

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



Secretary Treasurer Ferdinand Martineau examining some of the quillwork Joe Savage found at an estate sale. Joe Savage also brought some of his own work, like these beautiful earrings, he made after years of working on his craft.

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Local News

Dr. Reynolds discusses importance of getting vaccinated

By Zachary N. Dunaiski

Dr. Charity Reynolds, Fond du Lac Medical Director, is also encouraging people to get vaccinated.

“We know that it’s going to protect against severe disease, it’s going to protect against hospitalizations and death,” Dr. Reynolds said about the main reason it’s so important to get a COVID-19 vaccine.

Dr. Reynolds has many reasons that she wanted to get vaccinated, but the most important reason was to protect her family.

“I have a young daughter that I want to live for and don’t want to die, so I want to be there for my family,” Dr. Reynolds added about why she wanted to get vaccinated. “I get the flu vaccine every year as well to protect my family and my patients even though that one is less effective, but ya know 50% is better than nothing.”

In the end, it’s our body’s ability to learn how to identify and fight against COVID-19’s spike protein in a safe way, that’s going to help ourselves stay safe, alive, and out of the hospital.

Dr. Reynolds is encouraging younger people to get vaccinated, especially those who have chil-

dren ages 10-19.

“Between the ages of 10-19 are getting it more here in Minnesota and then they take it home to their parents who are 40-50 year olds. Here on Fond du Lac, ages 18-52 is the lowest number of vaccinations,” Dr. Reynolds said of the reason why people in that age group should get vaccinated.

“We really need to increase that vaccination number so that people can be protected against the variant and decrease the spread of the variants at this point because the variants, specifically the U.K. variant, is more contagious and is leading to hospitalizations and deaths.”

The U.K. variant became the dominant strain of the coronavirus in the United States in early April, and Dr. Reynolds is encouraging everyone to get vaccinated and continue practicing the CDC recommendations to keep them-

selves safe.

Medical experts are also reminding people to take caution if they have severe reactions, or anaphylaxis, to any of the ingredients in the COVID-19 vaccines. Early on it was believed that anyone who had anaphylactic reactions should take caution, but now the concern is more so if you have allergic reactions to any of the ingredients in the vaccines.

Nevertheless, these vaccines remain safe and effective, even being more effective than the flu vaccine, which saves so many lives every year and keeps hospitalizations down.

“The influenza virus changes so quickly that we’re always kind of guessing what it will be the following year because the vaccine for the flu is made that year. How well the vaccine works that year depends on a lot. It’s usually between 40-60% effective every year,” Dr. Reynolds said, comparing COVID-19 vaccine effectiveness to flu vaccines.

Most of the country has been hit by the variants as in the first week

of April it was announced that the U.K. variant is the most common strain in the U.S., a problem that Dr. Reynolds addressed.

“It’s kind of a race between getting people vaccinated and making sure the variants don’t get to them. So, it’s super important to get vaccinated if you do encounter a variant which according to the Minnesota Department of Health, the U.K. B117, is number one in Minnesota,” Dr. Reynolds said in early April just before the CDC claimed it was the most common across the country. “We want to make sure we get vaccinated so we can see how people, who are vaccinated, are going to react to that B117.”

Medical experts are still learning about the U.K. variant, as well as other variants, so Dr. Reynolds is encouraging people to exercise caution to give experts time to learn how best to protect our communities.

“Hopefully they are going to be protected because other places have shown to have protection against that variant,” Dr. Reynolds said in places that have more rampant spread of the variants. “This doesn’t mean however that you can go without wearing your mask or socially distancing after

being vaccinated.”

If we’re all vaccinated and continue to do the things that have been shown to work before a vaccine existed, the combination will help bring an end to this pandemic.

“The reason why is we don’t know if people who can get exposed to a variant, and they may not get sick themselves, but maybe they can transmit it to somebody else,” Dr. Reynolds said of encouraging people to exercise caution. “Preliminary studies show that hopefully that’s not a huge part of transmission, but again they’re just preliminary.

“So we’re asking that if you’re vaccinated, please wear your mask and socially distance from those people that are outside of your household. Then as we continue this race to get everyone vaccinated, hopefully by the summertime we’ll have so many more people vaccinated that we can decrease those public health guidelines like wearing masks and distancing.”

Please contact your healthcare provider with questions, and get vaccinated as soon as possible because vaccines are safe and protect us all.

“Hopefully by the summertime, we’ll have so many more people vaccinated that we can decrease those public health guidelines like wearing masks and distancing.”
Dr. Charity Reynolds, FDL Medical Director.

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

Keeping art alive

By Zachary N. Dunaiski

In today's technological world, many art forms are being left behind, but Joe Savage, an FDL Band member, doesn't want to let an artform that he has learned so much about be left behind.

"There are a bunch of different techniques which depend on which part of the country, but a lot of the woodland stuff is what I like being a Band member here," Savage said about his style of art.

Just recently Joe came across a piece of artwork that many may

have just seen as interesting and moved on from, but Joe recognized how special this piece was. Thanks to the help of a friend, Joe found himself in the right place at the right time.

"There is a technique you don't see too much unless you're near the Canadian border, and that's loom woven quill work," Joe said holding the beautiful piece of artwork. "I've done a fair amount of it myself. A friend of mine got ahold of me and said 'hey there's an estate sale in Brooklyn Park and there is a bunch of Indian stuff there.' I checked it out and what I ended

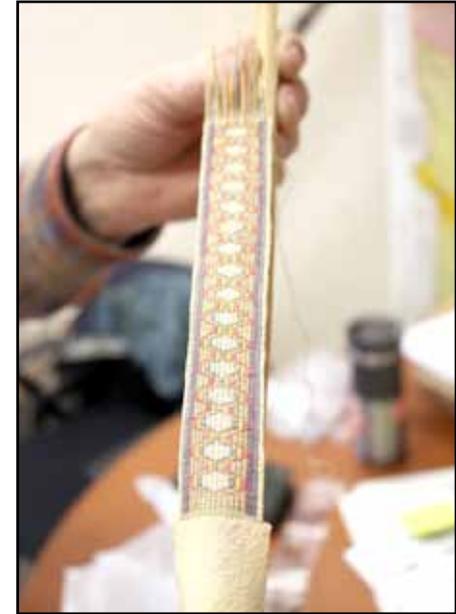
up finding was this unfinished piece of quill work that is, from a craftsman's point of view, an exquisite piece."

Joe has been doing this type of work for years. He is self-taught and makes his work from start to finish, including the dyes which he makes from natural sources.

"I tried to find an Elder that I could learn from, but around here it seems like one of the only forms of quill work that has survived over the centuries is the quill work that is done on birch bark," Savage said. "There wasn't anyone to learn from. Now as I'm pushing 70, I had

researched and studied on my own and it would be nice to pass on some of what I've learned to somebody younger."

Joe is hoping to find a Fond du Lac Band member to pass his skills onto. He is hoping to find someone who is interested in every part of the art form. If you're interested in this type of work, contact the newspaper office (218) 878-2682 or zachary-dunaiski@fdlrez.com



ATTENTION: Johnson & Johnson Vaccine Update

Due to recent information from health authorities, Fond du Lac will not be administering the Johnson & Johnson one-dose vaccine until further notice. Federal health officials on Tuesday called for a pause in the use of the Johnson & Johnson coronavirus vaccine, saying they are reviewing reports of six rare adverse reactions.

The CDC and FDA are "recommending a pause in the use of this vaccine out of an abundance of caution, until the review process is complete" the statement said.

If you have been scheduled to receive a J&J vaccine, someone will be reaching out to you soon to cancel your appointment. We do offer the Moderna vaccine which is a 2 dose vaccine given 28 days apart.

If you have questions, please contact your primary medical provider.

Miigwech

The decade long work to protect Wild Rice lakes

By Zachary N. Dunaiski

Fond du Lac, Grand Portage, and other Tribal nations have been battling with the Minnesota Pollution Control Agency (MPCA) over protecting Wild Rice lakes since 2012, and during this pandemic, the Bands may finally have made some headway.

Nancy Schuldt, FDL Water Projects Coordinator, has worked over the years to get the MPCA to recognize that Wild Rice lakes need protecting, something that can't really be argued.

"When you boil it down to what is really going on, there are

a clear dozen, dozen and a half Wild Rice waters in the state of MN that nobody could argue are impaired," Schuldt said of the frustration of the Band and those protecting the water. "This is just a really important first, because I don't believe anywhere else a regional EPA office has listened to the Tribes about a problem like this, a failure of the state to protect a water resource and reverse the state's decision. It just simply hasn't happened before."

FDL, Grand Portage, 1854 authority, and GLIFWC, have worked together over the last several years because of work that the group agreed that was being done by the MPCA was not to the standards of Tribes across the state of Minnesota.

"We have come to realize they are not investing any resources in monitoring Wild Rice waters, or sulfate concentrations of Wild

Rice waters," Schuldt said of the MPCA not including some Wild Rice lakes on their list of impaired waters. "They're not putting limits for sulfate into permits for mining projects, so that those mining projects have to meet the Wild Rice water quality standards. They are not listing impaired Wild Rice waters, and we've been calling them on this for more than 10 years."

Now in 2021, with a new administration's EPA in place, FDL is starting to see some results as the EPA has agreed to listen to the Bands and review the list and the results were great for water quality.

"EPA came out on March 26 with their determination that they were only going to partially approve the MPCA 2020 impaired waters list. And what they weren't going to approve, it sounds a little twisted here, they were disap-

proving the lack of inclusion of impaired Wild Rice waters, so in other words, they listened to the Tribes. They recognized that we were right on the science and we were right on the law."

Many for the FDL Band have worked hard over the years, and Schuldt knows just how good this decision feels and how much it means for Tribes across the country in future battles with their state and federal government.

"I think that there may have been a shift and we have some clout too," Schuldt said of how this decision by the EPA helps protect Wild Rice lakes. "It's not like we're trying to grab benefits for ourselves, we are trying to protect something that benefits everybody. I think that's another message that kind of gets lost in all the politics. What the tribes are arguing for is good for everybody."

RBC Thoughts

Secretary/Treasurer News

Boozhoo,

This year was kind of unusual for making maple sugar. The snow was gone early and the temp was mild. I roamed the Reservation with my wife and was able to point out several active sugar camps. I showed her how the trees were tapped and the sap was collected. I took her to the new Cultural Center and, thanks to Charlie Smith and his efforts, was able to let her view the process of turning sap into syrup and sugar.

The cultural center has a state-of-the-art evaporator that a person can either view the process or use it to process their own syrup.

Keep an eye out for other demonstrations that are going to be presented at the center as there is going to be quite a few.

We once again had a successful harvest on Mille Lacs. The spearing and netting season produced our limit again and all fishermen had a good time catching fish. Fond du Lac has been very fortunate to not have had any major incidents on the lake for all the years we have participated. All the other Bands have also been fortunate in their activities. However, this year a boat capsized in rough water and all four fishermen were thrown into the water. Rescue efforts were successful with three but the fourth

drowned. All Bands stopped fishing for the next evening in respect for the fisherman. I don't know any of the particulars about the situation but it reminds me that safety should be practiced at all times.

The Band is waiting for notice of funding under the American Rescue Plan. Everyone else has already received notice and in most cases funding except for the Tribes. I thought that all the work that Tribes did last time would be used this time around but it won't be. The Tribes again have to agree on a funding formula and the



Ferdinand Martineau

definition of a Tribe. I am sure that we will be arguing these points through the summer and into the fall. There have been no guidelines given to us or no dollar amounts to start budgeting for. I do expect that these dollars are going to be less restrictive but am not sure what we will be able to spend them on yet. I will keep you informed as I receive more information myself.

If you have any questions or comments please feel free to contact me. My office number is (218)878-8158 or you can e-mail at ferdinandmartineau@fdlrez.com

Gigawaabamin.

Sawyer News

Boozhoo,

The weather seemed to cool off towards the end of April. As we start the month of May, I want to congratulate our harvesters who did a good job on Mille Lacs Lake with their catch of walleye.

In Sawyer we are seeing some of the abandoned and rundown homes being taken down. The abandoned properties pose hazards to the community. Having these removed has taken awhile, this year we will see this get done. We are also planning the installation of a new playground that is being set up soon for the Sawyer community. Also, there are changes



Bruce Savage

at Kiwenz on Big Lake. Kiwenz will be a day park again with no overnight camping.

Gitiganing at the 960 Cary Road farm will be hosting some programs this growing season. Please keep an eye out for the Gitigan programs on Tuesdays and new positions for the farm on FDL website. Also, on the FDL website is the COVID Emergency Assistance Application for rental assistance within the Fond du Lac Reservation. See guidelines

Construction on Big Lake Road will be starting soon, the plan is to continue road repairs to County Road 7 which is Cary Road. Please be aware of construction zones and slow down for the safety of workers. There is also increased bicycle traffic

around the community, slow down and stay aware. During this time of the year, many people bring out their motorcycles. The only way you can stay safe on the road is to ensure your full attention is on driving. Sometimes I notice when driving, people are on their phones, please stay off your phones. Emails and text messages can wait.

Also, the Band is continuing the food distribution and I want to thank all our staff for their work on this initiative.

Sincerely,
Bruce M. Savage

*Gigawabamin,
Bruce M. Savage
Sawyer District Representative
(218) 393-6902
BruceSavage@FDLREZ.com*

Cloquet News

Hello all

As we move into the spring season, our spring fish harvest has begun. Some of the lakes still have ice on them but it is melting fast. As of this week we did start harvest activity on Mille Lacs lake. I have not yet seen the Harvest data but I am hoping our netting and spearing gatherers are safe and successful.



Wally Dupuis

As we try to slowly open things back up here we are continuing to follow the guidelines set out by our Emergency Operations Center (EOC). As you probably know, the

Black Bear Golf Course was closed all last summer. As of March 18, 2021, our course was opened for business. There will, however, be a number of changes to the services it provides.

Our transit coordinator, Tammy Anderson, would like everyone to know that they are operating 7 days a week. To purchase a pass, you can go to the transit website or call (218) 878-7500. She also wants to inform folks that they are

always looking for drivers, and there is a mechanics position open as well. Please see our Human Resources webpage for applications.

We recently met with the county highway department to discuss the repairs to county road 7 (Big Lake Rd). They will be doing a

complete overlay along the entire route within FDL this summer. This overlay will require some drive way approaches be changed and will also add turn lane and pedestrian cross walks.

Please continue to maintain social distancing, wear your mask, and get your vaccination. Please stay safe.

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

RBC Thoughts

For Veterans

Velvet Linden will be performing Veteran Services Officer (VSO) duties until our VSO returns to work.

Veterans' Powwow 2021 cancelled

Due to COVID-19 public safety concerns, the 2021 FDL Veterans' Powwow will be cancelled.

Chairman, Medical Director deliver PSA on case rise

Please listen to the latest PSA from the Fond du Lac Chairman Kevin Dupuis and Dr. Charity Reynolds about the increase of positive cases and what you can do to slow the spread. You can view the PSA at <https://www.youtube.com/watch?v=krF9v7QeEDE> #FDLstrong

During the PSA, Chairman Dupuis and Dr. Reynolds talked about the uptick in cases. From late January to just last week, FDL had seen zero cases, then within the last week, eight new cases have popped up.

"It's a little bit worrisome," Dr. Reynolds said of the uptick last week. "We want to make sure that we continue to keep this at bay and away from us and the biggest tool right now is to get vaccinated.

"Those people that were positive were not vaccinated," Dr. Reynolds added. "We are working to make it so that everyone can get vaccinated.

The Chairman understands that

not everyone will be vaccinated but encouraged everyone to help protect their community and consider getting them and their families vaccinated.

"I think if we want to move forward to what we want to do to get back to some kind of normalcy, I think there are some things we should start taking a serious look at," Chairman Dupuis began.

"At 65 and older, we have 81% of that population that has been vaccinated. And if we're going to look out for our Elders, our duty and our obligation is that we need to step up from the generations and the ages below that to move in, get vaccinated, and try to do the best we can. We can't make anyone get vaccinated, I know it's a personal choice, but for us to get back to some kind of normalcy so we can do the things that we enjoy like our ceremonies, our powwows, our

gatherings, our get togethers, we need to really move in that direction."

And with the holiday earlier this month, Dr. Reynolds echoed the same message of caution as we get together in groups.

"This weekend is a holiday and so we ask that

you continue to to be careful and I know that you're tired of me saying that," Dr. Reynolds said. "But we are going to get through this together. There is a light at the end of the tunnel and we'll be able to gather together soon again."

The PSA is also available via the Fond du Lac Facebook page.

Sec. Interior proud of Indian Country's vaccination efforts

Last week, Dan Huculak, WGZS Station Manager interviewed Deb Haaland, Secretary of Interior and Enrolled member of the Laguna Pueblo Tribe of west-central New Mexico.

Haaland, the first Enrolled member to serve in a presidential cabinet, spoke about Fond du Lac's success as well as other Tribes across the country.

"I'm so pleased with the work that Tribes have done across the country with vaccination," Haaland told listeners of WGZS.

The majority of the conversation between Haaland and Huculak had to do with her historic nomination and confirmation as the first Enrolled member to serve in a cabinet.

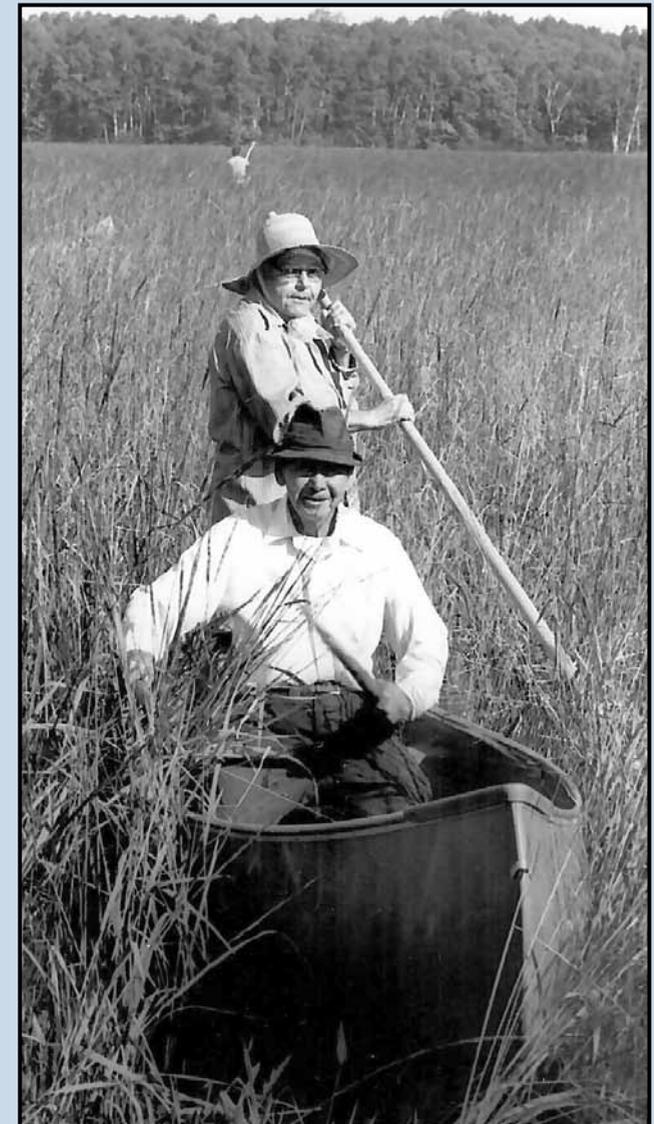
"Of course it is a tremendous honor to have been nominated by President Biden. I understand that this is just an historic moment and I am so grateful. I stand on the shoulders of so many of our ancestors and brothers and sisters and the work that they have done for our environment, our communities, for our self governance, for all of those things that we care deeply about," Haaland said. "I am proud to bring my experiences here. My experiences as a Congresswoman, my experience as a daughter of a military Veteran, and as a member of the Laguna Pueblo."

The whole interview, which is 11:57 in length, can be heard on the WGZS website under the COVID-19 tab at: <http://www.wgzs89.net/covid19updates.html>

Pictures from the 80's

The newspaper office has obtained pictures from a Vista worker, who worked for Fond du Lac from 1980-81. I don't know many from Fond du Lac at that time, but would like to ask the readership of this paper to identify any people they can in these pictures.

Here is this month's picture. If you have any information regarding this picture, please email zacharydunaiski@fdlrez.com or call me at (218) 878-2682. I am working remotely, but will be accessing my voicemail frequently.

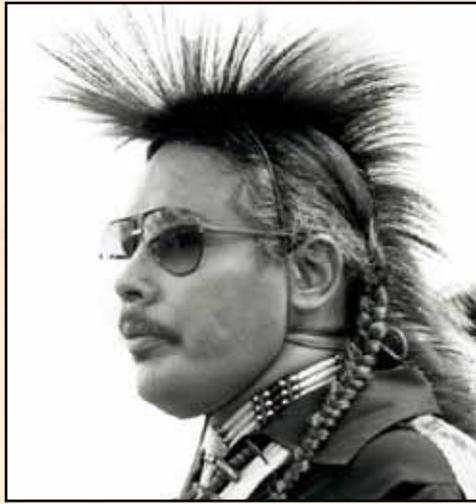


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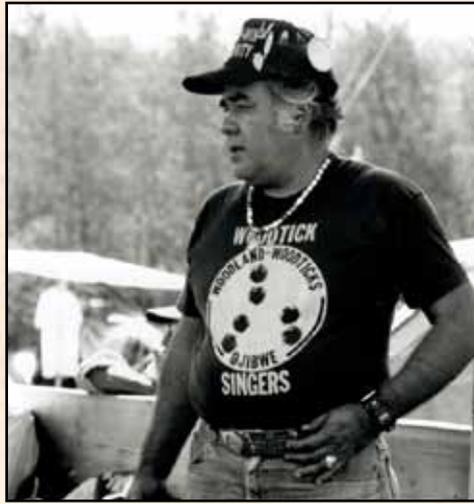
*Dr. Charity Reynolds,
Fond du Lac Medical
Director, said.*

May 2009 – May 2021 Celebrating twelve years with this newspaper

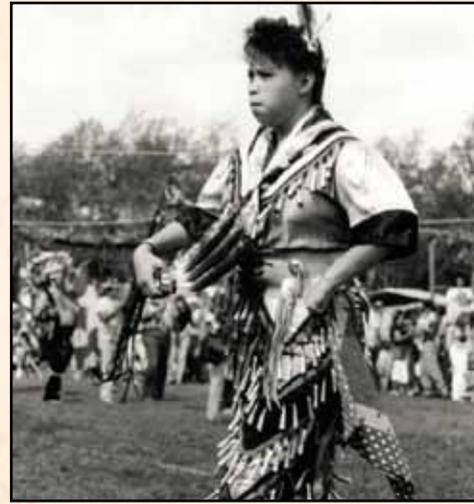
Photography by Christine Carlson



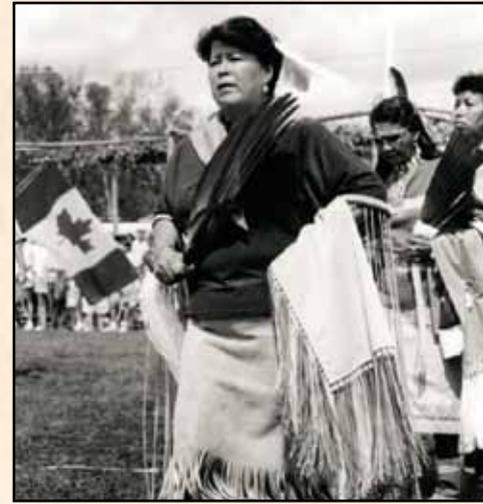
Ni-Mi-Win August 1990 at Spirit Mt.



Ni-Mi-Win August 1990 at Spirit Mt.



Ni-Mi-Win August 1990 at Spirit Mt.



Ni-Mi-Win August 1990 at Spirit Mt.



Witness Training at Superior, Wi. March 1990



Witness Training at Superior, Wi. March 1990



Reuben Goggley



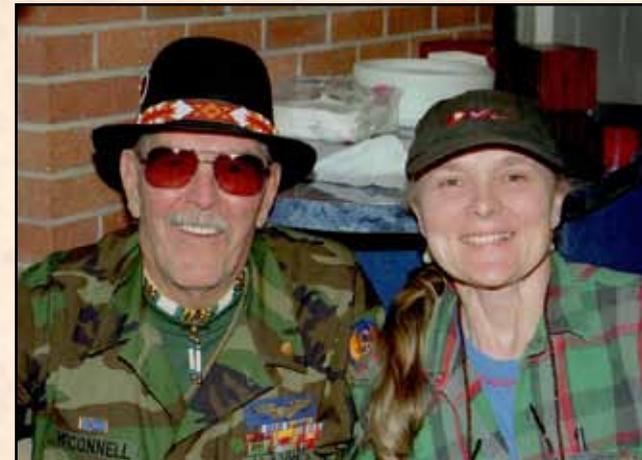
Kelli Ostman and Marv Pellerin Sr.



Ann Thompson and Dorothy Olson - UMD
Pow-Wow April 1997



Dancers UMD Pow-Wow
April 1997



Dear friends Bob McConnell and Christine
Carlson UWS Pow-Wow 2002

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SATURDAYS 6-9 PM

MAY 1, 8, 15, 22 AND 29TH

- Earn entries starting Sunday, April 25th
- Twelve (12) winners each night.
- **YOU** could win up to \$2,500!

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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.

MOTHER'S DAY

SUNDAY, MAY 9TH
1 PM - 5 PM

- Start earning entries Sunday, May 2nd.
- Three (3) winners each hour.
- Fifteen (15) lucky winners on May 9th.
- Winners will win \$300 cash and a designer purse.

BLACK BEAR
Casino Resort

Etc

Fond du Lac Reservation COVID Emergency Rental Assistance (CERA)

Eligible Fond du Lac households may qualify for emergency rental and utility assistance. This assistance will pay rental and rental utilities that are in arrears from Mar. 13, 2020, due to COVID related unemployment, illness or other issues.

For specific eligibility requirements, application details, and contact information, please visit the FDL housing website (fdlrez.com/housing).

Eligible Expenses

- Rent payments
- Rental arrears from 3/13/2020
- Utilities related to rental property
- Utility costs arrears related to rental property
- FUNDS WILL BE PAID

DIRECTLY TO THE VENDOR OR COMPANY

<http://www.fdlrez.com>

Do I Qualify?

1. Are you a Minnesota resident?
2. Do you owe or are you behind in your rent or rental utility payments from 3/13/2020?
3. Are your outstanding related expense(s) due to unemployment, illness, or another issue as a result of the COVID-19 pandemic?

An "eligible household" is defined as a Tribal Member renter household or a renter within the boundaries of the Fond du Lac Reservation, in which at least one or more individuals meet the following criteria:

- Qualifies for unemployment or has experienced a reduction in household income, incurred significant costs, or experienced a financial hardship due to the COVID-19 pandemic;
- Demonstrates a risk of experiencing homelessness or

housing instability; and

- Has a household income at or below 80 percent of the federal median income. Household income is determined as either the household's total income for calendar year 2020 or the household's past four weeks of income at the time of application.

For household incomes determined using the latter method, income eligibility must be redetermined every three (3) months.

Applicants must provide:

- a. Personal identification number from a state-issued ID, driver's license, passport, ITIN, Tribal ID or other form of ID
- b. Current rental lease – includes address of rental unit, or have a completed landlord verification form.
- c. Name, address, SSI number, tax ID number, or DUNS for landlord or rental agency.
- d. Total amount of each type of assistance (rent, rental arrears, utilities, home energy costs, utility arrears) needed.
- e. Number of months of rental payments and number of months of utility cost with documentation

of amounts owed.

- f. Gross household income of all adults and number of individuals in the household for the past 4 weeks, or a tax return for 2020.
- g. Gender, race, and ethnicity for the primary applicant requesting assistance.

Applications will be accepted until December 13, 2021 at 5 p.m. maximum eligibility period is 12 months mortgage payments and home owner utility payments are not eligible.

Urbanski named NCMPR District 5 Communicator of the Year

Fond du Lac Tribal and Community College's Director of Public Information Tom Urbanski was recognized this past week as one of seven national finalists for the National



Council for Marketing & Public Relations Communicator of the Year during the professional organization's annual conference. Urbanski had earlier been named 2020 NCMPR District 5 Communicator of the Year in the multi-state region across the Upper Midwest.

"This award is one of the most prestigious awards presented to an NCMPR colleague who has demonstrated leadership and ability in the area of college communications," said Jeff Ebbing, NCMPR District 5 Director.

"In his 25-year career at Fond du Lac Tribal and Community College, Tom Urbanski has had an immeasurable impact on the college," said Ebbing when presenting the award. "Tom is a one-person department, responsible for all college marketing and public relations tasks: collateral, publications, advertising, media relations, social media and website. He also oversees the new student recruitment process and supervises admissions office staff. So, it's safe to say that Tom is pretty busy. I have absolutely no idea how Tom has been able to do all of this and be so successful at it."

The district recognizes outstanding achievement in marketing communication at community and technical colleges in NCMPR District 5, which includes Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, the Canadian province of Manitoba, Puerto Rico, and Virgin Islands.

Urbanski was nominated for the award by Kenn Dols, Director of Marketing and Public Relations at Central Lakes College in Brainerd.

The National Council for Marketing and Public Relations

DSFF & AICHO 2021 INDIGENOUS FILM SERIES
 HOSTED BY LOCAL FILMMAKER KHAYMAN GOODSKY
 (BOIS FORTE OJIBWE TRIBAL MEMBER)

THE BODY REMEMBERS WHEN THE WORLD BROKE OPEN

CO-WRITER/DIRECTORS: ELLE-MAIJA TAILFEATHER & KATHLEEN HERBURN

APRIL 21 - VIRTUAL SCREENING EVENT - 6:30 PM - FREE TO THE PUBLIC
 VIA ZEITGEIST'S ZINEHA 2.0 DIGITAL PLATFORM
 PRECEDED BY LOCAL SHORT MAAMAWI, AN EXPERIMENTAL FILM BY JONATHAN THUNDER
 PRESENTED IN SUPPORT OF DABINOOGAN DOMESTIC VIOLENCE SHELTER

DULUTH SUPERIOR UNIVERSITY
 AICHO American Indian Communities Housing Organization
 MINNESOTA PUBLIC RADIO
 zeitgeist
 ARBORHEAD REGIONAL ARTS COUNCIL

THIS ACTIVITY IS MADE POSSIBLE IN PART BY THE VOTERS OF MINNESOTA THROUGH A GRANT FROM THE ARBORHEAD REGIONAL ARTS COUNCIL, THANKS TO LEGISLATIVE APPROPRIATION FROM THE ARTS AND CULTURAL HERITAGE FUND.

Fond Du Lac Gas & Grocery

We have Non-oxygenated gasoline for all your small engine needs.

Summer is coming! Come to FDL G&G to exchange or fill your propane tanks

WE HAVE NON-OXYGENATED FUEL

Perfect for Off-Road Vehicles, Motorcycles, Boats & Other Small Engines

PROPANE TANK EXCHANGE
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L/P TANKS FILLED HERE
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Etc

is an affiliate of the American Association of Community Colleges and represents marketing and public relations professionals at community and technical colleges across the United States and Canada.

NCMPR has more than 1,700 members from more than 650 colleges across the United States, Canada and other countries. The counsel provides professional development opportunities, advocates on behalf of the profession and the institutions it serves, and recognizes professional excellence.

Duluth Superior Film Festival partners with AICHO For Virtual Indigenous Film Series

Duluth Superior Film Festival has once again partnered with the American Indian Community Housing Organization (AICHO) to curate a free monthly Indigenous film series. Local filmmaker Khayman Goodsky (Bois Forte Ojibwe Tribal member) will host the series via Zeitgeist Zinema's digital platform. Local short films and post-screening discussions are also included.

All films will take place on the third Wednesday of the month at 6:30pm CST. Screenings are completely free, but donations will be gratefully accepted to support the filmmakers, guest speakers, and presenting organizations. To register for free tickets: <https://www.ds-ff.com/aicho>. Donations accepted.

"The Duluth Superior Film Festival is very proud to be collaborating with AICHO to shine a spotlight on four different Indigenous filmmakers," says Goodsky. "The DSFF team

members highly believe in uplifting authentic Indigenous stories, created by Indigenous artists, and are honored to have these amazing filmmakers present their works with us. We plan on having panels with special guests to talk on the topics the individual films present to help further the discussions brought to the table."

Indigenous Film Series is sponsored by Arrowhead Regional Arts Council and Minnesota Public Radio.

Tribal Court Order to show cause

In the Matter of: AUBRIAUNA KAYLEY MULARIE, Minor Child, MELANIE BRIGAN, Petitioner. Case No.: NC-003-20 Order to show cause.

On November, 13 2020 a petition was filed in this Court on behalf of the minor child Aubriauna Kayley Mularie. The Petitioner seeks an order changing the name of the minor child to Aubriauna Kayley Brigan.

Now therefore, it is ordered:

1. Hearing in this matter is set for May 17, 2021 at 11:00 a.m. at the Fond du lac Band of Lake Superior Chippewa Tribal Court. The hearing will be held remotely through Zoom. Please see the attached information on how to appear.

2. Any parent, guardian, or relative of the first degree interested in the matter shall appear for the hearing to show cause, if any there be, why the Court should not enter an order granting the proposed change of name.

3. Any parent, guardian, or relative in the first degree may file a written objection to the proposed name change with this Court prior to the hearing date set out above.

4. Petitioner and the minor child

shall appear for the remote hearing by Zoom.

Energy assistance updates

The American Rescue Plan Act has awarded Minnesota additional funds for energy assistance. There are several changes in the program that will benefit households.

The application period has been extended to September 1, 2021. That is an additional three months where households in need may apply for a primary heat grant. Along with this, the eligibility threshold has been increased. Earlier the income cut off for a household of four, was \$13,589 (Gross wages for the three previous months). The new amount has been increased to \$16,307. Individuals that were over income should contact the office and we will send you a new signature page.

The amount that a household may use for crisis situations has been raised to \$1200. For delivered fuel crises, the tank

must be less than 20% full and the company refuse to deliver without pre-payment. For metered fuels, the household must have a portion of the bill that is past due. Households with members over the age of 60, may have a current bill paid.

The deadline for energy related repairs has not changed. The last day to request furnace help will stay June 1st.

Applying for assistance is easy. To request an application from the Fond du Lac Reservation please call (218) 878-2658. We accept all clients from the FDL Reservation and the surrounding area. AEOA, Virginia 1-844-568-0149. Lakes & Pines, Mora (320) 679-1800 option #2. Out of the area call 1-800-657-3710. In Wisconsin call 1-866-432-8947.

FDL graces billboard

Last month Portia Johnson and Ricky Defoe were on a billboard that was the front cover of our paper last month.

Another billboard, this one featuring Delilah Savage, has gone

up. It's great to see Fond du Lac and all the great things the Band and its members are going up all around the area.

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



Etc

Gitigaan 2021

Schedule of Classes
Tuesday Evenings
Class @ 5:30p.m.



Spring ZOOM Schedule Register Here:

<https://tinyurl.com/4e75usz6>

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

May 4th Raising Chickens
May 11th Cooking is a SNAP
May 18th Pollinators
May 25th Building Raised Beds
June 1st Wild Foods
June 4th Plant Packaging
June 5th Plant Giveaway

Summer Schedule Register Here: <https://tinyurl.com/5xk8k7rr>

In-Person Hands On Learning @ Gitigaaning
(960 Cary Road, Cloquet, MN)

Cooking is a SNAP (virtual until further notice)

June 8th Cooking is a SNAP
June 15th Watering Tips, Plant Spacing and Growing Dome
July 13th Cooking is a SNAP
July 20th Weed Management and Succession Planting
August 10th Cooking is a SNAP
August 17th Harvesting and Pest Management
September 14th Cooking is a SNAP
September 21st Seed Saving and Storage

Questions? Contact the Planning Division (Kaitlyn Walsh) at
218-348-5281 or KaitlynWalsh@fdlrez.com

CURBSIDE A1C TESTING

NOW AVAILABLE AT MNAW AND CAIR
BY APPOINTMENT ONLY

Contact Barb to schedule by calling 878-2141.

Many patients with diabetes are overdue to have their A1C checked due to the COVID-19 pandemic. We recommend having your A1C checked every 3 months to help determine if your blood sugars are controlled or if changes are needed to your treatment plan.

Call today to schedule a curbside appointment and have your A1C checked from the comfort of your car!



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

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

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

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

BLACKWELL, Mary Therese
CICHY, Gerard
CICHY, Leslie
DEFOE, Jackie Ann
DICKSON, Madonna R.
DURFEE, Thomas
FIOLEK, Bernice
FRIEDMAN, Ann Lorraine
LAPRAIRIE, Robert
LEE, Patricia J.
MARRONE, Elizabeth Ann
MARTIN, Robert M. Jr.
MARTIN, Travonti John
MARZINSKE, Larry
OLSON, Emmanuel Samuel
PAPPAS, Christopher K.
RUSSEAU, Cordell George
SAVAGE, Mark
SHABAIASH, Kevin L. Jr.
SIMON, Stella
SOULIER, Gary
TIESSSEN, Melissa Lee
WESAW, Joze R.
WILEY, Roxanne Marie

Food distribution will temporarily close

Fond du Lac Food Distribution will be closed for warehouse maintenance, Tuesday, May 4 at 11:30 a.m. and reopening on Tuesday, May 11 at 8:30 a.m.

FDL Summer Youth Program

The Fond du Lac Reservation Summer Youth Employment Program is now accepting applications. Applications can be picked up at the Tribal Center Human Resources.

Applicants must be between the ages of 14 to 17.

APPLICATIONS WILL BE ACCEPTED THROUGH May 7, 2021

Applications will not be accepted after this date. The closing date will be adhered to and applications will NOT be accepted after May 7, 2021.

For more information contact Patti Jo Fineday at (218) 878-7535.

Plant and Seed Give Away

Saturday, June 5th, 2021
Natural Resource Garage
Starting at 8:00 a.m.
(until supplies last)



COVID Guidelines and Precautions.

Our 2021 giveaway will run with a limited amount of volunteers. Please STAY IN YOUR CAR when arriving to the giveaway. You will be directed where to go, someone will check you in and our team will deliver the plants to your vehicle. Please have your trunk clean and ready for boxes of vegetables.

* Tribal ID required at pickup * One Set Per Household *

If you are picking up for someone who is isolating for COVID-19 please have that person call or e-mail in advance to 218-878-2631 or jamiadam@fdlrez.com to indicate that someone else will be picking up for them.

NEW THIS YEAR

2 Garden Options

Option #1 Salsa Garden		Option #2 Salsa Garden + Processing Garden	
1-4pk	Sweet Bell Pepper	1-4pk	Broccoli
1-4pk	Sweet Pepper Variety	1-4pk	Cauliflower
1-4pk	Sweet Hot Pepper Variety	1-4pk	Cabbage Variety
1-6pk	Red Onion	1-3" pot	Zucchini
1-6pk	Yellow Onion	1-3" pot	Spaghetti Squash
1-4pk	Cherry Tomato Variety	1-3" pot	Pumpkin
2-3" pots	Slicing Tomato	1-3" pot	Winter Delicta
2-3" pots	Roma Tomato	1-3" pot	Winter
1-3" pot	Heirloom Tomato		
2-4pk	Herb Variety		

Park Nicollet Foundation 14th Annual Screening at Center for American Indian Resources



Mammograms screen women for signs of breast cancer. They are recommended for women age 40 and older.

Due to COVID-19, please be aware of the changes in procedures.

- You will need to make appointment, there will be no walk-up appointment available.
- Screening will be done with a series of COVID questions prior to your appointment
- All patients will be required to wear a mask.



Tuesday, June 22, 2021
Wednesday, June 23, 2021
8am – 12:00pm | 1pm – 4pm
Thursday, June 24, 2021
8am – 12pm

For more information and to schedule an appointment, call Denise at 218-878-2123.

For transportation call 218-878-7500 by June 17th.

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

LEGAL NOTICE – MAY 2021

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

Etc

**Congratulations on
your retirement,**

**Chief Judge Suzanne
Ojibway Townsend!**

**We will miss you.
Good luck and best wishes!**



Governor Walz joins Great Lakes Governors to call on Biden Administration to sustain support for critical water infrastructure

From Governor Walz's office

Governor Tim Walz has joined the governors of three other Great Lakes states to urge President Joe Biden to prioritize federal investments in long-neglected water infrastructure to advance environmental sustainability and climate resilience, put Americans to work, and address structural inequities that saddle at-risk communities with some of the nation's most daunting water infrastructure challeng-

es. In addition to Governor Walz, the letter to the Biden Administration was signed by governors JB Pritzker of Illinois, Gretchen Whitmer of Michigan, and Tony Evers of Wisconsin.

"Here in Minnesota, we know the power of the Great Lakes. Lake Superior is a vital part of our culture and economy," said Governor Walz. "Governors Pritzker, Whitmer, Evers, and I are committed to modernizing and building resilient, climate-conscious water infrastructure. We look forward

to continued partnership with the Biden Administration on prioritizing bold water infrastructure investments."

In a letter sent to President Biden, the governors lauded the American Rescue Plan Act's \$360 billion in direct aid to state and local governments and the inclusion of water and sewer infrastructure as acceptable uses for the federal money. The letter encourages the administration to continue emphasizing modernizing America's water infrastructure in policy

agendas.

Maintaining this emphasis will help states create comprehensive water infrastructure programs with local, state, and federal resources that can spur and complement progress on COVID-19 response, economic recovery, racial equity, climate resilience, and other top administration priorities.

The letter outlines the many challenges of communities struggling to maintain old water treatment and management systems across the Great Lakes states.

From dam failures to water main breaks, to emerging pollutants like PFAS and high water levels exacerbated by climate change impacts, states face a daunting array of new challenges to already-stressed systems.

More than \$2 trillion in national water infrastructure work will be needed in the next 20 years, the governors told President Biden. "It is time to think big" in order to meet the President's challenge to "build back better," the letter concludes.

Ashi-niswi giizisoog (Thirteen Moons)

Iskigamizige-giizis

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

Maada'ookiing

The Northland Foundation is thrilled to unveil Maada'ookiing, a program to partner with Tribal Nations & Indigenous communities in Northeast Minnesota. Maada'ookiing means the 'distribution' in Ojibwe.

The program features grassroots grants up to \$2,500 to support work by Indigenous individuals or informal groups. Three grant rounds are planned over the next 12 months, with the first open to applicants starting May 1 and due by June 1.

To find out more details about this program, please visit <https://northlandfdn.org/special-initiatives/maada-ookiing.php> or email LeAnn Littlewolf at LeAnn@northlandfdn.org.

Vaccinations rise, opposition falls

We continue to hear about the availability of the COVID-19 vaccines as they rise to a level where they will soon be available to every adult.

With that rise, the Wall Street Journal is reporting that people's hesitancy to get vaccinated is on the decline.

The findings come from the latest release of a large-scale survey conducted by the U.S. Census Bureau and developed in concert with the Centers for Disease Control and Prevention and the National Center for Health Statistics. The most recent survey gauged responses from nearly 80,000 adults between March 3 and March 15.

The survey found about 17% of adults said they would either definitely or probably not get vaccinated, down from 22% in January. The decline was almost entirely due to fewer respondents saying they probably won't get the shot; the share saying they definitely won't has remained essentially unchanged in the past two months.

The best chance we have to put an end to this pandemic is to reach herd immunity, with the previous number from January showing 22% of adults reluctant and kids unable to get vaccinated, the end of the pandemic seemed unattainable. With this decrease in hesitancy and kids' trials progressing without any major hiccups, the future may be looking the brightest it has since COVID-19 because a common term.

13 Moons FDLTCC Extension Program Mind Body Medicine Workshop

When: Tuesdays

April 6th-May 25th
6pm-8pm

Where: ZOOM

To register send an email to:
Nikki Crowe
nikkicrowe@fdlrez.com

Please check your schedule when applying for this course. This is an 8 week training with an expectation for full participation. Miigwech.

Mind-Body Medicine is an evidence-based, transformational training that provides the science and tools needed to make mind-body medicine an integral, foundational part of your personal and professional life. This training is conducted in small group settings of 8-10 individuals with the opportunity to focus on a wide variety of well-integrated, practical techniques for self-care and mutual support that affect physical, mental and emotional functioning and wellbeing, such as: meditation, guided imagery, biofeedback, autogenic training, self-expression and movement.

This group will be held on Tuesdays for 8 weeks beginning in April and running through May. Each session will go from 6-8PM and will be held online using Zoom. Mind Body Medicine groups are designed to be small, with the same 8-10 individuals going through all 8 sessions together. Each session includes an opening and closing meditation, group check-in and check-out, mini-didactic talk on the topic of the week, as well as at least one experiential activity. There will also be suggested practices to do at home to reinforce the content. The 8 Mind-body Medicine sessions include:

1. Creating the Container: overview of Mind-Body Medicine & drawings
2. Biological Underpinnings of Mind-Body Medicine: Autogenic Training & Biofeedback
3. Guided Imagery & Visualization
4. Meditation
5. Mobilizing, Transforming & Celebrating Emotions & Wise Guide Imagery
6. Mindful Eating
7. Spirituality
8. Drawings & Closing ritual



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

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

ANOKAAJIGAN/project

BAASAABIKIZIGAN/dynamite

BIGIWIZIGAN/maple taffy

DIBAAJIMO/narrate

ESH PABID/chairman

EZIGAA/wood tick

GITIGEWININI/farmer

ISHKWENINJ/little finger

MIDEWIWIN/medicine dance

MIKAWAADAD/handsome

NAGWEYAAB/rainbow

OPICHI/robin

OSHKAGOOJIN/new moon

WAABISHKAWEDOON/ whiskers

ZAGASWEIDIWAG/council meeting

Health News

May is Melanoma and Skin Cancer Month

By Denise Houle,
Cancer outreach worker

Skin cancer is the most common form of cancer in the U.S., and “melanoma” is the deadliest 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. Melanoma is one of the most common cancers in people younger than 30 (especially younger women). 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 and American Cancer Society (ACS) www.cancer.org

Cow’s milk and milk alternatives

By Kara Stoneburner, RDN LD,
Community Health Services
Dietitian

Cow’s milk, almond milk, hemp milk....so many options! What’s the difference?

Milk is often a major part of one’s diet. However, not everyone can tolerate cow’s milk and some opt not to drink it for other reasons. Here’s a quick run-down of milk and some milk alternatives.

Cow’s milk comes in several calorie and fat options: Whole, 2%, 1%, and skim. All contain the same amount of protein, calcium, vitamin B12, D, A, riboflavin, niacin, and potassium. It is pasteurized to reduce the risk of food poisoning. Cow’s milk is never recommended for infants under age 1.

Lactose free milk is cow’s milk with an added natural enzyme that breaks down the naturally occurring lactose in milk, making it easier to tolerate for lactose intolerant individuals.

Plant-based milk alternatives are non-dairy milks made from plant-based ingredients such as rice, nuts or seeds, coconuts, oats, and/ or peas. Some examples include:

soy beverage, rice milk, oat milk, hemp milk, coconut milk, and almond milk. They often come in sweetened and non-sweetened varieties. They are NOT nutritionally equivalent to cow’s milk and are not recommended for kids under age 5 without consent from a medical provider. They are never recommended for infants under age 1.

Plant-based milk alternatives tend to be more expensive and lower in protein, calcium, and several other nutrients when compared to cow’s milk. Unflavored, fortified soy beverage is a close comparison.

Even with all that said, plant-based milk alternatives can still be part of a healthy diet. Be sure to read the ingredients list and the nutrition label. Look for key words such as “fortified,” “flavored,” or “vanilla” (flavored milk -alternative or cow’s- will have added sugars and calories). Check and compare the amount of protein, calcium, and vitamin D per serving amongst different brands to get the best nutritional product available.

If offering milk alternatives to a child under age 5, consult with the child’s provider for more information.

If you do not drink cow’s milk or alternative milk beverages, be sure to include foods high in calcium such as yogurt, cheese, dark green, leafy vegetables such as kale and spinach, sardines, canned salmon and calcium fortified orange juice and tofu. Be sure to consult with your Healthcare provider to make sure you are getting enough vitamin D.

Try this recipe from Healthy Families: food, fun & facts (from Minnesota Department of Health).

Fruity Smoothies

1 cup yogurt OR milk/milk alternative

1 ½ cups frozen fruit

½ - 1 cup ice cubes

1 cup 100% juice

For variation, add:

2 Tbsp ground flax seeds

1. Place yogurt, fruit and ice cubes in a blender or food processor

2. Blend until smooth. For a thinner smoothie, add more liquid
Sources include NIH, Mayo Clinic, Academy of Nutrition and Dietetics, USDA, MDH, Healthy Drinks Healthy Kids



Health News

Child Welfare Redesign; Values and Vision for Child Welfare at Fond du Lac

By Jalisa Ojibway

Social Services is now open for appointments. The department is following all guidelines set in place to eliminate the spread of COVID-19 by sanitizing, social distancing, wearing masks, and maintaining proper hand hygiene. We have a safe space for our employees to be able to meet with clients while still following the protocols set in place. To schedule an appointment, please talk to your Social Services worker ahead of time or call the Social Services main lobby at (218) 878-2145.

Within Social Services, we filled two positions. Macy Day was hired as the Secretary Receptionist. Macy also helps out with food distribution and organizes the food shelf located at Mino No Aya Win. Macy can be reached at (218) 878-3780.

Jalisa Ojibway was hired as the Community Advocate. Jalisa will be serving the FDL community, as well as working on a grant from the Northland Foundation. The grant will focus on helping pregnant individuals and families with young children get what they need, help increase access to services, help grow community engagement, and help improve the wellbeing of families in order to improve outcomes for children.

The National Indian Child Welfare Association (NICWA) team continues with their work guiding a child welfare redesign. They were able to complete their focus groups to which finalized a Fond du Lac Values and Vision framework to begin work on a

practice model. The following is an overview of the findings of major themes that came out of the focus groups.

In Social Services, culture is important. When culture is missing from one's life, they become more vulnerable because their spirit is out of balance. Culture is important to one's mental health, identity, as well as healing from substance abuse and trauma. There are barriers to cultural access within the community and individually.

On Fond du Lac, we want to promote outreach in the community where cultural environments and feel inclusive for all members to be able to attend.

Not only does culture play a role within the community, but it also plays a positive support role to the young indigenous youth.

Within the FDL community, a safe child is described as "happy" or "having their basic needs met." While these are true, others also went on to say that it also means that, "the child has a loving and supportive family (or at least one person they can trust)." The FDL community is a perfect example of what it looks like to play a role and do your part in keeping children safe. The whole community has a value as they come together to help one another during a

crisis situation regarding a child safety issue. The key factor to this value is being aware of the needs within the community. The community always gets together in a time of need such as; forming search parties, being involved on social media to organize, bringing food to those responding to the crisis (informal and formal roles), or being there as emotional support persons. Everyone in the community has an important role to play.

When children are at risk, there is a need for an immediate response. Children in the child welfare systems are similarly at risk, but people do

not respond in the same capacity. For example, if a child is lost in the woods, what would the community do? Answers were; the community would get together and support one another while they do everything in their power to help look for a child. But, if a child is at risk in another way, where it involves their social wellbeing, most people don't make a report because they don't want to get involved in such situations. So, how can FDL Child Welfare support the community role in child safety and integrate this with their child protection responsibilities?

It is important that we establish trust within our community so we are able to help one another.

Over time, there have been shifts within the community and we are seeing the following; people are trying to avoid contact with the community, that it is no longer acceptable to correct someone else's child, and community members are feeling more cautious about getting involved in safety matters. There is also a fear of negative consequences if community members speak out. This makes it more difficult to give early support to families before they are in crisis and it raises questions about the proper role and strategies of the FDL Child Welfare program to support community ownership, voice, and role in addressing child safety. In past interviews done with the community NICWA found that there is a low level of trust within communities when it comes to the child welfare system, as well as other systems designed to help people. People fear that these systems are breaking families apart. There is also a fear that those in recovery (from substances) will be viewed differently if they speak up.

It is important that we establish trust within our community so we are able to help one another. We are guided by a community set of values which include; prioritizing culturally based services by using culture as a resource for helping and healing while following traditions and teaching in a non-judgmental way, addressing the negative impact of historical trauma on families, identity, parenting, and relationships, engaging the entire community

in FDL services and resources to support the safety of children, maintaining an awareness to families and children in need while also reducing threats to child safety as early as possible, helping families meet basic needs, courageously confronting substance abuse issues as treatable threats to safety in families as well as viewing all families as deserving the opportunity to recover from an addiction while supporting their path to recovery, encouraging natural support systems whenever possible to reduce threats to safety, responding to emergencies that are serious and/or complex threats of harm with a high-quality child protection capacity, using a practice approach that is specifically and uniquely FDL designed and driven, operating a program that is rooted in the sovereign authority of the FDL Band to keep its children safe and heal families, provide trustworthy services that families, community, and partners can turn to for help when a child's safety is under threat while being transparent and building positive relationships with them, also while adhering to privacy and confidentiality. If you would like to add your input, please email Tawny Smith-Savage, Social Services Coordinator - TawnySmith-Savage@FDLREZ.COM

Community News

Happy Birthday



Happy 2nd birthday **Webitji-waanokwe (Baby Rita)**! We love you so much! *Love, Mom, Dad, Kayson, Kade, and Kole*

Happy 35th birthday, **Rachel Dickenson** (May 28) to this wonderful lady and awesome momma! Hope you enjoy your day!

With lots of love, Mom, Pops, Landon, and Jaxon



Rachel Dickenson (May 28), just want you to know how grateful I am that you are in our lives. We may have our ups and downs, good times and bad, but no matter what, we are the

only sister each other has. Happy Birthday Sister, I Love you.

From Christy, Patience, Preston and Peyton

Happy birthday to the greatest Mom and Grandma in the world, **Linda Dunaiski** (May 29), thanks for all the rides on the trains, to the zoo, and most importantly, to McDonald's.

Love, Paul, Sam, Maggie, Ted, Emilee, Chris, JP, Zach, Steph, Mason, Ivory, and the furry ones

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 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

Fond du Lac Human Services COVID-19 HOTLINE

For general questions regarding COVID-19, including the COVID-19 vaccine please call the number listed below.

218-878-3791

Fond du Lac Reservation | Fond du Lac Human Services Division

FERRARA Peg Bag Candy
2/\$350
5 OZ - 7 OZ

KINDER JOY Surprise Eggs
2/\$350

Air Heads Peg Bags
\$1.99
5 OZ - 6 OZ

CHEX MIX Muddy Buddies
\$2.29
4.25 OZ - 4.5 OZ

RED BARON 12" Pizzas
2/\$10.99
17.89 OZ - 23.45 OZ

FLORIDA'S NATURAL Juice
2/\$3
14 OZ