Nanganana Managanana Managana Man

FDL and other
Native Veterans
honored at
Camp Ripley's
Open House.



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Local News

Continue to be careful

By Zachary N. Dunaiski

Minnesota, and the entire United State is continuing to go through a surge of COVID-19 due in part to the Delta variant. Fond du Lac, which had it's last major consistent increase of COVID cases back in November, is seeing a significant surge in cases as Dr. Charity Reynolds, FDL Medical Director, addressed in a public service announcement (PSA) in September.

"In our area, we are currently going through a surge that means over the past two weeks we have seen a drastic increase in the numbers of positivity rates. This week it is a 15.4% positivity rate," Dr. Reynolds said.

These are high infection rates and the main group that is being impacted are those who have not yet been vaccinated against the virus, but as Dr. Reynolds said, it isn't just the unvaccinated being affected.

"Infants, children, and those that are not vaccinated adults, and some breakthrough infections (are the ones that are testing positive). The breakthrough infection rate is low, it's about 1.4%. The rest of the 13% are those that are not vaccinated," Dr. Reynolds said.

"So it is important to get vaccinated. About 55% of our community has been vaccinated. So we really need those 12-51 to get vaccinated."

Community events to vaccinate and educate the community are occurring constantly, so watch the FDL website (fdlrez.com) for updates. If you have specific questions you can also contact your healthcare provider.

With FDL only seeing 1.4% breakthrough rate, Dr. Reynolds pointed out that getting vaccinated is about more than just not getting infected at all.

"That's super important because right now, in our local area, the hospitals are at mass capacity. If somebody gets sick and needs to go to the hospital they might not be able to be admitted to our community hospitals here or in Duluth, they may be sent out of state and a couple of days ago the state itself was full, so there were no hospital beds available in the state," Dr. Reynolds said. "We need to get vaccinated, because what if somebody has a heart attack and there isn't a place for them to go, so this is very, very scary. So we ask to you to get vac-

Another problem that everyone is facing after 18 months of this

pandemic is quarantining when necessary. While we may all be sick of staying home and doing what is necessary to help keep this virus from spreading even more, it's what we have to do. Dr. Reynolds, on behalf of medical experts everywhere, encouraged people to do the right thing if you have or think you might have COVID-19.

"The other important part is if you have symptoms of COVID-19 please get tested," Dr. Reynolds encouraged everyone. "Get tested and stay home while you're awaiting your results. If you have COVID-19, please quarantine. You can still spread it if you get it,

so please quarantine like we did before. We want to stop this surge that we're going through."

Dr. Reynolds finished the PSA with some advice for those who want to do the right thing for themselves, their families, and their communities.

"To protect yourself, please keep your circle small, know the vaccine status of those around you. So you just need to continue to be careful," Dr. Reynolds reminded us. "Wear masks, don't go to large events, large gatherings, make sure you're washing your hands and those kinds of things. We ask that we decrease the spread, that we protect our community,

so many things that we know can protect us. Those being vaccines, masking, and staying away from others"

It's been a long 18 months, but if we do the difficult things and the smart things to protect ourselves and those around us, we can put an end to this pandemic. The vaccines are working, we just need to keep it from spreading, because if it does, then it is only a matter of time until it mutates to a point where the vaccine isn't effective anymore.

To watch the whole PSA from Dr. Reynolds, visit the FDL Facebook page.

New healthy ad

FDL has a new billboard going up in October that will feature FDL members and the community garden on Cary Rd. Here is a look at the new billboard

the new billboard that will go up in October featuring Patti Jo Fineday and two of her children harvesting the garden for the season.



Nahgahchiwanong Dibahjimowinnan

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

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Published monthly by the Fond du Lac Reservation Business Committee. Subscriptions are free for Fond du Lac Band Members. To inform us of a change of address, write to: Fond du Lac News, Tribal Center, 1720 Big Lake Rd., Cloquet, Minn. 55720.

Editor: Zachary N. Dunaiski zacharydunaiski@fdlrez.com • (218) 878-2682 The mission of this publication is to provide the Anishinaabeg community of the Fond du Lac Band of Lake Superior Chippewa, Fond du Lac Reservation, with news and information that will be of help to them in their everyday lives. In addition, our goal will be to highlight many of the honors, accolades, accomplishments and awards that are earned by community members but are mostly overlooked by the mass mainstream media

It is our hope that through greater information about the activities of our people, this publication can be an instrument of true community. It is not our intention to be a vehicle of divisiveness. To that end, we do not publish editorials, opinion pieces or letters to the editor. There is an abundance of opportunity for the publishing, airing and dissemination of material of personal opinion in other communication vehicles available throughout the area, region and state.

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

Corporate Member of the Native American Journalists Association

Local News

Camp Ripley honors Native Veterans

Story and photos by Zachary N. Dunaiski

n Sept. 19, Camp Ripley held their biennial open house. All over their 53,000 acre facility, kids and adults got an up-close look at tanks, helicopters, planes, guns, and more.

This year's event featured

a ceremony recognizing the legacy and contributions of Native America Service-members, who serve their country at a greater per capita rate than any other group in the country.

As part of the ceremony to honor Native Veterans, two FDL Band member Veterans, Ed Beargrease and Robert Wallace, carried flags for the grand entry, and Charlie Smith lead the prayer at the beginning and end of the ceremony.

It was wonderful to see the Fond du Lac flag, and flags of other Bands around the state, posted on the grounds inside Camp Ripley.











RBC Thoughts

Secretary/Treasurer News

Boozhoo,

e received our second installment of the American Rescue Plan Act (ARPA) money. The RBC met and discussed the guidelines of ARPA. According to the guidelines Band members could receive a stimulus payment from funds. After some lengthy discussions the RBC decided to issue a payment to all adult Band members.

The minors and adults under guardianship will also be receiving their payments

into their trust accounts. You should have received a letter containing an application for the payment by now. If you have not please call (218) 878-8021 or (800) 365-1613 to

let us know. I hope that this payment helps with some of your needs caused by this pandemic.

The wild rice harvest was not very good this year on the Reservation. We were in the midst of a drought which left our lakes very shallow and difficult to navigate the rice beds. Those who met the challenge and went out were successful in gathering rice. I was unable to get out to the lakes much this year because I contracted COVID and had to quarantine for ten days. I did get my vaccine and the booster but still tested positive. I will say though that the symptoms I had were

mild to non-existent and had my wife not tested positive I would not have known that I was contagious. Our clinic staff did a fantastic job with easing the burden of having to quarantine tremendously. They provided us with a COVID package that contained water, juice, canned soup, toiletries, and cleaning supplies. The only thing that was hard to cope with was not being able to work. My wife and I are now recovered and back to being as normal as you can during these uncertain times. I will say that I am glad we were vaccinated as the symptoms were not

as bad as they could have been.

The annual moose season began on September 23 this



ers to harvest 30 animals. The season runs to the end of December but if it follows the pattern of the last couple of years it will be done in early October. Our hunters have become very adept at harvesting moose.

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

Gii ga waa ba min.

Cloquet News

Hello all

The season for Mahnomen gathering is upon us. I am getting numerous reports of

the crop, some say it is a good year for the harvest and some saying it is hard to get to because of the low water levels in the lakes. I do hope we get a record number of gatherers and that they all have a safe and good harvest.

To update you all on the County Road 7 or Big Lake Road overlay project, it is mostly complete with just one area requiring re-work. This work is scheduled to be completed in one day. The location will be at the intersection of Trettel Lane and Big Lake Road.

Currently construction crews are now working on University Road repairing the driveway approaches to our buildings then putting an overlay of payement over that section of road. We also have scheduled for repairs still this year the

north section of Reservation Road. This will be north of the Jarvi Road intersection and through to Brevator Road. I am told it will be only a few weeks project. So folks living in that area, please be cautious of the workers and the work being

done as you travel through there. Repairs of this section of road is long overdue.

Wally Dupuis

I recently wrote about the Tesla electric vehicle charging stations being installed at our Black Bear Casino Resort. I am happy to say

this project is also now complete and there was a ribbon cutting ceremony to kick things off. We are excited to be part of reducing the carbon footprint and reducing the use of fossil fuels for energy needs.

As you know, we were in the process of opening things back up here from the COVID shutdown. However, the numbers have started rising again so we are now back on a mask mandate and we are hesitant in opening our community centers for activities. We are hoping this will be temporary and that we can get back to providing activities again soon.

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





Daily Updates

Vaccines save lives

By Zachary N. Dunaiski

any arguments have been made about the efficacy of COVID-19 vaccines and whether or not they are necessary, but this most important statistic is that people who become infected with COVID-19 have a far better chance of living if they are vaccinated.

Since the arrival of the Delta variant, many breakthrough cases have occurred, but most of those have either been mild, or at least

not life threatening. That changes the older a vaccinated person gets, but as Newsweek points out, the vaccine is still vital for younger adults.

The total number of 18- to 29-year-olds who died after testing positive from COVID-19 during the three-week period was 18, 13 of whom were unvaccinated. For 30 to 39-years-olds, the COVID-19 death figure is 45, including 31 unvaccinated.

Those numbers are low, and don't even account for how few

vaccinated people even become infected. The article is predominantly about how children, who can't be vaccinated in England as it hasn't yet been approved for children, show extremely good survival rates.

According to the latest weekly COVID-19 vaccine surveillance report by Public Health England, there were three children under the age of 18 who died in England within 28 days of testing positive for COVID-19, out of a total 167,832 cases over a three-week

and this bill is an important step

forward in making that a reality."

right in any democracy. We need

"Voting is the most fundamental

period.

None of those under the age of 18 were vaccinated, the data reveals.

This is in no way to downplay the severity of this virus, nor in anyway suggest that children don't need a vaccine. Once a vaccine is available for children, we need to get everyone vaccinated and that very much so includes children. However, for those who have children under the age of 12 here in the United States who can't yet get their children vac-

cinated, the numbers show that a small number of children get seriously ill and a fraction of that die.

Still, please vaccinate yourselves and your children as soon as they are approved for the vaccine.

Source: https://www.newsweek.com/vaccine-children-covid-eng-land-deaths-1627885

Klobuchar, Smith, colleagues introduce legislation to protect voting rights for Native Americans, Alaska Natives, and people living on Tribal lands

S. Senator Amy Klobuchar (D-MN), Chairwoman of the Senate Rules Committee with jurisdiction over federal elections, and U.S. Senator Tina Smith (D-MN) joined Senator Ben Ray Luján (D-NM) and 13 of their Senate colleagues to introduce legislation to protect the right to vote and ensure equal access to the electoral process for Native Americans, Alaska Natives, and People Living on Tribal lands. Companion legislation was introduced in the House by U.S.

Representatives Sharice Davids (D-KS) and Tom Cole (R-OK).

"The right to vote is the foundation of our democracy, but exercising that right remains too difficult for many Americans, especially those in historically disenfranchised communities," said Klobuchar. "This legislation will help address the challenges that many people in Native American and Tribal communities face that impact access to the ballot box. Our democracy works best when all citizens are able to participate,

a transparent election process that we can trust and where Americans have equal freedom to vote," said Smith. "But right now, coordinated campaigns are trying to restrict the right to vote for Indigenous, Brown and Black Americans. Congress needs to pass the NAVRA Act to protect voters' rights on Tribal lands and Tribe's sovereignty in upholding

those rights. I'm also pushing the Senate to pass the John Lewis Voting Rights Advancement Act to continue defending our democratic process."

The Frank Harrison, Elizabeth Peratrovich, and Miguel Trujillo Native American Voting Rights Act (NAVRA) would enact key measures to protect the right to vote and ensure equal access, including allowing Tribes to specify the number and location of requested voter registration sites, drop boxes, and polling

locations on Tribal lands. It would also authorize Tribal ID cards for voting purposes. Additionally, the bill would secure \$10 million to establish task forces focused on identifying barriers to voting for Native Americans, Alaska Natives, and People Living on Tribal lands. The bill would also require prior Tribal notice and consent before States and local governments could remove, consolidate, or otherwise reduce access to voting locations on Tribal lands.

The legislation is led by Senator Ben Ray Luján (D-NM) and cosponsored by Senators Richard Blumenthal (D-CT), Catherine Cortez Masto (D-NN), Dick Durbin (D-IL), Dianne Feinstein (D-CA), Martin Heinrich (D-NM), Mazie Hirono (D-HI), Jeff Merkley (D-OR), Alex Padilla (D-CA), Jacky Rosen (D-NV), Bernie Sanders (I-VT), Brian Schatz (D-HI), Jon Tester (D-MT), Chris Van Hollen (D-MD), and Elizabeth Warren (D-MA) in addition to Klobuchar and Smith. More than 30 voting rights and Tribal

organizations have endorsed the legislation.

As Chairwoman of the Rules Committee, with jurisdiction over federal election law, Klobuchar has been a leading advocate for protecting the right to vote and increasing access to the electoral process. In March, she introduced the For the People Act with Senator Jeff Merkley (D-OR) and Senator Chuck Schumer (D-NY) to establish national standards for ballot access, ban partisan gerrymandering, and end the influence of dark money in elections. In July, under Klobuchar's leadership the Rules Committee traveled to Georgia to hold its first field hearing in 20 years to spotlight the unprecedented attack on voting rights in the state.

Smith is also committed to fighting voter suppression and making sure Americans' voices are heard. She supports the For The People Act as well as the *John Lewis Voting Rights Advancement Act*.



Etc

New backpacks for students

backpacks to the area student Band members and descendants. Wally, Kevin, and Miyah helped stuff the backpacks with supplies that the students will need to get them through the school year.

Others involved with helping to make sure the backpacks were filled and handed out to qualified students were Jeanne Smith, Kami Diver, Toni Petite, Amanda Olson, and Wanda Smith.

Thank you to everyone who helped, and good luck to the students in the new school year.







Honoring Dan Anderson at his retirement party.

Superintendent update

aniin/Boozhoo
nindawemaganidok,
Biindigedaa nagaajiwanaang
gikinoo' amaade wigamig (Welcome
back to school!) I hope everyone had
a happy, healthy and fun summer.
After a year plus of distant learning
I am looking forward to our students
and staff starting our school year

in-person. However, we are still trying to manage the COVID 19 pandemic. Our FDLOS Preparedness Plan is on our website. Please keep in mind and be prepared that if there is an area

outbreak due to COVID 19 we will have to return to distant learning. Please mask up, social distance and vaccinate to keep our students, staff and communities safe.

Since March 2020 our awesome staff has worked diligently to ensure that our students and staff are safe in their learning environments and will continue to do so. FDLOS is committed to helping every student succeed in school. We can assure you that our team at FDLOS will do everything we can to provide a safe, happy, and nurturing environment to make sure our students have a safe and healthy school year.

Chi Miigwech to the teachers, staff,

parents, and community members for all of their hard work and effort planning the start of the 2021-2022 year. The staff have put in countless hours preparing and revising the Preparedness Plan, Student Learning Plans,

curriculum, attending professional development trainings, and preparing the school building for the students to return.

We strive to work in an atmosphere of safety, cooperation and collaboration to provide meaningful learning opportunities while supporting student achievement.

Our students' successes rely on a supportive community. Chi miigwech to everyone that supports our students.

I am looking forward to another fun and exciting school year. Please contact us if you have any concerns or questions.

I also want to say farewell and Happy Retirement to Dan Anderson. His last day was July 30, 2021. Dan worked for the Fond du Lac Ojibwe School for 38 years as the Education Grants and Accountability Facility Manager. His relaxed demeanor, sense of humor and wealth of knowledge will be missed by our staff. I will miss working with him. I wish Dan and his family a healthy and happy future!

Giigaawaabamin naagaj, Jennifer Murray (Johnson) Fond du Lac Ojibwe School, Superintendent Office Ph. 218-878-7258 jennifermurray@fdlrez.com

Etc

FDL selected for HOTM

Fond du Lac Ojibwe School Harvest of the Month Team

The Fond du Lac Ojibwe School has been selected to participate in the Harvest of the Month (HOTM) Pilot Program through the Minnesota Departments of Agriculture and Education.

The Ojibwe School is 1 of 15 schools selected (out of 37 who applied) to participate in the program. The purpose of the Harvest of the Month Pilot Program is to help successfully implement Farm to School and build community connections.

The Program Goals are to:

- Encourage healthy food choices by increasing students' exposure and knowledge about seasonal foods and building excitement about school meals
- Support market development for local farmers
- Provide connections between the cafeteria, classroom and community.

The Ojibwe School will be testing 6 Minnesota grown and produced foods including squash, wild rice, apples, dairy, poultry, and greens in school meals. There will also be various activities throughout the 2021-2022 school year. The Harvest of the Month team consists of school

nutrition professionals, school educators, gardeners, farmers, and community partners.

Meeting notice school year 2021-22 annual Title I meeting to be held October 27, 2021

The Fond du Lac Ojibwe School Title I annual parent meeting will be held during the Parent Advisory Group meeting on Wednesday, October 27, 2021 at noon. Title program information will be available and staff will be present to answer any questions.

General notice to creditors

In the matter of the Estate of: KENNETH L. DEFOE, JR., decedent, DEANNA M. BENJAMIN, Petitioner. Case No: PR-0009-2021 GENERAL NOTICE TO CREDITORS.

Notice is given that probate proceedings are pending in the Fond du Lac Tribal Court regarding the estate of Kenneth Larry DeFoe, Jr.

Any claims against the abovereferenced estate must be filed on or before December 30, 2021 or the claims will be barred. All claims must be filed with the Tribal Court and provided to the personal representative by the deadline in order to be considered.

The address of the personal representative of the estate is:
Deanna M. Benjamin
4806 Hwy 33
Saginaw, MN 55779
The mailing address of the Tribal
Court is:

Fond du Lac Band of Lake Superior Chippewa Tribal Court 1720 Big Lake Road Cloquet, MN 55720

LEGAL NOTICE – October 2021

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

BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:

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





Famous Wedding at the Fond du Lac Fort #2 – September 11, 1834

Research by Christine Carlson

ester Crooks, An Indian Maid the Bride and William Boutwell, Missionary Bridegroom – Duluth News Tribune of October, 20, 1918

Hester Crooks - Her mother was a half-breed whose mother (Hester's grandmother) was a full-blooded native Huron or Ottawa, and whose father (Hester's grand-father) was a French voyageur – one of those wilderness-loving men who, tracing the Laurentian waters led civilization into central North America.

Note – Hester's mother's name was Abanakue who was a daughter of an Ojibwa chief.

Her father, Ramsey Crooks, was born at Grenoch, in Scotland, and became a prominent fur trader on Lake Superior and in Minnesota, planned railroads, acquired wealth, and was among those who laid the foundation of this commonwealth. Tradition does not inform us by what rites Ramsey Crooks and the half-breed woman were married, but without knowing, we may assume they were joined after the Indian fashion. They met on the shores of Lake Huron. One of the fruits of their union was the girl Hester, who was born in a bark tepee on Drummond island in the northern end of Lake Huron, on May 30, 1817.

It is not possible for me to describe her appearance. It is enough to say that when people saw her some of them said involuntarily, "how beautiful," and others said, "how good."

Her mind at the time of her marriage was as serene as a sheltered lakelet on a windless day. It reflected only duty. She was as athletic, as graceful, and it was easy for her to handle an oar or rifle.

William Thurston Boutwell, a Congregationalist missionary, the groom. He was all but the first missionary of the Protestant faith to labor in this field. In 1832, he made a preliminary journey into the then almost unknown wilds of northern Minnesota from the headquarters on Lake Huron at Mackinaw, traveling the whole length of Lake Superior from the Soo to Fond du lac by canoe. He taught at La Pointe, at Fond du lac, at Leech Lake, and at Pokegama (Pine County).

He met Hester Crooks first at Mackinaw, later at La Pointe, and she strongly attracted him by her sparkling beauty and tireless energy, and they were united at Duluth, then Fond du lac, in the year 1834, on the 11th day of September.

The Wedding Party – September 11, 1834 in old Fond du Lac

It was known some days in advance that the wedding was to be and the people had made preparations. There were a few Frenchmen living there most of them with Indian blood, who with their half-breed wives, were profoundly interested.

So these coureur-de-bois decorated the log church that Missionary Ely had built the year before with boughs of sun browned maple leaves and sumac, interspersed with green branches of balsam and spruce. The floor and approaches to this church on the hillside by the stream they strewed with cedar boughs which were soft under foot and gave out a pungent, refreshing odor. Flags were hung about for they found old British and French flags which they put up here and

there to keep company with the American flag that General Cass had left years before. It was very classy, you may be sure.

There was a home-made table split from cedar for the pastor on which he could lay his book and everything was quite respectable. Besides the French and French half-breeds, we have spoken of, there were a number of real Indians who had come to the wedding, all garbed in their best.

Seldom had so many people assembled at Fond-du-lac, except when the hunters came in, for there were above 60 persons present, counting the papooses and all.

The Wedding

About the hour of 10 in the morning, Hester and the missionary came from the trader's store. The groom, then 30 years of age, old enough to be wise and strong and not old enough to be foolish, but however rusty and unpressed they would have seemed in some places here they wore "fine clothes" and Boutwell felt very decent. He led Hester by the hand.

Her bridal attire was quite civilized and staid as became the missionary bride of a missionary, and yet she had in her dress many a touch of color, to prove her joy on her wedding day a bride of 17 summers. There was a trace of Indian, too, in her apparel as her feet were encased in moccasins of whitest deerskin, covered with beads in all sorts of kaleidoscopic forms. Then over all there was a Galic grace which became her well.

They marched into the church and all the company followed, and then after a decent interval the Rev. E. Ely walked in and married them. The woodland waif and the learned collegian were one. Boutwell was proud of his wife and considered that he had secured a helpmate who would be always faithful to him and who would join with him in his labors and be a link between him and the natives. And Hester on her part felt quite honest and proud.

The redskins were proud of Hester. Was she not of their blood? Surely on the mother's side, and among Indians the important thing in ancestry was the female line, obviously enough. They looked with approval on her find dark face, her firm body, her light step and gravely sweet smile.

The Gifts and the Feast

Hester was, in true bride fashion, delighted by her gifts. They were all very practical and useful not counting the bunches of wild blooms placed about which had been gathered by the lady missionary, the same bright spirit from New England who had loaned her own gold ring for the wedding ceremony. The trader gave a sack of flour and shoes for both bride and groom, together with a cooking outfit and a roll of calico. The French half-breeds gave furs quite well prepared, really valuable beaver and otter and one big bear-skin. The Indian women appeared with beadwork moccasins and other bright finery and the braves brought fish and game in plenty for the feast.

It was a plenteous feast and everyone had enough and there was much to spare. The young women brought wild fruits and berries from the woods and marshes, the women produced maple sugar and wild rice from secret stores, the men brought trout and whitefish from their nets, and game, venison, and the flesh of wild birds from the woods. There was bread from the trading post and even candies which had been brought from New York. But above all was the feeling of restrained good will and friendship which animated the guests.

After the feast there were tests of speed and strength on land and water. They had canoe races on the river, jumping and running matches and other lively diversions. They made a day of it. And it must be admitted to conform to history that some of the Indians who loved their old ways had a "dog feast" in the brush not far away and someone succeeded in coaxing a jug from the trader. But no harm whatever was done, and however much the groom suspected, this was not the day to be spying around and he looked the other way.

The Rest of the Story -Their Honeymoon Trip

After a joyous wedding celebration, Hester and William left Fond du Lac and headed for their mission. This trip took 43 days up the St. Louis River, over the swampy Savanna Portage and across the wilds of Northern Minnesota to their cabin on Leech Lake.

Leech Lake and Stillwater

William and Hester labored for many years among the Pillager Band of Ojibwa. Hester remained at his side and had eight children. Sadly, her life was not long for Hester died at age 36 on October 15, 1853 at Stillwater, Minn.

Health News

October is Breast Cancer Awareness Month

reast cancer is the most common cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime. Most breast cancers are found in women 55 or older (but can be much vounger or much older). Breast cancer is the second leading cause of cancer death for American Indian women (only lung cancer kills more women each year). The chance that a woman will die from breast cancer is about 1 in 36 (about 3%). Women who use oral contraceptives or the Depo-Provera shot have a slightly higher risk for developing breast cancer. Hormones can play a role in the increase of developing breast cancer. Overweight or obese women are at a higher risk. American Indians living in the Northern Plains region have a much higher cancer related death rate than the general population. Breast cancer screening with regular mammograms can detect breast cancer in its earliest stages before physical signs & symptoms appear.

Signs & Symptoms

Changes in breast size or shape include swelling of the breast or lymph nodes, skin irritation or dimpling (feels or looks like an orange peel), bumps, or thicker areas with hard lumps for the breast or nipple, sores, inverted nipple, pain in any area of the breast or nipple pain, redness, looks inflamed, or hot to the touch, scaling, flaking, peeling, or crusting of nipple area, distinct vein or vein growth, nipple retraction and nipple discharge/leaking (other than breast milk).

Risk factors that can't be changed are: being a woman, aging, history, breast density or race. Women who have a blood relative or first-degree relative (mother, sister or daughter) doubles a women's risk or having two first degree relatives increases the risk three-fold for developing breast cancer.

Good News! There are some risk factors that can be changed and prevention such as: no smoking or quitting smoking, avoiding or limiting alcohol, eating a healthier diet, getting to and staying at a healthy weight, exercising three days per week could lower the risk, breastfeeding reduces estrogen exposure that helps prevent breast cancer, regular breast exams and mammograms, being proactive with screening and early detection (please see below for suggested guidelines for ages).

Screening and early detection
It is recommended for Women
40-44 to have the choice to start a
yearly breast cancer screening with
a mammogram.

It is recommended for Women ages 45-54 to schedule and have a mammogram every year.

It is recommended for Women 55 and older to switch to a mammogram every two years or keep doing yearly screening.

Screenings are recommended to continue as long as a woman is in good health and expected to live 10 years or more.

Sources: American Cancer Society www.cancer.org and American Indian Cancer Foundation www. aicaf.org

Always remember to consult your healthcare provider with any questions or concerns and check with your doctor if you notice any change or abnormality.

To learn more, visit www.cancer. org/cancer/breast-cancer.html.

A message from your Fond du Lac Cancer Control Project

Purchased Referred Care (PRC) (formerly known as Contract Health Services)

A referral may be generated for specialty care or an emergency room visit may have occurred.

Eligibility for funding is determined utilizing the Indian Health Services and RBC approved policy and procedure.

The approval/denial is communicated on the referral or through written communications.

Patient responsibilities include: submit statement's to Human Services to be paid, respond to insurance inquiries and inform PRC staff of all ER and follow-up visits from referrals.

Please contact PRC with any questions you may have (218) 878-3733.

In-person meeting for Real Solutions

The Real Solutions Weight Management Support Groups have received approval to meet in-person again. The MNAW group will meet in the Dottie Tibbetts room Oct. 1, Fridays 12-1 p.m. and the CAIR group will meet in Lake Superior Room, beginning Sept. 30, Thursdays 12-1 p.m.

A message from the Public Health Nurses

The Duluth area is currently seeing an increase in cases of both HIV (Human Immunodeficiency Virus) and syphilis. In 2021 the HIV case count was declared an outbreak with cases dating back to 2019. HIV is a virus that works to attack the body's immune system and if left untreated can lead to AIDS (Acquired Immunodeficiency Virus).

Those at high risk in the current HIV outbreak include:

- individuals who use IV drugs/share needles
- those experiencing homelessness or unstable housing
- men who have sex with men
- and individuals who exchange sex for income.

The Duluth area is also seeing an increase in syphilis cases and this was also deemed an outbreak. The diagnosis of these cases also ranges back to 2019. Syphilis is a sexually

transmitted infection that can cause serious health problems if left untreated.

If you feel you may be at risk or are looking to be tested please contact your healthcare provider.

Updated information regarding the outbreaks can be found on the MN Department of Health website under HIV outbreak response and case counts & syphilis outbreak response and case counts.

Miigwech!

Dietitian

Sources: Center for Disease Control and MN Department of Health

Make this fall fabulously healthy! By Kara Stoneburner, RDN LD, Community Health Services

Time to admit it, fall is here. Some welcome the cooler temps and shorter days while others (like me) miss our hot, long summer days. Either way, it is a new opportunity to become healthier.

The Centers for Disease Control and Prevention (CDC) provided us with tips for having a healthy fall. It is called "12 Tips for a Healthy Fall".



Health News

Here is a short summary:

- 1. Get your screenings. See your healthcare provider for regular screenings and preventive services like cancer and diabetes screenings
- 2. Wash your hands
- 3. Wear a cloth face covering
- 4. Get your flu shot
- 5. Practice social distancing
- 6. Brush your teeth twice a day, with fluoride toothpaste
- 7. Sleep, get at least 7 hours every night (adult recommendation)
- 8. Rethink your drink. Drink more water, less sugary or alcoholic
- 9. Be sun safe
- 10.Move more, sit less
- 11.Don't use tobacco
- 12.Eat healthy.
- All great tips to keep us healthy as we head into fall, but I would
- like to add or expand a few:

 Try or add in-season fruits and veggies to your meals, such as pumpkin, sweet potatoes, squash, apples, garlic, brussel sprouts and
- cranberries, to name a few
 Add extra veggies and beans
- into your stews and soups
 Be aware of what and how

- much you are eating as you are watching your favorite fall sports or the new season of your favorite tv show. Munching mindlessly infront of the tv can pack on extra calories easily.
- Activity was mentioned above, but remember, our daylight hours are getting shorter and colder, so be prepared with physical activities you can do inside, if needed.

What else happens in the fall? Halloween, of course! It'll be here before we know it. How about making this Halloween a healthier one as well? Common suggestions include:

- Eating a healthy dinner before heading out the door for some trick-or-treating
- Wait to buy any candy until a day or two before to prevent temptation
- Walk in safe neighborhoods with the children instead of driving house to house
- Use a smaller candy bag
- Avoid snacking on candy while out and about
- Have a plan in place for after
- Inspect all goodies for expiration

dates, potential allergies, tampered or opened packages

- Limit candy to 2 pieces/day for 1-2 weeks (or less)
- Offer to "buy back" candy by trading pieces of candy for a zoo trip or a later bedtime on the weekend
- Avoid trick-or-treating altogether and plan fun activities at home such as:
- Pumpkin carving or decorating contests
- Dressing up and going to a movie or watch a movie at home
- Plan fun games, like apple bobbing, pumpkin toss, spider crawl or a fun fall scavenger hunt
- Use foods in a fun way (lots of ideas on the internet). A bowl full of cooked noodles might feel like "guts". Feeling olives in a dish, without seeing them, might feel like eyeballs. Make banana ghosts. Offer Halloween punch (sparkling water, small amount of 100% orange juice with floating orange slices and blackberries) or unsweetened tea with lemon slices.

If staying home, consider handing out healthier treats or

non-edible treats instead. Some suggestions include:

100% juice, balls, baseball cards/other collectable cards, books, bottles of water, bubbles, key/backpack chains, color crayons and books, colored pencils, combs, corn nuts/ peanuts/trail mix, coupons for subway, bowling or a movie pass, dental floss, fake teeth, finger paints, flavored milk straws, Frisbees, fruit snacks, strips or rolls made with 100% fruit. fun erasers, fun and colorful plastic cups or water bottles, glow sticks, hair ties/barrettes/ clips, jump ropes, little boxes of low sugar cereals, low-fat/low sugar granola or cereal bars, mini bottles of fingernail polish, mini rice cereal bars, oatmeal packets, packs of sugar-free cocoa, pencils, Play-Doh, playing cards, prepackaged cheese and crackers, puppets, puzzles, puzzle books, rubber bracelets, rubber spiders, worms and bugs, sidewalk chalk, small bags of pretzels, popcorn, graham or animal crackers, small notebooks, small veggie packs, spider rings, squeezable yogurts,

stickers or stars, string cheese, stuffed toys, sugar-free applesauce or fruit cups, sugar-free flavorings for water, sugarless gum, temporary tattoos, toothbrushes, toy cars or figurines, or vanilla wafers.

Whatever you decide to do this Halloween, keep in mind the healthy goals you put into place earlier in the month and don't forget about the tips for a healthy fall mentioned above.

Check out these two interesting recipes:

Apple Cinnamon Baked Oatmeal Bars (from Snap-Ed)

This make-ahead dish is handy to heat up and have for a quick healthy breakfast or snack. You can add a touch more brown sugar if you like it sweeter and a splash of milk for more creaminess.

Ingredients

1½ cups fat-free milk or soy milk ½ cup packed brown sugar ½ cup egg substitute or egg whites

1 tablespoon melted trans-fat-free margarine



Health News

½ teaspoon cinnamon 2 cups rolled oats (not instant) 1 teaspoon baking powder 1½ cups chopped apples

Directions 1. Preheat oven to 350°F

- (176°C). 2. In a small bowl mix the milk, brown sugar, egg substitute/whites, margarine
- and cinnamon. 3. In a larger bowl combine the oats and the baking powder. 4. Pour the wet mixture into
- the bowl with the oats; add the apples and stir to combine. 5. Spoon the mixture into an
- 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until top is firm and a toothpick comes out clean in the center.

Nutrition Information

Serving size: 1 square Serves 9

Calories: 160; Total fat: 3g; Saturated fat: < 1g; Sodium: 80mg; Total Carbohydrate: 30g; Dietary Fiber: 3g; Sugars: 18g; Protein 4g; Vitamin A: 248 IU; Vitamin C: 1.5 mg; Calcium: 56mg.

Sweet Potato and Apple Bake Serve with roasted chicken or turkey, and a large green

Makes 6 servings.

Ingredients

3 1/2 cups sweet potatoes, drained (two 15-ounce cans; save 2 tablespoons of the liquid)

2 cups apples (peeled, cored and cut into bite-sized pieces) 6 teaspoons brown sugar (2 tablespoons, packed) 1/3 cup chopped nuts (pecans, walnuts or any other type) 2 tablespoons flour 2 tablespoons butter, melted (unsalted)

Directions

- 1. Preheat oven to 350°F.
- 2. Put sweet potatoes in baking dish.
- 3. Add apples.
- 4. Pour 2 tablespoons of the sweet potato liquid over the mixture.
- 5. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
- 6. Sprinkle over the top of the sweet potato/apple mix.
- 7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

For nutrition information, please visit Sweet Potato and Apple Bake at What's Cooking? USDA Mixing Bowl.

*Sources include: eatright.org, CDC, USDA, American Heart Assoc, American Institute for Cancer Research







THE GITIGAAN PROGRAM'S

IST ANNUAL GARDEN PHOTO CONTEST

SUBMISSION GUIDELINES





Pallinators - Photos of bees, birds, insects, or other

LauraRivas@FDLREZ.COM

Entries must be submitted no later than 4:30 p.m. Friday. October 8th. 2021.





Ashi-niswi giizisoog (Thirteen Moons)

Waatebagaa giizis:

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

Anishinaabemowin Lessons

Double Vowel Chart

This is how to pronounce Oilbwe 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

"e"- sounds like the "ay" in stay

I am...

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

Sorry--Nimaanendam

Thirsty--Ninoondeminikwe Tired--Nindayekoz Warm --Ningiizhooz Well--Niminoayaa Working—Nindanokii

Source: www.ojibwe.org/home/ pdf/ojibwe_beginner_ dictionary.pdf

Ashi-niswi qiizisooq BIGADA'WAA WORD SEARCH

food

Find the Ojibwe words in the puzzle below

М	F	0	В	В	V	S	K	Q	N	V	I	U	F	Ε	0	J	G	W	Т
\mathbf{T}			G															Q	
Y	S	Α	N	I	D	V	F	V	Μ	С	K	Α	W	I	Χ	Q	Т	V	R
Q	D	S	W	G	D	L	Ν	Α	J	Z	L	Α	S	I	V	Μ	0	I	Μ
Μ	В	0	Μ	G	Χ	I	Y	Χ	Q	С	Υ	G	Р	Z	Q	0	K	L	R
X	Η	Z	V	R	Ν	I	В	Ρ	Μ	Χ	R	Y	Μ	I	Ν	Z	I	S	Ν
L	Η	Η	Α	Ν	Ν	I	Ν	I	Μ	Α	D	Ν	\mathbf{E}	D	Ν	0	J	Α	Ν
U	L	I	R	0	Y	D	Μ	Α	I	W	G	С	Α	Α	K	С	G	Μ	U
0	Μ	С	0	Q	V	E	\mathbf{E}	Α	G	G	В	Μ	G	Α	Α	Α	Q	Α	R
В	J	Η	Z	F	V	R	\mathbf{E}	Т	Α	Α	I	E	Z	D	Α	F	S	G	Α
M	Z	I	\mathbf{E}	В	K	Μ	I	K	J	Z	Α	С	L	Ν	I	R	Y	J	J
0	R	G	I	G	P	Η	G	U	I	Ν	Ν	W	0	0	K	Ρ	Μ	U	U
M	L	\mathbf{E}	S	Μ	G	С	R	L	J	F	Η	0	Ρ	V	Z	L	Α	Ο	G
D	V	Η	Α	L	0	G	I	С	Η	I	D	Α	Α	0	0	Μ	D	0	R
0	Ν	Z	Α	Α	Μ	G	D	J	W	\mathbf{E}	K	V	С	U	Ρ	K	0	Η	R
V	\mathbf{E}	0	Μ	Y	Μ	\mathbf{E}	K	F	W	\mathbf{T}	Q	U	J	Q	Η	I	S	U	Μ
I	L	R	F	\mathbf{E}	В	Z	\mathbf{E}	Χ	K	Ν	J	L	R	D	G	L	0	U	U
R	Ρ	J	В	V	I	В	U	S	Ν	W	F	Y	S	G	V	I	Z	F	U
F	I	Y	R	L	F	С	F	Η	U	G	J	D	I	R	D	U	0	Q	Α
N	U	Ν	Y	D	Т	Ι	L	A	F	Y	Z	Р	K	Χ	В	Z	0	Q	F

OGICHIDAA/warrior

OGIDIBIIG/on top of water

OJIIM/kiss

OKIJ/pipe stem

ONAAGAN/dish

ONDAADIZIIKE/give birth

ONDAMIZI/be busy

ONDENDAM/strongly desire

ONZAAM/too excessive

ONZAAMINGWAAM/over slept

OPWAAGAN/pipe

OZHICHIGE/make things

OZHOONIYAMMI/have money

OZOSODAM/cough

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.

Community News

These community pages are yours, the members and employees of the Fond du Lac Band. We welcome family news. Please send us information about births, engagements, weddings, anniversaries and deaths. Please include the full names of the individuals in the greeting announcement, as well as the date of the occasion. Full names, including individual last names are required.

Also, we will include news of graduations (high school and post-high school) and military service. Memorials to loved ones or notes of appreciation are also welcomed.

Please submit materials during the first two weeks of the month preceding the next issue. For example, send notices to us by or on Oct. 15, 2021 for the November 2021 issue. Information may be sent by U.S. mail to FDL News, 1720 Big Lake Rd., Cloquet, MN 55720, or by email to zacharydunaiski@fdlrez. com.

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

Happy Birthday

Happy birthday to **Weazie** (Sept. 29)!

From, Chey and rest of your friends

Happy 20th birthday, Molly Fineday (Oct. 2)! We love vou! Mom, Greenlee, Grandma, Grandpa, Josephine, and Mack





Happy 3rd birthday **Madison** Barney (Oct. 8)! Love, Mommy and Daddy

Happy birthday **Madison Barney** (Oct. 8) Nana loves you very much my little bird





Happy 6th birthday to our princess, Laila Brown (Oct. 12)! We love you to the moon and back my girl! Love, Mom, Dad, baby Trav, and Kahari

Happy 5th Birthday Zaagajiwegaabow (Oct. 20)! We love you so much! Love, Mom, Dad, Kayson, Kade, Baby Reets, and Millie



Thank you

A huge, huge thank you to all who came to help Hank Seppala celebrate his 80th birthday. He had a fabulous Day. Thank you, Nancy

Anniversary

Happy 35th wedding anniversary to Fred and Patty Petite (Oct. 4) Love, your favorite kid, Keira and Karli

Obituaries

Kenneth John Fosness, Jr., 64, of Cloquet, Minnesota, passed away at his home with his family by his side, on Saturday, August 21, 2021.

Ken was born November 6, 1956, in Duluth, Minnesota, to Kenneth John (Theodora Harder) Fosness, Sr. When he was ten years old, the family moved to Alborn, MN, where he stayed and graduated from high school. There he married his lifetime friend, Lorraine Houle, and moved to Cloquet where they remained. Ken was a proud member of the Fond du Lac Band of Chippewa. and for a few years served as a Conservation Officer for the Reservation. He joined the trucking industry, driving over-the-road for many years and then for Fond du Lac until he retired in March, 2021.

Ken loved to fish, telling his fishing partners, "I can catch fish on wet grass." He enjoyed working on old lawn mowers and small engines and could fix anything with the help of Youtube. He especially enjoyed spending time with his "little family and grandchildren." Special memories include his trip to Sturgess on his Harley with his brothers. His loved ones remember Ken as a gruff-looking, gentle giant of a man with the kindest and gentlest of souls, willing to help others as the need arose.

Ken will be lovingly remembered by his sons Kenneth III and Steven (Melissa); grandchildren Jonathon, Devon, Bradley, Eden, Jaxxon, Halee, Racheal, Ava, Bailey, Dragos, Mia, and Rhiley; sisters Gail Omundson,

Renea (David) Johnson, Wendy (William) Janke, Lynn (David) Wichlaz, Theodora (David) Paulson, and Sandra Fosness; brothers Michael (Lisa) Fosness and Charles (Chervl) Fosness; sistersin-law Briana and Brenda (Ronald); and special lifelong friend Lorraine Houle. He was preceded in death by his parents Kenneth and Theodora Fosness.

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
- Recreational Aide 2, Sawyer SCC
- Recreational Aide 1, Brookston BCC FT/PT
- Recreational Aide 2, Brookston BCC FT/PT
- Recreational Aide 1, Cloquet CCC FT/PT
- Recreational Aide 2, Cloquet CCC FT/PT
- Clinical Pharmacist MNAW, CAIR & Mpls On Call
- Pharmacy Technician MNAW,

CAIR & Mpls On Call/Sub

- Transit Dispatcher FDL Transit FT/PT/On Call
- Head Start Substitutes FDLHS On Call
- Deli Clerk FDLGG PT
- Transit Driver FDL Transit FT/ PT/On Call
- School Bus Driver FDL Education FT/PT/On Call
- Health Care Assistant MNAW, Assisted Living, Home Care FT/
- 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
- Hotel Room Attendant/Housekeeper FT/PT
- Drop Team Worker FT

Community News

Fond-du-Luth

- Security Guard/Dispatch FT
- Janitor FT/PT
- Clean up Worker FT/PT
- Beverage Waitperson/Bartender
- Cage Cashier FT/PT
- Players Club Representative FT/
- Slot Attendant FT/PT
- Slot Technician FT/PT

FDL Minneapolis listings

- Clinical Pharmacist On Call
- Pharmacy Technician On Call/ Sub



Who needs a 3rd dose of the

COVID-19 Vaccine?

Currently, CDC is recommending that moderately to severely immunocompromised people receive an additional dose. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV Intection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

People should talk to their healthcare provider about their medical condition, and whether getting an additional dose is appropriate for them.



This month's deals at the Fond du Lac Gas and Grocery





DRAWINGS SATURDAYS 6 - 9 PM

OCTOBER 2ND - 30TH

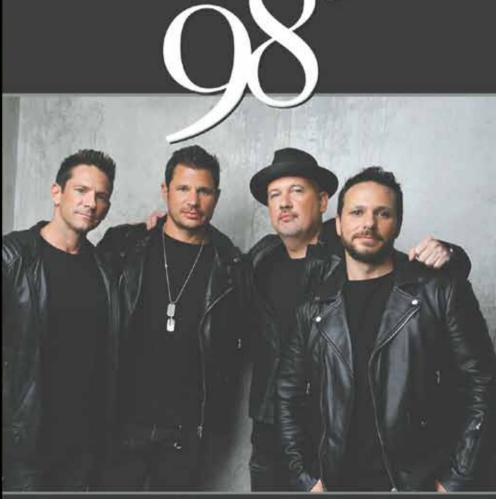
- Start earning entries on September 26, 2021.
- Three (3) each hour, twelve (12) winners a night.
- Winners can win up to \$4,500 on Saturdays.

blackbear casino resort.com

*Slots, Blackjack & Bingo Players Club Members earn one (1) entry for every five (5) points earned on game play.

See official details & rules on blackbearcasinoresort.com or at the Players Club.

LIVE IN THE OTTER CREEK EVENT CENTER AN EVENING WITH



OCTOBER 15, 2021 DOORS 6 PM | CONCERT 7 PM

TICKETS \$45 - \$70 AVAILABLE AT THE PLAYERS CLUB OR ONLINE AT

blackbear casino resort.com

