

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



This billboard near downtown Duluth is a collaboration between the American Indian Housing Organization (AICHO), Minnesota Department of Health, St. Louis County Public Health, Ivy Vainio, Portia Johnson, Ricky DeFoe, and many others who are encouraging everyone to get vaccinated against COVID-19 as soon as possible. Getting our communities vaccinated is the most effective way to end this pandemic. Photo courtesy of Ivy Vainio and Lamar.

In This Issue:

Local News.. 2-3
 RBC Thoughts 4-5
 etc 6-9
 Laughing gas and the old village of Fond du Lac.. 10
 BBCR events 11
 Health News 12
 13 Moons 13-14
 Community News 15-16

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

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

Local News

Sign-up for spring spearing/netting

Fond du Lac Resource Management Division (FDL RMD) will be using the same plan for distributing permits in 2021 as we have the last few years.

First thing in the morning, RMD staff will be sending out a mass email/text to all individuals that register for spearing ahead of time (register using the link on the FDL website).

This daily notification will identify the lakes and number of permits available for that night. Band members that want to be included in the daily drawing can either respond to the email or call in to the RMD office ((218) 878-7155 or on weekends at (218) 721-8317) by no later than 11 a.m.

Band members that do not have email may

still phone in on a daily basis to find out which lakes are open, and if interested, may request to be in the daily drawings. RMD staff will have a daily drawing to distribute available permits to all of those that can participate.

RMD staff will notify the winners daily by 1 p.m. If you don't hear from staff by 1 p.m., you were not drawn for that night. RMD will not be keeping a waiting list for the next evening's activities. Winners can pick up their permit at the boat landing. Conservation Officers will have a list of all Band members that have been issued permits for the evening.

To sign up for the daily text or email notification visit, <https://tinyurl.com/fl1rpjxlg>.

Gitigaan classes start online on March 2

The Gitigaan Program will host 2021 classes online.

From gardening tips to seed keeping to wild foods, topics will focus on Tribal food Sovereignty. Gitigaan means garden in Anishinaabemowin.

Classes are free and open to everyone. They will be held via Zoom 5:30-6:30

p.m. every Tuesday. For those that may need help with the online format or using Zoom, staff will be available at 5:15 p.m. prior to each class to assist.

The first class will cover "Pests & Diseases" with Lucas Humblet, Oneida, of Dream of Wild Health and Awlyahsi·yó· Garden, on Tuesday, March 2, 5:30-6:30 p.m.

- March 2 – Pests & Diseases

- March 9 – Cooking is a SNAP First 15 to register receive meal kit
- March 16 – Invasive Plant Species
- March 23 – Soil Health for Fruit and Vegetable Growers
- March 30 – Seed Starting



For the full schedule, view the accompanying flyer.

Registration is required at <https://tinyurl.com/4e75usz6> (type the URL into your web

browser and it will take you to the online registration form). Once registered, you will receive a Zoom link to attend the class.

If you have questions, please contact Season Extension Specialist Kaitlyn Walsh at 218-348-5281 or kaitlynwalsh@fdlrez.com. Mark your calendars for

this year's Plant & Seed Giveaway for tribal members on Saturday, June 5. Seeds will be available starting in April.

Tilling is being offered this year. The Gitigaan Program provides staff

and a tiller to till your home garden plot. To receive seeds for early starting or sign up for tilling, contact Jeanne Smith in the Planning Division at (218) 878-2642 or jeannesmith@fdlrez.com.

2021 Virtual Gitigaan (on Zoom)

Seeds will be available starting in April

Sign up for Tilling with
JeanneSmith@fdlrez.com
or 218-878-2642
By
May 10th, 2021

Plant Packaging
June 4th, 2021

Plant Give Away
June 5th, 2021
8:00—Noon

Schedule of Classes
Registration Required
<https://tinyurl.com/4e75usz6>

March 2nd Pests & Diseases
March 9th Cooking is a SNAP
March 16th Invasive Plant Species
March 23rd Soil Health
March 30th Seed Starting
April 6th Seed Saving
April 13th Cooking is a SNAP
April 20th TBD
April 27th TBD
May 4th Raising Chickens
May 11th Cooking is a SNAP
May 18th Pollinators
May 25th Building Raised Beds
June 1st Wild Foods
June 4th Plant Packaging
June 5th Plant Giveaway

Contact the Planning Division
(Kaitlyn Walsh) at
218-348-5281 or
KaitlynWalsh@fdlrez.com for more information or with questions.

Nahgahchiwanong Dibahjimowinnan

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

TABLE of CONTENTS

Local News.....	2-3
RBC Thoughts	4-5
etc	6-9
Laughing gas and the old village of Fond du Lac.....	10
BBCR events.....	11
Health News.....	12
13 Moons	13-14
Community News	15-16

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

Why the COVID-19 vaccine is safe

Just yesterday the World Health Organization (WHO) approved the Emergency Use Authorization (EUA) for the AstraZeneca/Oxford COVID-19 vaccine. With multiple vaccines in circulation after receiving record times for approval, many may be wondering about its safety.

The many vaccines around the world, the WHO reported that nearly 60 vaccines are in clinical development with 170 more in pre-clinical development. These vaccines however, haven't taken any shortcuts. As the BBC is reporting, even with the dire need for a vaccine, none of the companies or countries took any shortcuts in order to get their vaccine out first.

Tests on large numbers of volunteers - about 40,000 in the case of Pfizer-BioNTech, the first to be approved in the UK.

Half are given the vaccine and the other half a placebo jab. The researchers and participants are not told which group is which, until after the results, to avoid bias.

All of the work and findings are checked and verified independently.

The COVID vaccine trials have happened at breakneck speed, but they haven't skipped any steps.

The AstraZeneca/Oxford COVID vaccine trial was voluntarily put on hold at one stage to investigate why one participant - out of many thousands - had died. It restarted once it was clear it was not related to the vaccine.

While many will experience side-effects that mirror the symptoms of COVID-19, those are merely just showing that your body is responding to the vaccine. Our bodies are simply learning how to fight the spike proteins similar to the SARS-CoV-2 virus that is responsible for this pandemic. The vaccine contains no COVID-19 strains, so it is impossible to get COVID-19 from the vaccine.

The COVID-19 vaccines from Pfizer/BioNTech and Moderna feature a genetic code known as messenger RNA, or mRNA. mRNA vaccines are relatively new in terms of being used, but they've been studied for decades according to our

own Dr. Charity Reynolds, FDL Medical director.

"The mRNA this is the first type of vaccine that's being shown to the public but it's been researched, it's had decades of research before for this type of vaccine, specifically for other viruses," Dr. Reynolds said back in December. Non-mRNA vaccine, most other vaccines, put a weakened amount or an inactivated germ in our bodies but that is not the case with mRNA vaccines according to the Center for Disease Control and Prevention (CDC).

They teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

With not many mRNA vaccines currently in use outside of the COVID-19 vaccines, many have been paying attention to any negative side effects they may have heard about. One that stands out in particular is the allergic reactions we heard about happening with a few nurses in the United Kingdom. But as the BBC reports, that shouldn't be a deterrent from anyone getting the vaccine.

Allergic reactions to vaccines are rare. For any approved vaccine, the ingredients are listed. [<https://www.medicines.org.uk/emc/browse-medicines/>] The Medicines and Healthcare Products Regulatory Agency (MHRA) says there have been serious but treatable allergic reactions in a very small number of people given the Pfizer-BioNTech vaccine. As a precaution, it says people with a history of significant allergic reactions to any of the ingredients in this vaccine should not currently have this vaccine.

Be aware that anti-vaccine stories are spread online through social media. These posts are not based on scientific advice (or blend facts with misinformation).

This pandemic is dangerous on many levels, so the best way for us to stay safe is to make sure the information we are using is from viable sources like doctors,

medical professionals, and disease experts. So if you hear something on social media or from someone you meet in person, make sure to research the claims yourself before you immediately believe what is being said.

Fond du Lac has done such a good job during this pandemic curbing the spread of COVID-19, having only had 196 cases

in a year. The next step to limiting the spread of COVID-19 is to get yourself vaccinated as soon as you can.

Sources: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines>, <https://www.bbc.com/news/health-55056016>, and <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

COVID-19 VACCINATION CLINIC FOR AGES 18+

Updated 02/02/2021

Community vaccination clinics are open to ELIGIBLE patients age 18+.

Appointments for the COVID-19 community vaccination clinics can be made by calling
218-878-3791 or 218-878-3732.

Attendees will be screened for COVID-19 symptoms and social distancing rules will be maintained throughout the event.

Masks Required.

FDL OJS Gym at 49 University Road, Cloquet MN

Tuesdays (until further notice) | 8:30am - 2:30pm

Thursdays (until further notice) | 12pm - 6pm

**Must be pre-registered and have a confirmed appointment.
NO WALK-IN'S.**

Limited number of vaccines available.

All patients must be registered with FDL Human Services to receive services including vaccinations.

- Fond du Lac Enrollee
- 1st & 2nd Generation Descendant of FDL Enrollee
- Any Enrolled Member of a US Federally Recognized Tribe (must reside within FDL Service Area)
- 1st & 2nd Generation Descendant of US Federally Recognized Tribe (must reside within FDL Service Area)
- Non-Indian Household Member (must reside within FDL Service Area)

Patients who are not registered with FDL Human Services should contact (218) 879-1227 or visit www.fdlrez.com for registration information.

Vaccinations for Fond du Lac employees who do not fit into the above categories will be managed separately. More information will be provided to supervisors at a later time.



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

RBC Thoughts

Boozhoo,

I have been keeping up with the news on how the COVID 19 vaccine is being distributed throughout the nation by the states and local units of governments. The plan to disburse the vaccine to their citizens seems to have hit a snag. Again, I wish they would take a lesson as to how we implemented and vaccinated our citizens. We received the vaccine on Wednesday morning and had some of our essential workers ready and vaccinated that afternoon. The established priority list was ready and Band members were called to come in to receive their shot. As we have completed our Elder priority list we have gone on to our next level and continue to vaccinate at the clinic. We have also implemented the use of a community clinic at the Ojibwe School where all federally recognized Band members age 52+, use our clinic services and live within our service area are able to receive their vaccine if they choose to. The Band will be hosting more of these clinics that will include all FDL Band members 18+ that choose to be vaccinated. If you are interested please keep an eye out for times and locations or call the clinic for more information.

Winter has returned with a vengeance. We recently had several days below zero for a high temp during the day and up to -30 at

night. The winds had been up to 20 MPH for wind chills of -50 below. We are approaching records for cold that have stood since 1912. This is all so strange because we had a January that was the second or third warmest for us since records have been kept. I hope you and your family have remained warm and well.

This will be our second State of the Band address via zoom. You should have received your copy of the document if you requested it. The presentation looks nice and has lots of information on all of our departments. I hope you take the time to read the document as you will get a deeper understanding of the programs and services that are offered through the reservation. If you are interested in any of the services that are mentioned please contact me and I will assist you through the paperwork that needs to be filed.

I hope that you and your loved ones have remained safe and healthy through this pandemic. It has been a long journey filled with lots of danger for all of us. There is a light at the end of the tunnel and it is sunshine that will be shining down on us.

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

Gigawaabamin.



Ferdinand Martineau

Cloquet News

Hello all

I hope you are all doing well. It has been another month of mostly getting caught up on some of the CARES projects here at FDL. The two Tribal center expansion projects are complete, they will house our IT staff, legal department, and finance and operations staff. The Cultural center projects are also complete. This consists of two large buildings one for an educational shop and one for storage. And the language house addition, also known as Grandma's house, is winding down.

We installed backup generators for our Elder buildings and other critical infrastructures, these are now up and ready for use. These are critical projects that ensure the care and safety of our community, staff, and employees.

It is unfortunate but due to the pandemic, our community centers closed down March 17, 2020 and will remain closed until further notice. We did however,

with the hardwork and dedication of our staff, continue our Elderly nutrition and food distribution programs throughout this pandemic.

On a different note, our natural resources program is in the initial stages of preparation for the spring fishing season. I believe the harvest quota and associated



Wally Dupuis

rules and regulations are going to be proposed for approval soon so members can get signed up and prepared for the spring harvest. Please watch the FDL website for details.

I just want to again thank each and every one for their patience and dedication to FDL over the last year, helping us get through these trying times. Without your dedication we surely would not have been successful in meeting the needs of our community. THANK YOU.

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

Residents around the pipeline evacuated

Early afternoon Friday, a report of a mysterious package led authorities to evacuate residents near Ditchbanks Rd. The mysterious package had been reported as thrown from the window of a car near the site of the Line 3 pipeline protest.

The package, initially believed to be explosive, was determined

to contain no explosives, and residents were allowed to return to their homes Friday evening.

The incident occurred shortly after protesters were asked to leave the area. Authorities are looking for a 2013 silver or light gray Toyota Camry or Corolla with a Virginia state license plate, UEU9422.

Saturday, after order had been

restored in the area, the Fond du Lac Reservation Business Committee released the following statement.

Yesterday, pipeline protestor threw a potential explosive device onto a pipeline construction site on the Fond du Lac Reservation. The incident created widespread public safety concerns.

The Reservation Business Com-

mittee, as the governing body of the Fond du Lac Band of Lake Superior Chippewa, recognizes that not everybody agrees with its decision to enter into a right-of-way agreement with Enbridge for 13.2 miles within the borders of Fond du Lac. The Reservation Business Committee's decision was carefully considered and was made through the Band's

sovereign authority. We insist that outside protestors respect that authority.

Source: <https://www.duluthnewtribune.com/news/crime-and-courts/6897646-After-suspicious-package-Fond-du-Lac-Band-asks-outside-protesters-to-respect-its-approval-of-Line-3-as-authorities-look-for-info-on-car>

RBC Thoughts

Brookston News

Boozhoo,

This is my 2021 State of the Band Report given on February 18, 2021:

I would like to welcome all of the Band Membership that joined us today. Like many have stated, 2020 has been a very trying year for many. We started the year off under what many had thought as normal conditions of celebrating in the New Year and what was yet to come in the new year. We started off with our Gitchi Manidoo Giizis Powwow, one that would be the last for some and one that so many of us have not been able to participate in since. We also celebrated our small steps forward with recognition of our existence in local communities by installing our Band Flag in Cloquet and Solon Springs Schools. We welcomed Senator Smith and surrounding health administrators to our CAIR facility to discuss healthcare in the rural setting. What we didn't see, was what was just over the horizon. One that would bring a virus from across the oceans to our front door, one that would bring tragedy in taking 3 promising young lives in the beginning of the year and another at the end the year, leaving our communities asking "how could this happen?". Within the very few months of 2020, we were left in disbelief as many of our programs and enterprises closed. It is for times such as this that we have to give thanks to all of our strong, brave, resilient ancestors that came before

us. It is with their teachings of love, wisdom, bravery, humility, honesty, truth and respect that would prepare us all for the year to come. We would see OUR people go back to these teachings by showing the love for one another in making sure that we had our medicines given to us by the Creator in order for us to pray with and smudge our families. The renewed sense of gathering food such as sugar/syrup, fiddleheads, Wild Rice and wild vegetables. Some went to the lakes for spring harvest and brought back what they could to share with the communities, some went to harvest animals to provide to families and communities. Many not asking or wanting anything in return. We would see our households expand by including our neighbors. WE made sure they had someone to run to the store for supplies and/or shared our supplies while they remained in quarantine. We checked on our Elders and made sure they had what they needed, so they didn't compromise their health and safety by leaving their homes to get medication and supplies. We had many of our Band Members and community members make masks for our communities and many were sent to the Navajo Nation. We had many staff members that continued to work through the pandemic from our Finance, Planning, Human Services, Human Resources, Law Enforcement, Education, Elderly Nutrition, Food Distribution, Transportation, Transit, Natural Resources, Public Works, Fond du Lac Gas & Grocery,

Propane, Sand & Gravel, community center staff and limited staff securing our casinos. They worked in order to keep Fond du Lac running to administer over \$45M in COVID grants, some used for food boxes for families, to assist in administering the heat/power assistance programs. I would like to say Chi Miigwech to all the Band Members and staff that assisted us in 2020. I would like to also say Chi Miigwech to my colleagues on the Reservation Business Committee for participating in the thousands of hours of Zoom meetings. It is with this "All in this together" effort that WE were able to weather the storm so far. I would also like to offer my condolences to all the families that have lost loved ones over the past year as you are all in our thoughts and prayers.



Roger M. Smith Sr.

With all the challenges of 2020, there were some very great accomplishments. We became stronger as a people as we all came together for one another and our communities. Some, (me included) were blessed to see our first grandchildren, welcomed their first child, welcomed new daughter/son in laws, renewed health through medical procedures, new horizons for graduates. We completed the MMIW Task Force Final Report to the Governor and the MN Legislature. We improved upon our relationships with surrounding local governments, although a lot of work still needs to be done. We were able to complete needed projects in the District with a safe walking trail, a heated garage to advance our food sovereignty

programs for all Districts. Aaniin Broadband throughout the District. We are closer to the starting of construction of the Regional Drinking Water Project. Generators for the community centers and other critical infrastructure. We have used CARES funding for building expansion projects that brought jobs and our ability to sustain any future emergencies and challenges to our communities.

The coming challenges for this year are by all means not small. We have a new executive administration that we will look forward to working with and to see where Indian Country fits in. So far, I can say that I enjoy hearing that when they talk of policies, funding and the future they make it a point to include Tribal Nations in their comments as participants. We will still have recovery of pre-2020 revenue levels of some of our enterprises, but also welcoming our customer base back. We will continue to lobby for our community center to become a polling site for future state and national elections.

In closing, I am very humbled to have been re-elected to serve as your District III Brookston Representative. It is with your everyday support for this position that WE are all successful. Chi Miigwech!!!

Roger M. Smith Sr
District III, Brookston Representative
rogermsmithsr@fdlrez.com
(218) 878-7509

Etc

Strength in biboon

By Alexandera Houchin

**Boozhoo,
indanawemaganidoog.**

I have learned that biboon is a time for repairing, a time for storytelling, and a historically harsh time in our ancestors lives. I've found great personal strength in biboon, as the discomfort that comes from being tested by the elements feels more like a too-tight hug from an auntie than the encroachment of the constant "you don't belong here" pressure I feel from most of society.

I always have felt connected to this place. My home, Nah-gahchiwaanong, even though it took me until I was in my late twenties to find my way back. After a lifetime of disconnect from everything Anishinaabe, I've been working on giving without expectation. I'm not that good at it, but I still try.

I'm reclaiming a self that I'd been denied. To me, this process of reclamation looks like me placing my feet (or wheels) firmly in spaces where the history of all those before us got so watered down. It's the process of riding a bike on trails named after humans, of running on roads with names that don't make sense where I begin to become the truth instead of accepting what is told to me as the truth. It is only in place, in raw connection with aki, that I begin to even comprehend my role in this life. The rolling hills, broken cliffs, and vast stretches of nibi keep me humble. It's in this humility that I remember; I am human, and I am flawed, but I

can continue to try.

A few years back, I met Ben, whom I sometimes call Sweeper. He's always sweeping all the things. We had both ridden that really long route from Alberta, Canada to the Mexico border in 2018. The following winter, he set out to ride the same route we rode the first weekend of February this year. This was my first time riding the whole route. I asked Sweeper how the four of us riding even came to fruition.

He told me that, early in 2019, he wrote a poem for John Beargrease (the Shinnob who delivered mail to the communities between Grand Portage and Duluth in the winters of the late 1800's). He'd made it into a print that he placed into an envelope. He set out to ride the route of the John Beargrease Sled Dog Race.

"I carried these 'letters' with me as I pedaled. I handed them out, as mail, to people I encountered along the way. I wanted to begin to bridge the different communities utilizing the trail in the winter; snowmobilers, mushers, and winter cyclists. It was this way that I learned when you offer someone a gift, they share a part of themselves with you by accepting the gift. We become related. I only know what I have read about John Beargrease which isn't much. I know that his original delivery route mostly followed what became Highway 61 and that is part of the reason he stopped running his route was because they put in Highway 61 as a major thoroughfare."

Sweeper had spent some

years living in Grand Marais when he was just a young father. His knowledge of the secret trails that don't exist on maps intrigued me. It instilled a deeper trust in him for me.

And then he said, "I notice the red squirrels stashing seeds from the pines. I see; the trees don't decide how many seeds the squirrels can take, they just make the seeds. And if a squirrel forgets where they put the seeds, those seeds do not go to waste, they become new trees."

When the dysfunction of life clouds our reality, making intentional time to reconnect with our relatives provides me the opportunity for deeper introspection. I think I can't possibly pedal my bike one more mile and then the trees tell me stories of John Beargrease and I too, endure.

Though much of the route is called the C.J. Ramstad/North Shore State Trail, and isn't the traditional route that John Beargrease used to deliver mail, the dogsled race honors his legacy. Or at least it attempts to. The act of continuing mail delivery throughout the winter played a key role in the settlement of the North Shore communities.

Traversing miles and miles of 1854 Treaty Territory floods me with emotion. The legacy of broken treaty agreements lives in my bones. I at least hold on to the knowledge that I was loved before I was even born; that has been made clear to me through the ways in which my ancestors made treaty agreements.

And I wonder how many of the spectators, volunteers, race

organizers, snowmobilers, or residents grasp the significance of the place that is the Arrow-head?

I found myself doubting that as I was once asked where my "permit" was. Where is your permit? I thought, as I envisioned flashing my 1854 card. Another person told me to move as there was a dogsled race happening. Did he know that I had ridden my bike from Duluth to the Sawbill checkpoint, in a 2-day-long snowstorm, to spend 12-hours helping each and every team

of dogs find their rest spot? Duh. I knew there was a race happening; I was part of it. We continued along the route, on our bikes, carrying everything we needed all the way to our relatives at Grand Portage.

I don't know if they will ever see me. I do know, though, that indanawemaganidoog do. By moving through our homelands, slowly, on a ditibiwebishkigan, asema in tow, I'm showing all of our ancestors that I know what they endured to preserve my ability to do, as Anishinaabe do.



Etc

Honor Student Quinn Danielson nominated for The Congress of Future Medical Leaders

Quinn Danielson, a freshman at Cloquet Senior High School and a member of Fond du Lac Band of Ojibwe and daughter of Katie and Dan Danielson will be a Delegate to the Congress of Future Medical Leaders on March 20 and 21, 2021.

The Congress is an honors-only program for high school students who want to become physicians or go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country interested in these careers, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

Quinn's nomination was assigned by Dr. Mario Capecchi, winner of the Nobel Prize in Medicine and the Science Director of the National Academy of Future Physicians and Medical Scientists to represent Cloquet Senior High School based on her academic achievement, leadership potential and determination to serve humanity in the field of medicine.

During the two-day Congress, Quinn Danielson will join students from across the country and hear Nobel Laureates and

National Medal of Science Winners talk about leading medical research; be given advice from Ivy League and top medical school deans on what to expect in medical school; witness stories told by patients who are living medical miracles; be inspired by fellow teen medical science prodigies; and learn about cutting-edge advances and the future in medicine and medical technology.

"This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially. Focused, bright and determined students like Quinn Danielson are our future and she deserves all the mentoring and guidance we can give her."

The Academy offers free services and programs to students who want to become physicians or go into medical science. Some of the services and programs the Academy offers are online social networks through which future doctors and medical scientists can communicate; opportunities for students to be guided and mentored by physicians and medical students; and communications for parents and students on college acceptance and finances,

skills acquisition, internships, career guidance and much more.

The National Academy of Future Physicians and Medical Scientists was founded on the belief that we must identify prospective medical talent at the earliest possible age and help these students acquire the necessary experience and skills to take them to the doorstep of this vital career. Based in Washington, D.C. and with offices in Boston, Mass., the Academy was chartered as a nonpartisan, taxpaying institution to help address this crisis by working to identify, encourage and mentor students who wish to devote their lives to the service of humanity as physicians and medical scientists.

When not in school, Quinn is a Cloquet Lumberjack and participates in basketball and volleyball. In the off-season, she plays basketball for the Minnesota Stars, an Adidas sponsored AAU basketball team in the twin cities. She also enjoys baking, hanging out at the lake and being with her friends and family.

For more information visit www.FutureDocs.com or call 617-307-7425.

Fond du Lac Gas & Grocery's monthly specials

Sales started Feb. 12 and run thru March 19, 2021

FERRERO
Tic Tac Mints
2/\$2.29
1 OZ

GENERAL MILLS
Gardetto's
2/\$3.99
4.75 OZ - 5.5 OZ

M&M/MARS
King Size Snickers
2/\$3.33

EL MONTEREY
Tornados
2/\$1.89
3 OZ

HOSTESS
Bakery
2/\$2.50
2.55 OZ - 5.5 OZ

ARIZONA
Beverages
79¢
23 OZ

Etc

Madweyaashkaa: Waves can be heard debuts during 4th annual illuminate the lock

The 49-foot tall chamber of Upper St. Anthony Falls Lock and Dam will come alive again with a winter program of large-scale projection and sound. Madweyaashkaa: Waves Can be Heard by Duluth-based artist Moira Villiard (Fond du Lac Band of Ojibwe direct descendent) celebrates the resilience of Indigenous women on a spectacular scale. An animation projected onto the 400 x 49 foot wall of the Upper St. Anthony Falls Lock and Dam is synced with a soundscape featuring music by Lyz Jaakola (Fond du Lac Band of Ojibwe) and a recorded narrative by Dakota/Ojibway First Nation elder Millie Richard. Viewers will also find small video projections with flickers of imagery from the main video distributed around the lock.

With images of the Grandmother moon (Nokomis), fire, earth, water, and the jingle dress dance entwined in swirling colors, the piece will explore themes of homecoming and finding connection within ourselves to culture, to ancestors, and to nature, no matter how far away we may some-

times feel. From an Ojibwe perspective, it is as a reminder that Nokomis is always around, an Elder always ready for us to reach out and willing to hear what's in our hearts.

"This is my first creation using animation as the main medium, and it's really wild and humbling to think that it's going to debut on such a large and public surface. I've really been honored to work with so many wonderful folks to bring this immersive experience to life, especially during such a chaotic personal and societal moment in time. I sincerely hope the piece literally illuminates a message of hope and clarity for whomever needs to hear it," said Moira Villiard

Check and Connect Mentor

Job Description: Carlton School District is seeking a Check and Connect Mentor for Native American students in grades 6-12. Check & Connect is an intervention used with students who show signs of disengagement with school. The core of Check & Connect is a trusting relationship between the student and a caring, trained mentor who both advocates for and challenges the student. Mentors function as liaisons between home and school and strive to build con-

structive student-family-school relationships. Training will be provided. This is an 8 hour/day position.

Desired Qualifications: Native American preference. Prior experience working successfully with youth, preferably in a school setting. Essential Skills: understanding of barriers and essentials for school success, organization, reliability, effective oral and written communication skills, flexibility, ability to maintain positive relationships with students, parents/guardians, and school staff.

Wages: Dependent on qualifications. This position is funded by the Achievement & Integration program.

Application: Please submit a letter of interest and resume to Geri Thompson, Carlton School District, P.O. Box 310, Carlton, MN 55718 or email, gthompson@carlton.k12.mn.us.

Closing Date: Until filled.

Carlton is located 20 miles southwest of Duluth off of interstate 35, Carlton High School serves 230 students in grades 6-12. Carlton provides 1:1 blended learning for all middle/high school.

Carlton Independent School District 93 is an Equal Opportunity Employer.

COOKING IS A SNAP MONTHLY VIRTUAL COOKING CLASSES



Gitigaan & MNAW Nutrition Education Program

Registration required one week prior, first 15 receive free meal kit. Ingredients for each recipe are included in the meal kit to be picked up at No'erononigamig (Cannery) 960 Cary Road prior to class.

*Registration required each month

Cooking is a SNAP is a culinary nutrition education program that teaches skills for adults to achieve healthier living on a budget. Through hands-on practice, participants acquire cooking, food preparation, and food safety skills. By the end of the course you will:

1. Eat more fruits and vegetables.
2. Increase confidence to plan and prepare meals at home.
3. Move 30 minutes a day, most days of the week.

Free Meal Kit Provided

MONTHLY ON TUESDAYS 5:30 – 6:30 PM

MARCH 9
APRIL 13
MAY 11

JUNE 8
JULY 13
AUGUST 10

SEPTEMBER 14

*TO REGISTER PLEASE EMAIL:

Elizabeth McLaughlin
Community Nutrition Educator
elizabethmclaughlin@fdrez.com

This resource was funded by USDA's Supplemental Nutrition Assistance Program – SNAP – with funds received from and through the Minnesota Department of Human Services. This institution is an equal opportunity provider.



Fond du Lac Human Services Division COVID-19 Vaccine Eligibility Requirements

Patients must meet one of these eligibility requirements:
Not required to live in the service area

- Fond du Lac Enrollee
- 1st & 2nd Generation Descendent of FDL Enrollee
- Fond du Lac Employees
- Fond du Lac Enrollee Household Members (non-Indians included)

Or

MUST be living in the Fond du Lac Service Area AND:

- Any Enrolled Member of a US Federally Recognized Tribe
- 1st & 2nd Generation Descendent of a US Federally Recognized Tribe
- Household Member of the above (non-Indians included)

Non-Indian household members must provide proof of residency for a period of at least 30 days prior to receiving services.

Fond du Lac Service Area includes Carlton County, and some of Southern St. Louis County.

If you are unsure if your address is within the service area, please contact FDL Human Services Registration at (218) 879-1227.

Patients who are not registered with FDL Human Services should contact FDL Human Services Registration or visit www.fdlrez.com for registration information and forms. Completed registration forms can be emailed to hsdregistration@fdrez.com.

To make a vaccine appointment, call 218-878-3791



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

Etc

Cancer
**SURVIVORSHIP
CONFERENCE**

Join us at this free *virtual* event on
Saturday, April 17, 2021

Registration is open at www.z.umn.edu/SurvConf

Presented by:



Masonic Cancer Center
UNIVERSITY OF MINNESOTA
Immunology Center (Immunology
to Biomedical Cancer Institute)



Participants who attend all portions of the course will be awarded 3.5 ANCC contact hours. Partial credit will not be awarded.

Thank you to our supporters:



Find a full list of supporters and exhibitors at www.z.umn.edu/SurvConf

**LEGAL NOTICE –
MARCH 2021**

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

BAND MEMBERS WITH UN-CLAIMED PER CAPITA ACCOUNTS:

BLACKWELL, Mary Therese
CASSIDY, Denise
CICHY, Gerard
CICHY, Leslie
COUTURE, James A.
DEFOE, Jackie Ann
DICKSON, Madonna R.
DURFEE, Thomas
FIOLEK, Bernice
FRIEDMAN, Ann Lorraine
HILPIPRE, Jean M.
KLASSEN, Llorra A.
LAFAVE, Loren James
LAPRAIRIE, Robert
LEE, Patricia J.
MARRONE, Elizabeth Ann
*MARTIN, Robert M. Jr. (*1st

published February 2021)
MARTIN, Travonti John
MARTINEAU, Vincent Roy
MARZINSKE, Larry
OLSON, Donald James
OLSON, Emmanuel Samuel
PAPPAS, Christopher K.
RUSSEAU, Cordell George
SAVAGE, Mark
SHABAIASH, Kevin L. Jr.
*SIMON, Stella
SJOLANDER, Janet
SOULIER, Gary
TIESSSEN, Melissa Lee
WESAW, Joze R.
WILEY, Roxanne Marie

thrivent



Your Money, Your Goals

Thursday, March 4th @ Noon and 5:00pm

Make your Money Goals Happen

Do you know the first step to achieving your dreams?

Whether you want to reduce debt, boost your credit score or invest for retirement, attend **Your Money, Your Goals** and learn how to set smart financial goals to help achieve your dreams

- Learn how to set specific, measurable and achievable goals
- Overcome the pressure to spend and avoid upending your goals
- Get a step-by-step approach to reduce debt and boost your credit score

Thursday, March 4th 2021
12:00 pm □ 1:00 pm
Zoom

Thursday, March 4th 2021
5:00 pm □ 6:00 pm
Zoom

Registration Required for Zoom Link

Call or E-mail Jeanne Smith at 218-878-2642 or JeanneSmith@fdlrez.com

Class hosted by Christopher Henagin,

Christopher graduated from the Fond du Lac Ojibwe School in 2005 and attended the Fond du Lac Tribal and Community College receiving his AA in 2007. From there he completed his Bachelors from the College of St. Scholastica and is now a Financial Associate with Thrivent Financial Northland Region.



They learn from watching you...

Be Active

and your kids will too!



This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP
Fond du Lac Human Services Division | Community Health Services



They learn from watching you...

**Eat More Fruits
and Veggies**

and your kids will too!



This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP
Fond du Lac Human Services Division | Community Health Services



Laughing Gas and the Old Village of Fond du Lac

Research by
Christine Carlson

Duluth Natural Gas Company

This is a story about the Duluth Natural Gas Company. This company was established around 1887 by Gridley and Mishler from Duluth.

Duluth, MN – In January 1888 the manager of the Duluth Natural Gas Company absconded with about \$2,000 of company money. Word is that manager Charles Campbell left for Chicago.

Years Later and the Rest of the Story

A Gas Well Found – Duluth Daily News of March 10, 1892

Two Indian Women from Fond du Lac Tell a Story that is very Important. SMOKING LIKE A VOLCANO. Gas Rising from the Shaft Sunk Several Years ago by Mr. Gridley and Others.

Two women came into Fond du Lac yesterday morning from Cloquet and had quite a remarkable story to tell of the oil well which was sunk some years ago by E. C. Gridley and others in the hope of striking oil. The women declared that the shaft is smoking like a volcano and gas is arising from it in a vaporous form. They gave quite an interesting description of it, quite vivid in face considering the limited English at their command. This well is located about a mile and a half from Fond du Lac and between the railroad and Fond du Lac station. At the time it was sunk there were indications of petroleum,

but after going down about 1,500 feet it was abandoned. If the story of the Indians be true somebody will probably be boring for natural gas in the near future.

Another Gas Well

Mr. Smith, the editor of the Stephen, Minn. Leader, who is at present visiting Duluth, says that a farmer living near Warren, in the Red River Valley, which is due west from the Rainy river district, has a natural gas well on his farm, which has sufficient pressure to furnish light for a town of 3,000 inhabitants. The farmer now lights his house with this gas. Mr. Smith believes, in view of this fact, that coal will be found at some point in the Rainy river district. If his surmise should prove a reality, it would place Duluth in a position to defy all competition in the production of iron and steel.

Laughing Gas – Carlton County Vidette of March 19, 1892

A few days ago, a couple of Indian women rushed into Duluth from Fond du Lac and explained that a volume of natural gas was rising from an old well that had been sunk near the later place some years ago. The women had approached the old well, when they were enveloped by the gas and nearly suffocated. The porous clothing of the women retained a powerful odor of gas, and upon their arrival in Duluth they were at once set upon by a pack of the members of the various iron companies. After smelling the women over pretty thoroughly,

and nearly stifling themselves in their desperation to inhale as much of the gas as possible, bribed the women to secrecy, and then hastened to complete their plans. They organized the "Lake Superior Natural Gas Company," with a capital of ten million dollars, 25 cents being the amount paid in, that sum being necessary to purchase a drink for the seductively scented women. The stock was slashed up into proportionate shares and placed on the market, but the women were kept intact and a committee was then appointed to visit and inspect the gas well. The smell was still there, but the odor was of a different flavor than that attached to the luscious women. While the committee were gesticulating in ecstatic rapture and dwelling upon the gas possibilities of the Fond du Lac range, and also deciding to recommend that the capital stock of the company be increased to twenty millions of dollars.

They were approached by an old half-breed who, blushing inquired of them the cause of their visit and merriment. They revealed to him the secret of their great discovery, and offered to sell to him, then and there, 10 shares of gas for \$10,000 spot cash. The intelligent half breed was seized with such a violent fit of laughter that he fell forward on his orbicular abdomen and relapsed into spasms. While in this unconscious state, the committee went through the half-breed's pockets, but finding nothing of value therein, they resuscitated the poor fellow, and asked

him why he laughed so outrageously. He explained that it was the gas. It must be laughing gas, he said but he had not known before that it was made in that way. The carcasses of villainous tom cats, thieving dogs, cholera-affected hogs, black-hoofed cattle and distempered horses had been thrown into that well for years past, and the warm weather of the last few days had moistened the decaying flesh of the poor beasts and caused a conglomerated essence of petrification to arise which the intelligent committee were pleased to term "natural gas". Such was the explanation of the half-breed on the committee. That body started homeward with the determination to recommend the increase of stock, but to wait until warmer days, when the odor came more powerful, before attempting to vigorously boom the gas as Fond du Lac.

Still Talking about the Gas Story Three Years Later Tete A Tete – Duluth News Tribune of December 12, 1895

One cold day in the winter of 93 Charlie McDonald of the Herald came into my office and insisted on having some news. He said it was cold weather and news was scarce. Old Chambers of Fond du Lac was sitting there with me, and winked to him, then I said, "Well Charlie, I don't know anything new but, here's Chambers from Fond du Lac, he knows all about what's going on up there, you better tackle him.

Chambers fell right in with

the scheme and told Charlie a good story about two Indian women that were passing the abandoned gas well that Colonel Gridley drilled up there during the gas well craze. Chambers said the women reported that as they passed the hole, they heard something sizzling and they went and called an Indian and he lit it and it proved to be a vein of gas that had forced its way through and was escaping. Well Charlie pulled out his note book and took it all down, and it came out next day with a big headline on it and all the papers copied it and I heard afterwards that Colonel Gridley hired a sleigh and took a party of friends out there to see it.

Duluth News Tribune Story by William Miller – November 20, 1921

The element of comedy was mixed with tragedy when the Duluth Natural Gas, Oil and Mineral company 50 years ago announced that Fond du Lac was the scene of rich deposits of gas and oil. A company was formed. A drill hole was sunk back of the present location of the town and the explorers found a peculiar mineral water which in the official report of the company "tasted vile enough to have medicinal value." The water of Duluth is the only living member of that enterprise.

Profiteering Fools for Sure – You just can't make up this stuff.



LUCKY LEPRECHAUNS

**MARCH
6TH - 27TH**
SATURDAYS 6 - 9 PM

START EARNING ENTRIES ON FEBRUARY 28TH
• **FOUR (4) PLAYERS AN HOUR, SIXTEEN (16) A NIGHT**
• **YOU COULD WIN UP TO \$3,000 IN CASH!**

Official rules at the Players Club or online
at **blackbearcasinoresort.com**.

MAKE THE BEAR YOUR PLACE!
Owned and operated by the Fond du Lac Band of Lake Superior Chippewa

FOLLOW US:
f t YouTube
i s p



SEVEN FIRES

STEAKHOUSE

WATCH FOR THE WEEKLY
LUNCH & DINNER FEATURES
ON FACEBOOK!

OPEN: THURSDAY
11 AM - 3 PM & 4 PM — 7 PM

FRIDAY
11 AM - 3 PM & 4 PM — 7 PM

SATURDAY
11 AM - 3 PM & 4 PM — 7 PM

SUNDAY
11 AM - 3 PM & 4 PM — 7 PM

**TO MAKE RESERVATIONS
CALL 218-878-2377**

SEVEN FIRES STEAKHOUSE IS
CLOSED 3 PM - 4 PM TO
SET UP FOR DINNER.
CLOSED MONDAY, TUESDAY
& WEDNESDAY.





Health News

March is Colorectal Month

By Denise Houle,

Cancer outreach worker

March is National Colorectal Cancer Awareness Month. Colorectal cancer is the second most common cancer among Northern Plains American Indians (following lung cancer) – a population with rates 53 percent higher than the general U.S. population. There are usually no symptoms of colorectal cancer until the cancer is in an advanced stage. 95% of colon cancer starts out as polyps. When caught early, colon cancer is 90% survivable. The American Cancer Society has major guideline changes with the new recommendations stating screening should begin at age 45 for people at average risk and American Indians should also start screenings at age 45.

Colon cancer is also on the rise for younger adults aged 20-39. According to the Mayo Clinic, “Young age of colorectal cancer onset is one of the hallmarks of hereditary colorectal cancer syndromes, and these syndromes contribute disproportionately to young-onset colorectal cancers.” Knowing your family history is very important.

Risk factors that you can change are: Get your screenings done, quit smoking, increase your physical activity, changing unhealthy diets, limit alcohol use, and being overweight or obese.

Risk factors you cannot change include: age, sex, family history of colorectal cancer, personal history of colorectal polyps or colorectal cancer, race, or ethnicity

You can stop colon cancer with screening. Be your own advocate.

Remember to talk with your healthcare provider about what colorectal cancer test is best for you.

Source: American Indian Cancer Foundation www.americanindiancancer.org, American Cancer Society www.cancer.org, and Colon Cancer Alliance: Mayo Clinic Proceedings

10 Cancer Prevention Recommendations

By Kara Stoneburner,

RDN LD, Community Health Services Dietitian

The American Institute for Cancer Research (AICR) has developed 10 Cancer Prevention Recommendations. Read on for a brief summary of the recommendations:

- 1. Be a healthy weight:** Eating healthier and moving more can help with weight management.
- 2. Be physically active:** Move more, sit less. The AICR recommends 30 minutes of activity, at least five times a week. Start slowly and work up to the 30 minutes a day. Finding activities, you enjoy can help you maintain your physical activity.
- 3. Eat a diet rich in whole grains, vegetables, fruits and beans:** A diet rich in these types of foods tends to be higher in fiber, nutrients and phytochemicals that may help prevent cancer. It can also help with weight management. The AICR encourages Americans to follow the New American Plate 2/3 -1/3 model. This means 2/3 your plate is full of fruits, vegetables, whole grains and beans and the other 1/3 is for animal-based protein such as seafood, poultry, dairy products and occasionally, red meat.
- 4. Limit consumption of “Fast Foods” and other processed foods:** Fast food and processed foods tend to be higher in sodium, starches, fat and sugars. Limiting

these types of foods can help with calorie control (thus weight management) and heart health. Some examples of processed foods include: chips, cookies, candy, desserts, bakery goods, sugary cereals and fried foods.

- 5. Limit consumption of red and processed meats:** The recommendation for red meat consumption is no more than 12-18oz per week. Red meat is considered beef, pork and lamb. Eat little, if any, of processed meat. This includes meat that has been smoked, cured, salted, fermented or has added preservatives such as hot dogs, bacon, sausage and deli meats. Think of meat as a side dish and not the main focus of a meal. Try meatless meals on occasion, using a plant-based protein instead.
- 6. Limit consumption of sugar-sweetened drinks:** Focus more on water and other unsweetened beverages.
- 7. Limit alcohol consumption:** Ideally, it is best not to drink any alcohol. If you do, do so in moderation. Drink slowly. Alternate with a non-alcoholic beverage and avoid daily consumption. Limit intake to no more than 2 drinks/day for men or 1 drink/day for women.
- 8. Don't use supplements for cancer prevention:** Attempt to meet nutrient needs via diet and within the appropriate calorie level for you.

- 9. For mothers: Breastfeed your baby, if you can:** Breastfeeding provides cancer preventive measures for both mom and baby. Exclusively breastfeed for the first six months and then add complementary foods.

- 10. After a cancer diagnosis, follow the AICR recommendations, if you can:** Consult with your Healthcare Provider for further guidance.

Since March is National Nutrition Month, why not start implementing some of the AICR's recommendations now and be on your way to a healthier lifestyle? Contact

your Healthcare Provider or your local dietitian with questions.

AICR is also conducting a Healthy 10 Challenge. It is free 10-week online program to help improve your nutrition, physical activity and weight to lower your risk for cancer. To sign up, go to www.healthy10challenge.org. You will be provided with more information on the challenge and how to get started. One of the perks of the program is it “meets you where you are”. So, no need to be a seasoned runner to join this challenge. Check it out!

Fond du Lac Human Services Division
COVID-19 Vaccine Eligibility Requirements

Patients must meet one of these eligibility requirements:
Not required to live in the service area

- Fond du Lac Enrollee
- 1st & 2nd Generation Descendent of FDL Enrollee
- Fond du Lac Employees
- Fond du Lac Enrollee Household Members (non-Indians included)

Or

MUST be living in the Fond du Lac Service Area AND:

- Any Enrolled Member of a US Federally Recognized Tribe
- 1st & 2nd Generation Descendent of a US Federally Recognized Tribe
- Household Member of the above (non-Indians included)

Non-Indian household members must provide proof of residency for a period of at least 30 days prior to receiving services.

Fond du Lac Service Area includes Carlton County, and some of Southern St. Louis County.

If you are unsure if your address is within the service area, please contact FDL Human Services Registration at (218) 879-1227.

Patients who are not registered with FDL Human Services should contact FDL Human Services Registration or visit www.fdlrez.com for registration information and forms. Completed registration forms can be emailed to hsdregistration@fdlrez.com.

To make a vaccine appointment, call 218-878-3791



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

Ashi-niswi giizisoog (Thirteen Moons)

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

This is how to pronounce

Ojibwe words.

All consonants sound the same as in English.

“Zh”- sounds like the “su” in measure

“a”- sounds like the “u” in sun

“aa”- sounds like the “a” in father

“i”- sounds like the “i” in sit

“ii”- sounds like the “ee” in feet

“o”- sounds like the “o” in go

“oo”- sounds like the “oo” in food

“e”- sounds like the “ay” in stay

Biiwan.....blizzard

Ningwaanakwad.....cloudy

Awan.....foggy (be)

Zasakwaa.....frost (heavy)

Mashkawadin.....frozen (be)

Dakaanimadwind (cold)

Waabani-noodin ..wind (east)

Giiwedini.....wind (north)

Zhaawani-noodin wind(south)

Goon.....snow

Maajipon.....snow (start to)

Source: [www.ojibwe.org/home/pdf/ojibwe_beginner_](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

[dictionary.pdf](http://www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf)

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words
in the puzzle

- BIGISHKANAD/Rotten
- BIMIKAWAAN/Footprint
- BIZAAAN/Quiet
- DIKINAAGAN/Cradle Board
- GITIGAAN/Garden
- GODIGOSHIN/Injured
- GWEKIWEBINIGAN/Pancake
- MAAMAKAADIZ/Astonish
- MITIGWAAB/Bow
- NENOOKASI/Humming Bird
- OMASHKOOZ/Elk
- ONIGAMIINSING/Duluth
- WETOTWAAG/Jello
- ZHINGOS/ Weasel

Ashi-niswi giizisoog (Thirteen Moons)

Onaabani-giizis

The new Onaabani-giizis begins March 6. This is the Hard Crust on the Snow Moon. Other names for this moon are Bebookwedaagime-giizis, the Snowshoe Breaking Moon; Aandego-giizis, Crow moon; Nika-giizis, the Goose Moon and Ziinsibaakwadooke-giizis, the Sugar Making Moon.

Fond du Lac sugar bush tapping guidelines

The intent of these guidelines is to assure area sugar bush (iskigamizigan) resources remain healthy and productive now and into the future. These guidelines are based on published research and on the advice of local experts.

Site Selection

- Choose sites that are accessible throughout the entire tapping season. Dirt roads or woodland trails that may be useable in the beginning of the season can often become very muddy and rutted as the frost goes out of the ground and the ground becomes soft. Select sites with good access that does not require crossing wetlands or other sensitive areas that may be damaged, especially near the end of the season.
- Choose sites with healthy, large-crowned sugar maples (ininaatig) and/or red maples (zhiishiigimiiwanzh). Avoid selecting areas where the trees show signs of stress or decline (e.g. dead or dying tops,

missing bark, trees defoliated by forest tent caterpillars the previous year, etc.).

- Always make sure you have the appropriate permission to tap the trees or to access the land.

Tree Selection

- Select healthy, full-crowned sugar maple, red maple, silver maple, or box elder trees that are at least 10" in diameter at chest height. Tapping smaller trees will yield little sap and risk the long-term health of the tree.
- Expect 9-13 gallons of sap per tree for the season. Flow rates are highest on warm days following cool nights.
- Avoid driving ATV's, tractors, trucks, or other vehicles within 20-30 feet of the base of the tree during the tapping season. The ground is soft and the roots can be damaged, affecting the health of the tree. Instead, carry buckets or bags by hand to vehicles, wagons, or other maintenance equipment. Healthy roots make healthy trees.

Spile Selection

- Smaller spiles are preferable to larger spiles. Research shows smaller spiles will deliver as much sap as larger spiles with less damage to the tree.
- Use 5/16" or 19/64" spiles if possible. These spiles should not be placed more than 1 1/2" deep.
- Older style 7/16" spiles are still acceptable but should be replaced with smaller spiles when possible. This size spile should not be placed more than 2 1/2" deep.
- Do not tap frozen trees as this can cause the bark to split. Only tap trees when the sap has begun to flow.
- Use a drill-bit that is the same size as the tap you are intending to use and wrap a piece of tape around the drill-bit at the desired depth. This will serve as a guide to help avoid drilling too deep.
- Holes should be drilled at a slight upward angle so that sap can flow down and out of the hole.
- Tap the spiles in carefully to avoid damaging the tree. Avoid

tapping discolored or damaged looking bark as these areas may have fungal infections and tap holes may serve as entry points.

Number of Spiles and Their Placement

The number of spiles per tree should be based on the diameter of the tree at chest height.

- Trees smaller than 10" in diameter should not be tapped.
- Trees 10" - 18" in diameter should have no more than 1 tap per tree.
- Trees larger than 18" can have up to 2 taps per tree. No tree should have more than 2 taps.
- Spiles should be spaced at least 6 inches horizontally and 2 feet vertically from previous year's tap hole locations. This assures water and nutrients can still flow between the roots to leaves.
- Never re-tap existing holes or drill new taps near the end of the season trying to prolong the season.
- Spiles should be placed in the tree about 2-4 feet above the

ground level.

When to Start and When to Stop Collecting Sap

- Sap will start to flow when the days are in the 40F's and the nights are below freezing, typically mid-March in Northern Minnesota. Flow tends to slow or stop when daytime temperatures are cool or below freezing.
- Sap will start to taste "buddy" (bad) when the buds start to expand at the end of the season. When you observe buds expanding, cease collecting sap. Red maples may start to bud before sugar maples.

Be sure to remove all spiles from trees and clean up other equipment from the site at the end of the season.

Be careful when boiling sap outdoors - spring is also wildfire season!

Miigwech!



Community News

Happy birthday

Happy birthday to my daughter **Jaykelah Cuevas** (Feb. 16)
Love, your dad

Happy 11th birthday **Jordyn Peacock** (Mar. 4)! May your day be as special as you are.
Love, Mom, Mikey, and Zoey

Happy 67th birthday to most beautiful and amazing MOM in the world, **Renee DuFault** (Mar. 7)
Love, your Daughters

Happy 10th birthday to my niece, **Chanelle Lumbar** (Mar. 7)! Auntie Loves you very much!
Love, Auntie Cakes

Happy 12th Birthday to my SonSon **Tommy Morgan Jr** (Mar. 30). Hope you have a good day and keep growing into the handsome young man that you are!
Love, Mom and Dad Ant

Congratulations

Proud Grandpa, Fred Doolittle Jr. (Couture/Houle), congratulations



to his granddaughter, **Kayla Jensen**, named to the Dean's List at Minnesota State University, Mankota. Her parents

are: Douglas and Lori Doolittle-Jensen of Minneapolis. What an outstanding achievement Kayla, we are so proud of you. Love you.
Grandpa Fred, Mom, and Dad

Thank you

Sending many Miigwetch to frontline workers: **healthcare**,

social, RBC, ENP, teachers, EOC, and so many more.

Being on the frontline is not easy. Working through long challenging times, giving encouragement; commitment and dedication, you're all making a bigger impact than everyone realizes!

We, the Rez community, are deeply grateful for all the sacrifices, resources, and vaccines.

Stay safe, all Front-line workers and the Rez community. Don't forget: Double Mask.

Miigwetch, Elder Sharon Doolittle-Shuck

Obituary

LeRoy DeFoe "Obsibbiniss", 72 of Cloquet passed away on Sunday, December 20, 2020 in Miller Dwan Medical Center in Duluth. He was born December 19, 1948 in Cloquet to Rupert and Elizabeth "Betty Ella" (Benton) DeFoe. LeRoy worked for the Fond du Lac Reservation. He first worked as a welder and also maintained the pools at Black Bear Resort and the RBC. In the early 1990's he began organizing the cemeteries on the Fond du Lac Reservation. He was put to task to draw maps for seven cemeteries and to locate the graves and identify who was buried in each grave. Prior to his retirement, he worked in the land department on the reservation. In 1981 LeRoy created the Fond du Lac Logo. LeRoy was also the Tribal Historic Preservation Officer at Fond du Lac Reservation.

LeRoy was preceded in death by his brothers, Robert LaFave Sr., Lavern and Steven DeFoe; sister, Tracy DeFoe; and his second wife, Michelle Liupakka.

He is survived by his wife, Deborah DeFoe of Cloquet; his children, Zebence Joni (Todd Dishion) DeFoe of Seattle, Billie (Frederick) DeFoe-Robinson of Eau Claire, Wisc., Roberta Dawe and Alberta Dawe

both of Kansas City, Missouri, Jessica (Jason Puent) Sterling, Dan DeFoe, Tony DeFoe all of Duluth, and Skye Nelson of Minneapolis; step-son, Thomas Dawe of Kansas City; brother, Dean "Tom" DeFoe of Duluth; sister, Margo Casey of Janesville, Wisc.; 12 grandchildren, Ricardo, Jasmin, Eduardo, Hector, Chayanne, Keira, Deja, D.J., Harrison, Sora, Jackson, and Adonis; and seven great grandchildren.



In memory of **Julia Ann Hvezda**. Date and place of birth, December 19, 1974 ~ Bemidji, Minnesota. Date and place of

death, December 14, 2020 ~ Bena, Minnesota.

Children: Gerardo, Teisha, Ally, Lupeta, Angel

Siblings: Althea, Grace, Matthew
Pallbearers: Gerardo Rivas Sr., Gerardo Rivas Jr., Tony Cologrove, Benji Beauliu, Amos LaDuke, Adawe LaDuke, and Chicken LaDuke

Honorary pallbearers: Allen, Little Missy, Tia, Tamera, PJ, Tim, Alexis, Sage, Cole "Slappy", Malik, and Greg



Joseph J. Peterson Jr. "Migizi (Eagle), Bear Clan "Makwan Odoodeman", age 16 years, passed away Monday, De-

ember 28, 2020. Joe was very funny, loving and kind. He was always hungry, rapping and generous. Joe loved to dance, and was known by his close friends and family as a "Flex God". He was always telling everyone that he loved them and always gave big hugs whenever

anyone saw him. Joe always said his friends are his brothers. He will be remembered by everyone and missed dearly. Joe loved his family very much, especially his great-grandmother, Patricia.

Joe was preceded in death by his mother, Debra Buckanaga; his maternal grandmother, Kelly Sundahl, paternal uncle, Pierre Peterson. He is survived by his father, Joseph (Jessica Wright) Peterson Sr.; paternal great-grandmother, Patricia Peterson; paternal grandmother, Roxanne Peterson; maternal great-grandmother, Gertrude Buckanaga; siblings, twin brother Raymond Peterson, Sadie Buckanaga, Aaliyah Peterson, Lilian Peterson, Melanie Peterson, and Angel Peterson; aunts, Molly Hunter, Ria Peterson, Mylia Morrison, Sheila (Brian Lien) Peterson, Renee DuFault, Sharon Buckanaga, Kerry Buckanaga, Caroline Buckanaga, and Reanna Buckanaga; paternal cousins, Evan Bergeron, Tristan Peterson; and numerous other cousins.

A private family visitation was held Thursday, December 31, 2020 at Nelson Funeral Care. A private family funeral service was held Friday, January 1, 2021 and interment service followed at New Holy Family Catholic Cemetery.



Steven George Willett, age 58 of Duluth, died on Saturday, January 2, 2021 at Miller Dwan Hospital in Duluth. He

was born to John Willett, Jr., and Josette Barbeau on March 20, 1962 in Duluth. Steven was a member of the Fond du Lac Band of Lake Superior Chippewa. He was a dedicated family member and loved to be with his family whenever he had the chance. Steven helped in raising his niece and nephew over

the years and enjoyed fishing with his family.

Steven was preceded in death by his parents. He is survived by his brother, Michael Willett; his sisters, Tami Willett and Diane Erickson; and numerous nieces and nephews.



Judith Lenore (McCaughey) Erickson, passed away on January 18th, 2021 at the Solvay House in Duluth, MN.

She was preceded in death by her parents Ariel and Josette (Durfee) McCaughey, her first husband Kenneth Solheim, her second husband Robert Erickson, one sister Diane Hietala, and one grandson Nathan Lowney.

Judy was born on October 8th, 1938 in Superior, WI. She was born into the Ojibwe heritage, originating on Wisconsin Point. She was a registered tribal member with the Fond du Lac Reservation in Cloquet, MN and was a direct descendant of Chief Osaugie. Growing up, Judy's fondest memories were of "the rock" located on the property where she was raised in Oakland, WI. Here, she would sneak off with her then boyfriend Kenny. Mischievous. Adventurous. And strong willed, she also loved playing on the ore docks with her cousin Georgia.

Judy attended East High School, where she was a proud member of the tumbling squad. She joined the work force after her youngest started school. Judy was hired on at North Star Drug as a clerk, retiring decades later as their bookkeeper. She loved it when the grandkids would pop in to visit her there! And all those Precious Moments, her expansive collection began at North Star.



Community News

After retirement, Judy moved back to the country. She felt most at peace when she was in nature. She used to feed the bears (!) who years later, continued to bring their offspring. She spent her last five years living with her daughter Kimberlee and Dale in Iron River, WI. It was here, where she felt a renewed sense of freedom. Overlooking the lake, she would watch the dogs chase butterflies.

Judy loved music—country was her favorite. She sang in the church choir(s), with the Sweet Adelines, and with North Shore Sounds. She even tried to teach herself how to play the Banjo! Mind you, not very well. Judy volunteered with Pilgrim Lutheran for many years, bringing the celebration of Eucharist to home bound members. She was a phenomenal stain glass artist. Her legacy lives on in these beautiful pieces. She read every James Patterson book. And goodness, did she love her crime shows.

Family was most important to Judy. She raised seven beautiful children. She remained close to her siblings, with the tribe, and she absolutely flourished as a grandmother. Judy was invested in each of her grandchildren's lives and right up until her final days, you'd still find her sharing special moments with her great grandchildren.

Judy is survived by her seven children, Kenneth "Buster" Solheim, Kimberlee (Dale) Mitchell, Koralee Sanford, Krystal (Michael) Tarolli, Karl "Buddy" (Esther) Solheim, Kathryn Solheim, and Kery Solheim; five siblings, Josette "Dode" Dietmier, David (Sharon) McCauley, Robert (Ruth) McCauley, Sara (Jerry) Oneill, and Steven (Jean) McCauley; 23 grandchildren; 26 great grandchildren; four pets, Lucy, Pappy, Sasha, and Rosie; and many cousins, nieces and nephews.

A memorial service is tentatively scheduled for July 24th, 2021 in Iron River, WI. Information will be provided closer to the date.



Frank Victor Page, 79, of Apache Junction, AZ passed away in the comfort of his home with his family by his side

on January 10, 2021. Following a courageous, 4-year battle with lung cancer, he entered peacefully into eternal rest.

After attending high school in Duluth, MN, Frank was honored to serve his country in the U.S. Navy aboard the destroyers USS Blandy and USS Abbot as the ship's barber.

He worked in the mobile home industry for many years as a salesman, doing setup and delivery, repair and remodeling. After moving to Arizona in 1983, he continued his career, eventually becoming a licensed contractor, operating his own business, Frank's Mobile Home Repair. In 1998, he purchased and operated the Palm Springs Motel in Apache Junction with his wife, Linda. Before retiring, he was employed by the Arizona Department of Corrections in Florence as a Physical Plant Supervisor. The opportunity arose to transfer to Central Arizona College and work as a plumbing instructor. He finished his career teaching prison inmates until his final retirement in 2007.

Frank was proud of his Native American heritage, being a member of the Fond Du Lac of Lake Superior Chippewa Tribe.

He annually attended the Veterans Pow Wow in Cloquet, Minnesota.

Frank was a dedicated member

of the Veterans of Foreign Wars in Arizona for over 30 years. He felt obligated and proud to serve his fellow veterans anyway he could. He held positions of Post, District and State Commander and attained the Triple Crown Award. He also served on the National Council of Administration. He contributed numerous hours in the community, especially at the Homeless Haircut Marathons held four times a year in Phoenix for over 20 years. Frank loved playing Santa at multiple events for children at homeless shelters and local events.

He loved to travel and go camping, but mostly, he was an avid fisherman. Frank will be profoundly missed by all his loving family and friends, especially for his unending sense of humor and limitless supply of jokes.

He is survived by his wife Linda, the love of his life; sons Robert, Jeff (Robin) and Kyle; stepchildren Carl, Lori, Donna (Larry), Becky (Josh), Kelly (Mike); 12 grandchildren; and 5 great grandchildren.

Due to covid, memorial services for Frank will be held at a later date.



Faye Diane Diver, 79, of Cloquet, passed away on January 25, 2021. She was born on March 3, 1941 at the Fond du

Lac Indian Hospital to Eugene and Eleanor (Shotley) Graves. In 1959 she married Charles Diver, and in 1960 they moved to Cleveland, OH on the Federal Indian Relocation Program. She was determined to work in partnership with her husband to provide a good life and education to her children. In addition to raising her four children, she welcomed numerous relatives

and many of her children's friends into her home.

Later in life, she worked with her daughter in her business. Her husband retired in 1998, and they moved home to be with their large extended family. She worked as head cook in the Fond du Lac ENP for many years. She was fierce in her love and loyalty to her family. Her grandchildren and great grandchild were a source of joy and pride to her, who she also enveloped in her unconditional love.

Faye was preceded in death by her daughter Cheryl, grandson Christopher and several sisters and a brother. She is survived by her husband Charles, sons Charles Jr., Kevin (Carrie Jaksic), and daughter Karen (Arne Selnes), grandchildren Rochelle, Aaron, Paul, Charlie, Nicole, Kevin Jr. and great-grandson Casper. She is survived by a number of siblings, but was especially close to her sister, Charlene Frymier.

A small private service will be held for immediate family. Services are provided by Whispering Pines Funeral & Cremation Service serving Northern Minnesota.



Paula Ann Hittle, 71, of Mesa, Arizona passed away January 16, 2021 in Phoenix, Arizona. She was born April 21, 1949

in Duluth, Minnesota to Paul and Geraldine Angeline Lavern [Belcourt] Godnai. Paula was very devoted to her family and found great joy in spending time with them, especially her grandchildren and great grandchildren. She enjoyed sewing and painting in her younger years and just going to different restaurants. She worked for many years as a registered nurse

for the Phoenix Indian Medical Center before retiring. Paula is survived by her daughter, Melanie Hittle Pineda, son-in-law, Allen Cockrell and son, Michael Hittle; her four grandchildren, Marissa Tremblay, Mariah Pineda, Dwayne Pineda Jr and Allen Cockrell Jr; her three great-grandchildren, Lilliana Marvin, Mason Marvin and Juniper Tremblay as well as her brothers, Andrew and Larry Godnai. She will be truly missed by all who knew her.



Tina M. Martin of Cloquet, passed away on Thursday, January 14, 2021 in her home. She was born

March 27, 1961 to John and Linda (Northrup) Martin. Tina was a loving caring daughter, sister, mother, and grandmother. She enjoyed picking agates, coloring, and visiting the Casino. Most of all she loved to spend time with her family. Tina loved her people and always got along with everyone.

Tina was preceded in death by her parents; daughter, Ronnie Starr, brother, John Martin III; sister, Kim Martin; grandson, Ausineese DuFault; and significant other, Michael Smith. She is survived by her daughters, Linda (Mark Proulx) Martin-Proulx, Josette Martin, Janee DuFault, Jennifer DuFault, Kelly DuFault and Vanessa Merrill; sons, Michael Martin, Fredrick Martin, Roger Martin, Vincent Merrill, Peter Martin; brothers, Robert Martin and Paul Peterson; sisters, Gladys Martin, Serena Martin, Alberta Martin, Billie Jo Martin, and Shelly Martin; numerous grandchildren, nieces and nephews.