

# Nagaajiwanaang Dibaajimowinan

Stories from where the water stops

## HISTORIC RETURN



*Jax Kettelhut (pictured) showing off the biggest fish that he and Kevin Dupuis Sr., FDL Chairman, caught Aug. 28. These two were the first FDL Band members to go netting on Lake Superior in 169 years.*

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# Local News

## Historic Return

### FDL Band members return to net on Lake Superior for the first time in 169 years



By Zachary N. Dunaiski

In a momentous occasion for Fond du Lac Band members, a few members of the Band returned to the shores of Gichigami (Lake Superior) Aug. 27, to set nets on the big lake for the first time in 169 years. Community members of all ages came to the Knife River Marina, just a few miles northeast of Duluth, to get their permits and participate in the cherished tradition that our ancestors started all those years ago. “Because it’s fun and I just like to hang out with friends and other people that like to fish,” Jax Kettelhut, 8, said on Monday Aug. 28 after reeling in a net full of 36 fish.

Jax, the youngest participating Band member, went out and netted for the first time since the treaty was signed, paired up with Kevin Dupuis Sr., Fond du Lac Chairman, as the first two to officially set a net on Lake Superior, a moment Dupuis was very honored to be part of.

“For many, many years, we weren’t able to do this,” Chairman Dupuis said of the honor to be paired with Jax for the opening day. “I know people have done it [on other lakes], but to where it’s coming back to the

Band to exercise this way of life on Lake Superior, it means more to me than anything.”

The joy and excitement that Jax and Kevin experienced was palpable, as they returned with more lake trout than anyone expected.

“I’m giving it to my family and giving it to other people that need it,”

Jax said of his haul for the day. Jax is a fisherman by nature saying he’s gone netting on other lakes, Mille Lacs mostly, but was very excited to get to go on the big lake to do what he loves.

Over the course of three days, a total of 323 lake trout and 5 whitefish were captured. While some of these fish were earmarked for community distribution, it was evident that the majority went to individual Band members, reflecting the strong desire to reconnect with traditional practices.

“It’s very culturally important to exercise these treaty rights and these treaty rights have not been exercised in 169 years,” Eric Torvinen, FDL Inland Fisheries Biologist said of the

event. “That net Kevin and Jax set was the first in 169 years, so this is kind of a historic. We should have access to Lake Superior and after 169 years, we finally do, the MNDNR is supportive of all of our efforts.”

Jax, the youngest member of the community to go out on opening day, was one of 9 Band members out on the water. The Lake Superior Subsistence Fishing Program had 24 participants take the class, but then poor weather conditions pushed the Friday start date back to a Sunday start date, many had to drop

**“The objective for this year was to get some nets in the water, to retrieve those nets, and hopefully catch some fish.”**

– Eric Torvinen

out because collecting the nets would take place on a weekday.

While Jax, Chairman Dupuis, and Torvinen were the three out on the boat doing the work, the boat was full for this historic event, which everyone involved thoroughly enjoyed.

“I wanted to add that we’re very appreciative and honored that we’re able to do this again, especially for the first time in 169 years,” Clayton Kettelhut, Jax’s father, said of being

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Translation: Stories from where the water stops

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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



able to watch the joy on his son's face up close. "Especially to have an 8-year-old out here and doing everything with us. It was an awesome experience."

This project has been a long time coming, not only over the last 169 years, but for Torvinen it has been a big part of his job for the year he's worked for FDL.

"When I got here I started working to make this happen, and when you first get a job you just sit at a computer. A lot. So I wrote a proposal," Torvinen said about getting approval for such a major endeavor. "We had no budget, no staffing, and it was just done with the natural resource crew and me working on weekends, building these nets, and stuff like that. And it worked out really well, but it was a ridiculous amount of extra work. But I wouldn't work that hard for anything else. I really believed in this project. We needed to get this done."

No one really knew how successful the first netting since the treaty was signed in 1854 would be, but collecting a massive amount of fish wasn't the actual goal.

"Everything just kind of fell into place quite well for us to do this small harvest," Torvinen said, noting that

catching one fish or the 500 maximum didn't truly matter. "I say progress, not perfection. The objective for this year was to get some nets in the water, to retrieve those nets, and hopefully catch some fish. The objectives for future years will be more ambitious."

A bundle ceremony held in conjunction with the Cultural Center marked a powerful spiritual connection with the lake, and it was noted that the fishing activity saw a significant upturn afterward. While the scientific explanation may be different, there's no denying the positive impact the ceremony had on the success of the fishing expedition.

Now FDL Band members will be able to net on Lake Superior, there will be many more activities like this one to get people out netting on the big lake. The Chairman for one, hopes more Band members will continue to follow the path their ancestors set for them.

"From the beginning, it shouldn't ever have gotten to the point where we're not part of this process. Doing this with what the creator gave us and then the agreement within the Treaties," Chairman Dupuis said. "The Treaty states the right to hunt, fish, and gather on Lake Superior. It's

part of us and we need to continue to do it. Getting young people out here guarantees our way of life is secured."

The Chairman understands that not everybody will be physically capable of getting out and netting, but that's why we need to pass these skills on to the next generation.

"We need to have our people do it, get everybody involved. All the fish that I got, the ones I kept, just filleting and giving them away to people, Elders," Chairman Dupuis said of his haul. "But it's what we're supposed to do. Get us back out here and do that for the people who aren't able to."

The Fond du Lac Band Council has supported this initiative from the beginning, fronting funding for critical aspects and demonstrating commitment to preserving our heritage.

This event is just the first of many to represent a reconnection with our netting traditions and a promising step towards securing our way of life for future generations. This event marked a significant milestone in the Band's journey, ensuring that our rich heritage and cultural practices will endure.

# RBC Thoughts

## Cloquet News

Hello all

As we approach early fall, I see vehicles with canoes and long poles traveling to and from the landings of our wild rice lakes. This is a clear indication that summer is winding down. Reports are that the crops are very good this year. Although I have not been able to participate in the gathering of wild rice for a few years, it has always been a special time for me, as it brings memories of years past.



Wally Dupuis

Earlier this month the Fond du Lac Band of Lake Superior Chippewa, for the first time in many years, finally participated in exercising our treaty rights by harvesting fish in the big lake, Lake Superior. I would like to thank our Natural Resource Department for their preparation on making this happen. I also would like to congratulate Jax Kettelhut, one of FDL's youth for being the individual that is making history, as he was the first in many years to exercise our treaty rights by setting nets as an FDL Enrollee.

To update you on the newly constructed child care center here at FDL, the building and parking lot are completed. We are now and have been in the process of getting staff hired to operate the facility. The search for a director of the facility has been in process for quite some time, but finding a candidate has been a struggle.

As school has started for the year recently, I want to wish all students, young and old, a successful school year. I am pleased to see the number of Band members that have signed up for college or continuing education. Our scholarship office has been busy lately helping our members through their financial aid needs. Both Shelly and Veronica are dedicated to assisting our members with their scholarship and financial aid packages, so please give them a call here at the tribal center if you have questions on either starting or continuing your education.

Recently, Cindy Pattison retired from the Social Services Division. I had the fortunate opportunity and honor to work with Cindy over the years, both directly and indirectly, and I very much appreciated her knowledge and wisdom as it relates to providing this service to our members. Thank you, and congratulations Cindy for your service and what you brought to and did for our community over the years.

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

Kevin Dupuis Sr. (left), FDL Chairman, and Jax Kettelhut just moments after the first net was cast since the 1854 Treaty.



## What to do if you have a gas leak

Natural gas is a safe and non-toxic energy source for heating your home, powering your gas range, furnace, water heater, fireplace, and more. But, it's also both colorless and naturally odorless – so how can you detect when you have a potentially dangerous leak inside your home?

A harmless ingredient is added to propane and natural gas to help you detect leaks. This provides the distinctive “rotten egg” smell commonly associated with these fuels. If you smell this odor in or near your house, it is important that you leave the area. Do not switch on or off any lights. If the switch would spark, it could lead to an explosion. Gather all family members and pets and leave the house staying at least 300 feet away from your house. Close the door behind you and

when you are in a safe area call 911.

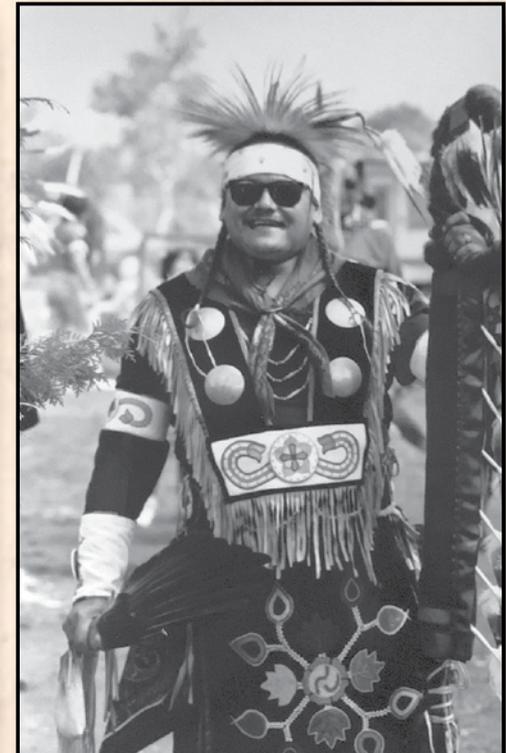
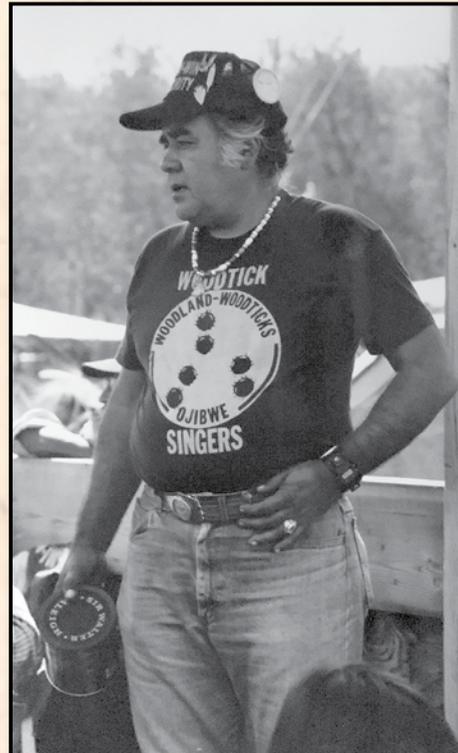
Do not use electrical switches, telephones, appliances, garage door openers, etc. This can cause sparks. Do not use lighters or matches. Do not smoke. Do not open doors or windows in an attempt to ventilate. If the smell is outside of the house do not start your car. Do not turn off your gas meter. This should only be done by a trained individual.

The emergency crew will look for leaks with your appliances or furnace and will be able to shut off the gas supply. If a leak is detected with an appliance, you will need to contact a repair-person or furnace contractor to fix the problem. If the leak is coming from your propane tank or your meter, you need to contact your propane vendor or gas company to do the repair.

# August 1990 Ni-Mi-Win Pow-Wow at Spirit Mountain

(I am so sorry to say that I did not get the names of anyone. I was in love and my mind was elsewhere. – LOL)

By Christine Carlson



*If you know any of the people in these photos, please contact Zach at the Newspaper office (218) 878-2682 or email zacharydunaiski@fdlrez.com.*

# More Local News



## Eight-year-old runs successful jewelry business

By Zachary N. Dunaiski

**B**enson Rule, an eight-year-old FDL Band member with an entrepreneurial spirit, has been making jewelry all summer long to sell. He brings his creations to farmer's markets, powwows, and other events around the area and with a positive attitude and an instinctive business sense, he's made a great business for himself.

Benson takes time to craft each intricate piece of jewelry himself, with the occasional help from his mom and even his cousin.

"I go to many different farmers

markets," Benson said of his efforts to sell them. He tried to go to as many big events that he could this summer to make as much money as possible. "Sometimes I come to the Tribal Center, with a board and then I show them. Then I ask some workers if they want to buy any."

When Benson brings his items around to sell, most people can find a diverse selection of items to buy as he has a great deal of variety wherever he sets up shop.

"I sell all kinds of stuff," Benson shared about his business. "Earrings, pendants, bracelets, necklaces, kids' sets, and even croc

charms. All kinds of jewelry."

Tasheana Rule-Garcia, Benson's mother, brought him all over this summer to these events to help him sell his unique handcrafted items, helping him learn good entrepreneurial habits.

Learning to make jewelry just earlier this year, Benson quickly realized that he was very talented and that his pieces would be something others would want to buy.

"My mom showed me how and then I started getting good at it," Benson said recalling how quickly he learned to craft these items. "So then I started selling them."

While he may not have saved up enough money for anything extravagant yet, Benson has some lofty dreams and plans to keep selling and saving until he can do what he's always wanted to do with money he earned on his own.

"I'm going to save it for traveling the world," Benson said of his plans for his hard-earned money. "I just want to have fun with my family all around the world. Hawaii too, because that's a place that you can have a lot of fun."

With summer over, and Benson beginning second grade, his plans to make and sell more jewelry

hasn't come to an end.

"I'll make more stuff during the winter or maybe go to like arts and crafts shows," Benson said about his plans to keep his business going and his dreams of traveling the world alive. "Go there and maybe go to some places, kind of like this [FDL Tribal Center]. And go around and ask the workers if they're interested."

The determination that Benson has shown to make his dream of seeing the world become a reality is an inspiring story of hard work and creativity that will take him far in life.

# More Local News

## FDLOS students return

Aug. 28 was back to school for FDLOS students and they came back hungry!

The Back to School BBQ, now being called the Opening of the School Year Celebration was Aug. 31.

Students, their families, and school staff gathered at the outdoor school powwow arena where hamburgers, hot-dogs, baked beans, fresh fruit, and fresh vegetables were offered.

Min No Aya Win Community Health Team sponsored Duluth Goat Yoga to meet and greet with students and visitors.



## Harvest of the Month Team presents in Shakopee

The Ojibwe School Harvest of the Month Team presented at the Native American Nutrition Conference (NANC) at Shakopee Mdewakanton Reservation in Prior Lake, Minnesota.

We shared with attendees the successes of our implementation of Harvest of the Month and Farm to School meals, activities, events, and the incorporation of culturally relevant foods into the school menu.

The Harvest of the Month Team would like to thank Bimaaji'idiwin Producer Training Program and 13 Moons for their support.

We look forward to seeing everyone at the Pokey Paro Powwow and future events!



*Michelle Hamski speaking at NANC in Shakopee*



*Left to right, Michelle Hamski, Mace Fonoti, and Erika Resendiz Alonso at NANC*

# Etc

## FDL Propane

Once again old man winter is lurking!

**Office Phone: (218) 879-4869 -  
After Hours Emergency Phone:  
1-866-803-9718**

Regular Business Hours are: 8 a.m.-4 p.m., Monday – Friday  
On Call Hours: 8 a.m.-8 p.m. – 7 days a week We do not deliver propane past 8:00 p.m.

Fond du Lac Propane is dedicated to providing you with prompt quality service at the lowest prices possible. We strive to keep our customers and employees safe during the cold winter months. We all know that

in Minnesota the weather can be vicious, leaving us all stationary at times. It can sometimes take days before the roads are drivable.

We ask that you keep a cleared path to the tank and that your driveways be plowed.

Please remember to call for delivery when your tanks are at or around 30%. This helps to ensure that you will not run out before we are able to get your tank filled.

The emergency line will only be responded to for leak reports and 0% (out of propane). If you call after hours but are not out of propane and do not have an emergency, please leave a detailed message. Your call will be

returned within 48 hours. If you do not receive a call back please call again.

Here are some things to remember for the upcoming heating season: All 0% requests made after 4 p.m. or on weekends are subject to additional fees!

After Hour Delivery Costs:

System Check \$50.00

Same Day \$100.00

After Hours delivery \$200.00

Total fees for an After-hours/

Weekend delivery: \$350.00

Return to fill: \$100.00 (If we cannot access your tank due to no snow removal/debris)

**If you are smelling propane from inside your home:**

- Vacate the residence immediately (do not use your phone or turn on/off light switches)
- Call 911 once you are out of the house
- If Possible, SHUT OFF Valve on the propane tank
- Call the Emergency Line at 1-866-803-9718, and someone from FDL Propane Company will return your call
- **If you are smelling propane outside of your home:**
- Call the emergency line at 1-866-803-9718 and someone from FDL Propane will return your call
- If Possible, SHUT OFF Valve on

the propane tank  
*From all of us at FDL Propane we would like to wish you a warm and safe fall and winter season.*

## International Infection Prevention Week

**Alyssa Marttila Savage,**  
*Infection Prevention Specialist RN for Fond du Lac Human Services*  
October 15 – 21, 2023 is dedicated as “International Infection Prevention Week” (IIPW) in the healthcare field.

The purpose is to educate and raise awareness on the importance of preventing and controlling the spread of illnesses. This year is the 51st year and the theme is “Celebrating the Fundamentals of Infection Prevention,” which highlights getting back to the basics of infection prevention for everyBODY.

According to the Center for Disease Control and Prevention (CDC), 1 in 31 hospitalized patients will get an infection as a result of the care they receive. As an Infection Preventionist at the Fond du Lac Human Services Division, it is my responsibility to ensure healthcare workers and patients are doing all the things they should do to prevent infections. I am looking for patterns of infection within the facilities, observing practices, educating and advising our health leaders and other professionals, developing policies and procedures, and coordinating with local and state public health agencies.

Here are the top 10 ways patients and families can prevent infection:

- Speak up for your care. Always talk with your healthcare providers, ask questions, and discuss your concerns. Whenever a treatment is recommended,



FREE ADMISSION

# Autumn Splendor Craft/Vendor @ BlackBear Casino

OCTOBER 28 9AM TIL 4PM

**Stop by the Family Friendly booth for  
Fall snacks and beverages.  
Show your FDL Tribal ID for 10% off.**

PLEASE VISIT FAMILY FRIENDLY MART LLC WEBSITE FOR  
MORE INFORMATION SCAN THE QR OR CLICK LINK  
BELOW.



[www.familyfriendlymartll.shop](http://www.familyfriendlymartll.shop)

## Attention:

The FDL TERO Office is asking ALL TERO applicants to refill a TERO registration form to ensure that your information is updated. Please be thorough with experience, certifications, and trainings. This application will be in the TERO office for a period of (1) year. Call the TERO office weekly to let us know that you're searching for work. Contact the TERO office with any questions or updates: (218) 878-7527 and/or [tero@fdlrez.com](mailto:tero@fdlrez.com)

### Indian Landowners Workshop

**Back by Popular Demand!**  
You are invited to attend a **FREE** Workshop designed for owners of Indian trust land. There are 2 Sessions to choose from.

**Monday, October 2, 2023,**  
10:00am–2:00pm OR  
3:00pm–5:00pm

**Location:**  
Sawyer District of the  
Fond du Lac Community  
Sawyer Community Center  
3243 W Moorhead Rd  
Cloquet, MN 55720

**To Register:**  
Please call **1 (612) 431-4366**  
Monday - Friday, 8:00am - 4:30pm

*Light refreshments provided.*

History – How did we get here?

Probate – The process in which many of you may have inherited your undivided fractionated interest(s)

Realty – Land Use Transactions, Consent Requirements and Revenue Disbursements

Bureau of Trust Funds Administration – Financial Management of your IIM Account

Land Title and Records Office – Official System of Record, How to read your ITI.

Etc

ask why it is necessary and what risks are associated with it. Write questions down before your appointment, so you don't forget anything!

• Clean your hands often. Hand hygiene is the best way to prevent the spread of infection. Make sure that everyone around you, including your healthcare providers and visitors, clean their hands. If you don't see that person washing their hands or using an alcohol-based hand-rub, don't feel bad about asking them to do so. Healthcare workers have been educated about hand hygiene and also expect that patients will—and should—ask them about hand washing. It is important that you are also diligent about washing your own hands when you are caring for yourself or a family member.

• Ask about safe injection practices. Safe injection practices are steps that your healthcare providers should follow when they give injections. For example, not using the same needle or syringe on more than one patient. Remember: One needle, one syringe, only one time.

• Ask to have your room or equipment cleaned. Keeping healthcare facilities clean is extremely important. It's very easy for germs to be passed from the surfaces to the hands and to other people. Ask to have your room or equipment cleaned if they appear dirty or dusty.

• Ask questions about your medications. Using antibiotics, the wrong way can cause bacteria to grow into superbugs. Know what your medication is for, how to take it, how long you should take it, and how often you should take it. If you are taking antibiotics, take them exactly as prescribed, even if

you start to feel better.

• Ask if you should shower before having surgery. If you are having surgery, ask if you should shower with a germ-killing soap ahead of time.

• Ask each day if you still need a catheter. Doctors are responsible for ordering the removal of catheters, so ask if you still need it.

• Ask about vaccinations so you stay healthy. Vaccines are a very effective way to prevent the suffering (and costs) associated with vaccine-preventable infections.

• Recognize an infection preventionist. IPs partner with your healthcare team to make sure everyone is doing the right things to keep you safe from healthcare-associated infections.

• Learn about healthcare-associated infections (HAI). HAIs are infections that patients can get while receiving treatment for medical or surgical conditions.

If you have a question about infection prevention, ask to speak with the IP at your healthcare facility.

The COVID-19 pandemic revealed how devastating

infections can become; it also revealed that education and prevention can go a long way in keeping people healthy and safe! (218)878-3777 or [alysamarttila-savage@fdlrez.com](mailto:alysamarttila-savage@fdlrez.com)

*Centers for Disease Control and Prevention (cdc.gov)*  
<https://apic.org>  
[infectionpreventionandyou.org](https://infectionpreventionandyou.org) | *Infection Prevention for Everyone*

### FDLOS board position open

Fond du Lac Ojibwe School is seeking a Cloquet School Board

Representative.

Interested candidates need to submit a Letter of Interest identifying strengths and interest in becoming a school board representative to:

Julia Lintgen  
Fond du Lac Ojibwe School  
49 University Road  
Cloquet, MN 55720  
218-878-7241 (Office)  
218-878-7263 (Fax)  
[julialintgen@fdlrez.com](mailto:julialintgen@fdlrez.com)

## Fond du Lac Ojibwe School Jaris "Pokey" Paro Pow-wow

**\*When: Friday October 6<sup>th</sup> 2023**

**@ 1:00 p.m.-9:00 p.m.**

**\*Where: Fond du Lac Ojibwe School Gymnasium**

**\*Royalty Contest begins at 1:30 p.m.**

**FDL Ojibwe School students who are competing must have applications in by:**

**Tuesday October 3<sup>rd</sup>, 2023**

**\*5:00 p.m. - 6:00 p.m.**

**Dinner provided:**

**Ogaawag, Manoomin, Anibish, Opiniig, Editegin**

**AMBE! MINOWAANIGOZI!**

**(Come Let's Celebrate)**

49 University Rd. Cloquet, MN 55720

For more information contact:

Ashley Jaakola 218-879-7239 or [ashleyjaakola@fdlrez.com](mailto:ashleyjaakola@fdlrez.com)

**THIS IS A TOBACCO (OTHER THAN TRADITIONAL USE), DRUG AND ALCOHOL-FREE EVENT**

#### MISSION STATEMENT:

ANISHINAABEG NAGAAJIWANAANG GEMAA BAPASHKOMINITIGONG HONOR OUR IDENTITY BY PRESERVING AND REVITALIZING ANISHINAABEMOWIN GIVEN TO US BY OUR CREATOR. WE TAKE RESPONSIBILITY FOR OUR FUTURE BY PROVIDING LANGUAGE LEARNING AND TEACHING OPPORTUNITIES UNDER THE GUIDANCE AND UMBRELLA OF THE FOND DU LAC LANGUAGE PROGRAM FOR THE NEXT SEVEN GENERATIONS.



**SAVE THE DATE! OCTOBER 18, 2023**

### OJIBWE LANGUAGE COMMUNITY EVENT

**YOU ARE INVITED TO ATTEND**

**FOND DU LAC LANGUAGE ADVISORY BOARD AND COMMUNITY 4<sup>TH</sup> QUARTER MEETING**

**OCTOBER 18, 2023**

**KEYNOTE SPEAKER: TBD**

Presentation followed by Q & A

Continued focus on providing information on available learners resources and gathering input from community members on what language learning resources and activities community members want to see created, implemented, continued, or refined.

This is your chance to ask for what you want.

**TIME: MEETING WEDNESDAY FROM 4:45 – 6:00 P.M.**

**PLACE: LANGUAGE & CULTURAL LEARNING CENTER**

**1713 ANIMIKII ROAD**

**CLOQUET, MN 55720**

**DIRECTLY ACROSS FROM TRIBAL ADMIN BUILDING**

**TELL US, WHAT LANGUAGE SERVICES DO YOU WANT?**

**CONTACT: WAYNE DUPUIS, BOARD SECRETARY 218-310-7588**

**LIGHT REFRESHMENTS WILL BE SERVED.**

IS THIS YOU?  
LOOKING FOR  
KEYNOTE  
SPEAKERS.

# Etc

## Meeting Notice: Annual Title I Meeting School Year 2023-24

The Fond du Lac Ojibwe School Title I Annual Parent Meeting will be held during the school board meeting on Tuesday, October 3, 2023 at noon. Title Program information will be available and staff will be present to answer any questions.

## THRIVE Cancer Survivorship Class Series

The Thrive Series is a free, weekly virtual series that provides those interested

in learning more about cancer survivorship with education and resources on a variety of topics straight from local experts.

Choose to register for the sessions you'd like to attend live online. Sessions start at 6 pm CT. Sessions will be recorded so you can watch again or catch up on a session you missed. It's free to attend, but registration is required.

### Who is a Cancer Survivor?

You are a cancer survivor from the point of a cancer diagnosis including throughout treatment and living with cancer and throughout remission.

### October 2023 agenda

Oct. 3 - Supplements & Nutrition:

presented by Kelly Scheller Williams, RDN, LDN. Learn about the advantages and disadvantages of supplements and impacts on your health.

Oct. 10 - Cancer Genetic Testing, Screening and Prevention: Empowering You and Your Family: presented by Alyssa Kne, MS, CGC. This session will discuss the genetics of cancer and GRAIL testing to determine cancer risk.

Oct. 17 - Trauma & Mental Health: presented by Jeffery Pounds, MA, LP, LADC. A cancer diagnosis can be traumatic. This session will focus on bettering your mental health.

Oct. 24 - Finding Joy in Nature: presented

by Renee Levesque. Forest Bathing is the practice of connecting to nature and taking in the experience using our senses. Learn about the benefits and how you can try it at home.

Special session – Oct. 28 - Experiencing Nature: A Practice in Forest Bathing: presented by Renee Levesque. Our first in-person THRIVE session will take the lessons learned from the virtual October 24 session and put them into practice through a guided forest bathing exercise. Limited space is available and pre-registration is required. Registration is opening soon.

## Computer Science and Coding

FDLOS September 2023 Vol. 03

### CS IN OUR SCHOOL- Gearing Up for a New Year

#### Hour of Code

We are continuing the Hour of Code on half days. We had our first hour of code for the 2023-2024 school year on Friday September 1, 2023. It was wonderful to see so many students excited about Computer Science.

Our next Hour of Code will be on September 29<sup>th</sup>, 2023 from 9:00am to 10am.



#### Staff Training

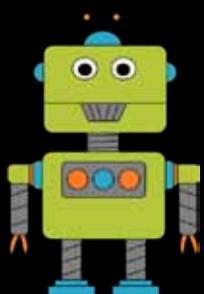
August 1<sup>st</sup> and 2<sup>nd</sup> of 2023 we had 20 staff come in and be trained on how to use Scratch. Scratch is the world's largest coding community for children and a coding language with a simple visual interface that allows young people to create digital stories, games, and animations.

#### Happenings

OUR 3<sup>RD</sup> AND 10<sup>TH</sup> GRADE CLASSES HAVE JOIN FORCES TO HELP MERGE READING WITH COMPUTER SCIENCE. WE LOOK FORWARD TO SEEING THOSE CLASSES JOINING FORCES AND WORKING TOGETHER.

#### Bot Spot

Room 1137 is the school's computer science room. This is a slice of paradise where staff can go in with their students to explore the computer science materials and resources. Staff can teach computer science lessons to their students in this space with any of the materials.



#### Coding Resources

Some websites you can visit:

[Code.org](https://code.org) - Grades 4 - High School

[Scratchjr.org](https://scratchjr.org) - Ages 5 - 7

[Scratch.mit.edu](https://scratch.mit.edu) - Grades 3 - High School

[Kodable.com](https://kodable.com) - Grades K - 5

[CodeHS.com](https://codehs.com) - Grades 7 - 12

[Tynker.com](https://tynker.com) - Grades K - 12

[Codemonkey.com](https://codemonkey.com) - Grades K - 8

[Code with Google](https://code.with.google) - Grades 4 - 12

[Code Combat](https://codecombat.com) - Grades 6 - 8

The Community Sobriety Feast this month will be Wednesday, Oct 11 5-8 p.m. at the Cloquet Community Center. Come and enjoy a wonderful meal and socialize with members of your community.

COMMUNITY  
**SOBRIETY  
FEAST**

2nd Wednesday  
of every month

5pm - 8pm

Cloquet Community Center Gym

OPEN TO ALL FAMILY AND COMMUNITY MEMBERS  
TO RECOGNIZE AND CELEBRATE THEIR SOBRIETY.

PLEASE BRING A DISH TO SHARE.

Fond du Lac Human Services Division | Substance Use Disorder Department

Etc

**LEGAL NOTICE  
OCTOBER 2023**

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

this notice, the identified funds will revert back to the Fond du Lac Band. \*The one-year period commences with the first publication.

**BAND MEMBERS WITH UNCLAIMED PER CAPITA ACCOUNTS:**  
CICHY, Gerard  
CICHY, Leslie  
DEFOE, Curtis  
DUFALT, Lavonne  
FARRELL, Margo J.  
KIER, Tresa  
LABELLE, Gregory  
LADUE, Michelle  
LAPRAIRIE, Robert  
LEGARDE, Ava  
LEGORE, Terri

MARTIN, William  
MARZINSKE, Larry  
MOELLER, Jeffery  
NEWAGO, Dennis  
OWENS, Louise K.  
PETITE, Benjamin F.  
PETITE, Leonard Jr.  
SAVAGE, Mark  
SCURLOCK, Patricia  
SEPANSKI, Barbara  
SOULIER, Gary  
ST. GEORGE, Richard J.  
STRONG, Marilyn  
THOMPSON, Dennis Jr.  
TROTTERCHAUDE, Chauncey D.  
TROTTERCHAUDE, Nicholas  
WAKANABO, Thea

**ATTENTION:**  
**TERO APPLICANTS**  
PLEASE REFILL OUT A TERO REGISTRATION FOR OUR UPDATED DATABASE.

**SCHOLASTIC BOOK FAIR**

**Book Fair**

Dear Families:  
Get ready! The Fond du Lac Ojibwe School Scholastic Book Fair is coming our way (YAY!). This book fair will focus on middle and high school stories. Choosing their own books empowers kids and inspires them on their journey to becoming lifelong readers. AND—as always—every purchase at the Fair benefits our school.  
Here's what you need to know about the big event, which will take place from Oct. 10–16 at the Ojibwe School Library. Parents and community members may shop from 3 to 4 p.m. and during conferences on Thursday and Friday.  
A fairly new feature is the eWallet! Say goodbye to cash and hello to eWallet—your child's digital payment account. Before the

Fair, set up eWallet for worry-free, cash-free purchases. Anyone can contribute! Share each child's eWallet so friends and family can add funds and give your kids more books to enjoy.  
If you can't make it to the Fair, then shop at our school's Book Fair online. All orders ship directly to your home, and shipping is free for book orders over \$25. Every online purchase will also benefit our school.  
Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:  
<https://www.scholastic.com/bf/fdlos>  
The countdown to more Bookjoy is on! Catch you at the Fair!  
Happy reading!

**SCHOLASTIC**  
*It's* **BOOK FAIR** *time!*  
<https://www.scholastic.com/bf/fdlos>

**MIDDLE SCHOOL & HIGH SCHOOL BOOK**

**When:** October 10<sup>th</sup> – 16<sup>th</sup>

**Where:** Fond Du Lac Ojibwe School Library  
(Must sign in at front office)

**Time:** Community may shop from 3:00 pm to 4:00 pm and during conferences

**COME TO THE FAIR CHOOSE BOOKS YOU LOVE**

Check out with eWallet—the convenient, cash-free digital payment system. Every purchase at the Fair benefits our school! Woo hoo!

# Health News

## Keeping the health this fall

By Kara Stoneburner, RDN LD,  
Community Health Services  
Dietitian

For many, October is the start of the “holiday season”. Unfortunately, that also means lots of not-so-healthy foods, treats, overeating and less physical activity.

According to the American Cancer Society, outside of tobacco use, the three most important, modifiable factors that contribute to cancer are weight control, dietary choices and physical activity. With the increase of higher fat foods, treats and cooler weather that happens this time of year, it is especially important to be aware of ways you can continue your healthy eating habits you picked up this summer.

Take advantage of the amazing fall fruits and vegetables that are in season, such as squash, sweet potatoes, brussels sprouts, apples and pears. Be adventurous and try new recipes using some of these yummy fall favorites.

Try this recipe by simpleandsavory.com:

### Roasted Butternut Squash and Apples

Serves 4

#### Ingredients:

- 1 medium butternut squash
- 2 apples
- 1 ½ tsp cinnamon
- 3 Tablespoons sage
- ½ tsp real maple syrup (not pancake syrup)
- 2 Tablespoons extra virgin olive oil

#### Directions:

1. Preheat oven to 400°F
2. Peel and remove seeds from squash. Cut into 1-inch cubes
3. Peel and remove core from

- apples. Cut into 1-inch chunks
  4. Chop sage
  5. Mix apples, squash, cinnamon and maple syrup in a bowl
  6. Line a baking sheet with parchment paper or coat with olive oil
  7. Arrange mixture in a single layer on baking sheet
  8. Bake in oven for 20 minutes
  9. Remove and sprinkle sage over mixture
  10. Place back in oven for another 5-8 minutes
  11. Remove and serve hot
- \*Can substitute acorn squash, sugar pumpkin or sweet potato for butternut squash
- \*Best if Granny Smith or Honey Crisp apples are used, but can use any variety or try pears

Also keep in mind, Halloween happens this month. The American Institute for Cancer Research provides tips on how to cut back or avoid the extra calories from the candy:

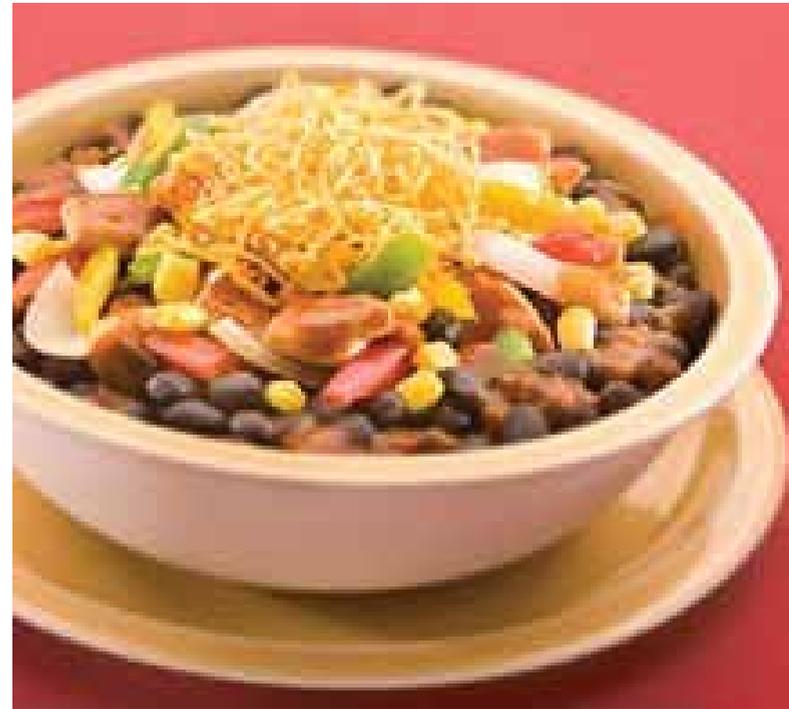
- Purchase only the amount of candy you think you will need. Toss the leftovers
- Place/store the candy out of sight to prevent the temptation to eat it. Place the candy in a rarely used cupboard or in a non-see-through, covered container
- Avoid walking by the candy aisle at the store or the candy dish at work. If it is unavoidable, carry other items in your hands so you are unable to grab the candy as you walk by it
- 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

Plan ahead and offer healthier alternatives to candy such as: 100% juice, balls, baseball cards, books, bottles of water, bubbles, key/backpack chains, children tattoos, color crayons and books, colored pencils, combs, corn nuts, peanuts or trail mix, Coupons for subway, bowling or a movie pass, dental floss, fake teeth, finger paints, flavored milk straws, frisbees, fun erasers, fun & 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 bars, mini bottles of fingernail polish, oatmeal packets, packages of sugar-free cocoa, pencils, Play-Doh, playing cards, pre-packaged cheese and crackers, puppets, puzzles, puzzle books, rubber bracelets, rubber spiders, worms and bugs, sidewalk chalk, small individual bags of popcorn or pretzels, small notebooks, small veggie packs, stickers or stars, string cheese, stuffed toys, sugar-free applesauce or fruit cups, sugar-free flavorings for water, sugarless gum, toothbrushes, toy cars or figurines, and vanilla wafers.

\*\*\*Some items may be a choking risk to small children\*\*\*

\*Sources include the American Cancer Society, eatright.org, CDC, American Heart Assoc, American Institute for Cancer Research



### Recipe of the Month Southwest chicken and beans

Dietitian's tip: This is a great alternative to traditional chili.

Serves 4

#### Ingredients

- 1 lb. boneless, skinless chicken breast, diced
- 1 package reduced-sodium taco seasoning mix
- 1 15-ounce can unsalted black beans, rinsed under running water and drained
- 1 1/2 cups frozen corn
- 3/4 cup fresh or frozen pepper stir-fry vegetables (onions and green, red and yellow peppers), chopped
- 3/4 cup water
- 3/4 cup reduced-fat shredded cheddar cheese

#### Directions

Spray a 10-inch skillet with cooking spray. Add chicken to the skillet; cook over medium-high heat for 2 minutes. Stir occasionally.

Add the seasoning mix, beans, corn, stir-fry mix and water. Cook over medium-high heat for 8 to 10 minutes. Stir frequently until the sauce is slightly thickened and the chicken is no longer pink.

Top with cheese and serve.  
Nutritional analysis Serving size: About 1.5 cups Calories392, Total fat8g, Saturated fat4 g, Trans fat0 g, Monounsaturated fat 1g, Cholesterol98 mg, Sodium750 mg, Total carbohydrate40 g, Dietary fiber10 g, Added sugars0 g, Protein40 g

Recipe adapted from: <https://www.mayoclinic.org/healthy-lifestyle/recipes/southwest-chicken-and-beans/rcp-20125118>

# Health News



is a nutrition program that helps families **eat well . . . and stay healthy**

**The WIC program provides:**

- Nutrition information
- Healthy Foods
- Breastfeeding support
- Referrals to other health or community programs

**Who is WIC for?**

- Women who are pregnant, breastfeeding, or who recently had a baby
- Infants
- Children up to age 5

**How to qualify for WIC?**

- Meet the WIC income guidelines
- OR**
- Be enrolled in another program such as Medical Assistance, SNAP or Head Start
- AND**
- The person enrolling in WIC has a nutrition and/or medical need

**Call today**

- Fond du Lac Human Services **218-878-2115**  
Min No Aya Win Human Services Center (Cloquet) or Center for American Indian Resources (Duluth)

This institution is an equal opportunity provider.



## FOND DU LAC ELDERS' FALL BANQUET

BLACK BEAR CASINO & RESORT

**Tuesday October 10, 2023**

**TIME:**  
4:30PM - 7PM

**DINNER:**  
5 PM

**WHERE:**  
Otter Creek Event Center

**FDL ELDERS CAN RECEIVE:**

- Dinner
- Hotel Stay
- \$10.00 Free Play

**HOTEL RESERVATIONS:**  
(218) 878-2327  
- OR -  
1-(800) 771-0777

## Indigenous Pink Breast Health

**1 in 8** women will get breast cancer in their lifetime

### Increased Risks

**GENETICS**  
Inherited DNA changes in genes

**GENDER**  
Being female

**FAMILY HISTORY**  
Mother, sister, daughter has had breast cancer

**BREAST DENSITY**  
Dense breast tissue

**40 AGEING**

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer is the 2nd leading cause of cancer death for American Indian women. A mammogram may save your life.

### What can I do?

**BREASTFEED**  
Breastfeeding reduces estrogen exposure that helps prevent breast cancer

**WEIGHT CONTROL**  
Overweight or obese women are at a higher risk

**EXERCISE**  
Exercising 3 days/week may lower your risk

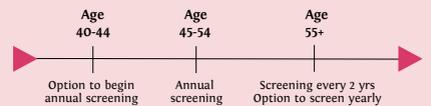
**LIMIT ALCOHOL USE**  
Alcohol can increase estrogen levels, which may increase your risk

**REGULAR MAMMOGRAMS**  
Women 40+ should have the option to have a mammogram once a year

**REGULAR BREAST EXAMS**  
Speak to your health care provider for options

**American Indian Cancer Foundation.**

### Screening Guidelines/Recommendations



**Text MN to 741741**

**CRISIS TEXT LINE |**

**Northern Minnesota Suicide Prevention TRIBAL-COUNTY PARTNERSHIP**

# Community News

## Happy Birthday

Happy birthday to **Kelly** (Sept. 6) and **Mary Diver** (Sept. 16)!

Hope your birthdays were as great as you two are!

*Love, your kids, bonus kids, and all the Grands that come along*

Happy 30th birthday to **Shania DeLille** (Sept. 20), sending birthday loves and hugs and have a great day! May your day be just as beautiful as you are!

*Love you, Momma*

On September 24, our Mom, **Carla Houle**, turns 67! Happy birthday Mom! Hope you have a fantastic day!

*Love, Kristie, Rita, Celena, Kendall, and Terry*

Happy 46th birthday **Rita Jaakola** (Sept. 27)! Hope you have a splendid loving day! Happy 28th birthday **Dustin Whitebird** (Sept. 27)! I wish you lotsa love babe and hope you have a super day!

*Love, your Sister & Auntie*

Happy 29th birthday to **Morgan DeLille** (Sept. 28), sending birthday loves and hugs and have a great day! May your day be just as beautiful as you are!

*Love you, Maaaam*

Happy 22nd birthday to **Molly Fine-day** (Oct. 2)!

*Love, Mom, Josephine, Grandma, Peepaw, and Mac*



Happy 8th birthday **Laila ma** (Oct. 12), we love you sooo much! *XOXO ever ever, Mom, Dad, baby Trav, and Kar!*

Happy birthday **Uncle Moose** (Oct. 12) and **Grandma Jaime** (Oct. 12), we love you! *Love, Court, Trav, Baby Trav, Laila, and Kar!*

## Congratulations

The proud Grandparents would love to share with our Native communities, the birth of our Grandson,

**Drexlin Charles DeLille** on August 16, 2023, 7 lbs. 11 oz. & 20" long. Congratulations to his wonderful parents: Dexter DeLille and Araceli Ramos-Smith. The day your son was born, so was a Mother and Father. We are so proud of you and so blessed we received such a beautiful gift of this new little person!

*Love always and forever and more, Mimi and Papa (Aka Mom and Tom)*



**Abby Sunde** at the AIFEP grantee honoring ceremony in Minneapolis.

In Spring 2022, Abby received the American Indian Family Empowerment Program grant from the Tiwahe Foundation. The grant supported the purchase of photography equipment so that she could document high-quality images of her artwork (which is often a financial barrier for artists but is a necessary part of being an artist) and to host three art documentation events within the community for artists to receive high quality images of their artwork for free.

In the photo with Abby is Tony Drews, the Program Coordinator for the American Indian Family Empowerment Program. Abby is holding a piece of art by Chelsea Smith, which was commissioned by the Tiwahe Foundation as a gift to all of the grantees. For more information about creating pathways for American Indian people please visit their website. The honoring ceremony was held Sept. 9.



Abby is the daughter of FDL Tribal member Bruce Sunde and Sharon Sunde.

Congratulations to **Morgan DeLille** on becoming a certified crane operator! Morgan is with the Operators Union Local 49. We are all so proud of and for you! At times it was not easy but you stuck it out and it paid off! Now go git 'em Babe! Love, Mom, Tom, and the Boys, and of course Emma



## Obituary

**Darrell John Erickson**, 62, of Cloquet, MN passed away on Thursday, September 7th at St. Lukes Hospital in Duluth, MN. Born on August 22, 1961. Darrell grew up in Cloquet, attending Cloquet High School, graduating class of 1980. After graduation Darrell worked at Perkins in Cloquet for 7 years until he finally found something he loved at Black Bear Casino as a tenured employee of 26 years serving as a Security Guard.

He was a gentle soul, most generous person and a pure thinker. He would absorb everything around him. Whether he was reading it (he was a professional at that) or seeing it, he embraced it all. He was a lover of books! The greatest thing to waste is a mind and Darrell most definitely did not waste that. Darrell was the master of most things and the thinker of all things. As his mother, Corrine once wrote "Darrell John is here to share his love with me and others. So special is his nature and kind are all his ways".

Darrell was preceded in death by his father, Kenneth W. Erickson; uncle, Kenneth Shaw; and nephew,



Kevin Leecko.

He will be greatly missed by his mother, Corrine E. Wick; step-mother, Lauretta Erickson; brothers, Randolph and Russell (Tammie Bishop) Erickson; sisters, Angela Hagen, Jennifer Oeffling, and Stephanie Hendricks; nephews, Landen (Kelsey) Straub, Brandt (Megan Waller) Straub, Turner and Talan Oeffling; nieces, Mehalia Houle, Ashley Shepherd, Jenny (Ryan) Colt, Taylor (Andrew) Wischnewski, Ari Straub, Dina Oeffling and Jenna Hendricks; great nephews, Shane Lavamaki and Percy Straub; great nieces, Jasmin Lavamaki, Mekaila Colt and Presley Wischnewski; and countless aunts and uncles in the Erickson and Wick family lineage.

## Michael Lee Fox (Wagoosh)

of the Mukwa Clan, age 37, began his journey to the spirit world on August 18th, 2023. Wagoosh is the son of Brenda Rice (Ken) and Matt Hunt (Ruth). He was born on June 8th, 1986, in Park Rapids, MN.

Michael grew up in Onigum and attended school at WHA, later in Fond du Lac. He began and completed training in fire fighting at FDL Natural Resources. Michael loved spending time with his family, especially his children. He also enjoyed playing sports including golf, softball, and baseball, he was known for his wicked left-hand swing. Michael was a free spirit and loved to travel all over, visiting, and staying with family. If you were around Mike, you always had some good bumps to listen to, as he loved his music. He liked to tease and joke with his nephews, they all looked up to him and wanted to grow their hair after Uncle Mike. Michael enjoyed fishing, netting, hunting, ricing, and anything do with his Aniishinaabe culture. Michael was his brothers and sisters keeper. He had a big heart and never let his family and friends stand alone. He was a loving son, brother, nephew, and dad, and had many favorite cousins.

Those Michael leaves behind to carry on his legacy are his children,



Felix Fox, Jason Sam, and Naveah Fox; siblings, Natasha (Kris) Cloud, Anthony (Erin) Wright, Cassandra Wright, Jonathan Wright, and baby sister, Jessica (Joe) Peterson; brothers, Paul (Leila) Jourdain, and Tim St. Clair.

Michael is reunited with his maternal grandfather, Ken Fox Sr., maternal grandmother, Genevieve Hanks; paternal grandparents, Phyllis and James Hunt; his sister, Michelle "Meesh" Hunt; special cousins, Robert Bueno, Jr., Dicki Doo Littlewolf Jr., and many more loved ones.

**Winifred A. (Crowe) Miller**, age 79 of Manitowoc, passed away Friday, September 1, 2023, at Holy Family Hospital.



Winifred Was born August 2, 1944, daughter of the late Harold and Delma (Boyd) Crowe. She attended schools in Manitowoc and graduated from Lincoln High School. She furthered her education at Martins School of Cosmetology. She worked at Mirro Aluminum for many years. Winifred married Gerald J. Miller and they were together for over 50 years before his passing. She enjoyed spending time with her grandchildren and great grandchildren.

Winifred is survived by son: David (Melissa) Miller; daughter: Katherine (Tony) Koppa; son: Dean Miller; 6 grandchildren: Tanya (Steven) Tesarik, Cheyenne (Russell) Popour, Daniel (Marina) Koppa, Abigail Miller, Julia (Stuart) Powell, Courtney Miller; 8 great grandchildren: Blake and Logan Tesarik, Madison, Michel and McKenzie Popour, Giovanni DeBauch, Crue and Everlee Koppa; sisters: Katie (Steve) Leitner, Annette (George) Bigboy, Susie Brull, Donna (Bill) Horn, brother: Sam (Beverly) Crowe; three sisters-in-law: Janet (Kenneth) Mueller, Janette Crowe, and Sharon Coogle, nieces, nephews other relatives and friends. She was preceded in death by her parents Harold and Delma Crowe; her husband of over 50 years Gerald J. Miller; two brothers: Jim Crowe and Clarence Crowe, one sister: Betsy Shee; four brothers-in-law and one sister-in-law: Gordon Miller, Jerome Miller, John Miller, and Al Miller, Karen Abraham.

# Community News

## How the Farm Bill Can Help Native American Communities

By U.S. Senator Tina Smith

One of the best parts of my job is traveling around the state to talk to Minnesotans about what they care about and the issues impacting them. A top priority this year has been discussing the upcoming Farm Bill. My staff and I have had conversations with dozens of stakeholders, including farmers, researchers, co-ops, Native and Tribal communities, and other farmers and producers of color to ensure the next Farm Bill works for everyone.

Native and Tribal communities face persistent inequities in nutrition and the agriculture sector, and the Farm Bill is the best opportunity this year to address them. As a member of both the Senate Indian Affairs and Agriculture committees, I have a unique opportunity to help lead the next Farm Bill so it works for your communities. It is critical that we include the priorities and voices of Native American producers and Tribal governments in the decision-making process. Native communities across the nation face unique challenges in the agriculture sector and it is our responsibility in Congress to address these disparities by providing meaningful support for Tribal agricultural programs.

Fond du Lac has been a leader when it comes to food sovereignty. Using the Food Sovereignty Initiative, the Band has directly supported and empowered the Fond du Lac community to reclaim and build a sovereign, holistic food system rooted in Anishinaabe values that is environmentally responsible and keeps the community thriving and resilient. Through seed saving,

gardening, and the reintroduction of buffalo to the region, Fond du Lac is ensuring that Indigenous foods are also sustainable by using traditional methods. There are many individuals, partners, and programs that make this work possible and whenever I see Chair Dupuis and the rest of the Band's leadership, they're always proud to share the collaborative work they're doing. I look forward to seeing Fond du Lac continue to be a leader on this issue through the education, resources, and land access they provide to the community through their programs and initiatives. I'm committed to ensuring the next Farm Bill is supportive of their innovative work.

Congress passes a Farm Bill every five years, and the current one is set to expire at the end of September. This is a massive piece of legislation that funds and sets the policy on a wide variety of programs ranging from nutrition and agriculture to conservation and forestry. It also supports Tribal colleges by providing funding for agricultural education, research, scholarships, and rural development initiatives. This bill touches the lives of every American and is vital to our state and Tribal economies. But it hasn't always been equitable or fair. We're working to change that with the creation of a 'Native Farm Bill.'

I am working in Congress to create the 'Native Farm Bill,' a collection of policy proposals that collectively would mean real progress throughout the Farm Bill for Native and Tribal communities. This package will include everything from self-governance expansion to making it easier to access federal agricultural programs on trust land.



*Tina Smith (right) visiting with Delilah Savage during a tour of the new cannery facility on the Fond du Lac Reservation in April 2021*

Tribal sovereignty and self-governance are at the center of this work. New opportunities for self-governance are the biggest priority for Indian Country; they would allow Tribal Nations to administer federal programs within their own communities. This model has proven itself to be very successful in health care and Tribal programs through the Bureau of Indian Affairs. In 2018, the Farm Bill included the first ever self-governance expansion at the USDA for food distribution and wildfire management. These policies proved that it's time for broader self-governance expansion at USDA.

Self-governance policies are important because they make federal

dollars work better to address the unique needs of Tribal communities. The Farm Bill gives us the chance to expand self-governance at USDA to include the Supplemental Nutrition Assistance Program (SNAP), food distribution program, forestry, conservation, and meat processing. Expanding self-governance at USDA will mean that Tribal Nations can build food systems to address food insecurity, increase access to Indigenous foods, use Indigenous knowledge for forest management and conservation and support strong Tribal economies.

The Farm Bill presents us with an opportunity to rectify historical injustices, address disparities, support the self-determination of

Native American producers and the sovereignty of Tribal governments. By working with Native and Tribal leaders, we can ensure the next Farm Bill empowers Tribal governments to develop and implement sustainable agricultural strategies that align with their unique needs and priorities. Together, we are forging a path towards a more just, equitable, and inclusive agricultural landscape that benefits us all. Now is the time to seize the moment and work collaboratively to ensure that the upcoming Farm Bill is the best one yet and reflects the needs of our Native and Tribal communities.

# Community Events



## ULTIMATE OJIBWE CHALLENGE

Come celebrate *Ojibwe People's Day* with us!

Bring a team of **1-3** to participate in a variety of team challenges, use Ojibwemowin, have lunch, & win prizes

*Gigidoonaaganeg ge gigimikwaaneyok giishpin wii-wiisiniyeg!*  
(Bring a dish and spoon if you all want to eat!)

### Kiwenz Campground

2223-3299 Bobs Dr,  
Cloquet, MN 55720

#### TEAM GRAND PRIZE

65" TV, YETI cooler, a brand new canoe, and more!  
\*RUNNER UP & individual challenge prizes will also be awarded\*

#### ULTIMATE OJIBWE CHEF PRIZE

\$400 in gift certificates for local fine dining

Monday, October 9, 2023  
11:00-4:30 PM

#### Challenges will feature:

- Fire building & canoe relay
- Aawadaasowin relay
- Shi-bezhig tournament
- FDL trivia
- Baaga'adowewin skills
- ...and more!

#### Ultimate Ojibwe Chef Challenge

- Best Manoomin Dish
- Best Mooz Dish



Scan the QR code for more information & team preregistration

### Contact:

Kaage-Aashikwe  
(218) 878-8178  
rileyhowes@fdlrez.com

Mitigoonsikwe  
(218) 878-8172  
remyiverson@fdlrez.com