

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



Governor Tim Walz thanks Brad "Raff" Blacketter and the other members of the RBC for meeting with him to discuss the State budget and how it pertains to Fond du Lac.

Local News2-3

RBC Thoughts4-5

More Local6-7

Etc. 8-12

Your Word and the Manitou and How an Elder is Treated 13

Health News 14-16

13 Moons. 17

Community News 18-19

BBCR Events.. . . . 20

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Local News

Governor Walz visits FDL, discusses budget

By Zachary N. Dunaiski

Feb. 1 the Fond du Lac Reservation Business Committee (RBC) met with Minnesota Governor Tim Walz to discuss funding that will be distributed from the State's budget, a large portion of which will be distributed to the 11 Bands in Minnesota.

The Governor spoke with the RBC specifically about the state's budget and how the numbers he'd sent to them are still a work in progress and part of the purpose of the meeting that day was to figure out where Fond du Lac sees that money being used. The Governor let the RBC know that he stopped in to learn as much as possible about how those numbers would benefit Tribes in Minnesota.

"I wanted to make sure we're here. Wanted to take the time on an individual basis for just a few minutes to any particular questions or things we need to take back," Governor Walz told the members of the RBC before any revisions to the budget were drawn up. "We've rolled the budget out. We'll wait until the twentieth of February when we get the real numbers and we'll do a revision. It's during this time that we want to hear from you and hear what's going to work."

The RBC is so grateful that Governor Walz and his office are willing to work with Tribal nations, but as the chairman discussed, the limitations on how FDL can spend the money is concerning.

"Those are my concerns, and you know, they haven't changed and they will never change," Kevin Dupuis Sr., FDL Chairman, said about the state's budget and why FDL needs to be given complete discretion as to how to spend the money. "But most importantly again I've got to reiterate it's paramount that we have direct funding. So it allows us to spend the money in the way that we know how, but also give us the resources on how to do this."

FDL Tribal Leaders encouraged the Governor to see funding from an indigenous perspective.

"It is imperative to give direct funding to Tribal Nations within the state of Minnesota; this will give FDL—or Tribal Nations—the ability to assess the Nation's needs and have the flexibility to address them," Robert Abramowski, FDL Secretary-Treasurer, said.

Governor Walz committed to disaggregating the proposed budget and follow up with the Band to discuss specific breakdowns.



Roger Smith Sr (Brookston), Kevin Dupuis Sr. (Chairman), Tim Walz (MN Governor), Rob Abramowski (Secretary Treasurer), Wally Dupuis (Cloquet), and Brad "Raff" Blacketter.



Governor Tim Walz laying out his plan to hear what the FDL RBC thinks about the budget to discuss the best way to move forward.



Kevin Dupuis Sr. (right), FDL Chairman, and Rob Abramowski, Secretary Treasurer, explaining to Walz the importance of FDL being able to spend state funding in ways that best help the FDL Band.

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Translation: Stories from where the water stops

TABLE of CONTENTS

Local News	2-3
RBC Thoughts	4-5
More Local	6-7
Etc.	8-12
Your Word and the Manitou and How an Elder is Treated ..	13
Health News	14-16
13 Moons.....	17
Community News	18-19
BBCR Events.....	20

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

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

opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

Corporate Member of the
Native American Journalists Association

Local News

State of the Band returns to BBCR

After the last two years of zoom meetings and social distancing, Fond du Lac was overjoyed to have seen you in person at this year's State of the Band.

The community gathered together, our Elders and children, as we celebrated this last year. We joined

to have a delicious meal provided by Black Bear Casino Resort, watch a beautiful performance by Molly Hunter and Nigigoonz Martin, and ended the night with a traveling song sang by Cedar Creek. We look forward to seeing you all next year at State of the Band 2024!

Photo by Leah Saaristo



Food for Thought tasting event makes a delicious return

Food for Thought – A Tasting Event, hosted by the Fond du Lac Tribal and Community College (FDLTCC) Foundation returned to campus for the first time since 2020. Over 200 people enjoyed delectable samples from a wide variety of local vendors during the 10th Annual Food for Thought. The fantastic event raised more than \$22,000 for FDLTCC student scholarships.

More than a dozen local vendors volunteered to provide samples of their signature food and beverage specialties. The crowd voted on the Golden Spoon award and it went to Route 61 in Moose Lake for their ribs and tasty deconstructed cheesecake. The Silver Spoon award went to Room at the Table for their fantastic assortment of desserts and baked goods. Other vendors included: Bearaboo Coffee, Carmen's, Chef's Marketplace, Cold One Liquor, Common Grounds, Holy Smokes, Mom's Best Baklava, Papa Murphy's, Streetcar Kitchen &

Pub, and Trapper Pete's.

Additional highlights of this year's Food for Thought included a silent auction, raffle, and the return of the Wall of Wine. This year's Wall of Wine was expanded to include packs of beer. All the beverages

were generously donated by Cold One Liquor.

For more information, contact FDLTCC Foundation Chair, Kate Mason, at kate@northwoodscu.org or visit <https://fdltcc.edu/event/food-for-thought/>.



Route 61



Room at the Table

Marcia L. Eiyneck named 2023 Changemaker of the Year

Marcia L. Eiyneck has been named the 2023 Changemaker of the Year by Marbledseed! Marcia, a descendant of Grand Portage Band of Lake Superior Chippewa, is the founder of Beargrease Botanicals, a naturopathic store that sells medicine made with foraged plants and herbs. Marcia is also a dog musher and gathers her own maple syrup.

Marcia is "honored and humbled to be named the Marbledseed 2023 Changemaker of the Year! A person

gets used to being the "hippie" in the family (for me, this nickname is also an honor) and you don't realize that people are actually noticing you. For my business, Beargrease Botanicals, this means more visibility and education."

Beargrease Botanicals was founded with the philosophy that food is medicine. Marcia has always been conscious of what she and her family are putting into their bodies, because she was born and raised on a family farm. She carried on that tradition with her own four children, while also raising their own meat and eggs and growing their own vegetables.

In 2020 Marcia started Beargrease Botanicals with only a few teas and one tincture and sold to her own people on the Grand Portage Reservation. The next year she branched out and sold in Grand Marais to the tourists and some locals who stopped by too. By the summer of 2022, Marcia was selling at the American Indian Community Housing Organization's Indigenous Food and Art Market. Teaching is a part of her culture. Marcia believes, "people shouldn't have to pay to learn how to be good stewards of the land and take care of their health. . . medicine, whether it is our native natural teachings or modern-day pills, is meant to be short term. There are underlying medical conditions that can be addressed, first with the help of medicine, and after that, it has to be life changes."

Currently, Marcia is settling into her role as Agricultural Division Director for Fond du Lac (FDL). It is a demanding role that she has been working toward for so many years. But more importantly, it is work that she loves, respects and has a passion for.

When approaching the work of wild-harvesting plants for medicine, Marcia says that, "some things to remember when out in the deep wilderness: go with an open mind and heart; go without worry or bad thoughts; put asemaa (tobacco) down and ask the plants' permission to harvest; talk to the plants; talk to your ancestors; and leave plenty for our animal relatives."



Marcia Eiyneck

RBC Thoughts

Cloquet News

Hello All



Wally Dupuis

The Child Care Center building is coming along nicely. Crews were fortunate to have spring-like weather over the past few weeks allowing them to get the roof sealed up as well as getting a lot of the exterior work done on the building. Crews are now concentrating on the inside work as that area can now be heated so the workers can continue working even in inclement weather.

The remodeling is still going on inside the Tribal Center. This is causing a few disruptions during our work days but folks have been very understanding and excited to see this happening. Although we are busting at the seams with our current lack of space for staff, this update will be a bit of relief. I have long wondered how to utilize the unused softball field located on Reservation Road that is located across from the Holy Family Church. Recently, Tom Howes, William Howes, and Brian Bosto, came up with a plan to dedicate that field back to its origin, a Baaga' adowewin (stick game) (lacrosse) field. I am told that this field was once a place for our folks to gather to play this game. The field will be available for other uses as well. However, the stick game will be scheduled on a regular basis. Thank you Tom, William, and Brian for your insight and commitment to building and restoring our community.

Our Black Bear Casino Resort supported and hosted the annual Blizzard Tour this month. This is a snowmobile riders fund raising event. Our parking lot was full of snowmobiles and trucks with trailers. I am told it went very well. I want to thank the Black Bear staff for all their hard work.

As always, please feel free to contact me any time by phone (218) 878-8078 or email, wallydupuis@fdlrez.com



FOND DU LAC OJIBWE OGICHIDAAG
**Nagaajiwanaang Ojibwe
Gikinoo Amaade-wigamig**

KINDERGARTEN ROUND-UP!

2023-2024 SCHOOL YEAR

***This is for families of children who will be five years old
by September 1st, 2023 and ready for Kindergarten**

***We invite you to visit the school and
meet the teachers & staff on**

Thursday March 23, 2023

4-6PM during Ziigwan celebration

218-878-7242

Pictures from the 80's

Here's another photo from a Vista worker, who worked for Fond du Lac from 1980-81. If you can identify someone in this picture, please email zacharydunaiski@fdlrez.com, call me at (218) 878-2682, or stop by.



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RBC Thoughts

RBC Weekly updates

The Fond du Lac Reservation Business Committee is committed to increasing transparency for the citizens of the Band. Administration provides a weekly recap of RBC Member activities. The week of Jan. 16-20, 2023 the Band's elected officials:

Monday

- Fond du Lac Programs were closed for Martin Luther King Jr. Day.

Tuesday

- Attended the Community Solution Action Plan Presentation.
- Participated in the Economic Development Committee meeting.

Wednesday

- Weekly RBC meeting, agenda available upon request.
- Celebrated and congratulated Jennifer Borkholder on her retirement. Chi-miigwech for the past 20 years!

Thursday

- Continued the weekly RBC meeting; agenda available upon request.
- Met with the University of Minnesota at the Forestry Center about Memorandum of Understanding (MOU).
- Reschedule RBC Open Meeting for next Thursday at Mino B starting at 4:30 p.m. with zoom capabilities.

Friday

- Attended a GLIFWC meeting with Resource Management staff.
- Met with Fond du Lac Lobbyist to discuss Band priorities.
- Met with Senator Kunesh about Minnesota Indian Family Preservation Act (MIFPA) changes.

The week of Jan 23-27, 2023 the Band's elected officials:

Monday

- Attended the Community Supervision Workgroup Meeting.

Tuesday

- Participated in the Tribal-State Relations Training.
- Attended the GLIFWC Board of Commissioners meeting.
- MAIC Ground Breaking Ceremony in Minneapolis.

Wednesday

- Weekly RBC meeting, agenda available upon request.

Thursday

- Attended the MCT TEC meeting at Black Bear, RBC members attended Health & Human Services, Finance, Natural Resources/

Environment, and Legislative subcommittee meetings

- Held the monthly RBC open meeting in Minneapolis.

Friday

- Attended MCT TEC meeting at Black Bear.

From Jan. 28-Feb. 3, 2023 the Band's elected officials:

Saturday, January 28th, Representative Roger Smith Sr. attended the opening ceremony for the John Beargrease Sled Dog Marathon at BBCR, where he welcomed all the staff, volunteers, and mushers. Chi-miigwech for partnering with Fond du Lac for

this great event!

Monday

- Held quarterly meeting with the Human Services Division.
- Attended the virtual DHS Legislative Proposals.
- Discussion with Minnesota Power about Utility Right of Ways.
- Met with FDL Staff involved if

ROW issues within FDL. Planning future meetings with MN Power and Lakes States.

- Met with Economic Development Committee

Tuesday

- Discussion with Cultural & Language staff to explore ways to integrate into current program operations.

- Went on a property tour. Toured a home owned by Enbridge. Possibly trade for temporary work space.

Wednesday

- Weekly RBC meeting, agenda available upon request.

- Hosted Minnesota Governor Walz and discussed the importance of direct funding to the Tribal Nations within the state. – Topics of discussion were Direct funding and self determination through flexibility of grant funding.

Thursday

- Attended the Cultural Resource Summit in Bois Forte.

- Attended the virtual DHS Legislative Proposals.

- Weekly call with the Governor's office.

Friday

- Attended the Cultural Resource Summit in Bois Forte.
- Attended the Investment Committee. Agenda topics were the FDL's Quarterly Review of all Investment accounts. Requested a more detailed yearly and monthly statements of Minor Trust accounts for parents. The detail would include overall performance of the account and include all funds that were contributed and all gains over all 18 years of the fund.

The week of Feb. 6-10, 2023 the Band's elected officials:

Monday

- Prepared for the upcoming meetings/testimonies.
- Reviewed consent agenda items for Wednesday's RBC meeting.

Tuesday

- Chairman Dupuis testified on Chronic Waste Disease (CWD) matters at the State Capitol.
- Participated in the Tribal-State Relations Training Virtual Class.
- Attended the Minnesota Chipewewa Tribe Legislative Dinner in

the Twin Cities.

Wednesday

- Weekly RBC meeting, agenda available upon request.

Thursday

- Had a financial discussion with the Human Services Division.

Friday

- Chairman Dupuis testified for Minnesota Indian Family Preservation Act (MIFPA) matters at the State Capitol.

- Met with the Secretary of the State and discussed establishing training opportunities for Band Members to be involved with Pop-up polling sites for the 2024 Elections. The idea of having at least a 7-day Pop-up polling site in both Carlton and St. Louis Counties.

This is due to community members being disenfranchised from participating in national elections. We also discussed adding input into the Legislative Manual "Blue Book" in regards to the theme of the 1924 Indian Citizens Act.

**Elected officials also meet with community members, check e-mails, and answered phone calls throughout the week. Gizhewizin naa ge Ayaang-waamizin (stay healthy and be safe)!*



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More Local News

This Anishinaabe child care program puts Ojibwe language first A northeastern Minnesota immersion center gathers generations to preserve and revitalize the ancestral language.

By Jana Hollingsworth,
Star Tribune

This recent article is being reprinted with the permission of the Star Tribune. Photo courtesy of Renee Jones, Star Tribune.

“Goon!”

The Ojibwe word for snow was a popular one as several Anishinaabe toddlers and their mothers and teachers trudged through the deep snow, the kids either delighting in last week’s winter storm, or shedding a few tears, in need of a nap.

Netaa-niimid Persia Erdrich mimed a visual to a visitor indicating her son was tired, as the bundled-up group, shod in snowshoes or nestled into tiny sleighs, made its way along a forested trail in the blowing snow at a northern Minnesota Ojibwe immersion childcare center.

The goal was to check recently set rabbit snares, which, if effective, would result in lessons. But buried deep in goon, the snares were empty. Lighthearted conversations floated through the air, all in Ojibwe.

Such outings are crucial to the mission of the Fond du Lac Tribal College’s Grandma’s House: to create more first-language Ojibwe speakers and to raise children with clear Anishinaabe identities, aided by elders.

“This is really much bigger than reviving the language,” said the center’s grant manager, Gaagige-giizhigookwe Nicole Kneeland.

No one who speaks Ojibwe first — meaning English is their second language — remains on the Fond du Lac Reservation. A complex, descriptive language, it was traditionally taught orally

Today, many Anishinaabe tribes, including the Fond du Lac Band of Lake Superior Chippewa, invest in language programs to combat the crisis of language loss. Alumni of an adult immersion program at Fond du Lac, wanting a place to learn with their children, helped create Grandma’s House in 2020.

“First-language speakers carry the sound,” Kneeland said. “Ensuring our children know that sound is really important.”

Grandma’s House, a cooperative center that serves pregnant women and children up to age 5, gathers Ojibwe-speaking elders from other tribes in Minnesota and Canada to work with Anishinaabe kids and their parents. The traditional intergenerational aspect is both key to the immersive nature and unusual — its leaders know of no other Anishinaabe program like it, where elders play a major role in educating parents and their young children in a home-like setting, where no English is spoken.

The pandemic meant some virtual learning, but the families and teachers typically spend their days outside in traditional activities that follow the seasons. They garden, tap trees for maple syrup, harvest wild rice, construct wigwams and make trails. Inside, they prepare snacks, sing songs, nap and play with wooden toys. The curriculum encourages creativity and is Waldorf education-inspired.

The center is supported by the Blue Cross and Blue Shield of Minnesota Foundation, which invested in it after interviews with Anishinaabe elders who made connections between language and health, said Bukata Hayes, vice president of racial and health

equity for the foundation.

“That’s what we believe will make it more impactful,” he said. “It’s of the community and by the community, in terms of solutions.”

Parents are offered a stipend to take part, because the program, which runs five hours a day four days a week, covers much of the workday.

Erdrich participates with her 2-year-old son. Daughter of author Louise Erdrich, she grew up in a house with items labeled in Ojibwe and has spent years studying the language, teaching at an Ojibwe immersion school near Hayward, Wis., before moving to Hermantown to be closer to Grandma’s House.

Her son’s abilities are starting to overtake her own, she said, because he doesn’t need to translate from English in his head. He speaks in Ojibwe when he wakes from dreams and uses it when he’s hungry or thirsty.

“It’s indescribable, the feeling of hope for the survival of the language,” she said.

But it can be a lonely path for parents wanting their children to learn, motivated to break the cycle of their families, Kneeland said. Many lost their ability to speak after attending federal residential schools.

For more than a century in these assimilationist schools across the United States and in Canada, Indigenous people were violently stripped of their languages, culture and traditions.

“We still carry that historical trauma,” Kneeland said. “We are trying to make our

people strong again and heal. The only way to truly know who you are is to know your language and culture.”

The immersion program is a supportive community for parents as they do this work, she said, because not everyone sees the value in revitalizing a language not typically used in mainstream culture.

But the Ojibwe language and ancestral traditions are tied closely together — funerals and ceremonies for healing and naming are spoken in Ojibwe — heightening the need to understand.

“All our Anishinaabe teachings exist within the language and are shared and transferred through the language,” said Miigis Gonzalez, a citizen of the Lac Court Oreilles Band of Lake Superior Ojibwe who has two children at Grandma’s House. “I truly believe our ways are [key] to their wellbeing.”

Ogimaawigwahebiik Koko Jones

travels more than three hours from Nigoonsiminikaaning First Nation near Fort Frances, Ontario, to teach both adults and young children at Fond du Lac. She sometimes rides with her son, and sometimes drives herself.

Jones’s siblings were forced to attend a residential school in Canada where speaking Ojibwe was forbidden. When they returned, they no longer wanted to play with her.

“They said, ‘Don’t speak Indian, you’re going to get hit,’” Jones said, because that had been their experience at the school. “We were disconnected.”

Somehow Jones escaped their fate. And that’s how her native language survived, she said. Today, the 83-year-old is intent on leaving something behind for younger generations.

“I can see their future, that someday they might be me,” Jones said. “They are the ones who are going to pass it on.”



Nizhwaasangoonwe Miigis Gonzalez looks backward to talk to her son as she walks in snowshoes to check on rabbit snares as part of the Ojibwe immersion program

More Local News

Improving Air Quality with Energy Efficiency

Ganawendamowin Agwajayi'ii Eyaamagak Baa-ayaayang (taking care of the environment) and saving money don't always go hand-in-hand. But they sure do when it comes to energy efficiency.

What is energy efficiency? A good way to think of this concept is by picturing two similar houses located right next to each other. One house is miskwaa (red). The other house is ozhaawashkwaa (blue). Both houses have roughly the same square footage and are functional buildings. However, at the end of each month, the miskwaa house pays a higher energy bill to their utility than the ozhaawashkwaa house, as the miskwaa house always uses more kilowatt-hours (kWh). This miskwaa house would be considered less energy efficient than the ozhaawashkwaa house,

as it uses more energy to provide essentially the same functions the ozhaawashkwaa house provides.

In addition to paying more for energy than its neighbor, the less efficient miskwaa house may be contributing more air pollution to the atmosphere. Fossil fuels, such as coal, oil, and natural gas, are common energy sources for electric utilities and home heating systems. Burning these fuels gives off varying levels of different pollutants, such as sulfur dioxide and nitrogen dioxide in the case of coal, and methane in the case of natural gas. If the miskwaa house reduced the amount of energy it consumed from these nonrenewable resources, it would generate less air pollution.

So, how can you save money and reduce air pollution through improving your home's energy efficiency? Here are a few helpful tips!

- Maintain air circulation/HVAC systems, and change or clean filters as needed, or as recommended by the manufacturer. Changing and cleaning air filters can increase the efficiency of the system, and improve indoor air quality!
- Clean and dust fans to ensure efficient operation. If using ceiling fan(s), adjust them to spin clockwise in the colder months to cycle warm air, and counter-clockwise in the warmer months to cycle cool air.
- Before biboon (winter) arrives, check out your door and window seals to look for heat loss. In warmer months, opening your windows at night to let in cooler air and closing them in the morning can be a low-cost way to keep your home cool.
- Drawing the curtains/blinds to cover windows can keep heat out in niibin (summer), and keep heat in

during cold months.

- Using LED lightbulbs and natural light can be a great way to reduce lighting costs.
- When exiting a room in your home (or leaving your house), unplug any unnecessary appliances and turn off lights. Even if an appliance is off, if it's still plugged in, it could still be pulling electricity.
- If you're looking to update appliances, look for ENERGY STAR products, as these operate at higher efficiency.
- Plant deciduous trees, as they provide shade in the summer, and sunlight in the winter.
- If using outdoor lights, opt for solar lighting, or use a timer to reduce energy consumption.

The benefits of increased energy efficiency are pretty awesome! You can decrease the costs of energy and heating bills, decrease infra-

structure burdens, and reduce your carbon footprint—AKA the amount of carbon emissions created through one's consumption of fossil fuels! All in all, reducing our use of fossil fuels in everyday practice can help reduce our impact on our changing world, help everyone breathe easier, and help save money!

For more information about air quality, check out our website at <http://www.fdlrez.com/RM/air-main.htm> or reach out to FDL Air Program Coordinator, Paige Huhta, at paigehuhta@fdlrez.com, FDL Air Program Technician, Anthony Mazzini, at anthonymazzini@fdlrez.com, or FDL GreenCorps Member, Carson Becicka, at carsonbecicka@fdlrez.com. Miigwech!

Let's Get Acquainted With the Carlton County Sheriff's Office Chief Deputy

This story first appears in the Carlton County newsletters

What role do you play at Carlton County?

My name is Dan Danielson. I am the new Chief Deputy and second in command of the Sheriff's Office. My role is to assist Sheriff Lake in the day-to-day and long term operations of our Sheriff's Office.

What work experiences and education led you to a career at Carlton County?

I am in my 23rd year of law enforcement and completing my 20th year with Carlton County. I grew up in a law enforcement family, having a father that retired from law enforcement as well as many other family members currently working in or retired from law enforcement. I recently completed my undergrad-

uate degree in Tribal Administration and Governance from the University of Minnesota Duluth (UMD) and

have sought other leadership opportunities including serving two terms as an elected Cloquet school board member and other boards and committees.

What are the things you like most about your work?

I always enjoy knowing that what I think I am going to do at the beginning of the work week is never remotely close to what I ended up doing when I reflect at the end

of my work week. The challenge of constant problem solving is probably the most fun part of law enforcement, as well as the contacts and relationships we build with our community and co-workers.

Tell us a little something about your family.

I am married to my wife Katie who is a school social worker at the Cloquet High School. My oldest daughter Chloe is finishing her social work degree at UMD while serving at the 148th Air National Guard. My two youngest daughters, Dru and Quinn, are attending Clo-

quet High School and involved in various activities including tennis, basketball and volleyball.

Tell us a little about yourself.

I was born and raised in Cloquet, and have been a lifetime Carlton County resident. I graduated from Cloquet High School in 1998 and attended Hibbing Community College immediately after where I completed my AAS degree in Law Enforcement and played football.

Upon completing my degree at HCC, I started my career with the Fond du Lac Tribal Police Department. Later in life, I re-enrolled in college as a non-traditional student at both FDLTCC and UMD, where I completed an Associates Degree (FDLTCC) and ultimately a Bachelors degree (UMD). Outside of work, I am an assistant coach with the Cloquet High School girls' basketball program, I am on the

Cloquet Educational Foundation and the Cloquet Basketball Association board of directors, and I serve as a member of the Civilian Law Enforcement Review Board that assists the Fond du Lac Police and Conservation Department.

Tell us three things most people might not know about you.

I am also a Fond du Lac Band Member who lives on my Reservation.

What are your hobbies?

My hobbies generally revolve around playing, watching, refereeing or coaching sports at some level. I also enjoy classic and sports cars and I always have a book on my nightstand.



Dan Danielson

Etc

Biden-Harris Administration Protects Boundary Waters Area Watershed

National Forest System lands in northern Minnesota withdrawn from future mineral leasing

In February 2023, the Biden-Harris administration took action to protect the Boundary Waters Canoe Area Wilderness and surrounding watershed, a spectacular network of rivers, lakes and forests in northeastern Minnesota that comprise the most heavily visited wilderness area in the United States.

Responding to concerns regarding the potential impacts of mining on the area's watershed, fish and wildlife, Tribal and Treaty

Rights, and robust recreation economy, Secretary of the Interior Deb Haaland signed Public Land Order 7917, withdrawing approximately 225,504 acres in the Superior National Forest in northeastern Minnesota from disposition under the United States mineral and geothermal leasing laws for a 20-year period, subject to valid existing rights. This action will help protect the Rainy River watershed, including the Boundary Waters Canoe Area Wilderness and the 1854 Ceded Territory of the Chippewa Bands, from the potential adverse impacts of new mineral and geothermal exploration and development.

"The Department of the Interior takes seriously our obligations to steward public lands and waters on behalf of all Americans. Protecting a place like Boundary Waters is key to supporting the

health of the watershed and its surrounding wildlife, upholding our Tribal Trust and Treaty responsibilities, and boosting the local recreation economy," said Secretary of the Interior Deb Haaland. "With an eye toward protecting this special place for future generations, I have made this decision using the best-available science and extensive public input."

"I applaud Secretary Haaland's decision to protect the long-term health of the Rainy River watershed, including the irreplaceable Boundary Waters Canoe Area Wilderness," said Secretary of Agriculture Tom Vilsack. "This landscape is an international resource renowned for its multitude of recreational opportunities and provides millions of visitors with unparalleled wilderness

experiences."

Today's decision is the culmination of more than a year of evaluation by federal partners and robust public involvement regarding the potential impacts of mining on the important natural and cultural resources of the Rainy River Watershed.

In October 2021, the U.S. Department of Agriculture's Forest Service submitted a withdrawal application to the Interior Department's Bureau of Land Management, which manages the subsurface mineral estate under the national forest. Extensive public input was sought on the requested withdrawal, and the Forest Service conducted a science-based environmental assessment to evaluate the potential impacts of prohibiting new mineral and geothermal exploration and development

within the Rainy River watershed for the next 20 years. The analysis and decision were informed by approximately 225,000 comments gathered from two public comment periods, three virtual public meetings and two Tribal consultations.

More than 150,000 visitors from around the world every year are drawn to the 1.1-million-acre Boundary Waters, the only lake-land wilderness in the National Wilderness Preservation System. It boasts more than 1,200 miles of canoe routes, 12 hiking trails, and 2,000 designated campsites, and contributes up to \$17.4 million annually to the more than \$540 million recreation and tourism economies in Cook, Lake and St. Louis counties.

Located adjacent to Voyageurs National Park, Grand Portage National Monument, and Quetico

FOND DU LAC HEAD START PROGRAMS PRESENTS

BANGIISHENH ZIIGWAN POWWOW

FRIDAY, APRIL 21, 2023

HONORING OUR CHILDREN

2:30pm	Registration/Regalia
3:00pm	Grand Entry/Honoring Our Children Dance
4:30pm-5:30pm	Feast
6:00pm	Evening Dance/Travel Song

HOST DRUM: Lake Vermillion
Invite Drum: Cedar Creek

Spiritual Advisor: Charles Smith
MC's: William Howes III, Charles Smith

Follow us on Facebook: Fond du Lac Head Start Programs

TAX TIME FRUSTRATING?

Filing taxes does not have to be challenging. Community Action - Duluth will help you navigate through it, for free, if you qualify.

Community Action - Duluth has both virtual and walk-in services. You can pick up a **tax package** that will list everything you will need to start doing your taxes.

Walk-in Clinics:
Tuesday & Thursday 4:30 PM
Saturday 9 AM

Scan the QR code to see what other tax services they have.

Some benefits of filing your taxes:

- Getting money back,
- Avoid interest and penalties,
- Protect your credit,
- If you, or your child, intend on applying for financial aid,
- Builds your Social Security benefits, and
- Will help you get a more accurate picture of your income.

2424 W 5th St, Suite 102
Duluth, MN 55806
218-726-1665

ELDER EXERCISE

Please join Community Health Services for our weekly elder exercise program.

Wednesdays

Cloquet Community Center
1720 Big Lake Road

9am - 10am

Featuring monthly speakers, game days and health related curriculum.

Light exercise and a healthy snack will be provided.

For more information, please call 218-878-3790.

For transportation, please call CHR at 218-878-2128.

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

Etc

Provincial Park in Ontario, the area contains over 1,100 lakes, interspersed with islands and surrounded by forests that extend nearly 150 miles along the border with Canada. Congress expanded protections for the wilderness area in 1978, when it directed the Forest Service to maintain high water quality and to minimize "to the maximum extent possible" the environmental impacts associated with mineral development.

The public land order withdrawing portions of the Superior National Forest from operation of the mineral and geothermal leasing laws, subject to valid existing rights, is authorized by the Federal Land Policy and Management Act. The Secretary of the Interior has the authority to withdraw this area for a maximum of 20 years, subject to renewal. Only Congress can

legislate a permanent withdrawal.

Today's action builds upon decades of local efforts to protect the landscape, watershed and the outdoor recreation economy they support. This is consistent with the principles of President Biden's America the Beautiful initiative to support locally led conservation and restoration efforts.

A map of the area is available on the BLM's website (blm.gov). Additional information on the Forest Service's application and related environmental analysis is available online the Forest Service's website.

Walz signs CROWN Act

Governor Tim Walz signed the CROWN Act into law Feb. 1, explicitly prohibiting racial discrimination based on natural

hair texture and hair styles such as braids, locs, and twists. A ceremonial bill signing will take place later this week.

"Discrimination has no place in Minnesota," said Governor Walz. "By signing the CROWN Act, we are sending a message that Black Minnesotans deserve to live and work free from discrimination. Today we are taking an important step in creating a more equitable Minnesota."

"The CROWN Act will ensure today's generation and future generations of Black Minnesotans don't experience the discrimination that has existed for far too long in our state," said Lieutenant Governor Flanagan. "Black people in Minnesota, and across the country, deserve to show up as their full, beautiful selves, without the fear of hair

discrimination."

The CROWN Act, HF 37 Ch. 3, adds clear language to the definition of race in the Minnesota Human Rights Act that includes natural hair textures and hair styles preventing discrimination on the basis of hair.

FDLTCC honors black history with presentation by alumnus, Serrano Robinson

Fond du Lac Tribal and Community College (FDLTCC) hosted a special event honoring black history with FDLTCC alumnus, Serrano Robinson, on Wednesday, February 15, 2023. During his presentation, Serrano discussed his personal experiences and shared thoughts

on discrimination, appropriation, and how to treat those different from us. The informative event also featured a delicious soul food feast catered by JamRock Cultural Restaurant.

Serrano shared, "When working with black students, we often ask why don't they go to school. Rather we should be asking what are the conditions like in school that makes it hard, uncomfortable, and not safe for them to be successful?"

The presentation from Serrano Robinson was a great opportunity for the college's students, staff, and faculty to learn and grow. The event is one of many hosted by FDLTCC that helps celebrate the college's mission to provide higher education opportunities for its communities in a welcoming, culturally diverse environment.

Serrano ended his presentation

2023 Gitigaan Classes

Tuesdays 5:30-6:30 p.m.
Hybrid in-person and virtual, locations vary.
Light meal served for in-person classes at 5 p.m.

Please register at:
tinyurl.com/2023Gitigaan

**FREE &
OPEN
TO ALL**

- March 7** Salve Making with Plant Helpers
- March 14** Seed Rematriation: Bringing Our Relatives Home
- March 21** Postpartum Gifts from Mama Aki
- March 28** Seed Starting & Garden Planning
- April 4** Fermentation
- April 11** Gardening with Children in the Language
- April 18** Mandaamin: From Hominy to Corn Husk Dolls
- April 25** Garden Tool Maintenance

More classes coming in May... Pest & Disease Management, Building Soil, Seed Saving and more!

*Classes are subject to change. Updates will be posted on social media @FDLGitigaan and sent to registered attendees.

Contact Kaitlyn Walsh with questions:
218-348-5281 or KaitlynWalsh@fdlrez.com

For further details and updates follow
@FDLGitigaan or go to tinyurl.com/fdl-cannery

SAVE THE DATE
Gitigaan
Plant & Seed
Giveaway
June 3, 2023

SIGN UP FOR TILLING
By May 12
Contact: 218-328-2042
joanne@smith@fdlrez.com

PRESS RELEASE

FOR IMMEDIATE RELEASE.

Carlton County Historical Society and Fond du Lac Rez Historical Society will be sponsoring an on-site maple sugar presentation with Bruce Savage, located at Spirit Lake Native Farm in Sawyer, Minnesota.

Makaks- circa 1930. Makaks donated to Carlton County Historical Society. Will be displayed at Spirit Lake Native Farms in Sawyer, Minnesota.

FOND DU LAC REZ HISTORICAL SOCIETY

MARCH 11, 2023 | 11AM

SUBMITTED BY FDLREZHS

**INTERNATIONAL UNION OF OPERATING ENGINEERS LOCAL 49
AND
ASSOCIATED GENERAL CONTRACTORS OF MINNESOTA
APPRENTICESHIP AND TRAINING PROGRAM**

40274 Fisholl Road
Hickley, Minnesota 55027

Eric Gulland, Director 320-384-7093

ANNOUNCEMENT OF APPRENTICESHIP APPLICATIONS BEING ACCEPTED
Notice is hereby given that the Operating Engineers Joint Apprenticeship Committee will be accepting applications from qualified applicants for possible selection into its registered Apprenticeship program.

After an application is received, applicants will receive an email with a letter attached inviting them to one of the testing sessions.

Where to Apply:
Applications can be completed online from our website at www.local49training.org under the Apprenticeship tab.

Program Qualifications:
Applicants must meet the following minimum qualifications when making application:

1. Possess a high school diploma or a GED certificate of equivalency
2. Possess a valid driver's license
3. Be legally authorized to work in the U.S.
4. Be at least 18 years of age at the time of application
5. Achieve 70% or greater on the Ramsay Corp. Job Skills Assessment test. Those who do not achieve at least a 70% score may retake the test in 7 days.
6. Must be physically able with reasonable accommodations to perform all duties of an Apprentice Operating Engineer.

Due to the nature of the occupation and differing geographical work sites, individuals making application for this program must have their own personal means of transportation.

Apprenticeship training entitles eligible veterans and reservists to GI Bill benefits. For information on G.I. Bill benefits call: 651-757-1564 or email: Paula.Fricmann@state.mn.us

ANY QUESTIONS, PLEASE CALL STEVE TUHY AT 320-385-0019.

Testing takes place the 1st Tuesday of every month through October

Etc



RIVER CONNECTION EVENT
 at Fond du Lac Tribal
 & Community College
Thursday, March 16
5:30 - 6:30 P.M.

The St. Louis River Alliance is interested in learning about how YOU want to experience the St. Louis River!

Free, family-friendly, and open to the public. Food and drinks will be provided, as well as \$20 Super One gift cards for the first 50 people who complete our River Connections Survey.

Though this event is open to all, you must be 18+, live in one of the 18 neighborhoods adjacent to the St. Louis River (Fond du Lac, Carlton, Cloquet, Scanlon, etc.) and complete a physical survey in order to qualify for the gift cards. Limit of one gift card per family/address.

For more information, go to:
www.stlouisriver.org/events

FREE FOOD & DRINKS
+ \$20 SUPER ONE GIFT CARDS

with an important question for everyone to consider. He asked, "How do you treat someone?" Serrano explains, "Now we know how we treat people who look like us, act like us, and connect with us. But I would push to ask - how do you treat someone who does NOT look like you, have your same hairstyle or even speak your language?"

Serrano Robinson is passionate about social change and stands firmly on youth development and equity. He draws on his own childhood experiences growing up in a low-income area to develop common ground in his work with youth as Mega Coordinator at *Men as Peacemakers*. The mission of *Men as Peacemakers* is, "To engage individuals and communities in innovative strategies that promote equality, repair harm, and prevent violence against women and children." Visit <https://www.menaspeacemakers.org/> to learn more about *Men as Peacemakers*.

JamRock Cultural Restaurant is an experience created to bring diversity together, while changing your palate for years to come. Owner and head chef, Tony O'Neil, was born in Miami, FL and raised in Jamaica. To learn more about JamRock Cultural Restaurant, visit <https://jamrockculturalrestaurant.com/about-us>.

Governor Walz signs bill moving Minnesota to 100 % clean energy by 2040

Governor Tim Walz today signed into law legislation establishing a Minnesota carbon-free electricity standard. With Senate File 4, Minnesota will take steps to lower greenhouse gas emissions, combat the climate crisis, and create new clean energy jobs. The new law

ensures Minnesotans will continue to have reliable, affordable, and safe energy resources. Governor Walz signed the bill alongside legislators, labor, and environmental advocates at the St. Paul Regional Labor Center.

"Climate change impacts lives and livelihoods in every corner of our state," said Governor Walz. "Minnesota will continue to lead the way on combatting climate change and we'll create clean energy jobs in the process. This bill is an essential investment in our future that will continue to pay off for generations to come."

"Climate change threatens many of the things we love most about our state - which is why we're going to lead Minnesota to 100% clean electricity by 2040," said Lieutenant Governor Peggy Flanagan. "As we work to make Minnesota the best state to raise a family, investing in our climate future is an essential part of building a bright future for our kids. This bill is good news for Minnesota and our country as the North Star State leads the way."

"We are excited for Minnesota to continue to lead the clean energy transition with its new goal to provide 100% carbon-free electricity by 2040," said Chris Clark, president of Xcel Energy - Minnesota. "This legislation will provide opportunities to innovate, create jobs, incorporate new technologies into the grid and work closely with the communities that are home to our employees and power plants on a successful transition."

"Fresh Energy celebrates Minnesota's new 100% clean electricity law and applauds everyone involved in helping make it a reality. An affordable and reliable carbon-free electric supply is the foundation for Minnesota's work to cut carbon pollution in all sectors of our economy," said Fresh Energy Executive Director Michael Noble.

"This bill is just the beginning and Fresh Energy is looking forward to continued collaboration with all the stakeholders and Minnesotans who contributed to making this bill law. This landmark achievement by Governor Tim Walz and the Minnesota Legislature will benefit Minnesotans for years to come across our economy, environment, communities, and beyond."

Electrical utilities in Minnesota have already made significant strides toward carbon-free energy, with a decline in carbon emissions of 54% from 2005 to 2020, according to the recently published Greenhouse Gas Report. The new law gives utilities the planning time and flexibility they need to reach the 100% goal while maintaining reliable and affordable electricity for Minnesotans.

The bill establishes a standard for utilities to supply Minnesota customers with electricity generated or procured from carbon-free resources, beginning at an amount equal to 80% of retail sales for public utility customers in Minnesota in 2030 and increasing every 5 years to reach 100% for all electric utilities by 2040. The bill also requires that, by 2035, an amount equal to at least 55% of an electric utility's total retail electric sales to customers in Minnesota must be generated or procured from eligible energy technologies.

The bill encourages utilities to locate new energy generating facilities in communities where fossil-fuel-generating plants have been retired or are scheduled for retirement and prioritize projects that maximize local employment, including employment of workers from communities where generation has been retired.

The bill also expands the benefits that the PUC is to consider when implementing this energy standard to include:

Etc

- The creation of high-quality jobs in Minnesota paying wages that support families
- Recognition of the rights of workers to organize and unionize
- Ensuring that workers have the necessary tools, opportunities, and economic assistance to adapt successfully during the energy transition, particularly in environmental justice areas
- Ensuring that all Minnesotans share the benefits of clean and renewable energy and the opportunity to participate fully in the clean economy
- Ensuring that statewide air emissions are reduced, particularly in environmental justice areas
- The provision of affordable electric service to Minnesotans, particularly to low-income consumers.

Public meeting notice and hearing

Fond du Lac Band members are encouraged to attend a Public Meeting to discuss the application for a Department of Energy Grant to:

Preventing Outages and Enhancing the Resilience of the Electric Grid

Purpose: The Fond du Lac Band is applying for funding to upgrade the outdated electric grid which will reduce the frequency and duration of power outages.

Place:

John A. Smith Memorial Building
28 University Road, Cloquet, MN 55720

Forestry Briefing Room 200A

Date: March 13, 2023

Time: 3-4 p.m.

LEGAL NOTICE – MARCH 2023

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:

BESCH, James D.
BOURDON, Robert Bernard
BRISBOIS, Devin L.
BULLOCK, Sharon Mae
CICHY, Gerard
CICHY, Leslie
DEFOE, Curtis
DIVER, Cree J.
*DUFAULT, Lavonne
DUPUIS, Donovan
ENGLER, Virginia
FARRELL, Margo J.
HIETALA, Diane
HIGBEE, Louis Jr.
HOULE, Lance L.

KESELBURG, Arlene J.
KIER, Tresa
LADUE, Michelle
LAPRAIRIE, Robert
LABELLE, Gregory
LEES, Renee
*LEGARDE, Ava
LEGORE, Terri
*LINTGEN, Devin
MIKITA, Glenda
MARTIN, Lee A.
MARTIN, William
MARTINEAU, Ferdinand Sr.
MARZINSKE, Larry
MOELLER, Jeffery
MONAHAN, Suzanne
NEWAGO, Dennis
OWENS, Louise K.
PECK, Joan
PERALES, Benjamin Jr.
PETITE, Benjamin F.
PETITE, Leonard Jr.
SAVAGE, Kyle A.
SAVAGE, Mark
SEPANSKI, Barbara
SHIELDS, Paige
SMITH, Karrie Anne
SOLHEIM, Kenneth J.
SOULIER, Gary
SPRY, Jon Robert
ST. GEORGE, Richard J.
STRONG, Marilyn
THOMPSON, Dennis Jr.
THOMPSON, Kathy
TROTTERCHAUDE, Chauncey D.
TROTTERCHAUDE, Nicholas
WAKANABO, Thea
WOODHULL, Jeanette
ZOLANI, Russell D.



GITIGAAN PLANT & SEED GIVEAWAY

SATURDAY, JUNE 3



Sign up for garden tilling by May 12

Contact Jeanne at

218-878-2642, JeanneSmith@fdlrez.com

Etc



JACK LINK'S
Jerky & Bites **\$14.99**

10 OZ

This month's deals
at the
Fond du Lac
Gas and
Grocery



RICE KRISPIES TREATS
Big Bars **2/\$2.50**

2.1 OZ - 3 OZ



ARIZONA
Beverages **79¢**

23 OZ

Your Word and the Manitou and How an Elder is Treated

By Christine Carlson

Since it is still winter and story time, last month I intended to submit two legends. Editor Zachary also liked the legends but previous circumstances behooved me to omit them and write the whole page regarding my forty years of research and photography which led to 13 years of stories for this newspaper. I felt I had to address the issue and therefore set aside the two legends which are included in this issue.

Comments Regarding my Article from Last Month

I received several forms of communications regarding the good bye article last month and years of research which I was happy to receive. Here are some quotes from them:

“So honest, informative, confident, astonishingly open – a “Lion’s Roar” directly from your heart. It’s diplomatic and kind, too.”

“Its not a Goodbye, its just starting on another pathway. You have a much larger family than you can count, and we all thank you, love you, care about you. Remember that there is no word in our language for goodbye.”

“Comforting and rewarding and perhaps bittersweet, to see the labours of your love move on to a new home. But you opened the door, and let the sunshine in thanks.”

“I want you to feel honored, deeply appreciated and admired for your decades long devotion of giving voice to many elders of the Fond du Lac people. You retrieved their precious stories. By doing so, their wisdom will carry forward. All your research will be truly a treasure for their historical archives.”

“How lovely and what an amazing gift to all the families.”
“Congratulations for all that

hard work. The Rez now has great resources for learning about their past.”

“When I receive the paper, the first thing I do is look for your story and I will miss this.”

“Your body of work is so important to so many people. And as a family historian who has spent untold hours, days months and years tracking down and documenting family history, I truly believe that long after we are gone someone, somewhere, will discover our research and be so excited and thankful that someone (us) long ago, wrote this history down.”

On the other end of the spectrum, putting anything in the “eye of the public” has not always been easy. In life and work there may be hurt and hurdles so be prepared. Will one falter and fail or get up and be resilient. Look at the big picture and what you may want to share or accomplish. Confirm your goal or destiny and move forward and be thankful for the appreciation and kind words of many.

Your Word and the Manitou and How an Elder is Treated Years ago, an Elder Shared this Story with Christine

Once upon a time there were extreme hardships and there was no food or game to be found. So many died of hunger and desolation filled the country. Offerings were made to the Great Spirit to no avail. One day two hunters came upon a rare animal and it was the white wolverine. Any white animal is quite sacred as they are rare and seldom seen. They were foolish and shot the sacred, white wolverine and to their surprise an old woman sprang out of the skin. She professed to be a Manitou and promised to live with the people and provide them with plenty of game. She was to be treated

with respect and given the first choice of their bounty. The elder was taken home with them and she was treated well for a time but the people became jealous and didn’t really like giving her the best of the Creator’s gifts. Eventually, they violated their promise and she became angry and then they killed her and just left her body in the woods.

Great calamity came to be and the group quickly moved to another area far away. Time passed and game became plentiful again and they laughed at how they were tricked by the elder. Later, a hunting party shot a deer and chased it a long distance to the place of their old camp where the woman was killed. There they saw her decaying skeleton and one of the hunters was angry and kicked the skull which went flying through the air. All of a sudden, a whirling buzzing sound came from the skull and it proved to be a multitude of annoying insects. They attacked the hunters with great fury even as they ran into the stream for protection. The elder’s heart was filled with sadness for their broken promise. The hunters returned to their new camp and all others were also affected by the same relentless buzzing and slapping and scratching and itching. Yes, their lives have changed as the old Manitou brought forth the annoying mosquito for breaking their word, especially for all she had given.

Some call it “Karma”, or “you reap what you sow” or “what goes around comes around”. Sometimes a legend or story has a message or there is something that could or should be changed or learned. Yes, some are even relevant today in the “Here and Now.”

Origin of the Mosquito from the Superior Times of August 8, 1885

The Indians have a very satisfactory account of the origin of the Montezuma mosquitos. The legend runs thus: There were in times of old, many moons ago, two huge feathered monsters, permitted by Manitou to descend from the sky and alight on the banks of the Seneca river. Their form was that of the mosquito. They were so large that they flew toward the earth. Standing on either bank, they guarded the river and stretching their long necks into the canoes of the Indians as they attempted to paddle along the stream, gobbled them up as the stork king in the fable gobbled up the frogs. The destruction of life was so great that not an Indian could pass without being devoured in the attempt. It was long before the monsters could be exterminated and then only the combined efforts of all the Cayuga and Onondaga nations. The battle was terrible but the warriors finally triumphed and the mammoth mosquitos were slain and left unburied. For this neglect the Indians had to pay dearly. The carcasses decomposed and the particles vivified by the sun, flew off in clouds of mosquitos which have filled the country ever since.

Have you ever Wondered about an Issue?

One of my questions was: How did the Indigenous travelers start a fire in the winter time? There are no questions about starting a fire in the other seasons but what about this kind of winter with such a deep snow covering.

Some of the Answers Came from a Book called Red People of the Wooded Country by Therese Deming – 1932

When they reached the top, the chief and his people gathered a pile of wood. One of the women handed her buffalo fire-horn to the chief. Fire was asleep in the horn. The chief removed a layer of dry wood from the top of the horn. Underneath, live coals were lying on their bed of punk. The chief took the coals out carefully and put some dry grass upon them. He blew on them until the grass caught fire.

What is a punk? In this case, it is not an unruly teenager – LOL. An old dictionary definition of punk – 1. Any substance in stick form that will smolder and used to light a fire. 2. dried decayed wood that can be used as tinder.

In the winter with all this snow, there would be no dried grass or piles of wood so maybe several travelers could be picking up a variety of dry branches and wood from deadfalls or bushes along the trail. Or they could carefully take some birch bark or dead pine needles or dried bark off a tree.

Then the woman took a few hot coals out of the fire. She laid them on their bed of punk in the fire-horn and covered them with rotting wood. Her fire was asleep once more.

Yes, buffalo used to roam in Minnesota but that was years ago. So happy to see them back. While traveling in the Northland, how do you think the sleeping fire was kept in the wintertime?

Chi Miigwech

Health News

March is Colorectal Month

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 above 50% higher than the general U.S. population. There are usually no symptoms of colorectal cancer until the cancer is in an advanced stage. Colon cancer, in 95% of cases, starts out as polyps. When caught early, colon cancer is 90% survivable.

According to the American Cancer Society, there was an estimated 90% drop in colonoscopies and biopsies from the spring of 2019-2020.

The American Cancer Society has new recommendations: it is recommended for screening to begin at age 45 for people at average risk for all populations. Evidence has shown if men and women age 45 and above are screened regularly, it may prevent or detect colorectal cancer at an early and curable stage. Evidence also shows that screening can lead to a decrease in mortality

rates. It has been estimated that 9 out of 10 colorectal cancer cases can be prevented through regular screening.

Colon cancer is also on the rise for younger adults aged 20-40. 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!

Colorectal cancer often starts as a small growth called a polyp. Most polyps are benign (not cancerous) but some can become cancerous.

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

Risk factors that may be changed: getting regular yearly cancer screenings, quitting smoking, increasing physical activity, eating a healthy diet, limiting alcohol use and losing weight if overweight/

obese.

The best prevention is getting a colon cancer screening for either a Colonoscopy or a Fit Test:

A Colonoscopy is recommended for ages 45-74 once every 10 years if normal is preferred in a clinic/hospital setting with a provider.

A FIT Tests is recommended for ages 45-74 (fecal immunochemical test) can be done at a patient's home, it is then mailed to a lab for results. It is suggested to have this test done annually if not at high risk.

Check with your health care provider about what colorectal cancer test is best for you and options for those over 75 years of age.

A message from your Fond du Lac Cancer Prevention Program

Sources: American Indian Cancer Foundation www.americanindian-cancer.org, American Cancer Society www.cancer.org, Colon Cancer Alliance: Mayo Clinic Proceedings

S'mores with wojapi (berry sauce)

Prep time: 5 minutes

Ready in: 1 hour

Serves: 6

Ingredients:

6 cups berries (strawberries, raspberries, blackberries)
1 cup water
6 sheets graham cracker cookies
6 marshmallows
3 regular chocolate bars, cut in 6 even squares
3 tablespoons cornstarch
Honey

Directions:

For wojapi, mash the berries together in bowl. Place mashed berries into a medium pot and add water into the mixture. Bring berries and water to a boil. Add ¼ teaspoon of cornstarch until you have desired thickness. Reduce and simmer until texture is thick and syrupy. If necessary, add a little honey to sweeten.

For s'mores, heat one marshmallow on a stick over a fire or stove until soft and golden brown. Break one graham cracker sheet in half to make two squares.

Break 1 chocolate bar in half and place on top of 1 graham cracker square. Place cooked marshmallow on top of the chocolate and graham cracker square, then close with other half of graham cracker square. Place s'more on top of a plate. Pour wojapi over the s'more. Enjoy!

Notes:

This is a messier version of s'mores meant to be eaten on a plate.



ST. LOUIS RIVER AOC
CELEBRATION OF PROGRESS:

**A FOND DU LAC
PERSPECTIVE**

**TUESDAY, APRIL 4
FROM 5:30-7:30
AT BLACK BEAR CASINO**

STLOUISRIVER.ORG/EVENTS
[@STLOUISRIVERALLIANCE](https://twitter.com/STLOUISRIVERALLIANCE)



Come learn about the clean up projects and progress made this past year towards delisting the St. Louis River as an Area of Concern (AOC).

This event is free and open to the public. Come enjoy free food, a cash bar, and have your AOC questions answered!

Health News

Traditional medicines include Sacred Tobacco

Minnesota Native Americans have a long history with traditional tobacco as medicine. However, from 1877 to 1978, sacred tobacco use by American Indians was prohibited by federal law, as were many other Native religious practices. During this time, Native Americans were restricted to highly addictive and harmful forms of commercial tobacco; addiction to commercial tobacco, such as smoking cigarettes, and its use became more widespread among Native people.

It is so widespread that tobacco use surveys indicate that 59 percent of American Indian adults smoke commercial tobacco. (Tribal Tobacco Use Survey, 2013.)

Meanwhile, 14.5 percent of Minnesota's overall population uses commercial tobacco. (Behavioral Risk Factor Surveillance System, MN Department of Health, 2017).

Traditional uses of sacred tobacco are increasing, the red willow bark is an example of the sacred tobacco and is gathered in winter. The traditional sacred tobacco is an herb that is the inner bark of red willow. Ojibwe's call Red Willow Miswaabiimizh as read in the *Walking Toward the Sacred*, compiled and edited by Isiah Brokenleg and Elizabeth Tornes. Tradition has it as a winter activity -- gathered 'when the thunder is not present' or when the tree's sap production decreases, typically between the frost and the first thunderstorm of the spring.**

Returning to the sacred use of traditional tobacco and restoring American Indian cultural practices measurably reduces the number of American Indian youth who begin using commercial tobacco. According to findings from the Wisconsin American Indian Youth

Tobacco Survey (2008-2009), the use of traditional tobacco in ceremonies is a protective factor against tobacco abuse. Youth who use traditional tobacco in ceremony were less likely to have ever smoked commercial tobacco or to have smoked commercial tobacco in the last 30 days than those who had not.

Download this MN Dept of Health story for more information on contemporary practices: Traditional

tobacco use connects Native youth to culture, community, and health (PDF)

** Tobacco has had a sacred purpose within the Native American culture for thousands of years. Sacred use of tobacco does not include the use of commercial tobacco products. From the resource below: Native American Herb: Red Willow Bark - Prairie Edge Trading Co. & Galleries

Youth Sobriety Feast

Wednesday, March 8, 2023
5pm - 6:30pm | Cloquet Community Center Gym

FOR ALL YOUTH CELEBRATING THEIR SOBRIETY AND THEIR FAMILIES.
THIS IS A SPECIAL EVENT TO HONOR OUR YOUTH IN SOBRIETY.

THIS EVENT WILL BE HELD THE SECOND WEDNESDAY OF EACH MONTH.

Fond du Lac Human Services Division | Substance Use Disorder Department

COVID-19 updates

Free at-home tests available

MDH is offering free at-home rapid COVID tests. This is the final chance for people in Minnesota to get free tests before the program ends. Order your free at-home rapid tests online at <https://mn.gov/covid19/get-tested/at-home/index.jsp>. The website is available in English, Hmong, Somali, and Spanish. Food banks, local public health agencies, community groups, and other community health organizations may also provide free testing.

Testing and COVID-19 medications

The St. Paul-Midway, Duluth, Brooklyn Park, and MSP Airport testing sites have closed. The last day St. Paul-Midway was open was January 27. The last day Duluth was open was January 28. The last day Brooklyn Park and MSP Airport was open was January 29.

People who are at high risk and develop symptoms that could be COVID-19 should continue to get tested right away. Prescription medication is available to help prevent severe illness, hospitalization and death. Talk to a health care provider to learn if you qualify for COVID-19 treatment and where to get it. Learn more about COVID-19 medication at COVID-19 Treatments: <https://mn.gov/covid19/treatments/index.jsp>.

Dozens of Minnesota pharmacies and federally qualified health centers are participating in the federal Test to Treat program. There, you can take a COVID-19 test and, if positive, be assessed by a provider on-site. If you are eligible for treatment, you can receive and fill a prescription for pills at the same time. The federal government has a Test to Treat locator (<https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>) to help find participating sites. Some of these sites require appointments. Learn more at the U.S. Department of Health and Human Services Test to Treat site: <https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>.

In addition, the State of Minnesota has launched a telehealth test-to-treat app in partnership with Cue Health. For more information on this program visit the Telehealth webpage: <https://mn.gov/covid19/treatments/telehealth.jsp>.

Health News

AMERICAN INDIAN CANCER FOUNDATION'S VIRTUAL CANCER SUPPORT CIRCLE

Join Us

Our one-hour support group will offer a space to meet others experiencing similar situations. You will be able to tell your story, share your fears, and offer support to others on their cancer journey. Activities during the group include story sharing, guest speakers, and other opportunities. These groups are open to all Native survivors, caregivers, and relatives affected by cancer.

Contact Info

- Email: health@aicaf.org
- Website: www.aicaf.org



American Indian Cancer Foundation®

Schedule

Date

Thursdays
 February 9 & 23
 March 16, 23, 30
 April 13, 20, & 27
 May 11, 18, & 25
 June 1, 15, 29

Time

2 PM HT / 3 PM AKT / 4 PM PT / 5
 PM MT / 6 PM CT / 7 PM ET

Registration

<https://bit.ly/AICAFSupport2023>

"This resource was produced and supported through funding to the American Indian Cancer Foundation through the Centers for Disease Control and Prevention Cooperative Agreement #NU58DP007169. Content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention."

Native American Cancer survivorship resources

THRIVE Cancer Survivorship Class Series | Cancer Survivorship Program (umn.edu): <https://survivorship.umn.edu/thrive-cancer-survivorship-class-series>

World Doula week

Mar. 22-28, 2023 is World Doula week; we would like to give a Chi Miigwech to our Fond du Lac Doulas! They have continued to provide support and services through a pandemic, even if it may have looked a little different.

For those of you who do not know what a Doula is or does, they are a professional labor assistant who provides physical and emotional support to the birther and their family during pregnancy, child-birth, and the postpartum period. We are fortunate enough to have 3 amazing Doulas on board! Tammy Dixon has been providing Doula services since 2009 - HOWAH! We also have Megan Wait who became a Doula in 2018, and Breanna LaDue who recently joined our team.

If you are in need of a Doula please contact Naomi Defoe or Callie Bassett in Community Health Services at (218) 878-3790 to get set up with one today!

Happy birthing,
The Community Health Services Department



Ashi-niswi giizisoog (Thirteen Moons)

Language Page: 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

Biiwan blizzard

Ningwaanakwad.....cloudy
Awan foggy (be)
Zasakwaa..... frost (heavy)
Mashkawadin.....frozen (be)
Dakaanimadwind (cold)

Waabani-noodin wind (east)
Giiwedini..... wind (north)
Zhaawani-noodinwind (south)
Goon..... snow
Maajipon..... snow (start to)

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

- BIGISHKANAD/Rotten
- BIMIKAWAAN/Footprint
- BIZAAN/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

Community News

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths. Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion. Full names, including individual last names are required.

Also, we will include news of graduations (high school and post-high school) and military service. Memorials to loved ones or notes of appreciation are also welcomed.

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on March 15, 2023 for the April 2023 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happiest of birthdays to a wonderful man, **Phillip Savage** (Mar. 7)!
We love you lots, your Family



Happy 5th birthday to our sassy/funny girl **Karli Ammesmaki** (Mar. 12)!
Mom, Dad, and sissy love you so much

We want to wish a happy 24th Birthday to **Rainna Korbey** (Mar. 29) and a happy 21st birthday to **Rateah Korbey** (Mar. 9). *Te Quiero Mucho! XOXO From Mom, Papa, Natalia, Liliana, and Catava XOXO*



Happy birthday uncle **Mike** (Mar. 15)
Love, Carla and kids



From toddler to teen happy 13th birthday, **Rylie Irene** (Mar. 18)
Love, Mom

To our Mom, **Patricia Rasch** (Mar. 22), we wish you a wonderful 80th birthday. You mean the world to all of us and can't wait to see what new shenanigans we will all have with



you in the coming year. How do you tell the most important woman in your life what a difference she's made, or how her voice has lifted your spirit and given you the courage to keep following your dreams? How do you find the words to thank her for sacrifices she's made - for the ones you know about and the ones you've never been aware of - or the countless times she put your needs before her own? There are no words to express the way we feel about you, Mom, but we hope you always know how much we respect you.
We thank you and we love you. Cheryl, Dawn, Stacey and Jeri

Happy 6th birthday **Amariana Loren** (Mar. 30)
Love all of your family. You bring us such joy when you're near.



Happy 9th birthday **Gabriel Lone-Petite** (Mar. 31) We hope your special day is as amazing as you are. We love you tons and tons. *Love, Mom and Dad*

Thinking of you

Just a reminder to all family who hold my heart together: happy belated Valentine's Day! *XOXO, Kristie*

Happy belated Valentine's Day to my bestie **Samantha**! Of course I didn't forget you!
XOXO, Kristie

Congratulations

Congratulations on your retirement **Carol Deverney** (Mar. 31, 2023)! Your 25 years of hard work and dedication to your

FDL band is appreciated and you will be missed!
Sincerely, Behavioral Health Staff

Congrats on your retirement **Geoffrey Ammerman** (Mar. 17, 2023)! Your experience and contributions to the Behavioral Health Department was valued and you will be missed!
Sincerely, Behavioral Health Staff

Thank you

Pat and Doug have been following us around to home and away games since I can remember. My team and I are thankful for their support. They take time out of their day to watch us play every game win or lose they show up to the next game. Lastly, I want to say THANK YOU Doug and Pat for your support!
-Jordell Brown



Obituary

Catherine JoAnn Thompson "JoAnn", 82, of Cloquet passed away on Monday, January 2, 2023 at Inter-Faith Care Center in Carlton. She was born on February 23, 1940 in Mahnomon, MN to Peter and Julia Lemieux. She married Joseph Glen Thompson.

She worked for the Cloquet Public Schools and the Black Bear Casino as the Buffet Manager. JoAnn enjoyed bird watching. She loved her life on Big Lake. In her early years she

was involved in her children's sports activities.

JoAnn was preceded in death by her husband, Joseph; and her daughter, Glory Marie Maki.

She is survived by five sons; 14 grandchildren; and 9 great grandchildren.

Timothy Patrick Page, age 66 of Waite Park and formerly of Duluth, Minnesota died



on Tuesday, January 17, 2023, at the St. Cloud Hospital in St. Cloud, Minnesota. He was born on April 5, 1956, in Duluth. He was grown up in Duluth and later Proctor, Minnesota where he graduated from high school in 1974. Tim enlisted in the United States Army, and spent a portion of his service time in Germany. He went on to become a passionate member of the Fond du Lac Honor Guard. Tim worked as an electronics technician at the United States Postal Service and was one of the only employees trained to service all equipment at the offices. He willingly made many trips to Norman, Oklahoma to attend the Postal College. Tim worked for many years at the post office in Duluth before transferring to Waite Park, Minnesota where he completed his career in June of 2019. Tim was an avid Vikings fan and enjoyed riding his Harley. His truest love was music and singing.

Tim is survived by his daughter, Amanda Page; son-in-law, Jeff Isacson; grandchildren, Mark and Leola Page-Ledoux and Kylee (Jared) Johnson; great-grandchildren, Aurora, Arianna, and Jasper Johnson; and siblings, Danny and Tony

Community News

(Susan) Page, and Leanne Gamache. He was preceded in death by his parents; daughter, Jaime Isacson; and brother, Frank Page.

Marlin Fredrick Wick, age 76 passed away on Sunday, January 22, 2023, while living at Garden



Terrace Assisted Living in Wrenshall, Minnesota. He was born on November 9, 1946, to Raymond and Eleanor (Aiken) Wick. A memorial service will be held at 11:00 a.m. on Thursday, June 22, 2023, at Nelson Funeral Care in Cloquet with visitation the hour prior to the service. Inurnment will be at New Calvary Cemetery in Cloquet. A luncheon will follow at the Fond du Lac Language & Cultural Center in Cloquet. To sign an online registry, please visit www.nelsonfuneralcare.net.

He was preceded in death by his parents; siblings, Charles, Otis, and David. He is survived by siblings, Kenneth (Eleanor) Nystrom, Gwendolyn Klosner, Ardith Kleinenberg, Corrine Wick, Milda Tode, Betty (Leonard) Anderson, and Carol Mirtica; sisters-in-law, Sonja Wick and Sheri Wick, along with many nieces and nephews.

Marlin spent a short period of time in the service and entered the Job Corp. His various jobs took him as far as Washington, where he worked for the Boeing Company. His ongoing interest in model cars and other collectible items gave Marlin great enjoyment. While at Garden Terrace, he took on the hobby of creating beautiful colored pictures and gave many out to family, friends, and others to enjoy.

Marlin will be missed by many who knew him and experienced his way of storytelling. Many

knew Marlin as he would be spotted on his three-wheel bike loaded with goodies riding through Cloquet.

Marlin and his family would like to thank the wonderful care and companionship he found at Garden Terrace. Manager Tracy, the nurses, and staff were an outstanding team.

Laura "Lola" Marie Houle (July 9, 1990 — January 15, 2023), Duluth.

Left this Earth on January 15th, 2023 at the age of 32. Preceded in death by brother, Darren and grandpa, Bob. Survived by children, Jasper, Blaze, and Darius; grandma, Bobbie; mother, Marie; siblings, Manilan, Mahaila, and Jefferson; and many loved ones.

Laura was known for her willingness to share the benefits of her love and her giddy antics. Her profound heart always included the thoughts of others even when her amenities were meager. A musical soul that always found extramundane art in the natural beauty of this world and found a way to divide it among loved ones. Despite of fluctuating distances Laura always made sure loved ones were sought after.

We have lost the kindest heart today, **Albert Joseph Martineau "Joe"** passed away at his home in Amity, Oregon. Albert

Joseph Martineau was born May 22, 1959 in Cloquet, Carlton County, Minnesota to Evelyn Irene



(Porter) and Vincent Roy Martineau, preceded in death.

Joe's name is Awan. Awan means fog in the Ojibwe language. Awan is from the Fond du Lac Band of Lake Superior Chippewa of Minnesota. Proud of his native American heritage. Awan had seven brothers and four sisters (preceded in death, Butch, Danny, Herbie, Gary, Dean and Bob, as well as his sister Joy). Awan is survived by his sister, Gwen Martineau; brother Henry (Tina) Olson; sisters, Lynn (Keith) Olson, Mary (Kelly) Diver all of Cloquet, Minnesota; adopted brothers, George Himango, Chuck Smith, and Don Wiesen; his daughters whom he cherished with all his heart and was so proud of, Felicia Martineau and Cherida Martineau; son, Joe Martineau Jr.; grandchildren, Ava Martineau, Cashus, Avery, and Mason Sather whom he held such a great love for; his wife, Alice Rost Martineau, of Amity, Oregon; Tom Peacock and Joy Peacock, his only Indigenous foster home who in his words saved his life; his niece Rachel (Joey) Barney; and so many other family members and valued friends.

Awan was a member of the Fond du Lac Band of Lake Superior Chippewa; the Midewiwin Grand Medicine Lodge, living his life in service to others. He also served in the U.S. Air Force.

Awan worked for the Confederated Tribes of Grand Ronde, in Grand Ronde, Oregon, as an Alcohol and Addictions counselor, sober himself for +30 years, he was passionate about helping others in recovery. He loved fishing, hunting, bringing joy to others, most of all his daughters and grandchildren. He made hundreds of pairs of moccasins for those who needed a pair. Awan loved to spread joy and make others laugh. He loved life and many in his life.

Awan lived his life as a Midewiwin, always giving, a gentle soul. Our hearts hurt for the beautiful man who has started his journey.

We are sad to announce that on January 7, 2023 we had to say goodbye to **Thomas E. Rodaks** of Berlin, Wisconsin, born in Milwaukee, Wisconsin. You can send your sympathy in the guestbook provided and share it with the family. You may also light a candle in honor of Thomas E. Rodaks or send a beautiful flower arrangement to the funeral service. He was predeceased by: his parents, Alexander Joseph Rodaks Sr. and Florence Victoria Gouge Rodaks; his brother Tim Rodaks (Mitzi); and his brother-in-law Bob Gruentzel. He is survived by: his daughters, Jessica Street (Lauren), Anna Stephens and Abby McGeehen (DeWaine); his grandchildren, Athena, Elizabeth, Lilly and Arthur; his siblings, Louise Gruentzel Rodaks, Victoria Ellis (Lawrence), Joe Rodaks Jr. (Lorna), Barb Rodaks and Jim Rodaks (Judy); and his pet Cheeseburger. He is also survived by many nieces, nephews, friends.

Jay Barney, age 66 of Cloquet, Minnesota died on Thursday, February 9, 2023, at St. Luke's Hospital in Duluth, Minnesota. He was born on



November 6, 1956, to Warren Sr. and Cecelia (Martineau) Barney in Cloquet. He served in the United States Navy and later was a Heavy Equipment Operator with the 49'ers Union as well as a union carpenter. Jay was a member of the Fond du Lac Band of Lake

Superior Chippewa.

Jay had a big heart and enjoyed being a grandfather. He was very proud of his two sons. If not spending time with his family, he spent his time hunting, fishing, tinkering and fixing things, visiting, rummage sales, and building sheds.

Jay is survived by his children, Jason (Jackie) and Aaron (Jessica) Barney; grandchildren, Kolby (Alex), Luke, Avery, Lane, and another on the way; siblings, Dixon, Josa, and Dawn; sisters-in-law, Mary Barney and Leah Bloom; and many nieces, nephews, cousins, and great-nieces and nephews. He was preceded in death by his parents; siblings, Woods, Becky, Randy, Tim, and baby sister, Wendy.

FDL job openings

Fond du Lac Reservation and its enterprises has many terrific job openings available. If you are looking for a great place to work, visit the FDL website (<http://fdlrez.com/HR/employment.htm>) to find the perfect job for you.



#FDLSTRONG

MARCH 4 - 25TH

ROCKIN' & ROLLIN'

SATURDAYS, MARCH 4, 11 & 18TH:

- START EARNING ENTRIES ON SUNDAY, FEBRUARY 26, 2023.
- TWENTY (20) CASH WINNERS EACH NIGHT 6 - 9 PM
- WINNERS CAN WIN UP TO **\$4,000!**

GRAND PRIZE NIGHT,
SATURDAY, MARCH 25TH:

- TWENTY (20) CASH WINNERS
AND ONE (1) WINNER OF THE **2023 JEEP CHEROKEE!**



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SEVEN FIRES
STEAKHOUSE

the Buffet
BY THE BEAR

SAGE DELI

DEAL of a MEAL

Thursdays in 2023 from 8 am - 9:59 pm
earn 50 points and swipe your Players Club
card at any kiosk to choose a meal:

- One (1) FREE Buffet
- \$15 to the Seven Fires Steakhouse
- \$10 to the Sage Deli (See Rules)

MY PLACE
for selection!

FOLLOW US:



MAKE THE BEAR YOUR PLACE!
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SEE OFFICIAL RULES AT THE PLAYERS CLUB OR ONLINE. MANAGEMENT RESERVES ALL RIGHTS.

ROCK *the* OTTER V!

MARCH 24TH

SCAN QR CODE
TO GET TICKETS!



WARRANT

WITH SPECIAL GUESTS



DOORS 6 PM | CONCERT 7 PM

TICKETS \$15 - \$35

