I remember the sadness in her eyes when we buried my sisters. But the thing I will miss most is seeing the pride in her eyes when one of her children accomplished something, when a grandchild or a great grandchild was born. She will be missed by us for some time as we try to get used to her being gone. I hope that you all shared some quality time with your mother on Mother's Day and told her that you loved her. Gigawaabamin Mom. I'll see you again.

The fishing season for spearing and netting has come to a successful close for the year. We met our declarations on the lakes that we fished or came close. The landings were full of boats and stories about the night's fishing. There were plenty of jokes and teasing as is common during this time. There was again no injuries. I did place an offering thanking our Creator for a safe and successful season for all our participants.

The last thing I would like to touch on this month is graduation. This

time of year is always exciting for me as I see the lists of graduates come across my desk. I think about all the potential that is in each of these students, all the

sacrifices they made to achieve the goals they set for themselves and about what the future holds for them. The world is theirs for taking and I am excited for them. I wonder which one of them will be our next executive director, health director, superintendent or secretary/treasurer. I know they are our future just waiting to take their place.

*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.*



Ferdinand Martineau

## Cloquet News

### Hello All

During the month a number of our employees participated in a cleanup day. This was a day that the employees volunteered to walk the roads on the Reservation picking up garbage in the ditches. They did an exceptional job and things look nice and clean. I would like to thank all that participated for your efforts.

The spring spearing and netting began and the harvest was very successful. Our FDL Band

members were able to harvest just under our quota from Mille Lacs Lake.

Also, during the month the RBC met with Carlton County Officials along with the Cloquet City Officials bringing together the three entities, all at one time, to discuss issues and plans for future initiatives that will affect all of us. It is encouraging to know that these local governments are seriously considering and recognizing FDL, and are more than willing to come together to cooperatively accomplish tasks that we can all benefit from.



Wally Dupuis

## Sawyer News

### Boozhoo,

I would like to thank the Sawyer Community Center staff for all the hard work to host the annual Sawyer pancake feed. There was plenty of pure maple syrup to share with the community. In May the Sawyer Center also hosted a smelt fry. Due to the smelt being caught directly out of Lake Superior that weekend, we did not have a lot of time to post about the smelt fry. We want to thank everyone who could make it and enjoy the spring smelt and walleye. The stories and good time visiting makes the spring harvest an event to look forward to. Also, at the Sawyer Center, Monday night beading class participants really have been working hard at creating projects together.

The open RBC meeting at the Brookston Center, which many Band Members attended, provided

time for review of the first quarter financial reports. Programs are staying within their budgets, which make for a very positive outlook as we progress into our mid-year.

In early May, we had unexpected snow accumulation followed by another weekend of cold weather. This has made it difficult for the

soil to get up to optimal temperature to start planting seeds. As many are aware, the food producers project has started on Fond du Lac. Food sovereignty is a term you will hear more about in the upcoming months. Although, our growing season is short, seeds will be planted in fields soon. The Sawyer Community high tunnel is tilled and ready for volunteers. The youth have begun planting starter plants and it's exciting to hear about the goals for production of beans and other vegetables. The month of June will be very busy in the community. Check the [fdlrez.com](http://fdlrez.com) main page for information about



Bruce Savage

I also just learned that they are beginning the construction of the walking/biking path within the next couple days. The path will run along Big Lake Road making walking and biking traffic much more safe along that stretch.

Please don't forget the Fond du Lac Enrollee Days being held June 21& 22. Our Enrollee Days planners have put together a whole list of events for everyone to participate in, which includes meals, drawings, and family activities. I hope to see you there.

*As always, please feel free to contact me with any questions or concerns.*

the many youth summer camps and opportunities for employment within our many programs.

Fond du Lac Enrollee Days will be a very busy event with everything from softball to canoe races out at Kiwenz Campground. The friendly competitions are always fun and usually include many smiles and memorable experiences.

Please consider signing up for the Aaniin high speed internet service. Service is going to be available to the community this month. The rollout of this service is exciting and by August we would really like to see the majority of the community taking advantage of the subscription plan.

Also, congratulations to all our head start, high school, and college graduates! We appreciate your dedication to your studies, your community is proud.

*Sincerely,*

*Bruce M. Savage*

*District II Sawyer Representative  
(218) 393-6902*

*email: [BruceSavage@fdlrez.com](mailto:BruceSavage@fdlrez.com)*

# RBC Thoughts

## Brookston News

### Boozhoo,

I apologize for missing last month's article. This sure has been a busy start of spring for us. Band Members were busy harvesting maple sugar and fishing in the Ceded Territories of 1837 & 1854. This is very important that we continue to exercise our inherent rights to hunt, fish, and gather in our Ceded Territories.

I have mentioned before of the importance of establishing and maintaining our relationships with surrounding governments. We recently had a historic meeting with

Carlton County Board of Commissioners, Members of Cloquet City Council and the Mayor, Carlton County Attorney and Fond du Lac RBC. This was the first of hopefully many meetings with them and hopefully adding the St. Louis County Board of Commissioners in the future. We had expressed the importance of working together to improve the communities that we live and work in, but we also reminded them that we are county/city members also. I look forward to working with all of them on improving the communities.

We also met with the Peguis First Nations Chief Hudson and Council Members. Through the meeting we had discussed areas to work together and share insight on business and cultural areas (see pictures). We have also had Government-to-Government Consultation Sessions with the MN Depart-

ment of Natural Resources and MN Pollution Control Agency on issues of mining and water quality in the 1854 Ceded Territory and on FDL.

We had also met with a staff member from Congressman Pete Stauber's office. I expressed my opinions on the push for a wall on the southern border, but also expressed my concerns with the need to protect our women and children. I mentioned our Missing, Murdered Indigenous Women and Children and the need to address this issue along the northern border. The staff member said he would bring the message to Congressman Stauber and hopefully we can discuss this further in our next quarterly Tribal meeting with him, which at this point he is the only MN member of Congress to set up with the MN Tribes.



Roger M. Smith Sr

We have also held meetings with the US Fish & Wildlife Service in discussion with the delisting of the Grey Wolf and our opposition to this. We expressed our cultural relationship to the Wolf and why the issue is so important to the FDL Band. We also had an opportunity to again meet with the NRCS State Conservationist Troy Daniels. This relationship I believe has continued to improve with each visit from him. He is very interested in what FDL is doing and very respectful and shows a strong willingness to partner with us on several projects. I always look forward to his visits as he brings very good energy to the meetings.

We also attended the Fond du Lac Tribal and Community

College Graduation. We had the honor of listening to MN Commissioner of Higher Education, Dennis Olson Jr. deliver his keynote address. (Have I mentioned that Dennis is a FDL Band Member!)

We have also approved some Resolutions that I would like to mention. One was the renaming of the FDL Assisted Living Building to the Jaris "Pokey" Paro Assisted Living. This was something that the RBC had discussed about doing just before Pokey's passing and was shared with the family. This will move this project forward and I will advise when we have the sign unveiling. Pokey was a very special member of FDL and touched more people than he or the community knew. He always brought a smile with him and showed, not talked about how strong of a fighter he was and that "if he could do it, anyone could." He was, and still is, a strong, positive inspiration to FDL.

We also approved to apply for a grant in excess of \$500K for a trail project along Belich Road that would connect with the Mahnommen Lighting and Trail project that is scheduled for completion by the end of this year. Both projects will improve public safety with lighted walking trails. The Public Works Department continues to complete assembly of the high tunnel near the Brookston Center. This will allow community members to participate in an agricultural program where they can plant vegetable and/or medicines. There will also be raised beds for those that



Above: Members of the FDL RBC with members of Peguis First Nation and Chief Hudson.



At Left: Roger M. "Bouda" Smith as Chief Hudson, of the Peguis First Nation, presents him with a quilt.

are Elderly or handicap. I look forward to this project to be a success.

I continue to have meetings with our Septic/Water Department on the water issue in the Mahnommen Housing District. Please read the updated articles in the paper and/or posted on the website. Brookston District is still in need of someone to sit on the Housing Board and Law Enforcement Review Committee, if you are interested, please submit a letter of interest to me for the Housing Board and to Terri Redding at FDL Conservation Department, or send to me and I'll make sure she get them.

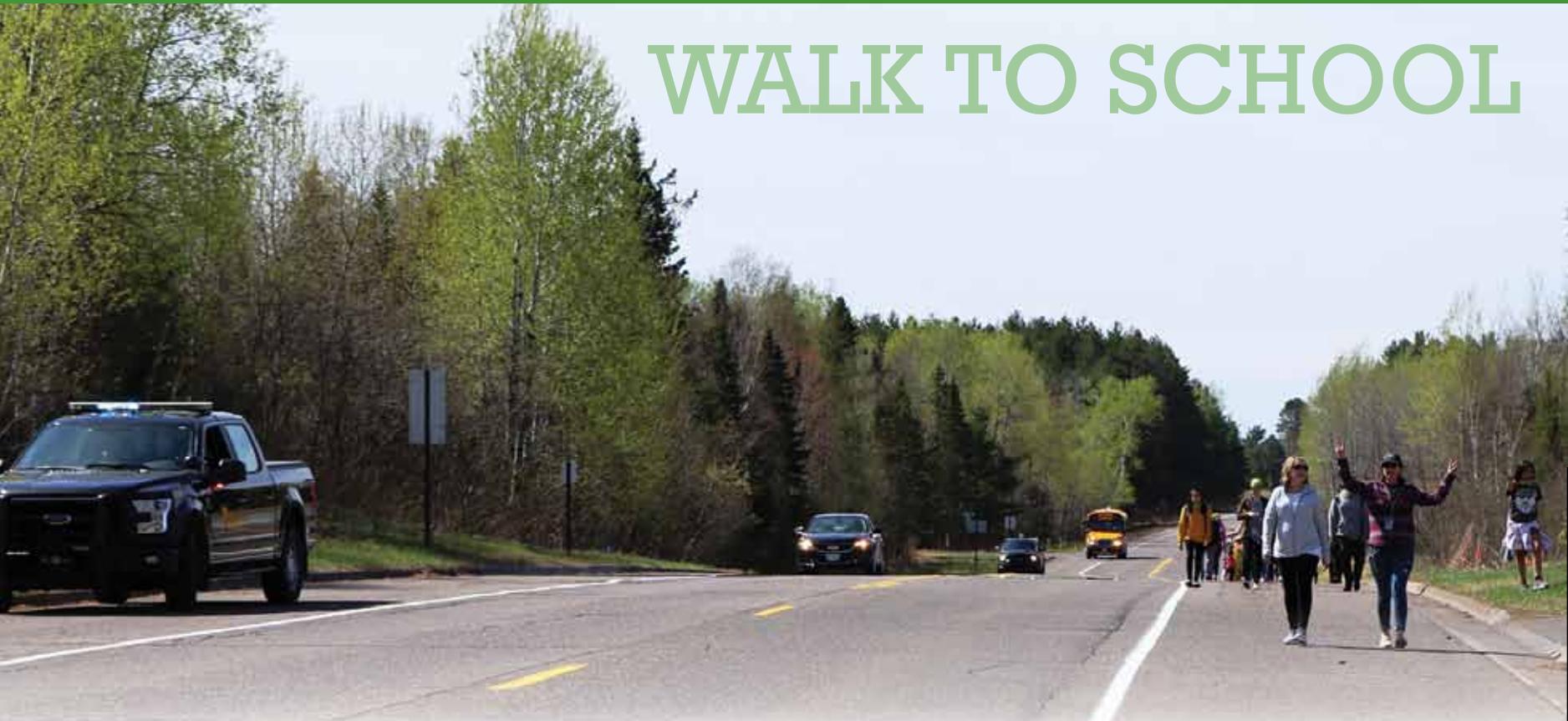
Lastly I have to mention that I had the opportunity to attend the Father/Daughter Ball that was held at the Black Bear

Casino and Resort. I was honored to accompany my niece and her two cousins (who I consider my nieces also). It was absolutely fantastic and to see a good number of other FDL Band Members there was fantastic. The staff at BBCR did a fantastic job and I heard the Dads talking of how great the staff and the accommodations were. So to the staff at BBCR, you folks sure outdid yourselves with an AMAZING JOB! Oops before I forget I would also like to wish my wife of 16 years a Happy Anniversary and Happy 29th or so Birthday! (maybe I'll share my 80's mullet costume pictures next month?)

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

# More Local

## WALK TO SCHOOL



By Zachary N. Dunaiski

Every May the Fond du Lac Ojibwe School spends a few hours getting the kids out for a chance to walk to school for the Walk to School event.

Students were bussed from the school down University Rd a mile (only a quarter mile for the kindergarten and first graders), and then proceeded to the school with staff. Police officers were at both ends and along the way with their lights on to warn drivers that the community youth is walking and for them to slow down.

Before the walk started, students and staff were each given a buff to wear around their necks, something some of the walkers greatly appreciated as the temperatures were in the mid-forties.

Everyone had a great time and some enjoyable exercise while walking back to the school on a sunny day.



# More Local

## FDLPD host dodgeball game

By Zachary N. Dunaiski

For the second consecutive year, the FDLPD has hosted a community dodgeball tournament to get to know the officers and for the officers to get to know the kids.

“We want the community to be able to engage with us in a non-law enforcement way where they can see us as friends, and people that are approachable and things like that, so when it comes to a time when they have to call us, they know us from these events, and they know that we’re willing to

help, and that we are in fact good guys that are there to help,” Officer Chad Pattison, Fond du Lac Police Department School Resource Officer, told WDIO’s Ryan Juntti during the event.

It’s a fun event that featured 7 teams in a double elimination style tournament. The games, despite all being less than five minutes, were exciting and filled with lots of laughter and cheering.

The Average Joes, the team of high school students, who won last year won again this year.



# More Local

## KwePack runners

If you've spent time on or around the Fond du Lac Reservation over the last several years, you most likely have noticed a group of runners known as KwePack.

They've also recently gotten attention on a national scale as they were recently featured in an article on ESPN (<http://www.espn.com/espnw/culture/article/26734984/native-american-women-run-strengthen-heal-their-communities?sfn=mo>).

I strongly recommend the article; it is a great story and speaks to the journey the rest of the group has gone through.

"Running is like practice hardship. Whenever you're running, you go through every human emotion, from sadness to relief, excitement, euphoria, frustration -- everything, and because we're dealing with a lot of stuff in our community, that is a way for us to be stronger," Howes said in the article. "We'll say to each other, 'Run it out. Whatever you've got going on, run it out.'"

Running is always a challenging activity, but it truly is amazing how much it can relieve these ailments too.

Congratulations to the Kwe-Pack group. Keep on running.

## FDLTCC Graduation

By Zachary N. Dunaiski

The FDLTCC has had some high ranking names speak at the event, and this year Dennis Olson, Jr. joined that list as the keynote speaker for the graduates.

"I'm really proud to be here tonight to recognize and honor you," Dennis said during his address.

Dennis remembered his graduation during his address, and most importantly how he got there.

"I had to acknowledge my mother. Many of you know both my parents, and know my mom well in this community. Her story, her educational journey, and her service and leadership is one we can all learn from, especially graduates," Dennis said.

"She graduated in 1965 from high school, got her AA in 1975, in 1985, she was awarded her Bachelor of Arts degree. All while working a full time job, being a full-time mother, being a student, raising a family. I remember her reading me bedtime stories and she'd flip through and I'd say 'Hey, you skipped a couple of pages.' She was busted, so she'd go back and read those pages to me. Little did I know at the time, she was balancing being a full-time mom, full-time employee, and a student. I didn't know that she was faced with a pile of homework that



Larry Anderson receiving a standing ovation for all that he's done for the college

was waiting for her on the kitchen table long after I went to bed.

"Fast forward another 10 years, 1995 she received her Masters of Education degree. I knew it wouldn't stop there. In 2005 she was awarded a Doctorate of Education degree from the University of Minnesota Duluth. Forty plus year journey. She had heard from councilors in high school 'as a young native woman, there was no reason for her to pursue higher education.' But sometimes advice is just advice. Your personal desire is what should drive you."

We would like to congratulate the FDL graduates from FDLTCC: Sarah M. Ammesmaki, Sharon R. Anderson, Jasmin Oginii-waabigwan-iwke Burdreau, Daniel Danielson, James William Friedman, Shandelle Friedman, Darcy Ann Martineau, Felicia Rosalie Martineau, Morgan

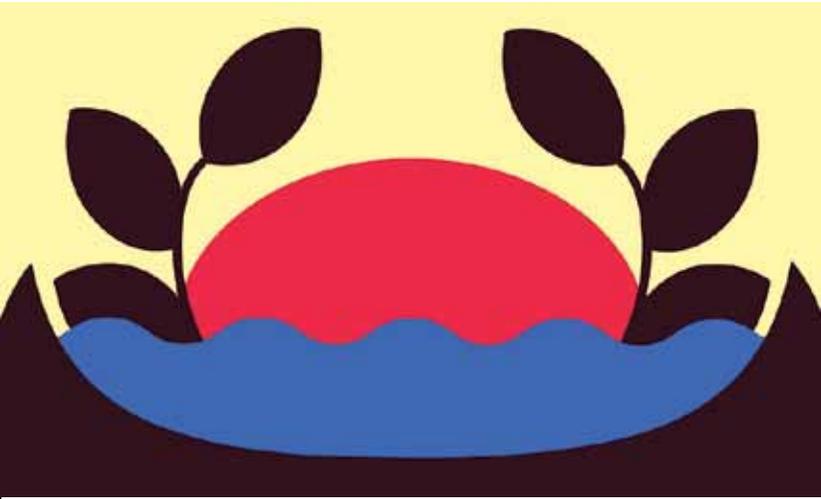


Keynote Speaker, Dennis Olson Jr. hugging his mother Dorothy Olson after thanking her during his keynote address

Denmar Murray, Natasha Renee Ojibway, Tyler M. Ojibway, August Jay Reynolds, Darrell Lee Shabaiaash, Melissa Anne Stott, Courtney Nicole Thompson, Zoe Tibbetts, and Emily Two Stars,

as well as all FDL graduates from other colleges across the country.

# More Local



## Duluth's flag

As part of a community initiative Duluth is looking for a flag design. One of the finalists (which currently stands at nine flags) is Fond du Lac artist Sarah Agton Howes.

To vote on her flag design visit <https://www.surveymonkey.com/r/858L75Y> but do so quickly as voting is only available until June 21.

The following was listed on the survey as the Artist's description:

"Duluth, Misaabekong, Onigamiinsing, is the place where the waters meet as well as where many people have met. These designs represent the lasting rocks, water, and sun that precede us as well as our ways of meeting those eternal elements and each other."



Sarah Angton Howes's artwork downtown.

# 2019 FOND DU LAC

## ENROLLEE DAYS CELEBRATION!

### JUNE 21st & 22nd

#### DRAWING SIGN-UP:

**THURSDAY JUNE 20, 2019 NOON-8PM**

**FRIDAY JUNE 21, 2019 8AM-8PM**

**SATURDAY JUNE 22, 2019 8AM-TILL  
END OF THE DRAWING**

Fond du Lac Cloquet Community Center  
1720 BIG LAKE ROAD, CLOQUET MN  
(218) 878-7510

**MUST PRESENT FDL TRIBAL I.D.  
TO CLAIM WIN.**

TRIBAL I.D. STATION IN THE CLASSROOM  
next to the Library.

Fond du Lac Band of Lake Superior Chippewa

\*Drugs and Alcohol are Strictly Prohibited\*

#### Friday June 21, 2019

**1M WALK / 5K RUN Sign-Up  
4-5pm, Start @ 5:15PM Tribal  
Center Gym.**

**FAMILY MOVIE @ Otter Creek  
Convention Center 7:00pm**

#### Saturday June 22, 2019

**Early Bird Bingo 7am Registration  
Bingo Starts @ 8:30am @ Black Bear**

**Historical Society 10am-4pm RBC**

**Canoe Races 12pm  
(10am Register) @ Kiwenz**

**Cultural Activities 10-4pm @ Kiwenz**

**FACE Program FACE Building 10-2pm**

**Family Photos 11am-5pm Youth Room**

**Family Games 11am Football Field**

**MEAL CCC Gym 12pm**

**Drawings CCC Gym 12pm**

**Bouncy Houses 1-6pm Football Field**

**Family Softball 4pm**

**Fireworks 10pm**

Reservation Rd Ball Field Across from Church



# FDL Tribal Council Member Frank LeDuc – Wabishkash and his Family

Research by Christine Carlson

## Information from the Book Forever Story – Pages 157-159

1894, 1900, 1904 & 1914 - Fond du Lac Council Member Frank LeDuc

1912 - 1913 Frank LeDuc is Chairman of the Fond du Lac Council

1917 - General Council of Chippewa Indians of Minnesota Delegate – Frank LeDuc

## 1860 Federal Census for Vermillion Lake in St. Louis County

Frank LeDuc, age 32, who was a voyageur and his brother John LeDuc, age 28, was a trapper. They were both born in Canada and must have been working up at Vermillion Lake because the Post Office stated on the census paper was Fond du Lac.

## 1880 Census for the old Village of Fond du Lac in St. Louis County

Number 77 is John Wigwas and wife Bashegistiga. Living with them were Frank LeDuc age 28 and wife Sophia age 21.

## 1883 - The Death of John LaDuc in a grocery store in the old Village of Fond du Lac

Brothers Frank, John LaDuc and a few others were in the store buying bitters. All left except John who had an altercation with store owner Mr. Krause. The son of Krause came out from the back of the store with a gun and said that it accidentally discharged as it struck the counter and John was shot.

John was shot in 1881 and died two months after his injury in June of 1881. There was a jury trial and the son Krause was later acquitted by a non-Indian jury.

## 1883 – Marriage Records from the City of Superior, Wisconsin.

On September 27, 1883, Franciscus LeDuc from Fond du Lac and Sophia Petite age 20 from Fond du Lac were married.

## 1894 Fond du Lac Indian Census

#405 is Frank LeDuc age 33 and his wife Sophia age 31. Living with them is Mary age 14 who is listed as an orphan niece.

## Marriage of Frank LeDuc and Cellia Durfee - Carlton County Vidette or Pine Knot of August 31, 1895

*Frank LeDuc and Miss Cellia J. Durfee of the reservation were married Tuesday evening. The groom is one of the policemen on the reservation and the bride is a teacher. Both are quite well known here.*

## Marriage of Frank LeDuc and Laura Majore – Pine Knot of April 29, 1905

*Frank LeDuc and Miss Laura Majore, of this city were married at the Catholic church by Father Giroux Monday. The attending couple were Miss Schmitz and Andre Schamery.*

## 1905 Minnesota State Census for Cloquet, MN

Frank Leduke a fireman, age 25 from Canada and whose parents are also from Canada and his wife Lora age 18.

## Carlton County Vidette of May 13, 1905

*Indian Farmer Morgan and Frank LaDuc were thrown out of their buggy here Thursday and Mr. Morgan was quite severely injured, two ribs being broken and a bad bruise over his left temple which rendered him unconscious for some time. Mr. LaDuc escaped with a few scratches which he received by holding onto the reins and being*

*dragged along the street for a considerable distance. One of the irons which held the shafts broke and the two men took a lively zig-zag ride before being thrown from the rig.*

## Frank LeDuc Talks About the Indians – Duluth News Tribune of August 6, 1905

*Haying and Blueberry Picking – Haying is quite an industry in the neighborhood of Cloquet, Carlton and Sawyer, the clover and timothy being of unusually good quality, and there is plenty of timber—pine, tamarack, spruce, cedar, oak, maple and white and yellow birch, but just now the gathering of the blueberry crop is the big thing.*

*The Indians receive \$2 a bushel for the berries, being sold in lots to Policeman LeDuc and other buyers, who do about \$5,000 worth of business during the season of six weeks with commission houses in Duluth and the storekeepers in the several villages.*

*“I suppose I will handle \$2,000 worth of berries this summer,” said LeDuc, who was at work building crates when the News Tribune man called at his place the other day. “The money goes directly to the Indians and they will spend it as fast as it is paid, but the merchants will get the benefit. There is little drinking among our people now.”*

*Good Roads – Good roads are needed on the reservation. Little or no improvements along this direction have been made since the logging companies moved further into the interior. The old logging roads remain as they were left, and, while they are passable in dry weather, it is next to impossible to move half a load after a heavy rain even with a team of four horses.*

## Fond du Lac Indian Census for 1908

#514 is listed as Frank LeDuc age 48 and Madeline (Posey) age 25 and their son Roland Elmer age 4. #517 is listed as Mary LeDuc age 29 and her daughter Sophie O’Jibway age 7, Lorena age 5, Joseph Robert age 3 and Wilfred Clarence age 1.

## 1910 Federal Census for the Fond du Lac Indian Village

Frank age 52 and born in Minnesota was an Indian Policeman and his wife Madeline age 25. Their child is Roland age 5.

## Pine Knot of March 10, 1916 – Mr. and Mrs. Frank LeDuc Entertain

*On last Friday evening Mr. and Mrs. LeDuc entertained at their home on the reservation. Among those present from Cloquet were Mr. and Mrs. Cross, Mr. and Mrs. Dennis, Mr. and Mrs. Freeman, Mr. and Mrs. Keable, Mr. and Mrs. Cadden, Miss Nellie Macker and Albert Freeman.*

*Dancing was the principle amusement of the evening. F. G. Freeman furnished the music for the occasion. A delicious lunch was served by Mrs. LeDuc. Mr. and Mrs. LeDuc have a beautiful home and have the reputation of being splendid entertainers.*

## A Letter from June 5, 1917 – Indians Elect Delegates

*The Council held at the social hall, Fond du Lac Indian Village, Cloquet, Minn. On June the 5th, 1917, the following Delegates were elected to attend the General Council at Bemidji, Minn. to be held there on the second Tuesday in July, 1917.*

*Delegates: Jas. I. Coffey, Joseph Drew, Wm. Coffey Jr., Frank LeDuc, Frank Connors, Frank LaRose, Johnnie Landry, David Ruttle, Joseph Diver, William Howes and W. O. Coffey.*

*Alternates: Joe Petite, Henry LaPrairie, John Connors, John O’Jibway and Joe DeFoe*

*Chiefs: John Arten, Pete Lemieux Sr., Mike Diver and David Annomossing.*

## 1920 Federal Census for Cloquet, MN

Listed are Frank LaDuc age 57 - born in Minnesota and a watchman at a lumber yard. His wife Madeline age 35 and their children listed are Rolin age 17 and Francis age 7.

## 1930 Federal Censes for the Fond du Lac Indian Reservation

Listed is Frank LeDuc age 71 and his wife Madeline age 45. Francis age 17 is listed as their son.

## Catholic Church Records

These records show that Frank LeDuc’s (Wabishkash) death date was April 25, 1932. It also shows that his father’s name is John LeDuc and mother’s name Mary Ombashikwe.

## 1877 Annual Genealogical Roll of the Fond du Lac Band

Number 187 is Wabishkash a male age 22 and Number 188 is a male age 20 called Medwekmigishkang. This could be the brothers Frank and John as the ages are close. They are sons of Ningwesewen & daughter of Wemigwans. This mother’s name stated in the above Catholic Church Record is different. Some history is still a mystery or the research continues.

## 1937 Indian Census for the Fond du Lac Consolidated Chippewa

#589 is Francis J. LaDuc age 24, Madeline E. LaDuc age 53 and Roland E. LaDuc age 32.

Etc

## Summer Food Service Program

Fond du Lac Reservation is participating in the Summer Food Service Program {SFSP}. Meals will be provided to all Enrolled children without charge and are the same for all children regardless of race, color, national origin, sex, age, or disability, and there will be no discrimination in the course of the meal service. Meals will be provided, on a first come, first serve basis, at the following sites, times, and dates/days during the summer as follows:

Fond du Lac Ojibwe School  
49 University Rd. Cloquet, MN 55720 June 17, 2019-August 15, 2019, Monday-Thursday 11:30 a.m.-1 p.m.

For more information, contact Nikki Harris. Fond du Lac Ojibwe School 49 University Rd Cloquet, MN 55720 (218) 878-7203 or [nikkiharris@fdlrez.com](mailto:nikkiaharris@fdlrez.com)

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027), found online 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 complaint form or letter to USDA by:

1. Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence



**Minnesota Chippewa Tribe Finance Corporation**

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

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

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

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

**Applications:**

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

Avenue, SW Washington, D.C. 20250-9410

2. fax: (202) 690-7442; or  
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

\*\* All Adult meals will be charged \$4.25 \*\*

## Gifts to Veterans

Tom Whitebird, FDL Veteran's Services Officer, has been receiving many requests lately from individuals wishing to give gifts to FDL Enrollees and FDL family members who are currently serving active duty.

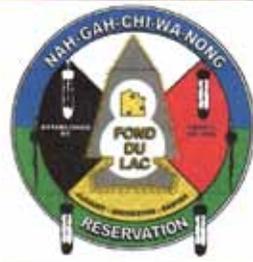
If you would like to give a gift

to a current service member, contact Tom (218) 878-2670.

## Keepseagle v. Vilsack Settlement

After nearly twenty years, there has finally been a settlement in the Keepseagle v. Vilsack case. On Mar. 26, 2018 the U.S. Supreme Court denied a request to review an appeal of the decision in the Court of Appeals for the District, which approved the distribution of \$380 million dollars in remaining funds.

George and Marilyn Keepseagle filed the lawsuit claiming discrimination against



**ANNUAL FDL VETERANS GOLF TOURNAMENT**

**Saturday, June 15, 2019**  
Black Bear Casino Resort Golf Course

Registration	7:30am
Shotgun Start	9:00am
Steak Dinner	3:00pm
Awards	4:00pm

**Rain or Shine**

<b>4 PERSON SCRAMBLE</b> <small>MEMBERSHIPS NOT APPLICABLE</small>	<b>2 FLIGHTS</b> <small>TOP 3 TEAMS IN EACH FLIGHT WIN CASH PRIZE!</small>
<b>\$75.00 PER PERSON</b>	<b>SKINS GAME \$40.00 PER TEAM</b>
<b>FDL VETERANS GOLF FOR FREE!</b> <small>DD 214 MUST BE ON FILE AT FDL VETERANS OFFICE</small>	<b>MULLIGANS \$20.00 PER TEAM</b>
	<b>OTHER ON COURSE EVENTS</b>

**DRIVING RANGE IS AVAILABLE AT NO CHARGE FOR TOURNAMENT PARTICIPANTS. DONATIONS WILL BE ACCEPTED.**

**ALL GOLFERS ARE WELCOME, YOU DO NOT NEED A VETERAN ON YOUR TEAM TO PARTICIPATE.**

**FOR TOURNAMENT INFORMATION: TOM WHITEBIRD AT 218.878.2670**  
**THIS IS A FUNDRAISER FOR FOND DU LAC VETERANS**

Native American Farmers in 1999. The historic case awarded hundreds of millions of dollar to Native American farmers.

Funds from the settlement can only be given to non-profit organizations which provide services to current Native American farmers. A cy pres fund was created for the unclaimed amounts after the initial prevailing claimants of the lawsuit, leaving \$266 million for the fund.

This trust fund is called the Native American Agriculture Fund who will fund the provision of business assistance, agricultural

education, technical support, and advocacy services to Native American farmers and ranchers to support and promote their continued engagement in agriculture.

Currently there are no grants available, but Fond du Lac is encouraging people to visit the Native American Culture Fund website, <http://nativeamericanagriculturefund.org/>, as they are currently assessing community's needs. Under the grants tab on their website is a survey to assess those needs which will help the Native American Culture Fund determine where best to use that money.

# Etc

## FDLREZ Historical Society

The FDLREZ Historical Society will once again be at this year's Enrollee Days, but they have moved their location and will be inside the entrance of the Tribal Center.

Stop in and visit them for more information. After Enrollee Days they won't be meeting again until September.

Can you identify this photo? If so, stop by their table at Enrollee Days and let them know.



For more information or to take the survey visit, <http://nativeamericanagriculturefund.org/> for additional information on the lawsuit, and additional meeting videos, visit <http://www.indianfarmclass.com/>

## FACE program

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

- Support parents/primary caretakers in their role as their child's first and most influential teacher
- Strengthen family-school-community connections

- Increase parent participation in their child's learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program

- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family

Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

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

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

## School clothing assistance program

To receive a school clothing check, a child or a parent or guardian must send in a Fond du Lac Minor Personal Data Form to the Payroll Services Department prior to July 1 for each year that a school clothing check is requested indicating that their child is an Enrolled Band member who is enrolled in an accredited school or educational institution. Personal Data Forms will be sent to the last address on file for each minor member ages 3-18 in early June. Forms must be complete with valid contact information for the parent or guardian. Forms must also be accompanied by

## SAVE THE DATE



# GWAYAKWAADIZIWIN Men's Gathering

June 20 - June 21, 2019

Otter Creek Event Center

Black Bear Casino Resort | 1791 Hwy 210, Carlton, MN 55718

### Thursday, June 20

- 5:00 pm | Dinner
- 6:00 pm | Opening song and prayer, introductions
- 8:00 pm | Sweat lodge [off-site], talking and drum circles

### Friday, June 21

- 8:30 am | Breakfast
- 9:30 am | Keynote Speaker
- 10:30 am | Breakout Sessions I
- 12:00 pm | Lunch
- 1:00 pm | Breakout Sessions II
- 2:30 pm | Closing prayer

Registration: No Cost  
Email: [FDLMensGathering@fdlrez.com](mailto:FDLMensGathering@fdlrez.com)

Book a room:  
• Call Black Bear Casino to reserve your room at (1-888-771-0777).  
• Rooms that are reserved under Men's Gathering Group Block.

For inquiries please email [jacobdunlap@fdlrez.com](mailto:jacobdunlap@fdlrez.com) or call at (218) 655-3605.

Organized by Wlodoookoadaading (we help each other)  
Sponsored by Fond du Lac Human Services Division

## Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

"OUR CHILDREN ARE OUR FUTURE"

# Etc

documentation of enrollment in a head start or kindergarten program for children ages 3-5 as of September 1 and in high school or an accredited alternative high school program for ages 16-18 as of September 1.

Checks for school clothing assistance will be issued the beginning of August for the 2019-2020 school year only once a completed Minor Personal Data Form has been returned to the Payroll Services

Department. The amount of assistance is based on the child's age as of Sept. 1, 2019: 3-6 years of age will receive \$275, 7-12 years of age will receive \$325, and 13-18 years of age will receive \$375. If your child does not receive a Minor Personal Data Form, please contact Anja Wiesen at (218) 878-2675 or the payroll front desk at (218) 878-8021. Checks will be issued directly to each child, so please make sure that their mailing address is correct

on the Minor Personal Data Form.

## Black Bear G.C. Newsletter

The golf season is underway and the temperature is on the rise. If you haven't already, get your clubs out and come play a round at the Bear. All of the golf leagues have started and Junior Golf is right around the corner. Take advantage of our Early Bird Special on Monday,

Tuesday, and Wednesday mornings before 1 p.m. Call the Pro Shop for more details (218) 878-2485. You can also check out our monthly promotions with the Casino for your chance to win big! Save the Dates for June:

- Saturday, June 15 FDL Veterans Tournament 9 a.m. shotgun
- Sunday, June 16 Father's Day Special \$39.99 + tax for 18 holes with cart

- Thursday, June 20 TaylorMade Demo Day 1-5 p.m. @ the Driving Range
  - Friday, June 28 2nd Annual Black Bear Invitational Qualifying
  - Saturday, June 29 2nd Annual Black Bear Invitational Matches
  - Sunday, June 30 2nd Annual Black Bear Invitational Finals
- Like us on Facebook THE BLACK BEAR GOLF COURSE or check us out on the web at [www.golfatthebear.com](http://www.golfatthebear.com).




## Fond du Lac Museum and Language Program Culture Camp

**Saturday, June 22, 2019**  
**10:00 a.m. to 4:00 p.m.**



**Time: 10:00 a.m. to 4:00**

**Location: Kiwenz Campground**  
3212 Magney Drive  
Cloquet, MN 55720









**Bead work, birch bark crafting, earrings, faceless doll making, wooden knockers and/or parching paddles.**

**Contact persons:**  
Jeff Savage, Museum Director  
218-878-7582 or  
Janis A. Fairbanks, Anishinaabemowin Coordinator 218-878-8188

## NIIBIN "Summer" 2019 FDL NAGAAJIWANAANG MINO-WIIDOOKAAGEWIKWEG WOMEN'S WELLNESS GATHERING



**Cloquet Forestry Center**  
**175 University Rd**

**Tuesday, June 25 & Wednesday, June 26**

TUESDAY	WEDNESDAY
8:00 am - 9:00 am Registration & Refreshments	8:00 am - 9:00 am Registration & Refreshments
9:00 am - 10:15 am Opening Pipe Ceremony	9:00 am - 10:15 am Opening Pipe Ceremony
10:30 am - 12:00 pm Morning Sessions	10:30 am - 12:00 pm Morning Sessions
12:00 pm - 1:00 pm Lunch	12:00 pm - 1:00 pm Lunch
1:00 pm - 4:30 pm Afternoon Sessions	1:00 pm - 2:00 pm Afternoon Sessions
4:45 pm - 6:00 pm Dinner	2:00 pm - 3:00 pm Closing Ceremony
6:00 pm Talking Circle	After 3:00pm Sweat Lodge

Throughout Gathering Chair Massage by Ling

- Middle and high school girls encouraged for new youth track
- Dress for the weather, as we will be outdoors - weather permitting
- Please do not bring your children - no childcare provided

If you have any questions, please call Social Services at 878-2145.

Fond du Lac Human Services Division | Social Services Department

# Etc



**Nagaajiwanaang  
genawendangig  
Anishinaabemowin**

"THE ONES WHO TAKE CARE OF  
ANISHINAABEMOWIN @ FOND DU LAC"

WHERE:  
Kiwenz Camp  
Ground  
3212 Magney  
Drive  
Cloquet MN

## KIWENZ OJIBWE IMMERSION LANGUAGE CAMP JUNE 14-16, 2019



**ANISHINAABEMODAA!** Immersion speakers active in all areas of camp!!!

**TALENT SHOW** Friday Night

**CRAFT STATIONS:** such as bead working, birch bark, pucker toe moccasins, drum stick making, wooden knockers, and faceless doll making.



**CHILDREN'S ACTIVITIES & LANGUAGE AREA**

*Nindinawemaaganag ezhi-minwendaagoziwag bimosewin/bimibatoowin* (Family Fun Walk/Run) AND MORE ... to be announced!



### CAMPERS INFORMATION:

Free registration, all meals provided.  
Overnight campers arrive Thursday to set up.  
Oversize campers will be referred to Mashkawizen to set up.  
Showers are available: bring your own towels and toiletries.  
Certified Service Dogs only. No pets.  
Bring non-disposable dishes, cups and utensils.  
CONTACT: [janifairbanks@fdlrez.com](mailto:janifairbanks@fdlrez.com)



## 2019 Gitigaan



**LAST CLASS**  
**May 28th**  
**Asparagus**  
**Theresa Keaveny**  
**(Sustainable Farming Association)**  
**Pot Luck @ 5:00**  
**Presentation 5:30—6:30**

## Plant Giveaway

**June 1st**  
**8:00—Noon**  
**Resource Management Garage**  
**Must have Tribal ID**

**May 31st—Plant Packaging**  
**Call Tammy Anderson @ 218-878-2642 to volunteer**  
**June 1st—Plant Giveaway**  
**8:00AM—Noon**

**Seeds are Available**  
**Pick up @ Gitigaan or Planning Division**

Etc

**Nagaajiwanaang Genawendangig Anishinaabemowin 2019 Language**

**Program News**

**Submitted by Janis Fairbanks,**  
*Anishinaabemowin Coordinator*

The month of June includes the annual and long awaited Kiwenz Language Camp, which is scheduled for June 14, 15, and half a day on June 16, 2019 at the Kiwenz Campgrounds.

Due to the popularity of the language camp, this year, a special Museum and Language Program for Fond du Lac Enrollees and their families will be held the following week on Enrollee Days, Saturday June 22 at the Kiwenz Campground.

The activities at Enrollee Days include beadwork, birch bark crafting, earrings, faceless doll making, wooden and parching paddles by artists Leah Savage, Phil Savage, Victoria McMillan, Joyce LaPorte, and Munch McMillan. Spend some relaxing time on the shores of Big Lake enjoying the summer day creating artwork with your family and these artists.

Other updates:

The book club selection for the Wednesday, June 26, 2019 meeting (12:30 – 1:30) is “Braiding Sweetgrass,” by Robin Wall Kimmerer. The book club meets at 111 Brevator Road. Lunch is also served, so please RSVP by June 19 for the Book Club.

If you missed the MIAC 2019 CD Project Showcase Year End Special Event on Saturday, May 18, we have a few CDs and bilingual books available at the language house. Please call (218) 878-8186 to reserve a copy. These materials will also be available on the Anishinaabemowin webpage. Thanks to the Michigan Indian Affairs Council and Legacy Amendment Fund for the grant that made it possible to complete this project.

June 17th is the Full Moon Ceremony at 111 Brevator Road, hosted by Lyz Jaakola. Email [lyz\\_jaakola@hotmail.com](mailto:lyz_jaakola@hotmail.com) for more information. Tentative time 9:30 p.m.

*If you have ideas to share, questions or comments about the language program, please contact [janisfairbanks@fdlrez.com](mailto:janisfairbanks@fdlrez.com)*

Here is the updated grid for language program activities planned for 2019:

DATE	EVENT	PLACE	TIME
Every month Meet the last Wed. of every month	Book Club (books are members choices)	Brevator Language House	12:30 – 1:30 Lunch included
June 14, 15, 16, 2019	Kiwenz Language Camp	Kiwenz Campground	8:00 a.m. – 9:00 p.m. daily Friday and Saturday and 8:00 – noon Sunday
June 22, 2019	Enrollee Day Museum and Language Program Culture Camp ONE DAY EVENT FOR FOND DU LAC ENROLLEES	Kiwenz Campground	10:00 a.m. – 4:00 p.m. Bead Work, Birch Bark Crafting, Faceless Doll Making, Wooden Knockers and/or Parching Paddles
July 2019 DATE TBD	Blueberry picking field trip	Meet at Brevator Language House	Time TBD
August 2019 DATE TBD	Medicine Gathering Field Trip	Location TBD	Time TBD
September 2019 Date TBD Thursday and Friday	Wild Rice Camp & Festival with Russ and Deb Northrup	Brevator Language House	Day 1: Harvesting Wild Rice Time TBD Day 2: Feast & celebration
October 17 & 18, 2019	Hand drum making workshop with Ozaawaagwaneyaash Gresczyk	Brevator Language House	Thursday 10 – 5 & supper Friday 10-2 & snacks First 10 to register FCFS Call 218-878-8188 or send email request to <a href="mailto:janisfairbanks@fdlrez.com">janisfairbanks@fdlrez.com</a>
November 2019	Native American Heritage Activities	Ongoing through the month of Nov. Places TBD	Time TBD
December 2019	Winter Solstice Activity	TBD	TBD

MY PLACE  
*for gaming!*

WHEELS  
& WAVES

OVER \$100,000  
in Cash & Prizes!

JUNE 1<sup>st</sup> - 29<sup>th</sup>

SATURDAY  
DRAWINGS

6 pm - 9 pm

Start earning entries\* on Sunday, May 26<sup>th</sup>.

Duluth LAWN  
& SPORT



SEGWAY

skihut

GRAND PRIZE OF THE WEEK:

- JUNE 1<sup>st</sup>: Two (2) Lifetime<sup>®</sup> Horizon<sup>™</sup> Paddleboards
- JUNE 8<sup>th</sup>: Two (2) Specialized<sup>®</sup> Levo 29 Electric Assisted Bicycles<sup>\*</sup>
- JUNE 15<sup>th</sup>: Two (2) Segway<sup>®</sup> x2 SE Personal Transporters
- JUNE 22<sup>nd</sup>: Two (2) 2019 Sea-Doo<sup>®</sup> Spark TRIXX<sup>™</sup> 3up<sup>\*</sup> and Trailer (not pictured)
- JUNE 29<sup>th</sup>: Two (2) 2019 Polaris<sup>®</sup> RSI<sup>™</sup> UTVs<sup>\*</sup>

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

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

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



SOLD  
OUT

GABRIEL  
IGLESIAS

BEYOND THE FLUFFY WORLD TOUR

DOORS 7 PM | SHOW 8 PM

JUNE  
28

LIVE IN THE OTTER CREEK EVENT CENTER

SAWYER  
BROWN

FRIDAY, JULY 26, 2019



MY PLACE  
*for concerts!*



Tickets \$20-\$35

available at Players Club or our website.

Make The Bear  
your place!

# FDL Law Enforcement News

## Meeting the Challenge

The TRUST (Tribes United against Sex Trafficking) Task Force along with the Fond du Lac Police Department, developed a 3-day conference, “Meeting the Challenge” that

took place April 2-4 at the Black Bear Casino/Hotel.

The idea for the conference came about after Fond du Lac Investigator Kelly Haffield, Commander of the TRUST Task Force, was contacted in February by Carlton County Sheriff Kelly Lake, who was looking for training opportunities on the topic of sex trafficking on behalf of other sheriff agencies that would be affected by the upcoming Enbridge Line 3 Project.

Sheriff Lake conveyed that members of the Minnesota’s Sheriff’s Association had been discussing the need for sex traf-

ficking training for their deputies with the Line 3 Enbridge Project starting soon.

According to Investigator Haffield, it became quickly apparent that conducting isolated training for each agency would be time consuming and costly, so she took their request for training and went to Fond du Lac Police Chief Herb Fineday, and the idea for the three-day “Meeting the Challenge” conference was developed.

The conference could then accommodate any and all law enforcement agencies throughout the State of Minnesota, not just those along the Enbridge Line 3 Pipeline corridor.

The purpose of the training would be to address three main issues: Combating Sex Trafficking and Sex Trafficking Aware-

ness, Understanding Native American Culture, and Law Enforcement Diffusion Strategies.

With just a small window of time to put the conference together, work began immediately on conference preparation. One of the first orders of business was to find knowledgeable speakers to address each topic.

Detective Paul Koshas from the East Metro Sex Trafficking Task Force presented on day one on the topic of “Sex Trafficking Proactive Enforcement Training.” Chief Fineday gave his presentation on “Understanding Native American Culture and Traditions when Investigating Crimes” on day two, and Lt. Kevin Dillon presented day three on “Law Enforcement Active Diffusion Strategies.”

The conference was well attended, with over three hundred people attending through the three-day period. There has already been talks of possibly making this an annual event.

Investigator Haffield wanted to thank all those people that contributed in the planning and preparation and especially those people who made themselves available to assist during the three days of the conference.



*FDLPD Chief of Police Herb Fineday speaking at the conference to other area law enforcement officers.*

## Officer Spotlight: Shania Paulson

My name is Shania Paulson, I work for the Fond du Lac Police Department for about two years now. I graduated from Fond du Lac Tribal and Community College and attended school in Cloquet.

The community policing model is a great way to run a police department. I know all of our officers go to all the community centers and like to spend time with all the people in the community.

I decided I wanted to be a cop in high school and I took a few intro classes and then found it interesting and continued on with it in college.

I chose to work for Fond du Lac Police Department because I grew up near the

Reservation and I have a lot of ties to the Reservations.

My favorite part about working for Fond du Lac is being able to make those community relationships.

The most satisfying aspect about being a police officer is being able to help people, especially children.

Something about me that is interesting is that I like to travel. This last year we went to Honduras and

Belize, which is a very unique experience.

People may not know that I’m really involved in sports. I like to go to all of the high school sporting events. I also play rec league in a few different sports: basketball and softball when I can. So that’s a big part of my life athletics.



## Legal notice

The following is a list of Band members who have monies in trust with the Fond du Lac Band. We are requesting the Band member, or his/her heirs, if the Band member is deceased, contact the Fond du Lac Legal Affairs Office at 218-878-2632 or toll-free at 1-800-365-1613, to assist the

Band in distributing the trust monies. Unless a personal data form or heirship application has been filed with this office within one year of this notice, the identified funds will revert back to the Fond du Lac Band. \*The one year period commences with the first publication.

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

ARRELL, Lavonne  
ANKERSTROM, Arthur  
BAKKEN, David  
BARNEY, Jessica T.  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Richard

LAPRAIRIE, Robert  
MARZINSKE, Larry  
MCFADDEN, Barbara  
NELSON, Chester E.  
PARO, Javis  
POWERS, Lois A.  
RAISANEN, Molina  
RODAKS, Timothy  
SAVAGE, Mark  
SAVAGE, Terry B.

SHABAIASH, Rodney  
SMITH, James L.  
SOULIER, Gary  
YEAZLE, Joann

# Ashi-niswi giizisoog (Thirteen Moons)

## Ode-imini-giizis

*The new Ode-imini-giizis, the Strawberry Moon begins June 3. Other names for this moon are Gitige-giizis, Gardening moon; and Waawano-giizis, Flowering Moon.*

## We Are Water wrap up!

By George Knutson,  
MN Green Corps FDL RM

**W**e Are Water MN was hosted by the Fond du Lac Band of Lake Superior Chippewa in partnership with the Great Lakes Aquarium for six weeks, from Mar. 10 until Apr. 23.

As a reminder, *We Are Water MN* is a partnership among state agencies and host sites, formed to tell Minnesota's water stories collaboratively, bringing together personal narratives, historical materials, and scientific information. While it was hosted at the Great Lakes Aquarium, this interactive exhibit showcased our human relationship with

water with special emphasis on water stories from the Fond du Lac community.

We had many goals with this exhibit. One was to create an experience that would enhance people's own relationship with water while also highlighting the importance of the connection between the Fond du Lac Band of Lake Superior Chippewa and water in this place. To accomplish this goal, three things were done: Local content was developed by Fond du Lac Resource Management for the exhibit; Docents staffed the exhibit to answer questions and act as a guide for guests, and various events and activities were held during the timeframe of the exhibit.

How many people saw the exhibit? During the duration of the exhibit, 24,000 people visited the Great Lakes Aquarium. With the exhibit being right in the front lobby, it's safe to say that all 24,000 saw at least part of the exhibit. We have inferred that more than half of the visitors had deeper interactions with the *We Are Water MN* exhibit (e.g. participating in the water story activity).

Besides the physical exhibit at the Great Lakes Aquarium, another way that we engaged people was through various events. The events held were: Opening, River Watch Congress, Paint Nights, Treaty Fishing Forum, Herbal

Concoctions Workshop, Food & Photo Event, Youth Climate Convening, Blue Heron Day, Snowshoe Walks, and Water Body Slam (closing). Each provided an opportunity to engage people in a different way while covering a variety of water related topics. There was great attendance at a majority of the events and participants found each to be informative.

Overall, the six-week exhibit went phenomenally. The Great Lakes Aquarium was a great partner and provided a perfect location. They used their resources to help plan and publicize the exhibit and events. The Minnesota Pollution Control Agency and Minnesota Humanities Center

were also key to the success of the exhibit; assisting with local content creation, logistics, building the exhibit, setting it up, and taking it down. They go through this process over again for each host site. Without them, none of this would be possible. A handful of other partner organizations that were key to the process: American Indian Community Housing Organization, Fond du Lac Tribal and Community College, Large Lakes Observatory, Jay Cooke State Park, and Lake Superior National Estuarine Research Reserve. To everyone who helped make the six weeks impactful; Miigwech!

## Invasive Species on the Reservation

and in the Ceded Territories and what Fond du Lac staff is doing and what you can do to help stop their spread!

Kelsey Wenner, FDL RM Invasive Species Coordinator

**B**oozhoo! As we exercised our Ceded Territory rights this spring harvesting oga (walleye) and ginoozhe (northern pike) some of you may have noticed a loud, bright yellow machine spraying hot water on boats and equipment, and if you participated in the harvest you made have been asked to soak your nets by some Fond du Lac staff.

This is all in an effort to prevent the spread of invasive species.

An invasive species is something that is non-native and causes harm in some way, whether it be to the environment, to human health, or to the economy. In many of the lakes we harvest from, they have become infested with an invasive species, and Fond du Lac is doing its part to ensure we do not transfer invasive species from one lake to another as we exercise our rights. The staff you

may or may not have seen at the boat landings running frantically around, are performing what is called a decontamination (pictured). Although this may look like an ordinary cleaning, it is actually much more than that. A decontamination means that your boat or other equipment is deemed free of invasive species, and after your equipment is no longer a risk of transporting species, you are free to move to another body of water, knowing you have done your part to



Justin Zunker, and invasive species specialist, decontaminating a boat at Mille Lacs Lake in Spring 2019. He is looking for zebra mussels and spiny water flea.

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

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

# Ashi-niswi giizisoog (Thirteen Moons)

prevent the spread of species that can cause devastating harm to a lake.

Some of the invasive species we countered this year include: Zebra mussels (pictured), which are small invertebrates that filter feed phytoplankton out of the water column. Just one zebra mussel has the potential to filter out an entire liter of phytoplankton a day. I know this doesn't seem like much, but when you multiply that by the hundreds of thousands of zebra mussels that are estimated to be in Mille Lacs Lake, it adds up pretty quickly.

In lakes that have been infested with zebra mussels for long amounts of time, the overall clarity of the lake has increased by over 10 feet, such

as in Pike Lake in Duluth, Minn. Some of you may think, I want better clarity, why is that a bad thing? However, many fish, including ogaa and ginoozhe depend on phytoplankton to keep the water murky so they can better hide both to be the hunter, and avoid being hunted. So in essence, zebra mussels are taking away critical fish habitat that the species we harvest depend on to survive. Zebra mussels can also cause issues to humans by clogging their boat intake valves, plugging water intakes and drainages for cities, cutting people's feet with the sharpness of their shells, and overcrowding and killing our native mussels.

Spiny water flea (pictured page 20) are another

concerning invader that we were combating this spring both in Mille Lacs and Vermilion lakes. Spiny water flea is an invasive type of zooplankton that rarely gets over 15 mm long. So how can something so small cause so much damage? It comes from their fish hook-like tail barbs that can choke small fry (baby fish) as they attempt to eat them. Spiny water fleas are also ferocious predators, being

able to swim, unlike other planktons, allowing them to more easily predate on our native zooplankton that our fry depend on for survival.



*Rusty crayfish. Photo credit: Steve Schainost, Nebraska Game and Parks Commission*

They also have the advantage of being able to clone themselves, so one female may produce up to 10 offspring approximately every two weeks! Because of this, spiny water flea can easily become one of the most dominate types

of zooplankton in a lake system each fall. So pair spiny water flea depleting the zooplankton

for the fry along with a depletion of habitat from the zebra mussels, and we have an environment that is much harder for fish to survive in!

Rusty crayfish (pictured) are an invader we are concerned about getting into our manoomin (wild rice) producing lakes. We currently know them to be in Lake Vermilion, Lake Superior, and possibly parts of the St. Louis River. Rusty crayfish essentially act as lawn mowers to lake bottom vegetation, and have devastating effects on vegetative habitats where they invade. In a study conducted by the 1854 Treaty Authority, it was shown that given no other option, rusty crayfish have the capacity to completely eradicate manoomin from an existing area. Luckily for us, rusty crayfish taste great when boiled and served with lots of butter. So the Fond du Lac team is constantly surveying for these invasive crayfish, and if we ever find them where they are causing harm, we can have a community crayfish boil and protect the manoomin at the same time!

Eurasian watermilfoil (pictured page 20) is an invasive type of plant that can quickly take over lake systems if even just one fragment is moved to a new lake. It forms very dense mats of vegetation that will choke out other plant species, including potentially manoomin, and degrades fish habitat. It also greatly impedes our ability to use and enjoy the water. Eurasian watermilfoil was observed this year in Green and Sturgeon Lake, and equipment was decontaminated before being



*Zebra mussels collected on a native mussel. Photo credit: MN DNR*

# Ashi-niswi giizisoog (Thirteen Moons)

able to move to another area.

There are several other invasive species, both aquatic and terrestrial that threaten the Reservation and the Ceded Territories, and the list is too extensive to list all of them in this article. However, as we are fighting to protect our wetlands from a number of threats, it is important to recognize we are also trying to protect them from invasive species. Some of the main invasives threatening our wetlands on the Reservation and in the St. Louis River Estuary include:

Invasive Phragmites (pictured), also known as common reed, is a type of grass that is utilized by sewage companies as filter for contaminants, but is highly invasive in wetland and riparian areas.

So far, on the Reservation, we only have three known locations of invasive phragmites

that our staff is monitoring and controlling if they are causing harm. However, in the St. Louis River estuary, there are over 100 occurrences of invasive phragmites that several organizations in the area, including Fond du Lac, GLIFWC, the 1854 Treaty Authority, and Community Action Duluth that are working on controlling. In Wisconsin and Michigan, invasive

phragmites have destroyed property value, caused massive wild fire damage, wetland damage, and destruction of habitat for native wetland wildlife. Minnesota is trying very hard to stop this plant from causing the amount of damage it has in other states. If you would like to know more, there is an open house about invasive phragmites on June 6th at 5:30 p.m. at Pier B Resort.



*Spiny water flea collected on fishing line. Photo credit: Jeff Gunderson, MN Sea Grant*

**Emerald Ash Borer (pictured)** is an invasive insect that bores into the ash trees, limiting their ability to transport nutrients, resulting in the eventual death of the tree. The closest known location of emerald ash borer is in Duluth, Minn. Ash trees comprise a large amount of our wetland tree species on the Reservation and serve as “sink” soaking up water in wetland areas to keep the water

table in balance. The water table is what keeps some of the lakes on the Reservation at the correct levels for growing manoomin. If the water table fluctuates too much, it can either drown or dry out manoomin waters. One threat emerald ash borer brings to our wetlands is greatly reducing the ash trees which moderate the water table, and thus raising the water levels

too high to support manoomin growth. The loss of ash trees would also be a devastating cultural loss to Fond du Lac as they have been historically used and still used in the making of baskets, lacrosse sticks, and snowshoes.

So you may be asking yourself, what can you do to help? The biggest management effort with invasive species is PREVENTION, and asking communities from all around the globe to help prevent further spread of invasive species. This can be as simple as brushing off your shoes and tires when moving from one location to another. This is also cleaning, draining, and drying your boat for a minimum of five days or getting an official boat decontamination, before moving from one body of water to the next. It also involves not moving wood of any kind from one area to another, unless it has been heat treated and certified to be certain it is free of any invasives.

If you want to learn more and get more involved, you can become a first detector, where you would learn to identify invasive species and how to report them if you find them. You can also contact Kelsey Wenner, the invasive species coordinator at (218) 878-7147 or [kelseywenner@fdlrez.com](mailto:kelseywenner@fdlrez.com). The invasive species program is working on setting up identification and reporting workshops for the Fond du Lac community, and they are happy to help with any invasive species questions, issues, or concerns you may have. Miigwech.



*Emerald Ash borer larvae, adult, and gallery. Photo credits to David Cappaert, Michigan State University, and Eric R. Day, Virginia Polytechnic Institute*



*Invasive Phragmites patch. Photo Credit: Univeristy of Minnesota Aquatic Invasive Species Research Center*



*Eurasian watermilfoil infestation at Cayuga Lake, NY. Photo credit Robert L. Johnson; Cornell University*

# 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

### Sentences

I like the taste of apple cider. Niminopidaan iwe mishiiminaaboo.  
Those flowers you brought me smell good," the woman told her husband.  
"Gichi-minomaagwadoon ini waabigwaniin gaa-piidamawiyin," odinaan  
iniw onaabeman a'a ikwe.  
I put honey in tea. Aamoo-ziinzibaakwad nindagonaan imaa nitiing.  
Don't get friendly with the bear. He's too dangerous. Gego beshwaji'aaken  
awe makwa; onzaam naniizaanizi.  
Does that taste sweet? Wiishkobipogwad ina iwe.  
*Credit the Sentences and Puzzle <http://ojibwe.lib.umn.edu/>*

## Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

Mawinzwaan	Berries picked
Aagawinzo	s/he conceals the source of berries being picked
Baasiminaan	A dried berry
Baasiminaanike	s/he dries berries
Mawinzo	s/he picks berries
Mawinzwaadan	Pick it (fruit or berries)
Makak	A basket
Ziigwan	It is spring
Niibin	It is summer
Baashkaabigwanii	It blossoms
Waabigwan	A flower
Zaagibagaa	It buds, the leaves come out

# School News

## Superintendent

**Jennifer Murray  
Aaniin/Boozhoo  
nindawemaganidok,**

**C**ongratulations to the Class of 2019. I know all of you have worked hard to ensure you received your diploma on May 24, 2019. I wish you all a happy and healthy future. I am extremely proud of our 2019 Graduates!!

The school year is quickly coming to an end; June 7, 2019 will be the last day for students (this is also an early release day.) Our staff and students have done many wonderful activities and programs this past school year. Daga read all of the exciting newsletters that highlight the 2018-2019 school year.

I'm appreciative for all the hard work our staff has done for our students. FDLOS staff really excels at assisting not only the students but each other as well. Chi Miigwech! I'm grateful to everyone that helped make our school year a successful one.

### VISION STATEMENT

The Ojibwe Schools are committed to providing a safe and secure learning environment based on Anishinaabe values and traditions. We emphasize a challenging education with high expectations that empower ALL students to become respectful, responsible, and life-long learners.

The FDLOS School Board has finalized our five year

strategic plan to improve our school for our students and staff. Our objectives include; students will develop the knowledge, skills, and behaviors necessary for physical, mental and emotional well-being in a positive, safe, and culturally relevant learning environment. It has been a pleasure working with the School Board this past year and I look forward to working with our staff to obtain all the goals we set for our students to achieve the school's vision statement.

Miigwech, it is a privilege to work with our children. Hopefully, I will have the opportunity to see our students and families at community events over the summer!

A heartfelt Miigwech to all the students, parents/guardians, staff, and community members who contributed to make this year successful and unforgettable...  
Gigawaabamin

## Announcement

Enroll now for the 2019-2020 Fond du Lac Ojibwe School Year.

Pick up enrollment forms for grades K-12 at the school or on-line at [fdlrezk12.com](http://fdlrezk12.com) Go to Parent Info and then scroll down to Enrollment forms. All new students MUST include a copy of his/her birth certificate. Any Questions, please call (218)878-7261.

\*Students entering kindergarten must be five years old by September 1, 2019.

## Principal

**B**oozhoo Ojibwe School families and community members,

I cannot believe we are coming to the end of the 2018-2019 school year. It is fun to reflect on the many activities and happenings that have taken place this year. We still have upcoming activities and field trips that are educational (i.e. a trip to Hawk Ridge) and build community (i.e. the dodgeball tournament and kayaking). On Thursday, May 23, we will be hosting the School-Wide Talent Show. We hope to see you there.

Staff members at the Ojibwe

School have already begun planning for the 2019-2020 school year.

Please look at our Ojibwe School website and you will find the new calendar. We do have a change for the first day of school in August.

We will also have a change in cell phone use at the school. As the use of cell phones have hindered student learning we are limiting use throughout the school day.

Our teaching staff will be participating in additional training during the week of June 10 - 14, 2019. Topics will include: Ojibwe Language, Mental Health 1st Aid, and Indigenized

## STEM

**Mr. Anderson**

**I**t has been a great year working with the Ojibwe students in STEM. I enjoyed watching the students complete various projects using their ingenuity such as constructing a model to cage and transport a tiger to a safe area, mak-

ing basic floor plans for a house and then building it using Legos, and working with various software apps to increase mathematical skills.

There were so many more to list and it will be interesting to see what they develop in the following years. Every student involved was exposed to a level of programming. Hope-

Physical Activities in the Classroom. In addition, we will have follow-up training with Achieve 3000 which is the supplemental reading program that was implemented this past fall.

The Enrollment Packets for the 2019-2020 school year are ready and available. Please complete and return to the Ojibwe School.

Just a reminder, our last day for school is June 7, 2019. Students will be dismissed at 12:30 pm.

*Miigwech,  
Valerie Tanner  
K-12 Building Principal*

fully, they will have access to programs such as Scratch Jr., Playground, Construct 2, or even Unity this summer to mess around with even more.

Please continue to encourage your child to explore things around them and question how things work.

Enjoy the summer!

# Enrollee Days June 21 & 22

# School News

## 5th grade

Exciting news - our classroom hatchery was a success! We hatched 10 beautiful baaka'akwenyag (chickens) and 2 Pekin zhiishiibag (ducks). Students did an excellent job with hatching and raising the chicks during their first few weeks of life. Each chick was very well loved and has turned into an extremely friendly bird. Chicks and ducks do get to visit the students and it is very apparent that these chicks have not forgotten who they are loved by.

In April, we had the opportunity to visit STARBASE, Students learned scientific and engineering design concepts that were integrated with math and technology. While we were there, the students focused on using science, technology, engineering, and math to create an environment conducive to living on

Mars.

Fifth graders recently went out and did some cleaning for Aki Gii-zhigad (Earth Day). We filled almost 3 trash bags just from in and around our playground area! We also took a walk and discussed the importance of taking care of Earth for future generations.

We have also been enjoying some time at the RBC. Each week, we have been taking an afternoon to go swimming. I think this has been a wonderful addition to enhancing our classroom culture. Miigwech to all of the staff at the rec center and RBC who have helped make this a positive experience for our students.

MCA Testing was a success in 5th grade in that each student was focused and really tried their best! You should receive your child's assessment results during the summer. With MCA's over, we are gearing up

for our last NWEA assessments of the year. Please remind your child to continue to do their best and put forth good effort.

With May, comes many 5th grade field trips and activities. I have sent home a May/June calendar with all of our scheduled activity dates. I have also sent home, and will continue to send home, field trip permission forms. Places we will be visiting include, Hartley Nature Center and Hawk Ridge, Duluth Harbor Museum, Mille Lacs Museum and Jay Cooke State Park. Please let me know if you would like to join us on any one of our outings.

As always if you have any questions or concerns or would just like to visit our room, please email me at dawnliimatainen@fdlrez.com or call me at (218) 878-7220.

Miigwech, Ms. Dawn and Ms. Ashley



## Environmental News

For months, students from the Fond du Lac Ojibwe School, Cloquet High School, and Minnesota Online Academy have been planning, organizing, and waiting to host their Youth Climate Convening as supported by the Youth Convening Minnesota program funded by Climate Generation: A Will Steger Legacy.

The original convening was scheduled for Apr. 12, but due to the snow it was rescheduled for Apr. 25. The event started with a resource fair in the commons at the Fond du Lac Tribal and Community College that local organizations attended to provide participants with information and resources about climate change and solutions to climate change.

FDL students assisted in the Students Offering Support booth and welcomed guests to the event. After an opening ceremony from

Ricky Defoe and opening remarks from Karen Diver, storytellers shared their climate stories. Phil Defoe, Air Quality Technician with FDL Resource Management, told his story of how climate change is impacting the Anishinaabe way of life because of the changes happening to natural resources. Lyz Jaakola and her daughter, Jagger, sang a song for water after Lyz talked about how everyone has a story and how everyone can be the change they want to see. Johanna Bernu, 6th grader from Minnesota Online Academy, was the last storyteller. She described her recent trip to Alaska and how the Indigenous people in Shishmaref, Alaska are the poster child for climate change, as climate change has drastically impacted their traditions and way of life. She finished her story with open questions to the audience asking "without stories, what connects us to our culture? Without water, what connects us to each other?"

The event came to a close after two fifteen minute workshops held by Water Bar and Journey Garden. Water Bar provided students the opportunity to connect with participants through their water stories while participants drank water from Lake Superior (Duluth City water), the Mississippi River (Minneapolis City water), Nopeming (artesian well), and Solon Springs (artesian well). Journey Garden provided the students the opportunity to talk with participants about native foods such as wild rice and maple syrup and how climate change is impacting those foods. Students served wild rice pancakes with maple syrup to participants while providing information about these native foods and other species used for food that are being impacted by climate change."

Ariel Johnson arieljohnson@fdlrez.com Fond du Lac Ojibwe School High School Science

# School News

Daga, miizhiminaam mitigoon (gaawin biiwaabikoons). Ojibwe gikinoo'amaagejig odaapinamaw mitigoon.



## MINO ZIIGWAN (happy spring)

Tara Dupuis

Cultural Curriculum Coordinator

Fond du Lac Ojibwe School hosted our first Round Dance in February. Several families and community came to join this. It was a fun time. The drum contest winners were Niizhew Sullivan took 1st place, Ian Proulx took 2nd place, and 3rd Skylar Stillday. We had seven invited singers and about 25 came. Overall, a very good time and we will need to plan for our next one!

Our drummers and dancers joined in the State Competition in Remer, Minnesota on April 6. Jaimie Petite brought students who were interested in attending. There are several different categories listed by grade and dance style. Miigwech to the parents who travelled to bring your

students to the competition!!

Starr Shabaiash submitted art work in the Detroit Lakes Public Schools competition. She submitted a beautiful beaded pop socket. I have been notified that she has won an award. Starr Shabaiash went to the award ceremony on March 22 to receive her award.

Anishinaabe Quiz Bowl attended the Detroit Lakes competition on March 22 and they attended Anishinaabe Quiz Bowl competition in International Falls.

I am excited to work with Sonny Greensky on getting more Ojibwe culture and language in our daily curriculum. We have started working on K-12 Science. Sonny demonstrated how to make a traditional tap NEGWAAKWAN for the students and the community at our Ziigwan celebration.

We were able to tap 15 trees out

back. The students were helpful in this process. The high school students demonstrated how things work for collecting maple sap to the head start students. We had about 2 gallons of syrup when we were finished.

Six of our 11th grade students were accepted to the Native Youth Community Adaptation and Leadership Congress! They will be flying out to West Virginia in early July.

Our school is part of CYFAR (Children Youth and Families at Risk) in collaboration with FDLTCC and we will be taking a group of students to Washington DC in June!

It has been busy and fun year for us at the Fond du Lac Ojibwe School! Tara Dupuis ~ Nenaabowigiizhikokwe, Cultural Curriculum Coordinator (218) 878-7224.

*Pictures from the state drum and dance competition.*

## Fond du Lac Ojibwe School's Graduating Class of 2019

Submitted by: Vicki Oberstar, Guidance Counselor

Congratulations to the class of the Fond du Lac Ojibwe School. Everyone has worked hard for this accomplishment and each one of you have taken your own path to earn your place as a high school graduate. We have two students that are leaving our school with a high school diploma and an A.A. degree from Fond du Lac Tribal

& Community College. By participating in the many opportunities available at our school this year's graduating class has reached the end of one journey and are on the cusp of starting another journey. I would like to share some of the opportunities the graduates have taken advantage of at our school over the years.

They include, but are not limited to leadership activities, cultural awareness, career

awareness, and learning about what their personal strengths are and how to use them. This has been a challenging year for many of our students and to see the strength they have shown and the perseverance to complete their high school education has been a joy to watch.

Congratulations to the Class of 2019!



# School News

## Ojibwe School Music Department

### Josh Danderand

Boozhoo Fond du Lac! Josh Danderand here, the K – 12 music teacher at the Ojibwe School! Wow... what and INCREDIBLE year it has been for the music department. This year was my 1st full year teaching here, as last year I was hired in January and finished the spring semester, and what a year it was. Every grade showed powerful amounts of improvement in both participation and in skill.

The Elementary grades (K-4) put on such an amazing concert this past winter at our school's Biboon Celebration. The students learned their songs that they performed during each class in addition to several lessons and fun songs/dances throughout the rest of the year. This will now be a tradition, having the elementary music concert during the Biboon Celebration as it was so well received by the community! Miigwech for the amazing turnout and the parents/guardians who came and supported our young musicians!

The Middle School and High School grades have floored me this year. The talent level has surpassed my already lofty goals for them. We now have students who have become true guitarists, keyboardist, bass guitarists, drum set players, auxiliary percussionists, rock singers, and performers. This group of talented musicians is growing in numbers and performed at the Ziiigwan Celebration here at the school as well as the end of the year music concert/talent show. Both of these performances are

now going to become traditions as well, so keep your eyes, and ears, open for upcoming concerts throughout every school year to come.

Lastly, I would like to also give praise to the After School Music Program! When I started the programs during 1st quarter we had 3 students on Monday's and 4 students on Wednesday's. Now, wrapping up our 4th quarter, we are up to 9 students on both days! These 7th – 10th graders are consistently showing up, participating, and HAVING FUN! This group of students also performed at the Ziiigwan Celebration and the end of year concert/talent show. I cannot wait to watch this program grow next year. I have very big plans and high expectations for these students next year!

From the bottom of my heart, Miigwech! This job is fun and exciting every day. The students are a joy to work with and always bring creativity to my classroom and inspire me to match their creativity! See you all next school year!

## 7-12 grade Math

With the year wrapping up, students were busy working on their math fair projects. The math fair was held on May 17 in the gym of the Ojibwe School. Students created projects that showcased how math was involved in many different things, such as: baking, basketball statistics, building, experiments, art, brainteasers, and surveys. They worked hard on their projects and did an awesome job!

## Fond du Lac Track and Field

This year is the Fond du Lac Ojibwe School's third year of having track and field. We have had boys and girls athletes in grades 7-12 compete in five meets so far against local high schools. The athletes have participated in a variety of events; long jump, high jump, shot put, discus, sprints, relays, and distance races. We have had a few athletes place in the top 10 of their events at a couple different meets and even received one 5th place medal.

Track and Field Subsections were on May 23 at the Esko Track.

Cross Country will be starting the middle of August. If anyone is interested in joining, please contact Earl Otis. Coaches are: Nick Thornton and Jill Goodreau

## Fond du Lac Ojibwe School Quiz Bowl

This year the students participated in several quiz bowl tournaments. We started this year with several young students; however they are a strong group. Our students practice every Wednesday evening after school and attend quiz bowl tournaments about once a month. The coaches would like to thank and congratulate all of the quiz bowl students. James, Keith and Michael your knowledge will be missed. Good luck in all of your future endeavors; you will all soar through whatever challenges you face.

If you are interested in joining quiz bowl next year please contact one of the following coaches: Jodie Lockling, Julia

Lintgen, Shirley Molstad or Alex Gokee. Come learn Ojibwemowin with us and show your knowledge at the tournaments.

## Physical Education

Students submerge and retrieve coins and Black Bear Arcade tokens from the bottom of the pool. Students are able to keep all of the coins and tokens they collect from the bottom of the pool during their swimming session. The Diving for Dollars works on breathing control and underwater swimming skills. Coins and tokens are spread out in the pool with a mixture of tokens, quarters, and dollar coins. In addition to the coins and tokens there is one \$10 Medallion that is hidden somewhere in the water for each class. Total breakdown of total money available to each grade:

1st grade - \$50  
2nd grade - \$50  
3rd grade - \$50  
4th grade - \$50  
5th grade - \$50

A special thank you goes out to the Fond du Lac Ojibwe School for donating \$200 in tokens and coins to the event. A special thank you goes out to Frandsen Bank and Trust for donating 5 \$10 debit cards to the event (the prize for finding the medallion). Thank you in advance! John Babineau, Physical Education Teacher, (218) 878-7242 Ext. 7223

## 2nd Grade

April visit to the FDL Assisted Living Complex where Mrs. Martin's 2nd graders painted canvases for Mother's/Special Lady's Day gifts.



# School News

## Grants and Accountability Manager Dan Anderson

We are honored to have Sarah Agaton Howes working on a revision of the school logo. The logo will be basically the same but it will be modernized with clean lines that will translate better to clothing, posters and school promotional items. Miigwech Sarah!

We submitted an application for a new BIE 21st CCLC Afterschool grant for SY 2019-22. The grant budget is \$95,000 and we will be notified of the award by the end of May.

### Facilities:

The Midwest Region BIA facility manager was here on May 14th for a site-visit and program review. He was im-

pressed with the maintenance and condition of our buildings.

Summer projects include new roofs for the FACE buildings and school garage; new windows for the FACE buildings; drinking fountain replacement; LED light installation, safety fencing; loading dock extension; interior safety communications upgrades; gym floor refinishing; tile installation; elevator security access; and gym bleacher replacement. Future projects include an updated security camera system, an accessible playground surface, garden fencing and exterior building maintenance.

A Public Hearing for the Title VI program was held at the regular meeting of the School Board on May 7th.

The Indian Education Formu-

la Grants to Local Educational Agencies (Title VI) program provides grants to support local educational agencies (LEAs) in reforming and improving elementary and secondary school programs that serve Indian students. The Department funds comprehensive programs that are designed to help Indian students meet the same State academic content and student academic achievement standards used for all students while addressing the language and cultural needs of Indian students. Such programs include supporting the professional development of teachers of Indian students.

A Letter of Intent for School-Year 2019-20 was submitted for the Ojibwe School's Minnesota Indian Education State Aid

Program. Also known as the World's Best Work Force Program, it incorporates scientifically research-based math and reading programs and interventions along with postsecondary preparation program activities for students in grades K-12.

The Program Goals are:

- All children ready for school
- All third graders achieve grade level literacy
- All achievement gaps closed
- All students attain career and college readiness
- All students graduate from high school.

*Two of our hard-working maintenance staff, Wayne Hietala (in the bucket) and Devon Simpson, training on the operation of the new lift purchased with special funding*

*from the BIA. Also, thanks to Mike Olson for his hard work on the afternoon shift.*



## 21st Century After School Activities

Aaniin Nahgahchi-waanong Ojibwe gikinoo'amaadiiwigiamig Families

It has been a wonderful school year in the after school program. Our students have participated in many activities this school year which included: Art, Super Sports, Cooking, Band Rehearsal, Creative Music Listening, Environmental Studies, Sewing, Regalia Making, Homework Help, Legos, Boys Drum Practice, Literacy Skill Building, Board Gaming, Boys Makinzen Game, and more. It's been an honor to serve our students and families that par-

ticipate in our school and after school activities. Chi Miigwech parents and caregivers for all you do for your child (ren) and our student(s). Please have a safe, relaxing summer and make choices that will encourage positive growth. Should you have any questions about the after school program please call the number listed at the bottom of this article.

In looking forward to our new 2019/2010 school year upon us, if you are interested in signing your child(ren) up for activities this coming school year please call (218) 878-7239 or email [mariadefoe@fdlrez.com](mailto:mariadefoe@fdlrez.com) Miigwech Mi'iw



# School News

## Gifted and Talented News

This year the students in the Gifted and Talented program have been involved in a wide variety of interesting and engaging activities. It has been my pleasure to watch these amazing young people explore and develop their gifts and talents. I want to acknowledge and applaud all the hard work and dedication shown by the five Gifted and Talented coaches. Chi-Miigwech Jodie Lockling, Julia Lintgen, Jill Goodreau, Danielle Dupuis and Nissa Whipple.

### Performing Arts

It has been a great year for the Drummers and Dancers. We started the school year off with our "Pokey Paro" Ojibwe School Powwow where our Princess (Molly Hunter), Jr. Princess (Sadie Buckanaga), Brave (Darnell Diver) and Jr. Brave (Skyler Stillday) were selected.

Throughout the year, our royalty and dancers have represented our school and community well. They have danced for Native American Heritage month at the Black Bear Casino and Resort (BBCR), the "13 Moons" Powwow (BBCR), the "Head Start Powwow" (FDL Head Start) and the "Honoring Our Students Powwow" (FDLTCC). We even had a couple of dancers make their way to Denver Colorado for the "Denver Powwow".

The Fond du Lac Ojibwe School Drummers have been busy as well. During opening

and closing (Monday morning and Friday afternoon) the drummers sing a song to kick-off and end our school week. Several times the kids have set up the drum and taken initiative, even when an instructor was not available. Anytime that there is an event in the community and a drum group is required (even if it is not the school drum) you can find one or many of these young men are up to travel, learn the songs and build a bond.

Our youth can not only be seen drumming and dancing, but they are also active in the community. You can find them helping, serving or just having a conversation with elders at events in the area. They have been seen singing and drumming for their elders and our little ones. They have helped teach some of our youth the "footwork" to dance.

These kids are the future of the Ojibwe People. Teach them, Learn from them, Be proud of them.

### Academic Achievement:

This fall students participated in our Veteran's celebration where Josephine Sayers recited a beautiful poem. This winter students worked for six weeks making painted elder baskets with the 7 teaching etched into them. They filled the baskets with wonderful gifts. Julia is in the process of planning another educational field trip for the end of the year.

### Creativity:

This year the students attended several plays; *Romeo*

and *Juliet, A Mid Summer's Night Dream*, and *Anne Frank*. The students joined the Visual Arts group for several activities including the Pottery Burn and On the Rocks studio painting. Students also participated in a poetry seminar at St. Scholastica.

### Visual Arts:

This year the students have completed several pieces of art. The high school students have done paintings, drawings, ceramics, anime, and quilting. Students participated in activities at the Pottery Burn and On the Rocks studio painted with students in the school's commons area. The elementary students painted, designed and created their own puzzles, sculpted with modeling dough, and worked with scratch art.

### Leadership:

This year the students planned and raised funds for various projects. Most notable was the wonderful prom held on May 11th. There was an "Under the Sea" theme. The students danced and had a great time. The students also went to the Zero Hour in Duluth and managed to escape from both the prison room and the enchanted forest. The students also had an exciting experience at the University of Wisconsin Superior's high ropes course. For further information regarding the Fond du Lac Ojibwe Schools Gifted and Talented program, please contact Sharon Belanger - Gifted and Talented Coordinator at (218) 878-7274 or sharonbelanger@fdlrez.com.

## Check-Connect SOS Conference

Seven high school students attended the All Chapter SOS (Students Offering Support) Spring Conference on May 16, 2019. They presented their service learning project "How Climate Change Affects Mental Health." The students had fun learning and interacting with other youth from local schools. Great job Cordelia, Nick, Gabe, Devin, Aidan, Gina, and Sam for your commitment to this program and the wonderful community work you do!

## Attendance Advocates

Students at Fond du Lac Ojibwe School had a great school year. This year those students who were at 95% attendance and above will receive an award and a gift for having earned great attendance for that quarter.

In order to qualify for the 95% attendance award a student must not miss more than two (2) days of school and to qualify for the 100% attendance award the student must not miss a day in that quarter. High school students have received these awards this year and next year added incentives are scheduled, so stay tuned.

K-6th grade news: For first, second, and third quarter we had 40 students who received an award for having 100% attendance for those quarters. We also, had 74 students who had received an award for hav-

ing 95% and above attendance. Along with those individual awards, we had classroom awards for the class who had the highest percentage of students attending for that month. The classroom who was the winner got to choose a party of their choice.

I would like to congratulate the Fourth grade classroom for winning the party five times this year! Well done. Hope you all have a great summer, from the attendance staff

## Kitchen

Hello, my name is Mace Fonoti and I started as Kitchen Supervisor/ Head Cook for the Ojibwe School in late April. I have almost 20 years of experience cooking for the Fond du Lac community and I am excited to serve balanced and nutritious meals to the school.

The Ojibwe School will be offering the summer lunch program and will begin June 17th, Monday through Thursday, until August 15th.

Have a great end of the school year and hope to see you this summer!



# Health News

## Healthy Vision Month

**M**ay was Healthy Vision Month, but there really isn't a wrong time to pay a little extra attention to your vision. FDL Human Services staff would like to encourage people to protect their eyes.

It is estimated that half of visual impairment and blindness can be prevented through early diagnosis and timely treatment. Despite cost-effective treatment and eye preservation interventions, the number of potentially blinding eye diseases continues to escalate. Increased awareness can help, so remind family members and friends at higher risk for eye diseases and vision loss to have their eyes examined regularly.

The prevalence of blindness and visual impairment increases with age in all racial and ethnic groups. The major eye diseases among people 40 years and older are age-related macular degeneration, cataract, diabetic retinopathy, and glaucoma.

Individuals with diabetes should have a dilated eye exam each year, but only about two thirds receive the recommended exam. Moreover, good management of diabetes by good glucose, blood pressure, and lipid control can reduce the progression of diabetic retinopathy. 90% of blindness caused by diabetes is preventable.

Amblyopia is the most common cause of vision loss among children. It affects 2 to 3 out of 100 children. If it is not treated timely and properly, it can stay through adulthood. It is a very common cause of vision loss in one eye among children and young adults.

Sources [cdc.gov/visionhealth/](http://cdc.gov/visionhealth/)

## Food Journaling

By Kara Stoneburner, RDL, D, Public Health Dietitian

**F**ood journaling simply means tracking what you eat and drink daily. Food journaling is especially important for weight loss or weight maintenance success. Overweight and obesity can lead to many complications including heart disease, increased risk for diabetes and certain cancers. Several studies report participants experienced more weight loss when they journaled their intake over the ones that didn't.

The benefits of food journaling are extensive.

- It makes people accountable for what they put into their mouth; people tend to make healthier choices because they have to write it down
- It increases a person's awareness of their eating behaviors; if you are honest and journaling everything, it can be eye-opening; perception versus reality can be shocking
- It increases a person's mindfulness about eating; people tend to slow down and think more about what they are eating, why they are eating, and if they need to be eating at that time
- It provides a snapshot of current food choices and eating behaviors; one can review their records and make healthier decisions in the future, by looking at their food variety and eating patterns that occurred in the days prior; they can plan a change based off their food records
- Food records help participants with discovery and adjustments- they can see where changes are needed (smaller portions, cooking methods, fewer sugary beverages, etc.)
- It can help a person discover trigger foods, places or people; taking this

knowledge, a person can develop a plan for a future encounter; having a plan can allow the person to make a healthy choice without much thought about it

- It can help you reconnect to your feelings. Do you eat more when you are sad or lonely? Do you make less healthy choices when you are dining out with your partner/friend/family? Do you mindless munch when bored or watching television?

Food journaling can be easy. It is important to find a method that works well for you. Some may prefer a notebook while others can download an app on their phone. Whatever the method, there are a few key things to record:

- The food or drink. Write down everything you eat or drink, no matter how small you may think it is. Remember to record gravies, sauces, dressings, butter, creamer, added sugars, etc. Be accurate in your description of food. Don't record "chicken" when you actually had a "breaded chicken strip"
- Portion size/amount. It would be very helpful to initially measure your foods and drinks to start. You will get a more accurate portion size if you know what  $\frac{3}{4}$  cup of cereal actually looks like in your cereal bowl or what a  $\frac{1}{2}$  cup of noodles looks like on your plate. When out at a restaurant, use everyday objects to help with measurements (closed fist = 1 cup, palm of hand = 3oz, cupped handful =  $\frac{1}{2}$  cup, thumb = 1 Tablespoon). Once you get a good understanding of portion sizes, it would be okay to estimate. Occasionally, go back to actual measuring your foods again for a short while. This will help keep yourself honest and accurate in your journaling
- Time. This will allow you to review

how close together your meals and snacks are and make adjustments

- Place. Jotting where you are eating is important because it may help you identify certain places you tend to overeat or make "not so healthy decisions" such as the movie theater, sitting on the couch or the local buffet
  - Hunger level. Rate yourself on a hunger scale with 1 being "extremely hungry" and 10 "extremely full". You will start to see patterns and can make adjustments as needed
  - Feelings. Jot down how you are feeling. Are you bored? Tired? Sad?
  - Activity. What are you doing while eating? Are you watching a movie, out with friends or family, at a family gathering, etc?)
  - Who you are with. Are you eating alone? Are you with your partner and the kids? This will also help identify trigger areas
- Additional tips include:
- Keep your journal with you so you can journal right away. Don't wait until the end of the day
  - Write down everything, no matter how small. All that nibbling can add up
  - Be specific
  - Be honest! You are only cheating yourself if you aren't honest in your journaling.

Food journaling may seem overwhelming at first, but once you get into the habit, it'll become easier to do. In addition to food journaling, journaling your physical activity can be beneficial too for some of the same reasons!

Sources include: *Academy of Nutrition and Dietetics, CDC, LiveStrong.com, Maya Clinic, WebMD, NIH*



# Health News

## Health Insurance

Fond du Lac has made it simple and free for qualified American Indians to have Medical Assistance, MinnesotaCare, or a MNSure Qualified Health Plan. FDL Patient Advocates are trained and available to help you and your family apply for these programs. Please contact the patient advocate line at (218) 878-2165. Patient Advocates can also help with your Medicare questions. Let's all get insured and help the Reservation Health system.

## A visit from the Mammobus

The Mammobus will be at CAIR on Tuesday June 18 and Wednesday June 19, 8 a.m.-4 p.m. both days. Walk ups are welcome otherwise, if you have any further questions before June 18 you can contact Denise Houle (218) 878-2123.

## Min No Aya Win Human Services Blood Drive

Thursday, June 13th  
10 a.m.-2 p.m.  
Bus will be parked at the Health Fair  
Give Blood for a chance to win Minnesota Twins tickets!  
Contact Margaret Chiles to sign up! (218) 878-3790

## Heart Healthy Smoothie

Ingredients  
1 cup juice  
1 cup milk  
1/2 cup greek yogurt  
1 banana  
1 T chia seeds  
1/4 cup ground oatmeal  
1 handful spinach

1 handful kale  
1-2 cups of fruit (fresh, canned or frozen)  
Directions  
Add to blender and mix until everything is blended well. Then enjoy!  
Makes 2-3 smoothies each recipe.  
You can freeze extra in mason jars for later or put in fridge.  
Optional Ingredients — be creative  
1 tsp flaxseed  
1 tsp wheat germ  
1 scoop protein powder  
6-8 Ice cubes

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact Fond du Lac Community Health Services Community Nutrition Educator (218) 878-3764.

Concentrate the mind on the present moment. -BUDDHA

**YOGA**

Wednesdays | 12pm - 1pm | bring your own mat  
Lower Level Conference Room (enter door W1) at MNAW  
For more information, call 878-3795

Everyone welcome, regardless of fitness level or yoga experience.  
Yoga is a relaxing exercise that involves slow stretching movements that will increase flexibility and balance. Great stress reliever!

Fond du Lac Human Services Division | Community Health Services Department

**41<sup>st</sup> ANNUAL Fond du Lac Health Fair**

**MIND-BIMAADIZIWIN**  
~ A Healthy Life ~

**Thursday, June 13, 2019**  
**10 am - 2 pm**  
**Ojibwe School Gym | 49 University Rd**  
*Lunch 11 am for Elders*  
*Lunch open to everyone else at 12 pm until gone*

**Featuring**  
65+ Exhibitors | Interactive Booths | Blood Mobile | Outreach Activities

**Parking is encouraged at Food Distribution parking lot & designated community parking area.**

*Need a ride to the Health Fair?*  
Call FDL Transportation @  
218.878.7500

**Bring a non-perishable food item for the local Food Shelf for an extra door prize drawing ticket!**

There is a 5 ticket MAXIMUM for the amount of items brought in [e.g. if you bring in 30 items, you'll only get 5 tickets].

Brought to you by the Fond du Lac Human Services Division



# Community News

## Happy Birthday

Happy belated 10th birthday to **Desmond Defoe** (May 19) Love and miss you.

*Love, Mom and Kalina*

Happy 10th golden birthday **Ty Stiffarm** (June 10). We hope you have a wonderful day kiddo! We love you always!

*Love, Jake, Mom, Jordan, Mariah, Paeton, and Kawhi*

Happy birthday to **Andrew Reynolds** (June 17)

*Love, Mom, Dad, Gram, and all his siblings*

Happy birthday, **Heather Valcourt** (June 23)!

*Love you, sister! Xo*

Happy birthday to the best Husband and Dad around, **Quade Ojibway** (June 24), we love you!

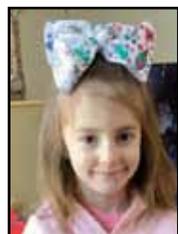
*Love, your wife and kids*

Happy birthday to the sweetest granddaughter's ever. Happy 1st birthday to our twin

Granddaughters **Asher and Brinley**

**Yrjanson** (June 28).

*Love, Grandma and Grandpa Brown*



Happy 5th birthday to our big girl, **Paisley Abramowski** (June 29), we love you so much!

*Love, Mommy and Daddy!*

Happy 5th birthday to **Paisley Abramowski** (June 29)! Uncle, Aunty, and your cousins love you so much and hope your birthday is magical!

*Love Uncle Jake, Aunty Brooklynn, and your cousins!*



## Happy Father's Day

Happy Father's Day to my awesome brother-in-law, **Kyle Valcourt!** *Love, from your sis*

Happy Father's Day to my large-headed brother, **Wes Bassett!**

*Love you, brother*

## Congratulations

Welcome back, **Judy Harper!** Congratulations! *Jamie*

## Emma Eileen Switzer

was born on April 11, 2019. She weighed 8 lbs 12 1/2 oz and 19 1/2" long. Emma's proud and adoring parents are



Morgan DeLille and Pete Switzer of Cloquet. Emma was born during the winter storm Wesley. We love you so much!

Congratulations **Sadie Buckanaga** for being awarded the Dare to Dream grant from the Ann Bancroft foundation. With this grant, Sadie's goal is to get voice lessons and pursue her singing opportunities. Dare to Dream Sadie, Way To Go!

## Thank you

The family of **Steve Tiessen** would like to thank the family and community for the support and love during our hardship. Steve put a great impression on the world he once lived in with his most creative way of showing he really cared. He sure had a strange way of showing it. A lot of people didn't really know how to take him, but one thing is for sure he was loved so much by his life partner Gwen and will be missed by many. Steve meant the world to Steven and Marella and all his grandchildren.

Miigwech with warm thoughts from the family of Steve Tiessen

## Obituaries

### Sadness to Laughter

On May 5, 2019, oldest sister Pat (Couture, Houle, Doolittle) Ells began her journey to the other side. At the Cremation Society on May 12, the final day for your soul to come to rest, there was a dedication. It was mentioned several times, you embraced your Native culture.

Thoughts came to mind. Did Grandfather make his presence, watching over your spirit? Was he saddened to see the absence of the Creator's gifts? No tobacco to burn, no sage to heal and no Miigizi. Did he sense your spirit unsettled? Did he know you left behind unfinished business?

Did Grandfather come to you and whisper do not be afraid, my grandchild.

I let those thoughts go. After the service, questions were asked of me "Where are the books? "Do you have any books? We need to read Grandfather's story."

Yes, I have books, in the trunk of my car. I was ushered outside by friends, acquaintances, waiting to buy Grandfather's Blood Memories and Unbroken Spirit books.

Did I sense a presence? Was it Grandfather or Pat? Maybe, this was sister's unfinished business here on Mother Earth.

I spoke of the selling to my brother Fred, his comment "Sis would have done the same thing. Her last day here, she celebrates selling Grandfather's books. Way to go, Sis!" Pat had the last laugh.

Grandfather waits. Did he reach and take your hand whispering, "You hurt, my grandchild. Come. You are not alone. I will help you. We heal together."

Did he look back at his three grandchildren and whisper "Gigawaabamin (see you later)"

**Neva Jean Mueller**, age 59, of Cass Lake Minnesota began her spirit journey on Monday, April 15, 2019 from



the Sanford Medical Center in Fargo, North Dakota surrounded by her family. She was born the daughter of Beverly Thompson and James Mueller on July 11, 1959 in Minneapolis, MN.

Neva was one of the most caring, loving and helpful women we knew. She would always go above and beyond to help any person that she met. Neva gave many people strength and guidance during their struggles in life. By helping others, it helped her gain strength and inner peace. Her favorite thing to do was spending time with family. Being with family gave her strength and happiness. She had a gift of touching people's spirits and many called her "sister" or "Auntie". One time when she was at an event, a person asked her, in a surprised manner, "How many nephews and nieces do you have?" She replied, "too many to count." It was always a great honor for her to have so many nephews and nieces. Not only was it an honor for her, but also for them and the whole family. Her extended family grew over the years and she always made time to listen to them when they needed her support. Her family has always been her medicine. Neva was always respectful of others and cared for them in any way she could, something Neva would love to see carried on.

She always said she was "The O.G." meaning the "Old Gramma".

Neva is welcomed to the spirit world by her parents; Beverly Thompson and James Mueller, daughters; Deena Budreau and Nina Roberts, brother; Daniel Olson and many more relatives. Those she leaves behind to



# Community News

cherish her memory are her sons; Robert (Renee) Budreau, Jr., Samuel (Randi) White and Anthony (Lena) White all of Cass Lake, brothers; Blaine (Vivian) Freeman, James (Melissa) Mueller, Dwaine (Gloria) Olson and David (Renee) Olson, sister; Rita (Elroy) Aune, step sister; Kathryn Graves, grandchildren; Shana, Josyaah, Drewrez, Jasmin, Tyrel, Najeh, Darryl Jr., Bryan, Shawn, Cammy, Devin, Derek, Eileen, Caise and Carter, great grandchildren; Jeremiah, Ariel, Matheo, Alvin IV and Serenity, numerous nieces, nephews and other family members.

Helping lay Neva to rest were Alden Fairbanks, Jr., Kyle Fairbanks, Sr., Richard Budreau, Jack Thompson, Steve Mrozik and Roy Aune. Alternate pallbearers were Nancy Kingbird and Jauquin Sargent. Her honorary pallbearers are all her great grandchildren, grandchildren, nieces and nephews, brothers and sisters, cousins and friends, her children and their spouses and her special friend.

**Cheryl Lisa Norcross A.K.A "Big C"**, 40, of Detroit Lakes, MN died unexpectedly in Wadena, MN on April 28, 2019. Cheryl Lisa Norcross was born on November 16, 1978, in Minneapolis MN, the daughter of



Douglas Norcross Sr. and Karen Whitebird. She attended Red School House and Heart of the Earth Schools before moving to Detroit Lakes, MN. In 1991, she then attended Detroit Lakes Middle School until moving to White Earth in 1996 where

she attended Waubun and Mahnomen High Schools. She had recently moved back to Detroit Lakes where she met the love of her life Patrick Foster. She worked for the Viking Hatchery and Walmart in Detroit Lakes.

Cheryl had a heart of gold and a good sense of humor. She loved joking around and playing Keno. She had a lot of love and respect for her family and friends. She was also happy to meet her relatives she never knew she had. She also enjoyed listening to music, joking around, and posting memes on Facebook. She loved all of her nieces, nephews, and friends dearly. She touched the lives of many, she was always willing to help out anyone. She could make anyone laugh when they were having a bad day. She had a heart of gold and a good sense of humor; she will be missed by many.

She is preceded in death by her father Douglas Norcross Sr. (2006), Brother Marcel Norcross (2003), Grandmother Maxine. Aunts; Sandra Bigbear, Katherine Bigbear and Mary Jane Cobenais, and her uncles.

She is survived by her special friend Patrick Foster of Wadena, MN. Her Mother Karen Whitebird of Cloquet MN, Sisters Valerie Whitebird of Cloquet MN and April Norcross of Detroit Lakes, and Brother Douglas Norcross Jr. of Detroit Lakes MN.

**Patricia Hope Ells**, peacefully went home to be with our Lord, on her 86 birthday, Sunday, May 5, 2019, surrounded by family.

Patricia was born and raised on the Fond du Lac Reservation in Cloquet, MN on May 5, 1933 to



Frederick and Theresa Doolittle. She was united in marriage to Earl Raymond Ells on October 5, 1948.

Patricia worked a variety of jobs as she was raising her children. She eventually earned her GED and went back to school to become an LPN.

Patricia was a member of Paine Presbyterian Church in Carlton, MN as well as a proud member of the Fond du Lac Band of Lake Superior Chippewa Tribe. She was very active in the Native community in a variety of ways including spearheading promoting and advancing Wisdom Steps. She also served as an elder advocate.

She was preceded in death by her parents; husband, Earl; daughter, Jacque Meredith Abrahamson; and siblings: Maxine Avervik, Kenneth Doolittle and Francis Gruba.

Patricia is survived by her children: James (Mary) Ells, Rev. Susan (Eugene) Connor, Julie Ells, Robin (Noreen) Ells, Rev. Charles (Shelly) Ells, Betsy (Scott) Follis and Major Retired Tedd (Jennifer) Ells; numerous grandchildren and great-grandchildren; siblings: Frederick (Julie) Doolittle, Jr., Sharon Shuck and Nancy (Jay) Cormier; as well as numerous nieces, nephews and other extended family and friends.

## Manidoo

By FDL Band member Mesko Gizhig

Travel near and travel far  
Come home know who you are  
You are bird and berry  
Rest your feet when you're weary  
Find my voice in your despair  
Listen close, I am everywhere  
Dip your feet in river's edge  
Relent, forgive, "all-in" a bet to hedge

When all alone, a manidoo  
When blind or down defending you.

Thunder, lightning, tree and leaf  
Seasons, sunsets, birth, change so brief

Sit and wonder, dream beyond the moon

Love will find your place very soon.

~ FDL Tribal member Mesko Gizhig

## FDL job listings

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

### FDL Reservation

- Substitute Teacher FDL Education On Call/Sub
- Cook Helper FDL Education On Call/Sub
- Secretary/Receptionist FDL Education On Call/Sub
- Reading Buddies FDL Education On Call/Sub
- Instructional Assistant FDL Education On Call/Sub
- Custodian FDL Education On Call/Sub
- Transportation Driver FDL Transportation FT/PT
- Nursing Assistant FDL Assisted Living FT/PT
- Recreational Aide 1, Sawyer SCC FT/PT
- Recreational Aide 2, Sawyer SCC FT/PT
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW, CAIR & Mpls On Call/Sub
- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT

- Transit Driver FDL Transit FT/PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/PT
- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT
- Black Bear Casino Resort
- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal
- Golf Concession Sales Rep FT/PT Seasonal
- Golf Cart Attendant PT
- Slot Attendant FT
- Custodial Associate FT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative PT
- Restaurant Wait Staff FT/PT
- Hotel Laundry Worker/Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT
- Fond-du-Luth
- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender FT/PT
- Cage Cashier FT/PT
- Players Club Representative FT/PT
- Slot Attendant FT/PT
- Slot Technician FT/PT
- FDL Minneapolis listings
- Clinical Pharmacist On Call
- Pharmacy Technician On Call/Sub

# Ode-imini-giizis – Strawberry moon – June 2019

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

BLH: Brevator Language House, CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen P owwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health Fair June 13 10 a.m. FDLOJS	Language Camp June 14- 16 Kiwenz	MammoBus June 18-19 8 a.m. CAIR	Enrollee Days June 21-22	Men's (June 20-21 BBCR) and Women's (June 25-26 CFC) wellness gatherings	Tribal Center closed June 23	Come & Swim & use the gym Plant giveaway 8 a.m. FDLRM
2	3	4	5	6	7	8
Come & Swim & use the gym	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Immersion Language table 5 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Estate planning 10 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Language 5 p.m. SCC Last day of school	Come & Swim & use the gym
9	10	11	12	13	14	15
Come & Swim & use the gym Elder movie morning 11 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Immersion Language table 5 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Caregiver support group 12 p.m. CHS	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Health Fair 10 a.m. FDLOJS  Blood drive 10 a.m. FDLOJS  Get Fit 12 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Language Camp Kiwenz	Language Camp Kiwenz  Veteran's Golf Tournament 7:30 a.m. BBCR  Come & Swim & use the gym
16	17	18	19	20	21	22
Language Camp Kiwenz Come & Swim & use the gym Family movie morning 10 a.m. Father's Day	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Immersion Language table 5 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Mammobus 8 a.m. CAIR  Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Parenting second time around 1 p.m. CHS	Mammobus 8 a.m. CAIR  Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC Men's Health Gathering 5 p.m. BBCR AA Support 6 p.m. CCC	Enrollee Days Signup 8 a.m.-8 p.m. Men's Health Gathering 8:30 a.m. BBCR Language 5 p.m. SCC	Enrollee Days Signup 8 a.m. until drawings No Wisdom Steps
23	24	25	26	27	28	29
Tribal Center Closed Elder movie morning 11 a.m.	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Immersion Language table 5 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Women's Wellness Gather- ing 8 a.m. CFC Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW	Women's Wellness Gather- ing 8 a.m. CFC Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Sobriety Feast 6 p.m. CCC	Get Fit 12 p.m. CCC Minwaanjigewin 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Language 5 p.m. SCC Gabriel Iglesias 7 p.m. BBCR	Come & Swim & use the gym
30	24	25	26	27	28	29
Come & Swim & use the gym	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Immersion Language table 5 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC	Women's Wellness Gather- ing 8 a.m. CFC Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW	Women's Wellness Gather- ing 8 a.m. CFC Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Sobriety Feast 6 p.m. CCC	Get Fit 12 p.m. CCC Minwaanjigewin 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC	Language 5 p.m. SCC Gabriel Iglesias 7 p.m. BBCR	Come & Swim & use the gym

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