

Nahgahchiwanong

(Far end of the Great Lake)

Dibahjimowinnan

(Narrating of Story)



The Powwow royalty has been busy over the last several years making their Reservation proud. Photos courtesy of Val Whitebird.

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Local News



Indigenous Pink Day



On Oct. 16, Fond du Lac gave out t-shirts and a healthy snack of fruits and vegetables in the Tribal Center's atrium as part of their effort to raise awareness for breast cancer awareness.

The shirts that were given out were worn on Oct. 17 for Indigenous Pink Day. The giveaway also came with a breast cancer facts trivia game to play. People began lining up before the 11 a.m. start time and all the shirts were gone just a few hours later.

October was also Breast Cancer Awareness Month. As October comes to a close, remember to get a breast cancer screening.

Two more Thunder athletes earn Player of the Week honors

Fond du Lac Tribal and Community College Thunder Football wide receiver Roderick Washington was named Offensive Athlete of the Week and defensive end Jhanviev Nichols was named Defensive Athlete of the Week in the Minnesota College Athletic Conference Eastern Division for games played on Saturday, October 19, 2019.

In his final game wearing the Thunder football uniform, Roderick Washington had nine receptions for 158 yards and three touchdowns plus three two-point conversion catches in the Thunder's heartbreaking, last-minute 41-36 loss to Minnesota West Technical & Community College on Saturday afternoon at Egerdahl Field in Proctor. Washington, a 6'6" sophomore from Del Valle High School in Austin, Texas, accounted for 24 of the 36 Thunder points in their season finale.

Defensive end Jhanviev Nichols led the Thunder defense with 2.5 sacks and

one additional tackle for loss, posting five total tackles in the game as a pass rushing specialist. Nichols is a freshman from Broadmoore High School in Baton Rouge, Louisiana. Nichols is currently leading all NJCAA Football teams in the nation with 15.5 total sacks, according to NJCAA statistics.

The Minnesota College Athletic Conference is a member of the National Junior College Athletic Association. The football conference includes 11 teams which are divided geographically into Eastern and Western Divisions.

Adidas, the United States Marine Corps, and Nicklasson Athletic Company sponsor the Minnesota College Athletic Conference Athlete-of-the-Week awards, and proudly honor student-athletes for their individual performances each week on behalf of their teams. More information about the conference is available from the league's website located at <http://www.mcacsports.org>.



Roderick Washington



Jhanviev Nichols

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



FDLTCC hosts Pumpkin Run

Participants in the 14th annual Pumpkin Run & Walk at Fond du Lac Tribal and Community College were greeted with perfect weather conditions for the five-kilometer race and festive event Oct. 19 in Cloquet. The temperature at 10:00 a.m. was 52 degrees with no wind and overcast sky conditions.

The field included 201 registered runners and walkers who participated in the oldest Halloween-themed race in northern Minnesota. Held on Saturday, October 19, the race featured first-time winners in the overall men's division and in the overall women's division, plus two age-group records were broken.

Overall winner Scott Behling of Duluth led everyone to the finish line in a time of 15:49 for his first Pumpkin Run title. Behling finished second overall in 2018. Dave Hyopponen of Duluth finished second in 16:47 and Evan Walpole of Superior was third in 17:00. The 29-year old Behling set an age group record in the

20-29 category, improving on the same mark he set in 2018.

Once again, a first-time Pumpkin Run Champion was crowned in the women's overall division with Kelly Pechous of Duluth crossing the finish line in 20:34 for the win, placing her seventh overall. Second place went to Leah Hammond of Cloquet in 22:18, followed by Alisha Bradley of Duluth in 24:04 for third place. Sara Cherne of Duluth set a record in the women's 70 and over age group with a time of 29:30. Cherne also holds the Pumpkin Run age group record in the 60-69 bracket, established in 2016.

The Pumpkin Run course is certified by US Track and Field and the results count for points in the annual Minnesota Runner of the Year standings.

Complete race results are available at www.gopherstateevents.com and a photo gallery will be posted on the college Facebook page.

PBS NewsHour on FDL Reservation

In a story that aired on PBS NewsHour about Sean Sherman, author of *The Sioux Chef Indigenous Kitchen* who will be at the Black Bear Casino as part of the Native American Heritage Month, showed footage of the Fond du Lac Reservation.

The PBS NewsHour crew was in Duluth to do the story and as part of the piece they stopped on the Fond du Lac Reservation recording video of our Gas & Grocery as well as the road signs written in Ojibwe. There are also a few Fond du Lac Band members visible in the piece, including Ricky "Gwi-wizens" DeFoe.

Sherman, a member of the Oglala Lakota Sioux Tribe, spoke and cooked at the Duluth Food Expo, hosted by the American Indian Community Housing Organization (AICHO) facility that was geared toward bringing attention to native culinary practices.

Sherman's goal is to cut back on processed

foods, which have a big impact on serious health conditions, something that plagues all communities but seems to have a bigger impact on Indian Country. Diabetes, chronic diseases, and cardiovascular diseases, are just a few of the diseases that impact Indian Country at higher rates than other nationalities.

"Native people in this state die 10 years sooner than non-Natives or white folks, actually," Dr. Mary Owen said in the piece.

Sherman's Book, *The Sioux Chef's Indigenous Kitchen*, won the 2018 James Beard award for best American cookbook. Sherman and his life partner are also planning on starting a non-profit kitchen next year to help train Native Chefs.

The video can be found on the PBS NewsHour's website (<https://www.pbs.org/news-hour/>) by searching for the Sioux Chef.



1656 Moorhead RD Cloquet, MN 55720

FDL Propane reminders

Fall is here and winter is right on our doorstep, and Fond du Lac Propane would like to remind you of a few things.

First and most importantly, they would like to remind you to check your tank's propane levels and lines for leaks. They also would like customers to keep tanks clear of debris and garbage, checking tank levels often of course, and when the snow flies to keep your pathway clear for easy access.

Remember to call before your tank level

gets too low. FDL Propane staff recommend that you call when you're about 20%.

FDL Propane's regular hours of operation are Monday through Friday 8 a.m.-4:30 p.m. Propane's after hours are Monday through Friday 4:30 p.m.-8 p.m. as well as on Saturday and Sunday from 8 a.m.-8 p.m.

Propane's fees are for, afterhours/emergency deliveries, \$330.00 plus cost of propane. For the same day fee is \$55.00.

For more information or to order your propane call them during business hours at (218) 879-4869.

RBC Thoughts

Secretary/ Treasurer News

Boozhoo,

The RBC was invited to the ribbon cutting ceremony that reopened Wisconsin Point to normal activities. There was a significant amount of work completed over the past year to help protect the area. Several of the old parking lots were closed and some new ones were built to provide safer more accessible access. The beach was also cleaned and new access provided by boardwalks across the dunes to protect the native vegetation. If you have not been down there it is worth the trip to see what has been done and put some tobacco out at the old burial grounds as we are related to the spirits there.

The history of our people is intricately tied to all the land here on and around our Reservation. This has been realized by the non-Indian community with the Hwy 23 recovery project. The community has supported the Band for the past year and half in completing the recovery. We are now in the reclamation portion of the project. The state has hired a landscape architect to design the final work on the memorial cemetery at the site. The Band has had a group of Elders that have been meeting with workers to address their concerns working on-site and this group will continue to work with the architect

to complete the final design. I will try to post the design meetings so if you are interested you can attend.

We had another successful Elder's dinner this past week. There were plenty of smiling faces as I walked through the crowd. The dinner was well prepared and most attendees said they enjoyed it. The salad was fresh, the rice was good, the beef tips were tender, the corn was tender and the potatoes were not lumpy. The volunteers were out serving quickly and anyone who wanted dinner delivered received it hot and with a smile. I would like to thank



Ferdinand Martineau

the convention center staff, the marketing staff, the banquet and kitchen staff and all Elder attendees for without you this event would not exist.

I want to mention the unoccupied homes on the Reservation.

The housing staff has been working hard to catch up with the demand for homes but it seems that one is completed and two more are boarded up. Currently there are over 20 homes in the housing stock that are boarded and several more that are about to be. We are contemplating putting these units out for bid again to try to catch up to the repair demand we are experiencing. I will keep you informed.

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.

Cloquet News

Hello all

Well we are noticing the changes in the seasons. I had to already scrape my windows of frost in the morning.

Moose hunters have been out and most hunting parties have gotten their moose. I believe there has been a total of 16 moose taken so far.

Despite the rain, the construction of our cultural building is coming along as scheduled, the footings are in and poured. I believe they will be starting on the actual building of the walls and roof soon. The water line and driveway are



Wally Dupuis

also in progress. As of now it looks like just a whole bunch of dirt piles around the site. I am hoping they will progress enough that they will have the shell up so they can spend the winter working inside.

Our Cloquet Community Center is planning an event for our youth to take a field trip to Valley Fair for the Valley Scare event for Halloween. They are planning on taking a couple bus loads to spend the afternoon and into the evening for this event. Thank you to our community center staff for putting in the work.

I was able to attend the Elder fall dinner at Black Bear this month. I am not sure what the attendance number was but

it was very well attended. It was nice to see such a large gathering.

The RBC has been busy with budget preparations for 2020 lately so we have not had a lot of time to be in our offices. Thanks to accounting staff, Jennifer and Chris, for all the work they have put into preparing and adjusting these budgets. I am not sure how they keep all these numbers straight but they did a great job of calculating and explaining each item.

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

Burial recovery completed at Mission Creek in Duluth

The Minnesota Indian Affairs Council (MIAC) and the Office of the State Archaeologist (OSA), in consultation with the Fond Du Lac Band of Lake Superior Chippewa, have notified MnDOT that burial recovery efforts at the historic Mission Creek cemetery located in the Fond du Lac neighborhood of Duluth have been completed.

In May 2017, MnDOT uncovered burial remains in the historic cemetery while excavating to replace the Mission Creek Bridge. Since that time, project partners and contractors have worked together to respectfully complete burial recovery efforts. In May 2019, the Fond du Lac Band of

Lake Superior Chippewa took the lead on recovery efforts, executing an aggressive work plan and doubling crew size from that of previous contractors.

As the work crew neared completion of recovery efforts, concerns were raised about the possibility of negatively impacting areas of the cemetery that were not part of the original disturbance. As a result, work was halted so that MIAC and OSA in consultation with the Fond du Lac Band of Lake Superior Chippewa, could reassess the remaining workload and determine how to best move forward. Protecting the cemetery is important to all parties and after care-

ful consideration it has been determined there is no need to conduct further burial recovery.

The next steps will be to return soils to the central cemetery slope, officially define the cemetery boundaries, and repatriate remains and burial related items. The agencies are also working with a landscape architect who will aid in development of the cemetery's final design. Upon delineation of the final cemetery boundaries, MnDOT will restart the project development process to address the Mission Creek Bridge.

More Information: mndot.gov/d1/projects/hwy23-mission-creek

RBC Thoughts

Brookston News

Boozhoo,

I had initially had intended to update the Band Membership with information of the last month ongoing consultation with various agencies, both State and Federal. I am unfortunately going to comment on the tragic incident of October 18, 2019. I had been in my office preparing for a consultation meeting with the Minnesota Department of Labor, when my son came running into my office and told me someone had been shot at the funeral at the Head Start Gymnasium. I am sure that many of you have heard of the incident already as we had every news media outlet from the Twin Ports and Twin Cities there that day. I have trained many hours in my Law Enforcement career in preparation for something that I have hoped to never have to respond to, that is an "active shooter" scenario.

I went directly to the gymnasium as my concern was for those that were there and the

victim. I was very impressed with the response from the Fond du Lac Police Department as they already had the suspect in custody. I was also very impressed with the response from surrounding law enforcement in which I'll name at the end. I have been asked by several Band Members of "Why would they?" "What were they thinking?" "How could they?"



Roger M. Smith Sr

There were several other questions from Band Members of trying to "understand" as this occurred at one of our most sacred ceremonies. That is sending one of our Anishinaabe home and giving them the needed directions. This one person's action has affected not just Fond du Lac, but the community as a whole. It affects all those that were in attendance and witnessed the incident. The young, the old, the family, the friends and those that assisted the Ceremony. This will be felt by them for a long time as they continue to make sense of "why."

Then we have the staff of Fond du Lac that were at any of our surrounding buildings

that went on "lockdown" and having to lock themselves in their offices or buildings. The staff that had to take care of the community center side of where the "victim" had run and their immediate reaction to get the children to the community center gymnasium. The trauma the children that were in the library when the "victim" came running in asking for help. The children that are having a hard time with feeling safe at the community center. The parents that could not get to their children as they were in "lockdown". I am probably forgetting someone, but I think we know that this incident has far reaching affects.

There is a reason I have not mentioned the head start staff that were in their building that is connected to the gymnasium. A few weeks ago the issue of holding Traditional Funerals at the head start gymnasium had been discussed at one of our weekly meetings. The Policy Committee had requested that this not be allowed anymore and/or moved to a different building as there had been an assault that occurred at one of the other community centers and

other incidents during a Traditional Funeral within the last year, it was also asked to have at the very least Law Enforcement present. I will admit that I was against this on the basis that this is one of OUR most sacred ceremonies and to think we had to now have security and that others feared violent behavior would be brought to these sites. I apologize to the head start staff, community center staff, and members of the Policy Committee as I had never dreamed this would ever happen.

With that said, I still believe that we should not have to have security at these ceremonies. I believe we already have them there, and that is our "Ogichidaag" that are at most of these. The reason I say this is that it is possible that we have strayed from the teachings and the importance of our ceremonies. I know we must continue to educate everyone on just how do we give respect to our ceremonies and those that have passed them down through generations. These are just some of my thoughts and we should continue as a community, to work towards changing these thoughts of our

Ceremonies.

I would like to end in saying CHI MIIGWECH!!! To our Cloquet Community Center staff for the quick action of getting the children into the gymnasium and keeping them safe, to Fond du Lac Police Department, Fond du Lac Conservation Department, Fond du Lac Emergency Management, Cloquet Police Department, Carlton County Sheriff's Department, St. Louis County Sheriff's Office, Minnesota State Patrol, Minnesota Conservation Officers, Floodwood Police Department, Minnesota Bureau of Criminal Apprehension, Cloquet Fire District, to the Fond du Lac Human Services Department for the response and ongoing support of a Crisis Team and to all the other staff and community members that came and gave support during and after this incident. Chi Miigwech!!!

Roger Smith Sr.
District III Representative
(Brookston)
(218) 878-7905

They learn from watching you...

Eat More Fruits and Veggies

and your kids will too!

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

More Local

Powwow Royalty

Last month, we covered a few members of the Powwow Royalty, and this month we will cover a few more as well as Val Whitebird, the FDL Reservation Royalty Coordinator.

Val has been the Coordinator for all of these last three years that Fond du Lac has had royalty again. She knew that the need for a royalty court was there, and it was something she wanted to get taken care of immediately.

“Being a former royalty representative in my teenage years, I remembered the honor of being a representative. When I moved here, I was surprised FDL didn’t have Reservation Royalty. I wanted to change this,” Val said. “We sure had the youth out there dancing, and maybe it would inspire even more to get into the circle. Not to mention, honoring those with excellent grades and attendance.”

The plan for the royalty next

year is to incorporate community service. These are already some of the best students for their ages, and adding this will show how much they want to help the community.

With putting together a brand new royalty court, Val had some new ideas as to how to get it done.

“I put together a proposal and originally had 4 categories: Miss, Jr Miss, Ogichidaa and Oshki Ogichidaa. Most royalty have Princesses and Braves,” Val said about making our royalty unique. “During the planning process, I received a comment from a highly respected individual on FDL, who said ‘We never had princesses and braves in our culture.’ This made me think. I thought of Ambassadors, representatives, etc. But the excitement was in those “royalty” titles. This is where Miss, Jr Miss, Ogichidaa (warrior) and Oshki- Ogichidaa (young warrior) came in.”

After that, things moved along very quickly for Val but she was ready for the challenge.

“The RBC accepted the proposal and put it into motion very quickly. They offered suggestions and opportunities for fundraising matches, and appearances at certain events. Combined together with what was in the proposal, it was giving the youth more responsibility in the community. The first year went off without a hitch,” Val said of the excitement of the royalty court taking form.

The Powwow Royalty is a lot of fun, but a lot of work. These young students like the challenges, especially raising money to go to different places.

“The last couple of years have been learning experiences, as all new programs experience. This will improve the program overall. We have already had new ideas and improvements. Last year’s royalty made a trip to the Denver March Powwow.

They worked hard in raising the funds. This year’s royalty will also be fundraising to attend a big event.”

This Fond du Lac Royalty has more than the four members we’ve already discussed in last month’s issue because Val wanted the youth to be involved at all ages.

“Lil Miss and Lil Ogichidaa came in during the process. In the beginning, I spoke with other tiny tot royalty programs and some have discontinued it because of the tears. However, we have discovered that the kids are not as upset as we thought and giving out participation gifts and candy in the future will help. We are so happy to see them being a part of it because they are so cute!”

The hard work isn’t just from the royalty members, but also from Val herself. She puts in a lot of work herself that we don’t see, but she doesn’t mind doing it.

“The very first year, to see those beautiful crowns, roaches, sashes, and smiles was more than worth it. Members of the RBC crowned them since this was the first time in 30 years FDL had royalty, and the first time they ever had a full court of royalty,” Val said about the excitement of the first year.

“When it all came together, it was truly a beautiful sight!”

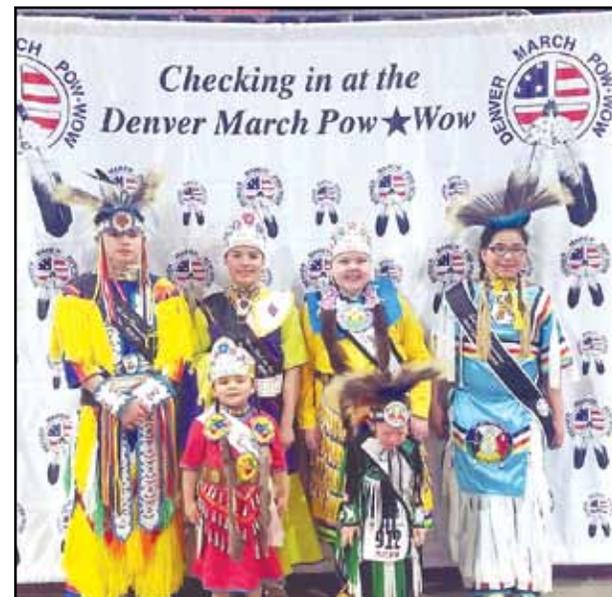
Now we’re a few years into a full court and the kids really take pride in their accomplishments.

“This is the third year of full royalty court. They have been busy attending and representing at Powwows across the states. I still feel a sense of great pride when I see them out there proudly representing this Reservation.”

Rowyn Ray Dupuis

Rowyn Dupuis, 2, is this year’s Little Miss FDL.

At Powwows, I think that most



Photos courtesy of Val Whitebird

More Local



Photos courtesy of Val Whitebird

of us love watching all of the youth dance, and the younger they are, the cuter it is to watch them. Some of us may have wondered how youth at this age get interest in it so quickly.

"Rowyn has always loved traditional music," Rowyn's mother, Amy Thompson, said about how she got involved.

"Her dad and grandpa would always sing to her as an infant and still continue to do so."

At two, you might think that Rowyn hasn't been dancing long and she really hasn't, but she has been dancing for a long portion of her life.

"Rowyn has been dancing as long as she could walk," Amy said of her daughter.

For Rowyn, it was more than just her dad and grandpa singing that got her interested in dancing.

"We, as her family, all contributed to her dancing, she has loved the music since she was born," Amy said.

While the youth are all delighted when they earn a position on the royalty court,

the parents are also thrilled for them.

"I'm very excited to see her grow and teach her more about her culture and traditions. Being royalty, we tried to teach her the importance the best we could for her age."

It's always nice to see that the youth are well rounded individuals, and the kids at this age are no different, even without school where they can have activities to be involved in.

"Rowyn loves her hand drum and singing the best she can... She gets very excited to go to Powwows and we are going to continue to teach her more and more about tradition."

"I would just like to thank the Powwow committee for giving her the experience to represent her Fond du Lac Community," Amy said about how proud she is of her daughter and the opportunity she's been given.

Alexander Skinaway Jr.

Alexander Skinaway Jr., 2, is Fond du Lac's Lil Ogichidaa

The Powwow Royalty Court wouldn't be complete without all six spots being filled, and this is the third consecutive year of the full court.

"Our whole family has been dancing since we were little so I thought it was the right thing," Alex's mom, Kasey Shaba-iash said about how Alex got involved. "And it has been! He loves going out and dancing by himself now."

Alex has also been dancing for over a year now which is most of his life.

"Since he was around 9 months old," Kasey said of when he started dancing. "We'd bring him out there with us when he first started standing up on his own."

Alex's story sounds like the typical Powwow dancer story, getting interested in it from his family when he could first start to walk, but while his family encouraged it, they don't think they're the reason he got started.

"No one really," Kasey said of the person who got him

interested in dancing. "We just started playing some Northern Cree and Midnite Express and he just started dancing out of nowhere and has been ever since."

Parents are always proud of their children, and Kacey really enjoys getting to see Alex as part of the royalty.

"I love watching him out there doing his own little thing. You can see when he's out there he really enjoys it," Kacey said about getting to watch him dance. "The most exciting thing about him being part of royalty is all of us older relatives held a title at one point in our lives."

For Alex himself, Kacey knows what his favorite part of being a member of the royalty is.

"The best thing about him being royalty this year is being with his uncle Ken and dancing alongside of him."

Alex is also a well rounded individual, and it is nice to see how his interests still come back to his love of music.

"He loves going on walks, playing at the park and when

we're at home playing with his hand drum and singing."

Thank you to all the members of the Powwow royalty and congratulations on your positions. You do wonderful things in and for your community. We're all proud of the work you do and the example you set.

Announcement for 2020-21

Fond du Lac Reservation Royalty 2020-21 announcement of bid opening: bid is for all 3

3 - Real Porcupine/Deer hair roaches w/ spreaders FDL ogichidaa, FDL Oshki-Ogichidaa and FDL Lil Ogichidaa

Limited budget - roaches are new every year

Completion of all 3 roaches by June 15, 2020.

Submit drawings, sizes, photos of past work and price to Valerie Whitebird FDL Reservation Royalty Coordinator vawwhitebird1@gmail.com or Jane Deverney - email posted later

Bid closes Nov. 5, 2019

Osaugie, Naganub, Lord, Gouge, LaSart, Denis, Baker and Rodak Families

Research by Christine Carlson

To Whom it May Concern -(From the Joe Rodak family papers)

THIS IS TO CERTIFY THAT I Florence Rodaks, am the great great grand-daughter of Chief O-saw-gee and Margaret Naganab, both of whom are full blooded Indians. My great grandmother was Catherine O-saw-gee, a full blooded Indian and a daughter of Margaret Naw-gaw-nub and Chief O-saw-gee. My great grandfather, Charles Lord, Sr. was a white man. My grandfather, Felix Lord, was one-half Indian and was the son of Catherine O-saw-gee and Charles Lord. My grandmother, Jane Baker, was a full blooded Indian. My mother, Isabelle Lord, was three-fourths Indian. My grandfather, Felix Lord, was three-fourths Indian. My grandfather, Felix Lord signed the 1899 agreement and my mother, Isabelle Lord is on the Fond du Lac Indian roll. I was on the roll at one time but was taken off.

My father Edwin Gouge, Sr. was the grandson of Marie LaSart who was one-half Indian. Alex Denis, who was one half Indian was my maternal grandmother. Nancy Denis, who was half Indian and who was the daughter of Marie LaSart and Alex Denis was my maternal grandmother. My paternal grandfather Demos Gouge was one half Indian. My father Edwin Gouge, Sr. was one half Indian.

Taking my descent from my father, Edwin Gouge, Sr. and my mother Isabelle Lord Osaugie, it is apparent that I am five-eighths Indian, and my minor children Timothy Eugene Rodaks and Louise Jane Rodaks are five-sixteenths Indian.

Superior Times of November 17, 1877

Chas. Lord and Frank Bellair arrived from the North Shore last

week. They have been at work for Geo. R. Stuntz, surveying land in Minnesota along the boundary line.

1880 United States Census for Superior, Wisconsin

Negelle Gouge a carpenter, age 53 and is wife Elizabeth age 40 and their children Demos age 18, Sophie age 16, Alex age 10, George age 8, Joseph age 4 and Bavill age 1.

(This is an example of the mistakes of the census. The head of household is Urdelle Gouge and the youngest child is Basil. When researching, please keep an open mind as to the many mis-spellings of the census reports.)

1882 Demos Gouge and Nancy Dennis Married

On July 10, 1882 Demos Gouge married Nancy Dennis in Superior, Wisconsin

Death of Margaret Osagi - Superior Times of April 28, 1883

Mrs. Osagi, the aged mother of Mr. John Osagi and Mrs. Charles Lord, of this city, died last Sunday in the seventy-third year of her age. The funeral took place from the Catholic Church on Tuesday, and the remains were laid away in the cemetery on Wisconsin Point.

Death of John LaSart - Superior Times of June 5, 1886

Another of our old settlers has been called hence, in the person of Mr. John LaSart, who died Thursday morning at about 9 o'clock, at the ripe old age of 77 years. He was the grand-father of Mrs. John Gouge, and was a highly respected citizen. His funeral will take place from the Catholic church at 9 o'clock, this Saturday morning.

1891 Fond du Lac Indian Census

Number 101-103 is the Felix Lord family. Felix age 25 and his wife Jane is 22 and their daughter Isabella is age 3.

Felix Lord of White Birch Dead - Superior Times of May 21, 1898

We received news this morning from White Birch, of the death of Felix Lord, son of Charles Lord, which occurred Tuesday, May 17th from heart failure. The deceased was thirty years old, and was born in Superior, and was well known to most of the East enders, having lived here up to about twelve years ago. He leaves a wife and two small children. The funeral was held Thursday, and was largely attended by friends of the family, who have the sympathy of all our people in this hour of trouble and sorrow.

1900 United States Federal Census for Superior, Wisconsin

Demos Gouge age 38, a day laborer and his wife Nancy age 35 and their children Louis age 15, Edwin age 13, Delma age 9, Estella age 7, Anna age 5 and Emma age 3.

Deaths of Demos and Nancy (Dennis) Gouge

Demos Gouge died in Superior, Wisconsin on April 4, 1901 and Nancy Gouge died on April 9, 1902 and they both are buried in Nemadji Cemetery in Douglas County.

Funeral of Urdelle Gouge, Old Settler - Duluth News Tribune of Nov. 8, 1902

Mr. Gouge was 77 years of age, having come to Superior 47 years ago. He was the last of the three trustees of the old Middletown townsite.

In Middletown there is a Gouge square, named after him, and "Public Square," which is located near the residence of Judge Vinge, was set apart as a town

square through Mr. Gouge's efforts. For many years his home has been near that locality, being on Division avenue and West Third Street.

Gouge was a member of the county board for many years. A widow and seven children survive him.

1910 United States Federal Census for Solon Springs, Wisconsin

Joseph F. Gouge age 34 a laborer doing odd jobs and his wife Margrette K. Gouge age 26 and their children Frederick C. Gouge age 8 and Lucille Gouge age 6. Next is nephew Richard E. Gouge age 4 and Isbell C. Gouge age 2.

1923 Fond du Lac Indian Census

Number 445 is Isabelle Lord Gouge, mother who was born in 1888. Her children Wilfred born 1914, Edwin E. born 1917, Marie Adelle born 1919 and Louisa Jane born 1921.

Rites Today for Child killed in Gun Mishap - Duluth News Tribune of August 14, 1925

Funeral services for Louise Jane Gouge, four year old daughter of Mr. and Mrs. Edwin Gouge, Solon Springs, Wis., who accidentally shot and killed herself while playing with a revolver found in a side pocket of her father's automobile, will take place at 8:30 am today at the family residence at Solon Springs and at 9 am at St. Mary's Catholic Church. Rev. Father Mayou will conduct the service. Burial will be in Solon Springs.

The child's death occurred Wednesday night. Authorities at Superior investigated Thursday morning, upon information received from Dr. T. J. O'Leary who was summoned to the scene of the accident from his summer cottage at Solon Springs. Her parent's declared they were

visiting Mrs. Charles Bautre, a neighbor and mother of Mrs. Gouge. Upon their return they found the child in the front seat of the car. She had been dead about 1 hour when physicians arrived.

1930 United States Federal Census for Solon Springs, Wisconsin

Edwin E. Gouge age 42 and a clerk in a grocery store and his wife Bella C. age 38 and their children Wilfred A. age 15, Edwin E. age 13, Marie A., age 10, Florence V. age 5 and Bonita I. age 2.

March 1950 - Letter Written by Isabelle Lord Gouge - From an Indian Widow (From the Joe Rodak family papers)

Congratulations to Rod Van Every and the Milwaukee Journal for the thorough survey of my race, the Indians, and bringing into light the deplorable living conditions which exist in our state.

This possibly could have been avoided had the host of lawyers who have filed land, timber and mine claims recognize the interest of this now vanishing race instead of their own personal needs.

Thanks to the Milwaukee people who have responded so generously to these unfortunate people. I lived, also, in that section of the country until the death of my husband in 1934, and as fate should have it I foresaw this very dark future.

There were no possibilities for bringing up a family of five children, hence I came to Milwaukee and fortunately secured work and parochial school education for my children. It took courage to make the change and break away from the old stamping grounds and learn the ways of the white people and city life.

Etc



Cobell Land Buy-Back cutoff date in November

The Cobell Land Buy-Back program for Fond du Lac Reservation is coming to a close in November.

Tribal land owners given an offer and choose to sell fractionated interests in land have until November 26, 2019 to mail their paperwork to the Land Buy-Back Program for Tribal Nations.

Tribal coordinators are available in November to assist Fond du Lac citizens with questions about the Cobell Land Buy-Back and assist with notary service. No appointment is needed, we're here to help.

Please visit the office located in the Library of the Cloquet Tribal Center to receive assistance. Stop by to see Deb, Virginia, or Josyaah from 8 a.m. to 4 p.m.

Where are you?

Whereabouts Unknown (WAU) is the term used to describe Individual Indian Money (IIM) account holders without current address information on file with the Office of the Special Trustee for American Indians (OST).

Without an address on file, the program cannot mail an offer to the WAU landowner. Through outreach activities, the program seeks to identify WAUs and obtain up-to-date landowner addresses in order to send offers.

To update the address associated with an IIM account,

or to report knowledge of a landowner whose whereabouts are unknown, please visit OST's website, www.doi.gov/buybackprogram/landowners/wau-info or contact the Trust Beneficiary Call Center at 1-888-678-6836, or visit or call an OST office. Our OST office is located at the Minnesota Agency 522 Minnesota Avenue NW Room 304, Bemidji, MN 56601.

Historical Society

The FDLREZ Historical Society meets the second Friday of each month at the FDL Resource Management building 10 a.m. to 2 p.m.

The meetings will be held, Nov. 8, and Dec. 13 for the rest of 2019. In 2020 the meetings will be Jan. 10, Feb. 14, March. 13, Apr. 10, May 8, June 12, and as always they will have a table at the FDL Enrollee Days.

If you have any questions, please contact Carol Jaakola at (218) 393-9284.



Here is a photo submitted by the FDL Historical Society, if you have any information on the picture, please contact them, or stop by a meeting at the Resource Management building.

Notice

Fond du Lac Ojibwe School is seeking one (1) school board representative for Sawyer.

Interested candidates are encouraged to submit a letter of interest identifying strengths and

interests in becoming a school board member to:

Vanessa Northrup
Fond du Lac Ojibwe School
49 University Rd
Cloquet, MN 55720
(218) 878-7241 (office),
(218) 878-7263 (fax), or
vanessanorthrup@fdlrez.com

GED Classes at FDL

Would you like to get your GED so you can go to college or increase employment opportunities and earnings?

Are you looking for Adult Basic Education, or trying to get your high school diploma?

Peter Spooner works with students every Thursday, 5-7 p.m. at the FDL Cloquet Community Center Library, helping them prepare to take the GED tests.

Dennis Angell will work with students by appointment at several locations, including the Sawyer Center, Cloquet Center, Brookston Center or in Duluth.

Contact Joan Markon at FDL Community Services, (218) 878-2658, and she will put you in touch with them.

Classes and tests are free to FDL Enrollees, family members, and FDL employees.

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

FOND DU LAC TRIBAL & COMMUNITY COLLEGE & MINNESOTA INDIAN TEACHER TRAINING PROGRAM ~ FINANCIAL SCHOLARSHIP



Eligible Applicants:

- Students who are enrolled @ FDLTCC, full or part-time status within one of our Programs:
 - o Early Childhood Education or
 - o Elementary Education programs
- Students/applicants must be:
 - o Tribally enrolled or
 - o First generation descendent or
 - o Second generation descendent

Grant Provides:

- ❖ Monthly stipend for full time or part time status
- ❖ Mentorship
- ❖ Program Support
- ❖ Opportunities to attend educational conferences.

For more information, and the application please contact Tara Graves:

tgraves@fdltcc.edu

218.879.0701



Minnesota Chippewa Tribe Finance Corporation

Hone 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.

Etc

in their child's learning and expectations for academic achievement

- Support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program

- Promote lifelong learning. FACE has been designed to implement a family literacy program for the American Indian families in BIE-funded schools. Program services integrate language and culture in two settings: home and

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

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

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

HACCP Certification Course

Great Lakes Fish and Wildlife Commission (GLIFWC) is sponsoring a Hazard Analysis and Critical Control Point (HACCP) Certification Course in partnership with MSU Sea Grant at Keweenaw Bay Ojibwe Casino and Resort in Baraga, Mich. Dec. 10-12.

This training is for fisherman, processors, regulatory personnel, and others to identify and evaluate food safety risks, learn seafood rules and regulations, an how to develop a HACCP plan for the safe handling and processing, including smoking and freezing, of seafood and seafood products, including treaty harvested fish, that will

be sold commercially. After completing the three-day course, participants will receive a HACCP Certification from the Association of Food and Drug Officials (AFDO).

GLIFWC will pay the \$135 HACCP registration fee (which includes course book), provide hotel rooms, and food and mileage reimbursements for qualified participants which includes any enrolled member from any GLIFWC member Tribe (i.e. Enrolled members of Fond du Lac, Mille Lacs, Red Cliff, Bad River, St. Croix, Lac Courte Oreilles, Lac du Flambeau, Sokaogon, Lac Vieux Desert, Keweenaw Bay, and Bay Mills). This includes subsistence fishermen and those active in harvesting and processing.

To learn more about the conference or to register for the conference, contact Owen Schwartz (715) 685-2147 or ohschwartz@glifwc.org by Nov. 19.

Fond du Lac Ojibwe School Board

Regular Meeting

Tuesday September 10, 2019
Fond du Lac Ojibwe School Board Room
3 p.m.

Called to order: 3 p.m.
Roll Call:

Present: Debra Johnson-Fuller, Robert Peacock, Jeffrey Tibbetts, Joyce LaPorte, Carol Wuollet, Michael Diver, and Jennifer Dupuis – Full quorum

Others present:
Superintendent Jennifer Murray; Grants and Accountability Manager Dan

Anderson, School Principal Valerie Tanner; School Counselor Vickie Oberstar, School Counselor Maria Defoe, Wellness Coordinator Dan Dupay, Cultural Coordinator Tara Dupuis, Special Education Cassandra Schick, Ojibwe Language and Culture, Community guest Theresa Diver,

Reading of the Mission Statement and Vision

Motion by Robert Peacock, seconded by Joyce LaPorte all in favor, 0 opposed, motion carried to approve the agenda.

Motion made by Robert Peacock, seconded by Jeffery Tibbetts, all in favor, 0 opposed, motion carried to approve August 2, 2016 regular meeting minutes. Carol Wuollet noted a correction of her attendance. She was not in attendance.

Review of the Ledger

Jennifer Murray reported on the ledger and the quarterly budget. Cloquet Fond du Lac mutual agreement was discussed.

New business

- Superintendent 2018-2019 evaluation needs to be completed by school board. Jennifer handed out the Strategic Plan that the Board can measure job performance.
- Transportation for after school activities was tabled.
- Jennifer stated that the school board needs to approve anyone interested in attending the NIEA conference by October 8th, 2019. No interest was expressed in attending.

Old business

- The Ojibwemowin and Cultural Licensure Policy

Merry Christmas Fond du Lac Members

From the Fond du Lac Reservation Business Committee

On December 2, 2019 \$25.00 will be distributed to each adult member and \$50.00 to each minor member for Christmas. The funds will be deposited on your US Bank Focus card (if you receive your funds monthly) or as a check mailed to your address on file.



Merry Christmas!

Become A Foster Parent

Open your home. Change a child's life forever



Can you make a difference?

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

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

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

“OUR CHILDREN ARE OUR FUTURE”

Etc

They learn from watching you...

Eat More Fruits and Veggies

and your kids will too!



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Personal Financial Review

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will be a tiered system. Jennifer stills needs to meet with people regarding this.

ii. Behavior report and introductions by a few new employees. Cassandra Schick Emotional Behavior Disorder Teacher for grades 3-10th and Dan Dupay Wellness Coordinator.

iii. Transportation for afterschool activities approved for Tuesday and Wednesday evenings.

Supervisor reports

Superintendent Jennifer Murray, report was reviewed with discussion.

Building Principal Valerie Tanner report reviewed and discussion about cell phone policy.

Education Grants and Accountability Manager Dan Anderson, report reviewed.

After School Activities Maria Defoe, report reviewed.

Cultural Curriculum Coordinator Tara Dupuis, report reviewed.

Other

Marcus Ammesmaki or Courtney Defoe would like to be added to the school board October meeting

agenda regarding writing a letter of support.

Board member talked about concerns regarding expulsions. Advised to take a look at what the policy is in the student handbook. Another discussed an incident that occurred over the weekend with our student athletes. One concern is our

athletes representing the school after school hours.

Motion made by Robert Peacock, seconded by Michael Diver, all in favor, 0 opposed, motion carried to Adjourn.

Adjourn 5:17 p.m.

Recorded by Vanessa Northrup



FDLOJS sports

The girls' volleyball team had a good season with a record of 4-13. Many of the matches played went to all 5 sets. They are a very young team with no seniors that played this season. We are looking forward to the good things to come next year!

The team took third place in the Northland Tournament!

Boys' and girls' basketball practice for grades 7 - 12 will be starting soon. Girls starts Nov. 12 4:30-6:30 p.m. and boys basketball starts Nov. 18, 2019 4:30 to 6:30 p.m.

If you have any questions contact: Earl Otis - Office: (218) 878-7248, cell: (218) 355-1555, or email - EarlOtis@FDLREZ.COM

NATIVE AMERICAN Heritage Month

MY PLACE
for celebrating my heritage!

NOV 1ST OPENING CEREMONY 1 PM
IN THE HOTEL LOBBY

NOV 29TH CLOSING CEREMONY 1 PM
IN THE HOTEL LOBBY

OTTER CREEK EVENT CENTER

SEAN SHERMAN PRESENTS

THE SIOUX CHEF'S INDIGENOUS KITCHEN

NOV 1ST
FREE DINNER SHOW!

FIRST COME, FIRST SERVE
UP TO 600 GUESTS.

DOORS OPEN 4 PM | SHOW 5 PM | ALCOHOL FREE EVENT



NOV 15

CHIEFS OF COMEDY

JR REDWATER
THE RESERVATION SENSATION

JON ROBERTS
FX CHANNEL
NOMINATED: COMEDIAN OF THE YEAR

GILBERT BROWN
THE "NAUGHTY REZDAWG"

FREE COMEDY SHOW!
ALCOHOL FREE EVENT DOORS OPEN 6 PM | CONCERT 7 PM

NOV 29

Brulé

FREE CONCERT!
ALCOHOL FREE EVENT DOORS OPEN 6 PM | CONCERT 7 PM

BLACK BEAR CASINO RESORT IS SEEKING VENDORS FOR NATIVE AMERICAN HERITAGE MONTH!

IF YOU'RE INTERESTED PLEASE CONTACT JOYCE AT (218) 878-2451.

blackbearcasinoresort.com

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Legal News

Officer Spotlight: Brad Durfee

My name is Officer Brad Durfee. I've been with the Fond du Lac Police Department for three years. I'm a descendant of the Fond du Lac Band of Lake Superior Chippewa.

Something unique or interesting about me, I really don't think there's too much. I don't do a whole lot in my off time. I play Xbox with my friends and I like going to movies. I usually like going to movies on Wednesdays or Thursdays, that's when my fiancé and I like to go.

What made me want to be a cop was more so my dad than anything else. Up until I was 16, I wanted to go be either a veterinarian or a zoologist, but when I was 16 I went on a ride along with my dad, and that went completely out the window. The first time the lights and sirens went on I fell in love with the job. That was the turning point for me, I think it was like 2 or 3 days after my sixteenth birthday, because that's how old you have to be to go on the ride along program. That's when everything completely shifted.

I geared everything toward the law enforcement program. I enrolled myself into the PSEO program. My junior and senior year I spent at FDLTCC to try and get ahead in the program.

Then once I finished I got hired and I was 20 years old.

I really think the community policing model is, in my opinion, the most ideal model for policing, especially in today's day and age. Some of the stuff I've been seeing on the news, I think it's our job as police officers to engage in the community. To show them that we're just like you guys, we live in the same community, we go to the same things you do, we're just like you. We aren't any different, we're not any better or worse than any member of the community,



and I think that's really nice to do with the FDL area because we have so many community centers, and the casino. As law enforcement we tend to see people at their worst moments.

Where being able to go into the community and talk to people and take a little more time to chat with people, as opposed to just wrapping things up as quick as possible. I think it works better and gives people a better relationship with the police force. I think that's the best way to police in today's day and age.

The reason I chose to work for the FDLPD is that they really have more of that tight knit community you don't get with other agencies. After putting in a year with Fond du Lac you can walk into a community center and people are going to

know who you are. I like to go to the community centers and sit down with people, because I recognize them and they recognize me.

My favorite part about working for Fond du Lac is a tough one. There are a lot of things I like about this agency. The biggest thing is my partners. I can depend on them for almost anything. If I need someone to cover a shift, if I need any kind of backup or help or anything, I can even call an off-duty partner if I need some kind of question answered. We're all pretty tight knit. The other thing I love is it goes back to the community, with how tight our community is in this area. Everybody knows everybody. If I need to ask someone a question or sit down and talk to someone, it's much easier for Fond du Lac to build those kinds of relationships compared to bigger areas.

The most satisfying aspect of my job, that's another tough one. Narrowing it down to just one can be kind of challenging. I really enjoy those moments where I'll be walking

through Wal-Mart off-duty and someone will come up to me and say "Hey, I don't know if you remember me but you stopped me or arrested me or whatever it was a few months ago and that was my turning point. I wanted to let you know that I've been clean for three months now." And I just think that that is such an awesome thing. It makes me feel awesome to see this person turn their life around after just one interaction.

Something about me that people may not know, I guess that there isn't really a whole lot. I'm pretty open when people talk to me. I guess I'm kind of a huge nerd. I enjoy playing video games and watching Star Wars. I like playing Xbox with my friends when I'm off-duty.

With the new cellphone law, especially with road construction, I want people to stay off their phones. Don't text and drive. Or at the very least pull over and send a text message. There is nothing more valuable than someone's life.

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
ENGLER, Catherine

LAPRAIRIE, Robert
MARZINSKE, Larry
MCFADDEN, Barbara
NELSON, Chester E.
POWERS, Lois A.
RODAKS, Timothy
SAVAGE, Mark
SHABAIASH, Rodney
SOULIER, Gary
YEAZLE, Joann



Health News

Food Safe Holidays

This time of year brings about family gatherings, feasts, holiday celebrations, and potlucks. Food is often the main focus at these events. To prevent foodborne illnesses keep the following tips in mind.

Thaw meat safely. It should never be left on the countertop to thaw. According to the USDA there are only three safe ways to thaw: the refrigerator, cold water, or the microwave.

Refrigerator thawing

- Plan 24 hours in a refrigerator set at 40°F or colder for every 4-5 pounds of meat
- Place meat in a container to prevent juices from dripping on other foods
- Once thawed, cook meat within 1-2 days

Whole turkeys:
 4-12 lbs. turkey, allow 1-3 days
 12-16 lbs. turkey, allow 3-4 days
 16-20 lbs. turkey, allow 4-5 days
 20-24 lbs. turkey, allow 5-6 days

Cold water thawing

- Plan on 30 minutes for every 1 pound
- Place meat in a leak-proof plastic bag
- Place in full container of cold water
- Change water every 30 minutes, until thawed
- Cook immediately after thawing

Whole turkeys: 4-12 lbs. turkey, allow 2-6 hours
 12-16 lbs. turkey, allow 6-8 hours
 16-20 lbs. turkey, allow 8-10 hours

20-24 lbs. turkey, allow 10-12 hours

Microwave thawing

- Follow the microwave manufacturer's instructions on defrosting
- Cook immediately after thawing

It is just as important to cook the meat safely after thawing:

- Always roast meat at an oven temperature of 325°F or above to prevent the meat from remaining in the "Danger Zone" (temperatures between 40°-140°F) for long periods. Sitting in this "Zone" can cause bacteria to multiply
- A stuffed turkey will take longer to cook
- ALWAYS use a food thermometer to test internal temperatures of the meat. Take the temperature, in several areas, from the

thickest part of the meat. Internal temperature guidelines are listed below.

- Turkey 165°
- Beef/veal 145°
- Lamb 145°
- Pork 145°
- Wild game-bird 165°
- Venison 160°

After the meat reaches the appropriate internal temperature, remove from oven and allow meat to "rest" for at least three minutes before carving. A whole turkey should rest for 20 minutes before removing stuffing and carving.

Meat isn't the only concern in the kitchen. Other foods can cause foodborne illnesses. To minimize bacteria growth on all foods:

- Search for healthier recipes for some of your favorite dishes
- Wash your hands
- Keep raw and cooked foods separate
- Wash cutting boards in-between uses
- Keep cold foods cold (less than 40°F)
- Maintain hot foods at temperatures of 140°F or hotter
- Always use clean utensils and platters to prevent contamination to the finished product
- Refrigerate leftovers in shallow containers within 1-2 hours of cooking and before heading out the door for a family walk

- Use refrigerated leftovers within three days

Now you can relax and enjoy your meal knowing you prepared it as safely as you could! Questions about meat prep and cooking can also be answered at USDA Meat and Poultry Hotline. It is answered year-round. 1-888-674-6854.

-sources include USDA Food Safety and Inspection Service

Think about trying this healthier potato recipe from prevention.com instead of regular mashed potatoes and gravy. Serves 1-2

Herb Roasted Potato Medley

- Ingredients:
- 2 lb. baby potato mix (purple, red creamers, white creamers)
 - 1 Tbsp extra virgin olive oil
 - 2 tsp chopped fresh rosemary
 - 2 tsp chopped fresh thyme
 - 1 tsp salt
 - ¼ tsp freshly ground black pepper

Directions:

1. Preheat oven to 425°F. Coat large baking sheet with cooking spray
2. Combine all ingredients in large bowl and toss well. Arrange potatoes in a single layer on the baking sheet
3. Roast, turning occasionally, until lightly browned and tender, 23-25 minutes



FDL in Boston

Anna Dahlgren and Denise Houle recently attended the Colorectal Cancer Alliance conference in Boston. They learned that early onset colorectal cancer has increased significantly, and a majority of patients have no family history. It is important to talk to your provider if you have any concerns.

Routine screening is now recommended at age 45, but earlier if you have symptoms or a family history of colorectal cancer.



Health News

Medicare updates

Reminder #1: No need to rush.

The annual Open Enrollment Period (AEP) for 2020 Medicare Part D plans and Medicare Advantage plans begins on October 15th and continues through December 7th, with 2020 Medicare plan coverage beginning on January 1, 2020. For more information, Medicare beneficiaries can call the Patient Advocate line at (218) 878-2165.

Reminder #2: Some Extra Help recipients may need to act to keep their 2020 Extra Help status.

So be sure to review anything you receive from Medicare or the Social Security Administration as some Medicare Part D Extra Help recipients will need to act or risk losing their Medicare Part D Extra Help or Low-income Subsidy (LIS) in 2020. When in doubt, contact the Patient Advocate office at (218) 878-2165.

Human Services IRB board member position openings (2) closing date: November 30, 2019

Institutional Review Board (IRB) Mission: Fond du Lac Human Services Division (FDL HSD) encourages research by employees, staff, students, Tribal members, and other investigators that is consistent with the mission statement of the Human Services Division. The mission of the Human Services Division is to elevate the health and social well-being of Indian people living in the service area through the provision of services, research, education, and employment opportunities. All research involving human subjects, for whom FDL HSD staff, its subjects, or investigators, whether on Band lands or facilities operated by

HSD, is subject to review by the FDL HSD Institutional Review Board (IRB) to ensure that the research activities meet ethical, cultural, and legal standards. No HSD research activities that involve human subjects, cultural, or other resources of the Band may begin prior to approval by the IRB and Fond du Lac Reservation Business Committee (FDL RBC).

Responsibilities of IRB Members

- Participate in monthly IRB meetings and offer expertise for the ethical review of research
- Review research protocols and documents prior to the scheduled meeting
- Attend meetings regularly to help ensure quorum
- Complete training on human subjects protection regulations and review processes
- Maintain confidentiality regarding research protocols and IRB proceedings
- Inform IRB Chair in the event there is a conflict of interest regarding a research protocol.

Qualifications

Two (2) IRB Members: Experience or education sufficient to perform responsibilities of IRB membership. Sufficient time to accomplish the duties listed. Willingness to learn. Ability to make decisions in accordance with tribal and federal regulations.

Description

Benefits: Personal satisfaction of contributing to protecting research participants at FDL. Knowledge of how an IRB works and how to conduct research in an ethical manner. Experience and free training relevant to a wide variety of careers.

Duration: 5-year term

Meeting and time commitment: The board meets monthly on the third Thursday of the month in the afternoon for up to 3.5 hours. Additional time will be needed to

read/review proposals, on average 10-15 proposals are submitted to the HSD IRB annually. Required annual training of 5-7 hours.

Compensation: This is a volunteer position; For FDL employees, the time spent on the IRB will be part of regular work hours.

Send Letter of Interest and Summary of Qualifications to: Tonya Kjerland, TonyaKjerland@fdlrez.com (218) 655-3623

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Child (each year up to 5) - \$700.00
Fully Breastfeeding mom (during the baby's first year) - \$1,600.00
Non-breastfeeding mom (6 months postpartum) - \$475.00
Infants.
- Estimated average value of WIC foods based on 2016 food values.

No longer do parents/caretakers have to keep track of paper benefits or ID folders. Families will be able to buy as much or as little as they need, leaving the rest on the card for their next trip to the store. Your receipt will tell you which foods you have purchased and which food benefits you have left.

Many people are eligible for WIC and don't even know it!

Contact Fond du Lac WIC office at (218) 878-2115 to find out if you are eligible! Serving those in Carlton and Southern St. Louis County.

November is Lung Cancer Awareness Month

Did you know that lung cancer was not common before the 1930's? It was after that era when smoking dramatically increased. Lung cancer has the highest cancer diagnoses and is the leading cause of death among Native Americans & Alaskan Natives in the Northern Plains area. One reason lung cancer is so deadly is that it is hard to detect in its early stages.

Lung cancer usually has no symptoms in its early stages. When they start to appear, they can include:

- Chronic, hacking raspy coughing- sometimes with mucus that has blood in it
- Respiratory infections that keep coming back-including bronchitis or pneumonia
- Shortness of breath that gets worse, wheezing and lasting chest pain
- Hoarseness
- Swelling of the neck and face
- Pain and weakness in the shoulder, arm, or hand
- Fatigue, weakness, loss of weight and appetite, fever that comes and goes, severe headaches, and body pain
- Trouble swallowing.

Lung Cancer Screening: The goal of screening is to detect lung cancer BEFORE symptoms appear—giving an opportunity to treat at earlier stages, and increasing survival rates.

Am I a candidate for Lung Cancer Screening?

- Are you a current or former smoker
- Are you between ages 55-80
- Do you have a smoking history of 30 pack-years (this is the equivalent to smoking 1 pack per day for 30 years or 2 packs per day for 15 years)?

If you answered yes to all 3 questions, then you are likely a candidate to be screened. Talk to your doctor about getting a referral for the screening test.

Things you can do to lower your risks are:

- Don't smoke or quit if you currently smoke- there are tobacco cessation programs available to assist with quitting-ask your provider, your Pharmacist or Community Health Services
- Eat nutritious foods
- Be active and exercise
- Talk to your provider about getting screened.

Always remember to consult your healthcare provider with any questions or concerns

~ A message from your Fond du Lac Cancer Prevention Program ~

Sources:

Center for Disease Control - www.cdc.gov
WebMD - www.webmd.com/lung-cancer
American Indian Cancer Foundation - www.americanindiancancer.org

Ashi-niswi giizisoog (Thirteen Moons)

Gashkadino-giizis

Gashkadino-giizis is the Freezing Moon. The new moon begins November 26. Other names for this moon are Adikomemi-giizis, the Whitefish Moon.

Bimaaji'idiwin Producer Training Program

For over twenty-five years the Fond du Lac Band of Lake Superior has been providing outreach and education programs for Band members on growing food. In 2017, Fond du Lac bought a 36 acre farm at 960 Cary Road to further promote Food Sovereignty Initiatives. The farm currently has four acres plowed for growing, a newly planted orchard, farm house and outbuilding infrastructure, and excellent opportunities to build on previous food growing programs and helps to move towards food sovereignty. In 2018, the Fond du Lac Tribal College Extension Program developed Bimaaji'idiwin Producer Training Program for people who desire to start their own organic vegetable farming businesses have access to education, land, infrastructure, markets, resources and connections to meet their goals.

Producer Training Program participants enroll in 10 month training focused on agricultural enterprise planning, management, and execution. Participants attend presentations from guest speakers connected to farms, farm programs, USDA programs, and more, and engage in one-on-one consultations with staff and farm mentor to support the individual goals. The program aims to create more food producers on Fond du Lac Reservation and to improve food security as well as health and nutrition. Over the next few years the Bimaaji'idiwin Producer Training

Program is expected to:

- Provide training, education, supplies, equipment, technical support, land, and facility use for new producers
- Increase local food production with organic and sustainable practices
- Establish connections with other producers, services providers, USDA programs and resources
- Expand markets and opportunities for local produce to be bought and sold
- Increase awareness and advocate for food sovereignty within Fond du Lac.

The Food Producer Training Program is now looking for the next cohort of participants that commit to attend meetings, class, farm tours and grow food. Meetings and classes will be biweekly during winter and weekly in the spring. Producers will grow food in 1/8 to 1/4 acre in size, will complete a business plan, and attend at least one farm tour or workshop and attend a post training evaluation meeting.

The charge for this program is your commitment to completing coursework, attend workshops, and using this opportunity to grow, preserve, and market your produce. No experience necessary.

*Jill Jacoby, Food Sovereignty Coordinator (218) 878-7142
jilljacoby@fdlrez.com
www.fdlrez.com*



Gichi Manidoo Giizis Traditional Pow Wow

"Taking Care of the Land and Community"

Saturday January 18th, 2020

**Registration: 10am
Grand Entry: 1pm & 7pm
Feast at 5pm**

**Black Bear Casino Resort
Otter Creek Event Center
1785 Highway 210
Carlton, MN 55718**

Hotel Reservations: 1-888-771-0777

Free Admission--Open to the Public --Alcohol & Drug Free Event

Join our event on the 13 Moons Ashi niswi giizisoog Facebook page

Taking Care of the Land and Community

Info booths and displays of Tribal, State and Federal programs involved in taking care of the land and community.

Vendor tables available

For more information contact:

13 Moons Coordinator 218-878-7123 or Nikki Crowe 218-878-7148



Sponsored by
Fond du Lac Band of Lake Superior Chippewa
Fond du Lac Tribal and Community College
USDA-NIFA Funds



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

Colors

Black- Makadewaa

Red- Miskwaa

White- Waabishkaa

Blue or Green- Ozhaawashkwaa

Brown or Yellow- Ozhaawaa

Source: www.ojibwe.org/home/pdf/ojibwe_beginner_dictionary.pdf

Ashi-niswi giizisoog BIGADA'WAA WORD SEARCH

Find the Ojibwe words in the puzzle below

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

One	Bizhig
Two	Niizh
Three	Niswi
Four	Niwin
Five	Naanan
Six	Ningodwaaswi
Seven	Niizhwaaswi
Eight	Nishwaaswi
Nine	Zhaangaswi
Ten	Midaaswi
One week	Ningo anami'e giizhig
One month	Ningo giizis
One year	Ningo biboon
Pounds	Dibaabiishkoojigan
Gallons	Mnikwaajigan
Miles	Dasodiba'igan



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 Nov. 15, 2019 for the December 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 birthday **Patricia Peterson**

From a lifelong friend JM

Happy birthday **Barb LaChapelle**

(Oct. 3), wishing you a happy b-day sista-girl
Lots of love, you elder sis Anita

Happy belated birthday **Evelyn Bradford**

(Oct. 22)
Love, your sisters Kim and Bonnie

Wishing a very happy birthday to **Dez McMillen**

(Nov. 1), 28 yrs old
We love you muches, Mom, Davey and Izzy, Matt, April and Royce, Rylan, Sabrina, James and Kayla and Matayah

Happy birthday to my beautiful sister **Arlene Londo**

(Nov. 2)
Love from Lala

“Happy birthday **Arla**” **Londo**

(Nov. 2) wishing you the best day today

Love you, Barb and Ken



There is no better friend than a sister, and there is no better sister than you! Happy birthday **Saydee Rae** (Nov. 2)!
Love, Tay

Happy birthday nephew, **Lee St. John**

(Nov. 4)
Love, Auntie Nita

“Happy birthday **Bubba**” **St. John**

(Nov. 4)

Love you, Aunty Barb and Uncle Ken

Happy birthday to the **WORLD'S BEST UNCLE Trentin Thomas**

(Nov. 7)!
Love, Thomas, Mark, Jack, and Miika



Happy birthday to my bro **Lee DeFoe**

(Nov. 8), aka Busta Brown

Love ya... Nita

Happy birthday **Lee DeFoe**

(Nov. 8), cuz: “It’s yer birthday” “It’s yer birthday”
Sista Barb and Ken

To my beautiful niece (daughter), happy b-day **Maria DeFoe**

(Nov. 10)
Love ya my girl, Auntie Nita

Maria DeFoe (Nov. 10), today is “your birthday” have a good day

Love you Aunty Barb, and Uncle Ken

Happy birthday twins **Charles and Vincent Lumbar**

(Nov. 12)
Mom and Dad love you

Happy birthday Auntie, **Patricia Peterson** (Nov. 13)
From all of us at the DuFault residence, we love you

Happy birthday to my beautiful niece, **Liz St. John**

(Nov. 18)
Lota Love, Auntie Nita

Happy birthday **Lovey, Desiree DuFault**

(Nov. 18).
Mom loves you with all her heart, have a great day.

“Happy birthday **lil Bit**” (Nov. 18)

Love you, Aunty Barb and Uncle Ken

Happy birthday **Doug Misquadace**

(Nov. 25) to my handsome son. Keep winning for us at Bingo.

Love, your mother Jean M.

Happy birthday **Tannia Misquadace**

(Nov. 26) to my beautiful girl and many more
Love, Grandma Jean

Happy 30th birthday, **Clint Northrup**

(Nov. 30)! I hope you have an excellent day, because you deserve it. Can’t wait to celebrate with you! I love you.
Love, Erica



Thank You

A special thanks to **Pat O’Brien** for making and donating so many beautiful fleece mittens, for our mitten tree, to be given to the children of Fond du Lac. She made these in Honor of Joseph Charles “Bay Ba Mosh” Holliday Sr. which is Jason Holliday’s Father,

who went on his next journey August 10, 2019. This was a very thoughtful gift for our community and very much appreciated.

Obituary

Henrietta Ann Thompson, age 61, of Minneapolis, journeyed to the Spirit World on October 3, 2019.

She was born on October 17, 1957 in Cass Lake, MN the daughter of Eldy Stangel and LaVonne Demo. She was raised in Bena, MN by her grandmother, Ola. She lived a majority of her life in Minneapolis with her companion, Ron Lussier. She enjoyed spending time with her family and friends but above all else her grandkids and great-grandkids. She always lived life to the fullest and will be dearly missed by all that truly knew her. Her laughs and good times were unforgettable.

Preceded in death by grandmother Viola Costello; mother LaVonne Arrell; father Eldy Stangel; daughter Lisa Marie Demo; son Michael David Demo Sr.; husband Ronald Lee Lussier; sister Tessie Kingbird and many other relatives.

She is survived by grandsons James Flores-Demo II and Michael Demo Jr.; great-grandkids Kamille Wilson-Demo, Kaleb Demo, Kosraeah Demo; daughter Bonnie Demo; brothers Wallace (Rena) Saice, Frank Saice and Kenny Demo; Aunt Carol “Auntie Tomato”; many cousins, aunts, uncles, nieces and nephews; other



Community News

relatives and friends.

Funeral services for Henrietta Thompson were held on Tuesday, October 8, 2019 at 1 p.m. at Little Earth Community Center.

An all-night wake was held Monday, October 7, 2019 beginning at 7 p.m. at Little Earth Community Center.

Drum group was Hoka Hey.

Honorary casket bearers were James Flores-Demo II, Michael Demo Jr., Kamille Wilson-Demo, Kaleb Demo, Kosraeah Demo, Bonnie Demo, Nikki Demo, Mikellene Applebee, Rose Roberts and Sal Pacheo.

Casket bearers were Isaac St. Claire, Wakiyan (Rocky) Zuniga, Bruce Campbell, Wallace Saice III, Courtney Mason and Brandon Campbell.

Hazel Barbara Olson Azhoo Waana Kwad Do Kwe "Path of Clouds Across the Sky Woman"

Hazel, a resident at Inter-Faith Care Center in Carlton, passed away at the age of 77 on Monday, October 14, 2019. She was born May 29, 1942 in Cloquet to Samuel and Martha (Shotley) Thompson. Hazel enjoyed spending time with her family, playing bingo and listening to country music. She was a member of Fond du Lac Band of Lake Superior Chippewa.

Hazel is reunited with her parents; her brothers and sisters, Gene, Bob, Bev and Mary; her sons, Lonnie and Darrin; and her granddaughter, Clarice. Those she leaves behind to cherish her memory are her sister,

Edith Peterson; her children, Martha "Sissy", Eugene, Jodi, Wendell, and Sherry Olson; numerous grandchildren, great-grandchildren; nieces and nephews.

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



Thank you Merchants! On Sept. 21, the BBCR Golf Course hosted this year's Black Pants Golf Tournament. The Black Pants Golf Tournament is played annually to honor Dave Reynolds and raise money.

I raised money for diabetes and cancer because Dave died from them. Also, thanks to the golfers. I hope next year will be even bigger with even more golfers.

Irma Stein

Gashkadino-giizis –Freezing moon– November 2019

ALR: Assisted Living Residence; BCCR: 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
Native American Heritage Month BBCR see pg 13	Sioux Chef's Indigenous Kitchen Nov. 1 5 p.m. BBCR	Elder trip to Grand Casino Nov. 6 8 a.m. bus departs	Circle Keeping workshop Nov. 19 1:30 and 4:30 p.m. CCC	Pokey Jaris Paro Powwow Nov. 15 1 & 7 p.m. FDLOJS	Native American Heritage month opening ceremony 1 p.m. BBCR Sioux Chef's Indigenous Kitchen 5 p.m. BBCR Language 5 p.m. SCC	Come & Swim & use the gym
3	4	5	6	7	8	9
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 Immersion class 5 p.m. CCC Parenting class 5 p.m. CCC	Elder trip Grand Casino 8 a.m. CCC Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC PiYo 12 p.m. CCC GED 2 p.m. SCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW	Quilting 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	FDL Rez Historical Society 10 a.m. FDLRM Language 5 p.m. SCC	Come & Swim & use the gym
10	Veteran's Day (closed)	12	13	14	15	16
Come & Swim & use the gym Elder movie morning 11 a.m.		Get Fit 12 p.m. CCC AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Caregiver support group 12 p.m. CHS Immersion class 5 p.m. CCC Parenting class 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	Quilting 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	Pokey Jaris Paro Powwow 1 & 7 p.m. FDLOJS Chiefs of comedy 7 p.m. BBCR Language 5 p.m. SCC	Come & Swim & use the gym
17	18	19	20	21	22	23
Come & Swim & use the gym Family movie morning 10 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. MNAW Parenting second time around 1 p.m. CHS Circle Keeping workshop 1:30 and 4:30 p.m. CCC Immersion class 5 p.m. CCC Parenting class 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 PiYo 12 p.m. CCC GED 2 p.m. SCC Women's group 5:30 p.m. MNAW	Quilting 9 a.m. CCC Get Fit 12 p.m. CCC Open RBC meeting 1:30 p.m. CCC (Quarterly meeting) 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
24	25	26	27	28	29	30
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. MNAW Immersion class 5 p.m. CCC Parenting class 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 PiYo 12 p.m. CCC GED 2 p.m. SCC Sobriety feast 6 p.m. CCC	Happy Thanksgiving (closed)	Closed for Thanksgiving Native American Heritage Month closing ceremony 1 p.m. BBCR Brulé 7 p.m. BBCR	Come & Swim & use the gym

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