

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



Isaiah Kicknosway (left) teaching members of the community how to play lacrosse with traditional sticks.

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Local News

Alexandera Houchin wins Tour Divide, sets records

By Zachary N. Dunaiski

Just a year ago, Alexandera Houchin won the Tour Divide a year after her first attempt. This year, she set her goals a bit higher.

“I learned all these things kind of as it was unfolding but yeah, I was the first woman to ever win it two years in a row. I think two years ever, but especially back to back. It was pretty cool. I also set the record for the grand depart which is the big group leave,” Alexandera said about the bike race.

A year ago she had the time of 23 days, 3 hours, and 51 minutes, but it was in her mind all offseason that she wanted to do more than just best her own time.

“That was my goal all winter, to go in to the race this year and break the women’s single speed record which I did end up doing by more than a day.

But also I cut 5 days off of my own time,” Alexandera said, cutting her time down to an impressive 18 days, 20 hours, and 26 minutes. “Plus I had switched from my gear bike to a single speed bike, which is a lot more mentally challenging because if you can’t ride it you’re stuck walking it.”

Going into the winter, Alexandera knew that training would be a big part of her goal, but also knew that she didn’t just want to spend all her time on a bike. She did however, spend her training time on and near the Fond du Lac Reservation.

“I mostly don’t ride my bike for training purposes. I ride my bike for fun with my friends and I do some fat bike racing,” Alexandera said. She also does a lot of short races, in the 100 mile range but short by comparison, where she loads her bike up to make it heavier.

“But I mostly cross country

ski. The trails at Pine Valley are super awesome for classic skiing. I’ll go do the loop 2 or 3 times as fast as I can to get some good cardio and there is a bunch of hills over there. And if you cut off you can go onto the backside where it dips onto the Rez for another like 3 to 5K back in the woods.

“I ski a lot, I run too. I run in the snow and in the bad weather. And I just go to Anytime Fitness and do a bunch of interval training. This was the first year I did some weight lifting and I think it really paid off. I felt good, I felt strong.”

Alexandera’s winter training came in handy as the race goes from Alberta, Canada, down to the U.S./New Mexico border.

“A lot of times when you’d get to a mountain pass there would be a lot of snow to hike through, but it wasn’t the actual act of snowing during the event,” Alexandera said. “It

did actually snow in one place. I went out to this place that I always go to, Togwotee Lodge for breakfast and when I came out and there was like an inch of snow on my bike and it was like whiteout snow in the sky. I kept going, because I already took my break for breakfast and you can’t just like wait for the weather, so you just have to go.”

While the challenge of working through the snow has its own difficulties, the end wasn’t exactly easy either.

“You’d climb up really high and there would be a ton of snow at 10, 11 thousand feet, then you’d drop back down. It’s such a crazy race because you start so far up north and by the time you get to New Mexico its 110 degrees. So you feel both extremes,” Alexandera said.

After winning it back to back and setting the record, Alexandera thinks she’s come

up with the recipe for success.

“I always tell people that winter is for the mind, that’s what gives some of these Midwest/Great Lakes people an advantage out west, because there’s elevation and it’s hard to ride out in the mountains but I think we have extra training grounds. Enduring through winter here is not easy,” Alexandera said about getting ready for the Tour Divide.

For now she’s just happy to be home. She also said that she’s excited to get back to her workouts and work on being even better next year.

“I’m going to go back out and do it all over again next year. That just leaves winter training. I’m going to race again next year and I’m going to beat my time again next year,” Alexandera said of her goal for this offseason.

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.

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Local News

Traditional Lacrosse Game

By Zachary N. Dunaiski

On Aug. 28 the Brookston Community Center welcomed Isaiah Kicknosway, a man who has been brought all over the world by the game of lacrosse. He taught the kids and adults in attendance, a little about the history of lacrosse before they all went outside and practiced some of the skills of the game.

Isaiah began playing lacrosse when he was just 13 years old and now has an impressive resume under his belt, which includes a stint as a professional lacrosse player and was a 2014 gold medalist in Prague, Czech Republic.

But it wasn't until just earlier this year that his love of lacrosse deepened to the point of wanting to learn the history of the game he'd loved for so long. His research didn't really take off until he found the location of the oldest known lacrosse stick, originally from Red Lake, in an unlikely place.

"In 1823, an Italian came up the Mississippi looking for the headwaters. He made his way all the way up to Red Lake. And basically, he wasn't a people person from what I gathered. He had multiple Native guides, but they all kind of quit on him. He must have had a lot of money because he came back with a ton of stuff from his travels and took it all back to Italy. One of the things was this lacrosse

stick," Isaiah said during the PowerPoint presentation he gave the kids about the history of the game before they went outside to play the game.

"The kickstarter, for my little journey, was I contacted somebody from Red Lake and said do you guys know you have this stick over in a museum in Italy.

"Now I would like to share with you that as of June, they've started the process to get that stick repatriated back to them."

The lacrosse stick that was taken from the Red Lake area in 1823, which is currently in Guernsey, Ohio, has had the process started in early January to bring it back home.

But it wasn't just that stick, while in Wisconsin, he came across a man with another relic of the game.

"It was a weird experience because he said, 'I have these 100 year old sticks but I have no idea where they are, but maybe they'll come around' This was the first day I was there."

Then by chance, he ran into that same man on the last day before he left town.

"I just happened to be leaving a gas station and he happened to be there and he said 'hey, I found those sticks.' So that was the little story that he found these 100 year old sticks that were passed down from his uncle to him. I got to take these pictures. So we know that the Anishinaabe

style or Great Lakes style lacrosse is older than anyone here. It was played all over the Great Lakes by the Anishinaabe people."

Isaiah learned a lot of his information through his research through stories and artwork. He recommended a few pieces of literature he came across like *Why the Birds go South in the Winter* by Basil Johnston, *Thunder Bird and Fireflies*, and *Wakayabide*. He also referenced one of the first known publicized moments of the game, a drawing from artist George Catlin, before his story led back to the old stick.

"I wanted to find somebody who I could talk to who had living memories. I found a guy in Joe Rosso out in Bad River, and he kind of gave me the story of how he played when he was 13 years old against men. After that I was contacted to do a reenactment game outside of Detroit, and these things keep happening to me. Now I'm here in Minnesota, and I was in Manitoba a few weeks ago. All these things started happening and I think it's because I'm trying to bring the game back, but also because of that stick and trying to create the knowledge and get the memories back that all our ancestors used to play."

Afterward those in attendance learned about the traditional version of the game, even using the old smaller style sticks to play the game.



RBC Thoughts

Secretary/ Treasurer News

Boozhoo,

The Cultural Learning Center began construction the second week of September. The crews are going rapidly with placing the foundation and drilling under Big Lake Road for the water and sewer lines. The access road is also taking shape quite nicely. I am a little more confident with the schedule that was presented to us for construction deadlines, 200 days, now than I was before. Let's hope they stay ahead of schedule.

The Black Bear Golf Course was again the site for the annual Wisdom Steps Golf tournament. The tournament had 28 four person teams for a total of 112 golfers. The final dollar amount raised will be in excess of 12,000 after all bills are paid. This was a tremendous effort by the Wisdom Steps Board of Directors. They also provided a silent auction during the fundraiser. The weather was near perfect and the food was delicious. The golf course was in excellent condition and my team, made up of my wife Betty and our friends Bruce and Tawny Savage, had a great time and held up the rear for everyone else. We shot an 80 and the winners shot a 58. It was a good time for a great cause.



Ferdinand Martineau

The wild rice season has been quite poor on the Reservation again this year. We have had to expand our market area tremendously to try to restock our supplies. I have run out of rice in my office as have most of the other councilmen. We have stopped donating rice to other events until we see how well the crop ends up this year.

The crew working on HWY 23 is coming to an end. Almost all the dirt that was removed from the old cemetery site has been sifted and the remains and artifacts have been recovered. The Band and

MnDOT are working on a reclamation design now. Once we feel confident that all the remains we can recover are recovered and a site has been designated for the reburial is selected we will

provide a spiritual leader to do the ceremony. This has been a long process and I commend all of the workers that spent the time on-site doing a very delicate thorough job with the respect and dignity that was required to help put our relatives back where they belong.

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

The seasons are changing already, the gathering of wild rice has started. We are seeing the vehicles traveling with canoes and their long wood push poles. The lakes on our Reservation were poor for harvesting. Most of our ricers had to go to lakes off the Reservation to harvest, and most of those lakes produced a good yield.

It is also the beginning of another school year, I wish all students, young and old, good luck and wish you well in your studies. As a reminder, if you are a Band member and are perusing a higher education



Wally Dupuis

degree or certificate, please speak with Shelly or Veronica in our scholarship office, as they would be glad to assist you with FDL scholarship options that you may qualify for.

During the month, our Reservation was recognized by the Cloquet School Board and the Cloquet City Council. We had a flag installation ceremony at both venues. Our FDL flag will now be displayed beside the U.S. Flag and the city flag at each of these facilities. A drum and song were offered prior to the installation of the flags, and our own Honor Guard placed them. Charles Smith then offered prayer in our language to top the ceremony off. The presentation of the flag is quite an honor for both

of the establishments, as well as for the FDL Band. It shows that we are here in the communities, and we are here to stay. We are now officially recognized by these government agencies. Thank you to Cloquet City officials, Charlie Smith, the Honor Guard, and Drum Group.

Just an update on the new cultural center. The site has been leveled and the dirt has been moved. I was informed that they will be pouring concrete for the footing soon. Despite the weather they are moving along nicely.

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

Voter list will include voting district information

During every election, the Band provides candidates with a list of Band members who have agreed to share their addresses with candidates. Band members consent to have their addresses on the list through their annual per capita distribution personal data form. Candidates are able to use the list to distribute campaign information.

Recently, the Reservation Business Committee has received requests to include voting district information with the list. This would allow candidates for district representative positions to target voters in their district when

they send campaign information to voters in their district.

In order to accommodate these requests, the 2020 Per Capita Distribution Personal Data Form will request information about your voting district. If you agree to be included on candidate mailings, you will also be asked to provide your voting district.

The voting district information will be based entirely on self-reporting. If you never provide a voting district, no voting district information will be provided for you on the list that candidates receive. If you provide voting district information, we will continue to list that voting district on

the list in future years until we receive an updated personal data form. Although you can update your address information with the Band at any point during the year, this will not update your voting district information. The only opportunity to change your voting district will be when you submit the annual personal data form.

The 2020 Per Capita Distribution Personal Data Forms are scheduled to be mailed on October 15, 2019. The Band expects to provide the voting district information to candidates in the 2020 regular election.

RBC Thoughts

Sawyer News

Boozhoo,

September has been a very busy month. Schools are in full swing, sports have started up, its nice to see athletes conditioning around the community. The Fall Festival sponsored by Resource Management departments was a great success. There is a list of dates for tour of local farmers' markets through October please check the fdlrez.com main page for information about this.

The RBC attended Naloxone and CPR training, this training is available to any community members. This training is bringing education about the opioid epidemic and skills on how to save a life if an overdose is happening.

This month, the RBC met with the Environmental and Resource Manage-

ment staff on the Big Lake Sanitary District issues. One of the issues, is affordable housing in our own community, this was an area of discussion.

Lastly, I would like to give a big thank you to the wild rice harvesters and the staff at the Sawyer Center for allowing



Bruce Savage

the community to enjoy the gift of mannoomin. Although our lakes within the Reservation had a

low yield, there were other lakes in the region that provided our community with the gift of why we are here.

Miigwetch,

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Brookston News

Boozhoo,

I would first like to thank the Fond du Lac Police Department for three awesome community cookouts in all three districts. They finished the last two up in Brookston and Sawyer Districts and had fantastic turnouts in all three. I can't wait until next year.

Fond du Lac had two flag presentations for installing our Tribal Flag at Cloquet School Board and Cloquet City Council Chambers. The School Board will have the FDL flag displayed at all functions such as board meetings and graduation.

I recently attended a Brevator Township Board meeting to discuss with them having a National Polling site at the Brookston Center. For those that are not familiar with the issue, Brevator Township is divided into an east and west side as the St. Louis River runs through the township. The main polling site is on the east side and Band members and community members would have to drive several miles to get to

the polling site. I spoke on the issues of disenfranchisement of the Native vote and the barriers that are put into place that prevents Band members from exercising their right to vote. I will continue to work with the Secretary of State's Office and the Township Board on this issue as they have to declare by December 31, 2019 of the polling sites.



Roger M. Smith Sr

I recently attended as an appointed member the very first meeting of the "Missing and Murdered Indigenous Women Task Force." I believe I had mentioned this in a previous article. This MN Bill was first introduced 2 years ago by Minnesota House Representative

Mary Kunesh-Podein (Standing Rock Sioux). Minnesota Governor Tim Walz and Lt. Governor Peggy Flanagan (White Earth) spoke and the Governor signed the Bill to make it an Act. I am very honored to be a member of this Task Force as I and my wife have been very active in working with the issue of sex trafficking and working towards addressing these issues in and around Fond du Lac. If you have been into my office, I have a picture that is represent-

ing the Missing and Murdered Women and if you have been by my driveway you will see a red dress that my wife, Vickie and I hung up to bring attention to the issue. I have seen a few others in the neighborhood that have also hung up a red dress. I will keep you updated as we move forward with the Task Force.

I had also attended an update on funding for Tribes that was held by Congresswoman Betty McCollum. She had explained what was presented and passed in the House and asked for support for lobbying efforts for the Senate to also pass their version. She had specifically mentioned the water issue in Brookston District and the important need for additional funding to resolve this matter. As you can see that in order to address some of the District and/or Band issues that some of the assistance we request goes much higher in the Government and we need to keep lobbying for that assistance. Miigwetch!

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More Local

Powwow royalty

By Zachary N. Dunaiski

Fond du Lac has officially had Powwow royalty and a full royalty court since 2017.

Currently, the six members of the Powwow royalty are Cheyenne “Peanut” Olson, Creedence Diver, Rowyn Dupuis, Cruz Whitebird, Ken Fox III, and Alex Skinaway Jr.

Being part of the Powwow royalty obviously involves a great deal of dancing and traveling, but it’s about more than that.

Members of the royalty are role models for those in the community, and those hoping to be part of the royalty someday.

They must be exemplary students and have good attendance.

Here’s a little bit about some of the royalty members.

Cheyenne “Peanut” Olson

Cheyenne “Peanut” Olson is an 8th grader at the Cloquet middle school, who



is the Senior Ms. Fond du Lac. This is her fourth time as part of the Powwow Royalty, spending 2 years with Fond du Lac’s Royalty and 2 times on the Cloquet Powwow Royalty.

Peanut carries herself to be a role model; she doesn’t smoke, drink, or fight. She volunteers, and is very active in the community.

“We compete against each other and they have judges and the judges will vote for you, and they look at your grades and your attendance and your behavior. It’s more than just the actual dancing,” Peanut said about how she got involved with the Powwow royalty. This year she didn’t have to compete against anyone, but has competed for the position in the past.

“Ever since I could walk,” Peanut said when asked how long she’s been dancing at Powwows. “My grandma made my first dress and that’s when I started dancing. And ever since then I’ve been dancing.” Currently Peanut’s auntie is working on a dress for her. She’s had at least 9 different powwow dresses in her life.

“My grandma got me interested in dancing. The first pictures I’ve seen of me dancing I think was in head start,” Peanut said, and she started so young that she doesn’t remember learning it.

“Yeah, we went to a ceremony that’s called Big Drum. I’ve just been watching the older ladies when I was there and I’ve just kind of learned it by watching. So that’s pretty much how I dance today,” Peanut said about improving her

dance skills.

“It’s just going around and traveling all over Minnesota and Wisconsin,” Peanut said about her favorite part of being a member of the Powwow royalty. “This year we went to the Denver March Powwow in Colorado. It’s just getting the experience of other Powwows and that. We’re gone just about every weekend, so we’ve already been at a lot of Powwows.” Peanut said about all they’ve done since being named royalty in July, at the Veteran’s Powwow.

“I like playing volleyball and I like to swim, just mainly those two I guess,” Peanut said were a few of her other hobbies. Peanut also made the honor roll last semester and says that she really likes school with math being probably her favorite subject.

Last fall Peanut was also named the MVP and Most Improved player for FDL’s volleyball team.

Creedence Diver

Creedence Diver is a 2nd grader who is Junior Ms. Fond du Lac. This is her second year as part of the Powwow royalty.

“Yeah, my mom made me,” Creedence said with a smile about how she got involved with the Powwow royalty.



“Since I was one,” Creedence said about when she first learned to dance, and has become quite the dancer in her six years of dancing.

“My mom,” is who Creedence credited for her dancing skills, stating that her mom’s interest was key to getting her interested in dancing.

“Yep, she’s danced at Powwows before,” Creedence talked about how she was able to learn from her mother.

“My favorite part is that I get to dance with Peanut and going to different Powwows,” Creedence said about why she’s so excited to be part of the royalty.

“Go camping. When I go camping I like having smores,” Creedence said were some of her other hobbies outside of dancing at Powwows.

But my favorite part had to be the response from most young kids about school. I knew that being part of the Powwow royalty meant that you had to be a good student, so I asked her if she liked it.

“No, I don’t like school,” Creedence said, but when I asked her if she’s a good student she replied. “I’m a good student.”

Cruz Marcell Whitebird

Cruz Whitebird, is a 6th grader who is Oshki Ogichidaa.

“I became interested



when I saw the Royalty competition a couple of years ago. I was kind of nervous about competing and I didn’t know there weren’t other kids signed up for my category until the night of the Powwow,” Cruz said about becoming interested in the Powwow royalty. Cruz has had his eye on the position, including in 2018 when he was okay with being put on the royalty without having to compete.

“In 2019, I was asked to carry the title again. I was honored, but I knew the summer would be all Powwows. I like traveling to Powwows and representing, but 2 years in a row is a lot of commitment. So I am sure hoping someone will sign up for next year,” Cruz said.

“Since I could walk,” Cruz said about how long he’s been dancing. I began to see a pattern in these talented kids who also said it was his mom who got him interested in dancing.

“She would always listen to Powwow music so I learned the songs. Then she made my regalia and sent me out in the circle,” Cruz said about his mom getting him interested in dancing.

Cruz is a very outgoing person, stating that he likes being in the spotlight.

“I like introducing myself. I like the excitement leading up to being handed the microphone, knowing that I am representing my entire Reservation. That is a proud feeling I am honored to have,” Cruz

continued on next page

More Local

from previous page

said about his favorite part.

“I see younger kids watching and I know they are interested in what we are doing. They can see we are being recognized, and I hope that makes them want to become royalty for their schools and Reservations too.”

Much like the rest of the royalty, being in that spot has made Cruz focus on being the best role model he can be.

“Being a representative has made me do even better in school, because I know I am representing the youth. It also

made me become less shy. We serve Elders at dinner break at Powwows, so I meet a lot of nice people,” Cruz said.

“One Powwow memory that will stay with me is walking out into the arena with so many other representatives from across the country and even Canada. This was at the Denver March in Colorado. We were with Miss Indian World and other royalty. There were just a few “Braves” (The emcees didn’t know the Ojibwe term Oshki Ogichidaa, so my mom had me write “young warrior” instead) and about a

hundred princesses. It made me feel proud. We earned that trip by having taco sales and chili sales, and a Valentine-gram sale too. The RBC helped us to get the rest of the way out there. Miigwech to all of them,” Cruz said about a specific memory that was his favorite.

“I like bike riding, playing video games, watching YouTube videos, drawing, and fishing,” Cruz said about what he likes to do when he’s not attending Powwows.

“My biggest hope for my Reservation and for my country,

is that the drug problem goes away. It’s killing too many people way too young,” Cruz said.

“I want to thank FDL and all of the Band members for letting me represent,” Cruz added about being a member of the Powwow royalty. “I hope there is another young ogichidaa to take this over next year, because I like it but I want to go fishing!”

The final three spots are held by Ken Fox III, Rowan Dupuis and Alex Skinaway Jr. Ken Fox III had a busy beginning to the school year, but I’m hoping

to be able to interview him as well as the parents of the other two members who are too young to answer questions for the paper, but I hope to cover their stories soon as their age doesn’t make their positions any less important.

Congratulations to all of the Royalty. You are an inspiration to others who hope to one day be part of the Powwow Royalty Court in the future.

Black Bear Casino Resort Voted Best Casino in 2019 Best of the Best Northland’s People’s Choice Awards

Black Bear Casino Resort was presented with the Best Casino Award. We want to thank everyone that took the time to vote for us for the Northland’s Best Casino.

We will strive to make Black Bear Casino Resort your place for everything in the years to come!



Elder’s concern group

The Elder’s concern group meets Wednesdays in the Cloquet Community Center’s ENP. They were pictured here, with a couple of regulars missing, and would like Elders to know that they are always looking for more people to come to their meetings.



More Local

Lost Forester race

On Monday Sept 2, Labor Day, the Lost Forester race took place on FDL land and in Pine Valley Recreation Area. Six FDL members participated, Nashay Howes, Alicia Kozlowksi, Melissa Walls, Sarah Agaton Howes, Miranda Pacheco, and Michelle Defoe.

The Lost Forester is a long race, just over 8 miles. Approximately 5.5 miles follow the ribbon trail of the Lost Forester up and down the hills of Pine Valley and through the woods and swamps of the Otter Creek area within FDL Reservation. The remaining miles are determined by the runners themselves who have to read a map and find their way back to the start.

The purpose of the run is to give runners, both locally and from out of town, the choice of a 5.5K and 11k trail run in Pine Valley and a challenging run through the woods that is about eight miles. It is also a fund raiser for the Blue House Orphanage in Kazo, Uganda.



More Local

Restoring Wisconsin Point

On Sept. 20, Fond du Lac Chairman Kevin Dupuis Sr. as well as others from the area, gathered on Wisconsin Point to celebrate.

The celebration was for the completion of a project to restore 150 acres of coastal habitat along Lake Superior. The land along Wisconsin Point that was restored is 85,000 square feet of coastal habitat as well as 85 acres of forest.

“This whole area is Ojibwe country and to take a look at what we have in front of us, as a group or a joint venture to take hold of, and say we want to restore this back to its natural state — you can’t beat that,” Kevin Dupuis Sr., Fond du Lac

Chairman, said during the celebration.

This land holds great historical significance to the Fond du Lac Band, as well as many others who live in the area, so its well-being is crucial to the area. Dupuis also mentioned that he would like to see an interpretive center be built to teach visitors all about the history of Wisconsin Point.

This project brought Tribal and state partners together to work to restore Wisconsin Point for over three years. The biggest piece of the project was to remove invasive species and stabilize the shoreline. The work had become quite urgent over the years as people using

it had caused the area to degrade, straining the sensitive dune and forest ecosystems.

Others spoke at the event as well, including Superior Mayor Jim Paine.

“For years, we weren’t as good a steward as we should have been for this very sacred place,” said Paine. “We’ve been able to come together and preserve and restore this place, not just for ourselves and for our visitors, but for generations to come.”

The money for this project, \$1.5 million, came in the form of a grant from the Great Lakes Restoration Initiative through the Wisconsin Coastal Management program.



FDL files lawsuit against the EPA and Army Corps

On Tuesday, September 10, 2019, the Fond du Lac Band of Lake Superior Chippewa (Band) filed a lawsuit in Minnesota Federal District Court against the U.S. Environmental Protection Agency (EPA) and U.S. Army Corps of Engineers (Army Corps). The lawsuit is significant to the Band because the proposed PolyMet Mine will be located in the Band’s Ceded Territory where the Band retains Treaty rights to hunt, fish, and gather and is 70 miles directly upstream from the Band’s Reservation.

For over a decade, the Band has been involved in evaluating and commenting on the proposed PolyMet Mine to ensure the Mine’s permits are protective of Minnesota’s natural resources, including the Band’s waters and Treaty resources. The Band also has treatment as a state status under the Clean Water Act (CWA), which means that the Band, as the regulator of water quality within the Fond du Lac Reservation, has the same rights as States under the CWA. As such, the Band has the right to ensure that the PolyMet Mine will not violate

the Band’s downstream water quality standards, which in the case of the pollutant mercury, is stricter than Minnesota’s water quality. The EPA and Army Corps ignored the Band’s multiple requests for notice and a public hearing pursuant to Section 401 of the CWA to ensure that the PolyMet Mine’s discharges would not violate the Band’s downstream water quality standards. The EPA and Army Corps did not even respond to the Band’s requests and expert analysis supporting the Band’s conclusion that the PolyMet Mine will violate the

Band’s water quality standards. EPA failed to uphold its oversight responsibility to ensure that the State water quality permit and Army Corps’ wetlands permit complied with the CWA, including ensuring that the permits were protective of the Band’s downstream water quality standards.

The St. Louis River within the Fond du Lac Reservation already exceeds the Band’s water quality standard for mercury and has required health advisories to limit fish consumption based on mercury contamination in fish that the

Band’s members rely on for subsistence and cultural practices. The PolyMet Mine will also be a source of pollution in the headwaters of the St. Louis River for at least the next 200 years, if not in perpetuity. Fond du Lac Chairman Kevin Dupuis stated that “the Band is not against mining but wants to ensure that any new mining operation in Minnesota complies with the law and is protective of the environment, not only for the Band and its members, but for all Minnesotans.”

School News

Principal

Boozhoo Fond du Lac Ojibwe School community. The beginning of our 2019-2020 school year is off to a great start. This year we have a “No Cell Phone” policy, and the results of that policy are already benefiting our students.

Last year, we spoke with a student group, our Parent Advisory Group, and looked at neighboring school’s policies. The student group consisted of high school students who used their phone consistently in school and others who did not use their phone at all. With their input, the Fond du Lac School Board and the Reservation Business Committee approved the No Cell Phone policy. This means no cell phones should be used during the school day. This includes the use of headphones or earbuds as well. I would like to say Miigwech to the families and community who support the policy.

The staff and students at the Fond du Lac Ojibwe School would like to welcome new staff to the school. The new teachers include Cassandra Schick who works in Special Education and works with our middle school. Francois Medion, a master gardener has also been hired to work with our students (in the past years, he has worked with our students in the summer program). Emily Two-Stars is also working with students as a Student Mentor, and Lindsey Bruce is a newly hired social worker. Hailey Martin and Terace Diver work in the elementary as instructional aids. We are excited to have them at the school working with our students.

Just a reminder, Parent/Family/Teacher Conferences will be hosted on Oct. 3 and 4. We will also be hosting the Pokey Jaris Paro Powwow on Oct. 18, 2019. We hope to see you at these events! You are also welcome to visit our classrooms at any time. Miigwech, Valerie Tanner, K-12 Building Principal.

Superintendent

Jennifer Murray
Aaniin/Boozhoo nindawemaganidok,

Fond du Lac Ojibwe School Mission Statement The Ojibwe Schools are dedicated to providing a quality education, which focuses on integrating the Ojibwe culture into all students’ learning experiences. Every learner will have the opportunity to be challenged, to succeed, and to be prepared for the future. Parents, staff, community, and students will demonstrate the highest level of expectations for themselves and the school.

Aaniin/Boozhoo nindawemaganidok, Biindigedaa nagaajiwanaang gikinoo’ amaade wigamig (Welcome back to school!) I hope that you had a relaxed and fun-filled summer. I’m looking forward to another exciting and successful school year. I understand how important it is to be confident that your child/children are not only actively learning, but are also happy and safe. Our staff is committed to helping every student succeed in school. We can assure you that as a team at FDLOS, we will do everything we can to provide a safe, happy, and nurturing environment to make sure your child’s year is a memorable one. This year again, FDLOS staff have put in countless hours preparing curriculum, attending professional development trainings, and preparing the school for our students.

One of the primary focuses of our schoolwide professional development is to help support how we work with our students. With that being said, we hired a Wellness Coordinator, Dan DuPay. Dan will be gathering and assessing data all of which will drive our goal to improve the overall wellness for students and staff. Welcome aboard Dan!

All of our students come to us with their special gifts and with countless challenging experiences of their young lives. So, another significant part of our staff professional development focuses on how all FDLOS build positive, meaningful and nurturing relationships with students. We believe in building the highest expectations of how students will behave and even more importantly, how staff will behave in our school to make our school a safe home for everyone. I want so say Chi-Miigwech

staff for your dedication to our students, school and community.

Another addition to our loving structures, this year we have implemented a Therapy Room for students that have challenges in the classroom. We are changing our mindset on how we turnaround behavior challenges. The Therapy Room will help teach students strategies and skills on how to be successful in the classroom.

To coincide with the Therapy Room, we have also added a Turnaround Room where students can take a few minutes to calm themselves and work with one or more of our highly trained Turnaround staff. The goal is to get students back to class as soon as possible. We want our children to know, NI-ZHAWENIMANAN (WE love/care no matter what). Every student needs a caring adult to listen to them and support them in a loving/caring way. One of our professional development trainers, Ricky White, explained this process really well.

“We must have the intentional mindset of providing nurturing and supporting pathways to teach our students to be good people in the Anishinaabe ways of life balanced with those of the Americanized society that we all live in. This takes a tremendous amount of patience, empathy and compassion from staff because in teaching our students, it will likely take more than one time and likely in a variety of strategies to connect and sink in. Mino-Bimaadiziwin: Living a good way of life together,” Rick said.

Lastly, we strive to work in an atmosphere of cooperation and collaboration to provide meaningful learning opportunities and supporting student achievement and well-being. We want to extend what we do here at school and work with our students and families at home. Our student’s success relies on a supportive and loving community. I would like to say chi miigwech to everyone that supports our students.

I am looking forward to another fun and exciting school year. I am honored to work for our children and community. Miigwech!

*Giigaawaabamin naagaj’ Superintendent,
Jennifer Murray (Johnson)*

School News

Grants/Accountability Ojibwe School logo revisited

We would like to introduce the new/old Fond du Lac Ojibwe School logo. The old logo was drawn in the mid-1980s by Ojibwe School student Jason Bongo. In order to use the logo for a wider variety of purposes (for example, large posters and smaller embroidered items for school promotional items); it needed a redesign or update. Fond du Lac artist Sarah Agaton Howes agreed to accept the challenge. Sarah recently commented:

“When the school asked me to work on the logo, I really wanted to preserve the existing design. There are so many folks with associations to this design, and

my job was just to digitize and clean up what was a great piece of art. Jason Bongo, who created it, has since passed away and we wanted to honor his memory. I love to bring together cultural art with contemporary design. This confluence is who we are as Anishinaabeg and I love this kind of work.”

We plan to use the new logo (as well as the original logo from time to time) on the Ojibwe School’s new website, letterhead, promotional items, and school publicity.

For more information about Agaton Howes’ work, please check her website houseofhowes.com



Past



Present

Special Education Coordinator

Welcome back students and families!

Boozhoo – My name is Sharon Belanger and I am the Special Education and Gifted/Talented Coordinator for the Fond du Lac Ojibwe School. I have had the pleasure of working at the Fond du Lac Ojibwe School since 1994. I have served as the 8th grade teacher, middle school science teacher, and as a special education teacher before becoming the Special Education Coordinator. I became the Gifted and Talented Coordinator a few years later. I have been married to my

wonderful husband for 36 years. We have 4 sons; the youngest of them is a senior here at the Ojibwe School. We also have two dogs, a rabbit, and 8 chickens. I am looking forward to another exciting and fun filled year at the Fond du Lac Ojibwe School.

Special Education

Boozhoo! My name is Cassandra “Cassie” Schick. I am the new Emotional Behavioral Disabilities Special Education teacher. Born and raised in Duluth, and now residing in Superior, I am excited to be a part of the Fond du Lac Ojibwe School Community. Before teaching

at FDLOS I taught in Duluth Public Schools and Superior School District. I’ve been a Special Education teacher for almost 4 years, along with having subbed for both of my previous school districts.

So I am a newer teacher, but am always looking for new ways to learn and grow to be a better mentor/teacher for my students. I am a proud dog mom to one of the sassiest girls you’ll ever meet, but there is never a dull moment with her; a lover of Lake Superior, and of hidden trails in the woods. So I may be outside hiding in plain sight (and avoiding cleaning the house). I look forward to getting to work here at FDLOS, and getting to know the

amazing children, staff, and community surrounding this beautiful school.

2nd Grade

Welcome back to school and welcome to second grade. I am looking forward to fun-filled year of learning as I start my 25th year of teaching at the Fond du Lac Ojibwe School. Second grade is the year where students continue their journey to becoming successful life-long readers. Listed below are ways to encourage reading at home...

- Read to and with your child
- Let your child see you reading
- Set aside a time and place for

your child to read

- Visit your local public library
- Help your child find appropriate electronic word & reading games
- Encourage your child to write.

Wishing all of our FDL families and students a wonderful school year! Miigwech ~ Mrs. Martin

5th Grade

Welcome to 5th Grade! Ms. Dawn, Miss Ashley, and Mrs. Benson are excited to be working with a new group of students this year! We have already gotten off to a great start. Students have been

continued on page 14

School News

School facility improvements this past summer include:

- Ojibwe School garage and FACE roof shingles replaced and gutters installed
 - Gym floor refinished
 - Loading dock extended
 - New bleachers installed
 - Tile replace in corridors, offices, and classrooms
 - Fluorescent lights replaced with LEDs throughout the building
 - Fence installed around propane tank at concessions building
 - Elevator security access
 - Two-way communication from second floor areas of refuge to school lobby
 - Window replacement in FACE buildings.
- Looking forward to 2020, all fluorescent lighting will be replaced with LED lights for increased energy savings. Security cameras will be replaced with a new digital video system and increased coverage for the school grounds and out buildings



Bleacher Cover



Hallway Flooring to the gym



Expanded Maintenance Dock



Home Economics Room Flooring



Refinished gym floor



New bleachers

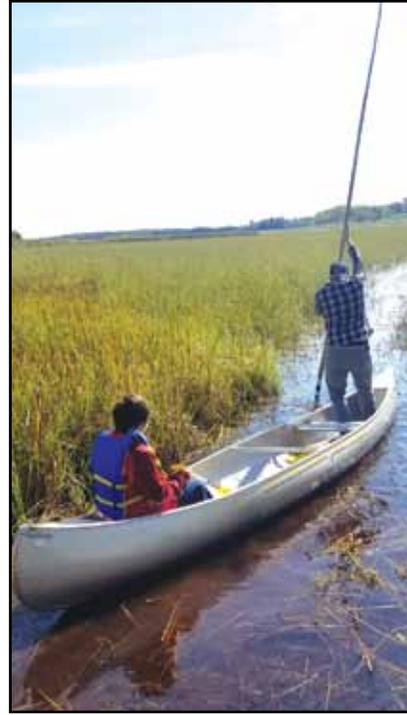
School News

Cultural Coordinator

It is back to school and the start of ricing season. Grades 7 through 12 took a bus trip to Kettle Lake and Dead Fish on Sept. 5. The plan was to bring the canoes and do a little ricing but because of the rainy day we just went to check things out and talk about the lakes.

It took us a little longer than we would have liked to get out ricing this year. A few students from the Fond du Lac Ojibwe School got to go out to Kettle Lake and gather some rice. It has been a good start to the new school year! We have been working on the Pokey Paro Powwow which will be here at the Ojibwe School gym on Oct. 18 at 1 p.m. the feast will be at 5 p.m.

Tara Dupuis, Nenaabowigiizhikowe,
Cultural Curriculum Coordinator,
(218) 878-7224



School News

actively engaging in helping our classroom and their classmates be successful.

In addition to our new teacher, Mrs. Benson, we also have a new class pet. Sparky Jo Johnson Jr. is a baby bearded dragon and the 5th graders have been researching how to care for and provide her with a long life.

Along with researching bearded dragons, in reading, 5th graders have been learning about sentence structure, different types of sentences, and reading a variety of different books and articles. We have been focusing on using sequencing words to describe what is happening in a story.

I am excited to say that every 5th grader passed their first reading quiz in our Wonders reading curriculum! In Math we have been working on place value and decimals. We will continue to work on decimals throughout this quarter. Our Science unit will involve looking at plant and animal cells under a microscope and describing some differences.

We are looking forward to an exciting year and enjoying the time we get to spend with our students.

Miigwech Ms. Dawn Liimatainen

Wellness Coordinator

Boozhoo! My name is Dan DuPay; I am the Wellness Coordinator at the Fond du Lac Ojibwe School and

couldn't be more excited for the opportunities to work with our students, staff, and community! Having been a classroom teacher, athletic coach, and Mental Health Practitioner, this new position has perfectly blended the areas of teaching/coaching with the mental health component in a way that just makes sense for our entire school and community. Since starting here at the school, both students and staff have been extraordinarily welcoming, open, understanding, and willing to learn and incorporate opportunities for providing mental health services and well-being into the school.

As the Wellness Coordinator, it is my job to monitor, assess, create, and implement strategies for both the students and staff for an improved atmosphere of school wellness. When you visit me in the school, you may see me walking the halls, checking in with students and staff, or in my office which is #1021. In any case, stop me with a smile and let's visit! I look forward to meeting with anyone interested in learning more about how Mental Health Services benefit our school, community, and affect our overall wellness. Miigwech for having me! In Good Way, Mr. Dan

CYFAR/Master Gardner

Stardust, I'm a guest on Anishinaabe land, a guest in

this country – a guest on this Earth.

On Gichi Gumi shores – deep in the shallows – non-conforming

My name is François (fran-swa) Médion. I was born and raised on a small, dairy family farm located on the southern Atlantic coast of France, also producing Cognac. Today I live in Duluth, Minnesota with my wife Roxanne; two of our grandchildren, Meera, 13 and Reign, 4; our black and white Manx cat, BA-she; and a ginormous, still nameless, red maple tree, shading our almost vertical backyard. On one of those huge tree limbs hangs the wildest swing in town!

I moved to the United States in 1983 at the invitation of a theater company for whom I performed. I stayed in Manhattan, New York, for 10 years making a living in the restaurant industry where I was given the chance to work alongside some of the most talented and celebrated chefs of that time. My free time there was spent in a great part fundraising for the organization Greenpeace and enjoying “The Big Apple” city life.

In 1993, I moved to Minneapolis where I spent 10 years, becoming alternatively a professional artisan bread baker, professional gardener, and the manager of a collective art and performance space. With my free time there, I fell in love with Minnesota's diverse cultures and amazing outdoors, slowly building

an “expertise” in wild foods and developing relations across cultures and fields of knowledge.

I moved to the Duluth area in 2001 to be closer to the outdoors and the friends I had made there. I went back to school and obtained an AS in environmental science at the Fond du Lac Tribal and Community College and I have a still pending BS in Botany, from UWS.

For the last ten years, I was Farm Manager at the Duluth Grill Company, designing, building, and putting into production an edible and educational urban outdoor landscape for their 4 restaurants. During that same period, I was one of the coordinators for the Ojibwe School summer program Babaamaadiziwin Gitigaan, helping develop and put into practice the life-skills curriculum focused on healthy foods and entrepreneurship from an Ojibwe/French perspective.

Check and Connect Mentor

Hi my name is Emily Two Stars.

I am a mother of four boys who are my world. Their names are Maysen, Jace, Kayden, and Brayden, they are 9, 7, 5 and 18 months old. They go to the Ojibwe school where I currently work now, except the 18 month old who goes to FDL Head

Start. I went to this school too when I was younger and I liked how the staff and people treated me. When I was a student here I went to many different places like New Mexico for the science fair and it was awesome because I had never been away from my home town. I also loved to play volleyball and basketball here because I got to know new people and made new friendships. I really liked how the school was so cultured and I would wear my jingle dress and dance at the Powwows that they had here. I was also princess here twice and loved it. I also loved the drum and to dance at Powwows hosted at the school during the school year. I graduated in 2008 and enjoyed my time here. I went on to Fond du Lac Tribal and Community College and started to work on my degree. While at FDLTCC I was able to attend the all Native American conference and got to be on a team and played hand games. I should tell you a little about what hand games are, they're old Native American games with a drum, music, and dance. They're super fun once you get what you're doing. It was an awesome experience. So that's a little about my life.

I would like to tell you about what I do at the Ojibwe school. First, I will tell you I am a new staff member here and this will be my first time being an employee in the Ojibwe school. I am a mentor for the

School News

high school and work with high school students and I talk to them if they want to talk to me. My goal is to help them stay in school and come to school. For right now I am just sitting in classrooms in the high school area and answering some turn arounds when teachers ask me to. I will take students for a walk to talk about how they feel and if there's anything I can do to help them.

I like my job. I love getting to know these students on a one-on-one basis and it feels good that I can be someone that these high school students can talk to. Thank you.



Attendance Advocates

Did you know that at least one out of every ten students in the United States misses ten percent of the school year? That's the point when absences—excused or unexcused—start to add up to academic trouble. These attendance gaps lead to achievement gaps. Starting in kindergarten, chronic absence leads to 3rd graders unable to read well. By 6th grade, it's a warning sign that students will fail classes or even drop out of high school. This September let's all work together to make sure all kids attend today so they can achieve tomorrow. Attendanceworks.org

Guidance Counselor

Welcome back to school: Students are getting back into the routine of school. Upcoming activities in October will be the continuation of our strength coaching we are doing with students to learn what strengths they have and how to use those strengths.

In addition, the Science Museum is having a table at the Pokey Jaris Paro Powwow with some fun activities for students and parents. November will be the opportunity for students in grades 10-12 to take the Armed Services Vocational Aptitude Battery or commonly known as the ASVAB on Nov. 7 at 9 a.m. This is an excellent career aptitude assessment and academic assessment for students. We will also offer the ACCUPLACER in November for students in grades 10-12. Other exciting news, upperclassmen will have the opportunity to participate in a work based learning program in partnership Human Resources and the various divisions of Fond du Lac. Welcome back, Vicki Oberstar, Guidance Counselor

New teacher

Boozhoo Everyone, My name is Mrs. Shamra Benson. I am a 4th, 5th, and 6th Co-teacher at Fond du Luc Ojibwe School. This is my fourth year teaching, but my first year at this school. I taught one year in St. Cloud, Minn. and two



Shamra Benson

years in Brooklyn Center, Minn. in a Hmong school. I decided to move back North this past year for family reasons but am also happy since I love Duluth. My favorite location is Enger Tower because I can see so far and it feels wild when the wind blows.

I want to create an environment where students feel comfortable learning and expressing themselves. I understand that not all students learn the same way and so I want to ensure they have many strategies that will help them think critically about how to solve problems they are presented with. However, I can only be successful if they are supported at home. Encourage them! Help them understand that learning is not out of their reach. Help us support them and lift them up.

Other notes:

I have a Bachelor's of Science degree in Education from UWS and a Bachelor's of Art degree in Advertising/PR and Art from the College of Saint Scholastica.

I love art and reading. I hope to inspire our students to love them as well. My husband and I take nature photos as a hobby and he makes me go hiking (which I hate).

I love Bulldog Hockey! I was born Apr. 28. My favorite color is gray. Caribou Coffee is better than Starbucks. I have two fur babies, cats; who are 3 1/2 years old. I want kids but am happy to care for yours while they are here.

I hope you have a great year and look forward to getting to know your students this year.

After School Activities

Boozhoo and welcome back to school! After School Activities started on Sept. 17 and are on Tuesday's and Wednesday's this school year. Activities begin at 3 p.m. and end at 4:40. A nutritious snack and transportation are provided to students registered in the program. 1st quarter activities are Sept. 17 to Oct.

30 and there are no activities on Nov. 5-6 because it's registration week. During registration week you can sign your student up for 2nd quarter after school activities. 2nd quarter activities will begin on Tuesday, Nov. 12. The after school office phone number is (218) 878-7239 and email is mariade-foe@fdlrez.com Miigwech

Tuesday	Wednesday
(Niizho-giizhigad)	(Aabitoose)
Literacy Skill Building 1 st - 2 nd grade Mrs. Ginny/Lisa	Literacy Skill Building 1 st - 2 nd grade Mrs. Ginny/Lisa
Homework 2 nd -6 th grade Mrs. Barb/Brittany	Homework 2 nd -6 th grade Mrs. Barb/Brittany
Flag Football 2 nd - 4 th grade Mr. B.	Indigenous Games 2 nd -4 th grade Mr. B
Got Bread? 5 th -12 th grade Mr. François	Sewing 4 th -12 th grade Mrs. Maryann
Band Rehearsal 7 th -12 th grades Mr. Josh	Quiz Bowl 5 th -12 th grade Mrs. Jodie
After school Activities 3:00 to 4:40 T, W	Noojitoon (Hunting) 5 th -12 th grade Mr. François
Front Desk 218-878-7276	Band Rehearsal 7 th -12 th grades Mr. Josh
Principal 218-878-7284	

School News

Music

Boozhoo Fond du Lac!
 Josh Danderand here with the Music Department and the Ojibwe School. We have another big year planned with many fun opportunities for our students. We will be starting a Pep Band that will perform during the high school basketball games.

The elementary students will be putting on another concert during this year's Biboon Celebration. The high school may get the opportunity to play in Chaska in late spring at a High School Rock Festival. And finally, we will be putting on a high school concert at the end of the year, just like our previous two years. Stay tuned and see you all soon!

High school counselor

Hello! My name is Maria Viebahn (Maki). My new role for the 2019-2020 school year is high school counselor, focusing on grades 7-12. I have gained valuable experience working with youth in this area since 2002. For the last nine years, I have been employed at the Fond du Lac Ojibwe School in various positions.

We are in the process of planning fun and educational events in which our students will learn life skills outside of academics. These will

include speakers, student workshops, college visits, community involvement, and much more. As a Fond du Lac Band member, I am proud to be here and working in our community. Feel free to call, email, or stop by anytime. Maria Viebahn, (218)878-7243, mariaviebahn@fdlrez.com

Behavior Management Facilitator

Aaniin, my name is Remy Iverson. I am the Behavioral Management Facilitator here at FDL0S. I grew up with a big family in Cloquet. I have three sisters and three brothers. I have two thirteen-year-olds and a 3 year old in my life right now. I enjoy working with all the youth in this school. My main goal to assist these kids with any obstacles they may have and work as a team! Together we can make a difference. All these children are our future! I am excited for this school year and hope you all are too! If you have any questions, please feel free to contact me at remyiverson@fdlrez.com call (218) 878-7222 or work cell (218) 461-6352.

2019 Volleyball Schedule

Day	Date	JV/Var	Time	Opponent	Location	Bus Departure
Friday	September 6	JV/Var.	4:30/5:30p m	Indus	AWAY	12:30 PM
Tuesday	September 10	JV/Var.	5:45/7:00p m	Lakeview	HOME	
Thursday	September 12	JV/ Var.	5:45/7:15p m	Northland	AWAY	3:30 PM
Monday	September 16	JV/Var.	5:45/7:15p m	Wrenshall	HOME	
Thursday	September 19	JV/Var.	4:00/5:30p m	Red Lake	AWAY	12:00 PM
Saturday	September 21	Varsity	10:00am	Northland Tourney	AWAY	7:00 AM ?
Thursday	September 26	JV/Var.	4:30 PM	Bug School	HOME	
Friday	September 27	JV/Var.	4:30/5:30p m	Indus	HOME	
Tuesday	October 1	Varsity	4:30 PM	Bug-O-Nay-Ge-Shig	AWAY	2:00 PM
Thursday	October 3	JV/Var.	5:45/7:15p m	Lakeview	AWAY	4:15 PM
Saturday	October 5	Varsity	11:00 am	Bigfork Tourney	AWAY	8:15 AM
Tuesday	October 8	Varsity	5:45/7:15p m	LCO	HOME	
Thursday	October 10	JV/Var.	4:00/5:30p m	Red Lake	HOME	
Thursday	October 17	JV/Var.	5:45/7:15p m	LCO	AWAY	3:00 PM

2019 Cross Country Schedule

Day	Date	JV/Var	Time	Opponent	Location	Bus Departure
Thursday	September 5	JV/Var.	4:00PM	Greenway/NK	AWAY	1:20 PM
Thursday	September 12	JV/Var.	3:30PM	Eveleth/Gilbert	AWAY	1:45 PM
Tuesday	September 17	JV/Var.	4:00 PM	Grand Rapids	AWAY	2:00 PM
Thursday	September 26	JV/Var.	4:00PM	Hibbing	AWAY	1:20 PM
Saturday	October 5	JV/Var.	10:00 AM	Swain Invitational	AWAY	8:00 AM
Tuesday	October 15	JV/Var.	4:00 PM	Proctor Lions Invitational	AWAY	2:30 PM
Thursday	October 24	Vars.	11 & Noon	Cloquet Golf Course Section 7A Finals	AWAY	10:00 AM

Pussafiss from White Birch also known as Solon Springs

Research by Christine Carlson

Aged Chippewa Chief is Dead – Former Head of Tribe, Passes Away at Home in Solon Springs – He Claimed to Have Passed 100 Year Mark – Was One of the Interesting Sights around Douglas County Resort Town – Duluth News Tribune of January 7, 1913

“Chief Pussafiss,” one of Solon Springs earliest settlers, and claimed to have been 115 years old, died yesterday afternoon at his home in Solon Springs. He was an old Indian chief of the Chippewa tribe and has made Solon Springs his home for the last 20 years. Up to seven years ago he had been active in the lines of hunting and trapping and was well known to hunters and Indians of the northwest.

The aged chief had been supported by the village of Solon Springs for the last five years and resided in an old trapper shack located near the Springs station. Undertaker Downs left for the village yesterday and the funeral will be held at 10 o'clock this morning.

The old brave had been chief of his tribe for many years and remembered well the days when the Chippewa tribe made war upon the Sioux, and many a time he could be seen in front of his shanty relating his experiences to restorers receiving a package of tobacco for his trouble.

Up to seven years ago earned his living by trapping and hunting but received serious injuries by falling upon a red-hot stove crippling him for life. He had been tapping one day and became lost in the

woods. A blizzard overtook him and before he found his way back in his shanty he was frozen by the cold winds. When he finally stumbled into his shanty the first thing he did was to build a fire in the stove. The stove became red hot and he fainted upon it, suffering severe burns. From that time on he has never been able to move about to a great extent. His usual occupation was the making of miniature birch bark canoes which he sold to the Solon Springs resorters thus saving enough money to supply him with his tobacco and necessities.

For this last few years the chief had been declining in health and was not seen about the village except upon special state occasions such as the annual “blueberry pow wow” when he would appear in full regalia consisting of a calico shirt, buckskin trousers, a feather in his hair and a gnarled stick which he would use as a cane, hobbling about. Solon Springs will miss him, as will the many resorters who stopped at the place in the summer. He was known to many and was a good drawing star for the resort.

Chief Pussafiss – Duluth News Tribune of January 19, 1913 Familiar Figure at Springs

Chief Pussafiss has passed over the big divide.

With the coming of 1913 the life that has seen so many New Year's went out along the trail where there are no campfires to beckon and from which the warriors do not return.

There is a picture that comes when one thinks of the passing of this last great chief of the Chippewas—early morning

on the lake shore in the north woods; a ripple of breeze that stirs the pine tops and releases the mournful music that has chanted for years.

When the annual “blueberry pow-wow” was given Pussafiss was always one of the central figures appearing in much finery, calico shirt, buckskin trousers, with feathers in his hair, and hobbling painfully about by means of a gnarled stick. To the summer visitors of Solon Springs he was a source of continual wonderment, and his scanty fund for tobacco and necessities was usually made up from the purses of those who carried away camera memoirs of the picturesque figure of the last of the Chippewa chiefs.

Consumed with Nature

Old Pussafiss talked at rare times on the philosophy of his people, of their viewpoint on life as compared with the white man's views. “Injun listens to what sky and trees and water say about life, about death. Whites have no time to listen. Injun lives just to make tribe live. Live, have children, die, that's all. One man no matter. All matter is that tribe live. If man not strong, he better go find out from Great Spirit what heap big matter is.”

Old Pussafiss believed that the earth was his mother; that the earth is a living substance, with the quickening power of life, which she gives to all that feed on her. Springing thus from a common source, all life is close of kin—rocks and rivers, trees and sky, stars and birds, all one in the great family of nature. This belief colored his whole existence, gave him the simple outlook of the Indian on

the vagaries of our civilization. To wander as far as we have wandered from our kin of the tree and bird seemed to him foolish. He could not see where the things we gain from our lives of infinite travel and worry are the least worthwhile.

“Outdoors, sky, sun, stars are better than houses,” said the old chief, “makes people healthy, makes people good. White man sweat in shop all day to buy house to sleep in at night. Injun live outdoors, no worry, no sick. When Injun build house, wear white man's clothes, drink white man's whisky, then Injun sick. White man put in all life getting things. When old and die and meet Great Spirit he don't care about nice things you have. White man big fool.”

The old man pointed to a pair of embroidered moccasins and told of the story that is woven in all the Indian beadwork. Red according to the Indian viewpoint, is the color of the Great Spirit. It means strength, overcoming evil, joy and happiness. Perhaps we are not so wise as we imagine when we smile at the Indian's fondness for bright colors; perhaps they have an ideal of art that comes much nearer fundamental beauty than our own.

Indian's Ideal of Beauty

According to the old chief, the cross in the Indian beadwork tells of the four world's quarters, where the winds come from and the spirits that make the winds and the rain live. Little squares are the stars that belong to rest and peace. Green threads are the tracery of the rain spirit. One wondered when talking to Pussafiss whether, after all, in being

satisfied with beauty devoid of meaning we have not lost touch with wholesome things, with the things that make for sane ideals and a clean and simple outlook.

Sitting outside of his little hut, watching the sunset colors make a path of glory over the tops of the sentinel pines, he was asked what had been the great events of his life, what had given him the greatest satisfaction.

“I have fought in battle,” the old man answered slowly. “I have loved a woman. The Great Spirit has talked to me in the stillness of the night and in the sound of falling water, and I have understood.”

When he died there were found clasped in the arms of the old chief two little china dolls, dolls that had been the only occupants of the hut with the owner for many years. People wondered about them until they learned that the old man's wife and daughter had died a number of years ago and since that time the two dolls had been constant companions with him. And they were in his arms when he went over the long trail, seeking the wife of his youth and child she gave him.

FYI

Chief Pussafiss was not a Fond du Lac Band member although he lived part of his life in Solon Springs which was a “Hub” of several Fond du Lac Band members. Hoping these articles are of some interest as to show what life was like during that time in Solon Springs.

Loving the wisdom of Pussafiss

Etc

Native American Heritage month November 2019 events

Opening Ceremony: Nov. 1 at 1 p.m.
 The Sioux Chef: Nov. 1 at 5 p.m.
 Chiefs of Comedy: Nov. 15 at 7 p.m.
 Closing Ceremony: Nov. 29th at 1 p.m.
 Brulé: Nov. 29 at 7 p.m.
 Native American Food Specials all month long in
 November!

Walz, Flanagan launch task force to end violence against Indigenous women

Governor Tim Walz and Lieutenant Governor Peggy Flanagan launched the first meeting of the Missing and Murdered Indigenous Women (MMIW) Task Force with a ceremonial bill signing that brought together advocates, Tribal representatives, law enforcement, and elected officials in their commitment to end violence against Indigenous women. The establishment of the MMIW Task Force was included in the 2019 Omnibus Public Safety and Judiciary budget bill (S.F. 8).

The MMIW Task Force, established with bipartisan support, draws attention to the disproportionate rates of murder and violence experienced by Indigenous women and girls, as well as the lack of attention these cases garner from media and law enforcement. Of the nearly 6,000 cases of missing and murdered Indigenous women and girls reported in 2016, only 116 were logged in the Department of Justice's database.

"Native women and girls are subject to violent crime at alarmingly high rates, and we're taking action to end this disproportionate epidemic," said Governor Walz. "That's why we established a task force to examine the root causes of this violence, collect better data, and provide support to Native families who are caught up in this nightmare."

"This task force will rely on the experiences of survivors and families as it works towards identifying effective strategies grounded in community," said Lieutenant Governor Flanagan. "We are witnessing increased awareness around this issue across Minnesota and the country, due to the courage and resilience of Native women who are telling their stories and those of the women we have lost but not forgotten. This task force is long overdue."

"We measure what we care about and it's time we start collecting accurate and consistent data on Indigenous women who have been abused and gone missing," Department of Public Safety Commissioner John Harrington said. "This task force will help us ask the right questions and provide recommendations to reduce and hopefully end violence against Indigenous women and girls." The MMIW Task Force consists of 27 members. The primary duties of the Task Force are: to advise the Commissioner of Public Safety; to serve as a liaison between the Commissioner of Public Safety, agencies, and organizations that provide legal, social, or other community services; and to report recommendations to the Legislature on how to reduce and end violence against Indigenous women and girls in Minnesota. The law requires them to provide this report by December 15, 2020.

The Task Force is comprised of the following members: Luke Hennen, Scott County Sheriff, Minnesota Sheriff's Association Law Enforcement Representative; Drew Evans Superintendent, Bureau of Criminal Apprehension Law Enforcement Representativem; Judge Jeffrey Bryan Second Judicial District Legal Field Representative; Deidre Aanstad, Assistant U.S. Attorney, United States Attorney - District of Minnesota Legal Field Representative; Kim Mammedaty Hennepin County Attorney, Minnesota County Attorney's Association Legal Field Representative; Jon Roesler Epidemiologist, Minnesota Department of Health Injury and Violence Prevention -Surveillance, Epidemiology, and Analysis Unit Coroner or Minnesota Department of Health Representative; Patina Park President and CEO, Minnesota Indian Women's Resource Center Advocacy Representative; Nicole Matthews Executive Director, Minnesota Indian Women's Sexual Assault Coalition Advocacy Representative;

Become a Licensed Child Care Provider

LICENSED CHILD CARE PROVIDERS NEEDED

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

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

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

* Complete Application Package & Home Study *
 * Pass Background Check *



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

Etc

Alyxis Feltus Coalition Director, Mending the Sacred Hoop Advocacy Representative; Sheila Lamb Advocate, Life House Advocacy Representative; Chris Stark Advocacy Representative; Brook LaFloe Program Manager, Women's Foundation of Minnesota Advocacy Representative; Panda Whiteman Victim

Services Coordinator Bois Forte Band of Chippewa; Roger Smith, Sr. District III RBC Member Fond du Lac Band of Lake Superior Chippewa; Jacki Kozlowski Domestic Violence Advocate Grand Portage Band of Lake Superior Chippewa; Brian Pottratz Human Trafficking Investigator Leech Lake Band of Ojibwe; Debra

Flute Assistant General Counsel Lower Sioux Indian Community; Nicole Anderson Commissioner of Health and Human Services Mille Lacs Band of Ojibwe; Jacole Hersant Family Services Specialist Prairie Island Indian Community; Michelle Mountain DV/SV Advocate, Chemical Assessor Red Lake Nation; Denise

Prescott Community Member Shakopee Mdewakanton Sioux Community; Chris Lee Police Chief Upper Sioux Community; Tanya Vold (Appointment Pending) Program Manager DOVE White Earth Nation; Senator Paul Utke Minnesota Senate Majority Member; Senator Patricia Torres Ray Minnesota Senate Minority Member; Representative Mary

Kunesh-Podein Minnesota House of Representatives Majority Member; and Representative Sondra Erickson Minnesota House of Representatives Minority Member

Septic Smart week

Septic Smart week 2019 was September 16-20, 2019. Yet, it is never too late to send



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.




Fond du Lac Cobell Land Buy-Back Program

October Outreach Schedule

Invites you to visit us at these locations: (events subject to change)

AICHO: 202 West 2nd Street Duluth
Every Wednesday in October: 11 am—5:30 PM

Elder's Dinner
Black Bear Otter Creek Event Center: October 8th: 4 pm —8 pm

Fond du Lac Cobell Wisconsin Post Offer Event!
Seven Winds Casino Conference Center, 13767 W. County Hwy B, Hayward, WI
October 10th 11 AM —6PM & October 11th 10 AM—2PM
Food will be provided at this event

Fond du Lac Cobell Minneapolis Post Offer Event!
Fond du Lac Urban Office 1308 East Franklin Ave Minneapolis
October 24th 11 AM —6 PM & October 25th 10 AM—2 PM

Brookston Center 8200 Belich Rd, Cloquet, MN October 2nd, 16th & 30th 11 AM—5:30 PM	Sawyer Center 3249 Moorhead Rd, Cloquet, MN October 9th & 23rd 11 AM—5:30 PM
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Notary services will be provided at every event.

Fond du Lac and Bois Forte land owners are encouraged and welcome to attend all events for any related questions or services.

Regular Office Hours: 8:30 AM — 4:00 PM
1720 Big Lake Rd, Cloquet Tribal Center Library
If you have any questions, come visit us at the library or contact us at: 218-878-2602.

For more information visit the land buy-back website: www.fdlrez.com/Cobell or <https://www.facebook.com/fdlcobellbuybackteam>
If you need to update your personal information, contact: OST Trust Beneficiary Center: 1-888-678-6836

Etc

a friendly reminder to pump your septic tank and clean your wastewater effluent filter in preparation of fall and winter, as well as to practice good maintenance.

The recommended maintenance tips, will help increase the life expectancy of the treatment area and prevent any unforeseen emergencies, like backups into the home, or plugged and frozen pipes during the winter months.

Pumping your tank, on average, every 2-3 years will increase the longevity of your septic system's drain-field; the department recommends cleaning the wastewater effluent filter, at a minimum, of once every three (3) months, or until the homeowner has a better understanding of how household use impacts the filter.

Taking care and maintaining your septic system is an important responsibility for homeowners to consider. This preventative maintenance as well as others as listed below will help protect the ground water and the environment for future generations.

OTHER RECOMMENDED

HOMEOWNER MAINTENANCE TIPS:

- No driving on septic system components (septic tank, pump tanks, drainfields); this is not limited to cars/trucks; no snowmobiles, motorcycles, 4-wheelers, should be on systems as well
- Please do not place dog houses on top of septic system areas, as this can be a danger for septic system maintainers
- Do not let dogs or rodents, dig holes into side of mound system
- Do not allow children to use the mound systems as a sledding hill in the winter months; this can drive the frost down and freeze the system
- Always mow and maintain your drainfield areas; direct sunlight helps in drying the area, and promotes evapotranspiration (uptake of water from the ground to the plants, and then

evaporating into the atmosphere)

- Attempt to leave 4-6" of uncut grass as we near late fall/early winter, the extra growth will help insulate the area and help prevent freezing
- Minimize the amount of hair, grease, and food materials that go down your drain
- Use minimal amounts of mild cleaners and only use as often as needed
- Do not flush cigarette butts, feminine hygiene products, prophylactics, or baby wipes
- Do not use "every flush" toilet bowl disinfectants, reduce toilet bowl cleaner use by doing more scrubbing
- Garbage disposals shouldn't be used with septic systems: vegetable, meat, fat oil, and other food products add large amounts of sludge and as a result is more frequent tank cleaning; these materials are difficult for bacteria in the septic tank to breakdown
- Fats, grease, and oils should be placed into a soup can, frozen, and discarded via the garbage.

The department would like to thank you in your efforts in better maintaining septic systems, now and into the future. To obtain pricing and/or schedule a septic pumping, please contact the Fond du Lac Public Works Office at (218) 878-7576.

Sincerely, Jordan Vandal, FDL Water/Wastewater Manager

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?

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

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Happy Thanksgiving Fond du Lac Elders

From the Fond du Lac Reservation Business Committee

On November 1, 2019 \$60.00 will be distributed to each Elder 52 or over for Thanksgiving. The funds will either be deposited on your US Bank Focus card (if you receive your funds monthly) or as a check mailed to your address on file.
Happy Thanksgiving!



FDL ELDER FALL

BANQUET

@ BLACK BEAR

TUESDAY OCTOBER 8, 2019

4:30-7:00PM

DINNER SERVED AT 5:00PM.

EACH ELDER WILL RECEIVE:

***\$25 FREE PLAY**

***A HOTEL STAY**

**PLEASE CALL Breanne (218) 878-2430
TO RSVP LEAVE A POLITE
MESSAGE WITH NAME & NUMBER
MON-FRI 8am-4pm.**

Etc

Native American Heritage month November 2019 events

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Chiefs of Comedy: Nov. 15 at 7 p.m.
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Native American Food Specials all month long in November!

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



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

Govinda Budrow

Govinda.budrow@fdltcc.edu

Additional Support and Funding for Early Childhood courses also available through FDL Social Services. Contact Wylma at 218-878-2138.

Honoring those Affected by DOMESTIC VIOLENCE



Join us as we honor those who have survived and remember those who have lost their lives to Domestic Violence

Wednesday, October 23, 2019

ENP Room

Cloquet Community Center

5pm - 7pm



Round Dance, Pipe Ceremony, Speakers, Refreshments

If you are experiencing Domestic Abuse, please call our FDL Crisis Line at (218) 348-1817.

Fond du Lac Human Services Division | Social Services Department



Eligible Applicants:

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

Etc

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teachers who can help.

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.

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

Minnesota Chippewa Tribe Finance Corporation First-Time Homebuyer Education classes

Saturday, October 19, 2019
8:30 a.m. – 4:30 p.m.

Location: The Minnesota Chippewa Tribe Building
15542 State 371 NW
Cass Lake, Minnesota

First-time Homebuyer Education is a requirement of the Minnesota Chippewa Tribe Finance Corporation for qualified buyers.

Please reserve your spot in one of these free classes

with Cyndi Cwikla at (218) 335-8582, extension 150 or ccwikla@mnchippewatribe.org

No childcare is provided so please make other arrangements.

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 Ojibwa Casino and Resort in Baraga, Mich. Dec. 10-12.

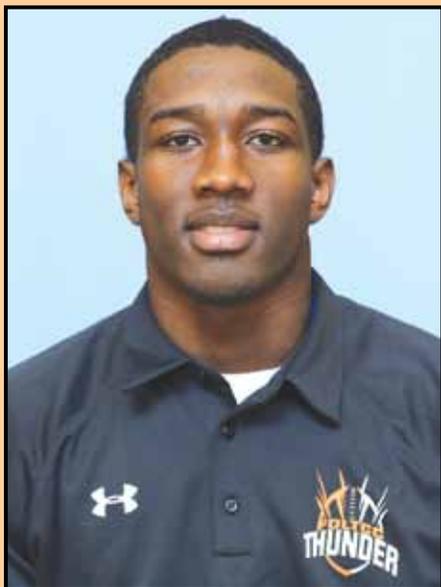
This training is for fisherman, processors, regulatory

personnel, and others to identify and evaluate food safety risks, learn seafood rules and regulations, 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.



Thunder's Josh Butler earns Athlete of the Week honors

Fond du Lac Tribal and Community College Thunder Football cornerback Josh Butler was named Defensive Athlete of the Week in the Minnesota College Athletic Conference Eastern Division for games played on Saturday, September 7, 2019.

Butler led the Thunder defense in holding Vermilion Community College to one offensive touchdown in the Thunder's 42-14 victory last Saturday. Butler sparked the Thunder's momentum in the middle of the first quarter when he intercepted a Vermilion pass in the

Thunder end zone and returned the ball 102 yards for a Thunder touchdown and a 14-0 lead. Butler had a second interception later in the game plus four tackles.

In the Thunder's first three games of the 2019 season, Butler has 13 tackles, two interceptions, one forced fumble, and 110 return yards. Butler is in his first year with the Thunder and is a graduate of Roseville High School in Roseville, MI.

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.mccasports.org>.

Etc



Images from the lacrosse day Aug. 28 at the Brookston Center.



Health News

FDL's new medical director

We are excited to introduce Dr. Charity Reynolds as the Medical Director for Fond du Lac Human Services. She is currently a clinic physician for us, where she has provided healthcare to the Fond du Lac Reservation's community including patients of all ages. She came to Fond du Lac in November 2018 with her husband Dr. Shane Richardson.



Dr. Reynolds is from a rural town in Arizona where her family still lives. She is the youngest of 7 siblings and the first to graduate from college. Dr. Reynolds attended The University of Arizona for her undergraduate degree, medical degree, and residency in Tucson, Ariz. And was most recently a Family Medicine Physician with Obstetrics in rural Colorado. She moved from the practice in Colorado to put down roots in Minnesota with her husband Shane and their dog. She enjoys outdoor activities, like hiking and recently added cross country skiing. She is a beginner at sewing, also enjoys crafting and cooking. Her favorite food is anything Greek.

Dr. Reynolds has received many rewards: In 2013 she was awarded the Dew Endowment for Excellence in Primary Care Award and The Peter J Attarian PhD Humanitarian Award. In 2012 the National Health Service Corps Scholarship Program. In 2011 the University of Arizona College of Medicine Leadership Award for Excellence and the Committed to Underserved Populations Leadership Award. In 2010 she received the Certificate of Completion of Interprofessional Senior Mentor Program, For Fostering and Achieving Cultural Equity and Sensitivity Award and the Morton Fuchs Community Based Scholarship Program.

Please join us in congratulating Dr. Reynolds.

Updates from Social Services

Fond du Lac Reservation has now become an access point for the Northeast MN Continuum of Care Coordinated Entry System. There are 3 assessors who are trained to perform intake, assessment (VI-SPDATS), and referrals. FDL Human Services, Social Service Department, is pleased to be able to serve the community with the "one stop" service for families experiencing homelessness. The following individuals may be contacted to set up an intake appointment and

complete a VI-SPDAT.

- Andrea Linton – FDL Northeast Homelessness Program (Office Located at FDL Social Services) (218)655-3632 Thursday appointments
- Valerie Whitebird – FDL Social Services (Office located at Veteran's Housing) (218)878-8055
- Nicholas Smith – (Office located at CAIR – Duluth) (218)279-4140 Friday afternoon appointments. The Fond du Lac Reservation Veteran's Supportive Housing has re-

ceived the honor of securing the #2 position in the NE COC (Northeast Region Continuum of Care). All applications were ranked and reviewed by a committee. The process is very thorough and has strict guidelines and expectations in their criteria. Please call Social Services if you have any questions or are struggling with homelessness or are concerned about becoming homeless.

FDL can help you get insured

Health insurance, it's important for everyone. If you have not qualified for Medical Assistance or MinnesotaCare in the past you may qualify now as new guidelines have made it easier for many people to be eligible.

Fond du Lac has also made

it simple and free for qualified American Indians to have private medical insurance if they don't qualify for public assistance due to income. Fond du Lac Patient Advocates have been trained and certified to assist you with your application. But we need your help and cooperation. If you or your

family members need health insurance, please call (218) 878-2165 to the Patient Advocate line so we can answer your questions or tell you what you may be eligible for. Our help is just a phone call away.

Time to think about insurance

MNsure announced that Minnesotans will have seven weeks—from Friday, November 1, 2019, to Monday, December 23, 2019—to shop for 2020 health coverage. MNsure is supplementing the federal open enrollment period with a special enrollment period to give Minnesotans more time to find a health insurance plan that works for them.

"This year, Minnesotans will have seven weeks to sign up for health

and dental coverage with an effective date of January 1, 2020. We're here to help make sure consumers are able to choose a plan and enroll by the December 23 deadline so they can start using their coverage right away in the new year." In-person help is available

Fond du Lac has MNsure navigators located at CAIR and Min No Aya Win Clinic, who provide free in-person help for clients looking to apply and enroll into health cover-

age Navigators specialize in MinnesotaCare and Medical Assistance, but can also help with Tax Credits and Qualified Health Coverage.

MNsure is the only place you can qualify for tax credits to lower costs: Of the more than 500,000 Minnesotans who found coverage through MNsure, over 85 percent qualified for tax credits, MinnesotaCare or Medical Assistance.

Come see your Fond du Lac Navigators soon!



Health News

A Healthier Fall

By Kara Stoneburner, RDN
LD,
*Community Health Services
Dietitian*

The kids are back in school, the days are cooler and the leaves are changing colors; all signs that summer is coming to an end. As fall approaches, it is still possible to maintain the healthy habits you've developed over the summer. Fall provides another opportunity to try new healthy recipes and explore new activities.

Fall brings more colorful fruits and vegetables into the spotlight. Popular fruits and veggies that taste great in the fall include apples, pears, broccoli, beets, squash, pumpkin, and Brussel sprouts. Fruits and vegetables are loaded with vitamins, minerals, fiber, and antioxidants. By eating a rainbow of colors, including those popular oranges, reds, dark greens, and purples we see right now, you can continue to nourish your body with a well-rounded list of nutrients.

Everyone knows they should be eating more fruits and vegetables daily (think of the phrase "half your plate full of fruits and vegetables"). But, why should we eat more? Fruits and vegetables can help maintain a healthy blood pressure. They can reduce blood cholesterol, help fight against infections and promote a healthy bowel function. They also reduce the risk for several

chronic diseases including heart disease, certain cancers, obesity and type 2 diabetes.

Try some new recipes using some of the popular fall fruits and veggies this year. Here are a couple examples.

Easy Roasted Acorn Squash Recipe

By www.primaverakitchen.com
Serves 4

Ingredients

1 medium acorn squash
1 Tablespoon olive oil
1 tsp paprika
1 tsp garlic powder
1 tsp dried oregano
Salt and ground black pepper
Fresh chopped parsley

Instructions

1. Preheat oven to 350°F
2. Line a baking sheet with parchment paper and set aside
3. Slice the acorn squash in half and remove the seeds
4. Lay the half acorn squash cut-side down and slice into 1/4 inch slices, parallel to the stem
5. Arrange the slices in a single layer on the prepared baking sheets
6. Pour olive oil over the top of the acorn squash and sprinkle with all the spices listed in the ingredients list
7. Roast for 40-50 minutes, until squash slices are fork-tender

Pan Roasted Brussels Sprouts with Bacon and Apples

By www.allergyfreealaska.com
Serves 4-6

Ingredients

5 slices of bacon, cut into 1 inch pieces
2 Tablespoons of ghee (or butter, olive oil, canola oil, coconut oil or sesame oil)
1 pound Brussels sprouts, cleaned and halved
2 large Honeycrisp apples, peeled & chopped into 1 inch cubes
2 tsp apple cider vinegar
2 tsp pure maple syrup
2 tsp water
Small pinch of ground cinnamon
Small pinch of ground nutmeg
1/2 cup dried tart cherries or dried cranberries
Sea salt to taste

Instructions

1. In a small mixing bowl, combine the apple cider vinegar, pure maple syrup and water
2. In a 12 inch skillet over medium-low heat, cook the bacon until crisp. Use a slotted spoon to remove the bacon from the pan and place it on a plate to cool
3. Over medium-high heat, melt the ghee (or butter or oil) in the same skillet used to cook the bacon.
4. Add the Brussels sprouts to the pan, cut side down and cook undisturbed over medium-high heat for 3-5 minutes or until the Brussels sprouts are golden brown (they will only be golden brown on the

one side)

5. Work quickly to place the Honeycrisp apple pieces in the pan on top of the Brussels sprouts (to prevent the sprouts from burning).
6. Season the apple pieces with a small pinch of cinnamon and nutmeg then stir the apples and Brussels sprouts together
7. Pour the apple cider vinegar, maple syrup and water mixture into the pan; it will sizzle and steam
8. Add the dried tart cherries/cranberries and cooked bacon to the pan. Mix continuously for another 2-4 minutes, just long enough to finish cooking the Brussels sprouts and slightly soften the apples
9. Season with sea salt to taste

While you are filling your plate with fruit and veggies keep in mind, Halloween is right around the corner. Too much candy can lead to extra calories, dental issues and weight gain. Being overweight or obese increases the risk for certain cancers and other diseases. This year, why not plan ahead and be prepared to make it a healthier Halloween for everyone. Think outside of the box and come up with healthier treats for the kids or try non-food ideas for the "candy bowl".

The American Institute for Cancer Research also provides tips on how to cut back or avoid the extra calories from candy:

- Purchase only the amount of candy you think you will need.

Toss the leftovers

- Place/store the candy out of sight to prevent the temptation to eat it. Place the candy in a rarely used cupboard or in a covered, non-see-through container
 - Avoid walking by the candy aisle at the store or the candy dish at work. If it is unavoidable, carry other items in your hands so you are unable to grab candy as you walk by
 - Have the child choose 5-7 pieces of candy from their collection and toss out the rest at the end of the night
 - Consider other fun activities instead of trick or treating to help reduce the amount of candy the children receive. Kid-friendly fun ideas include hay rides, corn mazes, Halloween carnivals, home parties, pumpkin carving/painting and haunted houses
- Don't forget to take a break and get out to enjoy the beautiful colors fall brings us!
- Just a side note: Apples make great snacks to carry along while on a hike looking at all the fall colors.

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

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

BLACK BEAR
Casino Resort

Make The Bear your place!

More Etc.

Exploring the world through GIS workshop at FDLTCC

The students and staff of the Geographic Information Systems (GIS) Program at Fond du Lac Tribal and Community College are hosting a special community event on Tuesday, October 1, 2019, focusing on Geography and how to change the world with maps and teach with maps. The free event starts at 11:30 a.m. in the campus amphitheater and commons and ends at 1:30 p.m.

The Geography event features special guest speaker Joseph Kerski, a world-renowned Geographer & Education Manager at Esri, Inc. Kerski's presentation is titled "Exploring Your World through GIS" and participants will discover how web mapping applications, field survey tools, multimedia maps, and spatial analysis can help people solve problems, better understand the world, and teach in powerful ways. Kerski has authored or co-authored seven books, 5,000 videos, 1,000 blog essays, 1,000 curricular

items, ten podcasts, 75 periodical articles, and 25 book chapters, and has served in technology and education in government, nonprofit, academia, and private industry sectors. Kerski resides in Colorado and holds a doctorate degree in Geography from the University of Colorado.

"Geography is about more than where countries and capitals are located," said Carl Sack, Ph.D. and Geography & GIS faculty at Fond du Lac Tribal and Community College. "Cutting-edge web technologies are making maps more relevant than ever to our daily lives, from finding our way to a new destination to hailing a ride to figuring out where to live. This event is a must for anyone interested in learning how to use maps to solve problems."

Dr. Kerski will speak starting at 11:30 a.m. in the campus amphitheater. After Kerski's presentation, a feast and research projects will be featured by area GIS professionals

and students. Presenters include Tim Krohn, GIS and Land Management Specialist, Fond du Lac Resource Management, on Tribal Allotment Recovery; Sara Rybak, FDLTCC Graduate and current UWS Student, on Winter Habitat Suitability Analysis for Lynx in Minnesota; Angela Martini, FDLTCC graduate and current UMD student, on Renewable Energy Potential in Minnesota; and Elijah Howard, current FDLTCC student, on the Correlation Between Soy Exports and Activist Deaths in Brazil.

The community event is co-sponsored by the Fond du Lac Tribal and Community College Geographic Information Systems Club, the UMD Geospatial Analysis Center, and the Minnesota GIS/LIS Consortium.

The event is free and open to everyone. No pre-registration is needed. For more information, contact Carl Sack at carl.sack@fdltcc.edu or (218) 879-0718.

Taking Care of Things Gathering



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

Ashi-niswi giizisoog (Thirteen Moons)

Waatebagaa giizis

Waatebagaa giizis is the Leaves Changing Color Moon. Other names for new September moon are Mandaamini giizis (Corn Moon) and Moozo giizis (Moose Moon).

Types of Corn

By Laura Neff,
Education Associate

Reprinted with permission from
<https://www.nativeseeds.org/blogs/blog-news/types-of-corn>
Original blog post June 12, 2018



Many people know that maize, known more commonly as corn, is one of the most culturally important crops in the Southwestern U.S. and Mexico, but the true diversity of corn as well as its many culinary uses are unknown to many. At Native Seeds/SEARCH we steward 1,900 different accessions of seed, which includes over 500 different accessions of corn, making Zea mays the most represented species in our seed bank collection. Different types of corn - such as sweet, dent, and flour - are defined by their internal kernel structure and the proportions of soft and hard endosperm, or starch, present. These proportions of starches allow different types of corn to have different culinary

properties. In this blog, our goal is for you to learn about the structural differences of the kernel in each type of corn as well as the food that each type has inspired.

Popcorn

Popcorn is one of the oldest types of domesticated corn. The characteristics of the popcorn kernels are very similar to those in flint corn (described later). The popcorn kernel has a hard yet brittle, slightly translucent kernel that is glass-like. When popcorn is heated, the moisture inside the kernel turns to steam that builds up enough pressure for the kernel to explode- creating the white, starchy, edible mass that we all know and love. All popcorn pops a white color due to the color of the endosperm (starch), but if it is a colored popcorn kernel and you look close enough, you may see a little bit of the color in the middle of the exploded kernel. That is the pericarp or outer hull where the kernel color comes from. Recommended



varieties: Flor del Rio and Chapalote (for southern latitudes; pictured)

Culinary Uses: While the culinary uses extend beyond enjoying popcorn at the movies, this variety is not recommended as a type to eat fresh. Popcorn is typically used as a dried product and then ground, toasted or popped to make delicious foods. Popcorns can also be nixtamalized (a preparation process in which the corn is soaked and cooked in water and an alkaline solution such as cal, calcium hydroxide, or pickling lime in some groceries, washed, and then hulled to remove the outer shell and soften the kernel). Foods prepared from nixtamalization include hominy used to make masa for tamales and tortillas. Other dried kernel preparations include grinding into a coarse cornmeal for grits, polenta (a sweetened and spiced roasted ground maize resulting powder is then used as an ingredient to make different foods, such as cereals, baked goods, tortillas, and beverages), and atole (a drink that typically includes masa, water, piloncillo or unrefined cane sugar, cinnamon, vanilla and optional chocolate or fruit).

Flint

Flint corn is known for its hard outer layer which protects the small, soft endosperm inside the kernel. This hard outer layer is said to be “as hard as flint” hence the name. They have a glassy appearance. It can also be “popped” when heated, but often the kernels will crack open rather than explode. The hardness of the kernel allows these varieties to store very well and be less susceptible to insect and rodent predation. Flint corns come in a large range of colors. Recommended varieties: Onaveño (pictured) and Southern Maíz Blanco



Culinary Uses: Because of its hard outer layer and lack of sugar, the recommended primary uses of flint corn are as a coarse cornmeal used for grits, polenta, and atole, as well as toasted and ground for pinole. You can nixtamalize flint corn to be used as hominy to make masa tortillas, or posole (a light pork or chicken stew, made starchy with the addition

of hominy). Keep in mind that corn referred to as “flint” will often have a starchy, gummy texture.

Flour

The most commonly planted type of corn in the Southwest is flour corn. Flour corn is composed mainly of soft starch, which gives it the ability to be easily ground into a finer cornmeal than any other type would be able to provide. Flour corn can be eaten in its immature or “milk” stage when steamed or BBQ’d. While it is sweeter and more tender than flint types in this stage, it is not as sweet as sweet corn types. Most often flour corn is harvested when fully ripe and dry and ground into cornmeal.

The flavor of a flour corn is subtle and delicate. Without the dense oils and proteins packed into the endosperm, the flavor is not as rich as other varieties. However, its soft texture makes it much easier to grind and digest.

Flour corn varieties come in all colors. The color is contained within the thin outer layer while the interior soft starch is white. Therefore, most ground cornmeal will have a white-gray color in appearance regardless of kernel color. Color in the final baked product

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.

using the cornmeal, such as bread or tortillas, can be intensified by adding an alkaline material such as wood ash or completing the nixtamalization process. Recommended varieties: Tohono O'odham 60-Day and Hopi Blue



Culinary uses: Flour corn is best known for the fine-grained cornmeal it yields when ground, but did you know that whole kernels can be used as well? Whole kernels are used for posole, chicos (roasted green corn that is then dried), and parched corn (dried and roasted whole corn kernels).

Flour/Flint

Many landrace varieties of corn, like those in the Native Seeds/SEARCH collection do not always fit into nice, neat categories. Because of the nature of open-pollination, many varieties have a mix of kernel texture characteristics. Most commonly within our collection are varieties that are a mix of flour and flint charac-

teristics. When processed, the flinty texture can add body to finer cornmeal made from flour texture types.

A notable example is Pima 60-Day corn. It has about 80% soft flour kernels and 20% hard flint kernels. This balance gives the corn the perfect texture for Ga'ivsa, a wonderfully tasty Pima corn dish. Fresh corn is roasted on the cob over mesquite coals, which gives it a sweet flavor.



Dent

Also known as “field corn”, dent corn makes up the majority of commercially raised corn in the United States. It is primarily used for animal feed, processed foods, and ethanol.

Dent corn was given its name because of the kernel’s appearance as it dries. The kernels contain a hard form of starch at the sides and a soft type in the center. These center starches tend to shrink as the kernel dries, creating a “dent” in the top of the kernel. Dent ears are large and hefty and therefore

have tall, strong stalks to support their weight. Typically, the plants do not bush out with numerous stalks- a common trait in flour and flint types. Recommended varieties: Mayo Tuxpeño (pictured) and Día de San Juan



Culinary Uses: Because of its higher starch content, dent corn can be used for fine cornmeal as well as elotes (corn on the cob with condiments such as salt, chile powder, butter, cotija, lemon juice or lime juice, and mayonnaise) when harvested in the green or milk stage. It can be dried to make hominy to grind into masa, or fermented into corn beer.

Sweet

The type we know so well! It can be eaten right off the cob in its early or “milk” stage when it is still tender and juicy, identified by the release of a milky substance from the kernel when pressed. Standard sweet corn originated from genetic mutations which prevent

the conversion of sugars into starch. Fascinating...

Sweet corn kernels wrinkle when they are dry as the sugars dehydrate when mature. Varieties come in a diversity of colors. However, the color of the kernels will intensify as the corn ripens past the milk stage. Therefore, when the kernels are still milky and soft, the color is just starting to show. If picked to eat as corn on the cob the kernels will mostly be white to yellow, or bi-color. Recommended varieties: Guarijio Red (for southern latitudes; pictured) and Cocopah (available only to NS/S members and participants in our Native American Seed Request Program).



(left: milk stage; right: mature stage, ready to harvest for seed)

Culinary Uses: Sweet corn is the ideal corn to be eaten fresh in its green or milk stage, but it can also be roasted, dried, and reconstituted (as with chicos). You can even go as far as to

grind dried sweet corn into a fine cornmeal for a deliciously sweet pinole .

Pod Corn

This is a variety of corn where each individual kernel is enclosed in long, membranous husks known as glumes. The kernels are naked, or exposed, in other corn. This variant has a mutation of a leaf gene in the maize cob that is not usually active in this portion of the plant. Thus, pod corn is a corn ear that forms leaves in the “wrong” place. It was once thought that pod corn was a wild ancestor of maize, but recent genetic research had shown pod corn ears are the result of this genetic mutation. Because it’s difficult to uncover each individual kernels it is not commonly eaten but is another example of the amazing diversity present in corn.



Anishinaabemowin Lessons

Basic Ojibwe words and phrases:

I am...

- Afraid--Ningotaa
- Cold--Ningiikaj
- Crazy--Ningiiwanaadiz
- Hungry--Nimbakade
- Mad--Ninishkaadiz
- Resting--Nindanweb
- Sad--Ningashkendam
- Sick--Nindaakoz

- Sorry--Nimaanendam
- Thirsty--Ninoondeminikwe
- Tired--Nidayekoz
- Warm --Ningiizhooz
- Well--Niminoayaa
- Working—Nindanokii

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

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



Community News

Happy Birthday

Happy birthday to the best mom in the world, **Christina St. John** (Sept. 20). Thank you for taking care of us, we love you so much.
From, your kids



Happy second birthday **Toretto Northrup** (Sept 29) I love you little man, I can't believe you're already 2!

Love Daddy, Ant, and Colton

Happy golden birthday **Weaz** (Sept. 35).

You waited 35 trips around the sun to get here. May all of easyweazie drive help you enjoy your special day...

Your buddy, Darwin



Happy birthday to our beautiful Daughter **Molly Fineday** (Oct. 2). We love you!

Love, Dad, Patti Jo, and kids



Happy 6th birthday to my number One Great-Grandson **Nathan Alan Pauna** (Oct.

5). Enjoy your special day. We love you soooo very much.
Grandma and Grandpa Seppala
P.S. show this to uncle Joe and say "see—told you so" haha

Happy birthday to my beautiful daughter, **Amanda Misquadace** (Oct. 3)
Love your mother, Jean

Happy birthday to **Rebecca St. George** (Oct. 4)
From your friend, Patti DuFault

Happy 1st birthday to our beautiful baby girl **Madison Ann Barney** (Oct. 8).
Mommy and Daddy love you very much!

Happy birthday to my brother, **Wes Bassett** (Oct 9). Please move your head so I can see the sun!
Love, your sister

Happy birthday **Gina Misquadace** (Oct. 10) have a good day my little granddaughter.
Love, Grandma Jean

Happy birthday to **Cassandra Gail** (Oct. 11), my family! You are a beautiful person and an amazing mother!
Love, cakes



Happy 4th birthday to our princes **Laila Brown** (Oct. 12) We love you to the moon and back XOXO, Mom, Dad, baby *Trav and Kahari*

Happy birthday to our favorite uncle **Moose and Grandma Jaime** (Oct. 12)

We love you sooo much! Baby Trav, Laila, Kahari, Trav and Court

Happy 36th birthday to my one and only sister **Kinz** (Oct. 15)
Love you, your sis cakes

Happy birthday **Grandma Kinz** (Oct. 15)!
Love, Des and Mateo!



Happy 25th birthday to the most beautiful and amazing Daughter and Mommy, **Morgan Fritzing** (Oct. 17)!

We love you so much!
Love, Mom and Kruz

Happy birthday to my wonderful, loving, sweet, caring uncle, **John Blanchard** (Oct 22)!

I love you so very much! Jamie Dawn

Happy birthday to my little cousin **Molly Hunter** (Oct. 24). You are an inspiration to the younger kids, keep on dancing and leading the way for our youth, I'm so proud of the beautiful young woman you have become!
Love always, your cuz cakes!

Happy birthday to our daddy, **Michael Ammesmaki** (Oct.



26), who is now one more year older than dirt.
Love, Aydrian, Eleanor, Abigail, and Gabriel

Happy birthday to **Makayla Misquadace** (Oct. 29) do the best as you always are.
Love, Grandma Jean

Happy birthday to my Floridian cousin **Danny Fuelling** (Oct. 30)! Miss you and love you!
The best cousin cakes!

Happy Anniversary

Happy anniversary to my wife **Marylou Josephson** on October 25. *Love you lots, Bob*

Happy anniversary to my lovely wife **Kristen Smith** (Oct. 10), happy 4 years sweetheart I love you!
Love, Roger

Obituary

Dawn Faith Tuffield (DeFoe) passed away unexpectedly on Friday August, 30 in Duluth MN at the age of 57.

Dawn is survived by husband John Tuffield, son Lee and Echo Bos, daughter Leigha and Ken Hashey, son John (Nate) Tuffield, step-daughter Kristen and Leroy King, step-son Graydon Tuffield, sister Alaina DeFoe, grandson Wyatt, and granddaughter Abigail. She is preceded in death by mother Judith, father Francis, brother Dion and two grandchildren.

Dawn was born and raised in Duluth Minnesota. She graduated from Denfeld High School and then served for the United States Army as a combat medic. She was also a proud member of the

Fond du Lac Chippewa Tribe. Dawn was always known for two very important things; her love of gardening and her love for her family. Dawn prided herself on her many gardens and ponds and enjoyed when people would stop to admire her yard. Dawn was also very much a matriarch for her family and took so much joy in being able to take care of her two beautiful grandchildren instead of them going to daycare. Dawn will be remembered for her genuine smile, undivided love, fierce caring, many stories but most of all her addictive laugh.

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



Community News

- 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

FDLTCC invites nursing program accreditation comments

Fond du Lac Tribal and Community College will host a site visit for initial accreditation of its Associate of Science Degree nursing program by the Accreditation Commission for Education in Nursing (ACEN). Interested persons are invited to meet with the site visit team and share comments about the program in person at a meeting scheduled for 1 p.m. on Wednesday, October 9, in Room CC212 at Fond du Lac Tribal and Community College.

Written comments are also welcome and should be submitted directly to Dr. Marsal Stoll, Chief Executive Officer, Accreditation Commission for

Education in Nursing, 3343 Peachtree Road Northeast, Suite 850, Atlanta, GA, 30326, or via email to mstoll@acenursing.org. All written comments should have been received by the ACEN by September 23.

The Associate Degree Nursing program at Fond du Lac Tribal and Community College prepares students to be professional nurses who are culturally sensitive by focusing on the health needs of the American Indian population and the rural community. Upon successful completion of the program, students are eligible to sit for the NCLEX-RN exam.

Registered nurses provide and coordinate patient care, educate patients and the public about various health conditions, and provide advice and emotional support to patients and their family members. Some nurses do not work directly with patients, but they must still have an active registered nurse license. For example, they may work as nurse educators, healthcare consultants, public policy advisors, researchers, hospital administrators, salespeople for pharmaceutical and medical supply companies, or as medical writers and editors.

Overall, job opportunities for registered nurses are expected to be good because of employment growth and the need to replace workers who retire over the coming decade. With a nationwide median income of \$71,730 and a projected 12% increase in job openings (371,500 jobs nationwide) expected between 2018-2028, registered nursing is a rewarding and expanding health care field to enter (data from United States Department of Labor, 2019).

The Associate Degree Nursing Program at Fond du Lac Tribal and Community College has two program tracks available for students to study professional nursing, one for the student with no previous nursing experience and an advanced entry Licensed Practical Nurse to Associate Degree in Nursing track. Well-qualified faculty, the multi-cultural environment, small class sizes, a newly renovated simulation suite and nursing lab, rural clinical sites, on-campus childcare, and active student organizations at the college offer opportunities that no other college can provide.

Fond du Lac Tribal and Community College is currently taking applications for the LPN to ADN Spring Semester 2020 program entry, the deadline to apply is November 1. The deadline for applications for the Associate Degree in Nursing program Fall Semester 2020 program entry is April 1, 2020. Applications are available on the Nursing page found at www.fdlcc.edu.

For more information, contact Cassandra Nicholson at (218) 879-0846.

An FDL Elder's trip

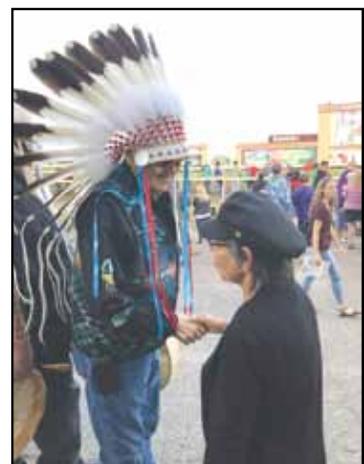
On Aug. 23 approximately 50 FDL Elders attended the Indian Relay and Mystic Lake Turf Sprint at Canterbury Downs in Shakopee, Minn.

The event had an Indian Horse Relay which features riders in full Regalia racing bareback. The riders then exchanged horses at top speeds in front of the grandstand. This traditional competition featured a team of three horses and four men which were the rider,

mugger, setup man, and holder.

The rider rides all three horse around the track. The mugger is in charge of stopping incoming horses at the beginning of the exchange, the setup man holds the second and third horse for the rider to mount, and the holder controls the extra horse before the exchange.

It was an exciting trip that the Elders really enjoyed.



Winnie LaPrairie greets Mr. Bill



Valerie Ross and Bonnie Wallace with Eagle Whistle Singers

Binaakwe-giizis – Falling Leaves moon – October 2019

ALR: Assisted Living Residence; BBCR: Black Bear Casino Resort; BBGC: Black Bear Golf Course; BCC: Brookston Community Center, (218)878-8033;

BLH: Brevator Language House, CAIR: Center for American Indian Resources (218) 879-1227; CCC: Cloquet Community Center, (218)878-7510;

CFC: Cloquet Forestry Center; CPT: Cloquet Premier Theatre; CHS: old FDLSS door; DC: Damiano Center; FACE: Family and Child Education Bldg.; FDC: Food Distribution Center; FDLGG: Fond du Lac Gas & Grocery; FDLM: Fond du Lac Museum; FDLSH: FDL Supportive Housing; FDLTCC: Fond du Lac Tribal & Community College;

MKW: Mash-Ka-Wisen Powwow Grounds; MKWTC: Mash-ka-wisen Treatment Center; MNAW: Min no aya win (218)879-1227; MTC: MN Chippewa Tribal building;

NRG: Natural Resource Garage; OJS: FDL Ojibwe School; OJSHS: Ojibwe School Head Start; PLT: Perch Lake Townhall; RMD: Resource Management Division;

SCC: Sawyer Community Center, (218)878-8185; TRC: Tagwii Recovery Center; TCC: Tribal Center Classroom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Women's Health Brunch Oct. 12 9 a.m. CCC	Domestic Violence Vigil Oct. 23 4:30 p.m. CCC	AA/NA support 12 p.m. TRC GIS workshop 11:30 a.m. FDLTCC WIC 12 p.m. CAIR Moccasin class 3:30 p.m. CCC Immersion class 5 p.m. CCC Parenting class 5 p.m. CCC <p style="text-align: right;">1</p>	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 <p style="text-align: right;">2</p>	Parent/family/teacher conferences FDLOJS Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC <p style="text-align: right;">3</p>	Parent/family/teacher conferences FDLOJS Language 5 p.m. SCC <p style="text-align: right;">4</p>	Come & Swim & use the gym <p style="text-align: right;">5</p>
Come & Swim & use the gym <p style="text-align: right;">6</p>	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 Moccasin class 3:30 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC <p style="text-align: right;">7</p>	AA/NA support 12 p.m. TRC WIC 12 p.m. CAIR FDL Elder fall banquet 4:30 p.m. BBCR Immersion class 5 p.m. CCC Parenting class 5 p.m. CCC <p style="text-align: right;">8</p>	Elder water aerobics 8:15 a.m. CCC Elder exercise 9 a.m. CCC Elder concern group 10 a.m. CCC Cooking 12 p.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 <p style="text-align: right;">9</p>	Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC <p style="text-align: right;">10</p>	Language 5 p.m. SCC <p style="text-align: right;">11</p>	Women's Health Brunch 9 a.m. CCC Come & Swim & use the gym <p style="text-align: right;">12</p>
Elder Movie morning 11 a.m. Come & Swim & use the gym <p style="text-align: right;">13</p>	Indigenous People's Day <p style="text-align: right;">14</p>	AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Immersion class 5 p.m. CCC Parenting class 5 p.m. CCC <p style="text-align: right;">15</p>	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 <p style="text-align: right;">16</p>	Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC Open RBC meeting 5:30 p.m. CAIR AA Support 6 p.m. CCC <p style="text-align: right;">17</p>	Pokey Jaris Paro Powwow 1 p.m. FDLOJS Language 5 p.m. SCC <p style="text-align: right;">18</p>	Come & Swim & use the gym <p style="text-align: right;">19</p>
Family movie morning 10 a.m. Come & Swim & use the gym <p style="text-align: right;">20</p>	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 Moccasin class 3:30 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC <p style="text-align: right;">21</p>	AA/NA support 12 p.m. TRC WIC 12 p.m. MNAW Immersion class 5 p.m. CCC Parenting class 5 p.m. CCC <p style="text-align: right;">22</p>	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 Domestic violence vigil 4:30 p.m. CCC Language 5 p.m. BCC Women's group 5:30 p.m. MNAW <p style="text-align: right;">23</p>	Language 5 p.m. CCC GED 5 p.m. CCC Open Gym 5 p.m. CCC AA Support 6 p.m. CCC <p style="text-align: right;">24</p>	Language 5 p.m. SCC <p style="text-align: right;">25</p>	Come & Swim & use the gym <p style="text-align: right;">26</p>
Elder movie morning 11 a.m. Come & Swim & use the gym <p style="text-align: right;">27</p>	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 Moccasin class 3:30 p.m. CCC Cribbage 5 p.m. CCC Caregivers 5 p.m. CCC <p style="text-align: right;">28</p>	AA/NA support 12 p.m. TRC Moccasin class 3:30 p.m. CCC Immersion class 5 p.m. CCC Parenting class 5 p.m. CCC <p style="text-align: right;">29</p>	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 Sobriety Feast 6 p.m. CCC <p style="text-align: right;">30</p>	<p style="text-align: center;">Happy Halloween</p> <p style="text-align: right;">31</p>	Opening Ceremony: Nov. 1 at 1 p.m. BBCR	The Sioux Chef: Nov. 1 at 5 p.m. BBCR

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