

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



Left to right Kevin Dupuis Sr., Wayne Dupuis, and Wally Dupuis (far right) listen to Bruno Zagar (second from right) discuss the process while breaking a part a wood chip to show them how dry they get.

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Local News

Biomass building up and running

By Zachary N. Dunaiski

The Biomass building outside the Sawyer Community Center has been a long work in progress, but that long work has finally paid off as the facility is up and running.

On Apr. 18, a grand opening was held to show off the building and have a barbecue for those in attendance on a grill that also burned wood pellets.

This building is the first of its kind in the world. There are some like it that utilize wood chips to heat, but this is the first one anywhere that once the chips are unloaded from the truck, it doesn't require any manpower to keep the heating process going.

This is the first winter of the biomass building being up and running, which saved the Sawyer Center over 8,000 gallons of propane in the first year, down from 18,000 the previous winter which was also a warmer winter. That efficiency is also with it not running at full capacity and for only a por-

tion of the winter.

Now that Endazhi-jaagaakizaanaawaan biiwega'iganan gaye gi-zhaagamizamawaad jigiizhoomanji'oyaang omaa Gwaaba'iganing (Sawyer Community Center Wood Chip District Heating Building) is fully operational, next year it will not only displace over 15,000 gallons of propane per year—or 90% of the heating requirements for the SCC—but it is also better for the environment. The previous propane boilers will still remain in the Sawyer Center as a backup.

The building works by having a truckload of woodchips dumped into the bay, which sits over 6 drying trenches. The woodchips are dried by fans in those trenches to maximize their efficiency. Bruno Zagar, who has been working on the project from the very beginning, said that samples were sent off to test for moisture content. They were hoping for 15% and their sample had only 12%.

The woodchips for the biomass building will be sourced by FDL Forestry program, and as needed a backup will be provided by Savana Pallet.

The Biomass facility consists of a new 1.7 mmBtu/hr Wood Master wood chip boiler, multi-clone dust collector, Javo Toploader wood chip conveyor, VibraScreen chip screener, Rapat conveyor, the floor has six drying trenches with 4,000 cfm Brock fans, piping, controls and a building.

This project is a collaboration of the Fond du Lac Band of Lake Superior Chippewa Resource Management Division, Fond du Lac Construction, the Division of Energy and Mineral Development and the Minnesota Department of Agriculture. The facility was funded with an energy resource grant by the BIA.

Due to the early success of this facility there have already been talks about another building at the Brookston Community Center.



Bruno Zagar (right) talking about the drying trenches to Kevin Dupuis Sr. and Wally Dupuis.



Wally Dupuis inspecting the dried wood chips before they're loaded into the boiler.



Nahgahchiwanong Dibahjimowinnan

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

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

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

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

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

Corporate Member of the
Native American Journalists
Association

Local News

Colorectal conference held at BBCR

By Zachary N. Dunaiski

Black Bear Casino and Resort held the first Colorectal Cancer Conference in the Otter Creek Event Center on Apr. 2 and 3. The conference was a collaboration between FDL community health, FDL medical, American Cancer Society, Minnesota Department of Health (MDH), and American Indian Cancer Foundation (AICF) to bring awareness to the community about the importance of colorectal screenings.

After the conference I spoke with Rita Aspinwall, Cancer Grant Program Manager and Community Health Educator; Christine Davis, Family Nurse Practitioner and Clinic Coordinator; and Roxie Wefel, Nurse Practitioner about the important of the conference.

“It was just to talk about the health disparities around colorectal cancer in Indian country,” Christine said. “That was really the purpose to share partnerships and highlight our relationship that FDL has with ACIF and MDH in order to help us improve our screening rates here at FDL.”

The event was open to community members and health professionals and many from Minnesota and Wisconsin turned out. There were FDL Band members at the conference as well as members from Red Lake, Grand Portage, and Boise Forte. But its purpose wasn't just to get information to the Band members, but also to inform our partners with the importance for screenings.

“More importantly we kind of had Es-sentia at the table which kind of helps us get our message out to healthcare providers that don't necessarily understand our cancer disparities. So it was just nice to educate them so they can bring that back to their larger organization,” Christine added.

This was the first colorectal conference and it's unclear at this time if this will be done in the future. Rita, Christine, and Roxie all agreed that it was a success getting the information out to the public and other entities.

“Based off ACIF's work, their mission is

to get that information from Tribes or to Tribes of what our incredibly high cancer incidences are. Not just for colorectal, but all cancers up in this northern plains area. So ACIF has great informatics if you go to their website that you can get some information from,” Christine said.

The event was also helpful to help other Tribes build infrastructure and partnerships by learning from what Fond du Lac has done and been so successful with.

Fond du Lac Human Services was also honored with an award for their hard work. They received the 2018 Organization of the Year Award for all the work done in increasing the number of screenings that people have had done. In 2017, Roxie was also honored with the Healthcare Provider of the Year from the same organization.

“And we followed it up with one for the organization,” Rita said after they talked about Roxie's award from the year before. But they all know it isn't just about the three of them.

“Another thing that I think attributes to the success is the dedicated RNs who do the colorectal education outreach, Naomi Defoe and Corinne Wagman,” Rita added. “They come to a lot of community health events that the cancer program puts on and they're there with that colon and they do FIT (Fecal immunochemical test) testing demos and have one on ones with community members and they demystify the process of it. I think having that consistent staff leadership from those two RNs to the community is paramount.”

“At those events they also provided some colorectal cancer screenings, so they would have the FIT test available there which is the stool testing option, which should be done yearly,” Roxie said. “They would have it available so if a community member were wanting to go with that option, they could demonstrate how to use it and then actually give them a test that they would be able to return to the clinic.”

Too often we all try to shy away from important topics because it is uncomfortable, but we all need to pay more attention to it because the numbers are so staggering.



The work that these three have done is so vital, and they know it will continue to help people for years to come.

“I feel like the conversations I've had in the last year with Chris and Roxie is just that it's important to know that they documented these workflows and protocols in medical so that their work will still continue with the next provider that takes their path. I think that's important to note that they want to focus on sustainability,” Rita said about the work Christine and Roxie have done.

The most important thing to remember is get your screening done if you're over the age of 45, no matter your heritage. The rates are much higher among Native Americans, 53% higher, but the American Cancer society has recently changed it and wants everyone 45 and older to be screened.

Fond du Lac wants to encourage you to get screened, so if you haven't been screened and are due for one, get screened this year (2019)

and you will be entered into a quarterly drawing for a \$50 gift card. They will give out 10 of them this year and you just have to have been screened this year to be eligible to win. If you need to schedule one, you can reach out to Naomi or Corinne through the clinic number (218) 879-1227.



Fond du Lac PD and the FDL Ojibwe School

Will be hosting a

Dodgeball Tournament

Monday May 20th from 1pm-3:30pm



The Tournament will start with 8 to 10 teams and go until there is a Champion! If you are interested in having a Team, you need a minimum of 6 players and max of 10. Let Officer Chad Pattison know if you plan on having a Team, my email is chadpattison@fdlfd.com. I will need the Team name and roster so I can reserve you one of the team slots. The winning team will receive a prize package with movie tickets, gift cards from local businesses, and more. So if you think you've got those Dodgeball skills, put a team together and hit the court to prove it! This is open to anyone in the Community that can put a Team together. Deadline for Team entries is Wednesday May 8th by 3:30pm.

RBC Thoughts

Boozhoo,

I have been patiently waiting for the snow and ice to melt. I usually check for fish in the stream by my house but my mobility has been hampered. I have been watching for the buds to appear on the aspen trees, my grandfather told me this is a sign that spearing and netting is about to begin. The RBC has declared lakes in the 1837 and 1854 Ceded territories for Band members to exercise their rights upon. If you are interested in participating in the upcoming season, the lakes and the landings opening will be posted on the Resource Management website.



Ferdinand Martineau

I hope that this season will be a safe and successful one for all who participate.

The Otter Creek Event Center was quite full with over 400 FDL Elders and their guests this past Tuesday evening. All who attended enjoyed a buffet style meal of salads and rolls, mashed potatoes and beef tips, wild rice, and corn. Those who were unable to stand in the long lines were served at their tables. I was able to circulate through about half the room before dinner was

served but it was nice to see all the faces having a good time enjoying the food and company at their tables. I would like to give a plug for the historical society and their effort to provide a slide show for this event. If you can spare some time or a photo for this group they would truly appreciate it as they have lots of photos that they would like to identify.

The Sawyer Community Center's new biomass wood chip boiler was officially put into operation this week. The unit is a large wood chip boiler that will be used to heat the community center's water and building.

If the unit is as successful as we hope we are going to try to install a similar unit in Brookston. The project was funded by the BIA through an energy resource grant. If you have the time and are passing through Sawyer stop in and see the unit in operation, it is quite impressive.

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 ferdinand-martineau@fdlrez.com

Gigawaabamin.

Cloquet News

Hello All

It has been a fairly busy month for us. The RBC has approved the new Language and Cultural Center and it is now in the hands of our project manager and architects. This will be built from the ground up and will be located across Big Lake Rd. north of the Tribal Center.



Wally Dupuis

The walking/bike trail is also an approved project. This trail will run along Big Lake Rd. and will make connections to the C-store and the Tribal Center. This will make for safer pedestrian

and bike traffic so individuals will no longer have to be on the narrow shoulder of the road as they commute to and from the Tribal Center.

The broadband project, which will provide high speed internet service to and throughout most of the Reservation communities, is still under construction. Upon meeting with the individuals in charge, a start day for providing the service is not yet confirmed but should be operating on a limited basis by fall of this year. I will keep you posted on the progress of each of these projects.

On a different note, in working with the court system and speaking with Tom Whitebird,

our Veterans Service Officer, Tom has accepted and has joined as a team member and is active in the St Louis County Veterans Treatment Court. Tom represents all Native Veteran community members accepted into the court, who have been charged with crimes. Thank you Tom for taking on this critical task. I am sure our Veterans will appreciate your efforts.

Our Cloquet Community Center staff has been busy with its regular programming for all ages. They are also working with the other community centers staff planning for the upcoming Enrollee Day festivities.

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



Minnesota Chippewa Tribe Finance Corporation

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

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

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

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

Applications:

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

ANNUAL FDL VETERANS GOLF TOURNAMENT

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

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

Rain or Shine

4 PERSON SCRAMBLE
BASE PRIZES NOT APPLICABLE
\$75.00 PER PERSON
FDL VETERANS GOLF FOR FREE!
SEE STA MUST BE ON FILE AT FDL VETERANS OFFICE

2 FLIGHTS
TOP 3 TEAMS IN EACH FLIGHT
WIN CASH PRIZE!

SKINS GAME \$40.00 PER TEAM
MULLIGANS \$20.00 PER TEAM
OTHER ON COURSE EVENTS

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

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

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

RBC Thoughts

Sawyer News

Boozhoo,

Maple sugaring season was a success. I counted over 30 individuals that maintained a sugarbush around Fond du Lac and counted many helpers and visitors. The extended winter with snow and freezing temperatures allowed for a steady flow of maple sap as it warmed up. The season always reminds me of family and the hard work we do together as a

community to keep traditional practices going for our youth.

The biomass heating system had its grand opening in Sawyer. It is estimated that there was a savings of 8,000 gallons of propane this winter. This is a great savings for the community center and good example of projects that we do. This project has put us ahead of our commitments to the Kyoto Protocol which stated that we would



Bruce Savage

find way to save energy and reduce our carbon footprint by 2020. We have exceeded our goal as a Band.

Construction on Superior Street in front of Fond-du-Luth Casino has started. Our staff is diligently working to lessen the impact of the lack of on-street parking. The parking ramp still has access at the First Street entrance and staff is busy helping customers feel the least amount of stress during this construction time.

Reminders to parents, get your youth working this summer. Applications are being accepted now for Summer Youth Employment positions. Also, spearing and netting has started, be sure and contact Resource Management to get on their call list for daily notification of lakes that are open. The open meeting at Sawyer Center this past month was well attended. Thank you everyone that showed and asked questions. With the nicer weather, make sure you take precautions driving around

the community as there are youth on bikes, motorcycles, and people out jogging. I hope everyone has a safe spearing and netting season.

*Sincerely,
Bruce M. Savage
District II Sawyer
Representative
(218) 393-6902
email:
BruceSavage@fdlrez.com*

Miinigoowiziwinan

Ezhi-ganawendamang Manidoo
Ogitigaanan

"Our Gifts: As we take care of the Creator's garden"

Harvest Day Camp
Fond du Lac Tribal and Community College (FDLTCC)
June 10 - 14, 2019

- Career and college exploration
- Rope course, canoeing, field trips
- Meals included

Harvest Overnight Camp
Dropoff at FDLTCC, Overnight at Lake Vermillion – Soudan State Park
June 17 - 21, 2019

- Career and college exploration
- Camping, hiking, canoeing and more!
- Meals and lodging included

Pre-applications due May 13th!





For Youth
Ages 12-17

For an app or more info, contact:

Nikki Crowe
nikkicrowe@fdlrez.com
218-878-7148

Naomi Conley
naomiconley@fdlrez.com
218-878-7142



LYNN ROSSY

MAY 21 Dinner 4pm
5-7:30 pm

MAY 22 Breakfast 8am
9-noon



Tired of dieting? Find yourself eating when you're stressed, bored, or unhappy? Confused by messages about what to eat and what not to eat? Learn practices and skills to support your ability to have a healthy relationship to your food and your body. Dr. Lynn Rossy, Health Psychologist and Author of The Mindfulness-Based Eating Solution, will offer tips from her successful ten week class called Eat for Life. Learn the BASICS of mindful eating, discover the secrets of the Three Food Wisdoms, find out how to make "healthy fast food," and much more in this introduction to mindful eating.

Who is Lynn Rossy?

Dr. Lynn Rossy is a health psychologist and expert in mindfulness-based interventions for eating, stress, and workplace wellness. She is the Executive Director of Tasting Mindfulness, LLC and a Kripalu Yoga Teacher. She developed and researched a ten-week mindful eating class called Eat for Life and wrote the book, The Mindfulness-Based Eating Solution--named one of the top ten books of 2016 by Mindful.org. She is President of the Center for Mindful Eating, a non-profit international organization that trains professionals in the area of mindful eating and offers education to the general public. She travels the world teaching mindfulness and yoga for happiness and health.

May 21st (Community Focused):
Dinner served at 4:00 pm, presentation from at 5:00 - 7:30 pm

May 22nd (Health Professionals):
Breakfast served at 8:00 am, presentation from 9:00 - 12:00

RESERVE YOUR SPOT TODAY AT WWW.EVENTBRITE.COM search LYNN ROSSY
or Call Jessica Murray at 218-878-2647

More Local

Aaniin High Speed Fiber Internet Construction starting soon

The construction season for the Aaniin Fiber to the Home project will be starting on or near May 1, 2019. Aaniin is a Communications Company of the Fond du Lac Band of Lake Superior Chippewa. Through multiple grants we are bringing high speed fiber internet, voice, and video services to areas within the Fond du Lac Reservation boundaries.

“Last Chance” letters will be sent out soon to various community members, whom we do not have permission for the Road to Home Design Survey or construction.

Why is this important?

- THE ROAD TO HOME DESIGN SURVEY AND FIBER INSTALLATION TO THE OUTSIDE OF YOUR HOME IS FREE – AS LONG AS YOU GIVE US PERMISSION BEFORE THE UPCOMING DEADLINE

- The final deadline for this offer is either May 15th, 2019, or until you see construction in your neighborhood, whichever comes first

- This is the final season of construction within two of our project areas and weather permitting, final construction is scheduled to begin on or near May 1st and will commence at a very rapid pace

- Construction project funding for two of our project areas expire soon; and shortly we will no longer have any available funds to offset the cost of service drop construction

- If you fail to act now, your future requests for service will likely incur construction charges. Minimum construction charges are typically around \$2,500, and can go up from there.

Are you committing to subscribe to any monthly paid services? No, even if you are unsure about subscribing for services, we highly encourage you to take advantage of this opportunity at NO COST. Granting permission to Aaniin for Fiber installation does not commit you to subscribing to services.

We encourage you to check out our website at <http://www.aaniin.net> and see what services we can provide. We are confident that you will not find a better more reliable service; there is simply no comparable competition.

To take advantage of this FREE offer and grant your permission for a Road to Home Design Survey and Installation, call (218) 878-7337 today!

Mahnomen Community Water System – project planning updates

I would like to thank the Mahnomen residents and other concerned individuals who attended the community meeting held on March 7th, 2019. I would like to think there is a much better sense of understanding on how this project is moving, as well as what has been, and is proposing to be completed in order to maintain our project timeline. Thank you, as your input and comments provide perspective and insight!

Moving forward, the FDL Water/Wastewater Department will continue to routinely monitor for the presence of contaminants in the Community Water System as required by the Safe Drinking Water Act. As part of our Disinfection By-Product (DBP) Maximum Contaminant Level (MCL) violation, the department will monitor on a quarterly basis (May, August, and November 2019) and issue Public Notifications as required by the Public Notice Rule should the exceedance remain.

Please review these notifications, as they do provide recent water quality DBP figures, and small project updates, which is important in maintaining a project understanding and timeline.

Project Milestones

April-May 2019

The Department finalized a contract and issued a Notice To Proceed (NTP) with Short Elliott Hendrickson (SEH) as the project supplier to complete pilot well treatment studies on two (2) pilot wells. The studies are to commence the week of April 22nd, 2019, and should conclude early May. The department anticipates to have a full report with proposed treatment alternatives by the end of May, 2019. Both the department and SEH welcomes site visits to the pilot trailer for a brief tour and further discussion of this vital project component. Please contact the department directly to arrange.

The department received formal

approval to commence with submitting funding applications to proposed project funders being USDA-Rural Development and Indian Community Development Block Grant programs. The department anticipates submitting funding applications to Indian Health Service (IHS), US EPA, Bureau of Indian Affairs, and others as funding presents itself. The department, with support of the Reservation Business Committee, will fervently seek to diversify funding for this project.

June 2019

The department anticipates a draft Preliminary Engineering Report to be completed by Indian Health Service engineers, providing project alternatives, including, but not limited to, alternative analysis of source water (new wells), water treatment plant, storage tower, and distribution expansion, with estimated project costs, and selected alternative. Upon completion, funding applications to IHS and USEPA will be submitted via the Sanitation Deficiency System (SDS) List, with the Band prioritizing the Mahnomen Water Project as the top priority.

Topics of Discussion

As noted in my last article, the department understands frustration from community members on the pace of such a project and concerns of drinking water with disinfection by-product exceedances. A large topic of discussion at the community meeting was acute exposure versus chronic exposure. The Safe Drinking Water Act was enacted and authorizes the USEPA to administer the act in order to protect public health and safety. In doing so, USEPA and other organizations conduct various research on how to best set Maximum Contaminant Levels for various water quality contaminants which provides for public health and safety. As a department, we constantly weigh this benefit for community

members. Research is informing us that consuming water with disinfection by-products exceedances for 70 years may pose an increased risk of cancer (1 in 1,000,000), a chronic exposure. Whereas, if the department operates the plant without chlorine, which is to provide a residual disinfectant into the distribution system, we could very likely expose the community to other viruses and bacteria which would be considered acute, and cause serious illness in a very short period of time. While neither situation is good, the department errs on the side of chronic exposure until the problem is resolved.

Another topic of discussion was about the Berkey water filters. The department provided these units as a way to ensure that consumers who sought ways to alleviate exposure were provided an opportunity to do so. The Berkey water filters do remove a fair amount of the DBPs, thus limiting exposure. Please note that maintenance is required in the form of backwashing the filters periodically. If you or someone you know, who resides in the community needs assistance with the backwashing, please contact the department and we can assist. The department continues to recommend to residents who have compromised immunity and/or are pregnant to seek medical advice on further limiting exposure to DBPs.

Lastly, the department will provide a link to both this newsletter and the March 7th community meeting presentation for your review. Please review, and contact me should you have questions.

The department anticipates the next community meeting to be held in August of 2019, so please continue to look for updates.

Thank you.

Jordan Vandal, FDL Water/Wastewater Manager, (218) 878-7595 – Office or (218) 343-2782 – Cell

More Local

Kindergarten News

Kindergarten students have been enjoying zīgwan. We enjoyed having the 4th graders read Dr. Seuss books with us. We got to visit the 5th grade class and see their newly hatched chicks and ducklings. We visited the sugarbush to see the tapped trees and learned from Ms. Jodie about boiling the sap. We watched Mr. Daniel play in the basketball game with staff and students. We had a fun visit to the Great Lakes Aquarium with the first through fourth grades.

During phy-ed, Mr. Babineau created Scooterville for us to practice driving scooters safely. Each student got their own driver's license; some were police officers and bus drivers. It was a fun time. We will continue to work hard learning letters, sounds, numbers, and practice writing during the last weeks of school.



More Local

Makadewiiaasikwe

By Zachary N. Dunaiski

Kelsey Pyro, a teaching artist, has been working on a project titled *Makadewiiaasikwe* an Ojibwe word that means black woman, or a woman of African descent. “The piece is a sound poem, I guess you could call it,” Kelsey, who is both Ojibwe and black, said of the project she’s been working on. “It’s a series of written experiences and histories with music. It started from my identity of being Native American and then also expanded from there with what are the historical links between black people in the United States and First Nation people.” *Makadewiiaasikwe* started out as a grieving process for Kelsey who had lost several people in her life that she was close to in a short period of time. Kelsey, like

many of us, didn’t want to just sit around after those losses, she wanted to do something.

“A few years back I lost three people in the course of a year. One was my really close friend Andrew Thomas, we went to college together and he was a rapper in Minnesota and went by phonetic 1. Then following him I lost my great auntie,” Kelsey said. Losing her aunt wasn’t the worst part, Kelsey lost more than just a family member.

“I just felt like losing her, losing our Elders, for me I’ve always known I was Ojibwe, but I was never really taught stories or the language or the information and experiences that our Elders have. So it wasn’t just a loss, I mean of course it was a big loss of someone I love and was close to, but it’s also how do we, my family and myself, refrain from losing our identity.”

That’s when the project started. To help her grieve with the loss, she wanted to tell the story, help others heal as they go through their own losses.

“From there it expanded even further into the grieving process. How do black and Native communities recover from historical trauma? From there all the way to our day to day, like your auntie

just passed away kind of trauma. And questioning the five stages of grief which is more likely your eccentric way of thinking about how one heals from a loss.”

A project of this magnitude can be difficult, but her partner Kino Galbraith was a big help to the project.

“I came along as pretty much the photographer/videographer to help enhance the vision,” Kino said and was excited about the challenge.

“She just asked me, and I was on board,” Kino added about his role. “I just wanted to support her. I just love creating. It was easy for me to just hop on board and say ‘hey, I can help you with this’ and then ideas started to come to my mind immediately.”

This project, which is years in the making, will be presented at The Shed NYC in New York City, which is a brand new art building on the highline which was most recently an abandoned train line. The project will be presented there June 13, 14, and 15, and Kelsey and Kino hope that it will also be presented in Minnesota and other places in the future.

The Shed NYC is also who Kelsey received the grant through, and she was excited about that as The Shed NYC features a lot of different artists from the typical mainstream artistic style and that fits what Kelsey and Kino are working on.

With Kelsey’s heritage, this project is one that she would have liked to see, but as one didn’t exist, she decided to make it herself for people who are just like her.

“For me personally, I haven’t seen a lot of narratives about being black and Native specifically, I’ve read a lot

of amazing books where the protagonist is Native and white,” Kelsey said. “I want it to be clear that this is one story out of many, but hopefully I will be able to come to the community with more folks who identify with being black and Native. Just create more conversation and collaboration and expand it.”

Kelsey and Kino live in New York, but had stopped at the Fond du Lac Reservation to spend time with family as well as shoot some important footage for the project.

“We came up here and yesterday we were shooting on Lake Superior to get as much footage of Ojibwe land and nature,” Kelsey said. “All of the land up here is Ojibwe land, even if it’s not on Reservation.”

And while in Minnesota they also stopped at a few other locations that would help the two of them tell their story.

“We filmed in the Twin Cities, at the Alexander Ramsey House and at St. Peter Claver Church, which has a really personal connection to me; it’s also the one Black Catholic Church in the city. These are places that are related to stories. The Alexander Ramsey house is related to the story of the 38 Sioux that were mass executed in Mankato,” Kelsey said. “When I was 13 I was there on a tour of the Alexander Ramsey house, they didn’t say anything about his business and the nasty things he said to and about Indians and really trying to get them out of Minnesota.”

While they were in Shakopee they also got a lot of pictures and videos of signs because Kelsey was curious about the names of towns and places and where those names came from.

Video isn’t the only element to this project. Sound is also very important. So even the sound plays an important role in the project and that led them to one of the most interesting places in all of New York City.

“The Wyckoff house, it’s the oldest building in New York City. I was interested in that place because I was searching for non-touristy historical spots in New York City. It happened to be a place where I ride my bike past all the time on my way to go work at a school, I’m a teaching artist so I work at all these different schools,” Kelsey said of the old building.

“It’s this really cool old looking house with a community garden around it. I reached out to them to see if I could learn more about the house. I also like to produce music, so all the music is original. I like to tinker with around with found sound, so going and like knocking on something and making it an instrument. Initially I went to learn about it and collect sounds from the house. They are really helpful. They want everything in there to be touched unlike regular museums. So I was able to record some sounds and learn a little about how the Dutch came into this country. It’s a beautiful house and it would be a cool idea to shoot there.”

The project is nearing completion, and Kelsey hopes to be able to bring it back to Fond du Lac when she’s done. To find out more Kelsey has a website kelseypyro.com, and she can also be found on Instagram (@bgirlpyro) and facebook (@kelseypyro).

Become a Licensed Child Care Provider

LICENSED CHILD CARE PROVIDERS NEEDED

- Would you like to work from home?
- Do you enjoy working with children?
- Have you or are you willing to take classes regarding child development?

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

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

Complete Applicant Package & Home Study
Pass Background Check

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

More Local

Robert Smith named Thunder Football Head Coach

Fond du Lac Tribal and Community College announced that Robert Smith has been hired as Head Coach of the Thunder Football team. Smith immediately began his appointment in early April and will lead the Thunder Football Program into the 2019 season.

Smith is no stranger to the Thunder Football program, having served as Defensive Coordinator/Assistant Head Coach during the 2018 season. He takes over the program from former Head Coach Davin Depoe who led the Thunder to a 3-6 record and a conference playoff berth last season.

Prior to becoming head coach of the Thunder, Smith started his coaching career while still in high school in Arcadia, Florida, and worked his way up the ranks through high school and college to his current position with the Thunder. He served in various assistant coach roles at DeSoto High School in Arcadia, Florida; at Capital High School in Olympia, Washington; and at Bishop Ireton High in Alexandria, Virginia. He was offensive coordinator/assistant coach at Vermilion Community College in Ely, Minnesota, prior to joining the Thunder Football staff for the 2018 season.

"I'm looking forward to developing and coaching our student athletes as persons, rather than focusing on just the athlete portion of playing intercollegiate sports," said Smith. "Developing good personal habits like studying effectively, time and financial management skills, building positive relationships, and creating a plan for our players' futures will be important to



our Thunder program."

Smith admits he is an offensive-minded coach, typically using a simple-to-learn system but with advanced schemes that feature the strengths of players on the roster.

"I like to dictate the tempo of games with offense," said Smith. "Our players will learn a solid foundation of our game plan, but they will need to read defenses quickly and adjust on the fly when at the line of scrimmage. We'll be balanced between run and pass, and we'll be ready to take advantages when we see them on the field."

Smith has already been working the recruiting component of being a college head coach, aiming for a well-rounded roster of one-way position players for the 2019 season. He also has been overseeing the off-season workout program with the returning Thunder players and is lining up assistant coaches and program staff.

"Any time you have the opportunity to be a head coach at the college level, it's a blessing," said Smith.

"It's even better to coach at a school like Fond du Lac Tribal and Community College where employees truly care about the student athletes. After being here for a season as an assistant coach and meeting with the administration, I can see that our visions for student success align."

Smith also has experience playing college football. He was a starting running back at the University of Wisconsin-Eau Claire, earning academic all-conference honors and a bachelor's degree in Organizational Communication. Smith is also the Head Coach of the Thunder Women's Basketball team and resides in Cloquet.

2019 Gitigaan Plant Give Away

June 1, 2019

8:00 a.m. to Noon



Plant Packaging

May 31, 2019

Natural Resource Garage

Starting at 9:00 a.m.

Plant Give Away

June 1, 2019

Natural Resource Garage

Starting at 8:00 a.m. to Noon.

Tribal ID required at pickup.

If anyone is interested in helping package plants please contact Tammy Anderson at 878-2642 or email TammyAnderson@fdlrez.com

We still have seeds available! Please come to the Planning Division to pick up your seeds, any remaining seed packets will be available for pick up at the Plant Giveaway

Etc



FDL Royalty travels to Denver

The entire court of Fond du Lac Reservation Royalty traveled to Denver, Colo. to participate in the 45th annual Denver March Powwow on March 22-24, 2019. They sponsored several fundraisers and worked hard to meet their goal that was matched to attend the 3 day powwow, thanks to the Fond du Lac Reservation Business Committee.

At the Denver March Powwow, they were introduced with other Royalty from across the nation and Canada. All 6 youth represented Fond du Lac Reservation with pride as they danced alongside Miss Indian World, Miss Denver March, and thousands of dancers from 95 Tribes. They had an experience they will always remember.

The parent group organized the fundraisers and the kids went to work alongside their parents. They put in long hours assembling fry bread tacos, serving chili and fry bread, and selling raffle tickets.

The FDL Reservation Royalty would like to extend a CHI MIIG-WECH for the outpouring of support and love they received from the community during their fundraisers. They appreciate and love their community and friends.

Congratulations and great work to our FDL Reservation Royalty!

Fond du Lac Reservation Housing tenants

Rentals and Homeowners, spring clean-up time is here! Please clean your yard of all garbage and debris. Do you part in creating a clean community for all. Free garbage service for rental as well as free garbage disposal for homeowners at the recycling center. Bulk items will be removed by calling the recycling center at (218) 878-8069

So many books

Fond du Lac Head Start Book Drive was a huge success and we would like to thank everyone for their donations of so many wonderful books for the children. The Tribal Center location collected approximately 500 books! Way to go community and staff!



Opening on law enforcement review board

There is an opening for a Brookston Representative on the Fond du Lac Law Enforcement Review Board. The committee meets every 3rd Friday of the month. Any Fond du Lac Band Members interested in serving on this committee should submit their name to Terri Redding at FDL Conservation Department 28 University Road, Cloquet MN or by calling (218) 878-7155.

FDLHS Advisory Board vacancy

The Fond du Lac Human Services Advisory Board (HSAB) is looking for nominations for the following vacancies:

- Brookston Representative (1 Vacancy)

The Fond du Lac Reservation Business Committee recognizes that the delivery of health and human services by the Fond du Lac Band to its eligible service population must be administered with the highest professional standards and in a manner which respects and reflects the culture, values and traditions of the Band. Towards these purposes, the RBC has

created the Human Services Advisory Board to monitor the scope, quality and manner of service delivery, to facilitate outreach and accessibility of services to the community, to advise the RBC regarding the adequacy and effectiveness of policies and procedures, and to perform such other functions as are described in the FDL Human Services Advisory Board Bylaws.

The HSAB meets on the second Wednesday of the month at the Min No Aya Win Human Services Center from 1:30 p.m. – 3:00 p.m.

All submissions must be turned in by Monday, June 3rd, 2019. Submissions can be turned into:

Fond du Lac Human Services Attention: Sophie Tibbetts
927 Trettel Lane
Cloquet, MN 55720
sophietibbetts@fdlrez.com

Openings on cultural resources board

The Fond du Lac Cultural Resources Advisory Review Board is seeking one representative from Brookston District and one representative from Cloquet District to fill seats on the Cultural Resources Advisory Review Board.

The purpose of the Cultural Resources Advisory Review Board is to provide the Fond du Lac Reservation Business Committee and the Fond du Lac Tribal Historic Preservation Officer with meaningful advice and guidance regarding the preservation of cultural resources and historic properties within the exterior boundaries of the Fond du Lac Reservation.

The Cultural Resources Advisory Review Board meetings are held once each quarter. If you have questions or have an interest in being on this committee call Linda Whitebird at FDL Resource Management (218) 878-7101.

FDLOJS Athletics

Girls basketball team had a good season with a record of 3- 13. They made great strides and we are looking for good things to come next year.

Awards were given out at our annual sports banquet. MVP – Tannia Misquadace, Def. Player of the Year – Katie Misquadace, Most Improve Player – Namida Reynolds, Spark Plug of the Year – Starr Shabaish, Sportsmanship Award - Shianna Smallwood, Hustle Award – Solai Mohr.

Etc



Left to right – Conner Barney, Jordan Brown, James Friedman, and Tannia Misquadace. Not in picture Cheyenne Olson.

Boys basketball team also had a good season with a record of 7 – 17. We are looking forward to next year! Awards went to, Co- MVP’s – Conner Barney and Jordan Brown, Offensive Player of the Year – Jordan Brown, Hustle Award – Uriah Aubid, Most Improved Player – Jalen Paulson, Top Rebounder Award – Conner Barney, Sportsmanship Award – Jesus Delapaz, Ogichidaag Award – Simon LaPrairie.

Girls volleyball awards – MVP – Cheyenne Olson, Hustle Award – Solia Mohr , Offensive Player of the Year – Talayah Martineau, Defensive Player of the Year – Alyza Savage , Most Improved Player – Cheyenne Olson.

Track Awards for 2018 – MVP - James Friedman, Rookie of the year – DeShawn Berglund, Most Improved - Keith De-foe, Ogichidaag Award – Nick Stapleton, Most Dedicated – Starr Shabaiash .

Cross Country Award - Most Dedicated Award – Nick Staple-

ton

Any Questions contact: Earl Otis: (218) 878-7248 or earlotis@fdlrez.com

FACE program

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

- Support parents/primary caretakers in their role as their child’s first and most influential teacher
- Strengthen family-school-community connections
- Increase parent participation in their child’s learning and expectations for academic achievement
- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program
- Promote lifelong learning.

FACE has been designed to implement a family literacy program for the American

Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and school. In the home-based setting, services are provided through the 4-component model: Personal Visits, FACE Family Circle (Group Connections), Screening, and Resource Network. In the center-based setting, services are provided through: Adult Learning, Early Childhood Education, Parent Time, and Parent and Child Together (PACT) Time.

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

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

Black Bear Golf Course May news

Spring is here which means it’s time to dust off your golf clubs and come out to Black Bear Golf Course for some fun in the sun. Not sure what to do for Mom on Mother’s Day? Bring her out to the golf course for a round of golf and then take her to dinner at Seven Fires Steakhouse at Black Bear Casino Resort.

Mother’s Day Golf special: \$29.99 + tax for 18 holes with cart for anyone who plays.

May Save the Dates:

League Kick Off Scramble Saturday, May 18th 12:00 shotgun
Couples League starts Monday, May 20th 5:30 shotgun

Women’s League starts Tuesday, May 21st 5:30 shotgun
Men’s League starts Thursday, May 23rd 5:30 shotgun

Hope to see you soon at Black Bear G.C.!

Tribal Court notice of name change

In the Matter of the Marriage of: DWAYNE KEVIN JAAKOLA, Applicant 1, and RITA MARIE DIVER, Applicant 2. Case No.:

MA-002-19 Notice of name change.

On the 8th day of April, in the year 2019, Dwayne Kevin Jaakola and Rita Marie Diver were united in Marriage in accordance with the laws of the Fond du Lac Band of Lake Superior Chippewa, and on the 10th day of April, 2019 a Certificate of Marriage was issued changing the name of RITA MARIE DIVER to RITA MARIE JAAKOLA.

PANCAKE BREAKFAST

\$5 a Plate **Carry-Out Available**

FRIDAY MAY 17, 2019

Pancakes, Sausage, Juice, Milk, and Coffee will be served.

→ 8:00am - 11:00am ←

FOND du LAC
CLOQUET
COMMUNITY CENTER

Drawings: 50/50 and
Original Men’s
Appliqué Shirts

HOSTED BY:
FDL ELDER
CONCERN’S
GROUP

1720 BIG LAKE ROAD, CLOQUET, MINNESOTA 55720
(218) 878-7513

Etc

Join Our Team

at the FDL Substance Use Disorder Department



The Fond du Lac Human Services Division/Substance Use Disorder Department's treatment programs are now available in Cloquet, Duluth and Minneapolis. Both adolescent and adult programs are culturally based, co-occurring intensive outpatient programs. Staff will be a part of a treatment team designed to address all areas of their clients life and will work along with FDLHS medical staff, behavioral health and social services departments.

Cloquet

3 Technicians
1 Alcohol and Drug Counselor
1 Lead Recovery Case Manager
1 Lead Community Outreach Educator [This position works in both Duluth and Cloquet]

Duluth

2 Technicians
3 Recovery Case Managers
1 Rule 25 Assessor

Minneapolis

1 Rule 25 Assessor
1 Rule 25 Clerk
1 Alcohol and Drug Counselor

For more information on tribal licensure email richardcolsen@fdlrez.com.

For information on open positions and job descriptions go to <http://www.fdlrez.com/HR/employment.htm> and download an application.

Community Centered. Professional. Hard Working.

- **Completive wages**
- **Flexible Schedules**
- **Competitive benefit package**
- **Paid Continue Education (CEU)**
- Paid medical/dental/vision insurance
- **Licensure reimbursement**
- 401K
- Paid vacations, holidays and sick time

Come check us out!

Apply to: Fond du Lac Human Resources
1720 Big Lake Road
Cloquet, MN 55720
218-878-2653



Fond du Lac Human Services Division | Substance Use Disorder Department

FDLTCC publishes seventh edition of *The Thunderbird Review* literary anthology

Fond du Lac Tribal and Community College has published the seventh edition of its literary and arts anthology, *The Thunderbird Review*. The journal features writing and art submitted by students from Fond du Lac Tribal and Community College and residents of northeastern Minnesota and northwestern Wisconsin communities. *The Thunderbird Review* anthology provides an opportunity for students to gain hands-on experience in writing, editing, and publishing at Fond du Lac Tribal and Community College.

The journal received many high-quality submissions this year, from both established and emerging writers and artists. The editorial staff spent much time poring over the submissions and had some great discussions about them. The student editors this year were Matthew Follmer, Tekla Stolberg, Josh Sutherland, Shania DeLille, Hope Shostak, and Brandon Vanlear, and they worked with Fond du Lac Tribal and Community College English instructor Darci Schummer to produce the publication.

This year's edition is different from those of past years in that it features an area writer. *The Thunderbird Review's* 2019 Featured Writer is prose poet and UWS professor, Julie Gard. An interview with Julie Gard as well as several pieces of her work welcome read-

ers into the anthology. After that opening, the journal is divided by genre and features work by Tekla Stolberg, Deborah Rasumussen, Tim White, Shania DeLille, Diana Randolph, Brandon Vanlear, D.A Huisentruiet, and Felicia Schneiderhan, among several other writers and artists.

On Tuesday, April 16 at 4:00 pm, Fond du Lac Tribal and Community College hosted a book release party to bring together the anthology's



featured artists and writers for a public reading and refreshments in the campus commons. The event was part of the college's annual Fine Arts Week, which celebrates creativity and talent found on campus and throughout the region. The event was free and open to the public, and copies of the journal

were available for purchase.

For more information or to purchase a copy of *The Thunderbird Review*, contact Darci Schummer at (218) 879-0845 or via email at dschummer@fdltcc.edu. People interested in purchasing copies of the anthology can find them at the Fond du Lac Tribal and Community College Bookstore for \$5 each or on Amazon. Funds from book sales go toward producing the current publication as well as the next edition.

Etc

**Nagaajiwanaang
Genawendangig
Anishinaabemowin
2019 Language Program
news**

Submitted by Janis Fairbanks,
Anishinaabemowin Coordinator

This month, I am happy to report that we have two new regular staff members working with the FDL Language Program. They are Manidoo Ma'iingan (Marcus Ammesmaki), Language & Curriculum Specialist, and Patricia Northrup, Administrative Assistant, Ojibwe Language Program.

Manidoo Ma'iingan (Marcus) has prepared this brief bio.

Chi-boozhoo,
Manidoo Ma'iingan indizhini-kaandigoo. Mii go imaa widi Gwaaba'iganing nimbi-onji-ayaa. Noongom dash iwedi Bapash-kominitigong indanakii. Gaa'n igo nitam Anishinaabemowin ingii-inwesiin. Ginwenzh dash ingii-wiidabamaag gichi-aya'aag netaa-anishinaabemojig ji-bimiwidooyaan ge niin iye Anishinaabemowin. Nimbiijiniken dash gaye omaapii ishokiganing ji-ni-maajisemagak iye Anishinaabemowini-kinoo'amaadikamig. Giishpin dash ganage dawiseyin, bizaan igo bizhaan Anishinaabemowinikamigong maage "Brevator Language House" ezhi-wiindeg ji-mawadisidiying. Miigwech aapiji!

Patricia Northrup has resided in and around the FDL Reservation for twenty-three years. She is a familiar face at the Kiwenz Language Camp held each summer. Her experience as the language camp enters its fifth year of existence under the FDL umbrella includes prior experience organizing and operating the camp for six years with a community group led by Northrup and her late husband, Jim.

The group requested that Fairbanks and the FDL Language Program take over camp operations in 2015. She will be working camp again this summer!

Please welcome these two dedicated staff members when you see them.

Other updates:

The book club selection for the Wednesday, May 29, 2019 meeting (12:30-1:30 p.m.) is *There, There*, by first time author Tommy Orange. "Tommy Orange Wins 2019 PEN/Hemingway Award for Debut Novel.

There There—a kaleidoscopic look at Native American life in Oakland, California, through the experiences and perspectives of 12 characters—has been met with rave reviews since its publication last June and has already won both the Center for Fiction Award for Best First Novel and the National Book Critics Circle John Leonard Award for Best First Book." Source: <https://bookmarks.reviews/tommy-orange-wins-2019-pen-hemingway-award-for-debut-novel/>

The book club meets at 111 Brevator Road. Lunch is also served, so please RSVP by May 22 for the Book Club Special Event on Saturday, May 18 is the wrap-up celebration of the CD project funded by the Minnesota Indian Affairs Council through the legacy fund amendment. We will release four audio CDs and one youth produced YouTube video. Come and meet the participants who worked so hard to bring this project to completion.

May 18th is the Full Moon Ceremony at 111 Brevator Road, hosted by Lyz Jaakola. Email lyz_jaakola@hotmail.com for more information. Tentative time 8:30 p.m.

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

| DATE | EVENT | PLACE | TIME |
|---|--|--|--|
| Every month Meet the last Wed. of every month | Book Club (books are members choices) | Brevator Language House | 12:30 – 1:30 Lunch included |
| May 18, 2019 Saturday | Minnesota Indian Affairs Council – Legacy Amendment funded Language Program Project Celebration and release of 4 Ojibwe Language CDs and a youth Youtube video | Cloquet Community Center | 10:00 – 3:00 p.m. Lunch served Register by calling 218-878-8188 and leave your name and phone number |
| June 14, 15, 16, 2019 | Kiwenz Language Camp | Kiwenz Campgrounds | 8:00 a.m. – 9:00 p.m. daily Friday and Saturday and 8:00 – noon Sunday |
| July 2019 DATE TBD | Blueberry picking field trip | Brevator Language House | Time TBD |
| August 2019 DATE TBD | Medicine Gathering Field Trip | Location TBD | Time TBD |
| September 2019 Date TBD Thursday and Friday | Wild Rice Camp & Festival with Russ and Deb Northrup | Brevator Language House | Day 1: Harvesting Wild Rice Time TBD Day 2: Feast & celebration |
| October 17 & 18, 2019 | Hand drum making workshop with Ozaawaagwaneyaash Gresczyk | Brevator Language House | Thursday 10 – 5 & supper Friday 10-2 & snacks First 10 to register FCFS Call 218-878-8188 or send email request to janisfairbanks@fdlrez.com |
| November 2019 | Native American Heritage Activities | Ongoing through the month of Nov. Places TBD | Time TBD |
| December 2019 | Winter Solstice Activity | TBD | TBD |

If you have ideas to share, questions or comments about the language program, please contact janisfairbanks@fdlrez.com

Mary (Sieroux) and Anthony Gobin Family and Life at Wisconsin Point

Research by Christine Carlson

1850 Federal Census for Fort Gaines, Mankato, Minnesota

Listed is Antoine Gobin age 22 and born in Canada.

1905 Wisconsin State Census for Superior, Wisconsin

Family #2 is Antony Goubin age 54 born in Canada and his wife Mary from Minnesota age 49. Their children are Louis age 25 born in Canada, Victor born in Minn. age 19, Nels born in Wisc. age 17 and Oliver born in Wisc. age 16.

Family #3 is Lee LaJoy from Mich. age 40, and wife Lennice age 34 from Canada and their children Leander age 8, Dewey age 7, Arthur age 4, Victoria age 3, and Leannor age 1.

Reports a Body on Lakeshore – Duluth News Tribune of June 4, 1906

The body of a man supposed to be Chris Ditwau was reported as laying on the beach near a boom of logs on the lake shore about 10 miles south of Superior yesterday morning. Ditwau has been missing since Friday and the finding of his body was reported at the East End yesterday by Louis Gobin a Minnesota Point fisherman.

Little Child Dead – Duluth News Tribune of February 5, 1910

Bertha 3- year old daughter of Mr. and Mrs. William Gobin, Wisconsin Point, died early yesterday morning after a short illness. The body was taken to the undertaking rooms of E. A. Whitney at the east end. The funeral will be held this afternoon at 2 o'clock at St. Francis Xavier church. Internment will be in Neadadji cemetery.

1910 Federal Census for Superior, Wisconsin

Antoine Gobin age 67 and wife Mary age 59 and their children Victor age 26, Nels age 24, Henry age 22, and Oliver age 20.

Seek Recognition of Bravery of Men Who Rescued Drowning Pair – Duluth News Tribune of February 4, 1912

A movement is on foot to secure recognition from the Carnegie Hero Fund of two Superior men who early in March, 1911, saved the lives of Albert Howard and August Winters at the mouth of the Superior entry off Wisconsin Point. The rescue of the two men is said to have been a thrilling one and both admit that they would have drowned had their rescuers not braved the icy water of the lake and affected a rescue. The two men whose names will be submitted to the Carnegie officials by their friends are E.L. Colbrath and Louis Gobin, both of this city.

Winters and Howard, while rounding the entry, preparatory to making a trip to Amnicon, were upset by a heavy sea and thrown clear of their boat. The water chilled them to the bone and prevented them from swimming for the shore. Their predicament was noticed by Colbath and Gobin who launched a boat and saved them.

"It would have been all up with us if our rescuers had been a minute later in reaching us," said Howard yesterday. "The water was frightfully cold and I abandoned hope of being saved."

Fishermen Released – Duluth News Tribune of July 29, 1915

Three Wisconsin Point Fishermen, charged with netting fish too near shore, were lectured in municipal court yesterday after which sentence was deferred pending good behavior. They are Oliver & Nels Gobin and Elmer Bongie.

Aged Wisconsin Point Settler is Dead – Duluth News Tribune of September 13, 1918

Funeral Services for Anthony Gobin, age 61, will be held from the Church of St. Francis Xavier this morning at 9 o'clock. Six grand-children of the deceased will be pallbearers. The deceased was one of the oldest settlers on Wisconsin Point, having lived there over 30 years. He is survived by a wife and nine children, of whom one Oliver, is on his way to France.

1920 Federal Census for Superior, Wisconsin

Mary age 68 is a widow living with her sons Victor age 34, Nels age 33, and Oliver age 27.

Brothers Find Contentment in Life on Point – Superior Evening Telegram of January 15, 1937

Trapping, fishing and hunting the three Gobin brothers, Victor, Nels and Oliver, have enjoyed their 33 years living on Wisconsin Point. The brothers moved to the point in 1904 from East End. Finding their pioneer life interesting, they have been there since.

Thirty-three years of living on Wisconsin point, that ribbon-like peninsula separating Allouez bay from mighty Lake Superior, have brought bountiful happiness to the Gobin brothers.

Lake Superior, their neighbor, is a mutual friend and enemy. He is principally a friend, however, for from him they extract the wily cisco, herring, pike, whitefish and trout. That's where most of their income lies, "when season's good." When the fish season is not up to standard the trio give special attention to their trapping.

The lake becomes an enemy on occasions when a sudden squall plays with the nets. These nets, strong as they may be are often

torn or lost because the buffeting they receive.

The Gobins say there are usually many animals on the point, although the various years bring changes. Rabbits this year, for instance, are practically negligible in number in comparison with other years. Last week in four days time, 25 weasels were trapped by the brothers.

During the duck hunting season the Gobin brothers are usually among the first to establish their blinds on Allouez bay. They construct their blinds of evergreen trees and boughs and use wooden frames. Every year they locate at the same spot and it is automatic with hunters that no one is to encroach on a "Gobin blind" while it is in use.

Recall Fierce Storm - The boys built a log cabin on the point originally but this served as home only about a year for on November 28, 1905 they were forced to leave their abode because of one of the fiercest storms in Great Lakes history. That was the storm recalled by the famous Mataafa disaster which claimed the lives of nine men off the Duluth entry.

As the storm gained in momentum the brothers surveyed the plight that would be theirs were they to remain. So packing as many belongings as they could, they trundled off to higher ground to the protection of their brother William's home.

The cabin was washed away by the storm which was so violent it washed over the point.

When the brothers rebuilt, the constructed their new one closer to the bay side to avoid the bitterness of the lake and its offspring, those famous "noreasters."

That structure is still home to the brothers. Lacking such modern conveniences as electric lights showers, gas, and furnaces, the house nevertheless is a

cozy little place. It consists of a kitchen, dining room, living room, and two bedrooms on the second floor.

Water is obtained from a pump outside the back door. There are several kerosene lamps; two stoves, and all types of cooking paraphernalia. A large seven-tube radio, a battery set with power generated by a small windmill, furnished many enjoyable hours for the brothers, each of whom has his favorite program.

The radio is the principal diversion although occasional cribbage and smear tournaments are held. Joe and Eli usually sit in at these sessions where the "champions of the point" is determined.

The brothers have seen many changes in the point since they came there. In 1905 their present home was 200 feet from the bay; now it abuts the water. Paradoxically, during the same period of time, the brothers have watched the lake side build up just as if some mysterious force had switched the bay sand directly across the point.

The Gobins have also witnessed the dying off of many pine trees. This they believe is mostly due to pine blisters. In the place of many of the pines there grows now small maples, alders, spruce and birch trees.

1940 United States Federal Census for Wisconsin Point

Nels Gobin age 54 a fisherman and his brother Oliver age 50 a laborer living on Wisconsin Point.

MY PLACE *for gaming!*



WIN ME IN MAY!

SATURDAYS, MAY 4TH - 25TH, 6:00 - 9:00 PM

Start earning entries* on Sunday, April 28th.

- Three (3) winners will be selected each hour.
- Twelve (12) winners of cash prizes up to \$1,000.

GRAND PRIZE NIGHT - SATURDAY, MAY 25TH

- Three (3) winners will be selected each hour.
- Eleven (11) winners of cash prizes up to \$1,500.
- During the 9 pm hour, one (1) winner will win a Custom Tiny House* designed by Midwest Tiny Living.

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

blackbearcasinoresort.com

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



LIVE IN THE OTTER CREEK EVENT CENTER

SAWYER BROWN

FRIDAY, JULY 26, 2019



MY PLACE
for concerts!

Tickets \$20-\$35

available at Players Club or our website.



Make The Bear
your place!

FDL Law Enforcement News

FDLOJS basketball fundraiser

By Zachary N. Dunaiski

April 17 was the fourth annual basketball fundraiser for the Fond du Lac Ojibwe School Athletics' program. Each year the police officers hold a 50/50 drawing to help raise money while attendees can enjoy an exciting game of basketball.

For each of the last four years, the FDLOJS school boys' and girls' basketball teams play a game against the Fond du Lac Police Department. The FDLPD team also teams up with police departments from around the area such as Cloquet and Carlton to both help fill their roster and give members of the community a chance to get to know the officers in the area and see them in a fun environment.

The officers who played from the FDLPD were Chief of Police Herb Fineday, Officer Shania

Paulson, and Officer August Reynolds. Office Chad Pattison coached the FDLPD team as well as commented the game for the spectators.

The FDLPD won the first three years, so the FDLOJS team came into the game with something to prove. This year however, the FDLPD was having trouble getting enough officers from the area, so they recruited three "honorary" police officers for the event. Kami Diver, Kelo Brown, and I played for the PD's team.

The FDLOJS team had a lead at halftime (40-33), but the FDL PD team charged back scoring 58 points in the second half to narrowly win 81-80.

The two teams will play again next year, usually around the second week in April, so if you're available, stop in at the game and support the athletics at the Ojibwe School.



Legal notice

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

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

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

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

SAVAGE, Terry B.
SHABAIASH, Rodney
SMITH, James L.
SOULIER, Gary
YEAZLE, Joann

FDL Law Enforcement News

Officer Spotlight: Nils Hansen

My name is Nils Hansen, I'm with the Fond du Lac Police Department. I've been here for two years, since 2017. Prior to being with the Fond du Lac Police Department I attended the University of Wisconsin-Superior where I earned a bachelor's degree. Also after that I went to Fond du Lac Tribal and Community College where I earned my Associates Degree in law enforcement and also completed my requirements to be a police officer for the state of Minnesota.



The community policing model is pretty vast and broad. A lot of departments have their own model that says this is what we think community policing is. One thing that Fond du Lac does to set itself apart is their community policing model is infused in everything that we do. You see some places where they say our community policing is national night out or handing out stickers. Fond du Lac is infused in our everyday patrol and we're trying to be a part of the community. We're out in the community areas and going out and hanging out with kids on the playgrounds and in the schools at our community events, it's really infused with everything we do on a daily basis.

What made me want to be a cop is when I was in school, as I mentioned before, I'm from Wisconsin (don't hold that against me) and originally I was going to go for elemen-

tary education to work with kids. But then I did this social project with a domestic abuse shelter and I was just amazed with the level of service and help that people got there. I thought that was kind of neat and something I wanted to be a part of so I started to look into law enforcement. I was about 18 or 19 when I decided to look at law enforcement as a career.

I chose to work at FDL because when I went to school and made a lot of ties in this area. I graduated from FDLTCC in 2014 and actually left for 3 years to work for the state in the department of corrections, but it wasn't for me. I wanted to come back to this area and it worked out hand in hand where pieces fell in place to have this opportunity to come back. It was nice to get back to the areas, roots, and friendships that I developed when I was in school.

My favorite part is the people that we work with. This area is very unique. When you work with the city's PD or the sheriffs I don't think you get that direct community tie in that we get with the community that we serve. I think it's really cool that we've got clustered communities and they're really quite different from one another. I really enjoy coming to work and stopping by the community centers and visiting with the people. They all have different stories and appreciate us stopping by. So just the social aspect is what I enjoy.

Something unique about me is I've been very active in sports. Now that I'm in my 30s, have a family, that's something that's tougher to do. Something that I've picked up in the last year or so is competition power lifting. I do that with the United States Power Lifting Association.

Something unique that people may not know about me, I think it's tough to answer for me. What people want to know about me I usually lay out there and tell them about myself. Might not tell them so much about how I'm from Wisconsin.

The most satisfying aspect is obviously that sense of helping your community members which is right up there. I find it really satisfying

belonging to a community and with Fond du Lac there are so many diverse community aspects to it from the different districts to the Reservation as a whole, to the city of Cloquet. I just find it really satisfying. I'm proud to say this is where I work, this is the people I serve

and the community I serve. I think that's just really satisfying to me, not only does what I do on a daily basis represent what I do but I also think it helps represent the community that I'm a part of.

March 20th - June 30th

Food Sovereignty Assessment

FDL wants to become more sovereign. By filling out this questionnaire you are giving us an idea of where our focus should lie.

Help us shape the future of food sovereignty!

Win Prizes!

COMPLETE THE QUESTIONNAIRE FOR A CHANCE TO WIN A PRIZE!

Results will be used for Fond du Lac only.

Scan for link:

Survey website below:
https://umn.qualtrics.com/jfe/form/SV_6nhQFBzldtoEgAJ

For More Information Call: 218-878-2647
 e-mail: jessicamurray@fdrez.com

Ashi-niswi giizisoog (Thirteen Moons)

Waabigoni-giizis

The new Waabigoni-giizis, the Flowering Moon begins May 4. Other names for this moon are Zaagibagaagime-giizis, Budding moon; and Waswugone-giizis, Flowering Moon.

May is American Wetlands Month

By Shannon Kesner,
FDL Resource Management
Wetlands Specialist

American Wetlands Month was created to celebrate the vital importance of wetlands to the Nation's ecological, economic, and social health and to educate people about the value of wetlands as a natural resource. The annual celebration of American Wetlands Month in May inspires people to work throughout the year to protect, preserve, and expand wetlands.

The Fond du Lac Band recognizes that wetlands are fragile natural resources with significant development constraints due to flooding, erosion, and soil limitations. In their natural state, wetlands

provide important Tribal and public benefits and ecological functions. They provide habitat areas for fish, wildlife, and vegetation, water quality maintenance and pollution control, flood control, shoreline erosion control, natural resource education, scientific study, open space, recreation opportunities, environmental niches, and most importantly the traditional, cultural, and spiritual aspects of our heritage. Previous construction, land development, and other direct and indirect impacts have displaced, polluted, or degraded many wetlands. Piecemeal or cumulative losses are a continuing threat to the remaining wetlands.

Damaging or destroying wetlands threatens public safety and the general welfare

of the Band. Preservation of wetlands in their natural condition is necessary to maintain the hydrologic, economic, recreational, subsistence, cultural, spiritual, and aesthetic assets for current and future residents of the Fond du Lac Reservation. The purpose of the Fond du Lac Wetlands Protection and Management Ordinance (WPMO) is to ensure maximum protection for wetlands by discouraging development activities in wetlands and those activities in adjacent upland sites that may adversely affect wetlands. The WPMO was enacted with the intent of providing a reasonable balance between the rights of individual property owners to the free use of his/her property and the rights of present and

future generations.

The Office of Water Protection (OWP), operating under the Resource Management Division is responsible for the application, processing, and review of Wetland Activity Permits and Exemption Certificates under the provisions of the Fond du Lac Wetlands Protection and Management Ordinance (Ordinance #03/06; adopted by Resolution #1165/06 of the Fond du Lac Reservation Business Committee on June 15, 2006). Exemption Certificates are available by submitting an Exemption Certificate Request Form to the OWP at least 10 days before the commencement of the activity. Please see the WPMO for details on Exemption Certificate eligibility. A link to

the form(s) is here:

<http://www.fdlrez.com/RM/wetlandordinance.htm>

May is when our department kicks off the field season to assess the condition of our wetlands. We also encourage you to put some water boots on and get out and enjoy them! There are plants and animals that are unique to wetlands and cannot be seen anywhere else. If you like blueberries and cranberries, or maybe you enjoy a cup of mashkiigobag "swamp tea", bogs are a must. If anything, enjoy the view and serenity.

Wetland Staff, Rick Gitar, FDL Resource Management Water Regulatory Specialist, and Shannon Kesner, FDL Resource Management, Wetlands Specialist

Community Supported Agriculture

By Nikki Crowe,
13 Moons Program Coordinator

One way to support local food producers and bring healthy organic foods to your table without the hassle and time it takes to grow your own food, meat, and herbal products is through a Community Supported Ag-

riculture (CSA) model. CSA brings in community members through cost shares to help support the farms and share the risks and benefits of food production.

In Wrenshall, Minn., the Food Farm <https://foodfarmcsa.wordpress.com/> is one of the CSA's that I personally support. The Food Farm has options all

year to meet the needs of your family. I chose the winter share to provide a monthly share of mostly root vegetables, such as potatoes, carrots, parsnips, rutabagas, beets, and squash. This particular CSA will also include newsletters with updates and recipes on the monthly share. To hold down the price of what a CSA can

cost, individuals can share a share and split up the foods or you have options to buy a half share. The other CSA I have participated in is through Three Crows Farm which offers an herbal share of teas, tinctures, and personal care products.

For more information visit Local Harvest at <https://www.localharvest.org/csa/> for CSA's

serving the Fond du Lac/Duluth area to find a CSA that fits your needs.

For more resources and information on Community Supported Agriculture, please visit this website: <https://www.nal.usda.gov/afsic/community-supported-agriculture#intro>

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

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

Ashi-niswi giizisoog Ojibwemowin Page

Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

Double Vowel Chart

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

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

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

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

| | |
|---------------------|----------------------|
| Aamoo-wadiswan | beehive or wasp nest |
| Aamoo | bee |
| Waabigwan | a flower |
| Aamoo-ziinzibaakwad | honey |
| Memengwaa | butterfly |
| Ogimaakwe | queen |
| Anokiiwinini | a worker |
| Makwa | bear |
| Wiishkobaagamin | it (liquid) is sweet |
| Ziigwaan | spring |
| Niibin | summer |
| Miijim | food |



Health News

May is Melanoma and Skin Cancer Month

Skin cancer is the most common form of cancer in the U.S., and “melanoma” is the most deadly type of skin cancer. When cancer starts in the skin, it is called skin cancer. More than 90% of melanoma skin cancers are due to skin cell damage from ultraviolet (UV) radiation exposure. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable, but can be disfiguring and costly. According to the Centers for Disease Control (CDC), American Indian/Alaskan Natives have the second highest rate of getting melanoma of the skin.

The hours between 10 a.m. and 4 p.m. are the most hazardous. While outside, the use of sunscreen with a sun protection factor (SPF) of 15 or higher, and both UVA and UVB (broad spectrum) protection is very important.

A change in your skin is the most common sign of skin cancer. A simple way to remember the signs of melanoma is to remember the A-B-C-D-Es of melanoma—

- “A” stands for asymmetrical: Does the mole or spot have an irregular shape with two parts that look very different?
- “B” stands for border: Is the border irregular or jagged?
- “C” is for color: Is the color uneven?
- “D” is for diameter: Is the mole or spot larger than the size of a pea?
- “E” is for evolving: Has the mole or spot changed during the past few weeks or months?

Risk factors include: A lighter natural skin color, family history of skin cancer, a personal history of skin cancer, exposure to the sun through work and play, a history of sunburns—especially early in life, a history of indoor tanning, weakened immune system, blue or green eyes, blonde or red hair, skin that burns, freckles, reddens easily or becomes painful in the sun and certain types of, or a large number of, moles.

For any questions or concerns, always remember to consult with your healthcare provider.

Sources: Center for Disease Control (CDC) www.cdc.gov

Ask Your Pharmacist

My refills come due on different days of the month... What can I do so I can pick them up all at once?

Sometimes, the dates medications can be filled do not match up. This can happen for many reasons.

- **Medication Changes** - Your provider may have changed a medication dose before your current 30-day supply is gone
- **Fill Dates** - The pharmacy received refill requests for different medications at different times
- **Adherence** - You might be taking the medication differently than prescribed

- **Insurance** - Sometimes insurance requires the pharmacy use the entire “package size” of a product, like Vitamin D or aspirin; these products often have 100 tablets and will not always line up with your 30-day prescriptions

- **Package Size** - The number of doses in a product container might be different from a 30-day supply. This happens with items like insulin, ear drops and eye drops.

Thankfully, there are some things your pharmacy can do to help. The most common fix is to get meds “caught up.” A phar-

macist, or pharmacy technician, will look at your medication list and find the best day to fill all of your prescriptions. You will then be given a “short supply” of the medications that have gotten off schedule—enough to get you to the next fill date. This process may require more than one trip to the pharmacy.

Once your meds are back on track, here are some things you can do to help keep them there:

1. Make refill requests to the pharmacy when you have 5-7 days of medication left. This allows time for the pharmacy to contact your provider if you are out of refills or to order a medication if it is out of stock.

2. Take your medication as prescribed. If you have trouble remembering to take your medication, talk to your pharmacist for tips or to get a daily pill box.

3. If any of your medications change, let the pharmacy know. The pharmacy can take steps to get that medication caught up to your monthly fill date.

As a reminder, Fond du Lac pharmacies can only fill controlled substances, gabapentin, bupropion, and quetiapine when they are due. This is the exact date you would run out of medication. If you use controlled medications, you may want to use their due date as your monthly fill date. You, your pharmacy, and your provider can work together to keep your medications on track!

Please remember, we are always here to help! Please call or stop by with any questions.

CAIR: (218) 279-4142

MNAW: (218) 878-2157

Mashkiki Waakaaigan: (612) 871-1989



Fond du Lac

WIC Program Participants

PLEASE READ — Upcoming changes

The WIC Card is coming to your Fond du Lac WIC program! (no more paper vouchers)

Fast, Flexible and Simple

- Saves time at the checkout.
- Buy only what you want, when you need it.
- All your WIC benefits on one card!

At your next WIC appointment on or after May 20th 2019, the PRIMARY CARDHOLDER (the person on the top line of the WIC folder) will need to be present to:

- Receive and sign the WIC Card, set up username/password
- Learn to use the WIC Card to shop
- Explore the [MY Minnesota WIC App](#)

Please allow more time for this visit

Using your WIC Card -
www.health.state.mn.us/people/wic/ewic/ppted.html

Questions? Please call us at 218-878-2115.

This institution is an equal opportunity provider.







Health News

Recipe Modification

Have a favorite recipe but you hate to make it because it is high in fat, sugar, or salt? You may be able to modify it to a healthier version! Most recipes can be made healthier without sacrificing taste, texture, or quality. Pull out the recipe and start by looking at the ingredients. Some items you can replace with healthier choices, others you can cut back or omit completely. Read on for some general tips on recipe modification.

Reduce fat:

- For baked goods, use half the butter, shortening, or oil and replace the other half with unsweetened applesauce, mashed banana, or pureed fruit
- Use fat-free or low-fat milk in place of whole milk
- Cut cheese amount in half
- Use leaner cuts of meats; remove skin and visible fats and try ground turkey in place of ground beef or pork sausage
- Use low-fat or non-fat sour cream or plain, non-fat yogurt instead of sour cream
- Use non-fat or low-fat mayo, yogurt, or salad dressing in place of regular full fat mayo or salad dressings
- Try a flavored vinegar in place of salad dressings
- Evaluate cooking methods; braising, broiling, grilling, poaching, sautéing, steaming, and baking are all healthier cooking methods
- Decrease nuts; although nuts have lots of nutrition, they are also high in fat

- Monitor toppings (see reduce sugar).

Reduce sugar:

- Reduce the amount of sugar by 1/3 – 1/2. Try adding herbs and spices such as: cinnamon, nutmeg, allspice, fruit, or vanilla extract to increase sweetness
- Cut back or avoid toppings such as frosting, coconut, and whipped toppings
- Try mashed fresh fruit in place of jellies and jams
- Don't forget the beverages! Added flavors, creams, and sugars in coffee can add calories quickly.

Reduce salt:

- Most main dishes, such as casseroles, soups, and salads reduce salt by half or eliminate it
- Baked goods that don't require yeast can have salt reduced by half
- Avoid the salt shaker at the table
- Try herbs and spices to add flavor to your meal
- Be wary of condiments that can sneak in added salt, sugar, and fats. Reduce or eliminate such things as pickles, olives, and soy sauce.

Add fiber:

- Add more veggies
 - Add beans or legumes
 - Replace 1/2 of white pasta with 1/2 whole wheat pasta
 - Use brown rice, barley or wild rice instead of white rice
- Not all recipes can be modified to lower fat, sugar, or so-

dium, but there are still things you can do. Limit your portion size. Reduce the frequency that you eat that food. Eat slowly, use a smaller plate and fill 1/2 the plate with vegetables and fruit.

Here is a lower calorie, lower fat version of a recipe we used recently in the Real Solutions Weight Management Support Group.

Spinach and Artichoke Dip

*Krista Ackerbloom Montgomery
Cooking Light
www.myrecipes.com*

Ingredients:

- 1/2 cup fat-free sour cream
- 1/4 teaspoon ground black pepper
- 3 garlic cloves, minced
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 1 (10 ounce) package frozen, chopped spinach, thawed, drained and squeezed dry
- 1 (8 ounce) block 1/3-less-fat cream cheese, softened
- 1 (8 ounce) block fat-free cream cheese, softened
- 6 ounces part-skim mozzarella cheese, shredded and divided
- 1 ounce fresh parmesan cheese, grated and divided.

How to Make:

1. Preheat oven to 350°F
2. Combine first 7 ingredients in a large bowl, stirring until well-blended. Add 4 ounces (1 cup) of mozzarella and 2 Tablespoons parmesan; stir well
3. Spoon mixture into a broiler-safe 1 1/2 quart glass or ceramic

baking dish. Sprinkle with remaining 1/2 cup mozzarella and remaining 2 T of parmesan. Bake for 30 minutes or until bubbly

4. Preheat broiler to high (leave dish in oven). Broil dip for 3 minutes or until cheese is lightly browned.

Nutritional Information:

Serving size 1/4 cup. Recipe yields about 22 servings
Calories 75
Fat 4.2 gm
Sat fat 2.4gm
Protein 5.9gm
Carbohydrate 3.7gm
Cholesterol 15mg
Sodium 216mg
Calcium 150 mg

Sources include: myrecipes.com, Mayo Clinic, American Heart Association, Academy of Nutrition and Dietetics

Cream Soup Mix

Use for casseroles or to replace a can of cream soup

- 2 c nonfat dry milk powder
- 3/4 c cornstarch
- 1/4 c instant

chicken bouillon granules
2 T dried onion flakes
1/2 t thyme (optional)
1/2 t basil (optional)
1/2 t black pepper

Mix well and store in a jar in the fridge. Makes 9 cans of soup.

To make 1 can of cream soup:
1/3 c Cream Soup Mix
1 1/4 c Water

Mix 1/3 c of Cream Soup Mix with 1 1/4 c water in saucepan. Stir constantly over medium heat until thickened.

Extra hint: You can use different bouillon flavors to make a variety of cream soups.

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

"OUR CHILDREN ARE OUR FUTURE"



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 May 16, 2019 for the June 2019 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez.com.

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

Happy Birthday

Happy 1st birthday **Matayah Petite** (May 3)
Mom and Dad love you so much

Happy birthday to the best grandma in the world, **Darlene Diver** (May 3)! We Love you!
Love, Jalisa, Quade, Lorenzo, and Ayva Marie

Happy birthday **Randy Defoe** (May 11), rest in peace Dad. I miss you and wish you were here. Still in my thoughts and prayers.
Love, Kaley Marie

Happy birthday **Aunt Rose** (Bridge)! (May 12)
I love you, Jamie Dawn

Happy 7th Birthday to our son **Lorenzo DeSimone** (May 16)! We love you!
Love, Mom, Dad, and Sister

Happy birthday **Kaley Defoe** (May 17) you know we love you too much.
Love, Sequoia, Randell, Vic, and GeriAuna

Happy birthday to a great friend, **Vickie Smith** (May 18)

Happy birthday to my brother, **Joe Martineau** (May 22)

Wishing a happy birthday to **Matthew Petite** (May 29) 32 yrs old, **April Petite** (May 2), 30 yrs old, **Rylan Smith** (May 16), 26 yrs old, and my granddaughter **Matayah Petite** (May 3), 1 yr old. We love you all so very much.
Love, Mom, Royce and

Markiss, Davey and Izzy, Angel and Matthew Jr., Sabrina, James and Kayla, and Dez

Happy birthday, Mom, **Linda Dunaiski** (May 29). We couldn't have asked for a better Mom and Grandma.
Love, Paul, Sam, Maggie, Ted, Emilee, Chris, Johnathan, Zach, Steph, Mason, and your future Granddaughter

Happy birthday **Victoria Defoe** (May 30)
Love, Mom, Sequoia, and Randell

Happy Retirement

I would like to wish my wife **Marylu Josephson** a happy retirement on April 4th. Relax and enjoy.
Love you Bob J.

Memorial

If we could visit heaven even for a day... maybe for a moment the pain would go away. I'd put my arms around you and whisper words so true... that living life without you is the hardest thing to do. No matter how we spend our days no matter what we do... No morning dawns, or evening falls when we don't think of you...
Happy heavenly birthday **Joshua W. Linden** (May 3, 1985-July 20, 2013)
Love, Dad, Mom, and Sister Amanda



Thank you

The family of **Gerald Savage** would like to thank all of our community members, friends, and relatives for their warm condolences, kind gestures, and unconditional support during such a hard time in our lives. Whether you made food for us, sat with us and cried and laughed over the wonderful memories of Jerry, or did something in between—we are all extremely grateful and blessed to have received these gestures, the love, and the support from you all. We would like to send an extra thank you to the FDL Reservation Business Committee for all the help with funeral arrangements. All of you have helped us more than you know and we will forever be grateful.

*Miigwech,
The Family of Gerald Savage*

Obituary

Julie Ann Bolander, age 75, of Columbia Heights.

Preceded in death by husband, Gary.

Survived by children: Gary Jr. (Denise), Susan (Eric Olberg), Jody (Steve) Clarke; grandchildren, Brittany, Brady, Steve Jr.; great-grandchildren, Waylon, Audrey.

In lieu of flowers, memorials preferred.

Louis Edward Wise "Nizhinini Manidogaabo Waaban" 67, of Sawyer, MN passed away March 21, 2019 at home.

Louis was born May 21, 1951 in Cloquet, MN to Herman

and June (Boyd) Wise. He grew up on Fond du Lac Reservation and graduated from Carlton High School in 1969. Louis held a degree in the field of Culinary Arts. Louis also attended Northland College and the University of Minnesota, earning a BS in Environmental Science and a BA in American Indian Studies. He worked for the Minnesota Chippewa Tribe as an Environmental Scientist specializing in water quality. Louis was also the first Natural Resources Manager at Fond du Lac focusing on wild rice ecosystems.

Louis, affectionately known to many as Wehaa, had a deep love for: hunting, fishing, gathering wild rice, maple syrup and culturally significant herbs. He had a passion for teaching and sharing his vast knowledge of our precious natural resources and traditional Indian culture with all those he encountered. Louis has made a lasting impact on many lives and will be fondly remembered in the hearts of those that knew him. Survivors are his Sons: Kevin Ledoux, Louie Barney, Mike Barney, Justin Defoe and Wayne Reynolds; Daughters: Stacy Greensky, Jamie Wise and Maria Tiesen; and several grandchildren; Brothers: Randy (Janice) Wise, David (Patra) Wise; Sisters: Ruth Wise-Bahen, and Susan Wise-Christenson; special friend and nurse Barb Knabel.

Louis was preceded in death by his Parents: Herman and June Wise; Son: Cody Tiesen



Community News

and Daughter: Candice Defoe; Brothers: (Herman) Douglas Wise, Jr. and William Wise, Sr. Thank you for your extended thoughts and prayers and a special thank you to all the relatives, especially those in Erie, PA and Southern California.

Back to you

By FDL Band member, Mesko Gizhig

I'm back to you.
Birch and pine
Birth and spine
Creek and sage
Youth and age

They all brought me back to you
Feather and paw
Wing and claw
Song and dream
Sand and stream

They all brought me back to you
Stone and flame
Sand and rain
Twig and death
Mist and breath

They all brought me back to you
Love and pain
Debt and gain
Root and berry
Sun, snow flurry

They all brought me back to you
I'm back to you.
-Mesko Gizhig 2019

FDL job listings

FT: Full Time PT: Part Time
For more information about

any of these permanent posting positions contact the Fond du Lac Human Resources Department at (218) 878-2653.

FDL Reservation

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

- Store Clerk FDLGG PT
- Convenience Store Gas Attendant FDLGG PT

Black Bear Casino Resort

- Golf Youth Cart Attendant PT Seasonal
- Cook I FT
- Cook II FT
- Cook III FT
- Beverage Server FT/PT
- Groundskeeper FT
- Buffet Runner FT
- Table Games Dealer PT
- Vault Cashier FT/PT
- Bus Person FT/PT
- Gift Shop Clerk FT
- Buffet Host/Hostess FT/PT
- Golf Course Groundskeeper FT/PT Seasonal
- Steward FT
- Arcade Attendant PT
- Golf Pro Shop Sales Rep PT
- Golf Ranger/Starter FT/PT Seasonal
- Golf Concession Sales Rep FT/PT Seasonal
- Golf Cart Attendant PT
- Slot Attendant FT
- Custodial Associate FT
- Bell Staff PT
- Sage Deli Cook FT
- Bingo Vendor/Floor Worker PT
- Players Club Representative PT
- Restaurant Wait Staff FT/PT
- Hotel Laundry Worker/Hauler FT
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT

Fond-du-Luth

- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender FT/PT
- Cage Cashier FT/PT

- Players Club Representative FT/PT
- Slot Attendant FT/PT
- Slot Technician FT/PT
- FDL Minneapolis listings
- Clinical Pharmacist On Call
- Pharmacy Technician On Call/Sub

Gitigaan 2019

Schedule of Classes
Tuesday Evenings
March - May

Pot Luck Dinner 5:00p.m.
Class 5:30p.m.



- April 30 Buying and Gathering Local Foods
- May 7 Grants for your Garden
- May 14 Cooking Sides for Fish
- May 21 Mindful Eating with Lynn Rossy @ Black Bear Casino (4:30—7:30)
Dinner Provided
- May 28 Asparagus
- May 31 Plant Packaging
- June 1 Plant Giveaway

*Seed Packets can be picked up at any Tuesday night class
Please bring a Tribal ID*

Anyone interested in helping package plants or needs tilling please contact Tammy Anderson at 218-878-2642 or email TammyAnderson@fdlrez.com

****New this Year**
Organic Soil Available for Sale
\$7/Bag (1 cubic foot)
Contact Tammy Anderson (information above)**

Waabigoni-giizis – Flower moon – May 2019

ALR: Assisted Living Residence; BBCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033; BLH: Brevator Language House, CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510; CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College; MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building; NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division; SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|---|
| Open RBC meeting May 16 5:30 p.m. BCC (Quarterly meeting) | Dodgeball Tournament May 20 1 p.m. FDLOJS | Pancake Feed May 17 8 a.m. CCC | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCCa Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW | Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC | Language 5 p.m. SCC | Come & Swim & use the gym |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Come & Swim & use the gym | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC | Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW Cooking 12 p.m. CCC Adult game day 1 p.m. CCC GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW | FDL Memorial Day (Closed) | Language 5 p.m. SCC | Come & Swim & use the gym |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Come & Swim & use the gym Elder movie morning 11 a.m. | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC | Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR Constitutional Reform 5 p.m. CCC | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW | Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC Open RBC meeting 5:30 p.m. BCC (Quarterly meeting) AA Support 6 p.m. CCC | Language 5 p.m. SCC Pancake Feed 8 a.m. CCC | Come & Swim & use the gym |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Come & Swim & use the gym Family movie morning 11 a.m. | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Cards 9 a.m. CCC GED 9 a.m. SCC PiYo 12 p.m. CCC Dodgeball Tournament 1 p.m. FDLOJS Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC | Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW | Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC | Language 5 p.m. SCC | Come & Swim & use the gym Wisdom Steps 2 p.m. SCC |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| Come & Swim & use the gym Elder movie morning 11 a.m. | Memorial Day (Closed) | Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW | Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Yoga 12 p.m. MNAW GED 2 p.m. SCC Language 5 p.m. BCC Sobriety feast 6 p.m. CCC | Sewing 9 a.m. CCC Get Fit 12 p.m. CCC Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC | Language 5 p.m. SCC Beach Boys 7 p.m. BBCR | Veteran's Golf Tournament June 15 BBCR |

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