

Nagaajiwanaang Dibaajimowinan

Stories from where the water stops



Minnetonka Vantage students visit FDL

VANTAGE Minnetonka's Advanced Professional Studies program provides high school students with real-world experiences in professional settings

Minnetonka juniors and seniors in the Vantage program visit Fond du Lac to learn about sovereignty from Naawakwe. Photo courtesy of Amanda Olson.

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Local News

CHS repeats as section champions in girls' soccer

By Zachary N. Dunaiski

The Cloquet girls' soccer team is once again heading to the state soccer tournament after winning the section title over North Branch 3-0.

As the girls prepare for their fifth consecutive trip to the state tournament, Junior Forward Natalia Hernandez is eager for another shot at the state title in what will be her third trip to state. Fond du Lac will be well represented at the girls' soccer state tournament as four players for CHS are part of the FDL family.

Hernandez has been a key player for CHS being a forward who not only scores goals for her team, but also sets up her teammates with her passing ability.

While the team was very successful this year, finishing the regular season with ten wins, four ties, and only two losses, the season required the girls to overcome many challenges as Hernandez points out.

"We've had a lot of injuries, and we've been short on forwards this season. We only had three forwards, so we had to change our formation this year. We had to play a 4-4-2 initially," Hernandez explained, as using all three forwards on the pitch at the same time would not be wise. "Last year and the year before, we played a 4-3-3, so it was a big change. Now, two of our players are back from

injuries, so we switched back to the 4-3-3, and that helped us with the section championship game."

Not only was the team down to three forwards that could play, but not all three active forwards were even at full strength through their title run.

"It's going good, but I've had a knee injury and that kind of made it like difficult and I've been wearing a knee brace for," Hernandez said of the struggles she personally has been battling through. "It's been two years now, and it just keeps bugging me, so that's hard."

Despite her injury, Hernandez was honored with her strong play by making the all-conference team with her great all-around play. Hernandez loves to score goals (even being second on the team), but she knows that where her team needs her is in her ability to pass the ball.

"I'm happy that I've scored goals, but I'm not happy that I didn't score more," Hernandez said with a smile. "I think it's more about assists, because I'm pretty sure I have the most assists on the team."

The Lumberjacks only lost two games, which made the section championship victory that much sweeter as one of the team's losses was 3-2 to North Branch Sept. 16. CHS secured the one seed in the section playoffs by dominating all season, outscoring their opponents 42-10.

For Hernandez, this will be her third

trip to state, but she and the team remain focused on their goal – to make a strong showing in this year's competition.

"It's kind of hard to say for this year, but we've looked at the other teams and no offense to them, but they don't look as good as they did two years ago," Hernandez said about the team's confidence that this year will be their year. During this five-year run, CHS hasn't finished higher than 4th, but they are confident this year because of all the challenges they know they're capable of overcoming because they've been doing it all year.

Hernandez also acknowledge that their team lost nine seniors and currently has an influx of underclassmen. However, that youth and adaptability, mixed with the experience of having played at state before, make Cloquet a formidable force in this year's tournament.

Hernandez's focus and passion are currently on soccer but she also has plans for a future in criminal justice, exemplifying her dedication and ambition that characterize the Cloquet girls' soccer team. As they prepare for the state tournament, they aim to inspire their community with all they have achieved.



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Translation: Stories from where the water stops

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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

Vantage program students at Minnetonka visit FDL

By Zachary N. Dunaiski

A group of junior and senior students from Minnetonka High School took part in a unique educational journey to the Fond du Lac Reservation. These students, participants in the Vantage program at Minnetonka, visited our Reservation to expand their knowledge about First Nations history and Tribal sovereignty. Their visit to the Fond du Lac Reservation shed light on the importance of understanding Tribal sovereignty and the challenges Native American nations face.

Their visit began with a presentation by Naawakwe (Bill Howes), Fond du Lac Ojibwemowin Project Manager, who introduced the students to the fundamentals of Tribal sovereignty. Naawakwe really appreciated being asked to speak to these students because it gives him hope for a better future.

“I enjoyed it because it gives me a sense of how maybe the world and society are changing from when I was younger,” Naawakwe said of seeing students who aren’t FDL Band members wanting to learn about our sovereignty and culture. “Personally, if I have the skill and ability to share, I like being able to do that. And the personal part is I get to see the growth in society and the things that schools are doing now. That gives me some personal joy, thinking about my own kids and society is not what it was for me, definitely not what it was for my dad, my grandparents, my great grandparents and so on. So I try my best to be a good ambassador when asked to be and to represent our language, and of course our community.”

Naawakwe also offered insights

into our rich history and unique identity of the Fond du Lac Band, including the significance of Tribal law, the establishment of a Tribal police force, and the retention of hunting, fishing, and gathering rights which are protected by treaties as well as a myriad of other topics. The topics brought up with the students of the Vantage program also weren’t sugarcoated as Naawakwe explained it hasn’t always been easy to keep our sovereignty.

“I told them that we can practice our own beliefs and those types of things. I shared a basic kind of understanding and then spoke with them about the reality that our sovereignty, if you look it up in a dictionary, has been challenged for the last 200 plus years in a variety of ways,” Naawakwe said, noting that the students were very engaged and eager to learn about Tribal sovereignty. “I just went through some of the basics, and that’s everything from the federal government challenging our sovereignty, state governments for sure challenging our sovereignty, and then even businesses, organizations, and of course individuals.”

Merriam-Webster’s definition of sovereignty is freedom from external control. Complete sovereignty is something that we don’t truly possess, but one we work a little closer to everyday.

Naawakwe really enjoyed the opportunity to see non-Tribal youth engaged in our culture and history, noting that they were wanting to learn more and asked really great questions after he spoke with them for over 30 minutes. He particularly appreciated the insight of the students’ questions about where they see FDL’s sovereignty in the future.

“They were curious. They asked lots of questions and somebody asked, ‘do you foresee that you could ever be a fully sovereign nation here?’ And I said, ‘well,

I would never want to say that we couldn’t be because that would be limiting on our own concept of ourselves and our sovereignty, but it is a difficult thing to be able to conceptualize because it hasn’t been that for at least couple hundred years or longer.’”

Naawakwe said. “So I said, ‘it’s a difficult thing. Current events and current policies and things like that make it difficult, but I would never want to say that it’s not possible. If we truly hope to be considered and recognized as a sovereign nation that should be the goal.’”

The Vantage students also learned about the 1854 treaty with a stop at the University of Minnesota Duluth before arriving on our Reservation. Naawakwe also provided the group with examples of Fond du Lac’s recent achievements, such as the first netting

in Lake Superior since the 1854 treaty was signed, symbolizing the ongoing efforts by the Band to maintain and strengthen Tribal sovereignty.

Now that a group from southern Minnesota came here to learn about the accomplishments of the Band, Naawakwe hopes that we can continue teaching others off and on our Reservation about FDL history and sovereignty.

“It’s interesting. A class from Minnetonka came up here to learn about us. How does that fit into what I would think would ever happen? And then I think at the same time that can also be a source of encouragement here locally to say, ‘what are we doing? What are we doing in our own schools? What are we doing with our local schools that are right around here?’” Naawakwe said about wanting to continue to teach sovereignty to as many people as possible. “To know that a group can take a day of their schooling and ride a bus up here and do all these things. If we know that that’s a reality, what can we also do for our own children who are in education around this area. It’s a good reinforcement of what’s possible and hopefully that encourages us to continue to do that for our youth and adults and Elders and everyone here in the same way.”

For many students, especially just a few short years ago, studying Native American Culture and history took place only in the classroom, and as Naawakwe and I discussed, the teachings weren’t always very accurate. That is precisely why Naawakwe was so eager to speak with them.

“I just told them, ‘I’m really happy to see that. You are not just

studying it, but you also have the ability to travel here. I’m glad you chose to travel to Fond du Lac because we are happy to be here and we’re happy to share with them.’” Naawakwe said. “And the last question now that I think about it, ‘what is the greatest accomplishment or something that you think that the Band has achieved even though they’ve faced these challenges to sovereignty?’ and of course my go to is we have a language program. We have an official language. But one of the greatest accomplishments is that we’re still here. So many policies and procedures were designed for us to no longer be here. Just to either to be wiped out or for whoever remains to become a part of the American culture and society and we wouldn’t have any unique status. With that being at the heart of so many policies and laws, our greatest accomplishment, is we’re still here.”

The Vantage program students’ journey to the Fond du Lac Reservation serves as a testament to the growing interest we’ve seen from other communities in the last several years in wanting to understand Tribal sovereignty and First Nations history among this younger generation. Members of our community have been eager to share these stories, histories, and sovereignty with the communities in our area, state, and country and we finally get to share that knowledge with them. This visit not only provided the students with a glimpse into the challenges faced by Native American Nations but also served as a reminder of the ongoing efforts to protect and celebrate our rich cultural heritage.

**“One of the greatest accomplishments is that we’re still here.”
-Naawakwe**

RBC Thoughts

Cloquet News

Hello all

The Fond du Lac moose hunt is underway. I have heard stories of successful hunts, as well as stories of not so successful hunts. The season just recently opened up at the time I'm writing this and those not so successful thus far still have plenty of time to bag their moose. The season started with unseasonably warm, wet, weather which may have been a factor in bagging their moose. I say congratulations to those that were successful and I wish those that are so far unsuccessful, good luck in their hunt. Spending time and camping in the moose zones with family and friends is always enjoyable and due to the weather the use of the camper furnace was not required for the first few days of the season opening.



Wally Dupuis

The Cloquet Community Center continues to provide activities for all ages, however, staff shortages have caused early closures on some days as well as shutting down completely on other days. We continue to advertise job openings to recruit staff but we receive very few applications. We did implement the new wage scale at the casinos recently and most staff are very thankful for the implementation. I would like to thank the entire staff for hanging in there while this wage scale was developed.

The Big Drum Ceremonial Hall located in Sawyer is now underway. Construction crews are busy forming up and constructing the footing for the building this week. Crews will work through the winter months to complete the project sometime mid to late spring of next year.

Also, a Powwow committee was formed and are currently in the process of design and recommendations for a new Powwow grounds. So far the recommendation for the location is behind the cultural center just north of the Tribal center. Some preliminary plans have been drawn up but much more discussion and value engineering has to be done to bring this project within budget. I will keep you all informed as this progresses.

The remodel or refresh of the Black Bear Hotel is now underway. They are working one floor at a time starting with the top floor. This project will certainly effect the room availability as they continue their work. However, this project is long overdue, and in the end, I think these upgrades will be well worth the effort.

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

Naming ceremony at Tagwii

Photo courtesy Tami Hischer

These are photos taken at the name ceremony at Tagwii. Zhaagoojitoodaa! (Let's overcome this!) is the name.



More Local News

Images from the Pokey Paro Powwow in the FDLOS gym Oct. 6



2009 Eastman Johnson Exhibit Opening Gala at the Duluth Depot

Photography by Christine Carlson



Dr. Linda (LeGarde) Grover and MC Vern Zacher



Gayle LeGarde and dad Jerry LeGarde



Sisters Deb and Valarie Smith



Vicky Rashe and Dr. Brian McInnis

Related Eastman Johnson archived stories in the newspapers of November 2009 and October 2015.

Bob McCauley – Lead man on the night shift at Jenó's Pizza Plant

Story and Photography by Christine Carlson

The date was 1969 and I was taking classes at the Duluth Business University and at night working full-time at Jenó's on Railroad Street in Duluth. Many of the night work crew were women who were low income, single parents and I was one of those women. Working at night was a challenge and the one bright star of the job was a man by the name of Bob McCauley. He was our boss up at the 4th floor Pizza Crust Room. He was firm but fair and he kept an eye out for those of us under his watch. He was a man of honor and moral conviction, which was greatly appreciated as life for many of us was not easy on the night shift.

It was at one of the Elder Dinners that I heard Bob McCauley's name spoken on the microphone. Later, wondering if this was the same Bob from Jenó's. Looking for him at the next Elder's Dinner to no avail. While attending the Osaugie Reunion, seeing the name McCauley and meeting a woman who was Bob's sister Georgia. The next Elder's Dinner, I was so happy to see him after 52 years and meet his wife, Dianne. I wanted to tell him what he meant to the women of the 4th floor. This thank you is for Robert "Bob" McCauley, Fond du Lac Band member and Osaugie descendent. Chi Miigwech



Dianne and Bob McCauley at the Elder Dinner – 2022

Health News

Stay healthy FDL

Around the Fond du Lac area there has been an increase in cases of COVID-19, RSV, and colds. With flu season upon us, we are asking the community to stay home when you are sick. Below are a few tips to help prevent the spread of germs:

1. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

2. Avoid close contact with people who are sick.

When you are sick, keep your distance from others to protect them from getting sick too.

3. Cover your mouth and nose with a tissue when coughing or sneezing.

It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs can be spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

November is Lung Cancer Awareness Month

November is Lung Cancer Awareness month and is represented by a white ribbon. The Great American Smoke Out is

celebrated on the 3rd Thursday of November, this year it is on Nov. 17. On this date every year the American Cancer Society encourages smokers to use the date to plan to quit smoking for that day. Commercial tobacco use remains the single largest preventable cause of death and disease in the United States. About 500,000 Americans die every year from smoking.

Cigarette smoking and using other commercial tobacco products such as cigars, pipes, and e-cigarettes is the number one risk factor for lung cancer, and in the United States smoking is linked to about 80-90% of lung cancer deaths. People who use commercial tobacco are 15-30 times more likely to get lung cancer or die from lung cancer than people who do not use commercial tobacco.

Smoking causes cancer of the mouth, throat, esophagus, trachea, bronchus, and larynx (voice box). Lung cancer has the highest cancer diagnoses and is the leading cause of death among Native Americans & Alaskan Natives in the Northern Plains area.

Other risk factors may include: secondhand smoke from others' cigarettes, pipes, cigars, or e-cigarettes; radon from rocks and dirt (which is found in 1 out of 15 homes in the United States); other substances such as asbestos, arsenic, and diesel exhaust; family history of lung cancer (parents, brothers, or sisters) or radiation therapy to the chest. Diet may also be a factor with risks in drinking water and other chemicals found in food.

Lung cancer usually has no symptoms in its early stages. However when symptoms start to appear, they can include: chronic 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; lasting chest, back or shoulder pain that gets worse when coughing, laughing or deep breathing; hoarseness as well as others.

Things you can do to lower your risks of lung cancer: quit or do not use commercial tobacco; eat a healthy diet with a wide variety of vegetables, fruits, and whole grains each day; be active & exercise; stay at a healthy weight and talk to your provider about getting screened.

Sources: *Center for Disease Control* www.cdc.gov, *WebMD* www.webmd.com/lung-cancer, *American Indian Cancer Foundation* www.americanindiancancer.org, *American Cancer Foundation* For more information on Lung Cancer and tips visit: https://quit-partnermn.com/files/Print_Professionally/AIQuitline_Flyer_HighRes.pdf *American Indian Quitline Flyer - Professional Printing* (quit-partnermn.com)

Are you a Caregiver?

The caregivers program can assist you in caring for your loved ones by providing:

- Education
 - Training
 - Support
 - Referrals for respite services
- Who is eligible:
- Someone taking care of a Native Elder
 - Individuals taking care of a Native person with Alzheimer's disease or related disorder
 - Native Elder who provides care to a child under the age of 18 who is not their child by birth or adoption
 - A Native Elder caring for an adult with disabilities

Please call (218) 878-2125 for more information.

Family Caregiver Month

November is National Family Caregiver's Month- this is a time to celebrate the contributions of caregivers and provide them with the tools that they need. Over 53 million Americans are unpaid caregivers to family, friends, and neighbors. Caregiving can often have a significant impact on the life of the caregiver. It may be difficult to maintain their own physical and mental health and may put a strain on their work and social life. Informal, unpaid family caregivers have higher levels of depression and anxiety, higher usage of psychoactive medications,

declining physical health, compromised immune function, and an increased risk for early death.

Self-care for caregivers is important. Some key tips are:

- ask for help when you need a break
- have a back-up caregiver or respite care to take over even for just a few hours as needed
- make sure you get plenty of sleep-7 hours or more is vital to function on most days
- have fun and be active and try to eat a healthy diet.

Staying socially connected is important-keep in touch with family, friends, and those in support groups or find a support group

Conversations about GRIEF, TRAUMA & LOSS

Bring your Friends and Family!

Tuesday, November 14th
4:00-5:30 PM
Cloquet Library




Details

- Bring your Friends & family
- **FREE** Pasta Dinner
- Walk to the Library after school
- Discussions about how any kind of loss can affect you.









For More Information:
mkilroy@isd94.org

Health News

with people in similar situations caring for others as it may help ease loneliness and help work through the difficult and joyful days of caring for your loved one/s.

When one takes care of themselves they are better mentally and physically to take care of others.

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

A message from your Fond du Lac Cancer Prevention Program.

American Indian Cancer Foundation www.americanindiancancer.org, American Cancer Foundation <https://pameladwilson.com/digital-learning-family-caregiver-programs-online-support-for-caregivers-elderly-parents/>

Recipe of the Month: Acorn squash with apples

Dietitian's tip:

Acorn squash is a good source of vitamins A and C, potassium, and fiber. Here it's paired with apples and brown sugar to make a hearty side dish.

Serves 2

Ingredients

- 1 Granny Smith apple, peeled, cored and sliced
- 2 tablespoons brown sugar
- 1 small acorn squash, about 6 inches in diameter
- 2 teaspoons trans-fat-free margarine

Directions

In a small bowl, mix together the apple and brown sugar. Set aside.

Pierce the squash several times with a sharp knife to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking.

Place the squash on a cutting board and cut in half. Scrape the seeds out of the center of each half and discard the seeds. Fill the hollowed squash with the apple mixture.

Return the squash to the microwave and cook until the apples are softened, about 2 minutes.

Transfer the squash to a serving dish. Top each half with 1 teaspoon margarine and serve immediately.

Nutritional analysis per serving
Serving size: 1/2 squash and 1/2 apple

Calories 204, Total fat 4 g, Saturated fat 0.5 g, Trans fat 0 g, Mono-unsaturated fat 2 g, Cholesterol 0 mg, Sodium 46 mg, Total carbohydrate 40 g, Dietary fiber 6 g, Added

sugars 6 g, Protein 2g.
Recipe adapted from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/acorn-squash-with-apples/rcp-20049731>

Cancer Survivorship Program

2023 Series Topics

Nov. 7 - Cellular Therapies
Update presented by Veronika Bachanova, MD, PhD

This session will discuss the latest updates in cellular therapies to fight cancer.

Nov. 14 - Caregivers presented by Allison Breininger & Pamela Mason

Caregivers serve a critical role in any cancer diagnosis and throughout survivorship. This session will discuss those perspectives.

What is the best day to quit commercial tobacco?

A: Thursday November 16 The Great American Smokeout!

Did you know that smoking remains the leading preventable cause of death in the United States? Smoking commercial tobacco harms nearly every organ in the body and contributes to diseases such as cancer, heart disease, stroke, and diabetes. Quitting commercial tobacco lowers your risk of these diseases and can add years to your life. The Great American Smokeout promotes the idea that there has never been a better time to quit smoking and begin living your best smoke-free life.

Mark your calendar for the American Cancer Society's Great American Smokeout on Thursday, November 16th. Mark the date and start living life smoke free!

Free Cessation Resources can be obtained by calling:
Mino No Aya Win Pharmacy:

(218) 878-2157
CAIR Pharmacy: (218) 279-4142
Quit Partner 1-800-QUIT-NOW
My Life My Quit 1-855-891-9989
The American Indian Quitline 1-833-9AI-QUIT

Stories of recovery from Tagwii

Name: Nicole Metcalf

Age: 46

From: Originally from Duluth,

now in Carlton since 08'

Length of recovery: 8 years

What is your "why" for seeking recovery? "I had 10 years of prison hanging over my head, my kids were teenagers. And honestly, I was just tired of the life I was living. It wasn't fun anymore, all of my friends were going to prison and dying. Sick and tired of being sick and tired. There had to be another way!"

How can people best support you during recovery? "Holding me accountable for bad behaviors. Calling me out on my stuff. Reminding me of the good things and how far I have come. Being supportive of my healthy decisions." I like being invited when I can be helpful, or of service rather than going to events for personal reasons.

Are there any self-care techniques that help to keep you grounded and sober? "Music, I love to listen to music and zone out. I see a therapist regularly. Spending quality time with my grandkids and the healthy friendships I have built in recovery. They feed my soul so that is self-care to me."

What are some healthy coping mechanisms that you use to manage uncomfortable feelings? "That is hard because I am still learning. Walking and exercising helps. Sitting by the water and reflecting also, vacations!"

Do you have any tips for maintaining sobriety in early recovery? "Meetings, meetings built my

foundation in early recovery. Also, finding a sponsor or someone that you can call when you are triggered. Have a network of healthy, supportive people."

What would you like me to know about recovery? "It's probably the best thing that ever happened to my life. I feel like I have done the most growing professionally and personally since I have found recovery. I don't know that I have ever had a healthy female relationship prior to being in recovery. It is definitely not easy, you don't just get sober and things are automatically easy. It is hard work, even today I still have realizations that make me stop and think, oh maybe that is not the healthiest. But, I would never trade recovery for another hit or using ever again."

How has your life changed since entering recovery? "I don't worry about going to prison. I am not scared to get pulled over. I value my connections, relationships, paychecks, and I feel deserving and worthy of everything I have in recovery because I worked so hard for it."

What are some activities that bring positivity into your life? "Vacationing, my career, being able to be out in the community, telling my story to kids, spoiling my grandkids. Being trusted, that is a huge thing. And valued, being a trusted and valued person are both huge ones for me."

Are there any ways that the community can help you to stay motivated in your recovery journey? "I think the more sober community events that are put on by recovering addicts for prevention the better. The more the community can get involved to shoot down the stigma of addiction and recovery I think is beneficial to everybody. We need to be proactive together as a community to combat and get ahead of new trends and drugs affecting the community so that we are not always trying to



Health News

catch up and lose our people to addiction.”

What is one fun fact about you as a person? “I am hilarious, a literal comedian! I am also very passionate, I am always evolving and always learning. Always striving to do better!”

Name: Ashley Diver
From: Fond du Lac Band

What is your “why” for seeking recovery? “My why for seeking recovery is: I was tired of insanity (doing the same thing over expecting different results). I was tired of the same old stuff on different days. I wanted to LIVE rather than just EXIST. I wanted to be a mom to my kids again, to be someone they can look up to. I was tired of running from years of shame and guilt and tired of keeping myself stuck in self-pity.”

How can people best support you during recovery? “People can support me by continuing to show encouragement, continuing to share their own stories of substance use and how they found a way out or even asking me how I did it.”

Are there any self-care techniques that help to keep you grounded and sober? “Self-care that I do are offerings of tobacco, smudging with our medicines and reading daily meditations and sharing them via social media. I spend a lot of time outside to just be with Mother Nature and all she has to offer. From admiring sunrises and sunsets to photographing spider webs on a dewy morning! Even sitting in the woods on a hunt haha!”

What are some healthy coping mechanisms that you use to manage uncomfortable feelings? “I also

attend NA and AA meetings as well as Alanon, talking circles and go to ceremonies such as: sweat lodge, big drum and feasts. I utilize my recovery support network a ton! Especially when I have those uncomfortable situations and/or feelings that normally drove me to use.”

Do you have any tips for maintaining sobriety in early recovery? “Stop hanging out with those you used or drank with, the places you participated in those activities and staying away from the things you used. Go to support meetings and LISTEN your first few times, connect with your higher power - at first my higher power was what I heard people share in meetings and I was able to reconnect with my creator. Take it one moment at a time! And be easy on yourself. Progress not perfection!”

What would you like me to know

about recovery? “Recovery to me is about finding yourself and finally unwrapping those wounds we kept bandaged for so long and allowing them to heal through heart work. Through honesty, compassion, love and patience. Some days are hard but when we lean on our higher power, our support network we can navigate through them without using!”

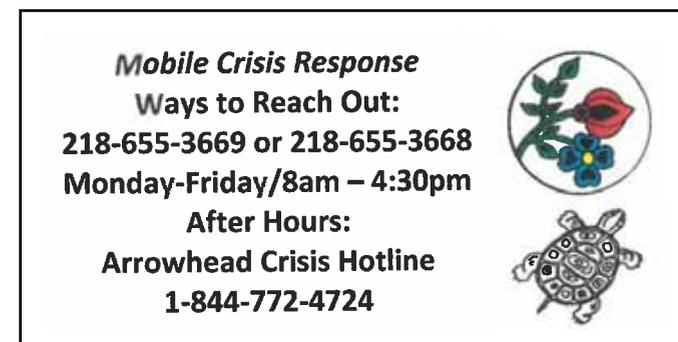
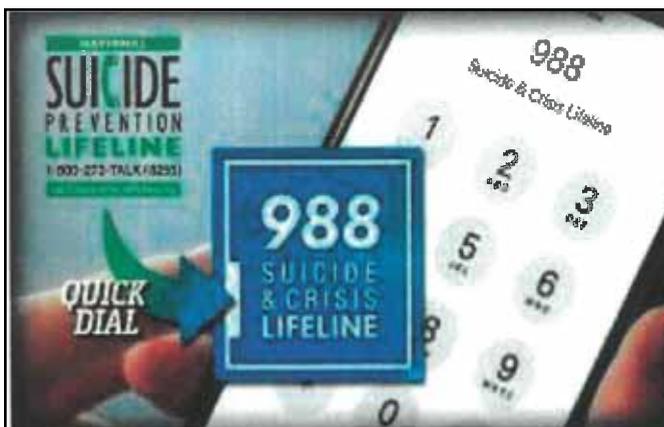
How has your life changed since entering recovery? “My life has changed drastically since being in recovery even through my recent relapse. I’ve learned a lot from going back out too! I’m grateful I was able to get back on track. I have a better understanding of who I am as an Anishinaabe mother and my purpose while I’m here. I no longer have to hang my head in shame and guilty when I’m out in the community and have been given amazing op-

portunities employment wise! I haven’t been involved in the legal system for over 6 years haha!”

What are some activities that bring positivity into your life? “Ceremonies, community driven activities, hanging out with my kids at home just watching TV, learning new things, recovery focused events especially!”

Are there any ways that the community can help you to stay motivated in your recovery journey? “I think those of us in the community can do more for people in recovery. There is always room for growth!”

What is one fun fact about you as a person? “I’m pretty funny! I have a huge heart and my laugh can be heard through a whole building”



Veteran's Corner

Boozhoo, Tribal Veterans Service Officer's cell phone number (218)461-2937. I am located at the Veteran's supportive housing, if you have any question please contact me at this number.

If you need FDL Honor Guard please me at least two weeks to get my honor guard arranged.

Last but not least our next event will be the Veterans' dinner, held on Wednesday, November 8, 2023, at Black Bear Casino Resort, Otter Creek Convention Center from 5-8 p.m., all veterans welcome.

2024 VA disability pay rates, which are effective December 1, 2023, 3.2% based on the latest cost-of-living adjustment (COLA) Email address is Andrewdepoe@fdlrez.com or call at (218) 461-2937.

If you have any questions, please do not hesitate to call or stop in.

Thank you, Andrew DePoe, USCG (ret), FDL Tribal Veterans Service Officer

Ennis voted to NICOA board

Fond du Lac Tribal member, Donna Ennis, was recently voted into the National Indian Council on Aging (NICOA) as a board member at NICOA's biennial conference. Ms. Ennis is representing the district 9 Midwest Region which covers Minnesota, Wisconsin, Iowa, Illinois, and Michigan.

NICOA is governed by a 13-member board of directors composed of American Indian and Alaska Native Elders representing each of the 12 Bureau of Indian Affairs regions, as well as a representative of the National Association of Title VI Grantees.

The National Indian Council on Aging, Inc. (NICOA) is a 501(c)(3) nonprofit organization founded in

1976 by members of the National Tribal Chairmen's Association who called for a national organization focused on aging American Indian and Alaska Native elders. Members included the late Wendell Chino (Mescalero Apache), the late Joe DeLaCruz (Quinault) and other tribal leaders. These leaders saw the need for a national organization whose sole purpose would be to advocate for improved comprehensive health, social services, and economic well-being of American Indian and Alaska Native elders.

Ms. Ennis is a recent graduate of Purdue University where she earned her Executive Jurist Doctorate. In addition, she holds two master's degrees. She received her master's degree in Tribal Administration and Governance from University of Minnesota Duluth in 2016. In 2021 she earned a master's degree in legal studies with a focus on Indigenous Law from the University of Arizona School of Law.

Ms. Ennis hopes to use her legal background and knowledge to serve on the Elder committee of the National Congress of American Indians. NCAI is organized as a representative congress of American Indians and Alaska Natives that serves to develop consensus on national priority issues that impact tribal sovereignty. American Indian and Alaska Native governments pass resolutions to become members of NCAI, selecting official delegates to the NCAI Executive Council, Mid-Year Conference, and Annual Convention. During these events, delegates consider issues of pressing concern in accordance with their governments' policies, goals, and needs. NCAI members vote on and pass resolutions to determine NCAI's position on a broad range of issues.

FDL employees honored with Certificate of Appreciation

Dear Fond du Lac Band of Lake Superior Indian Child Welfare Social Workers and Case Aides, Families First Workers and Prevention Services Team,

You all have been nominated by a colleague to receive a Child Welfare Certificate of Appreciation based on your dedication to the child welfare profession and your colleagues. Your hard work has not gone unnoticed! Attached is your certificate.

Janelle Barney nominated you and wrote:

The 10 actively involved individuals from our team consists of social workers and direct child welfare support staff. This team is family centered and family focused when it comes to serving the Fond du Lac community. Their devotion to social justice has shown to empower the ones they advocate so strongly for. They have been the leading force behind keeping our Indigenous families together and navigating safety within families. The creativity that transpires from this team has been valuable to the unique circumstances that they face. Their diligent and active work not only shows in the successes of the families they work with but also in the trust and relationships they build in communities. This team has made considerable and intentional strides to ensure that cultural supports are a certainty for families. This is one reason why I wanted to nominate them; they make sure that families are being put at the forefront and are not seen as just another case.

Attention Band members house lottery 1825 Big Lake Road, Cloquet, MN.

The Fond du Lac Development Corporation will be holding a lottery for a home located at 1825 Big Lake Road, Cloquet, MN. 55720. Applications from qualified Band members will be accepted until 2:00 p.m. Monday, November. 20th, 2023, (applications received after 2:00 p.m. on 11/20/2023 will be rejected). Property Details

This home is a 2 bedroom, 2 bath, Ranch style home with a partially finished basement and a two stall detached garage and will be sold "as is" for the amount of \$150,000.00.

The home has forced air propane heat, electric heat, a woodstove, and a private well and septic. Minnesota Power provides the electric service.

To qualify you must be an enrolled member of the Fond du Lac Band, 18 plus age, be eligible as determined by a background check per FDL Ordinance #02-09, and provide verification of continuous income for the past 12 months that would support the house payment by means of check stubs or an income report. The monthly house payment will be \$565.00 which includes 300 monthly payments plus 13% for insurance costs. The house payment cannot exceed 20% of your gross monthly income. Therefore, minimum gross monthly income for the past 12 months must be \$2825.00 or greater in order to qualify.

Income and enrollment verifications must accompany completed applications or the application will be rejected.

Applications, and a virtual walkthrough will be available on

the Fond du Lac Website at fdlrez.com. Applications must be turned in to the Operations Division and can be emailed or mailed.

Open House is scheduled for Tuesday, November 7th, from 12:00 p.m. to 6:00 p.m.

Drawing for qualified applicants will be held in the RBC Chambers at the Fond du Lac Tribal Center on Tuesday, November 21st, 2023, at 3:00 p.m. Drawing will be open to the public and will be held live on the FDL Facebook site.

Contact Raelea Skow at (218) 878-2610, raeleaskow@fdlrez.com or Jack Bassett at (218) 878-8043, jackbassett@fdlrez.com for more information about the home and application instructions.

FDLTCC celebrates inauguration of President Anita Hanson

The Fond du Lac Tribal and Community College (FDLTCC) community was overjoyed to celebrate the inauguration of the college's newest president, Anita Hanson, on Monday, September 18, 2023.

"...Under the leadership of Larry (Anderson) and Stephanie (Hammit), and now, Anita (Hanson), this place has thrived and prospered," exclaimed Minnesota State Chancellor, Scott Olson, "...and it just has nothing but a bright future in its unique mission."

"I think we have the right person to lead us, you know, in the future with many kinds of challenges, and you know accomplishments that we're able to do," shared Fond du Lac Tribal College Board of Directors Chair, Vern Zacher.

President Hanson was named president of Fond du Lac Tribal and Community College in June

Continued on page 15

School News

Principal update

Boozhoo Fond du Lac Ojibwe School community. We are already starting 2nd term of the 2023-2024 school year. We have already had many activities for our students including the Lionheart Experience for all students, a trip to FDLTCC for 9th and 10th graders, and participation in Ganawenjigewin Maawanjidiwin (Taking Care of Things Gathering) just to name a few.

This year we have 8 students participating in Post-Secondary Education Options (PSEO). PSEO allows students to take classes at the college level, in this case they are at FDLTCC, while simultaneously earning their high school credits. Students need to be self-motivated, yet, need support from school and family to help them be successful in this program. It is good to see such interest from our students who are already defining their futures. FDLTCC will also be offering Certified Nursing Assistant classes this spring which our students can attend.

Miigwech to the FDLOS staff who helped with our Pokey Jaris Paro Powwow that was held October 6, 2023. Miigwech to families and community members who came for the event. It was good to see you. Congratulations to our new royalty who will represent us throughout the 2023-2024 year.

Important dates:

November 3 – No school, Teacher Development Day

November 7 – school board meeting

November 10 – no school, holiday, Veterans Day

November 22 – early release for students

November 23 and 24 – holiday – Thanksgiving

November 30 – Parent Advisory Group meeting

I would also like to welcome new staff to our FDLOS community. Our Receptionist/Secretary is Shirley Martin, and our new Physical Education teacher is Matt Berger. Yes, Matt Berger has provided driver's education to students in the past. Tasheana Rule-Garcia also joins us as a Check and Connect Mentor.

Reminder – we also have a Facebook page where we post announcements. For those who have a Facebook account you can find our page by searching Fond du Lac Ojibwe School, Cloquet, MN

Miigwech.

Valerie Tanner

Anung Ginew Ikwe

FDLOS K-12 Building Principal



Students had a great time ricing!



School News



FDLOS, John Hopkins team up for Native Vision

The Fond du Lac Ojibwe School has partnered with the Johns Hopkins Center for Indigenous Health – Great Lakes Hub, located in Duluth, to adapt and pilot an innovative youth development initiative called Native Vision. The mission of Native Vision is to empower Native American youth to realize their full (physical, mental, emotional, and spiritual) potential through the promotion of physical fitness, healthy nutrition, and positive life skills. Native Vision was originally developed in partnership with Tribal communities in the Southwest. The Fond du Lac Reservation Business Committee confirmed a partnership between the Fond du Lac Ojibwe School and the Johns Hopkins Center for

Indigenous Health – Great Lakes Hub (Resolution #1018/23) with the goal of adapting the Native Vision curriculum for Anishinaabe youth. A Native Vision Advisory Council was formed in the winter of 2023, comprising six FDL Ojibwe School teachers and administrators, to adapt the curriculum. The Advisory Council determined to pilot the adapted curriculum in the 3rd and 7th grade classes at the Ojibwe School during the 2023 – 2024 academic year.

Jezlyn Abramowski, FDL Band member and Brown University sophomore, joined the Johns Hopkins Center for Indigenous Health – Great Lakes Hub as a summer 2023 intern to digitally package the adapted curriculum using the software ArcGIS Storyboard. Throughout the 2023-2024 school year, 3rd and 7th grade FDL Ojibwe School teachers will teach the adapted lessons, with continued support from Johns Hopkins Center for Indigenous Health, to plan lessons, evaluate the pilot implementation, and refine adaptation as needed. Community presentations will be held to share the work of this partnership in the coming year.



4th grade news

Ms. Andrea and Mr. Shawn
Boozhoo from 4th grade! We have been busy getting back into our routines after a fun-filled summer break. We will be working hard in all academic areas this term and keep adding

to our success so far!

Fourth grade is currently in second place in our school-wide Achieve Reading Program. Students are busy reading articles, answering questions, and earning points each day.

We have also began working on our math fact fluency with the Reflex Math Program. Reflex is an adaptive online system that helps students of all ability levels to develop instant recall of math facts (addition, subtraction, multiplication, and division). Fourth grade students have already completed 18,444 problems in just 7 days... AMAZING! Students are able to login from home as well, so encourage them to practice as much as possible.

We feel we are off to a great start and cannot wait to see what this year has in store!!

Thank you for your continued support!

Health information

Tara Wolter, RN,
School Nurse - FDLOS

Happy fall everyone! With learning in full swing, continued efforts of all staff, students, and families to limit the spread of viruses and illness is essential.

Influenza (flu), colds, Covid-19, and other viruses are currently circulating with everyone being together and inside more. Please see below for a list of symptoms to keep your student home:

- Fever (100 F)
- Persistent cough
- Body aches
- Chills



- Vomiting
- Diarrhea
- Sore throat
- Rash (not yet diagnosed)
- Red, draining eye(s)
- Head congestion/runny nose



Many illnesses present with similar symptoms, so it is important to contact your health care provider if your student is ill with any of the above symptoms that do not improve in a few days.

Illnesses are inevitable, but together, we can help to prevent the spread. Staying up-to-date on vaccines, such as influenza and Covid-19 boosters, is key (please contact local clinics for upcoming vaccine events). Handwashing is also key to help limit the spread of viruses and bacteria, with 15-20 seconds being most beneficial. Beyond this, boosting our immune systems is very important by assuring proper sleep, eating the recommended amount of fruit and vegetables daily to increase vitamins intake, and exercise.

Earlier this month, we coordinated with the Lion's club for vision screenings for our K-3 classes. A SPOT screener was used to help detect ocular changes that may need further evaluation with an optometrist. Families will be notified if changes were observed. Thank-you again for this great benefit for our student's, local Lion's club!

Please contact the school nurse for any questions at (218) 878-7244.

Stay safe and healthy out there!



Reading program Mrs. Meredith Martin, FDLOS Academic Specialist and Ms. Dawn Liimatainen, FDLOS Reading Coach

Boozhoo Parents and Guardians! We would like to share a bit about the reading program here at Fond du Lac Ojibwe School. At this time, we have assessed all of our students and analyzed reading data. We found that our scores are not quite where we would like them

to be. As a result, we have been working together to create more reading time for our

students. We have blocked out a time for each class to have 30 minutes extra reading instruction (RTI) each day. During those 30 minutes, students are grouped according to their reading data and they then work in a small group setting with another teacher or paraprofessional on reading skills. The reading skills we work on are listed below and are called the Big 5 Ideas of Reading or may also be labeled the 5 Pillars of Reading.

Phonemic Awareness - The ability to hear, identify, manipulate, and substitute phonemes—the smallest units of sound that can differentiate meaning—in spoken words

Phonics - The ability to understand that there is a predictable relationship between phonemes (sounds) and graphemes (the letters that represent those sounds in written language) in order to associate written letters with the sounds of spoken language

Vocabulary - The growing, stored compilation of words



School News

that students understand and use in their conversation (oral vocabulary) and recognize in print (reading vocabulary)

Fluency – The ability to read text accurately, quickly, and expressively, either to oneself or aloud; the NAEP Oral Reading Fluency Passage Reading Expression Scoring Rubric helps represent the learning progression of this skill

Comprehension - The ability to understand, remember, and make meaning of what has been read—this is the purpose for reading

How You Can Help Your Child Improve His/Her Reading?

1. Read to your child everyday. It's important for our children to hear books out loud as it develops a bond between you and your child as well as develops listening skills, critical thinking skills and supports social emotional learning.

2. Ask your child to read to you. When children read out loud, it builds their comprehension and fluency as well as their stamina for longer reading passages.

3. Ask your child questions about what they read. This is the number one way that children build their comprehension skills. We have noticed that students who read regularly do better and struggle less when taking important assessments like the MCA (Minnesota Comprehensive Assessment) or the NWEA (Northwest Evaluation Association)

What Can Your Child do to Increase Reading Skills?

Achieve 3000

Now your child can improve his or her reading skills at home with the same great technology program we're using in school: Achieve 3000 Literacy.

Throughout the week, Achieve 3000 will send your student

various interesting articles for him or her to read. Every student in the class gets the same basic lesson, but the content is customized to match your child's own reading level. The lesson comes with a variety of fun activities to improve your child's comprehension, vocabulary and writing skills. As your child's reading level improves, Achieve 3000 will increase the level of difficulty so he/she remains challenged and interested. Doing his or her best on the activities will ensure the best match between your child's ability and the content delivered. It is also important that your child's answers to the questions reflect work completed independently and without extra assistance.

All 3rd through 12th grade students use Achieve 3000 in class, but you can also share in the fun at home - or anywhere a computer is connected to the Internet. Here's how:

1. Have your child log on to <https://login.achieve3000.com> with their unique username and password.
2. Encourage your child to follow these five easy steps:
Step 1: Respond to the Before Reading Poll.
Step 2: Read the Article.
Step 3: Do the Activity Questions.
Step 4: Respond to the After Reading Poll.
Step 5: Answer the Thought Question.
3. Explore other Achieve 3000 features, including other articles, puzzles, and more.

Smarty Ants

For those students in our K-2 program, they can learn by using the individualized reading program, Smarty Ants. The Smarty Ants® literacy program by Achieve3000® is different than other reading programs

because it considers your child's individual reading needs, and uses personalized instruction to inspire students to become life-long readers.

Our school license also gives students FREE access to the program outside of school hours. Research shows that many children spend an average of six hours on computers and/or devices every day. I encourage you to make that time as productive as possible by giving your child access to Smarty Ants at home.

You can use any iPad, Chromebook, or computer to access Smarty Ants

Smarty Ants requires minimal internet connection to access the site at <https://play.smartyants.com/login> With Smarty Ants, students become better readers. I'm excited that they can continue their learning with participation from home.

Epic Reading

Many classrooms participate in Epic Reading at www.getepic.com Your child may already have a code to log in set up. If your child is not set up, you can always log into the website above and create an account. This is a great reading source for all students.

According to the Epic website, "Epic is the world's leading online children's subscription book service offering immediate, on-demand access to over 40,000 high-quality illustrated books and chapter books for children ages 12 and under. ... In a world of unlimited screen time, Epic is a smart and safe alternative to generic games and videos."

As always, stay safe and healthy and we hope you enjoy exploring Achieve 3000, Smarty Ants, and Epic with your child. If you have any questions, please feel free to call or email dawnliimatainen@

fdlrez.com or meredithmartin@fdlrez.com of course you can always contact your child's teacher as well.

Miigwech

Introduction to Restorative Practices at the Fond du Lac Ojibwe School

We would like to introduce you to Restorative Practices. For effective teaching and learning to take place, we believe there should be good relationships within the school. The aim of the restorative approach is to enhance community building, strengthen our relationships, and manage challenges by repairing harm due to conflict. We are working towards embedding restorative practices to support the core values of Mino-bimaadiziwin and the Seven Grandfather Teachings into our school culture.

Last spring our staff was introduced to school implementation restorative practices with other local school practitioners and really liked what they heard. This led to all of our staff participating in a school wide training this past August on how to implement Relationship Building Circles with K-12. Staff will conduct these circles Monday, Wednesday, and Friday, using the Check In, Check Up, and Check Out process. We will be collaborating with area schools and consultants to have staff trained in implementing Circles for Harm in October 2023. Later this year a group of students will participate in ambassador training by other student trainers. The next step will be to train staff in Restorative Conferencing mid-year. Many of our staff have used the restorative approach called a Restorative Chat the last couple of years. This is an opportunity to discuss a situation with the intent

of restoring the classroom back to a good learning environment. The conversation takes the form of six questions:

1. What happened?
2. What were you thinking at the time?
3. What were you feeling at the time? What are you feeling now?
4. Who has been impacted by this situation?
5. What needs to happen to make things right?
6. What support do you need? How can I assist?

Using these questions encourages all of us to accept responsibility and repair relationships.

This approach is being adopted across the whole school. Updates will be provided as we embed Restorative Practices into our school structure.

We are looking forward to these changes to learn and develop a better understanding of restorative practice's philosophy and tools and how they can support our school. For questions about Restorative Practices, please contact: Vicki Oberstar or Valerie Tanner at (218) 878-7242.

FDLOS Basketball Season Begins

Boys - We will be hosting tryouts the 20th, 21st, and 22nd for players this season. We will be having a parent/player meeting on Friday, November 10, 2023.

Girls - Parent/player meeting will be held on Monday, November 6, 2023. Practice will begin Monday, November 13, 2023.

Community News

Happy Birthday

Happy birthday big girl, **Nevaeh Fox** (Nov. 14)
Mommy loves you



Happy birthday to an amazing wife, mother, sister, and daughter **Emilee Heifner** (Nov. 24)
Love, Chris, Johnathan, and Bryce, and Mom, Dad, and the rest of the family

Thank you

Thank you to **S. Godfrey** from **Carla Houle** for getting me a N.I.C.O.A. t-shirt when we were at our conference in New Orleans.

Obituary

Fredrick Roy Reynolds Jr., “Baasash - One Who Flies Over”, passed away Friday, September 22, 2023, in his home. He was born August 19, 1962, the son of Fredrick Sr. and Julia (LaDuke) Reynolds.



Fred was a loving son, father, brother, uncle, grandpa, cousin, and friend. He was a great person to meet and was always willing to help anyone with anything, in any way that he could. He loved his family the most, especially his daughter, Agnes; sisters, Deb Malory and Rica Decoteau; brother, Dennis Reynolds; his common law wife, Julia Longfox; his nephews, especially Dewey; and auntie Angelique; nieces, and grandchildren. Fred gave all his love to us and loved his mom dearly. He will always be in our hearts and memories. Fly High Dad.

Fred was preceded in death by his parents; sister, Rosemary

Thundershield; brother, Duane Reynolds; and several nieces and nephews.

John “Bucky” “Skin” Francis Peacock

age 67, of Cloquet, died on Sunday, October 1, 2023. He was born on September 11, 1956, to Robert and Elizabeth (Morrissette) Peacock in Cloquet. John was a plumber by trade and worked with various companies throughout his life. He was a proud member of the Fond du Lac Band of Lake Superior Chipewewa and a veteran of the Marine Corps. He loved camping and fishing at the river and his trips to Las Vegas.

John was preceded in death by his parents; brothers, George and Emoron; and sisters, Patricia and Elizabeth “Bitsy.” He leaves behind his children, Dale Peacock, Tracy Peacock, and Amanda (Shawn) Peacock; siblings, Robert “Sonny” (Kathy) Peacock, Michael “Peanuts” Peacock, Thomas (Betsy) Peacock, Mary Peacock, Barb Peacock, Jim Peacock, Pam (Gerard) Sordelet, and Richard (Cheri) Peacock; grandchildren, Ramiro Pacheco and Isabella Peacock; and numerous nieces, nephews, and good friends.

FDL Employment Opportunities

Fond du Lac offers many great employment opportunities. The following are all the jobs currently open with closing dates in August, permanent postings, or open until filled positions. Please visit the FDL website for any new postings or more information.

Fdlrez.com/HR/employment.htm

Maintenance/Security, BCC, FT/



PT, Permanent
Custodial/Security, BCC, FT/PT, Permanent
Substitute Teacher, FDL Education, On Call/Sub, Permanent
Cook Helper, FDL Education, On Call/Sub, Permanent
Secretary/Receptionist, FDL Education, On Call/Sub, Permanent
Reading Buddies, FDL Education, On Call/Sub, Permanent
Instructional Assistant, FDL Education, On Call/Sub, Permanent
Custodian, FDL Education, On Call/Sub, Permanent
Convenience Store Clerk, FDLGG, PT/On Call/Temp, Permanent
Deli Clerk, FDLGG, PT, Permanent
Store Clerk, FDLGG, PT, Permanent
Convenience Store Gas Attendant, FDLGG, PT, Permanent
Cook Helper, FDL Head Start, FT, Permanent
Family Service Worker, FDL Head Start, FT, Permanent
Teacher, FDL Head Start, FT, Permanent
Teacher Assistant, FDL Head Start, FT, Permanent
Head Start Substitutes, FDL Head Start, On Call, Permanent
Skilled Laborer 2, FDL Housing, FT, Permanent
Skilled Laborer 1, FDL Housing, FT, Permanent
Maintenance Worker, FDL Housing, FT, Permanent
Custodian/Cleaner, FDL Housing, FT, Permanent
Mental Health Counselor, FDL Human Services, FT, Permanent
Patient Resource Specialist, MNAW, FT, Permanent
Patient Advocate, MNAW & CAIR, FT, Permanent
Prevention Intervention Specialist, Tagwii, FT, Permanent
Brainwave Optimization Trainer, MNAW, FT, Permanent
Mental Health Case Manager, MNAW & CAIR, FT, Permanent
SUD Lead Recovery Case Manager, FDL Human Services, FT,

Permanent
SUD Recovery Case Manager, FDL Human Services, FT, Permanent
SUD Secretary, FDL Human Services, FT, Permanent
Alcohol & Drug Counselor IV, FDL Human Services, FT, Permanent
Alcohol & Drug Counselor III, FDL Human Services, FT, Permanent
Alcohol & Drug Counselor II, FDL Human Services, FT, Permanent
Alcohol & Drug Counselor I, FDL Human Services, FT, Permanent
Secretary/Receptionist, MNAW & CAIR, FT, Permanent
Maintenance II, MNAW, Assisted Living, Supportive Housing, Tagwii, FT, Permanent
Maintenance I, MNAW, Assisted Living, Supportive Housing, Tagwii, FT, Permanent
SUD Treatment Aide, FDL Human Services, FT, Permanent
Registered Dental Assistant, MNAW, FT, Permanent
ENP Driver/Cook, BCC or SCC, FT, Permanent
SUD Treatment Technician, FDL Human Services, FT, Permanent
Nursing Assistant, FDL Assisted Living, FT/PT Permanent
Clinical Pharmacist, MNAW, CAIR & Mpls, On Call, Permanent
Pharmacy Technician, MNAW, CAIR & Mpls, On Call/Sub, Permanent
Health Care Assistant, MNAW, Assisted Living, Home Care, FT/PT, Permanent
Security Guard 1, FDL Law Enforcement, FT/Temp, Permanent
Security Guard 2, FDL Law Enforcement, FT/On Call/Temp, Permanent
Propane Customer Service Representative, FDL Propane Co., FT, Permanent
LP Delivery Driver, FDL Propane Co., FT/PT, Permanent
Operator/Laborer, FDL Public Works, FT, Permanent
Transfer Station Attendant, FDL Transfer Station, FT, Permanent
General Maintenance Worker I,

FDL Public Works, FT, Permanent
General Maintenance Worker II, FDL Public Works, FT, Permanent
Tribal Monitor/Field Crew Supervisor, FDLRM, FT/Temp/Seasonal, Permanent
Tribal Monitor/Field Crew Technician, FDLRM, FT/Temp/Seasonal, Permanent
Fleet Mechanic, Transit Garage, FT, Permanent
Transit Dispatcher, FDL Transit, FT/PT/On Call, Permanent
Transit Driver, FDL Transit, FT/PT/On Call, Permanent
Transportation Driver, FDL Transportation, FT/PT, Permanent
School Bus Driver, FDL Transportation, FT/PT/On Call, Permanent
Maintenance Worker, FDL Tribal Center, FT, Permanent
Custodian, FDL Tribal Center, FT, Permanent
Maintenance II, Mpls, FT, Permanent
Maintenance I, Mpls, FT, Permanent
Alcohol & Drug Counselor III, Mpls, FT, Permanent
Alcohol & Drug Counselor II, Mpls, FT, Permanent
Lead Recovery Case Manager, Mpls, FT, Permanent
SUD Department Secretary, Mpls, FT, Permanent
Clinical Pharmacist, Mpls, On Call/Sub, Permanent
Pharmacy Technician, Mpls, On Call/Sub, Permanent
Table Games Dealer/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled
Inventory Control Associate, BCCR, FT, Open Until Filled
Groundskeeper BCCR, FT, Open Until Filled
Table Games Supervisor/2nd Screen Pit Boss, BCCR, FT/PT, Open Until Filled
Sous Chef, BCCR, FT, Open Until Filled
Surveillance Operator II, BCCR, FT, Open Until Filled
Food & Beverage Supervisor,

Community News

BBCR, FT, Open Until Filled
 Slot Floor Person, BBCR, FT, Open Until Filled
 Cook I, BBCR, FT, Open Until Filled
 Engineer/Maintenance I, BBCR, FT/PT, Permanent
 Event Center Set-Up, BBCR, FT/PT, Permanent
 Surveillance Operator I, BBCR, FT/PT, Permanent
 Motel Room Attendant, BBCR, FT, Permanent
 Table Games Dealer, BBCR, PT, Permanent
 Hotel Maintenance Worker, BBCR, FT, Permanent
 Bartender, BBCR, PT, Permanent
 Slot Video Technician, BBCR, FT, Permanent
 Sage Deli Cook, BBCR, FT/PT, Permanent
 Front Desk Representative/Night Auditor, BBCR, FT, Permanent
 Vault Cashier, BBCR, FT/PT, Permanent
 Engineer/Maintenance HVAC, BBCR, FT, Permanent
 Call Center/PBX Operator, BBCR, FT/PT, Permanent
 Bingo Vendor/Floor Worker,

BBCR, PT, Permanent
 Custodial Associate, BBCR, FT, Permanent
 Drop Team Worker, BBCR, FT, Permanent
 Slot Attendant, BBCR, FT, Permanent
 Steward, BBCR, FT/PT, Permanent
 Buffet Wait Staff, BBCR, PT, Permanent
 Room Attendant / Housekeeper, BBCR, FT, Permanent
 Gift Shop Clerk, BBCR, FT, Permanent
 Security Guard/Dispatch, BBCR, FT, Permanent
 Buffet Runner, BBCR, FT/PT, Permanent
 Steakhouse Wait Staff, BBCR, FT/PT, Permanent
 Steakhouse Host/Hostess, BBCR, FT/PT, Permanent
 Buffet Host/Hostess, BBCR, FT/PT, Permanent
 Cook II, BBCR, FT, Permanent
 Players Club Representative, BBCR, FT/PT, Permanent
 Equipment Operator, BBCR Golf, FT, Permanent
 Groundskeeper, BBCR Golf, PT, Permanent

Triplex Operator, BBCR Golf, FT, Permanent
 Cart Attendant, BBCR Golf, PT, Permanent
 Youth Cart Attendant, BBCR Golf, PT, Permanent
 Concession Sales Representative, BBCR Golf, PT, Permanent
 Pro Shop Sales Representative, BBCR Golf, FT/PT, Permanent
 Ranger/Starter, BBCR Golf, FT, Permanent
 Maintenance Manager, Fond-du-Luth, FT, Aug. 13
 Security Guard/Dispatch, Fond-du-Luth, FT, Permanent
 Janitor, Fond-du-Luth, FT/PT, Permanent
 Clean Up Worker, Fond-du-Luth, FT/PT, Permanent
 Beverage Waitperson/Bartender, Fond-du-Luth, FT/PT, Permanent
 Cage Cashier, Fond-du-Luth, FT/PT, Permanent
 Players Club Representative, Fond-du-Luth, FT/PT, Permanent
 Slot Technician, Fond-du-Luth, FT/PT, Permanent



FOND DU LAC NATIVE AMERICAN SITES BUS TRIP

Visit: Mankato, MN - Blue Mound, White Buffalo Woman, & other Native stops.

Date: November 2nd, 2023

Deadline: October 26th at 12:00pm/Noon

- Over-nite Stay in **Mankato, MN**
- Bus will leave **Tribal Center at 8am**
- Enrolled Members can sign up, **bring your FDL Card.**

To sign up please call:

Shirley Godfrey (218) 409-2747

Mary Barrett (715) 409-0054

Catherine Follett (218) 349-7109

We will provide tobacco Ties - Dress Appropriately

Etc from page 10

2023 by the Board of Trustees of the Minnesota State Colleges and Universities, with approval from the Fond du Lac Tribal College Board of Directors. Hanson is the 5th president of FDLTCC.

“It is a great privilege to lead this special institution, not to mention working alongside our college’s dedicated and talented faculty, staff and administrators,” shared President Hanson, “These individuals on a daily basis, meet the college’s mission by educating and supporting the needs of the college’s diverse student body.”

Hanson continued, “I aspire to make FDLTCC a preferred institute of higher learning for Native

American and non-native students, and this goal will take the efforts of all who work here.”

To learn more about President Hanson, visit <https://fdltcc.edu/about-us/presidents-office/>.

LEGAL NOTICE – NOVEMBER 2023

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

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

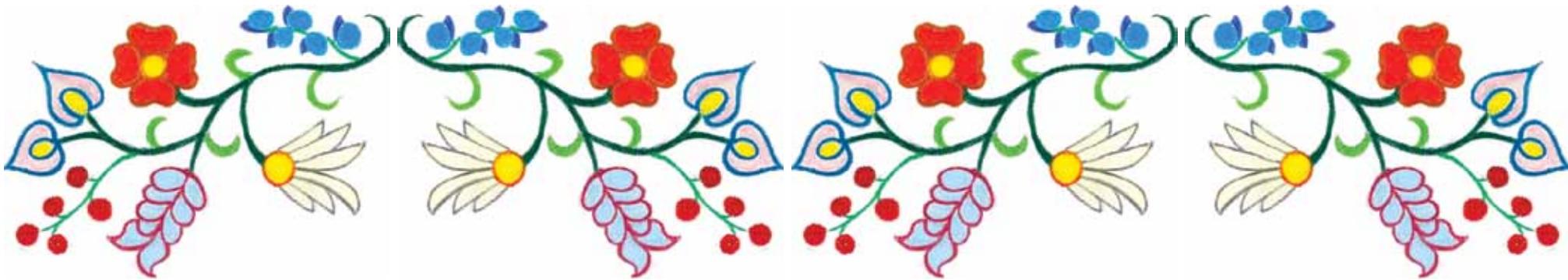
BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

CICHY, Gerard
 CICHY, Leslie
 DEFOE, Curtis
 DUFAULT, Lavonne
 FARRELL, Margo J.
 KIER, Tresa
 LABELLE, Gregory

LADUE, Michelle
 LAPRAIRIE, Robert
 LEGARDE, Ava
 LEGORE, Terri
 MARTIN, William
 MARZINSKE, Larry
 MOELLER, Jeffery
 NEWAGO, Dennis
 OWENS, Louise K.
 PETITE, Benjamin F.
 PETITE, Leonard Jr.
 SAVAGE, Mark
 SCURLOCK, Patricia
 SEPANSKI, Barbara
 SOULIER, Gary
 ST. GEORGE, Richard J.
 STRONG, Marilyn
 THOMPSON, Dennis Jr.
 TROTTERCHAUDE, Nicholas
 WAKANABO, Thea

The Community Sobriety Feast this month will be Wednesday, Nov 8, 5-8 p.m. at the Cloquet Community Center.

Come and enjoy a wonderful meal and socialize with members of your community.



Community Events

FOND DU LAC VETERANS' DINNER '23



BLACK BEAR CASINO & RESORT
OTTER CREEK EVENT CENTER



NOVEMBER 8TH,
TIME: 5 - 8PM

ALL VETERANS WELCOME!



Black Bear Casino Resort Celebrates Native American Heritage Month

Come help us celebrate Native American Heritage Month at Black Bear Casino Resort.

We are looking for Dancers, Royalty Dancers, and Vendors for both opening and closing ceremonies.

Opening Ceremony will happen Saturday, November 4th 2023 at 5:30pm just before Bear Grease performance.

Closing ceremony will be Saturday, November 25th 2023 before the performance of Brulé

All dancers can simply show up in the Otter Creek Event Center at or before 5:30pm in regalia ready to dance.

All vendors can call Richard R. Diver Sr. at (218) 878-2498 to sign up and gather further details. Space is limited so this will be on a first come first reserved basis.

